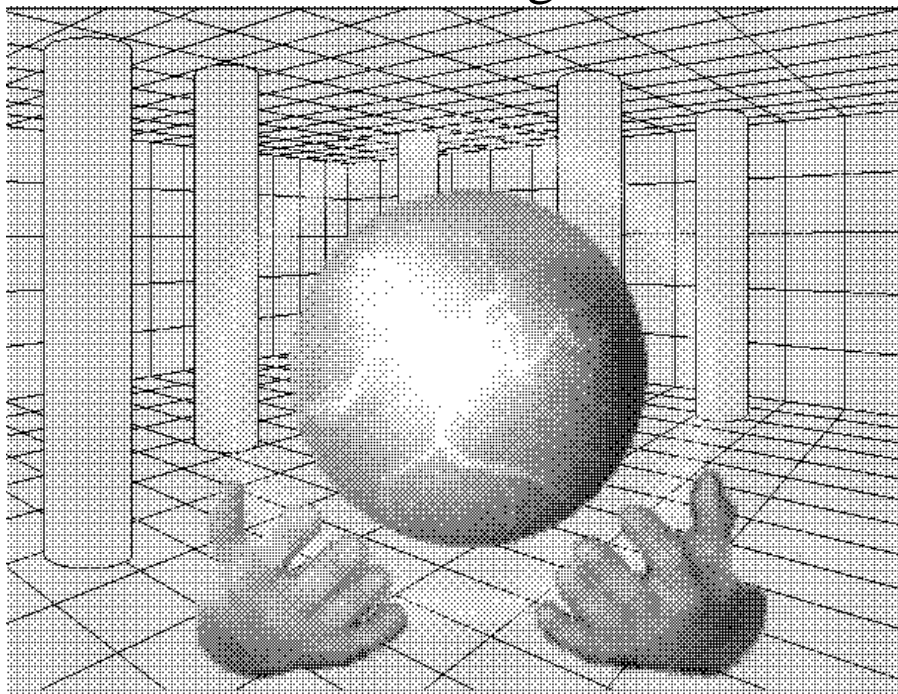


# Reality Creator I: The Physical

## A Hermes Trismegistus Book



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## **Dedication**

This book is dedicated to all those people and influences in my life that made me what I am today and who helped and supported me in the years it has taken to complete this project.

### **About the Author & Hermes Trismegistus**

*Tom DeLiso* has been teaching the *Reality Creator* material for about ten years. He conducts live Internet classes as well as workshops in selected areas from time to time. He believes in the material as a tool for self-transformation and for the complete control of one's life, in accordance with universal laws of brotherhood and love. He continues his writing, teaching, and the perfecting of his reality creating skills to this day.

*Hermes Trismegistus* lived thousands of years ago and was the author of a vast amount of written material. Much of this material is far too esoteric to be understood and applied in a modern way. This book is the first of many books that take the *Trismegistus* teachings and put them in a down-to-earth and understandable manner. *Hermes Trismegistus* was a master of reality manipulation and manifestation – of making things happen because he wanted them too. Much of his life and his work dealt with showing others how easy this task could be accomplished. Now, here, in this book, Hermes' ancient teachings come forth in a new, fresh way, to help you evolve, to help you be more than you were before, and help you manifest your highest dreams.

### **About the Reality Creator Series Books**

“*Reality Creator I*,” as well as all the other books in the *Reality Creator Series*, is written in a multidimensional format. The information is presented to you (the reader) on three levels (*surface, inner, & master's*). On your first pass through the material, the *surface* information is presented to you. This level is meant to give you a basic understanding of the entire book's concepts. On your next pass through the book, the *inner* level will reveal itself to you. Passages and words that were cleverly left transparent will come to the surface and a new deeper understanding will be presented to you. On your third pass through the book, the deepest level of learning will reveal itself to you, the *master's* level. The *master's* level holds the most complete of truths about the topic. It is the level of connections – subtle connections that magically lead you to intuitive knowledge and understanding. This format is a gift to you, for taking the time to read this book, and to, perhaps, open your mind to something that is far greater than what you presently can perceive and an integral part of EVERYTHING that exists.



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# Reality Creator I

## Introduction

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**thought** (thôt) *v.* --**thought** *n.* **1.** The act or process of thinking; cogitation. **2.** A product of thinking. **3.** The faculty of thinking or reasoning. **4.** The intellectual activity or production of a particular time or group. **5.** Consideration; attention. **6.a.** Intention; purpose...

Hello and welcome! Your world consists of what you perceive – internally and externally. Your world... Your reality is all that you see, feel, touch, smell, hear, and know. And, believe it or not, that reality is subject to your willpower!

“*Reality Creator I*” will show you how to use your willpower to understand, control, and create your world. It will show you how and why your world is a product of your thoughts, fears, wants, and needs. It will unlock the doors that bind you to an unchangeable life. It will demonstrate to you how things and situations can transform just by changing your thinking. It will help you to understand why your consciousness is the most important tool needed to create and uncreate your reality at will, and with just a thought!

The techniques contained in this book are easy and anyone can learn how to do them. You do not need to be a magician, psychic, or a genius to grasp any concept. And, you need not possess any extraordinary abilities other than simply being human. I’ve gone to great lengths to present the concepts simplistically, and I’ve provided a thorough explanation as to why a certain thing reacts in a particular manner. I believe that a complete understanding and application of a concept requires the resolution of all hanging questions: the *wheres*, the *whys*, and the *hows*.

*Practice makes perfect!* That cliché is very true. The more that you practice the various exercises in “*Reality Creator I*,” the better you will get at performing them. Like playing an instrument, you need to tune that instrument before you can manipulate it. Your consciousness and your energy are no different. Each time you use an exercise, you will tune into yourself a little more than you did before and get better at using your energy and your consciousness. Knowing yourself is one of the most advantageous tools you have, because your consciousness is always with you no matter where you go!

Competent control of your creative power is important because one day you will affect much more than the small reality you are presently affecting. For instance, did you know that you possess the same inherent abilities that a star in the night sky does! Long ago, the star’s consciousness had its beginnings much as you do now. Of course, the circumstances of that



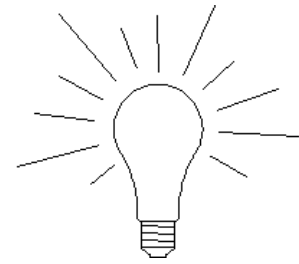
evolution were different; but at some point in the star's development, the star could do no more or no less than you can right now. In time and with patience the star entity evolved into a reality creator of mass proportion. And now because the star entity is so good at controlling its energy and its creative power, the star-entity affects a larger area of physical reality that you do. Despite this difference in ability, you and the star are equally important. You will become that star entity someday, much like the way children grow up to become adults. Both you and the child are important, not because of where both of you sit on the scale of development, but because of what both of you will become. The child becomes an adult and you become a star.

On a more earthly level, when you become proficient with creating your reality, many doors will open for you. Your energy will gleam outward, as a star's energy does, illuminating every aspect of your life with power, energy, and wisdom. You will no longer live in a limited world – limited by everyone else's wishes. You will live in a world that you create. This power over your own destiny is just one of the many benefits that can come from learning how to control your reality. Many more benefits will become evident, as you learn and grow and as you plunge deeper into "*Reality Creator I*."

"*Reality Creator I*" approaches your world from the physical side of reality creating. This side of reality creating is a good place to start because it is very personable and the part of yourself that you are most familiar with. You are a physical creature, rooted in flesh. Why not start here with removing those chains that hold you back from experiencing the reality you want and desire?

At the end of each chapter (where applicable), I've provided a worksheet page. The worksheet goes along with the chapter and along with any exercises that may be in that chapter, to help you document and develop each skill. Please avail yourself of this tool. You will find that energetically, the *words*, the *worksheet*, and the *exercises* are all linked together, to form a very powerful learning system.

So, now, without further delay, let's immerse you in the world of the physical and show you how your consciousness creates the physical world you see around you. Then, together, we will remove those chains and free you from the aspects of your reality that you don't like, and show you how to create into your world those aspects that you do like.



# You Create Your World

---

***I think, therefore I am!***

**You create your world!** No other concept possesses the power that this idea does. Think about it? The power to change your world rests within yourself – within your mind!

Thought-creation is a fact of reality, all realities. When you believe that your fate is in the hands of people and things that are beyond your control, you lose that fundamental power given to you: *the power to create*. You make it that much easier for others to manipulate and change your world into what they want, instead of changing your world into what you want. Remember! You have a right to create your own world.

That right to create your own world was a gift to you from the Universe – from the creative spark of ALL-THAT-IS. This Universal intelligence would not think of relinquishing its power of self-creation nor does it expect or want you to relinquish yours. Except, every time you feel that a particular situation is out of your hands, then that is what you are doing: relinquishing your power of creation and your ability to change the situation.

To reclaim your creative power involves taking two steps: changing your belief, and learning how to control the consciousness you possess. To begin, you must shift from the belief that you live in a world you *can't control*, to a belief that you live in a world you *can control*. Along with this new belief, you must come to understand that the high-tech reality-controlling device that you seek is your own consciousness. Your consciousness is the tool given to you by the Universe that will enable you to change and shape your reality.

Learning how to control that consciousness is the next step in the process. Good reality-control comes from within, not without. An uncontrolled consciousness can be like a wild, untamed animal. This untamed animal gets driven by many sources to do the things it does, like *emotions, needs, and desires*. All these factors play a part in controlling and directing your consciousness toward deliberate reality creation. Except, in an uncontrolled state, your consciousness roams freely, like a wild beast. When a particular factor overwhelms the beast, that factor becomes the new director of the beast's world. This haphazard direction of consciousness is what you want to avoid. Your consciousness's driving forces must all be tamed and shown how they can work together to obtain what each needs and wants.

Now, to help make my point, let's take a few moments and show you a few common patterns that indicate a wild and untamed consciousness.

- **Does your mind wander regularly – jumping from topic to topic?** In other words, if you counted the amount of things your mind dwelled on, during a given hour, would the number be above ten items? Anything above ten items, in a one-hour period, points to

mind wandering. Mind wandering is one of the more subtle ways you undermine your reality control and a sure sign you have the makings of an untamed beast.

- **Do you continually look on the negative side of things?** A negative outlook on your life is a sign that your emotions are controlling your consciousness – not you! Emotions, when used properly, can be a good motivator of reality creating. However, when you allow your emotions free reign, the beastly side of them takes over. Emotional runaway is the most destructive form of reality control and another strong indicator of a wild beast within.
- **Do you often feel mentally drained?** Continual mental fatigue is an indication of poor inner-power regulation. With inadequate inner-power and poor inner-power control you can expect anything and everything to control your life. If you lack the inner-power and strength necessary to make the needed changes in your world, all the mental control in the world is not going to help you. Poor inner-power management is another way of self-defeating reality control and yet another example of something savage going on within you.
- **Do you consciously understand the mechanics behind thought-creation?** Not knowing how a device operates – especially an inner device – can greatly hinder your ability to use it. A computer is no good if you haven't a clue how to operate it! Thought-creation is the same. Your consciousness needs to understand how to operate the inner and outer devices that enable you to control your world. Otherwise, you'll be like a wild animal searching for food, operating on instinct alone. While the animal may eat, it may not eat well or at all on some days. So, if you don't understand these inner and outer creation devices, your consciousness is operating on instinct alone and is operating on a very primitive level.

I'm sure many of you answered 'yes' to some of these questions. Answering 'yes' does not make you a misfit; it just makes you unlearned. Being unlearned in the way consciousness does its job is inefficient and a waste of your personal resources. Because you live in a fast-changing world, deliberate reality control becomes a necessity. You must learn how to tame that beast, so that you can make your world the best it can be, for yourself and for others.

With a controlled and tamed consciousness you can expect some changes in the way things happen in your life. For one thing, nothing unpleasant will surprise you. You will create the world you want and need. There will be no lurking ugliness that will spring up at the last minute. If you do get ugliness, you will be aware of it well in advance because you will be aware of yourself creating it. Your mind will no longer be an uncharted territory. You will be fully aware of the contents of your mind at any given time. Plus, you will understand why you react in certain ways and in certain situations. When an awkward, unwanted, or an unusual situation arises, you will have the power to act and the power to move that situation in a direction that is desirable to you. You will be the master of your fate and the helmsman of your destiny.

**You create your world!** No other statement is truer. Now it is your job to learn how. Take the first step toward controlling your reality, and I can help you with the second. Recognize, at least a little, that you can and do have the power to create your world. You've been doing it for years, since you were born and before. Then, let's take that second step together and learn how to properly use those inner tools – inner tools that will enable you to control the greatest gift in your possession, your own consciousness.

**Worksheet Notes:**

On the next page is your first worksheet. It is a questionnaire designed to show you your present level of reality creating ability. Please take the time to fill in the questionnaire because the real power in this questionnaire will reveal itself when you come back to it, after you've finished the "*Reality Creator I*" course and retake the test. Your new score will show you how much you have progressed and how much farther you need to work the reality creating game. Each question is designed to alert you to a different area of reality creating skill.

- Question one shows you how positively you think about your reality.
- Question two shows you how well you can control your lower self, your more base instincts, the animal part of you, if you will.
- Question three shows you how well you can keep your mind focused in the present moment.
- Question four shows you how well you can regulate your inner power (energy).
- Question five shows you how easily you can be coerced by others.

After you take the test, then move on to the next chapter, but keep in mind the areas that you need to work on. As we get to that part of the book, you may want to pay extra attention to that section.



## Chapter 1 / You Create Your World Worksheet Page

**Instructions:**

Answer the questions below by selecting only the answer that best describes your actions. Then record the point value for the letter you selected at the right. After answering the questions, tally up your answers by adding the point value for each answer and recording that number on the space provided. Then use the legend to determine how well you can control your consciousness in creating your reality. Remember to take this test again, after you've completed the "Hermes' Reality Creator I" course. Then compare the new score with the old one and see how well you have improved.

POINT VALUE: (a = 25 points) (b = 50 points) (c = 75 points) (d = 100 points)

LEGEND: 500 points – you are a *Master Reality Creator*  
400 to 475 points – you are a *Reality Guru*  
200 to 375 points – you are a *Struggling Reality Adept*  
125 to 175 points – you are a *Master of Disaster*

1. When a crisis arises, do you: 1. \_\_\_\_  
a: imagine the worst outcome  
b: first imagine a negative outcome then think about better ones  
c: first imagine positive outcome but then think about negative ones  
d: imagine only the best outcome
  
2. When you are hungry and can't eat for sometime, do you: 2. \_\_\_\_  
a: think about food constantly, even imagining it  
b: think about food but don't imagine it  
c: fight to keep your mind on what you are doing and off the food  
d: realize that you need food then put it out of your mind for later
  
3. When listening to someone talk to you, does your mind: 3. \_\_\_\_  
a: think about other things while listening and not even know what has been said  
b: think about other things while listening but know what has been said  
c: occasionally drift off the conversation  
d: focus intently on the conversation
  
4. How would you rate your overall energy level? 4. \_\_\_\_  
a: I usually feel tired, lifeless, and without any drive most of the day  
b: I usually feel tired and lifeless after some moderate interaction with others  
c: I usually feel alive and alert, but after certain people or activities, I feel drained  
d: I usually feel alive and alert and powerful most of the day
  
5. When I'm in a group situation or interacting with others I feel that: 5. \_\_\_\_  
a: I have little willpower and usually do whatever anyone in the group asks or wants to do  
b: I have little willpower and usually do only what the majority wants to do  
c: I'm in control of myself and my actions except when I'm around certain people  
d: I'm in complete control of myself and my actions at all times, no matter who I am with

TOTAL POINTS. \_\_\_\_\_

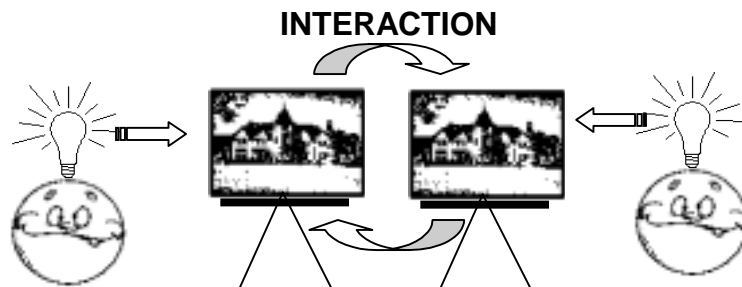






cooperative reality, one person's mirror will always reflect onto another person's mirror, to some degree. For example, the *hate* and *friction* you find in your reality of *joy* and *love* may be coming from someone else's mirror, not necessarily yours. This cooperative interaction of each other's mirror is called *indirect learning* and it helps keep you from falling into the trap of stagnation.

You see! You learn not only by your own mistakes and merits, but also by everyone else's mistakes and merits. In theory having each other's reflection cast on your own mirror helps you to adopt the best of each other's reality creating, in the hopes that someday you will purge yourself from all your inner negative and destructive tendencies of your being.



In theory of course this sounds real good; however in the real world, quite often some negative aspects of other people's reality mirrors wind up internally in your own, if you are not careful. It is always important to keep weighing various aspects and parts of yourself and others against the time-honored aspect of cause and effect. Physical reality will always show you when something is constructive to yourself and others, as only good and pleasant things will come of it. However when an aspect of yourself is destructive in nature, your reality mirror will reflect back at you pain and discomfort.

Now, I'm not getting into a full philosophical discussion here about what is right and wrong (nor is it my place) but keep in mind that the quality of your reality mirror will always reflect back at you the quality of your internal makeup. If you do not like what you see externally then you must alter what lies internally. Only then will your reality mirror change.

So keep in mind that your reality will always show you what is good in yourself and what needs to be worked on. It is the most direct way that you can see just what is going on within you – the motives that ride behind your thoughts, feelings, needs, and desires. For example, let's say that everyone in your reality is always gossiping. This gossiping is a sign that you yourself think or talk gossip about others. It is the reality you are focusing on and as such your reality mirror reflects this back. Also note that if you are part of this kind of thing that you yourself are the topic of many such gossiping sessions when you are not around. To put an end to the gossip you see as well as the gossip that goes on involving you, first, stop being a part of any such conversations. Then stop your thoughts of gossiping when they occur and try to focus on a more pleasant and more productive thoughts.

Of course I am just beginning your thought-enlightenment here, so I'm not going to get into too many techniques and tricks to uncover these areas in your life that need adjustment. What is important in this chapter is the idea that what goes on within you will always be reflected in the exterior world you perceive.

**Important Points from this Chapter:**

- ❑ Physical reality will always mirror back at you your thoughts and inner perceptions.
- ❑ There will always be a slight discrepancy in your thoughts and your created reality. This discrepancy is caused by the impact of other people's reality onto yours.
- ❑ The reality mirror is a great tool for uncovering areas within your own personality that you need to work on. It also is a way to show you the strengths that lie within yourself.

In the next chapter I will cover how you are able to change your reality mirror at will and with just a thought.

***Worksheet Notes:***

The worksheet on the next page will show you how to use your reality mirror as a tool for self-discovery and self-change. Be honest with this worksheet. It is not always easy to look at your own self in the light of day, as you are doing here; however the benefit for self-change is well worth it.



## Chapter 2 / The Reality Mirror Worksheet Page

**Instructions:**

*On this sheet I want you to list many of the common things you find reflecting back at yourself during the week. It may take a day or two before you start finding a pattern. Then list this aspect of your reality and check off how you feel about that part of your reality. Then check off the ones you would like to change in your reality mirror and decide which one or ones you will try to change first and, then, work on changing that aspect. In two weeks, see if this aspect of your reality has changed by once again going through your reality and picking out what you find and see. You may be surprised to find out that by changing one aspect you also have changed another. Many times one aspect will affect another. I've included some common areas as a startup for you.*

**Date:**

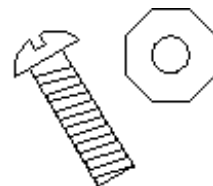
ASPECT	LIKE	DISLIKE	NEITHER	CHANGE?
I find in my reality mirror that people are friendly/unfriendly to me.				
I find in my reality mirror that people are always sad/happy.				
I find in my reality mirror that life is easy/hard.				



# Thought Power (part 2)

## Probabilities and the Probability Pool

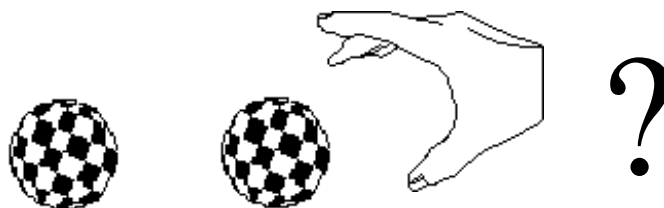
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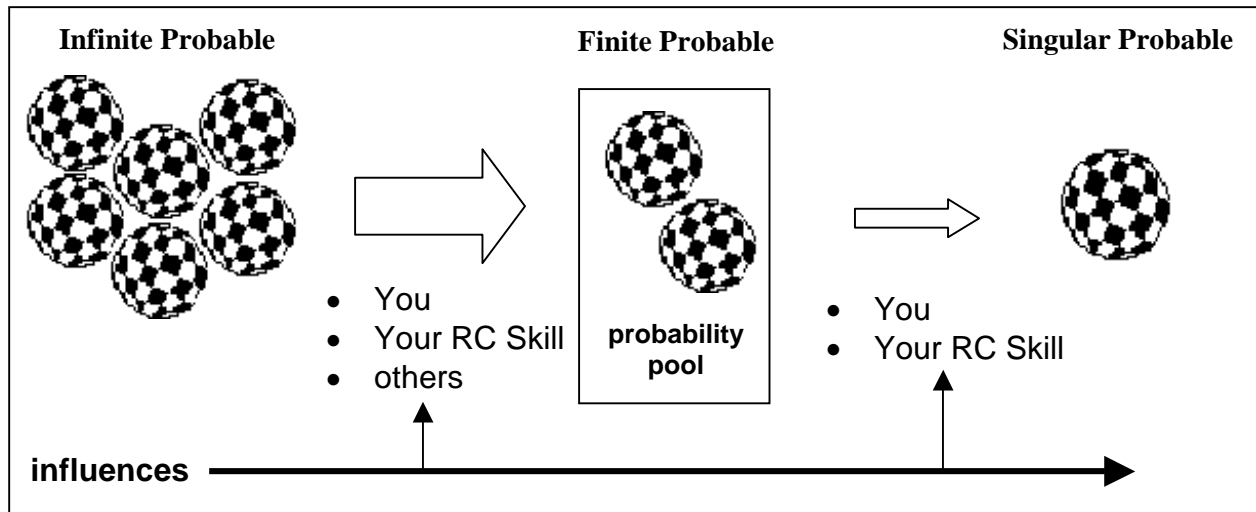
***Anything is possible!***

You may be wondering just how your own perceived reality can change from various states and flavors and how exactly do you decide the events in your life. To answer this question let's look at probabilities and the probability pool.

Beneath any physical event rides an infinite set of probable events. If these probable actions did not exist, you would not enjoy the freedom of choice you now have. In order to be able to choose, one must have choices. These probable events are variations in the way a situation can occur. For example, will you choose the blue ball or the red ball? In the Probability Universe you have chosen them both. One probable version has you picking the red ball, while a second probable version has you picking the blue ball.



In the Probability Universe multiple choices exist, but in the physical plane you can only materialize one version of a particular event. You must decide which ball you are going to take, pulling one version out of the Probability Universe and experiencing that version within physical reality. To complicate things, the Probability Universe usually contains much more than two choices. It is more likely that in the Probability Universe an infinite number of balls exist – all different colors, shapes, sizes, and flavors. To choose from an infinite number of events (or balls) in a matter of seconds, even for your unconscious mind, is far too complex a task. To make the selection simpler, an infinite number of probable events gets narrowed down to just a few and placed into a finite probability pool.



Your unconscious mind has direct access to this finite probability pool and many factors determine exactly which probable versions of an event will enter this pool. The main factor in determining the selection within this pool is you and what you need and desire. The next factor has to do with your own reality creation skills; how well do you understand the link between your thoughts and your manifestations? The remaining factors have much to do with the group consciousness: those other mirrors we mentioned in the last chapter. The various people involved with a particular situation have a hand in determining which probable versions of an event will appear in the probability pool, even your own probability pool!

Your unconscious mind uses this probability pool to pick which probable version of an event to manifest. So, an infinite number of choices will get narrowed down to a finite number of choices; then you pick and choose one of those probable versions and physically manifest it. In the end, your unconscious mind looks to your conscious mind for direction as to which event it will pick. However, the point to note here is that your unconscious mind can only pick from the available choices in the probability pool. If a choice is not there, you cannot materialize it.

This narrowing of choices within the probability pool is especially true just several moments before the actual manifestation of the event. At these critical moments, probable versions of an event can get eliminated from the pool rather quickly. If you are not careful, your current view of a situation can severely limit your choices from your own probability pool and limit what you can create at that moment. So it is important to be aware of the contents of your mind at these precise moments of choice and indecision and to make sure that at these moments your mind hovers on only the best of choices and outcomes. Otherwise you may wind up manifesting a version of the event you find less desirable.

Once an event manifests you have to deal with it and all the other spin-off probabilities it generates as a result. With each manifestation, the course of your life is written and rewritten. Sometimes you can't go back that easily to a previous state, once you've opened the door to that probability stream. This singular moment-to-moment kind of reality creating is a key factor in your learning about which aspects of yourself are constructive ones and which ones are destructive ones. Following a destructive probability path for, say, a week will have a much greater impact on your learning than, say, following a destructive probability path for an hour.

Of course being locked into a set of probabilities does not mean you are doomed to walk down a path you inadvertently stepped into. No! Once you realize you've made a poor choice and that you are the one that stepped into and created that situation, you can just as easily realize that you are the one that can step out of that situation and uncreate it. This uncreating may take a bit of effort, but believe me when I say it took quite an effort to reality create that poor choice in the first place.

Freewill is the most precious gift you have. If these probabilities and various choices did not exist you would not enjoy the freewill to decide what you want to create in your world. With this freewill comes some learning about what you want to create and not create, and you only learn that by walking a certain path for a period of time. Reality creating within time and space may seem like a bit of a chore, however once you learn the basics of it (as this book is teaching you) you will run rings around your world and your own expectations on what you can do.

### **Important Points from this Chapter:**

- ❑ Physical reality will always mirror back at you your thoughts and inner perceptions.
- ❑ There will always be a slight discrepancy in your thoughts and your created reality. This discrepancy is caused by the impact of other people's reality onto yours.
- ❑ There are an infinite number of probable events that lie beneath any one manifested event. You determine which event will manifest.
- ❑ Out of an infinite number of events, a finite number of events are selected and go into a probability pool. It is from this finite pool of possible events that the one manifested event is selected. You, your reality creating skills, and other people's thoughts impacting your reality determine the events that go into this selection pool.

In the next chapter I will take the *reality mirror* and *probabilities* and your *thought power* and show you just why some good tactics for good consciousness and good reality creating can be the best way for you to help yourself, others, and the world.

### **Worksheet Notes:**

For every situation that manifests there are a number of probable versions of that event that do not manifest. Furthermore at various times during the day only certain probabilities exist for a given situation even if that situation is similar. This exercise is designed to uncover the fact that people and things will alter what probabilities exist for a given day or time or moment and that you can glimpse this as patterns that develop over time. Take your time with the exercise and try to uncover some of the patterns or probabilities that exist at certain times of the day when you are around certain people or by yourself. This exercise is not a rock-solid way of proving or disproving probabilities. It merely is a method for you to see that at times things can be hardly random in nature and can sometimes be a product of what sits in abeyance in the probability pool.





## Chapter 3 / Probabilities Worksheet Page

**Instructions:**

*For this exercise you will need one six sided die. In the morning and at 4 other times during the day, throw the die down 6 times and record below what numbers you get. At the end of the day compare the gatherings of numbers and note the patterns of numbers that come out. Now to make this real interesting try this exercise for a week at exactly the same times everyday, in the same spot, surrounded by similar people or events. If done correctly you will find that at various times of the day certain numbers tend to come out (or not) more often than at other times of the day. These variations are due to the fact that you share a group reality and at those times your probability is stacked in that direction.*

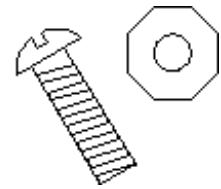
**Date, week of:**

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# Thought Power (part 3)

## Your ability to influence the lives of others; Thinking Smartly and Thinking Globally

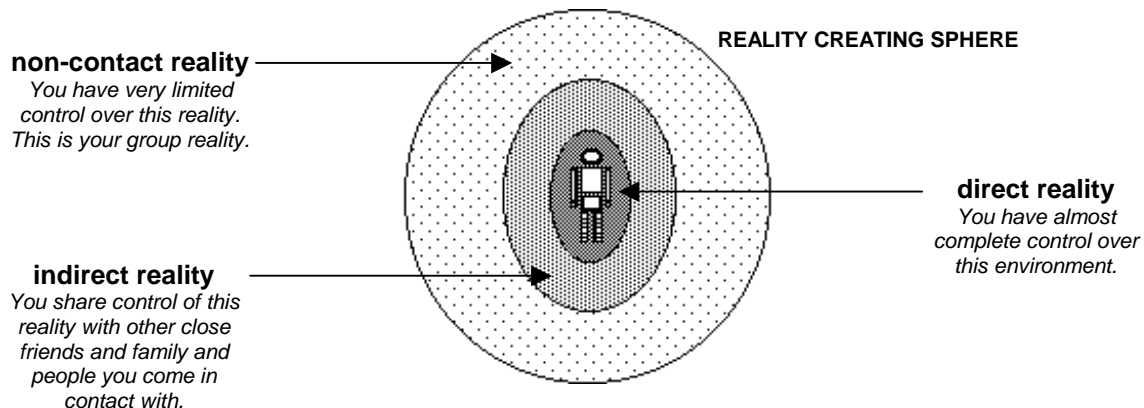


**pow-er** (pou“...r) *n.* *Abbr. pwr.* **1.** The ability or capacity to perform or act effectively. **2.** A specific capacity, faculty, or aptitude. **3.** Strength or force exerted or capable of being exerted; might. **4.** The ability or official capacity to exercise control; authority. **5.** A person, group, or nation having great influence or control over others...

This is an important chapter because it not only shows you how your reality creating influences the lives of others but it also covers some guidelines to follow with the establishment of good consciousness. As your reality-creation skills improve (and I know they will), so will your ability to affect the lives of those around you. When your ability to affect the lives of others increases, good consciousness becomes important, if not mandatory!

Your thoughts spiral outward from you like radio waves from a transmitter. These transmissions can sometimes be picked up consciously by others, but more often they are picked up unconsciously by others and are then used to affect that person’s reality creating. For example, how many times have you said, “*I knew that was going to happen to them!*” or “*I had a feeling that might occur to him.*” Well, however shocking this idea will seem, in many of those precognitive instances, you helped create that event, at that very moment.

Physical reality is a cooperative reality and you learn not only from your own merits and mistakes but also from other people’s merits and mistakes. For this reason your reality creating is not an island separated from everyone else’s reality creating. It is in fact a multifaceted reality creating where there is varying control over what you perceive in your reality. This varying control starts at the center with you and what you directly experience. Then it moves outward to things you indirectly experience – like other people’s reality creating as it impacts you, and consequently your reality creating impacting on them. Finally your reality creating sphere ends in your non-contact reality where it touches those people and things you have little or no contact with at all.

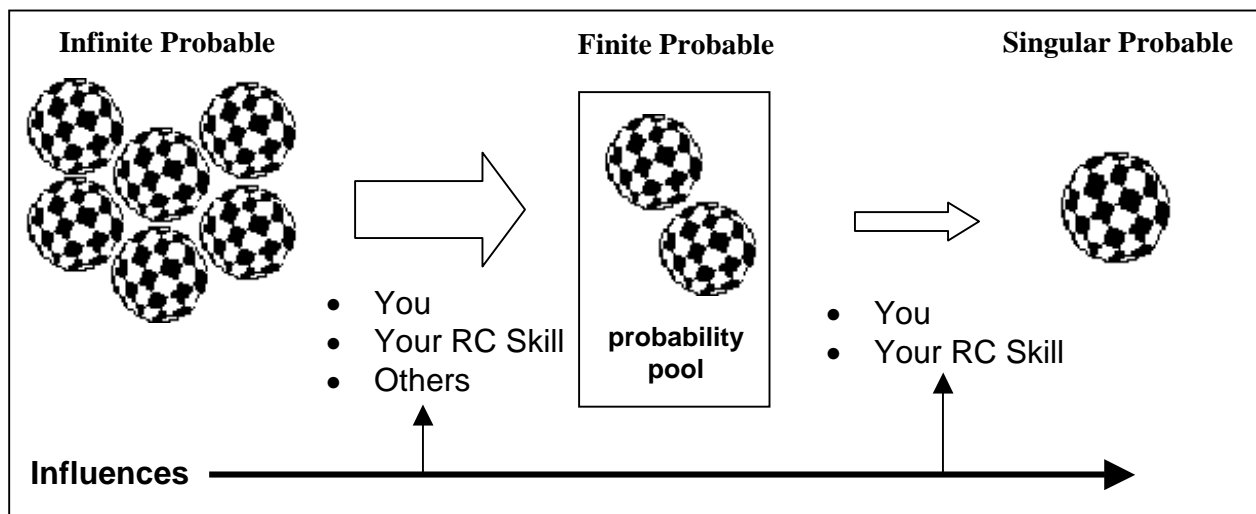


As this sphere of influence moves outward, you have less control over those events. For example, when you get up in the morning and dress, you certainly have more control over what clothes you want to wear than what clothes your spouse wants to wear, and you have even less control over what clothes your neighbor wants to wear. As you can see your ability to affect the lives of others decreases as you move away from the center of power, which is your own dominion. This decreasing in your ability to effect the lives of others is important to keep in mind, because as your reality creating power goes up, so will your ability to effect these other areas of your life that, right now, you have little or no influence on at all.

But how exactly do you affect the lives of other people's reality creating, even those people you have little or no contact with? Remember the *probability pool* and the *reality mirror* effect in the two previous chapters? Well it is here where your thought energy has the greatest effect on events in other people's lives.

As an event gets closer to being manifested, an infinite number of probable events will get narrowed down into a finite number of probable events. This narrowing down is done on an unconscious level and is subject to certain influences:

- Your own needs, wants, desires
- Your unique reality creating skills
- Other people's wants, needs, and desires



It's the 'others' category that this chapter concerns itself with. As you can see in the illustration above, when an infinite number of probable events gets narrowed down to a finite number of probable events, it does so with not only your own influence but also the influence of others. Other people can and do have a say as to what events will appear in your finite probability pool. The degree of this influence has much to do with your own reality creating skills (how much you understand the connection between your thoughts and manifestation). Also, as you will see later on, the amount that you try to control other people's lives with your own thoughts and actions will determine how much others can try to control your own life as well. Now, what did I say in the last chapter about the probability pool? You can only manifest an event into physical reality if it is contained in that pool. If it is not there or it has been

eliminated by other people's reality creating influence, you can't choose that action. So, to make sure this probability pool only gets filled with the things you want, you will have to make sure you adhere to the rules of good consciousness.

Good consciousness is using your thought-power in a responsible way, without limiting what events get put into other people's probability pool (there by decreasing their influence on your life). At the very least you want to minimize this influence or be thought-aware of just what kinds of probabilities you are loading into other people's probability pool. However, using your thought-power responsibly goes beyond merely guarding against thinking negatively and thinking in the most positive way possible (which I talk about in greater detail throughout this book). To think responsibly, especially when your thoughts involve others, you must go one step beyond that dualistic kind of thinking. You must think smartly!



Thinking smartly, with respect to others, involves not making any predetermined assumptions about what another person should or should not manifest. For example, a colleague may say to you that he feels like he's getting ill. You could, at this moment, generate a thought or make a suggestion that your colleague should be healthy and working hard. However, this thought, while positive in nature, may not be in the best interest of your colleague. Your colleague may be working too hard and is in need of a rest. Your coworker's impending illness may be a method by which he can get that rest. In this instance, thinking positively is inappropriate, possibly even selfish – perhaps unconsciously, you want your colleague to stay healthy because you would have no other person to talk with while on the job.

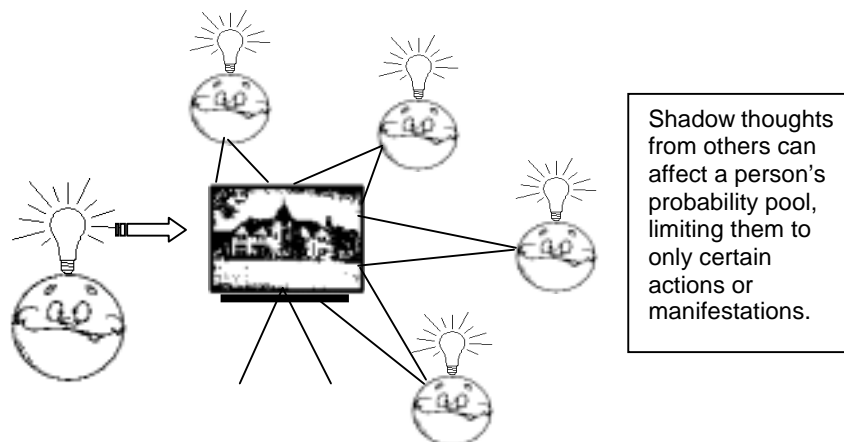
Thinking smartly, you would think, instead, that your friend should feel refreshed and renewed in the best way possible – without adding the how. Then, let your colleague decide what is best. He may decide to materialize that illness, just to get that rest; or he could go away for the weekend instead, renewing himself with a different kind of revitalization.

The important thing to note, in this example of thinking smartly, is that you are not counteracting probabilities concerning your coworker's needs. By thinking smartly, you help your colleague to materialize a better situation for himself and not take away your friend's decision as to what should go into that probability pool.

Now, the sister concept of thinking *smartly* is thinking *globally*. Both these ideas go *hand in hand*. Thinking globally, in a smart way, can be the most difficult area to handle responsibly, because it deals with third party people (people you have little or no contact with in that non-contact area of your reality creating sphere). It is easier to slip here because you think that just because you have little or no contact with this person that your thoughts have no effect on them. However, as you will soon see, it is important to be just as thought-aware here as you are any other place.



Thinking responsibly on a global scale is just as important as thinking smartly about your friends and family (and of course you can apply the ideas here to your friends and family as well). Have you ever given some thought to the effect that your opinion would have on an important individual, like a high-ranking official or a world leader? Did you know that thinking inappropriately about such a person, even though you have no physical contact with that individual, makes it that much harder for that person to be the best he can? For example, if that individual is a leader of a country, then I hope you would want that leader to make the best decisions possible for that country and the world, especially if those decisions will ultimately affect your life. Thinking, *“That guy is no good, a bad decision maker, and is mean!”* will not help that person to be a better person. It only manages to cast that exact shadow onto that person’s probability pool and thus limit any other possibilities – like the possibility that he can make good decisions and can be kind and gentle.



You see! Limiting the actions of others (especially global personalities) will be interpreted by your unconscious mind that this person can only act in a certain way. Your creative-power will try to create that situation for you, in any way possible. If that creating means limiting the probability pool of that individual, so that he can conform to that image, then that is what your unconscious mind will try to do. Your thought-power will move outward and cast a shadow on that other person’s mirror. If these thoughts involve friends or loved ones, the effect is usually minimal, however with global persons that effect will be anything but minimal and will probably be damaging because of the sheer volume of probability limiting thoughts being thrust at that public person.

So, what do you do with a world leader (or even a friend) that you have a less than ideal view of them? How do you effectively carry on thoughts about another person without limiting his or her probability and help them to be a better person? Well, you will have to be creative in restructuring your thoughts in these instances. For example, a more smart thought would be to

think: “*That guy has some growing to do!*” or “*That guy needs to improve!*” or even “*There is always some good in everyone!*” These kinds of thoughts will at least help to fill that individual’s probability pool with other actions other than what you’ve seen him do in the past; and, if enough people do the same, some real changes in that person can occur.

Quite often the individual’s peer group reflects the image projected by an individual back at that individual. For you that peer group is *friends, loved ones, colleagues*, etc. For a global personage that peer group is larger, composed of thousands to millions of *fans, voters, employees*, etc. It is true that no view or impression of a person can reflect outward, if that person does not allow it or possess it on some level of awareness. But, what if the group consciousness is reflecting an image back that just reinforces that behavior? On an inner level, that person may be trying to change his/her present persona into something better? The group consciousness, reflecting that poor image back at that person, will make the reality of that person changing that much more difficult. That person will have to fight not only his own inner conflict keeping him from improving, but also the exterior conflict coming from his peer group. Thinking smartly about an individual (especially involving global personalities) will make it much easier for that person to make the changes necessary, so that they can evolve into a better individual.

Furthermore, as I hinted at earlier, thinking *smartly* and *globally* releases you from affecting other people’s reality and in turn that helps to diminish the effect that others have on your own reality creating. If you are continually limiting the realities of others, your reality mirror will reflect that limiting quality back at you and have others limiting your own reality.

So you see, thinking *smartly* and *globally* pays off in many respects. You will benefit, your friends will benefit, and even the world will benefit. Whenever your thoughts involve others, it is important that those thoughts allow others to experience their own personal freedoms – freedoms all of us need and want. When you allow others to choose their own path and try to see the best in people at all times, you are helping every person to transform one day at a time.

Before I end this chapter, I want to leave you with a question for you to ask yourself and resolve in your mind, “*Does that particular person act the way he does because he is that way; or, does that particular person act the way he does because I think that they act that way?*”

### **Important Points from this Chapter:**

- ❑ Your thoughts not only influence your own life but the lives of others.
- ❑ Your reality creating power decreases as you move outward from your core self.
- ❑ Thinking *smartly* involves the avoidance of limiting the probability pool of other people with any speculations, especially if those speculations are negative.
- ❑ Thinking *globally* means the avoidance of limiting the probability pool of world leaders and using only the most constructive thoughts when directing your attention to them.

In the next chapter I will cover just how thoughts become manifested – how these probabilities we have talked about in the last few chapters are used as the blueprints of what you want to manifest and do manifest.



***Worksheet Notes:***

The worksheet on the next page will help you to become aware of your own thought processes. It will also make you aware of the impact your thoughts have on others. If done correctly, you will learn some amazing things about how your thought patterns create the reality you see around you. Furthermore, these notes will help alert you to areas of your life where you need to govern your thoughts more carefully.

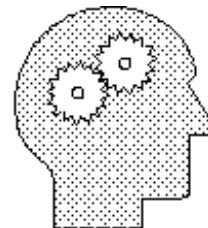
## Chapter 2 / The Power of Thought Worksheet Page

**Instructions:**

*Spend the next several days examining the contents of your mind. Here's a way you can do that. Set an alarm watch or clock to go off periodically during the course of your day – four times a day will be sufficient. When the alarm sounds, take a moment and stop to examine what you are thinking about. Jot down this thought. Now continue on with your day. Do this record keeping for four days. At the end of the fourth day, take out your list and look at what you have written. Examine the thoughts you have listed. Mark off whether they adhere to the proper guidelines of thinking smartly or globally. If not, try to transform that line of thinking into one that is more responsible. (NS = not sure)*

	NO	YES	NS
<b>DAY 1.</b>			
Hour 1: _____	_____	_____	_____
Hour 2: _____	_____	_____	_____
Hour 3: _____	_____	_____	_____
Hour 4: _____	_____	_____	_____
<b>DAY 2.</b>			
Hour 1: _____	_____	_____	_____
Hour 2: _____	_____	_____	_____
Hour 3: _____	_____	_____	_____
Hour 4: _____	_____	_____	_____
<b>DAY 3.</b>			
Hour 1: _____	_____	_____	_____
Hour 2: _____	_____	_____	_____
Hour 3: _____	_____	_____	_____
Hour 4: _____	_____	_____	_____
<b>DAY 4.</b>			
Hour 1: _____	_____	_____	_____
Hour 2: _____	_____	_____	_____
Hour 3: _____	_____	_____	_____
Hour 4: _____	_____	_____	_____





# The Creation Mechanism (part 1)

## The Mechanics

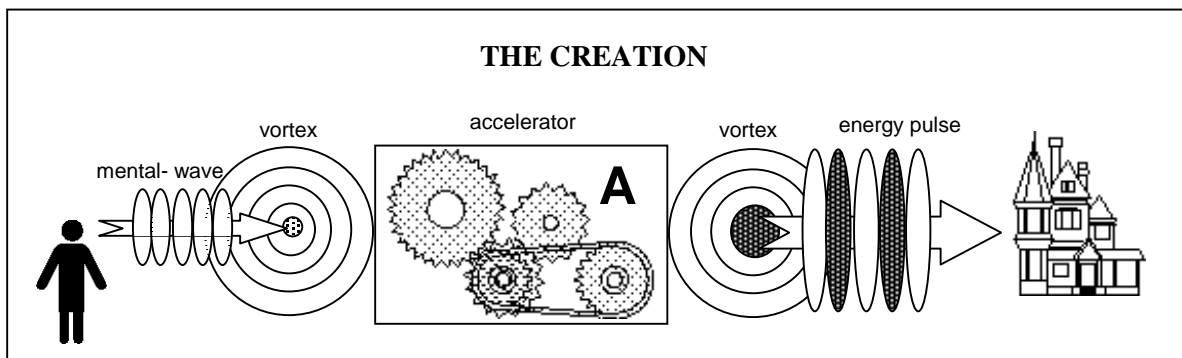
***As Above! So Below!***

Creating your world can be frustrating stuff, especially if you don't know what you are doing! However, this next group of chapters will enlighten you and put you on a good start at becoming a master craftsman at it. To accomplish this task, let's first delve into the almost mechanical-like process that lies behind reality creating. Sitting at the heart of that mechanical-like process is the most wondrous device ever invented, the *Creation Mechanism*.

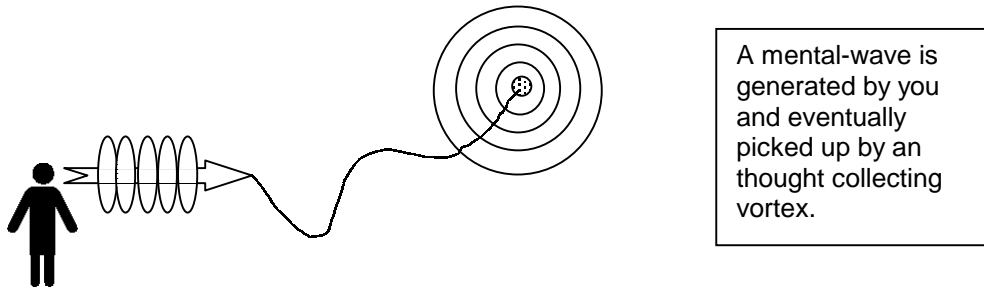
The Creation Mechanism is not new; it came into existence when the Universe sprung into being. It is that wondrous part of creation that sits behind creation and makes all other creation possible. The Creation Mechanism and the laws that govern it are not the complex interwoven physics stuff that only a genius can understand. These creative laws are simple and anyone can use and learn them.

These creative laws in their simplest form state that your consciousness, interwoven with your thoughts, desires, and emotions, constructs the world around you. No matter what universe, dimension, or plane you are on, that fact prevails: to control the exterior environment, you must first control the interior. Using the Creation Mechanism not only allows you to create your world, but it reveals the universe's secrets of *inner to outer* construction.

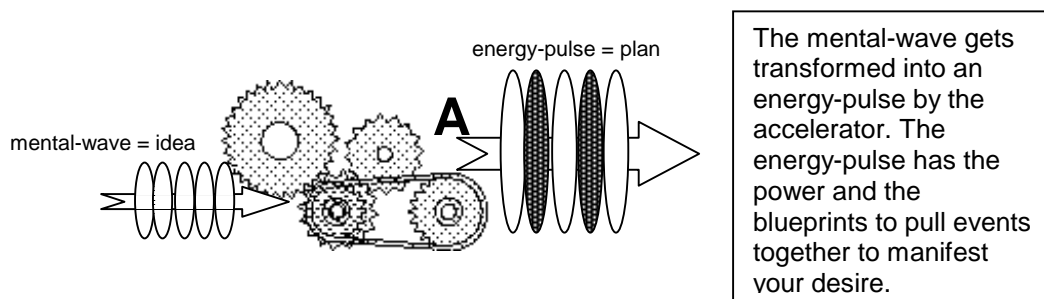
The Creation Mechanism, like any machine, contains components to make it do the things it does. The Creation Mechanism's components are made up of *mental-waves*, *vortexes*, *accelerators*, and *energy-pulses*. These devices are **not** physical; you can't touch and see them. The vortexes could be considered the most physical part of the system because the vortexes deal directly with physical reality and are actually physically locatable. Later on in this series of chapters, I will show you how to locate an energy-vortex. However, for now, let's continue and take a simple thought and follow it from birth to its manifestation.



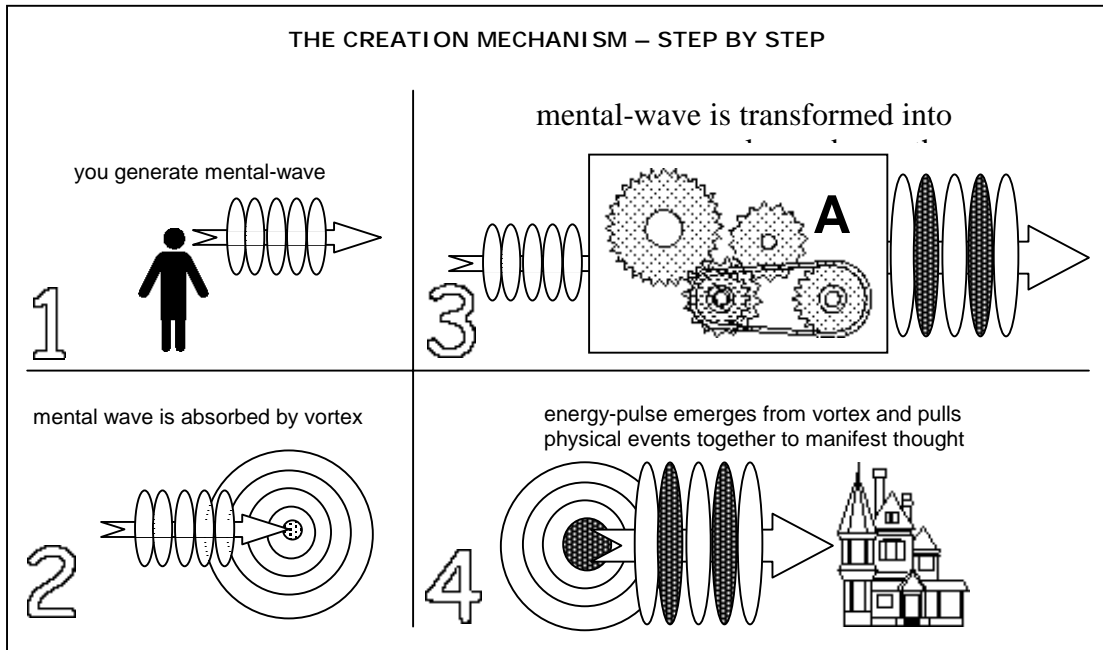
The thought has its fragile beginning within you. You need something. Let's say you need five dollars. Your need or desire for this item sets up a mental-wave that contains the essence of your desire (that five dollars). This mental-wave, once generated, leaves your consciousness and enters physical reality, just as a radio wave leaves a broadcast station and enters into the atmosphere. The mental-wave will then travel within physical reality until a thought-collecting vortex picks it up. This thought-collecting vortex is similar to a television antenna sitting on top of a house: just as the antenna receives a signal from the broadcast station, so too does the thought-collecting vortex receive mental-waves.



Once the mental-wave is absorbed into a vortex, it passes into the next component in the Creation Mechanism: the *Accelerator*. The main component in the Creation Mechanism is this Accelerator. The Accelerator takes the fragile mental-wave and transforms it into something more usable. In this case, the mental-wave becomes a highly concentrated energy-pulse. This transformation of a mental-wave into an energy-pulse is akin to the way that a television set transforms the tiny signals it receives from the antenna and turns those signals into a more usable arrangement, like pictures and sound. The concentrated energy-pulse is more usable than the simple mental-wave because the energy-pulse contains all the blueprints necessary to manifest the desire within physical reality. The mental-wave is merely the idea; the energy-pulse is the actual plan.

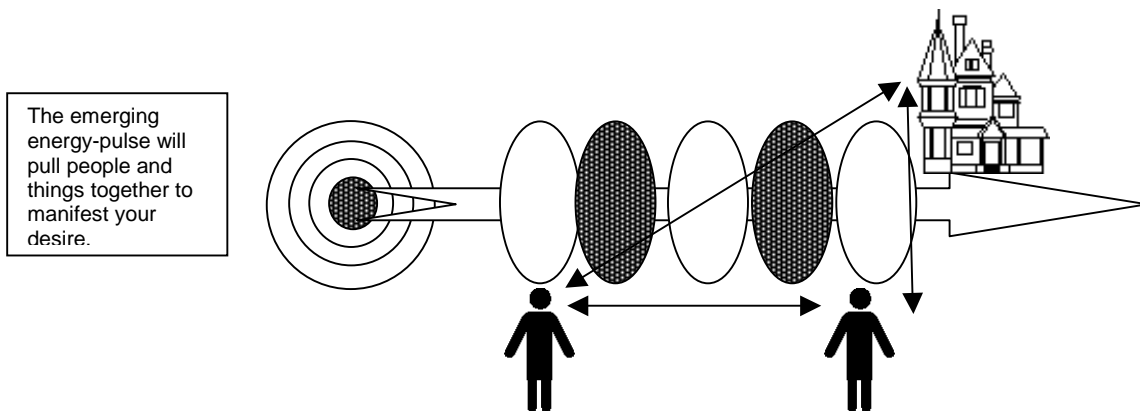


After the Accelerator works its magic on the mental-wave and turns it into an energy-pulse, the energy-pulse passes into another vortex. However, this vortex is opposite in polarity to the receptor discussed before. It is an energy-pulse transmitter whose job it is to send the energy-pulse out into physical reality. Once the energy-pulse emerges out of the vortex transmitter, the actual process of manifestation begins. The energy-pulse will disperse into physical reality and then begin to cause the seemingly random events, so you can obtain that desire (the five dollars).



The actual manifestation process, which that the energy-pulse initiates, is not unlike the way a magnetic field operates – similar forces attract, dissimilar forces repel. Let’s continue to use the five dollars as an example, to further demonstrate this pulling together process.

Perhaps someone needs a service rendered. Furthermore, this person is willing to pay five dollars for this particular service. By some unknown coincidence, the two of you meet. An exchange occurs. You perform the needed service for him. He pays you five dollars. Surprise! You have just manifested your desire and created the five dollars. The person who needed the service got attracted to a person (you) who needed the money. Now the process is complete. The mental-wave, which you originally generated, magically got turned into a real physical event – a physical event that satisfied your original intent.



As you can see there is no voodoo or magic involved in the results. You did not break any physical laws or cause any strange changes physically. The manifestation process is transparent

for the most part, with the creator and those around the creator unaware of what went on to manifest the event.

You may think that this process negates the idea of free will because your energy-pulses make people do things they would normally not do. Not so! The energy-pulse seeks out and finds those people and things that complete what you want to manifest. If a person wants nothing to do with that manifestation, the energy-pulse goes along its way till it finds someone that does. When it does find someone that can complete this process, it begins to reorder things on an unconscious level so that the two (or more) of you can interact in some way and manifest what you want.

### **Important Points from this Chapter:**

- ❑ The Creation Mechanism is a device that captures your thoughts and turns them into tangible realities for you to interact with.
- ❑ All manifestations start out as small mental-waves coming from your consciousness. These mental-waves are the basic building blocks on which every manifested event rests.
- ❑ The accelerator takes a simple mental-wave and transforms it into a complex energy-pulse that contains the raw blueprints of your manifestation.
- ❑ A mental-wave, once transformed into an energy-pulse, will begin to attract or pull events together. Your creation is now in the process of manifestation.
- ❑ These energy-pulses look for other people and things that can willingly complete your desire and unconsciously begins to reorder events to manifest that desire.

In the next chapter I will show you why this seemingly so simple process can be such a difficult or complex task to master.

### ***Worksheet Notes:***

The worksheet on the next page is designed to give you a glimpse into the manifestation process and how things and people magically come together to manifest what you want. Each box or line of boxes represent events that had to happen so the line above it manifested. You may need to descend to several rows depending on how many things had to happen to make your thought a manifestation. Use lines to connect various boxes to show how certain events influenced other events. *(On the back of the worksheet I've provided an example of a rough idea of what I want you to do.)*

If you really start to think and even meditate a bit on this exercise, you will start to realize that nothing that happened was pure chance; there was always some kind of inner force directing things to go the way they did. And of course you already know what that force was: your own thoughts projected outward and fueled by the Creation Mechanism.

## Chapter 5 / The Creation Mechanism Mechanics Worksheet Page

**Instructions:**

*Look into your recent past and pick something out of it where you manifested something you wanted. Then write it in the top box. Then underneath this top row of boxes list the things that had to happen before that event manifested. Then do the same for the next row. Keep doing this until you get to the very beginnings of your creation, back to the time when it was just a thought. Now write your original thought in the bottom box. Now study the page and think about how some of these occurrences may have seemed like random chance and how these people or things all came together to manifest what you wanted. If you do this correctly you will get an idea for how the Creation Mechanism operates and literally pulls things together to manifest your desires.*

(On the back is a sample worksheet.)

MANIFESTED EVENT
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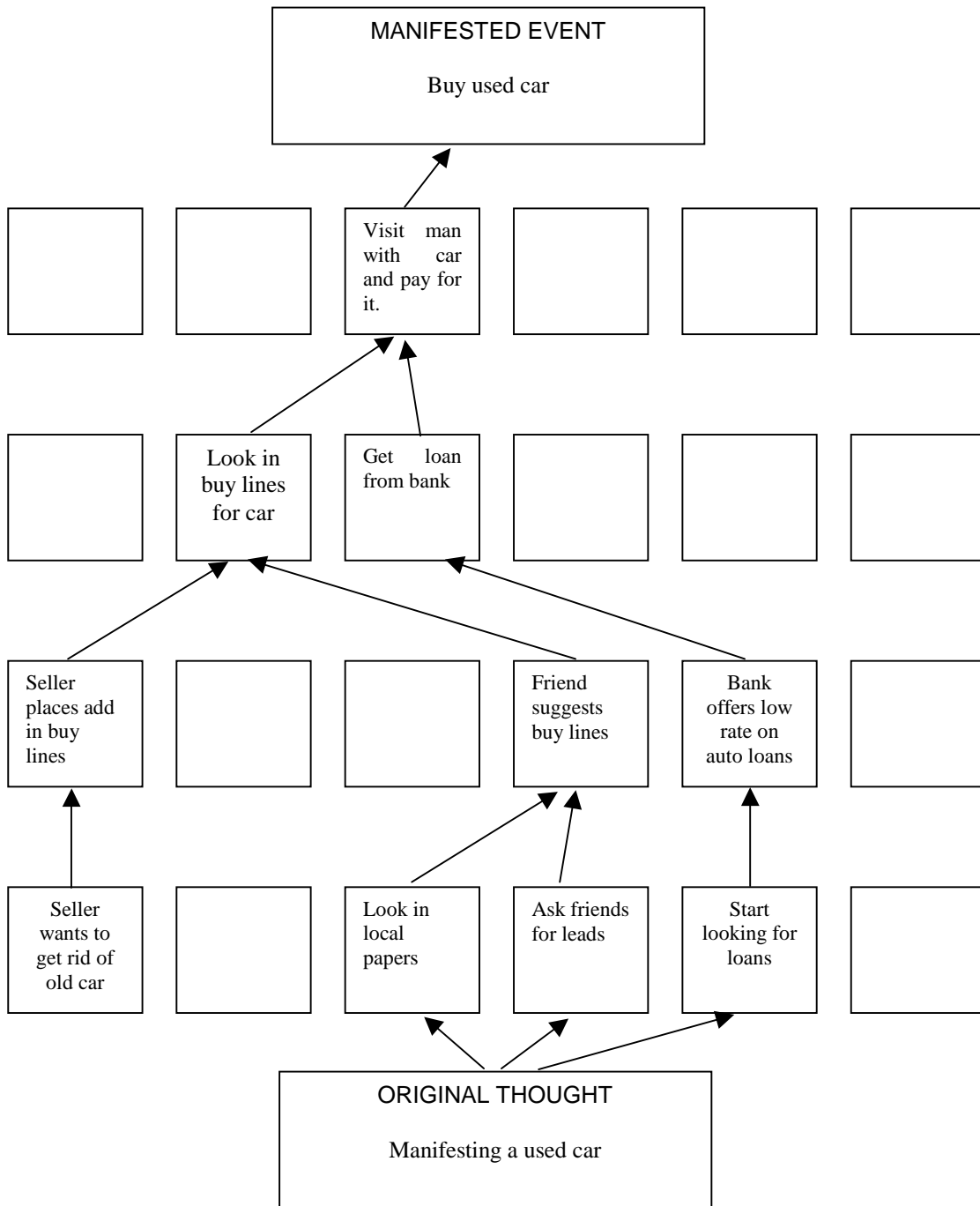
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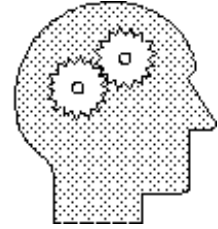
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ORIGINAL THOUGHT
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## The Creation Mechanism Mechanics Sample Worksheet





# The Creation Mechanism (part 2)

## Your Veto Power

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**ve-to** (vɛˈtɔ) *n., pl. ve-toes. 1.a.* The vested power or constitutional right of one branch or department of government to refuse approval of measures proposed by another department, especially the power of a chief executive to reject a bill passed by the legislature and thus prevent or delay its enactment into law...

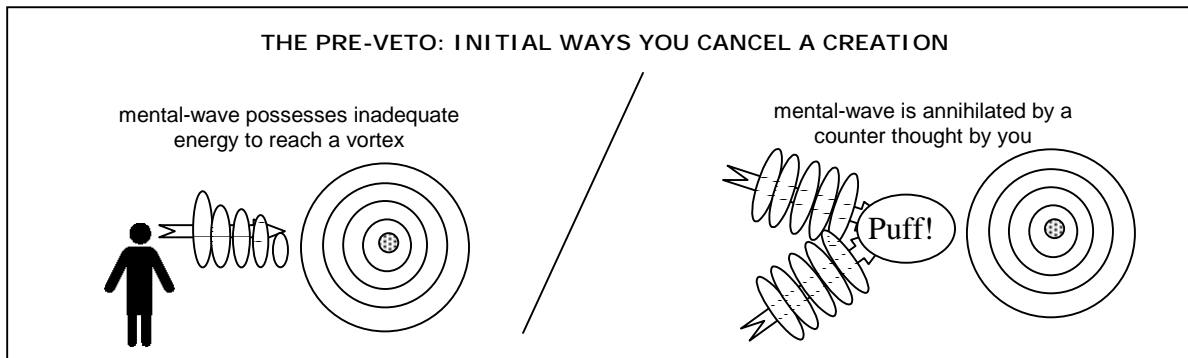
In the last chapter you learned how a thought becomes a manifested event. Now you may be wondering why, with this simple in-out explanation, is it sometimes so difficult to materialize things, especially those things you really desire? Well, there is an answer! All along the way, from the thought's birth, to a few moments before its manifestation, the process is veto prone!

The Creation Mechanism allows the stoppage of thought-materializations (your veto power) as part of the built-in learning and protection process. Just think what would happen if every one of your thoughts were to manifest? What kind of world would you find yourself in? With your emotions, feelings, and desires running out of control at times, this created world could be a place of much havoc and duress. To slow down the manifestation process and to give your consciousness a chance to learn the creative laws, some system safeguards are in place to substantially slow down the manifestation of thoughts on the physical plane.

So, to win at this manifestation game you must learn how to work around these system slow downs. In the process, you will become skilled at focusing and honing your consciousness, so that you can reality create to your hearts desire and not have to concern yourself with your consciousness straying on any uncontrolled thoughts or feelings. Of course the goal is this elimination of all uncontrolled thoughts and feelings, and this book is designed to teach you just that. But one step at a time! For now, let's have a look at the various ways your desires can get vetoed.

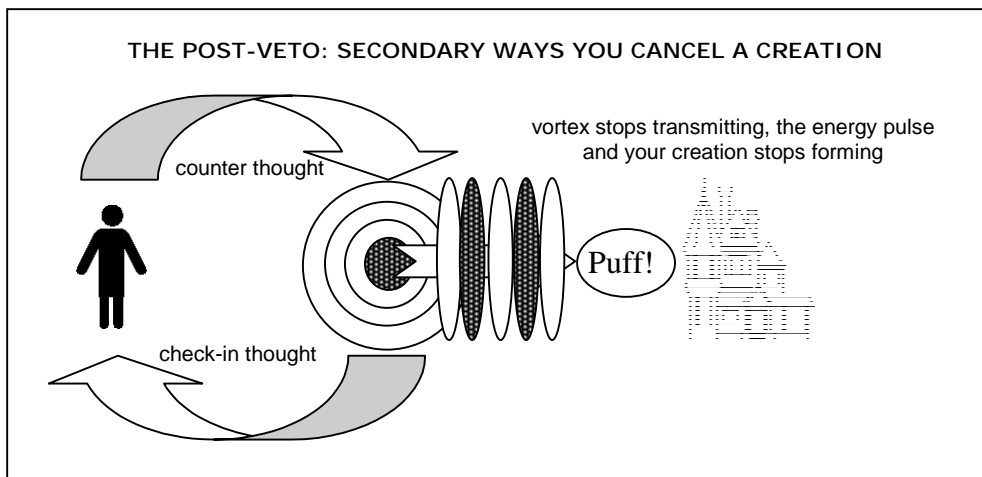
There are two kinds of veto power you have at your disposal. The first is the *pre-veto*. The pre-veto will stop a mental-wave before it has a chance to reach a thought-collecting vortex. There are a couple of ways you tend to invoke this power. First, the mental-wave you generate is too weak to reach a vortex. If a mental-wave is too weak, it will dissipate before it has a chance to enter and become an energy-pulse. Another way you invoke your pre-veto power is by sending out a counter thought – opposite to the original thought – immediately following the first thought. This action has the effect of canceling both mental-waves because each wave nullifies the other. It's similar to hooking up two batteries of equal strength in opposite polarities. The electrical fields annihilate each other. Thinking, “*I need five dollars.*” Then thinking, “*I'll never get five dollars,*” will get you zero dollars. With any of these pre-veto scenarios, your desire does

not have a chance to create because nothing reaches the Creation Mechanism to begin that manifestation process.



Now let's move on and pretend that a thought of adequate energy has passed into a vortex for processing by the Accelerator. The Creation Mechanism's Accelerator begins transforming the low-level thought into a high-power energy-pulse – an energy-pulse with the power to pull real physical events together. At this stage in the game your thought is getting real close to manifestation. However once the powerful energy-pulse passes from the Accelerator to the vortex transmitter and reenters physical reality, it can again fall prey to your conflicting will and veto power. This second way your desire can be stopped is called the post-veto.

Your post-veto power affects the energy-pulse as it is pulling together the seemingly random series of events that will comprise your desire. You see! The energy-pulse is coded to your consciousness. At various times, while the energy-pulse is doing its job, the energy-pulse will check-in. A fragment from the energy-pulse will enter into your mind as a passing thought. Now, if this passing thought meets with a counter thought within your mind, a message gets relayed to the energy-pulse, which suspends the sequence of events from occurring. You have now vetoed the in-process manifestation. It will no longer manifest and any physical events that were in the process of forming will cease.



This post-veto can manifest as a chance meeting that almost takes place; but, because of some random thing introduced – like a phone call at the last moment – the two of you never meet. In this case, the event was actually in formation when it got vetoed – not like before when

your desire was merely a mental-wave. Remember! Once a mental-wave becomes an energy-pulse and reenters into physical reality, actual physical events will begin to occur to make the energy-pulse manifest. That's how you can tell the difference between a desire that is just a mental-wave and a desire that has become a complex energy-pulse.

In many instances, if you in error veto an energy-pulse, you will begin to formulate a new mental-wave. This new mental-wave may eventually be successful in the creation process. When this manifestation finally occurs, for instance, you may find out that the previous week, the two of you just missed each other, because of that random phone call.

As I said earlier this veto power is for your own protection. It gives you a chance to hone your reality creating skills till such time that your consciousness is controlled enough that you only create what you want and need and when you need it. There are other realities where this veto power is very diminished or nonexistent. Dreams are one such reality and there are others. The physical system gives you the opportunity to learn how to handle your powerful creative consciousness, so that when you do enter into these other systems, you will not be overwhelmed with unwanted manifestations coming at you at warp speed.

### **Important Points from this Chapter:**

- ❑ There are two ways you can veto your desired manifestation: the post-veto and pre-veto.
- ❑ The pre-veto stops a mental-wave from reaching a thought vortex.
- ❑ The post-veto stops the actual formation of the physical event by canceling the energy-pulse that is creating it.
- ❑ To correctly manifest a desire your projected mental-wave must be strong enough to reach a vortex, and you must thwart any thoughts that could counteract or cancel the manifestation.

In the next chapter I will cover how you manage to inadvertently create the things you don't want and how to prevent this sort of thing from happening.

### ***Worksheet Notes:***

The exercise on the next page is designed to make you aware of the particular step, in the creation process, where you are vetoing your desired manifestations. It also is a great way to become familiar with the various stages of manifestation. Keep in mind that while I have addressed this exercise and this chapter to thoughts, the spoken word is just as powerful as a thought. There is no difference between a spoken-veto and a thought-veto, either one will cancel your manifestations.



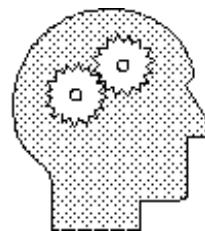
## Chapter 6 / Your Veto Power Worksheet Page

**Instructions:**

*Write below several things you have wanted to manifest but just have not manifested. Then try to figure out where you are invoking your veto power to stop them. If you have little desire or ambition to see this thing manifest then it never becomes a mental-wave strong enough to reach a vortex (check off box #1). If you are vetoing the desire in the mental-wave state, you will be sending out mental-waves that counter that desire just after you think about it (check off box #2). If you are invoking your veto power on an energy-pulse, you will be getting a check-in thought at some point, usually when you are doing something else or not thinking about the manifestation, and then sending out a some kind of thought to cancel the event (check off box #3). Then pick one or more of these and try to make the desire move to the next stage, by not invoking that kind of veto power. Eventually try to move this desire to the final stage, which is manifestation (check off box #4).*

NAME OF DESIRED MANIFESTATION	mental-wave too weak	mental-wave veto	energy-pulse veto	manifested
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





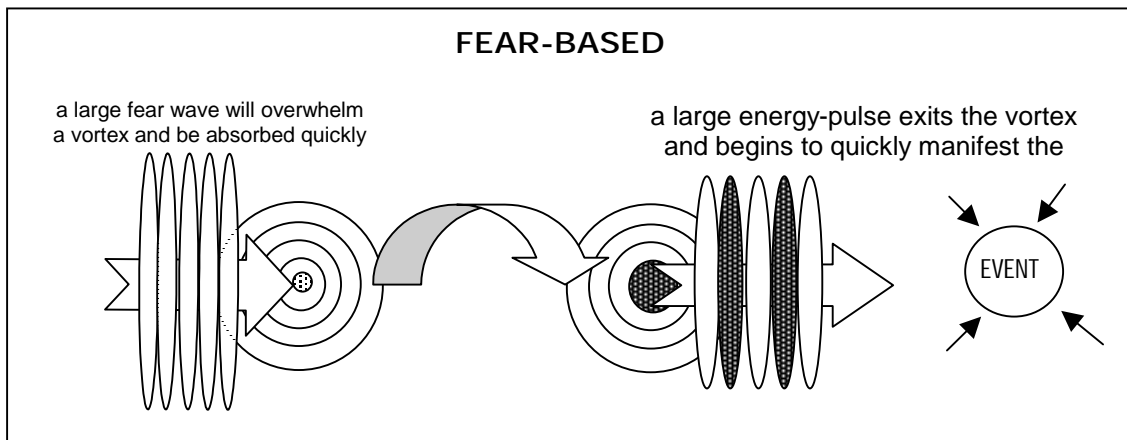
# The Creation Mechanism (part 3)

## Fear & The Floating Gloomy

***Dare to know what you are creating!***

Now despite the Creation Mechanism’s built-in safeguards and veto power, there are many instances in your life where you materialize what you do not want. The reason for these unwanted manifestations is the misapplication of the Creation Mechanism’s processes. Let’s examine two ways that cause you to manifest things you have no intention of creating.

One of the ways you inadvertently manifest something you do not want is with FEAR! Fear is an emotion. Emotions contain lots of energy behind them. As such, that emotional energy, added to a few thoughts on the subject of your fear, creates very powerful mental-waves – mental-waves that go straight into a vortex. Once the accelerator transforms this high-energy mental-wave into an energy-pulse and returns it to physical reality, the manifestation process will be swift. Events will, literally, be pulled together in anyway possible. With fear-based materializations, there may only be enough time to catch one or two check-in thoughts, before the actual creation of the event (not much time to cancel an event).



These check-in thoughts show themselves as warnings, where, after the event, you say, “*I knew that was going to happen, just before it did!*” That thought running through your mind, was checking-in to see if you wanted to halt the event. You missed it. Had you realized what was happening, you could have sent a counter thought back, which would have vetoed the creation of the entire event. In most of these precognitive cases you actually reinforce the creation of this fear-based event by thinking even more about this event, possible even visualizing it in a daydream. A typical counter thought, which would veto the materialization of the unwanted



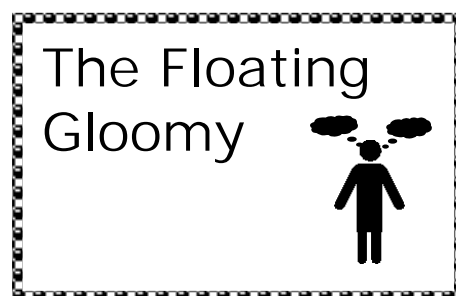
event, would be simply imagining that the event does not occur. Another way would be to say, firmly, mentally, “*NO! I do not desire this event at this time!*”

Long ago, early man was able to use this fear-based reality creating to his advantage, to help stay alive in an environment that sometimes was quite hostile to him. Today, though, this fear-based reality creating is excess baggage. Man no longer lives at odds with his environment – where his life rests on his next decision. Unfortunately, many people are accustomed to this kind of reality creating and as such find it hard to let it go. So, they project their fears outward on dangers that do not physically exist – trying to create an escape for a situation that is nonexistent (no escape is needed, no crisis exists). Eventually, that fear creates the actual feared event, as the Creation Mechanism is only doing its job. Below are examples of the improper use of fear:

- Continual and obsessive worry over a physical ailment that you do not have.
- Worrying about not being able to pay the bills.
- The fear of getting into a car accident, when you are not even in a situation where such a thing could manifest.
- Fearing being fired when you have not done anything to warrant such a thing.
- The fear of losing your spouse or mate.

These are just a few examples. The list could be endless. Any fear of a situation that does not as of yet exist qualifies as unwarranted fear-based reality creating. To avoid fear-based reality creating, you should only use the emotion fear for those crisis situations that are physically real. In a real life-threatening or crisis situation your fear’s powerful mental-waves will swiftly enter a vortex to help create probabilities for you to choose from. Many of these probabilities will be courses of action that can quickly diffuse the situation or have you come through unharmed. In these tense moments, it is important to only fill your mind with the best possible outcomes. I know you will say this controlling of your fear at the moment of a crisis is difficult; however, nonetheless, it is possible to control these instances. It just takes a bit of time, practice, and patience.

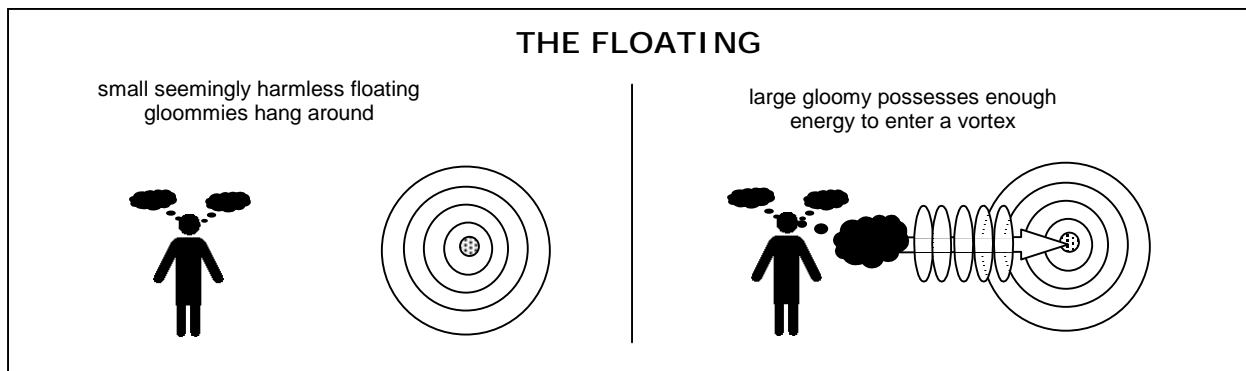
Now, let’s put fear-based reality creating aside and go into another common way you unwillingly create what you do not want. This guy is one that gets everyone at one time or another. We call this trap the *Floating Gloomy*.



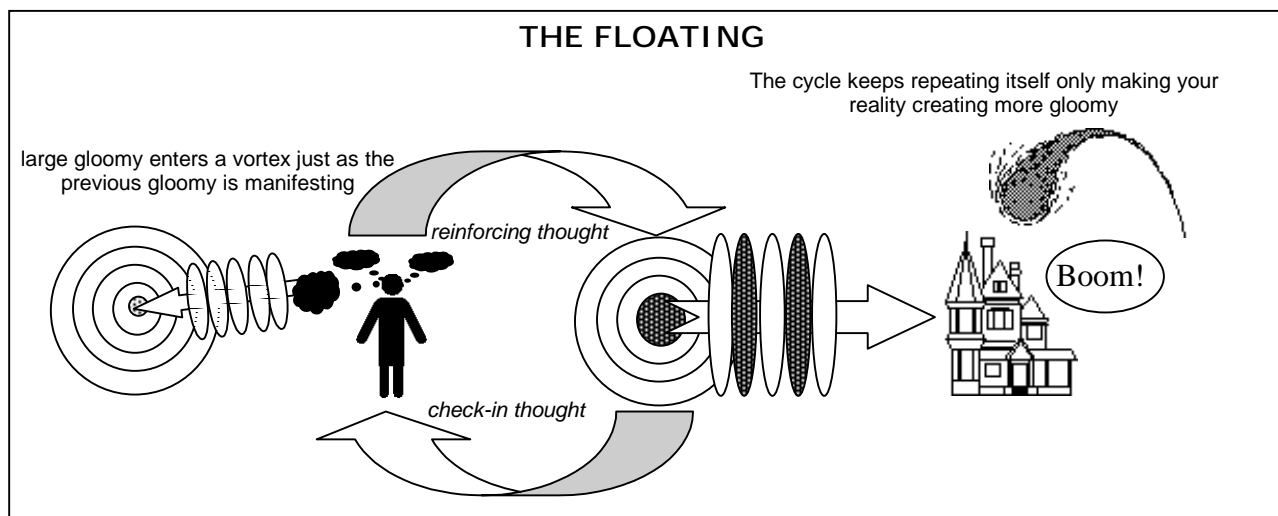
The Floating Gloomy is a casual gloomy thought that runs through your head on a regular basis. A typical Floating Gloomy will sound like this, “*I’m always bored!*” or “*I’m a failure at everything!*” or “*Life is just too hard!*” or “*I’m broke!*” Do some of these phrases seem familiar? I hope not. If they do, you are unleashing some difficult reality creating into your world.

The way it works is like this! Individually, each gloomy thought does not possess sufficient energy to become attracted into an energy-collecting vortex – so the thought just lingers about you. Normally, this floating thought would dissipate. However, by regularly affirming the

thought, the thought wave begins to build. Each time you repeat the negative phrase to yourself, it adds a little bit more energy to that floating wave. After a time, the Floating Gloomy achieves sufficient energy to enter into a thought-collecting vortex. Then, simultaneously, while your gloomy thought is being transformed, you begin to go on and create another gloomy thought. By the time the first Floating Gloomy materializes – the second one is ready to enter another vortex. So, you find yourself sitting within a seemingly never-ending creation circle of gloomy reality creating – a reality creating circle that is probably eating you up inside and out.



Furthermore, each time a new Floating Gloomy materializes it makes you even gloomier about whatever that situation is. This action adds more fire to the next Floating Gloomy that is ready to enter into a vortex. Now, because you are continually building the same gloomy thought, when a check-in thought enters into your mind, to see if it should go ahead with the materialization of the next Floating Gloomy, it finds nothing within your mind to stop the creation of the event. Wham! The next Floating Gloomy materializes, and it is even more depressing than the one before!



The first thing you need to do, to stop this vicious cycle, is to refrain from using those types of phrases within your head and within your speech pattern. The second thing you need to do is to follow up every negative thought with a positive one. You want to annihilate that negative

thought before it has a chance to enter a thought-collecting vortex or be added to a Floating Gloomy.

For example, let's use the phrase "*I'm a failure at everything!*" Every time you find yourself saying that negative phrase (mentally or verbally), you should follow it up with a more positive phrase, for example, "*I am successful at times!*" Then, take the process one step further – make a mental note to affirm the positive phrase, again, later on. This positive affirmation later on, will not only negate the negative phrase, but also begin to get the ball rolling in a positive direction, perhaps dismantling a Floating Gloomy or two.

I've talked enough about negative phrases and the Floating Gloomy. Later on in this book, I will be covering the dismantling of destructive speech and thought patterns more extensively. For now, let's end this chapter by covering the important points.

### **Important Points from this Chapter:**

- ❑ The misapplication of the creative process can cause you to manifest things you do not want or desire in your reality.
- ❑ A constant harboring of some fear can send a powerful mental-wave into the Creation Mechanism to be created. Stop focusing on fears that do not exist!
- ❑ Casual negative thoughts or outlooks can create a Floating Gloomy that will eventually manifest in your reality. Try to focus on the things in your life that make you happy.

In the next chapter I'll give you a technique that you can use to send powerful mental-waves into the Creation Mechanism. Hold on the magic within is about to be released.

### **Worksheet Notes:**

The worksheet on the next page will help you to discover and remove Floating Gloomy manifestations from your reality. You will find that by charting these gloomy thoughts, you will gain some positive feedback as to whether or not you are getting this particular Floating Gloomy under your control. If you find that the occurrences of Floating Gloomy manifestations are decreasing over time, then you are headed in the right direction. If not, then you will have to try harder to annihilate this energy pattern from your consciousness.

## Chapter 7 / Fear & the Floating Gloomy Worksheet Page

**Instructions:**

*You are an investigator on a hunt to track and uncover the Floating Gloomy. Use your powers of deduction to find this elusive blob in your energy field. To help you in this search, read and follow the directions. Then once you discover this phantom woe-is-me generator, send that gloomy thought to the scrap pile. Use the bottom of the sheet to document the Floating Gloomy's appearance by marking an X in the box on each day and time that the manifesting of this gloomy shows up. In time, as you annihilate this Gloomy from your life, you will see increasingly less X's in the track-chart.*

### Step 1: Uncovering the Floating Gloomy

- a. Do you think or speak the same negative phrase or thought more than 3 times an hour?
- b. Does it seem like there is some aspect of your life that displeases you and you are unable to control it?
- c. Are questions one and two's answers related to the same thing? If so, you have found a Floating Gloomy.

### Step 2: Annihilation of the Floating Gloomy

- a. Every time you repeat that gloomy phrase or thought, follow it up with an opposite and more positive version.
- b. Then 10 minutes later, follow up with another positive phrase.

### Step 4: Removal of the Floating Gloomy's Energy-Pulse

- a. Every time you see the effect of this Floating Gloomy manifesting in your reality, close your eyes and imagine how your life would be without this phantom affecting you.

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### Floating Gloomy Track-Chart

Name of Floating Gloomy \_\_\_\_\_

Date Begun \_\_\_\_\_

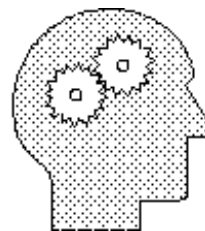
|       | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|--------|--------|---------|-----------|----------|--------|----------|
| 5 AM  |        |        |         |           |          |        |          |
| 6 AM  |        |        |         |           |          |        |          |
| 7 AM  |        |        |         |           |          |        |          |
| 8 AM  |        |        |         |           |          |        |          |
| 9 AM  |        |        |         |           |          |        |          |
| 10 AM |        |        |         |           |          |        |          |
| 11 AM |        |        |         |           |          |        |          |
| 12 PM |        |        |         |           |          |        |          |
| 1 PM  |        |        |         |           |          |        |          |
| 2 PM  |        |        |         |           |          |        |          |
| 3 PM  |        |        |         |           |          |        |          |
| 4 PM  |        |        |         |           |          |        |          |
| 5 PM  |        |        |         |           |          |        |          |
| 6 PM  |        |        |         |           |          |        |          |
| 7 PM  |        |        |         |           |          |        |          |
| 8 PM  |        |        |         |           |          |        |          |
| 9 PM  |        |        |         |           |          |        |          |
| 10 PM |        |        |         |           |          |        |          |
| 11 PM |        |        |         |           |          |        |          |
| 12 AM |        |        |         |           |          |        |          |
| 1 AM  |        |        |         |           |          |        |          |
| 2 AM  |        |        |         |           |          |        |          |
| 3 AM  |        |        |         |           |          |        |          |
| 4 AM  |        |        |         |           |          |        |          |



# The Creation Mechanism (part 4)

## The Creation Technique

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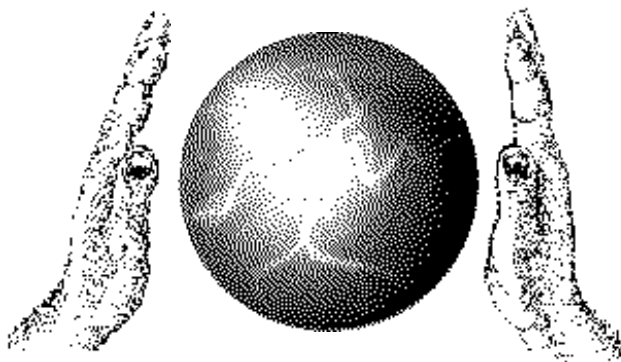


***If you don't like it... Change it!***

Now comes the fun part: learning how to deliberately program up a mental-wave and send it into the Creation Mechanism for manifestation. And, to help you with this activity, I have the Creation Technique.

The Creation Technique is a simple, quick way to send deliberate mental-waves into the Creation Mechanism. It ensures that the first half of the manifestation process is complete. The Creation Technique takes a thought and focuses it, energizes it, and sends it directly into a thought-collecting vortex. The Creation Technique may possibly be the most important reality creation tool you ever possess. Let's learn this powerful technique. Let's use the manifesting of five dollars as an example.

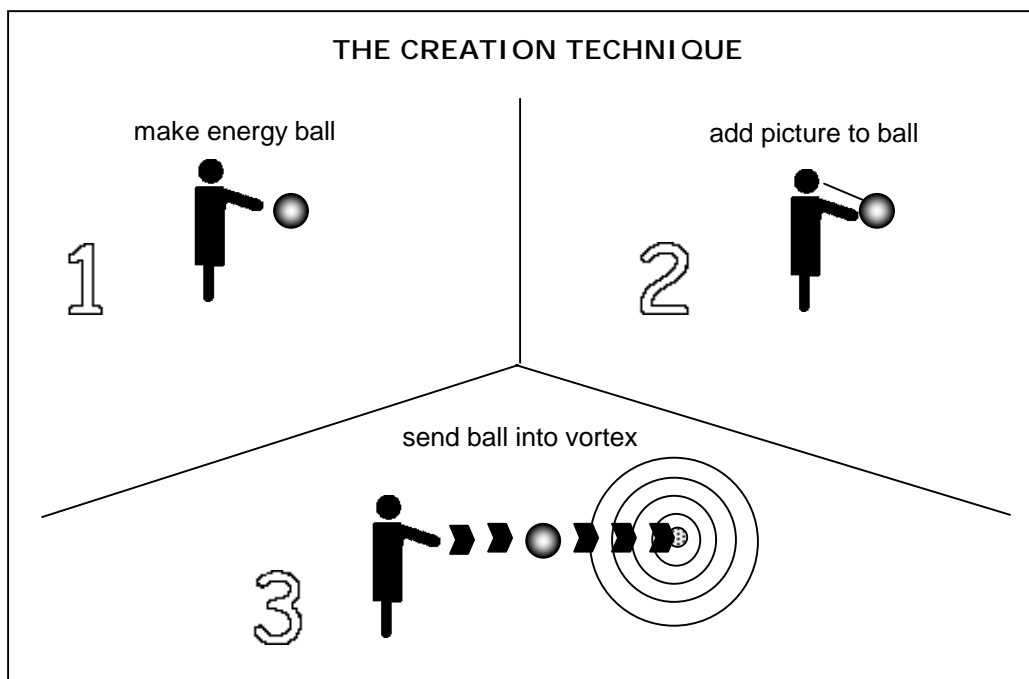
The technique begins with generating what is called an energy-ball. Hold your hands in front of you, and pretend you are holding a ball between them. See this ball clearly in your imagination and feel the imaginary ball as it rests between your hands.



Now fill this ball with energy. Send two streams of energy out of your hands and into the imaginary ball. As the energy goes into the energy-ball, it should feel like the space between your hands is firming up. When the energy ball feels good and firm (about 30 seconds this firming up should take) stop. Next, while you continue to use your hands to contain the energy-

ball, place a mental picture of the thing you wish to materialize, (the five dollars) into this energy-ball. You can imagine a photograph of the object or the object itself sitting inside the ball. You have now endowed the energy-ball with a purpose.

Release the energy-ball, with its newly endowed directive, and give it a gentle push outward. If done correctly you should feel a slight power drain, as the energy-ball leaves. Continue to monitor the energy-ball in your imagination. Follow the ball as it enters an energy vortex. You can imagine the vortex as a swirling mass of energy surrounding a tiny hole in the center. This hole is where the ball of energy gets sucked into and disappears. After the energy-ball gets sucked into the vortex, you are done! This whole creation exercise should take no more than one minute.



**Tips to help you with the Creation Technique:**

- In the beginning, you should restrict the use of the exercise to small and simple requests. Small, relatively insignificant items can materialize within a day or two – like meetings with friends, telephone calls, getting to work on time, short check-out lines. Larger items will take longer – like obtaining love, a new car, a raise, new employment, finding a house or apartment. It is much easier to develop a knack for this technique on stuff that is easily obtainable, and then you can go on to the more difficult items.
- You should follow-up with the Creation Technique every day, once or twice a day, until the desired item materializes. The idea is to do the technique regularly but not habitually. It doesn't take much energy to properly endow a mental-wave. More often than not, a desire will fail to manifest because you have given it too much attention. When you really want something, you tend to fixate on it all the time. This often generates an unconscious fear of

not getting it. Of course you know from the last chapter that if you fear something that is what you will create. So, if you fear ‘*not getting it*’ then you will create ‘*not getting it*.’

- After the exercise is complete, forget the desire. Put it out of your mind. Thinking continually about the desire may start to generate an unconscious fear of not getting it.
- When a check-in thought arrives think positively about the materialization of your desire, or you can think back to the Creation Technique exercise. Either method will affirm your support to continue the manifestation process.
- If you want to increase the effectiveness of the materialization process and send some powerful confirmations to that energy-pulse to continue the manifestation process, try to follow up everyday with one or two physical affirmations. Each time you physically affirm your desire in some way, you will send a request to the Creation Mechanism to speed up the manifestation process. This physical affirmation does not need to be complex or ritualistic. For example, you wish to increase your cash flow. Instead of just performing the Creation Technique and waiting, follow up that technique with real physical actions that will affirm your desire. Using the example of an increase in cash flow, you would need to spend a little more money than usual, to affirm that desire. This increase in money spent only needs to be a few extra cents. We’re not talking about putting yourself in debt here! If you go to buy a product, and you usually buy the cheapest one on the shelf, you should spend a few cents more and buy the next better product. The act of spending a little more money than usual will send a signal into the Creation Mechanism, affirming that you want to increase your cash flow and do that increasing in a hurry.
- Don’t use the Creation Technique for more than one item at a time; but you can work on several energy-balls during the course of the day. Don’t be afraid to try the routine on several things in your reality at once. You just need to space the energy-balls at least an hour from each other, otherwise you may wind up cross connecting energy-balls and then neither will have enough energy to enter into a vortex.
- As you gain confidence using the Creation Technique and the Creation Mechanism, slowly expand it to larger and larger projects. Do not, instantly, jump from very small items to very large items. Make the transition gradual. When you finally do get to the really big stuff, you may need to do the Creation Technique twice a day, every day, for several weeks or perhaps even months. These big requests can take much energy and time (up to two months) to materialize. The Creation Mechanism operates on a *waste-not want-not basis*. In order for an item to materialize, there must be sufficient reason and desire behind it. On large items, large physical resources must be allocated to complete the materialization. Many properly pumped-up mental-waves must enter into the Creation Mechanism to keep fueling this materialization process.
- You can use the Creation Technique freely on any situation or thing. However, you must keep in mind that when your creating involves situations or things that involve other people, they too have a hand in creating or not-creating the situation.



- Never use the Creation Technique to force your will on another. Don't fall into the trap of wanting to create a certain situation with a particular person, place, or thing. Leave room for the Creation Mechanism to make some determinations for itself. For example, you may not be able to materialize that romance with your colleague, because your colleague does not wish it. However, that does not mean you can't materialize a romance with someone else, like a person from your biology class whom you haven't yet met. This other person may be looking for just such a romance. The Creation Mechanism can kill two birds with one stone in this way. That's efficient, and that's adhering to everyone's freewill and the Universe's *waste-not want-not law!*
- Finally, treat the Creation Mechanism and the Creation Technique as a game. Give the technique the fun it deserves. That game attitude makes the system flow smoothly and easily. Fun unleashes your full creative energy on to a situation, thus speeding up the manifestation process.

In the next chapter I'm going to cover a very important reality creating topic and it involves your focus (or lack of it) in the moment.

***Worksheet Notes:***

The worksheet on the next page is designed to help you keep track of the energy-balls you make and when the desired thing materializes. In the beginning this is a very good thing to do, as it will give you some positive feedback on the system and how it is working.

## Chapter 8 / The Creation Technique Worksheet Page

**Instructions:**

Write in the first column the thing you are trying to manifest using the Creation Technique. Then mark in each box the number of energy-balls you have made that day for that manifestation. Keep recording till your desire manifest and then mark that day with an "X". You can experiment with the number of energy-balls you do for each desire to help you to better figure out what is best for you. The chart is limited to two weeks so only use this chart for small simple things that can manifest in this period of time.

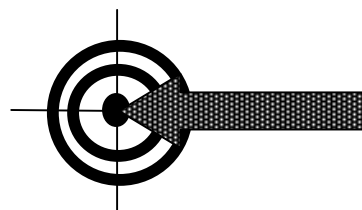
Date Begun \_\_\_\_\_

|  | mon | tue | wed | thu | fri | sat | sun | mon | tue | wed | thu | fri | sat | sun |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|  |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
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|  |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
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# The Now Point & Your Point of Power

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There are two days of the week you should never worry about, tomorrow and yesterday!

Your *Now Point* and your *Point of Power* are two very important reality-creating topics I need to cover with you. As you will soon see, where these two ‘are’ can make a significant difference in your reality-creating power.

The *Now Point*, put simply, is where your consciousness is focused within your reality. Your *Now Point* does not necessarily have to reside within physical reality; however, physical reality is the focus point with which you are most familiar. For example, you are driving a car and mentally fixed on the road ahead of you. That focus of being fixed on driving the car is your *Now Point*.

Your *Point of Power*, on the other hand, is the place where your personal power is going. For example, you are driving a car. Your *Point of Power* would be your will to direct the car on the road.

Your *Now Point* is what your consciousness is focused on at the moment.

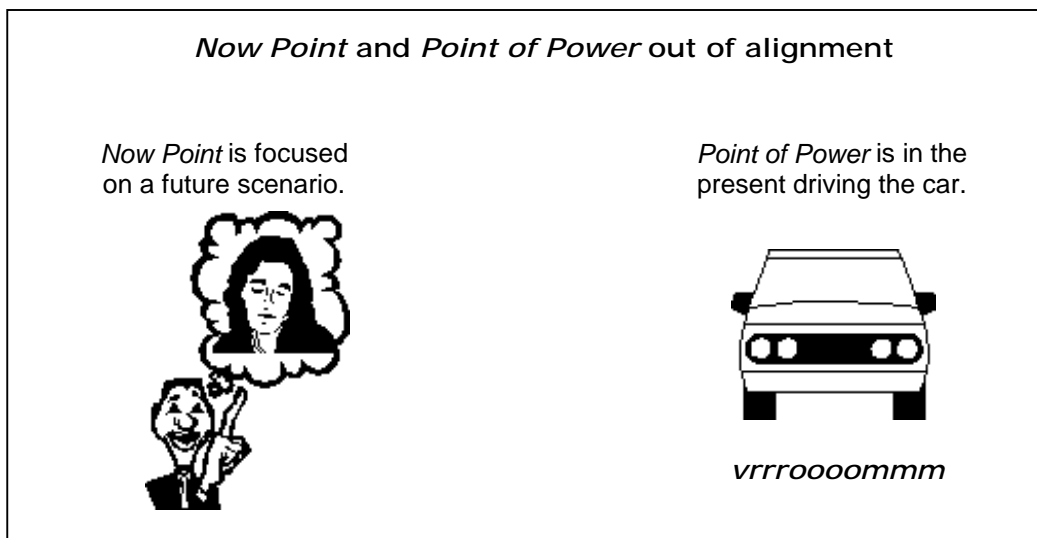


Your *Point of Power* is where your will is directed to effect changes in your reality.



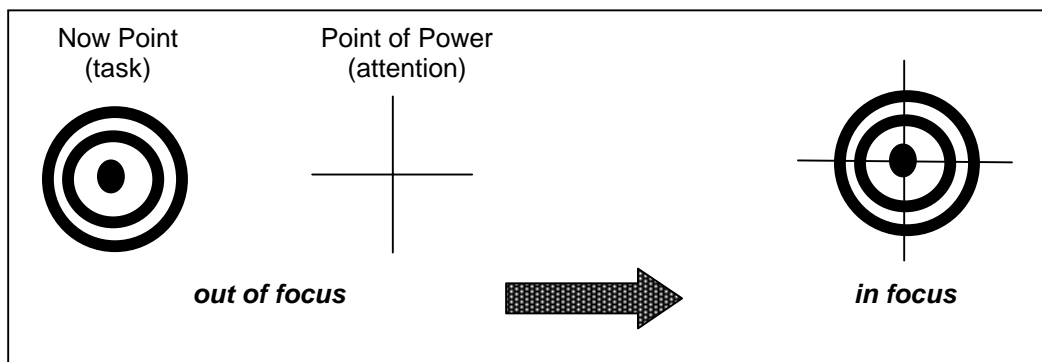
*vrrroooooommm*

Your *Now Point* and your *Point of Power* do not necessarily have to be focused in the same place. And that is a problem! By splitting your *Now Point* and your *Point of Power*, your reality-creating power can be cut by as much as 50% or more. For example, you are driving the car and your mind is focused on what you are going to say tonight on that big date. Now you have sent your *Now Point* to some probable future scenario, while your *Point of Power* is in the physical body, driving the car. Needless to say your full attention and power should be in the same place.

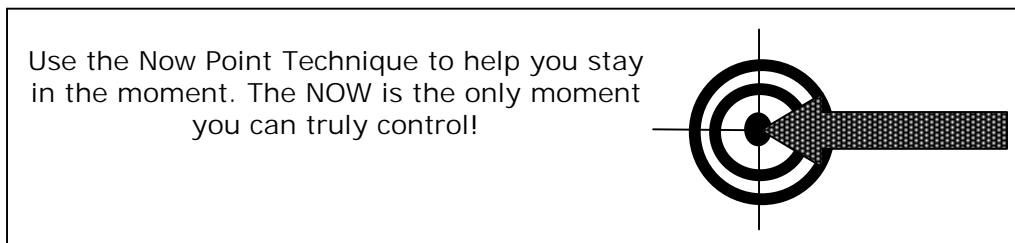


In the above example you have fractured your reality creating power. Now I'm sure many of you do this kind of thing all the time with driving a car; but the point is that if you want to get maximum control over the moment, your *Point of Power* and your *Now Point* should be focused in the same place.

The Creation Mechanism and the Creation Technique are similar to the car analogy. When you construct a mental-wave and endow it with energy, you are using your *Now Point* (within the physical moment) and your *Point of Power* (focusing your will into that moment) to effect changes in the physical environment. The Creation Technique is very sensitive. Any small drift in your *Now Point* focus and your mental-wave's creation efficiency will reduce – possibly even be cut in half! Furthermore, mental-waves do not only emit when you do the Creation Technique. Your consciousness continuously sends out mental-waves: *24 hours a day, 7 days a week!* Maintaining your *Now Point* and your *Point of Power* within physical reality's moment, will make it that much easier for you to control your reality.



Physical reality is full of all sorts of distractions – distractions like television, radio, movies, and the telephone. These distractions make it very easy for you to slip into a quasi-like state and float on a cloud of mindlessness. Now, don't take this up wrong! There is nothing wrong with these distractions – except when these distractions keep you from using your power in the creation of your world. These distractions do this power robbing by making you forget what it is like to be perfectly focused within the physical moment, on the task at hand. They lead you away so gradually, so hypnotically, and so often, that you are unaware that the physical moment is vanishing and being replaced with another program, or stimulus. There are times when this slipping from the physical moment can be very therapeutic. However, in more instances than not, this continual conditioning leads to your consciousness too easily slipping away when it shouldn't. Relearning what it is like to focus properly within the physical moment is the next step in gaining more control over your creations and your reality. The *Now Point Technique* will help you to do just that. This is a great technique, and I hope that you use it not only with the Creation Technique but anytime you feel your grip on physical reality slipping away.



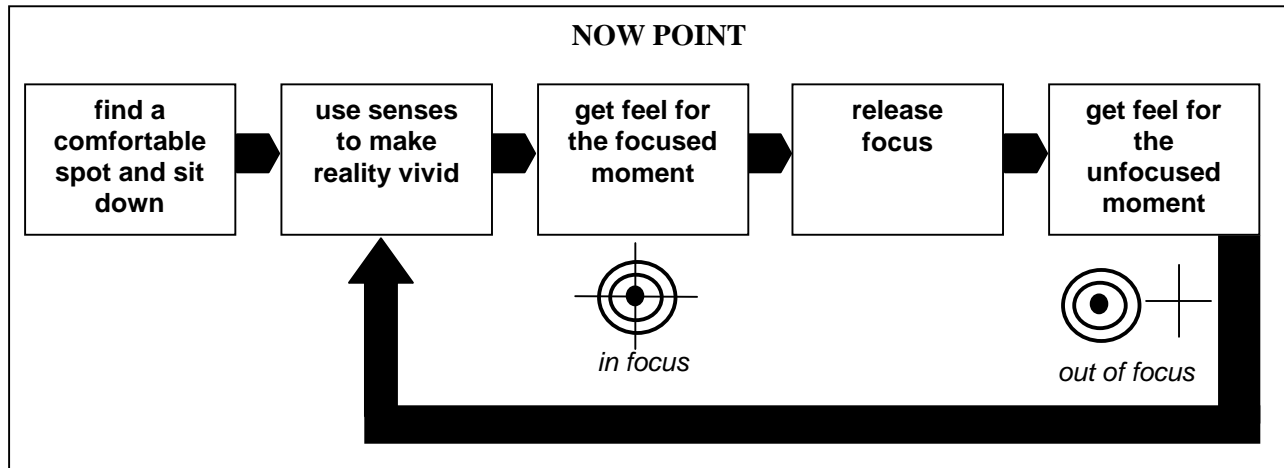
The first several times you try this procedure, you will be doing this procedure to establish exactly what proper physical focus will feel like. It will help to go to a special setting or place to accomplish this task, though not absolutely necessary. Places and things that are close to the earth work the best. The earth is the most physical object you have in your reality; that's why places like the beach and the park are very popular hideaways for people. They go there and, unconsciously, reconnect with physical reality.

Select your spot and sit down. Look around and notice the physical objects that surround you. Look at the colors and the shapes, as if you were looking at them for the first time. Then, while you are still looking, you should listen as intently as you can to all the sounds that are going on. Try not to fixate on any one particular sound. Instead, try to listen to all the sounds combined, like the world is a symphony to be heard. Begin to take deep slow breaths. While you take these breaths, feel the air as it passes in and out of you. Maintain this breathing for at least two minutes, while concentrating on the surrounding stimuli.

At this point, everything should feel vivid. Your reality should feel and appear electric! There should be a quivering kind of pulsation to all the objects around you, even the air itself. While you are in this heightened sense of physical awareness, take notice as to how you feel, so that later – when you find yourself in a less ideal situation – you will be better able to bring yourself to this point.

Now sit quietly and let the moment slip. Close your eyes if this helps. Don't focus your attention on anything in particular. After a couple of minutes, take a look at the objects that are surrounding you again. Do they possess the same quivering life that they did before? Probably

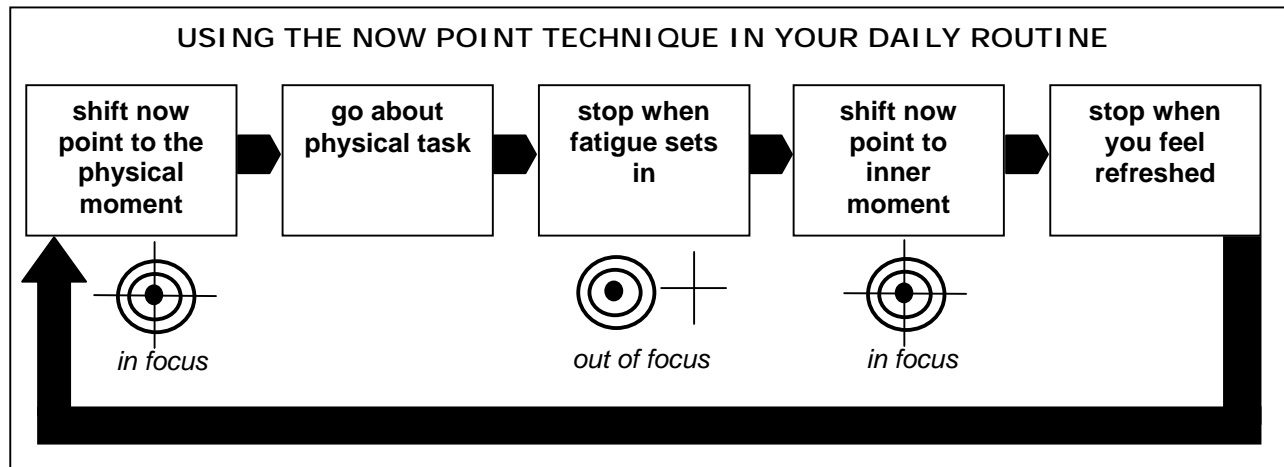
not! This second state of being is how you may live many of the moments in your life – in physical reality but not fully focused within it.



Practice this technique as much as you like, bouncing between the focused state and the unfocused state. With practice and time, you will get a feel for when you are firmly within the physical *Now Point* and when you are not. Then, whenever you feel the physical moment slipping from you, it will only be a matter of pulling your consciousness back, by remembering the focused feeling from the exercise.

For example, you are at a meeting and many people are around. You must control this meeting if you are going to be successful in whatever you wish to accomplish. Before the meeting begins, you should use the *Now Point Technique* from above – except, instead of going to your practice spot, use the room, the voices, and, perhaps, the odors in the room to help you invoke your *Now Point* to your present moment. Because you are familiar with the way proper physical focus feels, it will be easy for you to know when you are there. As soon as you reach this heightened state of awareness, you can stop! Begin your meeting. If this meeting is a long one, you may feel your focus slipping later on. Try to regain proper physical focus by using the *Now Point Technique* again. If however, you are unsuccessful, then it may be a good time to call for a break or excuse yourself for a few minutes; fatigue has set into your physical brain! Continuing from this point onwards will probably have you losing the control over the meeting you intended to keep controlled.

Giving your mind the rest it needs requires that you perform the *Now Point Technique* in its unfocused state, but taking that unfocused state to its next logical step. You want to withdraw your *Point of Power* completely inwardly as well. Screen out all exterior goings-on and move your consciousness to a quiet place within. Do not think about anything. Just drift on an inner cloud of nothing. Stay here for at least two minutes but not more than five. A shorter length of time may not be effective and a longer length of time could make it difficult for you to quickly return to physical reality's *Now Point*. Then refocus back into your physical *Now Point* and restart that meeting with confidence and control.



In the example above, we used your physical *Now Point* and your inner *Now Point* to stay on track and in control of a physical situation. This inner to outer flipping is the kind of reality control you want to practice. It will do you no good to engage in a physical situation without the proper strength and focus to do so. You can and should use both inner and physical aspects of your *Now Point* in your reality creation. However, remember! Whatever aspect of the *Now Point* you immerse yourself in, make sure you do it well or don't do it at all! When you are in your inner *Now Point*, be there completely. When you are in your physical *Now Point*, be there completely.

Of course it would be a good idea to make sure you are fully focused in the physical moment when sending out energy-balls to the Creation Mechanism. Sometimes you will send out energy-balls to reality create something and not get exactly what you asked for. Usually this off the mark reality creating can be attributed to your mental focus wavering as you were constructing your energy-ball. A correctly focused energy-ball has more of a chance of properly manifesting than an incorrectly focused energy-ball. Incorrectly focused energy-balls will enter a thought-collecting vortex, just like a focused one; however, it will do so out of phase. This out of phase quality often creates an energy-pulse that is not precisely coded to what you asked for, and thus your manifested creation will not exactly be what you asked for. So, keep your *Now Point* and your *Point of Power* in focus when you are doing the Creation Technique and you will find it much easier to reality create and to control whatever it is you are currently doing.

### **Important Points from this Chapter:**

- ❑ Your *Now Point* is where your consciousness is focused at the present time.
- ❑ Your *Point of Power* is where your will is making changes in your reality or environment.
- ❑ It is important to have both your *Now Point* and your *Point of Power* in the same place at the same time, to maximize your reality creating.
- ❑ It is a good idea to withdraw into your inner *Now Point*, taking your *Point of Power* with you, when fatigue sets in and you can no longer control the physical moment. Then return back to the physical moment when you are refreshed



In the next chapter I will discuss another important topic involving your reality creating: *Momentum*. Speeding objects and things are not the only items that carry momentum – energy, thoughts, and your creations do as well!

***Worksheet Notes:***

The worksheet on the next page is designed to show you the results of focusing your *Now Point* and your *Point of Power* in the same place and then in separate places. If done correctly, you will find that when your *Now Point* and your *Point of Power* are in the same place, the moment will be much clearer, and you will have much more reality-control.

## Chapter 9 / The Now Point Worksheet Page

**Instructions:**

*You are going to make two telephone calls, ten minutes each. In the first call you are going to listen intently, placing both your Now Point and your Point of Power on the conversation. After ten minutes hang up. Now jot down as many facts that you can remember about your telephone discussion. Use the space provided on the worksheet for your notes. Now make a second call. However, on this telephone call, I want you to do a crossword puzzle or anything else that will take your attention, during the call. The idea is to separate your Now Point and your Point of Power. After ten minutes hang up. Now, using the second space provided on the worksheet, jot down as many facts that you remember from this conversation. The next step is to compare the notes from each telephone session. Which conversation did you retain more memory and clarity from?*

### Telephone Conversation 1: *Now Point & Point of Power* in focus Notes

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

### Telephone Conversation 2: *Now Point & Point of Power* out of focus Notes

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_



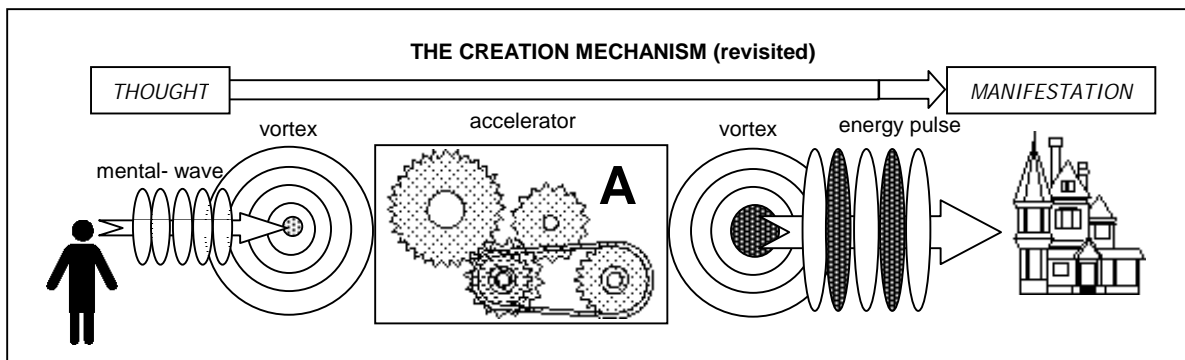
# Momentum In a Creative Universe



**mo-men-tum** ( $m^{1/2}m\mu n^t...m$ ) *n., pl. mo-men-ta* (-t...) or **mo-men-tums**. **1.** *Symbol p* *Physics.* A measure of the motion of a body equal to the product of its mass and velocity. Also called linear momentum. **2.a.** Impetus of a physical object in motion. **b.** Impetus of a nonphysical process, such as an idea or a course of events...

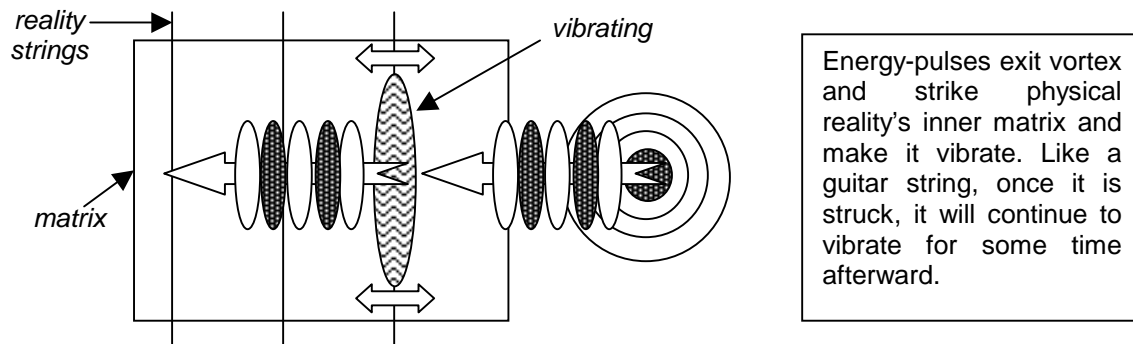
Momentum in the real world can be said to be the strength or power behind an object in motion. Objects of propulsion like propelling balls, planes, trains, and boats contain this moving power. However, momentum is not merely for objects; your reality and your thoughts contain this moving power too. You must consider the amount or lack of momentum within your reality and your creations, if you are to succeed at the reality-creation game. As you will soon see, the momentum behind your creating can be either a powerful ally or an ominous foe!

As you already know, your thoughts project outward as mental-waves. These mental-waves get picked up by one of the Creation Mechanism’s thought-collecting vortexes. The vortex passes these mental-waves on to the accelerator. After the accelerator transforms your mental-waves into complex energy-pulses, these energy-pulses reemerge into physical reality. Once these pulses are within physical reality, the magical process of manifestation takes shape; and it is here we will begin a deeper examination into the manifestation process.



To begin with, when those pulses – with their complex commands – enter the physical environment, they have an impact on physical reality’s matrix. This matrix behaves as the strings on a guitar do. The strings on a guitar vibrate and emit energy when struck. In the guitar’s case,

that emitted energy manifests in the form of sound. In physical reality's case, that emitted energy manifests in the form of events being pulled together. Furthermore, those energy emissions do not stop once the energy-pulse ceases striking the nonphysical matrix. The elasticity of the nonphysical matrix will cause it to continue vibrating, even after that energy-pulse vanishes – which means that your creations will continue to exist after the energy-pulse does its job.



The Creation Mechanism has momentum built into it to free you up to build and create other things. The idea is to spend time, up-front, creating that particular aspect of your world. Then, as that aspect gets rolling, the momentum behind that creation will enable that creation to take care of itself to some degree. This free-rolling design releases the bulk of your energy, so that you can work on other aspects of your life. However, momentum is a two-sided coin – and which side you are on will determine how you view that momentum.

If you are on the positive side of a momentum, you are in good shape. Continuing to add momentum to something that is desirable in your life is fun, adventurous, and beneficial. However, when you are on the negative side of that momentum, continuing to add momentum to an unwanted situation is depressing, unfulfilling, and damaging. If you are on the negative side of that momentum, getting on the right side of that momentum should be your top priority. Except, to begin that process, you will first have to come face-to-face with your own negative momentum, and the fact that you have to uncreate that situation.

Uncreating a situation is just as important as creating it. Sometimes you will inadvertently create an unwanted thing or wish to rid your reality of a particular situation. Momentum is a key issue when trying to uncreate a reality that has taken months or even years to form; because the more you recreate the same thing, repeatedly, the more solid those creations will become. In other words, a situation that prevails for only two weeks will be much easier to uncreate than one that prevails for two-months. The two-week situation will possess less moving power than the two-month situation. It's like trying to stop two trains, one moving at 60 mph and the other moving at 30 mph. It will be much easier to stop the train moving at 30 mph than to stop the train that is moving at 60 mph

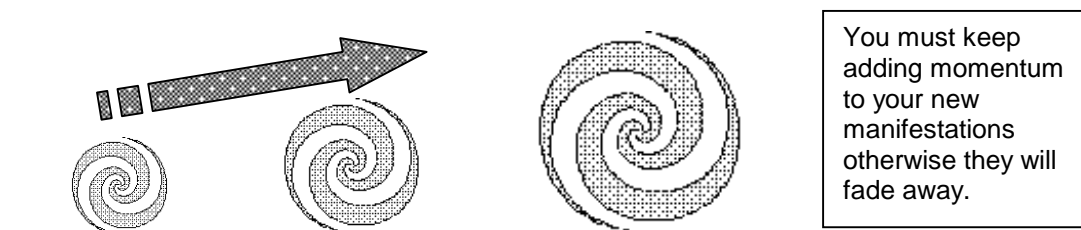
Now, you already possess the most effective method around to help you with momentum: the Creation Technique. By using the Creation Technique, you can fight unwanted, negative momentum and build steam behind desired, positive momentum. A good way to begin this process is to first examine your reality. Then, determine what you like about that reality and what you dislike about it. See if you are adding momentum or subtracting momentum to those things on that list. You should be adding momentum to the things you like and subtracting momentum from the things you dislike. If, for example, you find that you are adding or subtracting

momentum to a situation when you shouldn't, then you must construct visualizations to use with the Creation Technique, which will change the momentum in that situation.

| Aspect        | Like | Dislike | Adding Momentum | Subtracting Momentum |
|---------------|------|---------|-----------------|----------------------|
| Full time job | X    |         | X               |                      |
| School        | X    |         |                 | X                    |
| Children      | X    |         | X               |                      |
| Sadness       |      | X       |                 | X                    |
| Romance       | X    |         |                 | X                    |
| Baseball      | X    |         | ---             | ---                  |

If you look at the example list above, you will see two aspects where the momentum needs to be adjusted: the *relationship* and the *school* categories. Here this person likes the relationships aspect and the school aspect but is allowing them to deteriorate by taking momentum out of them. If that situation fails to change, those aspects will be gone. Now, take a look at the sadness aspect on the list. The sadness aspect is in the dislike category and is losing momentum. That status is correct for this situation. Remember – you want to subtract momentum from the things you dislike in your reality. Finally, take a look at the baseball item. In this aspect we are neither losing nor gaining momentum. That is fine too, as long as that is to your liking. It is not likely that you will be adding or subtracting momentum to all your aspects at once. Rather, you are more likely to bounce your momentum around, applying it here for a month and then taking the momentum away and applying it someplace else. In fact, when you decide to add something new to your life, that momentum swapping must occur, to some extent.

When creating something new into your life, you should create that aspect with the idea of putting momentum behind that creation. You may, for a time, have to pull your momentum from some of the other aspects in your life, to give the new project the initial push it needs to manifest and keep manifesting. The swapping of momentum is fine; as long as you leave the aspects of your life, where you pulled the momentum from, in a steady state, like the baseball aspect on the example list. Furthermore, you should not forget the new aspect once that aspect materializes; that would be foolish on your part, especially if you worked hard at materializing it.

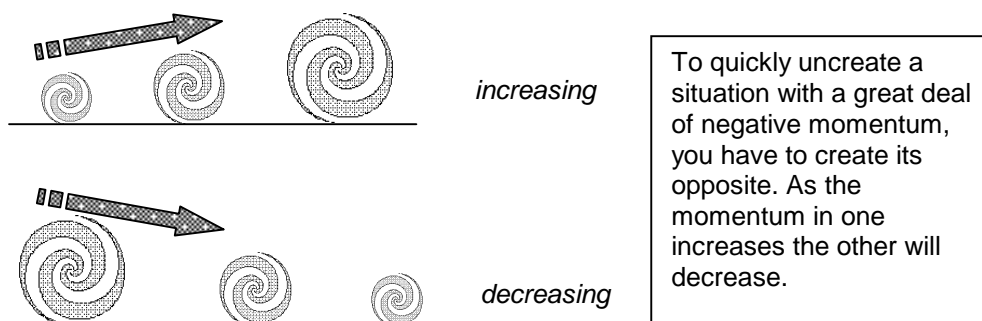


You must continue to nurture a newly created aspect gently, by slowly adding momentum to it. You want that new creation to take on steam – steam that will help this facet to continue to manifest within your reality. Here's an example of what I mean. Let's say you are creating healthiness in your life. Working diligently, using the Creation Technique, you are now healthy. At this point, you can begin to reduce the amount of focus on your health; you have conquered

the negative momentum. However, you must still nurture this aspect of your reality, otherwise your body may revert to being unhealthy – there may still be some residual, negative momentum lurking about, and the new positive momentum is probably not that powerful yet. So, instead of doing the Creation Technique for your health every other day, slack off and use the technique twice a week. Then channel these two or three diverted health sessions toward another aspect in your life that you wish to change. Eventually, your state of healthiness will gather so much momentum that it will almost continue on its own. Then you can cease using the Creation Technique entirely for your health, and devote those remaining energy sessions to something else.

Now, suppose you wish to remove an undesirable situation from your reality. Here, patience becomes a virtue well kept. Your reality will change, but it will take time. How much time will depend on how long you’ve been recreating that negative situation. For example, if you’ve spent the last year or two creating an unwanted situation, it does not mean it will take a year or two to uncreate that situation. You see! By just ceasing to add momentum to a negative situation, you could have that situation go away in half or one quarter the time it took to create it. Furthermore, there is an even faster way to tear down a situation that has a long-standing negative momentum behind it.

You can tear down the momentum in a negative situation – in a fraction of the time it took to create it – by creating its opposite. To counter a negative momentum requires that you send, into the Creation Mechanism, properly programmed mental-wave visualizations, opposite of that which you want to uncreate. For example, if you are trying to uncreate sadness, you must use the Creation Technique to create happiness. This reverse creating will tear down a reality in one-fourth the time it took to create it.



Try not to become discouraged if it seems you are hitting walls with the reality-creation game, especially when dealing with uncreating. Creating something new is fun and relatively easy. On the other hand, uncreating something nasty and unwanted is another story. When something exists in your life that is unwanted, you can’t help desiring it out of your life quickly. This impatience is likely to inject self-doubt and restlessness. That self-doubt will prolong the situation you are trying to remove. To avoid this self-defeating circle, when you uncreate something, you must look for signs that that creation is weakening and the momentum behind it is slowing. There is comfort in this noticing. The knowledge that your reality is changing, at least a little as time goes by, will be enough to keep self-doubt from seeping in. Look carefully for this weakening.

For example, let's say you are uncreating loneliness by countering that aspect with visualizations of camaraderie. Look carefully at last week as compared to this week. Was your life last week more or less lonely than this week? Perhaps this week you received a few extra phone calls. These few extra calls could be a sign that your reality of loneliness is weakening. At some point, your reality of loneliness will cross over your reality of camaraderie and then your loneliness will fade away.

Counteracting momentum and creating new momentum can be tricky. So, it is very important to work on only one or two aspects at a time. If you spread yourself too thin, you will be unable to give anything enough energy to effect any changes. When most people begin the reality-creation game, they have so much within their life that is awry that they want to change everything at once. This working on everything at once is poor strategy and extremely unproductive! You will only manage to exhaust yourself, with no change in your existing reality. Instead, pick one or two things in your life that you want to change first and work on those and only those. Once those aspects of your life are under your control, then you can move on to the other awaiting aspects. In time and with patience, you will touch all those areas in your life that need changing.

Finally, and I can't stress this enough!



Treat this process as a game!

Creating your world should be fun! If you place undue seriousness into any aspect of your life, you will tie-up the very energy you are trying to release and change. It is much easier to succeed at a task when you treat that task lightly, as you do when you play a game. Some of the most successful game players are the people who engage in their games with focus, determination, clarity, and a chuckle in their heart. Treat the reality-creation game the same way, and you'll triumph every time.

### **Important Points from this Chapter:**

- ❑ The manifestations in your reality carry with them a certain amount of momentum. This momentum must be taken into account if you want to alter them.
- ❑ Once a good amount of momentum is behind a certain aspect that you have created, you can divert some of that reality creating power to something else. The momentum of the aspect will carry it along.
- ❑ To change an undesirable aspect of your reality, you will have to first undo the momentum that the reality creation possesses by creating its opposite or by eliminating those mental-waves that are causing it.
- ❑ Treat the process like a game. Creating your reality is meant to be fun.



In the next chapter, I will discuss another topic that you must consider to control your world. Sometimes it takes more than just wanting something, to manifest it. The wanting is just one side of a twofold process that unlocks the magical power of reality creating.

***Worksheet Notes:***

The worksheet on the next page will help you to figure out which aspects of your life you need to work on, from a momentum perspective. Are you adding or subtracting momentum to a particular part of your life, and is this the correct direction you want this momentum to go? If not, then you will have to change the momentum for that aspect.

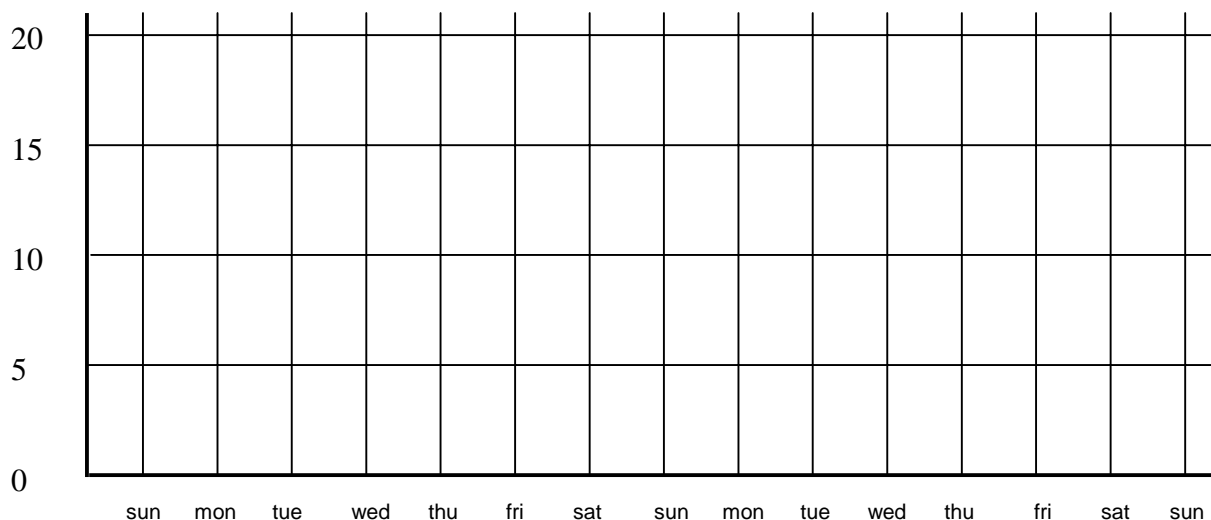
## Chapter 10 / Momentum Worksheet Page

**Instructions:**

Answer the following questions about your reality. Then determine if you like or dislike and are adding, subtracting, or keeping the momentum the same (null) on those aspects. List any other areas you may feel are important in your life. Then pick one of these areas that you want to change. Think about how you would create its opposite using the Creation Technique and begin to implement these changes. Plot your results on the two-dimensional chart provided. On each day plot the number of times you think each aspect (the positive and the negative) confronted you that day. If you do this right you will find the negative momentum decreasing and the positive one increasing. Look on the backside for an example chart and check list.

| ASPECT  | LIKE                     | DISLIKE                  | -----MOMENTUM-----       |                          |                          |
|---------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
|         |                          |                          | ADDING                   | SUBTRACTING              | NULL                     |
| Career  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Romance | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Friends | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Money   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| _____   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Momentum Plotter**



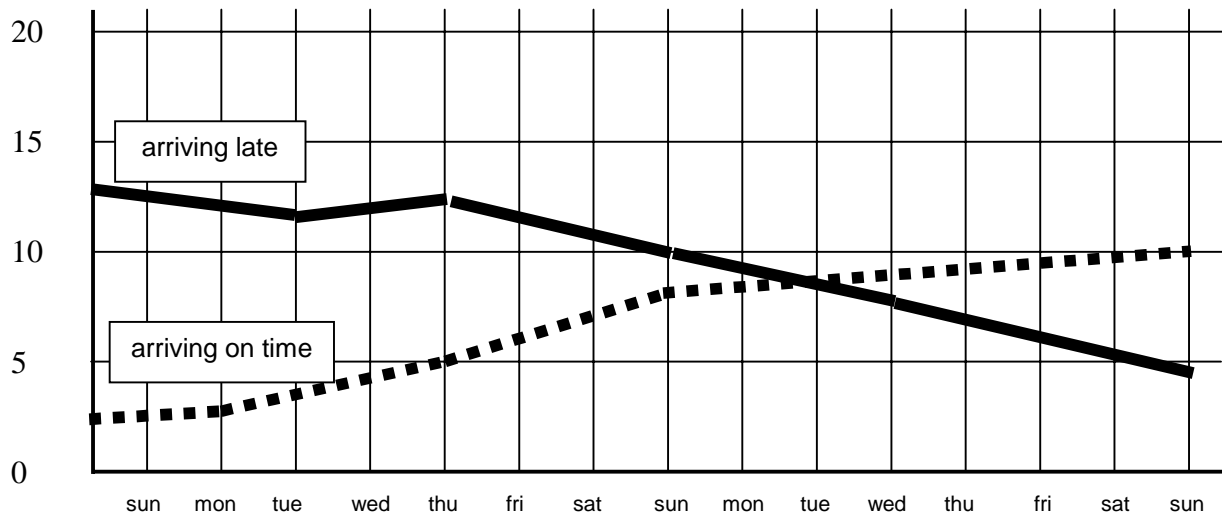
Reality Creator 1

On this example worksheet this person does not like being continually late for meetings and dates. So he has chosen to work on creating being more punctual in his life. The chart at the bottom shows his progress. Of course there are other areas he could work on (like romance), but he has chosen to work on his punctuality first.

| ASPECT  | LIKE                                | DISLIKE                                          | -----MOMENTUM-----                  |                          |                                     |
|---------|-------------------------------------|--------------------------------------------------|-------------------------------------|--------------------------|-------------------------------------|
|         |                                     |                                                  | ADDING                              | SUBTRACTING              | NULL                                |
| Career  | <input checked="" type="checkbox"/> | <input type="checkbox"/>                         | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            |
| Romance | <input type="checkbox"/>            | <input checked="" type="checkbox"/>              | <input type="checkbox"/>            | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Friends | <input checked="" type="checkbox"/> | <input type="checkbox"/>                         | <input type="checkbox"/>            | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Money   | <input checked="" type="checkbox"/> | <input type="checkbox"/>                         | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            |
|         | <input type="checkbox"/>            | <input checked="" type="checkbox"/> Always tardy | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            |
| _____   | <input type="checkbox"/>            | <input type="checkbox"/>                         | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            |
| _____   | <input type="checkbox"/>            | <input type="checkbox"/>                         | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            |
| _____   | <input type="checkbox"/>            | <input type="checkbox"/>                         | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            |
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Creating being more punctual

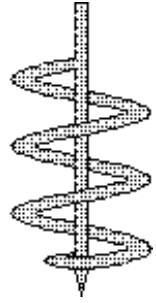
Example Momentum Plotter



# Manifestation

## Needs Verses Wants

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*Necessity is the mother of all inventions!*

Deliberately manifesting what you want can be a tricky business, even with all these gimmicks that I've given you so far. However, continual success with reality creating hinges on an important factor: the Creation Mechanism's *waste-not want-not factor*. Let's explore this idea a bit.

The *waste-not want-not factor* states that manifestation will only occur if there is a need for it! For example, you want a new car and wish to materialize the income to pay for this car. However, after sometime, nothing seems to be happening to assist you in materializing the extra funds. One of the problems may be that you have not demonstrated a need for a new car. The car you are presently using may be fine and is getting you around without problems. In this instance, the creative process chokes because there is no real *need* for that replacement car.



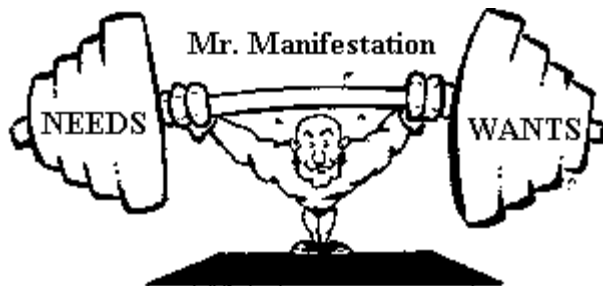
Without the "need"  
manifestation will not  
occur!

The key that unlocks you from this creative dilemma is to demonstrate a need for that desired object, and then the desired object can materialize. There are several ways you can generate a need for something you want, and you often do this unconsciously; however, please be careful! Some of those ways may not be advantageous ways to create a need. Creating what you need by manifesting something negative is poor reality creating and shows a lack of trust in the system.

For instance, in the car example above, an *unfavorable* way of creating a need for that new car is to have something happen to your existing car, like getting into a car accident or perhaps, the development of some non-repairable mechanical problem. While these solutions may be

effective at creating a need for a new car, they are undesirable ways of getting what you want. An accident could place someone at grave risk; and – as far as creating a mechanical failure – wouldn't it be better to sell that old car, rather than scrapping it? Someone else may need your old car. By passing your old car along to someone else, you help that person to manifest his or her need.

The basis of demonstrating a need for a desired manifestation is nothing more than you mentally recognizing a purpose for your desire, thus adding balance to the reality-creating formula. For example, you desire some amount of money but don't have any real need for this extra money, so the money does not manifest. On the other hand, if you need to pay bills with that money then there is a good chance you will materialize the desired money. In the latter case, the Creation Mechanism perceives balance in your request, and, before you know it, manifestation occurs.



When there is a need for something, balance occurs in the manifestation process!

The problem begins when you wish to manifest something you want that you, as of yet, do not possess a need. Your request is unbalanced. It is with these unbalanced creations that you must play a mental game with yourself. This mental game is nothing you haven't already used in the past to manifest other wants in your life. It's only that you've been unaware of the process.

Here's how the game works! Mentally you must create a positive need for that object. Using an example of a new car to replace your old one, you should imagine the things you would do with your new car that you could not or would not do with your old car. For instance, the pleasure you feel as you drive in a car that is quiet and has great handling ability. If your desire was materializing money, you could imagine what you would do if you had that money. For instance, you could take your friend out to a fine restaurant, or you could buy yourself a new set of clothes.

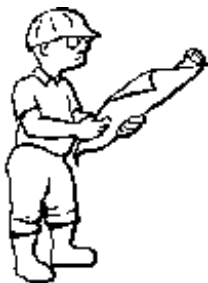
The idea is to fill up a mental checklist with enough good reasons that will balance the Creation Mechanism's *waste-not want-not factor*. In this way, you will create a positive need for the desired object and avoid creating a negative need, by materializing a lack of something already existing in your life. Now, keep in mind that it may take more than one or two reasons on that checklist, to balance the manifestation of your desired object. If you really want this object, you should make sure you have a heap of reasons on that list! It may even help to construct a list, like the one below, and hang it up where you can see it everyday, as a mental reminder.

### Example: Need list for a new Car

- ✓ *Be able to take the kids to school.*
- ✓ *Go out with friends on Saturday night.*
- ✓ *Go away on the weekend to get some rest and peace.*
- ✓ *Be able to go to the store without having someone taking me.*
- ✓ *Have a car in case of an emergency.*
- ✓ *Be able to drive myself to work.*
- ✓ *The fun of driving.*

On the other hand, if you can't come up with enough good reasons for the manifestation of that particular object, perhaps you should not waste your time trying to manifest it. This energy could go toward manifesting something else you really need and perhaps want. The act of mentally using a checklist can help to reveal the true intent and need behind your wants. Remember! If the time is ripe for the manifestation of an object, you will be able to materialize enough needs for that object – at least mentally. Then it only becomes a matter of time and persistence till the object physically appears.

Once the object does manifest on the physical plane, it is up to you to implement and use the object. Failure to do so could result in the loss of the object, especially if that object is a non-tangible physical object. You see? Not all things that materialize on the physical plane consist of solids, liquids, or gases. *Friendship* and *love* are two physically manifestable things that are no less real than objects or things. Whether these less solid things like friendship or love, or that solid car, remain in your reality, is up to you. To keep all these guys, the tangible as well as the non-tangible, you will have to maintain a need for them. If not, the *waste-not want-not factor* will eventually have them disappear.



You must maintain a need for your manifestation after it materializes, else it could go away!

Maintaining this need may mean keeping that mental checklist active for a time. Eventually, the object will take hold in your life – gain momentum – and you will integrate it into your reality. Once this integration occurs, the object, friendship, or thing will not be as volatile as it was. Then you can dispense with the your mental checklist because the benefits of having that particular object will be well cemented into your psyche. Also, it is not necessary to do a mental checklist on a continual basis. Once a day will be fine. In about a week or two, as long as you are supplementing your mental checklist with the Creation Technique, your reality will begin to show signs of changing. But, remember, it could take several weeks or longer to materialize an item, once you establish a need and a desire for that item, especially if this item is a large one.

Establishing a need for a particular item is the beginning step in the creation process. As you are learning, several factors have a hand in determining how long a particular object takes to physically materialize:

**Factors that determine how long a manifestation can take to occur!**

- The amount of counter momentum going against that desire.
- The size of the request (the amount of physical resources that must be allocated to manifest it – a friendship can be just as big as a car).
- The degree of urgency for the item – within your reality.
- Your degree of expertise in the reality-creation game?

This last item on the above list can be the most important other factor in determining how long it can take to materialize an item. However, despite how long it may take for you to materialize your desired object, if you are on the right track and have established the proper mental environment for the manifestation, you should see small changes in your reality, in about a week or two. These small changes are indications that your reality is shifting and you are moving in the desired direction. In other words, your mental-waves are becoming energy-pulses and are beginning the magical process of manifestation.

It's important to look closely for these subtle changes. They are not always easy to spot. For example, let's say you wish to materialize money for an expensive stereo. Most likely, you will not wake up one day and find a thousand dollars lying on the table. What you might find instead is that by the end of the week, you have a few extra dollars left over from your paycheck. This extra cash is a sign that your reality is changing and your request is coming closer to materialization.



Look first for small indications that your reality is changing. That leads you to see even bigger changes occurring!

Needs and wants are vital tools for reality creating. Now that you understand their place in the reality-creation game, you will be one step closer to becoming a master craftsman at controlling your world. So, go out and create some needs for the things you want and watch the manifestation begin.

**Important Points from this Chapter:**

- ❑ All manifestations must adhere to the *waste-not want-not factor*.
- ❑ Wanting to manifest something is not enough. You must also need it.
- ❑ It is important to create a positive need for something and avoid creating a negative need for it.
- ❑ Make a mental checklist to help you determine proper positive needs for your desired manifestation.
- ❑ Look for the subtle changes in your reality that indicate that your want with its proper need is in the process of manifesting.
- ❑ Once your desire manifests, it is important to use that manifestation, so that it will continue to exist in your reality; else it will fall prey to the *waste-not want-not factor* and could vanish.

In the next chapter, we're going deeper into a topic I may have just breezed over in previous chapters. This topic is a chain remover, so sit back and get ready.

***Worksheet Notes:***

The worksheet on the next page will show you the difference between something that you manifested because you demonstrated sufficient need, and something that you failed to manifest because of insufficient need. Not all things will fail to manifest because of a lack of need, but it is a factor that must be satisfied first, before any other reality-creating technique will work.





## Chapter 11 / Needs Verses Wants Worksheet Page

**Instructions:**

*I want you to pick something that you recently manifested. It does not have to be from using the Creation Technique. List all your needs connected with this thing. Then pick another item from your wanted mental closet, one that you have NOT been able to manifest. List all the needs connected with this want. Now compare the two lists. It should be obvious why you were able to manifest the one item and not the other.*

**Manifested Want:** \_\_\_\_\_

Needs

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

~~~~~

**Unmanifested Want:** \_\_\_\_\_

Needs

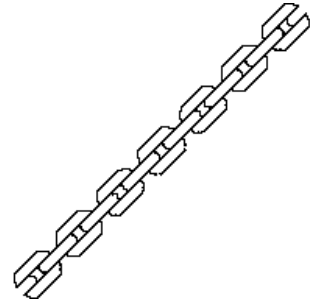
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



# Conflicting Beliefs

## Removing the Chains

---



*The chains that bind you are put there by you.  
You are the only one that can remove them!*

By now you should be having some success with the intentional creation of your reality. However, I bet that those really important desires still seem to elude you! How can this be – especially since the process works so effectively on those not-so-important things? Well, your inability to create on those important desires stems from conflicting beliefs! Let's explore conflicting beliefs in greater detail, because it is here that you often block the manifestation of those really big jobs.

A belief is nothing more than a particular view of reality – a view that helps you to function within that reality. However, beliefs are like feelings; they change constantly. When one belief does not work any longer, you discard it and take on another. For example, at one time you believed that your parents were incapable of making an error. This belief of infallibility on your parent's part was necessary, so you could grow up feeling secure. Eventually this belief changed to another picture of your parents: a belief that your parents could be in error at times. This new belief in your parents had to take hold, so that you could become your own person – otherwise you would merely be a clone of your parents.

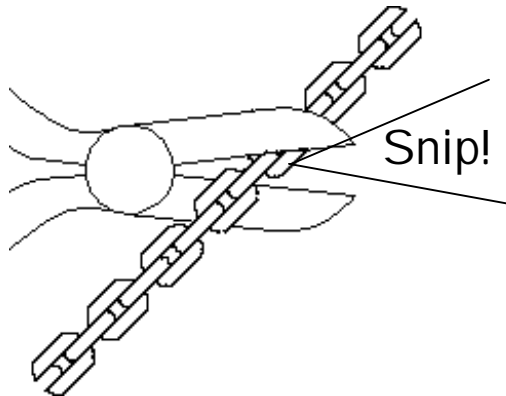
As you can see, beliefs come and go naturally over time. However, this changeability is not the case with all beliefs. Some beliefs become so ingrained that you are unaware of them. These ingrained beliefs hang around past their point of usefulness and eventually become a chain around your neck. When you feel the chain of reality constricting you, it is time to discard some old beliefs, so they no longer conflict with your new beliefs and stifle your growth.



When you feel the chain of life constricting you, it is time to remove some conflicting beliefs!

The way to remove this tie-up of inner power is obvious: remove one of the conflicting beliefs. Except, first, you must identify the conflicting beliefs. Conflicting beliefs are two (or more) views of reality that oppose or do not support each other. For example, the belief “*I am at the mercy of events within my life*” is in opposition to the belief “*I am the master of my destiny.*” One belief places you out of control and the other puts you in control. If you have both belief systems in operation simultaneously, your reality will stagnate; you will neither control your life nor will your life control you. In this example, you must discard one or the other; however, which belief you decide to discard is important!

When you discover two conflicting beliefs, it is very important to eliminate the belief that places more restrictions on you. For instance, the belief that “*You are at the mercy of events*” greatly restricts your reality and leaves you little freedom to create within that reality. However, the belief that “*You are the master of your destiny*” is a belief that puts the control back into your hands, thereby allowing you to create and uncreate your world at will. Obviously, the latter belief is the one that you should keep, while the other, more limiting belief is the one that should go.



Remove conflicting beliefs and free up your reality creating power!

It is important to keep in mind that you are the one who must decide which conflicting belief to discard and which one to keep. If you let your inner-self guide you, you will make the correct selection. However, do not let others sway you from a belief you know inside to be true! Otherwise, you will thrust yourself into a reality you didn't want or can't control. Remember! Always be true to yourself, and you will have no problems eliminating the correct belief.

These conflicting beliefs are seldom out in the open. More than likely, opposing beliefs will hide themselves within your everyday activities. Because they hide themselves right under your nose, you can discover them with some detective work. One of the easiest ways to uncover a conflicting belief is to examining the meanings of various phrases and words that you frequently use.

Your unconscious mind is very clever at manipulating and using language to represent your inner feelings, beliefs, and goals. It will eloquently wrap these feelings, beliefs, and goals into your normal speech patterns – without your knowing it! One-liner type sentences, which you frequently use, expose many of these hidden beliefs and are the best place to start your search for a belief conflict. A typical example of a conflict-causing one-liner is the phrase “*I am a good person.*” Now, you are probably wondering how this simple, positive phrase can be the cause of a conflicting belief? Well, let me show you.

Examine the word “*good*” in the above example. Believe it or not, this single word can contain a mess of conflicting beliefs. You see! The word “*good*” is one of many personal terms. Personal terms are words that have varying meanings for different people. A “*good person*” for one individual can imply a state of sainthood. For another individual, a “*good person*” can imply less, meaning not perfect but close. Also, attached to this word “*good*,” can be a whole list of other unconscious things.

Let’s use a real life example here. You believe you are a “*good mother*.” Your life is very hectic and you rarely get any time for yourself. You use the Creation Technique to materialize extra time for yourself; however, nothing seems to happen; your kids still seem to take up every moment of your time. So, now you sit down and examine what it means to be a “*good mother*.” Here’s the list you come up with.

- *A good mother always takes care of her kids.*
- *A good mother loves her kids.*
- *A good mother protects her kids.*
- *A good mother provides for her kids.*

Do you see a possible conflicting belief? If not, here’s a hint. It’s the first one on the list. If you believe that to be a “*good mother*” you must ALWAYS care for your kids, you are not going to materialize any spare time for yourself. In your reality, to be a “*good mother*,” you must devote every moment of your life to your kids. Well, you know that this meaning is not really true! However, that meaning is on your list and is loaded into your unconscious mind! Your unconscious mind will send mental-waves into the Creation Mechanism to fulfill your subconscious requirements of being a “*good mother*.” The Creation Mechanism will comply by filling every moment of your time with your kids. To change this dilemma is simply a matter of altering the first belief. You can change the belief, “*A good mother always takes care of her kids*” to the belief, “*A good mother is there when her kids need her*.” You see? The second belief will put you with your kids when they need you, and allow you to have time to yourself when they don’t need you. A little juggling of words will remove that conflicting belief out of the way and allow your new desired reality to manifest.

Keep in mind that changing that belief from one to another will take some effort on your part. Remember, you’ve been using that belief for sometime. What you must do to change a belief from one to another is to mentally affirm that new belief, repeatedly to yourself. In other words, using our example, every time you think to yourself that you are a “*good mother*”, you should follow that thought up with your belief change. In this case that would be thinking, “*A good mother is there when her kids need her*.” And, I would suggest you go one step further and add the belief, “*A good mother makes sure she leaves time for herself*.” This additional belief will not only reinforce the new belief, but also add your new desire of extra time to your daily program. It won’t take you long to change that old belief-structure to the new belief-structure and have your reality change to reflect that new belief system. Even the most anchored beliefs can begin to change in as little as a week, with this kind of attitude and vigilance.

Let’s briefly recap the procedure for getting rid of a conflicting belief, before we move on and finish up this chapter.

### **Procedure for Changing a Conflicting Belief**

1. Identify the conflicting belief.
2. Decide how you want to change it.
3. Affirm the new belief every time you think of the old one.
4. Affirm the new reality you are trying to manifest, by adding an additional phrase that assists your efforts.

There are many of these one-liners lurking about. You can discover them by making a conscious effort to examine what you say and think. One-liners hide right under you nose! But to get you going in the right direction, here are several more one-liners and hidden-belief causing words. See if you can pick out where the meaning is subjective for you and could contain hidden conflicts.

### **Example one liners that can harbor hidden beliefs!**

<i>I am a good person!</i>	<i>That is foolish!</i>	<i>He's religious!</i>
<i>I am a happy person!</i>	<i>That's exciting!</i>	<i>She's nice!</i>
<i>I am pretty!</i>	<i>I love him!</i>	<i>He's smart!</i>
<i>I am poor!</i>	<i>That's serious!</i>	<i>You are erotic!</i>
<i>It's a commitment!</i>	<i>Bound by honor!</i>	<i>That's painful!</i>

The only time that removing or altering a conflicting belief will not work is when you have more than one conflicting belief. It is very possible you have two, three, or even four beliefs that conflict. If you are having extreme difficulty in creating, in any one area of your life, this multifaceted conflict is the culprit. The remedy for this multiple-belief conflict is to weed out your belief clashes one at a time, as you discover them.

Persistence and patience of course go hand in hand with riding yourself of conflicting beliefs. So please take your time with this and know that “*Rome was not built in a day!*” and your conflicting beliefs *will* go away one at a time and in due course, as you work on them.

### **Important Points from this Chapter:**

- ❑ A belief is nothing more than a particular view of reality.
- ❑ Beliefs change naturally over time and can be changed at will.
- ❑ When new beliefs enter and old ones remain, a conflict arises that stagnates your reality creating.
- ❑ Conflicting beliefs must be removed or changed to allow for new growth.
- ❑ Common one-line sentences or short phrases can harbor conflicting beliefs.
- ❑ Change or remove these outworn beliefs by using frequent affirmations and clearly thinking about what you want that belief to mean for you.

In the next chapter, I'm going to give you a fast quick way to reality create on the fly. There are times when you need to alter a reality that is being created rather quickly and this technique can do that for you.

### **Worksheet Notes:**

The worksheet on the next page is designed to help you to uncover the secret meanings behind some of the words and phrases that you use frequently. It is very powerful and can be fun for those who assist you with this self-examination process.





## Chapter 12 / Conflicting Beliefs Worksheet Page

**Instructions:**

*Pick one or two people and ask them to help you identify phrases that you use often in your everyday speech pattern. Like the example phrase "I am a good person." When you discover one of these phrases, write it down and then along side write all the things that you believe about that phrase. Try to find at least three of these often-used phrases and work on the hidden-beliefs contained within them. Look for where any conflict could arise, especially any conflict between each of these phrases and their hidden meanings. It helps to have another person assist you to discover these phrases, as others are often more aware of your repetitious speech patterns than you are. However, you can do this exercise on your own too*

Phrase	Meanings
#1	
#2	
#3	





# Creative Visualization

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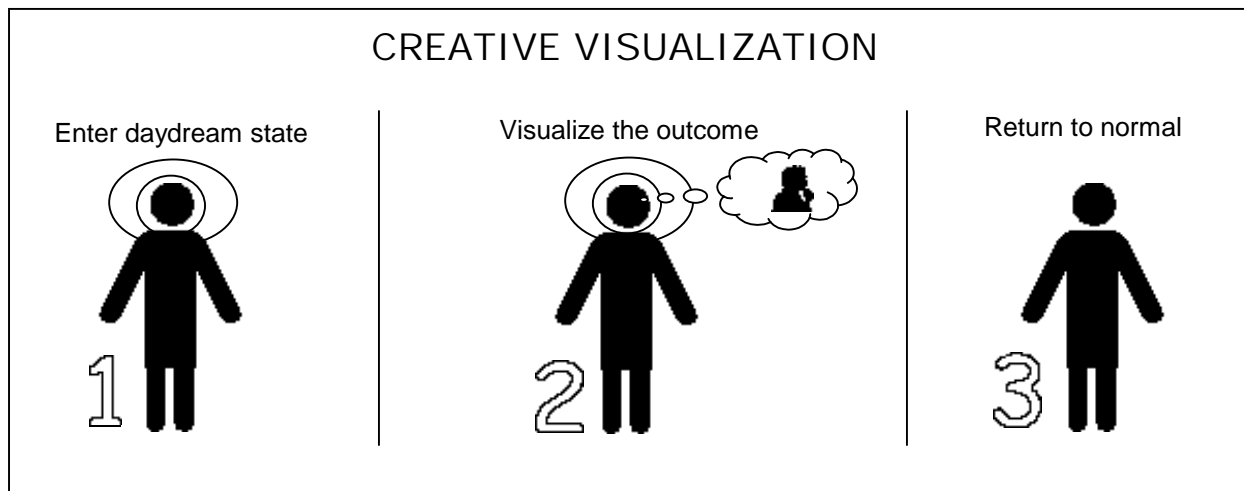
*“I See!” said the blind man...*

Here is a creative tool for reality construction that you won't want to be without, once you learn how to use it. This tool is simple, fast, and powerful. In fact, you are already an expert at its use and don't even realize it.

*Creative Visualization* is nothing more than picturing in your mind what you desire to occur and letting it happen. You do this picturing all the time, unconsciously, in the form of daydreaming. Daydreaming is very powerful because, when you drift away into a daydream, your mind locks itself into a mode that sends out potent mental-waves. Many of these mental-waves that were created by a daydream will manifest. If you kept track of all of your daydreams, you would find that you are very effective at creating in this manner. On an average, 60% of your daydreams will materialize in some way, shape, or form. However, for the most part, you are unaware of your daily daydreaming. So, when the actual physical event manifests, you are surprised and shocked by its emergence.

Because of the effectiveness of daydreaming, Creative Visualization uses this mode deliberately. When you use Creative Visualization, you lock yourself into a daydream like state, visualize what you need at that moment, return from the visualization, and resume what you were doing. The whole event should take no longer than five seconds, and the results are impressive!

The actual process of creatively visualizing is simple. For example, you are sitting in a room, waiting for an interview. You want the interview to go smoothly, but you are nervous. Stop! Take a moment. Close your eyes and enter into that daydream like state. Imagine yourself meeting with the interviewer. He is pleasant. You are confident and at ease. Now, jump ahead to the end of the interview. You are leaving. The interviewer found your presentation great! He congratulates you and smiles as you leave. Now, open your eyes. The technique is complete.



This simple, but powerful, creative technique is all you need to turn an uneasy situation into a pleasant one. Many situations have more than one outcome awaiting materialization (see chapter 3, Probabilities). The mental-waves that you send out, just before a situation takes place, will determine which probable version of the event you will experience. With this technique, you can ensure that your preferred resolution manifests and not one born from your fears or from incorrect reality creating.

Here is an example using Creative Visualization to ward-off a potentially dangerous situation, which, by the way, is the primary purpose of Creative Visualization. You are walking down the street. A man is walking behind you. You get an uneasy feeling about this person. You think he may want to rob you. As you walk, close your eyes for a few seconds. Click into your Creative Visualization mode! Imagine that you arrive home safely. Feel yourself in your home, being safe and secure. You've just arrived and no unpleasant things occurred. Open your eyes. The technique is complete.

You may find that if, indeed, the man planned to do you harm, he will be unable to. Perhaps the assailant will change his mind; or perhaps a police officer will drive by and scare him away; or possibly, you may be inwardly directed to follow some other course of action, like jumping on a bus or running into a store. Your mind is a very powerful creation device. Sometimes you wind up creating something unpleasant, unwanted, and unexpected, like the above example. Many times – just before an unpleasant event occurs – you have the opportunity to halt the materialization of the event. An uneasy feeling, just prior to materialization, could be your warning and your last chance to halt the event. By performing Creative Visualization, just before the event manifests, the creation of the ill-fated event stops!

Here's another example to help you with this technique. You are running late getting to an appointment. Rather than speeding through traffic lights or going around like a mad person, stop! Take a moment. Close your eyes. Clear your mind. Imagine yourself arriving at your appointment on time. Do this visualization clearly and quickly. Now, open your eyes. The technique is complete. If done correctly, you will find that you arrive at your appointment on time or even earlier.

As you use Creative Visualization, you will find many of the things you thought were unchangeable are, in fact, easy to control. The clock is one of them. Time is a state of the mind,

more than it is an actual physical property. You will find that a mere thought can either speedup or slowdown physical time. Probable actions are reality-components that are easily controllable too. You walk through probabilities as easily as you walk through a room, and you can control those probabilities just as effectively as you can physically turn and change direction. Space and distance are controllable, to a certain extent, by your will also. Have you ever noticed that, sometimes, it seems you traveled farther to get to a place than you did to return from it? These reality quarks are just a few things that Creative Visualization will help you to control.



## CREATIVE VISUALIZATION TIPS

1. **Treat this process as a game.** A daydream is a clever game that the mind plays because, whatever it is presently doing, is boring. Creative Visualization needs to have this fun, game-like attitude, for maximum effectiveness.
2. **A spur of the moment attitude works best for Creative Visualization.** Remember! A daydream possesses this spur of the moment quality too. The idea is NOT to plan to use this creative tool. When the moment occurs, seize the opportunity! You will know when the time is right. Your inner voice will speak to you and say, “Now!”
3. **Begin using the process on small, everyday things and expand the process to larger tasks, as you improve.** It is easier in the beginning, to have a high success rate with Creative Visualization, when your visualizations don’t involve critical items. Once your confidence in the system improves, so will your ability to affect larger, more critical areas of your life.
4. **When you perform the visualization technique, try incorporating into your visualization the same dreamlike quality that a daydream possesses.** This dreamlike feeling helps to loosen the ego and allow the free-flow of creative energy. If you catch yourself daydreaming, try to capture that quasi-detached feeling. Then, add that feeling to the technique. In time, this quasi-detached feeling will become automatic when you use Creative Visualization.
5. **It is important, when completing the visualization, that you place it out of your head.** There is no need to do the same visualization twice, at that moment. You can however follow up with another, similar, visualization later in the day, if the need arises. This following-up may be necessary, especially concerning an area of your life where you are prone to focus on the negative, rather than the positive aspects.
6. **Make sure all of your visualizations are positive in nature.** If you are like most people, you already have your share of negativity in your life. You don’t need any more. In fact, as time goes by, your positive visualizations will begin to undo many of your negative daydreams. Eventually, your outlook on life will change so positively that your negative daydreaming will cease and be replaced with positive daydreaming.

Here is a short list of items that you can use Creative Visualization for. This list is not complete by any means. There are no limits to the use of Creative Visualization; except the limits you place there yourself.

- *When you have car trouble or feel you may have car trouble.*
- *Cooking an important meal that needs to come out perfectly.*
- *Confronting a person who is angry or liable to become angry.*
- *Repairing an item or searching for the solution to a problem.*
- *Keeping you from being disturbed by others or the telephone.*
- *Getting a parking place or a seat at a concert.*
- *Protecting an item, like your car, home, or belongings from theft.*
- *Protecting others from harm. (Although this one has limits because it involves another person's choice for his/her destiny.)*

Well, there you have it! Take Creative Visualization with you wherever you go, and you will meet any challenge confidently, triumphantly, and easily. Remember! The life you desire is just a few visualizations away!

In the next chapter, I'm going to show you how to unravel some unwanted negativity out of your life, using one of the most used devices that you possess: your mouth.

***Worksheet Notes:***

The worksheet on the next page will demonstrate to you the effectiveness of Creative Visualization. It will also help you to change various routines in your day that are unpleasant to pleasant. The object of this worksheet is to build up a bit of confidence in your ability to creatively visualize and alter situations in your life.

## Chapter 13 / Creative Visualization Worksheet Page

**Instructions:**

*Here’s a way to practice creative visualization and check on its effectiveness. Examine the routine parts of your day. These are the parts of your day that you do everyday or very often (for example cooking or going on a morning walk to get a cup of coffee). Now out of those routine things, pick one of them that you dislike doing. Write this routine down below and go about your normal routine. Just before you begin to execute that routine, do the Creative Visualization technique. Visualize yourself having fun doing this routine – see yourself returning from this routine feeling very satisfied. Now at the end of the day, check off whether you liked or disliked doing that routine that day. The following day, go about your normal routine; this time, however, don’t do the Creative Visualization exercise. Then see what occurs and check off the result. The next day, do the creative visualization technique again, just prior to doing the routine. Now check off again the result. Get the idea of this exercise. Try to do this exercise for a week and see what happens. If you do it correctly, by the end of the week, even on the days you dislike doing this routine, you will find that you dislike it less: your creative visualizations are changing the reality that surrounds that routine. Now the next step is to make creative visualization an integral part of your day. I’ve provided two charts for you to practice on two routines in your life. (Note: the X in the “CV” column indicates on which day you did the Creative Visualization Technique.)*

DAY	ROUTINE #1	CV	DISLIKE	LIKE
1				
2				
3				
4				
5				
6				
7				

DAY	ROUTINE #1	CV	DISLIKE	LIKE
1				
2				
3				
4				
5				
6				
7				





# Positive Speaking

## The Speech shakedown

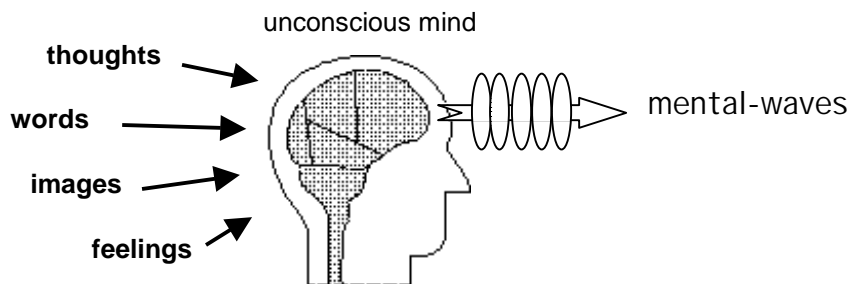


**speech** (spɪtʃ) *n.* **1.a.** The faculty or act of speaking. **b.** The faculty or act of expressing or describing thoughts, feelings, or perceptions by the articulation of words...

Positive speaking is imperative, if you wish to create your world properly, effectively, and in a desirable fashion. All levels of your speaking should be put through a shakedown and turned inside out, exposing any negativity and replacing that negativity with something more positive. Your use of language can be one of the most important places to flush out negativity. Would it surprise you to know that the structure of your speech can be an important factor that stops you from getting the things that you need the most?

It would be tough to deny that a major part of human life includes the manipulation of words – spoken and written. Everywhere, you are confronted with words: on billboards, street signs, instructions, reading materials, and computers. The use of words is so much a part of you that you even think to yourself using words!

This inward communicative-thinking, directly influences the way your unconscious mind processes your wants, desires, and wishes. As you know, your unconscious mind is quite capable of creating its own mental-waves, just as your conscious mind does. Except, your unconscious mind takes its input from your thoughts, mental images, feelings, and spoken words to program the various mental-waves it sends off. If those thoughts, images, feelings, and words possess excess negativity, your unconscious mental-waves will also possess that negative quality, and you will create a world that reflects that negativity.



Words are particularly potent in the programming of unconscious mental-waves because you, for the most part, talk continually. If you are not talking to others, you are talking to yourself. And if you are unaware of exactly what you say and what meanings those spoken words carry, you are loading your reality with a heap of uncertainty. That uncertainty will have you creating a reality you don't want and most likely don't need.

Of course the answer to this word dilemma is a speech shakedown. To accomplish this speech shakedown, you must become aware of how you structure your everyday speech. Keep in mind that you have spent your entire life perfecting your communicative skills. Many of your linguistic nuances are unconscious and part of your inner speech mechanism. But, with persistence and vigilance, you can begin the process of uncovering and then clearing out those destructive speaking patterns. A good beginning is to make the unconscious process of speaking semiconscious. You can begin this process right away; all you have to do is listen. Try to listen to yourself and try to determine how you phrase your words and sentences. For example, after having a conversation with someone, ask yourself some questions:

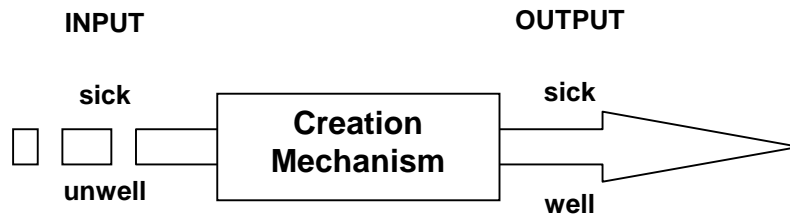
- *What words did I choose?*
- *Why did I choose those words?*
- *What kind of emotional connotation did those words and phrases have?*
- *Are the words predominately positive or negative in nature?*

Any negative phrase that you use frequently can cause trouble. These negative phrases or words interweave themselves in almost every conversation you have. You use them so often you are unaware of them. However, what makes these negative phrases so deadly is the fact that they are self-defeating in nature. If that negative phrase involves yourself, you will create unwanted havoc in your own life. If the negative phrase involves someone else, you can impose your own havoc on his or her reality.

Remember! You can and do influence other people's, lives to a point. Telling a friend repeatedly that they are stupid can reinforce that belief. Your continual, negative projection of another person's reality could hinder that person's improvement – or even worse, bring forth those projected conditions.

So, what should you do? Well, to begin, once you discover a negative phrase, you must change it. For example the phrase *"That's a problem!"* can be changed to *"That's a challenge!"* Problems are painful and difficult to overcome. Challenges, on the other hand, are obstacles to be overcome and, therefore, from a mental-wave perspective, allows for a resolution. When you overcome a problem, you sigh with relief. However, when you conquer a challenge, you feel good because you have accomplished something. Here's another example. The negative phrase *"I am feeling sick!"* can be changed to *"I am feeling unwell!"* The word sick implies a condition that is undesirable and unchangeable. However, the condition of being *"unwell"* implies that the individual is usually healthy, but is indisposed at the moment.

You see! Transposing the phrases from negative to positive changes the way in which your unconscious mind interprets your thoughts. As far as the outside world concerns itself, the change is negligible. However, when that wording becomes decoded and sent into the creation process, it makes all the difference in the world!




Your unconscious mind knows nothing about the idea of negation. The phrase “*I’m not confused!*” has the same meaning, as “*I’m confused!*” The word “*confused*” passes into the creation process – where the state of confusion gets created. A better way to indicate confusion is by saying, “*I’m not thinking clearly today!*” With this more positive phrase, the word “*clearly*” gets sent into the creation process, and that word’s energetic meaning becomes active.

Keep in mind that it is not necessary to go to extremes! You should concern yourself mainly with those negative phrases that you use repeatedly. Saying the negative phrase “*That’s awful!*” once or twice is not going to make much difference; however repeatedly saying this phrase ten or fifteen times a day, will create that state within your life.

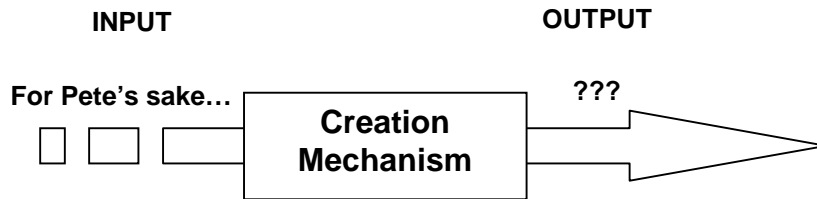
Also, as you begin to rid yourself of negative phrases and substitute a more positive phrase in its place, your reality will begin to change. The negativity caused by that phrase will cease. In time, the positive quality will gain as much momentum and strength as its negative predecessor did.

Below is a list of common speaking phrases and a more positive one to replace that phrase with. These are just a few examples to get you headed in the right direction. There are many phrases that you and only you use. Those phrases you will have to discover on your own. The idea is to examine everything. Put your use of language under a mental-microscope, so to speak. Some of the things you say will surprise you!

<p>Put those phrases under a mental microscope and change them!</p> 	Negative	Positive
	I’m confused!	I’m not thinking clearly today!
	I feel awful!	I feel out of sorts today!
	I’m getting tired!	I need a rest!
	You’re a jerk!	You’re different!
	I’m going to be late!	I wish I could be on time!
	He hates me!	He dislikes me!
	It was a failure!	It was unsuccessful!
	That was a bad thing to do!	That was an improper thing to do!

One other thing, many spoken phrases have little or no meaning! These phrases are gap-fillers, which you use unknowingly to pad your conversations. For example, the phrase “... *for Pete’s sake!*” is one of these. Who the heck is Pete, and why do we concern ourselves with his sake? With this type of meaningless phrase, it is best to discard it completely. Obviously, Pete was some important person to some people; and from there, the phrase caught on. Unfortunately, a meaningless phrase does nothing, and that lack of neither contributing to a positive nor a negative reality translates into wasted energy.

***Discard useless phrases, they just create uncertainty in your life.***



Every moment of everyday you expend energy. Most of that energy goes into your physical survival. However, your mind uses the balance of that energy to tailor physical reality to your own personal needs. A phrase, which you are using on a continual basis, which does not add to your reality, is wasting your valuable creative power. While it is better for a phrase to generate nothing at all rather than a negative result, it is much better to put that energy to good use. So, if you discover a meaningless phrase, you should substitute a meaningful, positive phrase in its place, or stop using it completely. Conserve your power for when you need it. Being silent is a good way to save that precious power!

As you become increasingly aware of the power of your consciousness, you will see the importance of a good speech shakedown every now and then. However, this type of shakedown is not a process to complete once and then forget. As fast as you rid yourself of all your negative speech patterns is as fast as they can return. Your life is an ongoing thing. You should spend every moment of everyday in self-discovery and self-growth. Learning how to use language to your advantage is just one method to accomplish that growth. The old cliché that says, “*You can tell much about a person by the way that person speaks!*” is closer in truth than you realize. Whoever created that phrase must have known about the creative power behind a person and that person’s speech.

### **Important Points from this Chapter:**

- ❑ Positive speaking is imperative to a harmonious and desirable reality.
- ❑ To win at this game, you must turn the unconscious process of speaking to a semiconscious process, so that you can examine clearly what you are creating with your speech patterns.
- ❑ Think about the words you use often and why you use them and what are the meanings behind those words.
- ❑ Any negative words that you use often must be eliminated or transposed to their positive equivalent.
- ❑ Meaningless phrases may sound nice, but they also waste creative energy and add uncertainty to your reality creating. Eliminate meaningless phrases or substitute more powerful positive phrases in their place.

In the next chapter, I’m going to talk about a new concept in thinking. This new thought process is a way you can cut out the middleman in the unconscious manifestation procedure. It is also another way you can increase the likelihood of creating exactly what you desire – instead of creating what you half heartedly wanted.

***Worksheet Notes:***

The exercise and worksheet on the next page will help you to uncover some commonly used phrases and whether they are positive or negative in nature. Take your time with your speech shakedown. Change as many negative phrases as you can to more positive ones, and start creating a more harmonious and desirable reality.



## Chapter 14 / Positive Speaking Worksheet Page

**Instructions:**

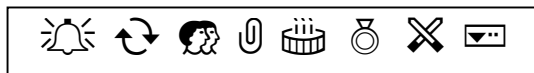
*Spend one week listening to and examining your use of language while speaking. It may help if you take a small tape-recorder with you, recording certain conversations and listening to yourself afterwards. Now, during this speech-investigative week, write down some of the more frequently used phrases. Frequently used phrases are those words and word combinations that seem to occur in almost every conversation. Take these often-used words and phrases and determine if they are positive and negative. For example, "That's great!" is a positive phrase. "That's a problem!" is a negative phrase. Then try to come up with a new positive phrase for the negative ones. Use the worksheet below to record your investigations. Check off whether or not your existing phrase is positive or negative by using the "+" and "-" columns.*

Existing Phrase	+	-	New Phrase





# Thinking in Symbols Rather than in Words



Do you realize how much you talk to yourself? Do you realize how much you depend on words to formulate your mental reverie? Do you realize that thinking to yourself in structured language is NOT an innate human trait, nor is it advantageous to do so?

Humanity developed speech relatively late in its evolution. One to one communication, for the most part, prior to speech, was telepathic. Words (or more closely sounds) were used for expression rather than for direct communication. To communicate to one another, telepathy was the preferred mode and was much more efficient than the common grunts and sounds that man was able to produce. Of course, that telepathic communication contained no words. Communication was symbolic in nature with a person transmitting pictures, sound, and even feelings from one to another. Like humanity's modern language, which has structure and form, humanity's telepathy had structure and form, which of course was symbolic. Furthermore, humanity's use of symbolic communication did not stop at one to one communication; his inner reasoning processes used this bank of symbols as well – making humanity a symbolic thinker too.

But as civilization advanced and telepathic abilities subsided, the need for a more precise and structured form of interpersonal communication arose. Formal, structured linguistic speech took the place of telepathic communication – giving birth to the kind of communication humanity has today. Except, when humanity went that extra step, of giving up symbolic-thinking and using word-thinking instead, he placed extra burdens on himself. Symbolic-thinking was, and still is, an integral part of the way consciousness creates its world!

You see! Spoken language is not always compatible with the inner processes of consciousness and the Creation Mechanism. For the most part, your consciousness operates on the age-old basis of symbolism, which it acquired from the time when telepathy was still used! Your consciousness is the creator and director of your life, whether you realize it or not! It is the

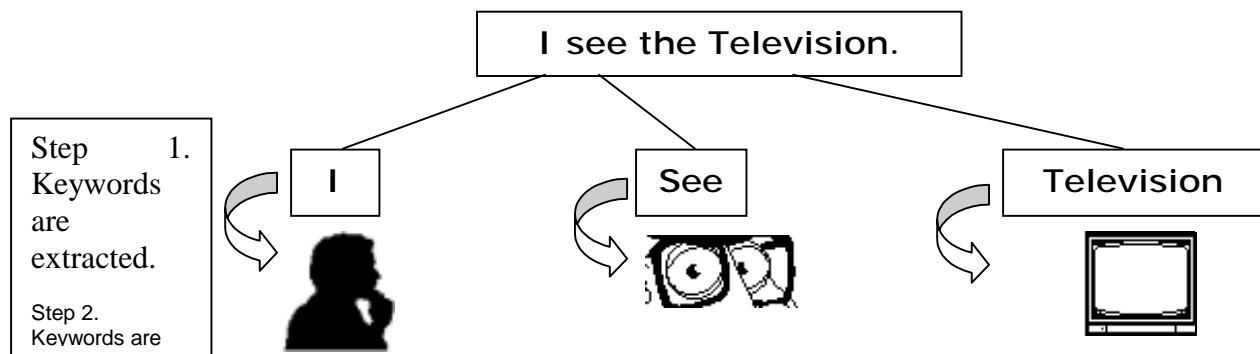
device that sends out the magical energy necessary, so that this situation or that situation can physically materialize. Consciousness has been doing this creative task longer than humanity has been using linguistic skills. It is mere common sense that consciousness will not give up using the methods, by which it has accomplished these tasks, just because humanity adopted another way. In fact, humanity’s linguistic skills are inadequate to deal with the physical manifestation of the world – despite how well structured language works for interpersonal communication!

Realistically though, these two conflictive methods of communication do not mandate that you need, or should, choose one way over the other. However, what you can do is strike a compromise, using the best of both methods. For interpersonal communication, the process of speaking through a language base works the best; but, for the process of inner thinking and reality creating, nothing works more efficiently than the old-fashioned symbolic way. Let’s find out why!

Your consciousness does not accept or understand information that it receives in sentence form. A sentence must first be translated into symbols, and then sent to your consciousness. Your mind begins this process by breaking-down the structure of the sentence and extracting keywords.

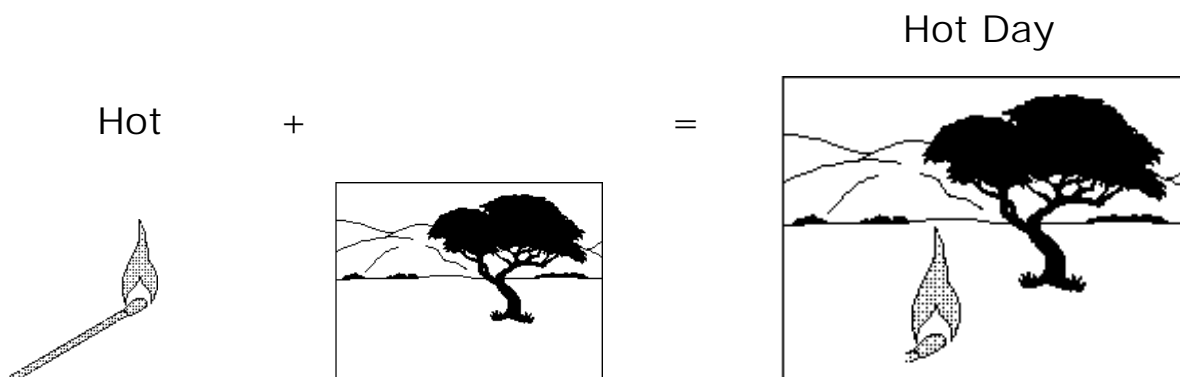
Keywords are any actions, people, places, things, ideas, and just about anything tangible. These tangible words are translatable into symbolic form (pictures, sounds, feelings). Many other words, which everyday speech contains, have no symbolic value to your consciousness. These untranslatable words are terms like *is, and, not, or, the, for, ...* etc. These words are just humanity’s way of forming structure in language. They have no real meaning as far as your consciousness is concerned.

Now after your mind has discarded all the non-symbolic words, your physical brain must convert the remaining keywords into symbolic form. Your mind accomplishes this cognitive translating by using a mental lookup table. The various words that you use have an associated symbolic meaning behind them. These symbolic representations sit on a mental lookup table. On this mental table, a particular word plugs into to a particular symbol. The symbols (not the words) enter into your consciousness, where an understanding of the sentence registers.



For example, when you say to yourself, “*It’s a hot day!*” your mind will extract then decode the key words from that sentence. The words “*hot*” and “*day*” will pass into the lookup table. Let’s say that the word “*hot*” connects to an inner symbol of fire, and let’s say that the word “*day*” connects to an inner symbol of a tree in an empty field. Now perhaps those two symbols combine to form a new symbol: a symbol of fire, on the ground by a tree in an empty field. This combination-symbol is the one that passes into your consciousness. Your consciousness now

possesses the means by which it can understand the message behind the linguistically structured thought.



Inner symbols do not necessarily have to be in picture form. An inner symbol could connect to a feeling, just as easily as it can connect to a picture. The word “love” could connect to a feeling of warmth, protection, and comfort. The word “music” could connect to an inner sound of a musical note. In actuality, your mental symbols are a combination of sight, sound, and feeling. On another level, these inner symbols enable your consciousness to experience the pattern they represent, like experiencing what it is like to be near a fire on a clear day, or hearing music, or feeling love. That inner experiencing of a symbol is how consciousness knows and understands what is happening!

Now, you may ask... “*Why not leave well enough alone? The system seems to work fine! So what if linguistically oriented thoughts get converted to symbols? Exactly why do I need to think symbolically?*”

Well, thinking symbolically is important for a couple reasons. First, the final translation of the thought is dependent on the integrity of your mental lookup table. Your lookup table symbols become outdated very quickly. Very often, it takes years for a symbol, once it becomes part of your inner table, to be replaced by a new, more up to date, symbol. For this reason, most people’s lookup tables are behind their present needs. An outdated lookup table will have you creating the reality you needed years ago, not now! Also, thinking in sentence form is rigid and limiting. The magical and creative process of manifestation requires a wide creative scope to reality create a rich, intricate world. Imagine a painter with only two colors to paint with. While the pictures may be artistically sound, they will lack the luster and flavor of life. Consequently if you limit your reality creating to the few words that you use, the reality you find yourself in will most likely be limited, fragile, and poorly constructed.

As always, breaking yourself out of the old thinking pattern is a challenge. You’ve spent almost all of your life establishing your mental routine. Nonetheless, you can make the switch. You should begin the process slowly, using a technique called substitution.

With the technique of substitution, you are going to take one frequently used inner thought-phrase, decide what that thought-process means to you, then construct a symbol that will replace it. Next, you will begin substituting the new symbol each time you find yourself using that inner phrase. Once you achieve a good success rate with that particular phrase, you will move on to another inner word-phrase, taking your time and taking it one phrase at a time.

Begin the conversion with simple, relatively often used thoughts. For example, let's use the thought-phrase "*I create my world!*" (You do use this phrase often, don't you?) When you find yourself doubting the power of your thoughts to create your world, instead of thinking the phrase "*I create my world!*" substitute or follow up its use with an inner symbol to represent that phrase. For instance, you could imagine yourself holding a globe with a human figure inside to signify dominance and control over your reality. With constant use, and in time, this symbol will replace the "*I create my world!*" phrase. Eventually, the symbol will pop into your mind, instead of the linguistic phrase.

*Remove this!*

~~I create my world!~~

*Substitute this!*

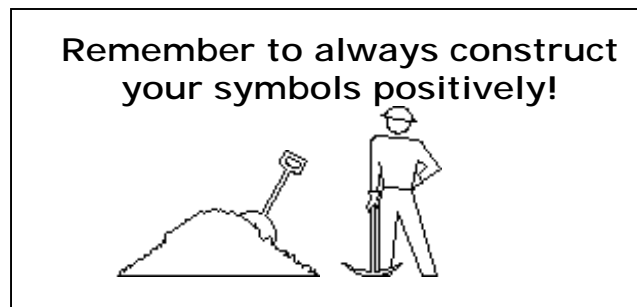


Now, exactly what will your thinking in symbols accomplish in practical terms? Are the benefits worth all the time and effort? Yes, and definitely! For one thing, by thinking symbolically, you will speedup the rate by which you can manifest things. Thinking, "*I need a new car!*" is not as effective as imagining you being seated at the wheel of that car. A symbolic representation of that sentence will go right to work creating that new car – just like you imagined it. However, your linguistic counterpart may or may not begin working on the idea's materialization. Its materialization will depend mostly on the present state of your lookup table. For example, what do the inner symbols that the words *new*, *need*, and *car* invoke? If you are like most people, you have no idea what inner symbols connect to those words. So, if you really want to get that car, using symbolic thinking could be the best way to go about it!

Here's another phrase that you may use internally, at one time or another, especially when you are trying to solve something: "*I'm thinking!*" A symbolic substitution for that one could be a visualization of a light bulb appearing above your head. The symbol may be corny, but it, or something like it, could be very effective. A light above your head represents illumination. If you are in search of a good idea, what better way is there to find it, then to illuminate your mind with an illuminating symbol?

Your symbols do not need to restrict themselves to only pictures; nor do your symbols need to compose themselves of only one type. For example, a symbol for the phrase "*I feel great!*" could be a picture of you wrapping your arms around yourself, as in a hug, followed by a feeling of warmth. In fact, in time, you should expand on your symbols, so that they incorporate more than one type of pattern (pictures, sounds, feelings). Multiple pattern symbols will have the greatest effect on the construction of your reality. However, it is good to take things one-step at a time. So, once you become comfortable with the process, you can begin to expand and experiment with multiple pattern symbols. For now stick to the medium you find most comfortable with.

As you begin substituting symbolic representations for linguistic phrases, it is important that the new symbols be constructed positively. Negative symbols will generate a negative reality – and accomplish that negative creating very quickly! With care, you can substitute even the most negative of linguistic phrases with a positive symbol and still retain that phrase’s original meaning. For example, the phrase “*I’m in trouble!*” could be symbolized into an image of you digging yourself out of a ditch. The ditch represents the trouble you are in, from which you must remove yourself. The fact that you have a shovel, and are digging your way out of that ditch, suggests that you possess the tools and power necessary to get yourself through this difficulty.



Thinking symbolically will place more of your creative power back in your own hands. As with any reality-creation tool, once you learn how to use it, you will begin to see a marked increase in your ability to change your world. Thinking symbolically is no different. However, thinking symbolically will be the one tool from which you can see the most increase in reality-creating potential – once you learn to use it. For this reason, thinking in a symbolic way may be a bit more difficult to master than the other creative tools that I’ve given you, but it is well-worth the time and effort. You will amaze yourself!

### **Important points from this Chapter:**

- ❑ Most of the time you think to yourself in words.
- ❑ Consciousness does not accept or understand information in sentence form.
- ❑ Your mind takes words and translates them into symbols by using a mental lookup table. The symbolic equivalent of those words will pass on to your consciousness – not the words. Often the converted word-to-symbol representation is not the same as you intended it to be.
- ❑ Passing pure symbols in the thinking process takes the uncertain quality out of your reality creating.
- ❑ Convert your thinking over from word thinking to symbolic thinking slowly.
- ❑ Remember to construct your symbols in the most positive form as possible.

In the next chapter, I’m going to give you a technique that you can use which will let you chuck out stingy, nagging problems in your life. In addition, this technique is even easier than ‘taking out the garbage’!

***Worksheet Notes:***

The worksheet on the next page will help you to take some common words that you use and change them into a more symbolic form. You do not need to be an artist for this worksheet. The idea is that you know what that word translates to in your own mind. You can continue this worksheet with other words too. We've given you several words to send you off in the right direction. The rest is up to you. This worksheet can be fun for a group of people to do as well. Then, afterward, compare each other's drawings. The similarities and differences can surprise you.

## Chapter 15 / Thinking in Symbols Worksheet Page

**Instructions:**

*Below are some common words that are part of everyday speech and thinking. In the box along side of the word, sketch in a picture or a symbol that you think could replace that word in your thinking process. Then try to use those new symbols instead of the words in your daily thinking. Your drawings do not have to be perfect; even stick figures will do. This worksheet will help you to think about how to begin the word-to-symbol substitution process. This worksheet can be fun with a friend or group. Afterward, each of you can compare symbols.*

Happy	
-------	--

Safe	
------	--

Love	
------	--

Hungry	
--------	--



**Use this side for your own words!**

# The Garbage Can Technique

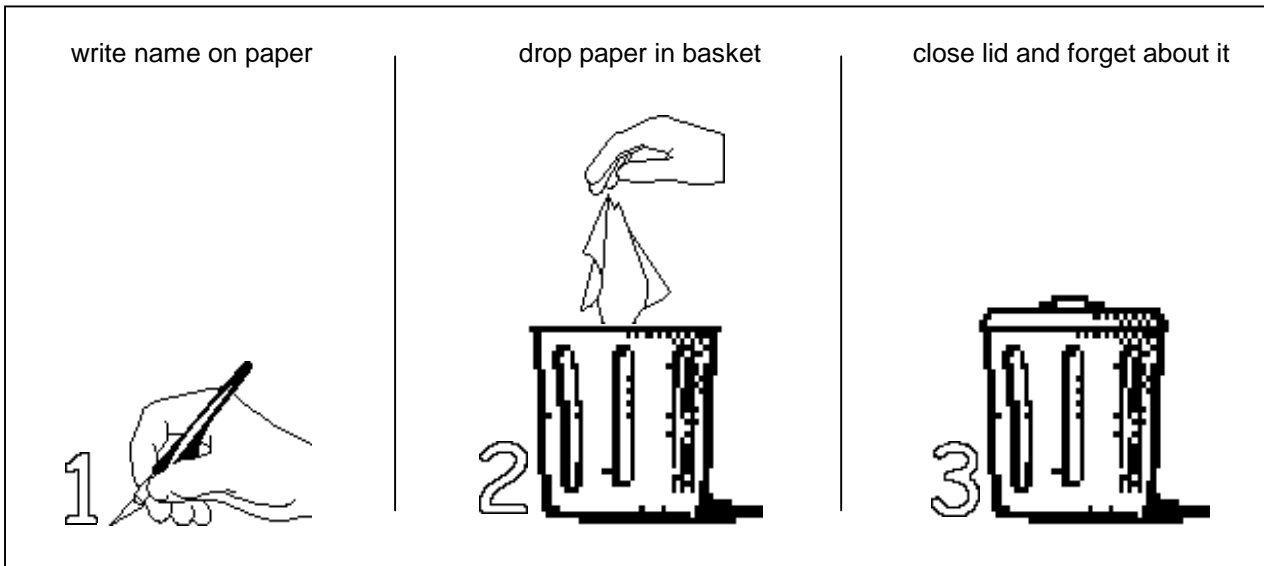


***Chuck It!***

Here's a short and simple technique that accesses the Creation Mechanism indirectly. You can use this technique for ridding your reality of people and things that are annoying or problematic. This technique does not hurt other individuals or things in anyway. It just uncreates them from your reality or renders them powerless to interfere with you.

For this technique, you will need a small garbage pail with a lid. A good pail to use is the plastic, decorative model that looks like the large, metal ones but is only six inches high. Whatever pail you choose, though, you should make sure it has some kind of lid that is not going to come off too easily. The lid is important. It acts as an energy blocker in this technique.

The technique is simple. Let's say that someone is bothering you. He just won't let you be! Take his name and write it down on a piece of paper. Crumple the paper in your hand. Open your garbage pail, and toss the paper into the pail. Lastly, cover the pail securely. That's it! Now you can go about your day knowing that this person will no longer bother you. He is literally locked up, as far as your reality concerns itself. The only way he can get out is if you let him, which you can do if you want. To remove someone from the pail just open the lid and take out the paper. Once the paper is out of the pail, the energy is unblocked and that person will again be able to interact in you reality.



In effect, you are constructing a visualization of the person or thing you wish to remove from your reality, but doing that visualizing in a physical way. The process is also a physical affirmation of what you desire to manifest in your reality. When you follow up one of your visualizations with some kind of physical affirmation, it sends a powerful message to the Creation Mechanism that this aspect is a priority! The *Garbage Can Technique* is an excellent way to accomplish this two-step process quickly and effectively.

Leave the garbage can in your room, where no one will open it or use it for real garbage. You can put as many people or things as you want in the pail, as long as the pail can physically fit them. You can also use this technique for situations as well as for people. For example, your job occasionally takes you into an area where you would rather not go. Write the name of the place where you do not wish to go and *Chuck It!* See how easy it is. Now, when your mind drifts to that unwanted person or situation, just remember it is in the garbage can for safekeeping. You control when – if ever – you will let them out. So, just relax and continue on your merry way!

Here are a few more uses for the Garbage Can Technique:

- Keeping annoying bill collectors out of your reality.
- Keeping that problematic car from breaking down.
- Keeping personal fear under control.
- Keeping an abusive employer or employee from harassing you.

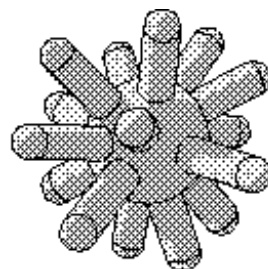
Now, how is that technique for a quick, fast reality-creation gimmick? Try this technique often. The results will be mind-boggling!

In the next few chapters I'm going to cover a new but related topic to reality control: *Proper Power Management*. Knowing how to control your reality is part of the game. Another important aspect of the reality-creation game involves possessing the power to make the changes you want in your life. *Proper Power Management* will give you that power and more.

# Proper Power Management (part 1)

## You are Energy

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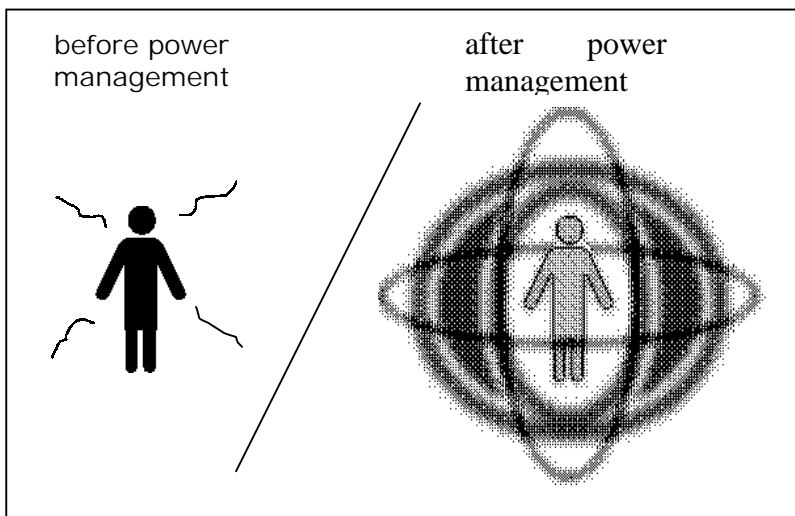


*Abacadabra!*

Have you ever wondered why some people are so energetic, outgoing, and pleasant to be around, while others seem dull, lifeless, and boring? Have you also wondered how some people can change their world more easily, while others may struggle just to keep their heads above water? The answer to these questions is *Proper Power Management*.

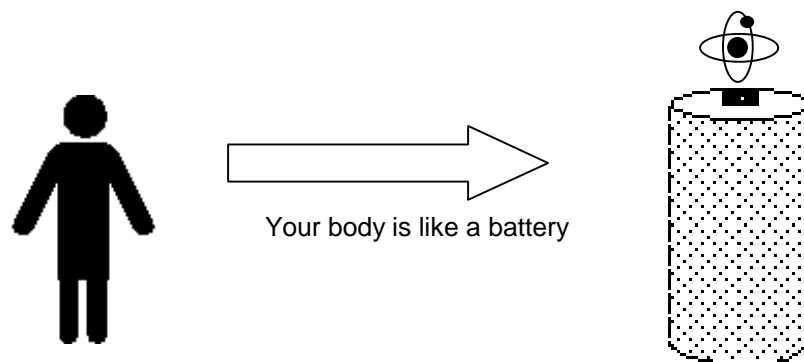
The people that are outgoing, pleasant, and energetic, and easily get what they desire, know how to manage their power properly. They push forth in their lives confidently, aware of their abilities, resources, and limitations.

Now, most of these people are unaware of the idea of power management. Yet they seem to be doing fine. Most likely, these people already practice some unconscious form of power management. However, for those of you who are inefficient in power management and want to be more like these powerhouses, you can learn. Also, for those of you who may already be little power houses, Proper Power Management can help you too, by teaching you how to double or even triple your present power output. So, get ready to become more than you were before and one step closer to becoming a *Master Reality Creator*.



Proper Power Management, simply put, is the monitoring, gauging, and pacing of yourself throughout your daily routine. It's knowing when you are pushing yourself too far and need to take a break or rest. It's being aware of your day as limited in what you can do and how much you can accomplish. It is putting your own limited – but powerful – resources into priorities, then placing the excess into other things. It's consciously taking control of your life and using your power for making the wanted and needed changes in that life.

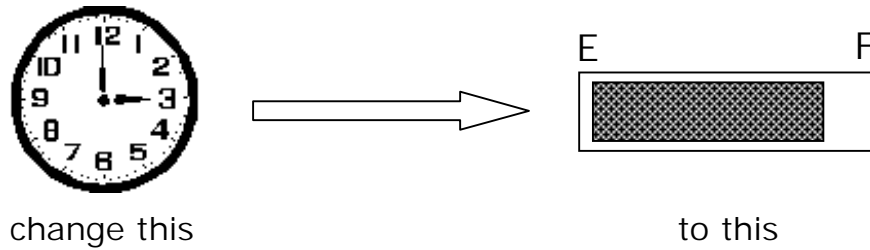
If you haven't guessed by now, the power I am talking about in Proper Power Management has nothing to do with wealth or status. This power is vastly more infinite, creative, and beneficial. Furthermore, this power is with you every day of your life and is never far from reach. However, to grasp the idea behind this power, you have to realize that you are more than the physical cells that make up your body. **YOU ARE ENERGY!**



Despite what you may see when you look at yourself, your body is nothing more than a giant battery. Your physical body and its nonphysical counterpart store the energy you need to make changes in your environment. Some of these changes you accomplish in a physical way, and some you accomplish in a nonphysical way. When you walk across the room, you are changing your environment in a physical way. When you send out a mental-wave into the Creation Mechanism, you are changing your environment in a nonphysical way.

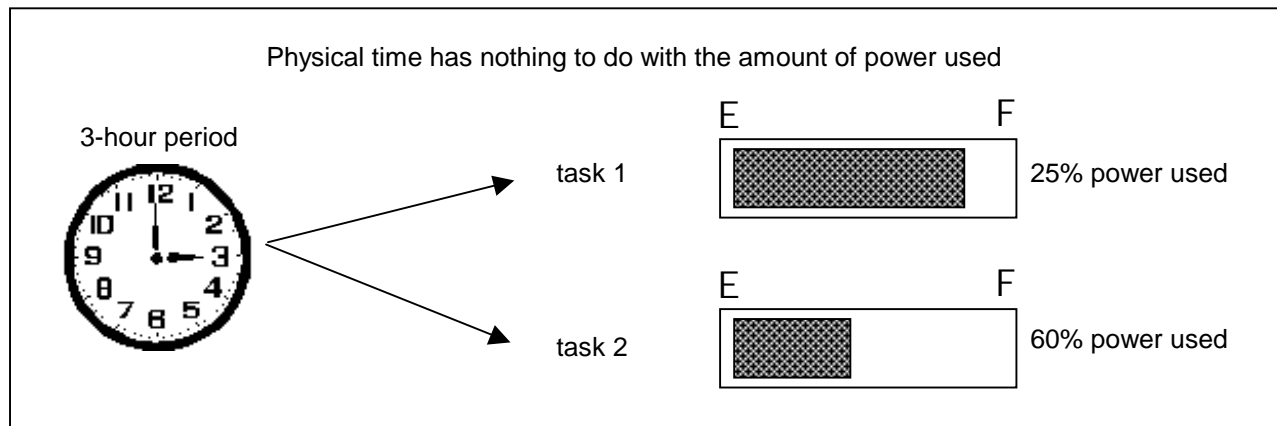
Furthermore, like a battery, this energy – that enables you to make changes in your reality – is finite! A big part of properly managing your power involves correctly applying that finite energy, so that it will last to the logical conclusion of your physical day. However, to accomplish effectively that kind-of power management requires that you look at your day differently. You must look at your day, not as a measure of *time elapsed*, but, rather, as a measure of *energy expended*.

For the most part, you gauge your life by the clock. You do *this* at this time, and you do *that* at that time! However the physical property of time may be great for transportation, scheduling, and business, but, unfortunately, your body and your inner consciousness do not recognize the clock as a governing factor. The only thing consciousness and your body are aware of is the amount of energy that flowed through them. So, to be in sync with your body and your consciousness requires that you shift the perspective of your day, from a time-elapsing mode, to an energy-expended mode.



For example, your job consumes 40% of your total power, instead of consuming 8 hours worth of time. Likewise, when you talk to a friend, your encounter with that person consumes 5% of your power, instead of 30 minutes out of your day.

This shifting of your day, from time elapsed to energy expended, is necessary because the amount of power that flows through you can have little to do with the passage of time.



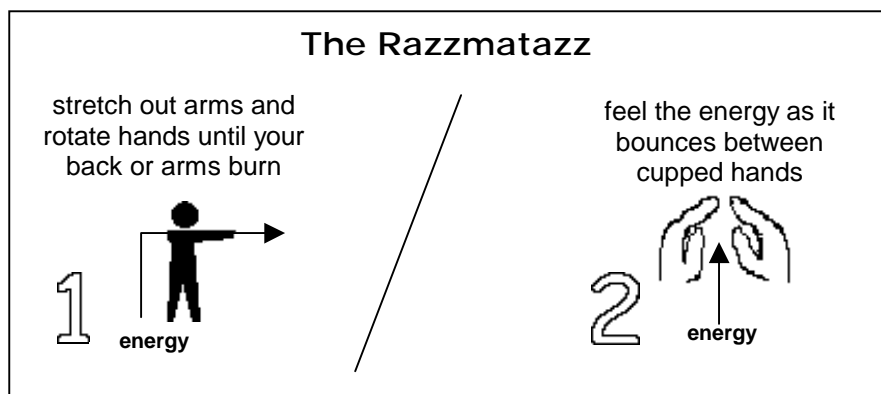
For instance, a three hour period – at a particular task – could be exceptionally demanding on one day and absorb twice the power that it usually does. On this particular day, the resulting loss translates to the passing of the same three physical hours that it normally does, but you actually lose six physical hours worth of energy. Now what are you going to do for the rest of that particular day? You are consuming your power at twice its normal rate!

If you are like most people, when you use more energy than you should for a given task, you will begin to tap power meant for other things, like your family or some extracurricular activity. Eventually, you will run out of places to borrow power and be energy exhausted. Then you will lose the ability to control whatever it is you are presently doing – not to mention the loss of control over the rest of your day!

However, when you look at your day's activities as a measure of energy expended, instead of by time elapsed, you will be less likely to fall into the trap of being energy short. In each of your daily tasks, you will be aware of the rate at which you are using energy. If that energy flow is too intense, you will decrease the power being used or put that power back with a quick-charge. Also, by looking at your day as energy expended, you will be less likely to forget that there are other tasks that require your energy and focus. The mental arithmetic, of keeping track of your power, will be a reminder of your energy's finite quality.

Looking at yourself and your day as a factor of energy takes some getting used to – especially if you’ve never thought of yourself as energy. So, before I go any deeper into Proper Power Management, I’m going to give you a technique that will help you to get a feel for your energy. This technique, which I call the *Razzmatazz*, is a great routine to use to feel your energy. Watch out! If you’ve never felt your energy before, then this technique will leave you speechless.

To begin, stand in the center of a quiet room – make sure no one is standing in front of you, because you are going to thrust outward a large block of energy. Next, stretch your two arms forward, as far as they will go, and then spread your fingers apart as far as they will go. At this point, you should feel the muscles in your back tensing. Now rotate your hands and move your fingers as fast as you can, while you maintain this tense posture. You should look like a magician feverishly casting a spell. In a few seconds, you will feel a burning sensation in your back. This burning is the energy as it moves up your back and out your hands. Do the *Razzmatazz* for about 15 to 30 seconds. Now, relax and pull your arms back inward. Cup your two hands and hold them four inches apart from each other. The energy you were just thrusting forward is still flowing out of your hands and you want to feel this energy. Try, gently, to press your hands together. Do you feel any resistance? You should! That resistance is the energy that is flowing back and forth, between the palms of your hands. You may also feel a tingling sensation. This tingling, too, is your energy flowing outward. See! You are energy!



The *Razzmatazz* exercise is great for becoming familiar with moving energy out of your hands, besides being a good demonstrator of your energy. If you like, you can make the *Razzmatazz* exercise part of your day. It will help to buildup your power level as well as give you more experience with your power flow.

### Important Points from this Chapter:

- You are Energy!
- Without the correct monitoring and gauging of your energy, controlling your reality will be that much more difficulty.
- The first step in properly managing your power involves shifting your focus from a time-lapsed basis to an energy-expended basis.

In the next chapter, I'm going to continue with Proper Power Management. I will show you how you exchange power from one person to another and how to control that energy flow, so you don't run out of energy before your day is finished. Also, I will show you how to give away some of your power to others.

***Worksheet Notes:***

The worksheet on the next page will help you to get an idea of how much energy you use for a particular task in your day. This charting of your energy use is a good way to begin breaking you out of the habit of looking at your day as a factor of time and instead looking at it as a factor of energy expended. It's not necessary that each of these items come in chronological order. For example, the time spent with your kids could be broken into two or three segments in your day: a half hour in the morning and another half hour in the evening. What you are trying to do is to get a feel for how much energy you are putting into a given task. If you construct your chart correctly, you should find NO direct correlation to time, versus energy. Some of your tasks will consume more power per hour than other tasks; this fact in itself should be very enlightening!





## Chapter 17 / Proper Power Management! You are Energy Worksheet Page

**Instructions:**

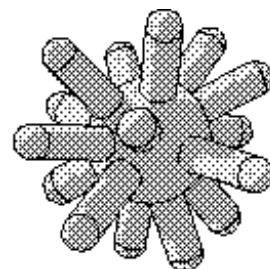
*Record the typical tasks that you do during a typical day. Record the average amount of time that you spend on that task in the "Time" column. Then as you go about your day, try to determine how much energy you expend for each task in a percentage form and record that figure in the "percent" column. Make sure that your percentages add up to 100%. If not, do some figure reshuffling.*

Name of Task	Amount of Time Consumed (in hours, minutes)	Amount of Energy Consumed (in %)
<b>Totals #___ tasks</b>	<b>___ hours</b>	<b>100%</b>

Reality Creator 1

# Proper Power Management (part 2)

## Power Exchanging and Leaking



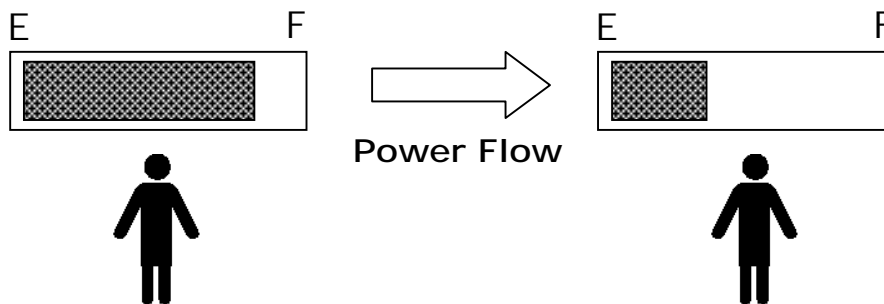
*What you do physically is not as important as what you do energetically!*

In the last chapter I had you construct a list of your daily activities and the approximate power expenditure for those activities. The things on this list represent most of the things in your life that require your power. However, that list may only contain the obvious things in your life. There are other tasks that are not on that list, which require your power. What are those other things, you might ask? Those other things are not things at all. They are people!

People give and take power from each other all the time. In fact this power swapping, at times, can be quite demanding on your power management. With objects and tasks you must force your energy into them. If you do not force your energy into them, no power will transfer. Except, with people, no such forcing of energy is necessary. Another person merely has to come up to you and immediately power begins to transfer. If you encourage this power transfer, the power that can pass, from you to them, can be a substantial amount. This kind of power-loss is the single most devastating way you can mismanage your power, because you are unaware of the power you are losing, until it's too late.

However, not all people will suck power out of you! You may suck power from someone else. For example, if your power level is higher than another person's energy, power will flow from *you* to *them*; but if your power level is lower than another person's energy, power will flow from *them* to *you*. You can tell if your power is higher than another person's energy by the way you feel after speaking to that person. If you feel tired and drained from the encounter, your power was the higher one. On the other hand, if you come from the encounter feeling refreshed and energetic, your power was the lower one. If both of you have equal powers than neither of you will feel any difference from the encounter, as there will be little to no power exchanged.

Power will always flow from the person with the greatest amount into the person with the lesser amount!

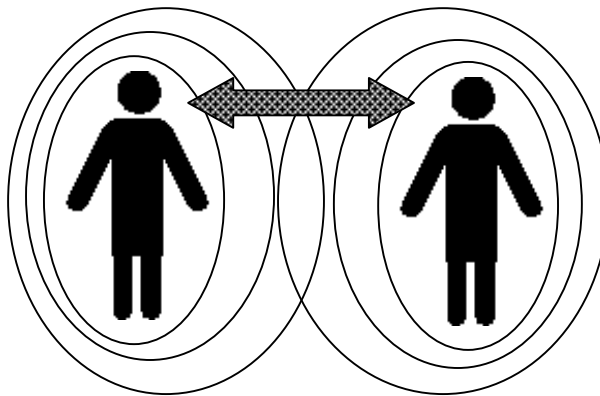


With power exchanges, there are two sides of the coin, so to speak: the *giving* and *taking* of power. The taking of power is when you *unintentionally* or *unknowingly* lose power to another individual; we call this condition *power leaking*. The giving of power is when you *knowingly* pass some of your power to another individual; we call this condition *power giving*. The motive behind unintentional power leaking is self-evident: your own unawareness of your power management. However, the motive behind the intentional giving of your power, to another individual, may not be as clear.

Giving power away is another way you help your family and friends. There may be times when these people are in need of strength, to go on with a particular task. A gently tap on the back, a hug, a conversation are all ways that you transfer power into people. It also is a way that they give you energy. You see! Anytime you are in some form of contact with another person, especially if that person is a friend or loved one, you will transfer energy from one to another. The new twist with Proper Power Management is not to stop this exchange, but to control the amount of energy that flows between you and another individual. On some occasions, you may want to guard your power closely; and, on other occasions, you may want to encourage a flow of power. Let's explore the various ways that you exchange power with another individual and how you can control that power-flow, especially when it comes to you giving or leaking your power away.

The most common way power gets exchanged is while engaging in face-to-face conversation. All you need to do, to begin a power-flow, is to link your eyes to the person you are talking to and energy will be exchanged. You can reduce this power-flow, anytime, by a long blink or by glancing away. However some power will still be exchanged through each person's energy field.

Power gets exchanged through face-to-face encounters through the locking of the eyes and from the energy fields of each person



Touching is another way that power exchanges; and it is not necessary to have your hands all over each other, for this power transfer to occur. A hand on the shoulder or a pat on the back will do fine – even a handshake.

Power gets exchanged through direct contact and energy flows from one body to another.



By linking both methods (eye contact and touching), you have in your grasp, a very fast way of exchanging power, from one to another. Try the following technique with a friend who needs a boost or, perhaps, just to convince you of the validity of energy exchanging. When you begin to talk to your friend, establish good eye contact between both of you. When the opportunity arises, touch this person's shoulder or hand. At the instant you contact them, send a surge of energy out of your hand and into them. You should feel the energy flow from you to them, through your hand and eyes, simultaneously. If done correctly, as soon as you touch the other person, the energy sent over will be electrical. If that person is sensitive enough, he or she may even jump from the power surge.

Now, there is one other method of exchanging power, and this method requires no physical presence whatsoever: the telephone.



Power will exchange over the telephone, even though there is no eye or physical contact. The fine mental-focus, which talking on the telephone requires, sets up a powerful mental connection. This mental connection often enables the exchange of large quantities of energy. If you are on the receiving end of this kind of exchange, you will leave feeling very refreshed. However if you are on the giving end of this exchange, you should keep an eye out for just how much energy you can afford to lose. When you feel you have given enough of your energy to this person (or leaked it) then it may be best to end the conversation before you lose too much power. The Proper Power Management rule, for the control of power-flow by telephone, is straightforward and simple: get off the telephone when enough power transfers. I think you will agree that this rule is simple, and it works!

The computer is another way power exchanges from one to another but this method is perhaps the least energy intensive of all the other methods. This may explain why so many people find computer chat or e-mail a welcome alternative to the other methods of communicating. Unconsciously people are aware that this method of communication affords enough distance that it is easier to control or limit the power flow in such an environment.

Ultimately, the decision and the responsibility of where, when, and how much power will flow, in any given situation, is yours. When you feel that you are losing too much power, then you must take the actions necessary to safeguard that power. This safeguarding of your power is a very important part of Proper Power Management, especially if you want to retain enough energy for yourself. The following is an example of what you should do, if you find yourself in a power-draining situation with another person.

You are talking to a colleague. Your colleague seems particularly tired today. You've been conversing with this person for about ten minutes. All of sudden, you feel weak. This feeling of

weakness could be due to your colleague taking too much power out of you. You begin to reduce the amount of power flowing out of you. Discreetly, you take a few steps back, to put a little distance between the two of you. Then you begin to break eye contact more frequently, looking down and to the sides occasionally. You find that these two tactics are slowing the rate of power flowing through you, and you are beginning to feel better. Next, your colleague decides to retaliate by taking a step closer to you. You feel your power being taken from you again. Now you take your arms and fold them across your chest. (This folding of your arms is a defensive posture. It unconsciously tells another individual that they are invading your space. It also helps to reduce the power flowing through you, by closing the energy center located over your heart.) Still, even after all this defensive posturing, your colleague persists and is right on top of you – still sucking the energy out of you. Now you must take the only course of action left. You excuse yourself and leave the room and your colleague.

Remember! You have the right to use your power as you please. If a person is taking too much power from you, then you must be willing to take the steps necessary to guard your power from theft and leakage, otherwise others will control your life and your life will not be yours. Now, the above example, of power exchanging, is an extreme case. In most instances, you will not have to resort to all those tactics. However, if this example was a real encounter, it is very possible that your colleague is what I call a Power Vampire!

A Power Vampire is a person who lacks huge amounts of energy, because of very poor power management, and gets that energy by aggressively tapping other people. Have you ever noticed how some people, while talking to you, will not take their eyes off your eyes – not even for an instant! In fact, they go out of their way to remain facing you. Unconsciously, they are aware that with eye contact, they can suck power from you. Power Vampires also love the telephone. A good Power Vampire knows that there is little you can do, while on the telephone, to stop the power flowing from you to them. You can spot a Power Vampire easily, because they will continually seek you out. You will not have to go looking for them; they possess some kind of inner radar that tells them when you are around. You must protect your power vigilantly when you are with a Power Vampire, because they can leave you out of power, in less than thirty minutes.

### **Important Points from this Chapter:**

- ❑ An important way to manage your power is to guard against leakage of that power.
- ❑ The most common way you leak power is from some kind of connection with another person.
- ❑ When two people connect, the person with the higher power will transfer energy into the person with the lower power. Power always flows from greater to lesser.
- ❑ Become aware of how much power is flowing through you at any given time.
- ❑ When you feel your power slipping it is up to you to cut off the flow or to stop what you are doing.
- ❑ Watch for Power Vampires in your life and restrict their ability to tap your power. Otherwise you will never get your power under control.

In the next chapter, I will discuss the most important Proper Power Management technique that there is. This technique will enable you to extend your day and give you another way out, for those times that you find yourself faced with a power shortage.

***Worksheet Notes:***

The worksheet on the next page will help you to keep track of who is taking your power (or who you are getting power from). What you want to do is make a note of every person you come in contact with on a given day. Chart these encounters for one week. What you will find at the end of the week may shock you. You may find that even though you met or talked to different people on each day, the number of people that you came in contact with was fairly consistent. This consistency is part of the momentum factor in your reality creating. Now, don't lose this number or power factor. Because these contacts count as another energy drain and belong on that list that you made up in the worksheet in the last chapter. So once you have this number fixed, determine how much energy goes into this factor and add that to the new list on the back of the accompanying worksheet page.





## Chapter 18 / Proper Power Management! Power Exchanging Worksheet Page

**Instructions:**

*Record the names of the people you come in contact with on each day, for seven days. Don't forget telephone conversations. You only need to list a person once per day. Then average out the number of people you contact on each day. You can get the average by counting up the number of people you came across each day, adding those numbers together and dividing by seven. Now add this figure to your Task list from the previous chapter's worksheet (you can use the task list on the back of this page), and try to figure out how much of your daily energy you devote to this part of your day.*

	#	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>PERSON LIST</b>	1							
	2							
	3							
	4							
	5							
	6							
	7							
	8							
	9							
	10							
	11							
	12							
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	17							
	18							
	19							
	20							
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	22							
	23							
	24							
	25							
	26							
<b>TOTALS</b>								
<b>Average =</b>								

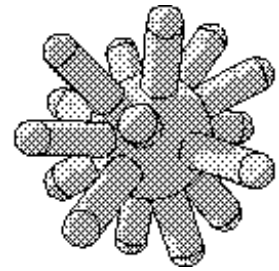
### New Task List with Power Expenditures for Personal Encounters

Name of Task	Amount of Time Consumed (in hours, minutes)	Amount of Energy Consumed (in %)
People I meet during the course of the day.		
<b>Totals #___ tasks</b>	<b>___ hours</b>	<b>100%</b>

# Proper Power Management (part 3)

## The Quick Charge

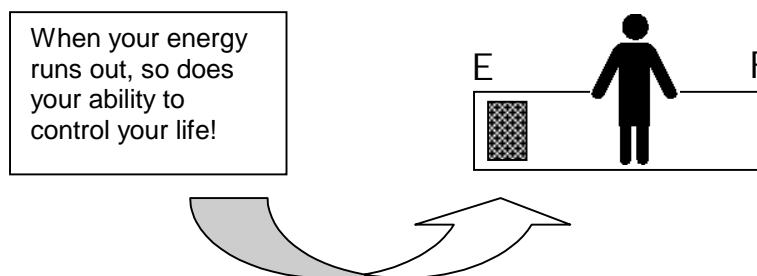
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**en·er·gy** (ɛnˈɛrˌdʒi) *n., pl. en·er·gies.* **1.** The capacity for work or vigorous activity; vigor; power. **2.a.** Exertion of vigor or power. **b.** Vitality and intensity of expression. **3.a.** Usable heat or power. **b.** A source of usable power, such as petroleum or coal. **4. Physics.** The capacity of a physical system to do work. --*attributive.* Often used to modify another noun.

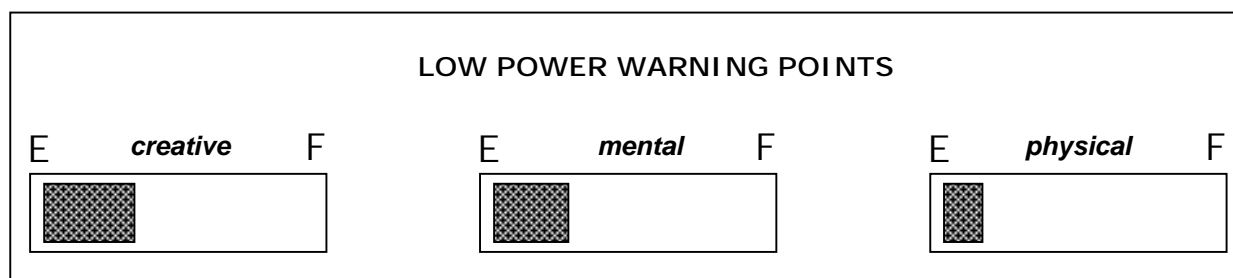
Now, what exactly do you do when your power does run out – as it could, if you inadvertently find yourself putting too much energy into a particular task or finding yourself sucked dry from another person? The answer to that question is a neat power-up technique called a *quick-charge!*

However, to take advantage of a quick-charge, you must first become aware that your power is running low. The problem is that sometimes you run out of power so gradually that you are completely unaware of your impending energy collapse, until it's too late. You see! Your power will not just run out! Once your power drops below a certain level, you will begin to experience a power shutdown. Everyone knows what a power shutdown feels like. It's when you feel increasingly tired, unproductive, uncreative, and make more mistakes. As your power shutdown continues, it will get increasingly more difficult to participate in your physical day, because your power to control your day is slowly diminishing.



Luckily, there are several signals that your body will give you, which will indicate when your power is running low. These signals can be a lifesaver, once you learn how to recognize them. Each signal is unique to the particular body system that is sending you the warning. So, recognizing them is merely a matter of becoming aware of your body on different level. Let's learn about these systems and their corresponding signals.

Your consciousness and its physical body rely on three types of internal systems: the *creative*, the *mental*, and the *physical*. Each of these systems requires energy to operate and each system has a different way of complaining when its power is running out. The nice part about these system ‘complainants’ is that they each occur at different power plateaus, in your decreasing power. If you happen to miss the first signal, you still have the second or the third signal to catch, before you run out of power. The three signals together form a kind of gas-gauge with three notches: *low*, *lower*, and *lowest*. Let’s investigate these systems and their corresponding warning signals.



Your creative system (the low warning) is the first system that will signal you, when your power is weakening. Your creative system is responsible for your intuition, your creativity, and the sending out of mental-waves into the Creation Mechanism. Your creative system will signal you – when it is running out of power – by interrupting the flow of ideas. This interruption of creative flow will occur in an on-off, rhythmic kind-of way. This warning signal is the most difficult to identify, especially if you are not a creative personality. However, the advantage in recognizing this sign, over the others, is that this sign gives you the most advanced warning that your power is weakening.

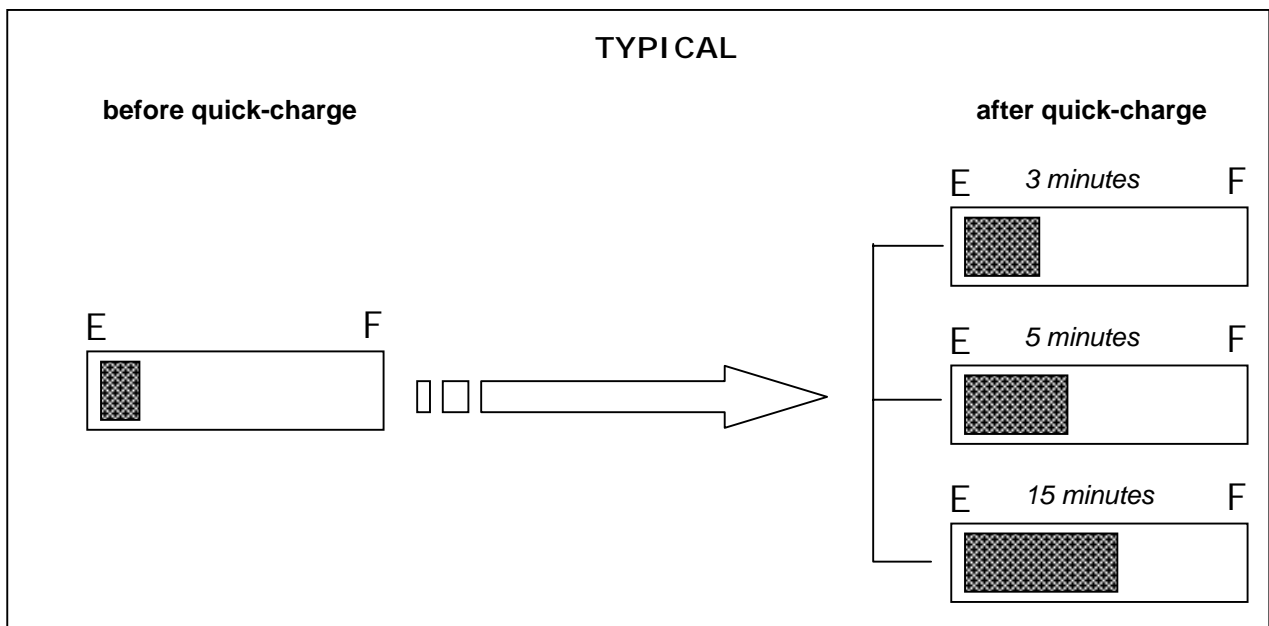
The second signal (the lower warning) is from the mental system. Your mental system is responsible for your thoughts, thinking processes, deduction, reasoning, calculations, and your concentration. Your mental system will signal you, when it reaches its critical energy level, by numbing your mental processes. When this numbing occurs, your concentration will become increasingly difficult, and you will have to force yourself, mentally, to continue.

The last signal (the lowest warning) is from the physical system. Naturally, your physical system is responsible for your physical movements and actions. The physical system’s signal is the last signal you will get, before exhausting all of your power. Your body will begin to hurt all over and you will feel tired and lifeless. This warning may initially show up as eyestrain or joint stiffness. Everyone has felt like this way, and it is a signal that is easy to spot. This last signal is the one you want to heed because, if you let your power to continue to fall, not even a quick charge may help you to salvage your day.

Just by becoming aware of your power and realizing what is going on will help you to learn how to identify these warning signals. But, these three signals are not the only signals that your body gives off; there are many other signals that are strictly personal. By being vigilant, you may discover one of these other personal signals. To give you an example, some people can tell that they are running out of power by an abrupt mood change (feeling happy one minute and then feeling sad the next). Another common personal signal is the rubbing of the eyes, the forehead, or the bridge of the nose. Any one of these other signals is valid too; but remember, these signals are personal, and not everyone will possess them.

Once you catch your power running low by identifying one of the warning signals, there are two things you can do. The first action you can take is to reduce the power-flow that the particular task or person is consuming. If you reduce the amount of power-flow, your power may spring back, and you may be able to continue on with your day. The second action you can take, and the more advantageous action, is to perform a ‘quick-charge’.

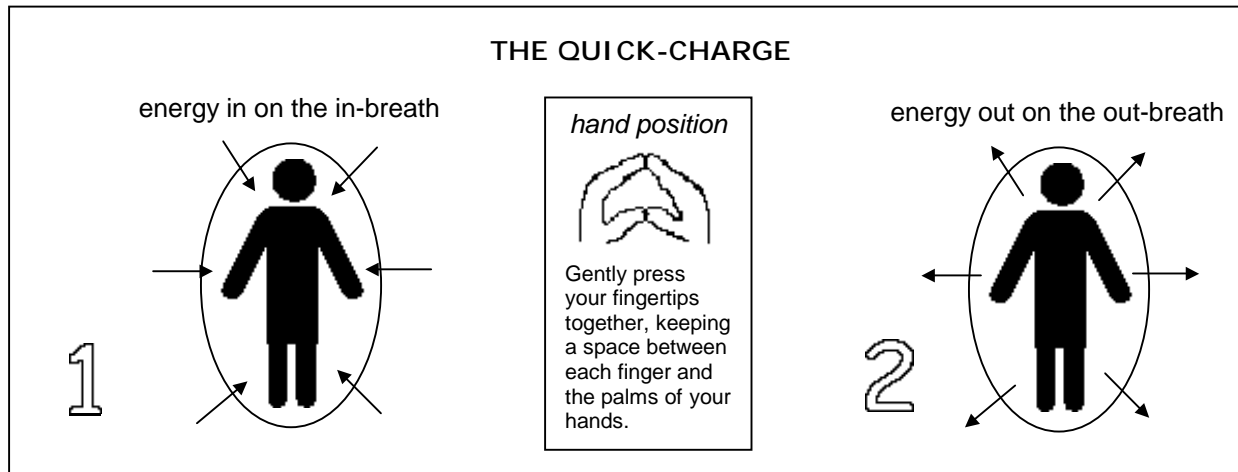
Use a quick-charge when it’s the middle of the day and you find that you are lacking the power necessary to continue. Quick-charges are fast and require only a few minutes of your time. For instance, a three-minute quick-charge can put back as much as 5 percent of your power or 70 minutes of your day. A five-minute quick-charge can give you back 10 percent of your power or 1.5 hours of your day. A fifteen minute quick-charge can give you back 30 percent of your power or give you back as much as 4 hours of your day.



To begin the quick-charge, you should sit or lie comfortably and reduce your breathing, taking slow deep breaths. After a minute of establishing the rhythm of your breathing and quieting your mind, close your eyes and assume the quick-charge hand position.

Hold your hands palms facing each other and press each of your corresponding fingertips together slightly, keeping your palms apart from each other. Also, leave a space between each finger, so that only your fingertips are touching. This finger configuration activates your body’s power systems and connects up your body’s chakra points.

On the in-breath, feel the good, positive energy come into your body through your lungs and skin (your skin breathes too!). On the out-breath, feel the bad, spent energy leaving your body through your lungs and skin. Focus on this in-out energy to the exclusion of all else going on around you. The more intense your focus, the more energy you will be able to replenish. Continue this process for three to 15 minutes. To complete the quick-charge separate your two hands and resume what you were doing before. That’s it. The technique is complete!



As you will see by using this technique a short quick-charge will have amazing results. Using a quick-charge is important because it is a method that enables you to continue, when your power runs low. Begin to practice quick charging and getting used to keeping your power at an optimum power-level and your power management will sore.

**Important Points from this Chapter:**

- ❑ It is important to be aware when your energy level gets low.
- ❑ By watching the signals from your body's various systems, you can detect this approaching low in power.
- ❑ Do a quick-charge when you discover that your power has dropped below any one of the low-power signals.
- ❑ It is better to do a quick-charge before you run out of power. Otherwise a quick-charge may not help, and you could spend the rest of your day without the power you need.

In the next chapter, I am going to shift the focus from *mental* to *physical* and explore some good body stretches, to help release and channel that energy we just talked about. Furthermore, body stretches are a fast and easy way to balance your power, especially all that new energy you have floating around you from your new Proper Power Management.

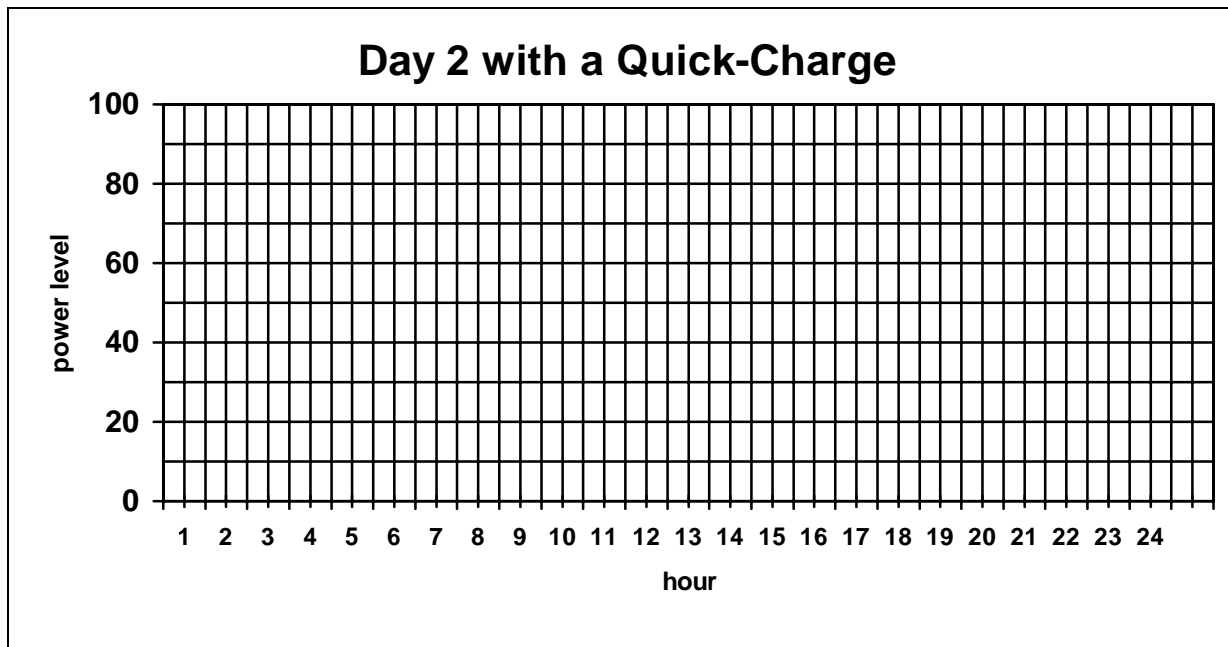
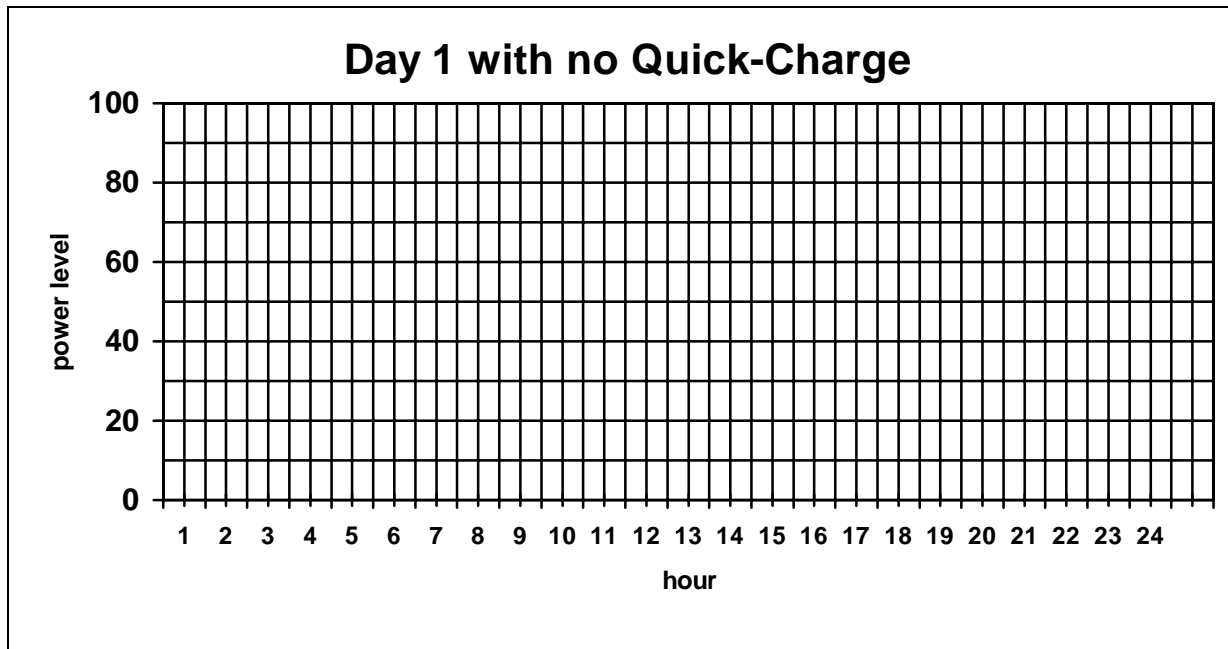
**Worksheet Notes:**

Chart one of the worksheet will show you how your power drops and rises during the course of your day. The next part of the worksheet (chart 2) will show you how many of those drops in power can be eliminated with one or two quick-charges. The resulting two line charts will show you how by doing a quick-charge your power is much more stable during the course of your daily routine.

## Chapter 19 / Proper Power Management The Quick Charge Worksheet Page

**Instructions:**

On the first chart, every hour mark off how energetic you feel. A value of “80 to 100” could be considered as full of energy, “50” for neither being tired or energetic, below 40 as mildly tired, and 20 or below for very tired. Then at the end of the day, connect the dots with a line. The peaks and valleys on this chart show how your power fluctuates on a typical day. On the next chart begin the process again. However, this time, when you see your power dropping to below “40”, do a quick-charge and put a little “QC” next to that mark. Now chart out the rest of your day. At the end of that second day, connect the dots as you did for the first chart. Do you see any difference? What you should find is that on the day you did the quick-charge, the rest of the day had more stability energetically (the graph has less peaks and valleys) than the day without the quick charge.



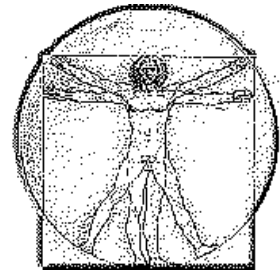




# Energy Stretches

## For Stress Reduction and Energy Balance

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*The body is the vehicle through which you experience physical reality. Its care and its well-being are in your*

Now, with that power-raising going on from your Proper Power Management, it's a good idea to take some of that power and move it around the physical and etheric energy systems. Exercise is one way that you can achieve this energy movement. However, if you lack the time or ambition for exercise and wish to reap the benefits of moving that power around, then continue reading.

Exercise tones the body by the constant repetition of a joint or muscle. This action stimulates blood flow and removes built-up body toxins. However, the more important thing exercise accomplishes is the excitement of your body's energy resource centers; these energy centers are called chakra points. Chakra points are places in the body where energy enters or is transformed in some way. This energy transformation enables the physical body to exist and to do the things it does. Without these energy points, your body would not get the raw stuff it needs to function. These chakra points, like the various parts of your physical body, need cleaning and balancing, to keep that body of yours in top shape and in optimum reality creating condition.

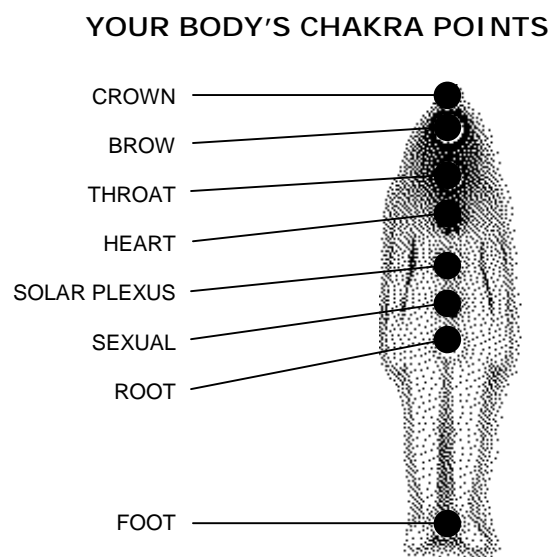
A full-blown exercise program is not necessary to clean and balance the body's chakra points. Various relatively simple body stretches will stimulate these points – without all the hassle and sweat. Furthermore, as you stimulate each chakra point, by using a body stretch, the tissue, surrounding each chakra, will cause your body to release stress-reducing chemicals. These stress-reducing chemicals will enter into your blood stream and circulate for a couple of days, acting as a natural stress reliever. Also, the energy released by that chakra will circulate through your entire physical body, giving you more fuel to use in the creation of your physical day.

Of course energy stretches will not replace the toning and body building effects of an exercise program. If you wish to lose weight or buildup your body, you will have to continue to use your regular exercise routine. However, you can use the stretching routines as a warm up to your exercise program, if you like. The energy stretches will prepare your muscles for their workout and give them the energy they need to help with the bodily changes that you desire.

Either way, energy stretches are a great self-improvement tool that you can use to stay healthy. You see! Unfitness begins on a nonphysical level. It is only later that your unfitness shows itself physically. You are a nonphysical creature *first* and a physical creature *second*. Physical illness is the result of energy blockages in your nonphysical body-substructure. It is only when an energy abnormality goes unchecked that physical side effects begin to show themselves. You can avoid many illnesses by just keeping that nonphysical substructure working properly. Many times all you need to do, to keep that substructure working properly, is to

stimulate that substructure and move around the energy within it. Moving that energy around requires that you stimulate the proper chakra point with the proper body stretch. To understand the why, you will need to know a little more about your body and its chakra points.

There are eight major energy chakra points to stimulate: the *crown*, the *brow*, the *throat*, the *heart*, the *solar plexus*, the *sexual*, the *root (or base)*, and the *foot*. Each chakra point is responsible for certain physical, etheric, and metaphysical aspects of your being. Let's take a quick look at each chakra point.



Your topmost chakra point rests right above your head. This point is called the crown. Your crown chakra is responsible for your connection to the Universe (your energy source). Metaphysically this center controls the direction in your life and what you must learn along the way. A blocked crown point will inhibit your ability to receive direction and energy from your higher-self and reduce your ability to make changes in your reality that are in harmony with your life's purpose.

The next chakra point is the brow chakra and it rests above your eyes and in the center of your forehead. This chakra is responsible for your mental faculties and brain functions. Metaphysically this chakra point controls your inner vision and that sense of knowing things that are physically unknowable, like intuition or feelings on matters. If your brow chakra becomes blocked, your sense of knowing whether you are on the right track will diminish, and your mental functioning will slow.

Your next chakra point is in the throat. This chakra actually protrudes two inches out of your neck on all sides. The throat chakra is responsible for your physical thyroid system and your voice. Metaphysically this point controls your ability to communicate your ideas to others and your ability to understand what others are saying. This chakra is your translator to the outside world. Needless to say, a blocked throat chakra will inhibit your ability to communicate with others.

The next chakra point downward is your heart chakra. The heart chakra is responsible for your physical heart and your circulation. Metaphysically this point enables you to feel and react to your feelings and the feelings of others. This chakra also enables you to transfer your energy to others and enables you to empathize with them. If this chakra point is inactive or clogged you

will have difficulty manifesting your intentions onto the earth plane. This point is very important and needs to be as open as possible.

Your solar plexus is the next chakra point downward and rests just under your rib cage and above your bellybutton. The solar plexus is responsible for your pancreas and nervous system. Metaphysically this chakra point is the most sensitive and the easiest to control. You can use this center as a doorway to move your energy and your sense of self outside the body, if you like. A blocked solar plexus will inhibit your ability to make changes in your reality on an etheric or metaphysical level. You may think that this chakra point is unimportant, especially if you're a physically rooted personality. However, you reality create just as much on this level as you do on the physical level – and each level of reality creating does effect the other to some degree.

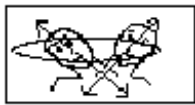
The sexual chakra is next and it controls your reproductive system. Metaphysically this chakra point is responsible for your survival instincts and your more base qualities. This chakra needs to be as free as possible of negativity. Due to the nature inherent within this center, high levels of negativity here can heighten a person's more rudimentary instincts and have the individual operating at the level of the animal.

Next downward is the root (or base) chakra. It is responsible for your spinal column and kidneys. Metaphysically this chakra stores the dormant energy needed to transform your other chakra points to their full potential. This energy is referred to, in Eastern culture, as the *Kundalini* energy. When it comes time for you to evolve into an enhanced human being, as the Reality Creator books intend to help you with, this chakra point will begin to awaken and send energy bursts upward through your other chakra points. It is important, when this awakening begins, to keep this chakra free from any blockages. Blockages in your root chakra could result in this stored energy not penetrating any higher than your sexual center. This inability to energize the other chakra points could be most unfortunate, because a heightening of the lower human functions, without the higher human functions, would result in your animal instincts ruling you, instead of you ruling your animal instincts.

Now, there is one other chakra point that many books fail to mention, but nonetheless it is an important point, and I'll mention it here. This chakra point rests between the two balls of your feet. This chakra point is very important because it is this point that actually connects you with the Earth and its energy fields. Furthermore, from this chakra point, all of your internal physical and metaphysical systems are accessible. If your foot chakra becomes blocked, you will be unable to connect with the Earth. This disconnection will result in your feeling dreamy and unfocused throughout your physical day; and it will be very difficult to manifest things in your life.

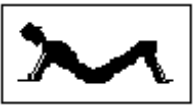
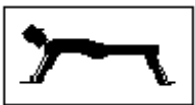
Now that you understand each chakra point and its importance in your general health, well being, and reality creating power, let's cover the various energy stretches and how they work. I have seven stretches that target the first seven-chakra points and one special stretch that targets your foot chakra. The whole stretching routine (excluding the foot stretch) should take no longer than fifteen minutes. The format for this routine is quick and easy, so that anyone – no matter how busy they are – can fit it into his or her day. The idea, when doing a particular stretch, is to relax and have fun. If a particular stretch seems painful, then take the stretch more slowly. The energy stretching and stimulation should feel great, not exhausting or demanding. Do each stretch one after the other, spending only one or two minutes on each stretch.

### THE NECK



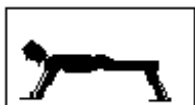
time with is the neck. This stretch targets your *throat chakra*. Now, slowly, and in a half circle only, rotate your head and neck, with your head poised forward, to one of your shoulders. Keep all of your neck muscles relaxed while doing this stretch and try to keep your shoulders relaxed as well. The idea is to roll your head and neck to one side. Hold it there for a moment and then roll it gently to the other side.

### THE BRIDGE



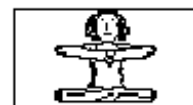
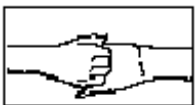
and *root charka points*. Lie down on your back, with your hands at your sides. Now with your hands and feet, push upward to form your body into the shape of a bridge. Try to keep your body shape as perpendicular as possible and hold this position for fifteen seconds. Then relax and allow your butt to drop to the floor. Stay in this position for fifteen seconds. Raise your butt and go back to the bridge position. Repeat this procedure for one to two minutes and then move on to the next stretch.

### THE REVERSE BRIDGE



The Reverse Bridge also targets your *sexual* and *root chakra*, however, this stretch flexes the muscles in the opposite direction and completes the energy balance of these chakra points. This stretch follows the same rules as the last stretch: fifteen seconds in one position and then fifteen in the other. You start this stretch on your stomach. Then push upward with your hands and feet, until your body is again perpendicular to the floor. Hold this position for fifteen seconds. Now push inward with your arms. Your butt should rise upward away from the floor. Your body should form the shape of an upward “V.” Hold this position for fifteen seconds; however while you hold this position maintain an upward pressure so that you can feel a pull in the calves of your legs. Now resume the perpendicular position. Repeat this procedure for the allotted time and then move on to the next stretch.

### THE WHEEL



The Wheel is a stretch that targets your *heart chakra*. Make two fists and interlock those fists together. Place the point where your two fists join over the center of your body, near your actual physical heart. Then, tilt your fist-arm combination upward on one side and downward on the other, leaving your joined fists in the center of your body. Hold this position for a few seconds and then reverse the posture. Continue this twisting, wheel-turning like movement for a minute or two.

### THE KEY CRUNCH



The Key-Crunch is a stretch that targets the *solar plexus*. Lie down on the floor on your back. Cup your hands together and place them behind your neck. Now cross your legs at the ankles and pull them upward, so that they are at a right angle. To begin the stretch pull yourself upward – using your stomach muscles – so that your face comes as close to your legs as possible. Hold this position for five to ten seconds. Let your body drop back down to the floor and rest for another five to ten seconds. Now repeat the stretch. If you do this stretch correctly, you will feel your solar plexus burning after five or six of these stretches.

### THE ENERGY PURGE



The Energy Purge takes the energy you have circulating thus far and purges it of any negativity. This purging is necessary because the next and final stretching routine targets your two highest chakra points. Stand upright, and hold your arms outward, forming a giant “T.” Make sure that the palms of your hands face downward. Now imagine and try to feel two streams of energy, one stream from each palm of your hands, going out your palms and into the floor. Feel the negative energy as it goes out your palms and into the ground. As you do this stretch it is quite common for your ears to plug up slightly. That ear plugging is a sign that the negativity is leaving you. Try to hold this stretch for about two minutes. After you finish, drop your hands slowly and take some deep breaths. At this point you may feel drained. That drained feeling is normal, because you are lacking the negative energy you just released.

### THE TWENTY-ONE BREATHS TO TRANQUILITY



The final stretching routine I call “*The Twenty One Breaths to Tranquility*.” Appropriately named, this stretch feels great and is a great end to the routine! It targets your *brow* and *crown chakra* points, and it replaces that discarded negative energy with positive energy. This stretch will circulate and balance all the energy you have flowing about you. Sit on the floor with your legs folded underneath you. Stretch out your two arms upward as high as they will go, and join your two hands with your index fingers pointing upward. You should resemble a church steeple. Close your eyes and take seven deep breaths. As you take these breaths, imagine a stream of white-hot light coming down from above your fingertips. This stream should enter into the tips of your fingers and go down through the top of your head and into your body. Keep this imaginary energy confined inward; store this energy in your spine.

Next lower your hands, but keep your fingers joined and facing upward. Place your joined hand-finger combination against your chest, near your heart center. Like before, take seven deep

breaths. This time, however, circulate that stored energy, sitting in your spine, around you in an all-encompassing bubble.

Lastly, bend over and place the top of your forehead against the ground, while keeping your hands joined and at your chest. This placing of your head against the ground will complete the energy circuit you have just opened. Take seven final breaths as this circuit connection becomes complete.

### THE FOOT

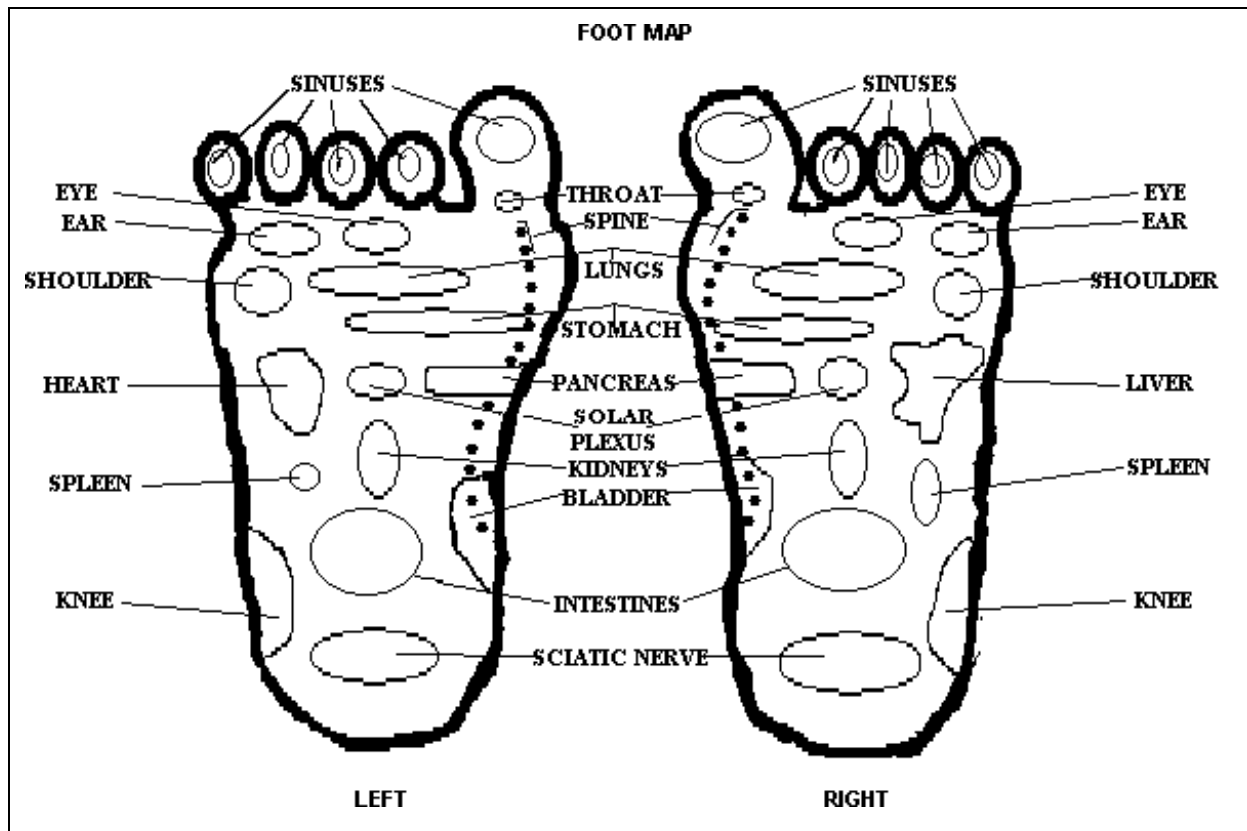


Now the last stretch is not really a stretch but more correctly a massage. This massage can be done right after the seven stretches above or even at night just before you go to sleep. This massage is very simple and feels great. Pull your feet toward you and begin lightly to massage the underside of your feet. Start at the toes and work your way toward your ankle. Spend about two to five minutes massaging each foot.

The chakra point at your feet is very important. This point connects you with the Earth and the Earth's energy. You could not inhabit the earth plane if this connection did not exist. Your power to make changes in the earth plane rests with the quality of this connection. Furthermore, resting in the bottom of your feet are many energy channels that connect directly to various areas of your physical body. By massaging the bottom of your feet, you will send gentle ripples of relaxing energy throughout your entire body. When the massage is complete, the chakra point at your feet will be clear and balanced and the rest of your physical body will relax and be ready for sleep.

Now, you can, if you like, give certain areas on each foot extra attention. You might want to do this if you are having a particular problem with some area of your body. For example, let's say that you are having a hay-fever attack. You could give an extra massage to each of your toes. Your toes happen to connect to your sinus centers. The rubbing action will, indirectly, stimulate your sinuses and could help alleviate your condition, to some degree.

On the next page I have a foot map of each foot and what each area connects too. Please take note that this view is from your own perspective. It is designed to make it easier for you to massage your own feet. If you were to massage someone else's feet, you would have to reverse the drawing. Also, if you have two of something, like eyes, massaging the area associated with your eye on your right foot will affect your right eye. Massaging your left foot in the area of the eye would affect your left eye. For the parts of your body, where you only have one body part, but both appear on each foot (for example the spine), the left and right foot areas correspond to the left and right side of that particular body part. Finally, you will know when you are massaging the correct area of your foot for a particular body part because you will feel a warm inner glow coming from that body part. This glow takes about thirty seconds to build to a point where you can feel it, so you may want to explore your foot slowly. Every foot is slightly different, and the exact location for a particular body-part will vary slightly from person to person and from foot to foot.



You see! Stretching not only gives you the energy and cleansing you need to continue with your day, but also prepares and relaxes you for your sleep. Also, the foot massage is a great way to stimulate areas of your body, which require extra attention, which you could not reach any other way. So now go to it!

### Important Points from this Chapter:

- ❑ It is important to stimulate and balance your body's chakra points to help give you the energy you need to reality create your day effectively and keep your body systems free from negativity.
- ❑ Energy stretches are a great way to stimulate your chakra points.
- ❑ Take the energy stretches slowly and easily, especially in the beginning.
- ❑ If a particular energy stretch is too difficult, don't do it! Your body may loosen up later on and you may be able to incorporate that stretch at that point.
- ❑ Don't forget your feet! It is an important connection point for your body's systems to the Earth and a great way for you to access internal areas of your body that you could not otherwise get to.

In the next chapter, I will another important aspect of your physical and metaphysical health: your breathing. Did you know that breathing is very important for good energy transfer and good energy balance?

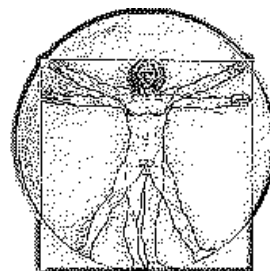




# The Rhythmic Breath

## Reclaim Lost Power and Learn to Relax

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*... and at the core of existence – all existence  
– is the breath. Even God breathes...*

Now that you are properly versed in managing your power and in using exercise to circulate that power, I'm going to show you a way that you can reclaim a significant amount of lost power and a way to easily relax. Also, this technique is a great aid when you find yourself in a particularly stressful situation, where you need to power up, calm down, and think clearly. Furthermore, this technique is good to use with many of those metaphysical practices (like meditation) that require focus and calm.

Rhythmic breathing is nothing more than synchronizing your breathing with your body's processes. The body is a harmonious device and, when all its systems are in harmony with each other, *maximum power transfer* occurs. *Maximum power transfer* is when peak energy transfers from one state to another. In terms of the body that means the body processes enable you to direct as much energy as possible externally without compromising the body's own internal energy systems. Now, most of your body systems carry on in harmony with each other. However, very often, due to your own will, your breathing is no longer in harmony with the rest of your body. This disharmony of such a vital body system robs you of vital energy and that *maximum power transfer*.

Seven out of ten people have breathing processes that are out of sync with their internal body processes. It did not start out that way. Physical Reality and its culture have taught many of you to allow your breathing to do as it pleases. It started most likely in your childhood, when people would say, "Stand up straight!" "Raise your head!" "Pull that stomach in!" Now there's one of the culprits. It's the "Pull your stomach in!" phrase. You see! When you pull in your stomach, you inhibit the body's own natural breathing rhythm. The act of rigidly holding the stomach firm interferes with the natural rhythm of your breathing. Your breathing is no longer in sync with your body's other organs. That disharmony translates to a loss of power transfer from the body's internal world to the body's external world. You are literally wasting 30% of your power from improper breathing.

To take back that power you need to listen to your body and synchronize your breathing with your body. The best way to reestablish this rhythm is to use your heartbeat. The heart is a good organ to use, as it gives you audible and tactile feedback. The idea is to gently coerce your breathing back to its original rhythm – not bully it. Putting it back will take time, and you should NEVER force this technique. You should do it only when you feel comfortable and only when time permits you to do so. This is not an exercise to do when you are engaged in other more physically active things. This is a technique to do a bit at a time and let your body do its own

unconscious switching from your old disharmonious breathing rhythm to the new harmonious breathing rhythm.

To begin, sit quietly for a couple of minutes and listen to your heartbeat. Try to feel it within you as it methodically goes along doing its thing. Now, take notice to your breathing. Does your breathing feel out of sync with your heart? Does your breathing seem labored on its start and stop times? Does it seem like you have to rise above some blip to get your breathing to go into its next cycle? That blip is you forcing your breathing to go against the body's own natural rhythm. Of course, at this point, that rhythm is so ingrained into your pattern that it seems natural, even to have the blip. However, it is not natural, and you need to put that rhythm back to where it was and reclaim 30% of your power.

The technique involves synchronizing the length of time between your in-breaths and out-breaths, using a certain number of heartbeats. This number can be anything that feels comfortable and does not have to be the same for the in-breath and the out-breath. For example, breathe in and hold that breath for three heartbeats. Then exhale and hold that breath for three more heartbeats. Pick a number of beats to hold your breath in and out for that is comfortable for you. You can hold the in-breath for four beats and the out-breath for two, if you like, or any combination that feels right. At first this new breathing will seem very odd. This odd feeling stems from the fact that you are unfamiliar with the new breathing pattern. Give it time and soon you will like the new breathing pattern over your old, especially when you begin to feel the increased power and peace that this kind of breathing gives you.

Example	Air In	Air Out
1	Hold for 3 beats	Hold for 3 beats
2	Hold for 4 beats	Hold for 2 beats
3	Hold for 2 beats	Hold for 4 beats
4	You decide	You decide

What you are doing is consciously aligning your breathing with the rhythm of your body's internal processes. The number of the breaths is not as important as the rhythm that you are relearning. Practice this technique when you are in a quiet space and when you have the time. You can practice it while meditating, or before you go to sleep, or while waiting. In time, your breathing will shift – automatically – from its disharmonious breathing rhythm to a harmonious breathing rhythm. You do not (nor should you) consciously direct your breathing every moment of the day. By practicing this technique once a day, or even three times a week, will begin to shift your breathing pattern automatically in just several weeks.

Remember to be patient with this process, as you are relearning a pattern that you most likely stopped using in your childhood. Give yourself the time, and your body will give you back the energy. Also, this is a great technique to do when you need to relax or you want to calm down from something stressful going on in your life. Also, listening to your heartbeat and your

breathing, as you do in this technique, will send your stress levels plummeting. Try it and you will see.

**Important Points from this Chapter:**

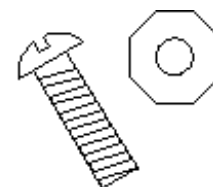
- ❑ *Maximum power transfer* occurs when all your body processes are in sync with each other.
- ❑ This power transfer translates into 30% more power to use in your reality creating.
- ❑ Synchronizing your breathing with your body will give you back that power.
- ❑ Resynchronize your breathing to your body slowly over time.
- ❑ Use the rhythmic breath anytime you feel fearful, anxious, or need to gather your strength.

Well, that is all there is to it! In the next chapter, I'm going to revisit the topic of thoughts. I'm going to show you how your thoughts and the thoughts of other people intermingle with each other and affect each other's reality. You will be amazed at just how much other people affect your own thoughts and how you affect other people's thoughts.



# Thought Power (part 4)

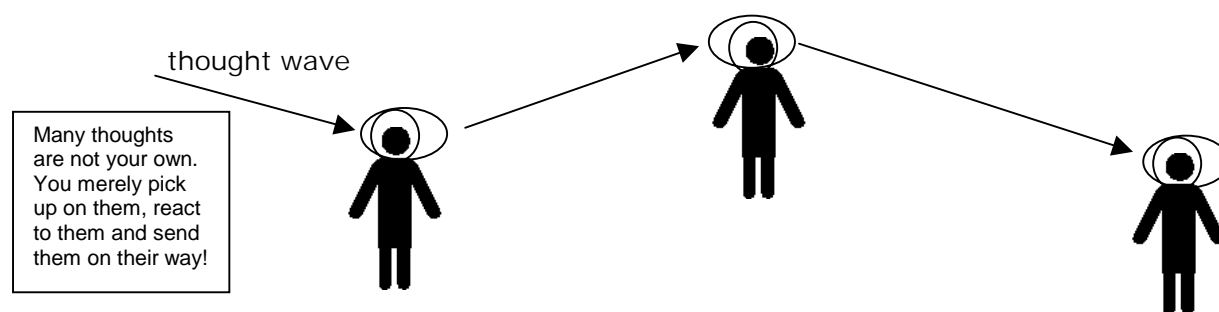
## Yours and others



*Thoughts reach outward like a radio signal goes through the air!*

Thoughts are very intriguing things. Most thoughts (of your own) you take for granted. When you have them – and you have a great deal of them – you do not give them their due justice. For instance, when a thought passes through you, you do not care to examine from where it came or to where it is going. You merely give rise to the thought, let it do its work, and then let that thought go. However, thoughts are like children. Each one is separate and different; each one has an individuality of its own; each one has its own origin. Let's take a closer look at thoughts, so that you can understand the magic, the wonder, and the uniqueness of them. This enhanced understanding of thoughts will – I hope – get you to treat your thoughts more carefully than you do right now.

A thought does not necessarily begin within you. In fact, many thoughts do not even originate within you. Instead, they originate from external sources, like other people. Many times you are acting as a thought-receiver and picking-up on that thought, as it passes you. When you do this type of thought-acquisition, you believe that the thought belongs and began with you, but you are mistaken. In this instance, you are just a relay tower, picking up on a thought, adding power to that thought, and then sending it off for someone else to acquire.



Now, you may ask yourself, “*Well, if many thoughts do not originate from me, then, how do I tell the difference between a thought that is truly mine or a thought that belongs to someone else? Then, again, does the birthright of a thought really matter?*”

Knowing the origin of a thought can be advantageous, especially if that thought is someone else's and comes to you out-of-context. For example, a fearful thought coming from someone else enters into your mind. This thought invokes that fear within you and you send out mental waves to start creating that fear. In this instance, it is to your advantage to know that the thought

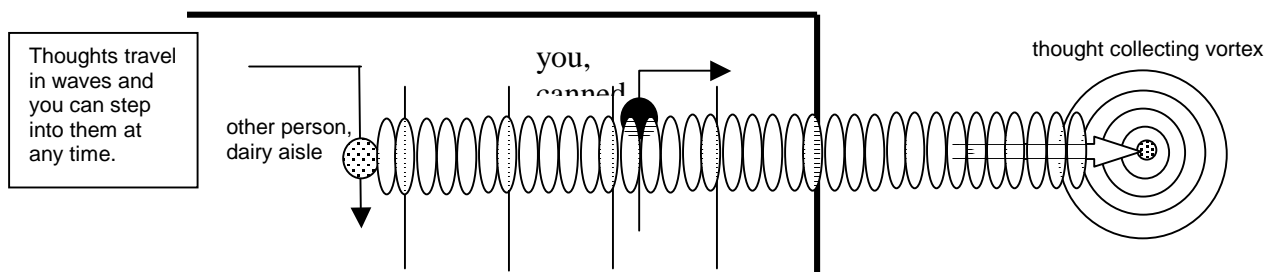
you acquired is not of your own making, so you can dismiss this out-of-context fear and go on doing what you were doing safely and without risk.

Out-of-context thought-acquisition is like a person who is empathic and can sense the feelings of other people. If an empathic person does not learn how to differentiate between his feelings and the feelings of others around him, he will wind up living the emotions and feelings of others, instead of his own. This logic applies to thoughts. It is a help to know if a thought is yours or someone else's, so that you will not get caught up in other people's fears, desires, and insecurities. This kind of thing happens often. However, for the most part, you are unaware of getting caught up in other people's thoughts because you take for granted that all the thoughts you experience originate from you. Fortunately, the act of knowing that you do not always birth thoughts changes the game quite a bit. It will make it easier to recognize and dismiss an out-of-context thought and continue on with whatever it is you were doing, without unwontedly acting upon or creating something from that thought.

A thought that comes from another individual is nearly indistinguishable from a thought that is birthed from you. It will not come up to you and say, "*Hi! I come from Susan*". A traveling thought will disguise itself as one of your own. It will go into your psyche and find the closest equivalent issue and pretend it is this issue. However, despite an incoming thought's ability to disguise itself, there are subtle clues that reveal the origin of a thought. This revealing requires some mental detective work and reasoning on your part but is not any more difficult than any of the other techniques I've given you thus far.

Let's say you are walking through the grocery store in the canned food aisle. A thought flashes through your mind concerning butter. Now, did this thought wave originate from you or from another person? Let's apply some detective-type reasoning here, to reveal its origin. First, you are in the canned food aisle, not the dairy aisle. In the aisle that you are presently occupying, the various items in the vicinity would most likely make you think of soup or something similar, not butter. Second, the idea seemed to come out of nowhere. This popping-in modus operandi is a good indicator that the thought is not yours but someone else's.

Thoughts travel like radio waves. A popping-in thought usually means that you stepped into someone else's thought-wave, as that thought was traveling by you, while on its way to a thought-collecting vortex. Two or three seconds here or there, or a step forward or backward, and that traveling thought-wave could have escaped your awareness entirely.



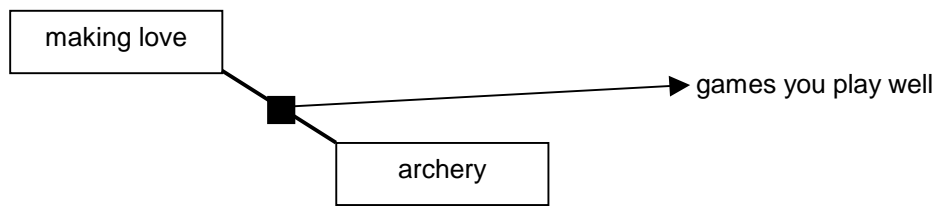
Furthermore, a thought that is not of your own making will probably have no logical or prior thought process to link it with. For example, if you are thinking about your spouse and that thought leads into you thinking about kissing your spouse, the two thoughts probably originated from you. On the other hand, if you are thinking about making love and then your thoughts

change abruptly to a game of archery, you can be pretty sure the archery thought came from someplace else.

Now, in the above example, even though the thoughts of making love and a game of archery are from different sources (one from you and one from somebody else), they most likely relate to each other in some way. All thoughts – yours and other people’s – always interrelate, especially if they follow one right after another.

You see! All consecutive thoughts interrelate, even if that latter thought comes from another individual. However, the interrelation may not be immediately apparent. To pickup on another individual’s thought, you must be on a similar thought-frequency. Do you remember our shopping example from before? Well, for you to pickup on that traveling thought involving butter, you would need to be or recently focused on the topic of butter. Perhaps the night before you were baking and used some butter in your baking process; or, possibly, there was a special on TV covering cholesterol, or perhaps you are out of butter. However, the connection may be even more obscure than either of those examples. ‘*Butter*’ could be the nickname for your high school buddy, who you were thinking about recently.

**Consecutive thoughts relate to each other in some way!**



Of course, you are not going to discover the connection for all of your consecutive thoughts, nor should you try to! That action would tie up much of your needed physical time. However, occasionally it would be good to try to connect some of these, seemingly dissimilar thoughts. Connecting these consecutive thoughts, from time to time, will help you to gain a little bit more knowledge about yourself and your way of thinking.

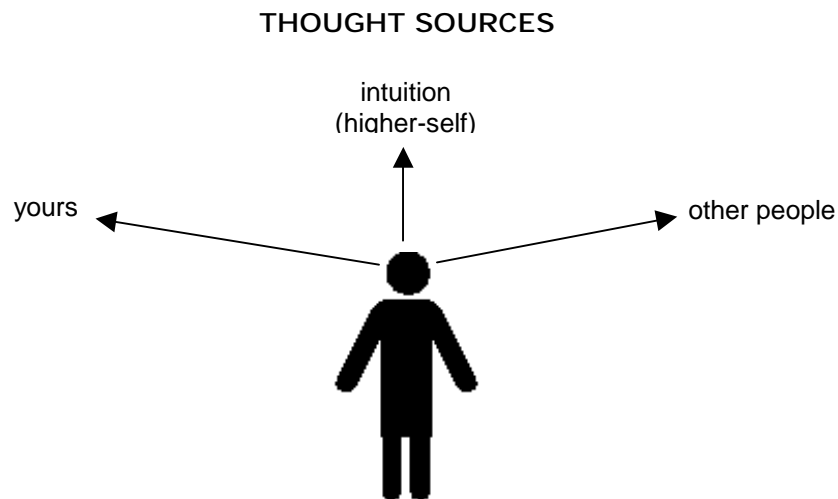
Okay, let me backtrack a bit, before I continue on. I told you earlier that a thought could come from one of two places: yourself and other people. Other people include nonphysical sources as well. The most likely place that a nonphysical thought would come is from your nonphysical guidance (your higher-self). At some time in your life, a thought must have entered into your mind that turned out to be purely insightful, precognitive, or bizarre. It is very possible that these thoughts came from neither yourself nor any other physical individual but from an awareness surpassing your own. But, if you are not apt to assign responsibility of these thoughts to a guiding, nonphysical power, then you can just say that this type of thought was intuitive in nature. Whatever the case may be, there are times when these kinds of thoughts appear. It is wise to heed these intuitive thoughts, when you get them. Many times they are a gift that can save you much time, effort, or discomfort.

Your ability to identify a thought that comes from an intuitive source is not as difficult as you may think. These thoughts usually come into your awareness when you are free from other mental processes and your mind is empty. Most likely you will be alone and other people will not be in your vicinity. Another common time that an intuitive thought is likely to pop in is when



you are in a stressful or even a dangerous situation. These insightful thoughts can sometimes come to the rescue and, perhaps, save you much grief.

However, to get the most out these intuitive thoughts, you will need to be familiar with the way that they penetrate your conscious mind. The best time to become familiar with an intuitive thought's emergence is when things are quiet and no one is around. During these quiet interludes, you should try to catch this inner voice when it speaks. You may drift into a daydream, or think you hear an actual voice, or a thought will just appear and seem to vanish. These examples are typical intuitive thoughts making their presence known to you. Watch for them, as well as other thoughts you may encounter, and learn how to recognize them when they occur.



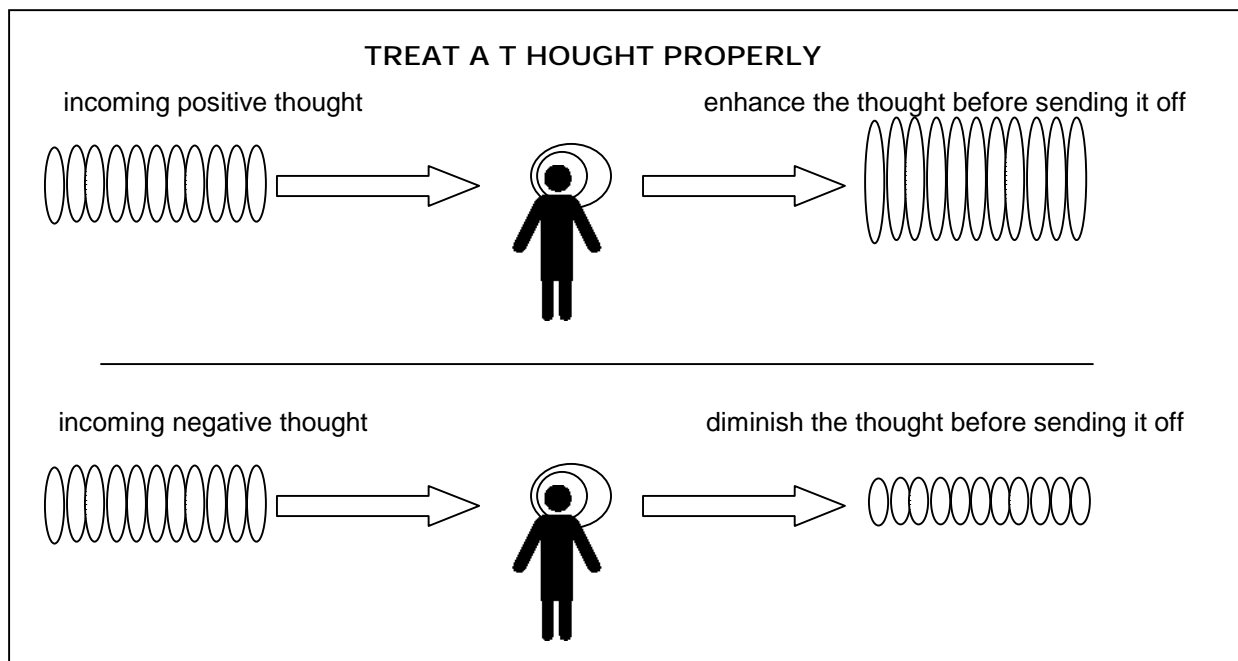
As always, the only way you are going to become a master at creating your reality is if you can learn how to control and use thoughts. It is important what you do with a thought, while you possess it. You must treat that thought properly! Conscientious reality creating involves properly handling thoughts – adding to thoughts that can enhance the way of life and transforming, positively, thoughts that degrade the quality of life. That way, whatever alignment the thought possesses, when that thought leaves your awareness, it will go out helping your reality, instead of hurting it.

For example, if a thought is of a positive nature, like friendship, you should try to add your own uniqueness to that traveling thought-wave. Perhaps you can think back to an old friend and how good you felt when you were together. Adding this good feeling to the thought-wave will make it more positive than it was before. Maybe, the next person, who picks up on that thought-wave, will immediately call to mind a past friendship that was important. This feeling of friendship may be just what that person needs at that moment. Perhaps that person is feeling lonely. Now you've just helped another person feel better, and you did not have to do a thing or even know the person! You just took a thought – either yours or someone else's – and enhanced it.

Now, what if a thought is extremely negative in nature? Perhaps you are walking down a street, and you pick up a violent thought. This violent thought reminds you of a time that you beat the pulp out of someone. Before you send this negative thought out, which is now even

more negative, because you just added your violent experience to it, think of a situation that you reacted less violently in – perhaps a situation where you talked out your difference of opinion. If no such situation can come to mind, then, perhaps, you can reconstruct your episode, of beating that person to a pulp, in a less violent way. This kind of action will at least nullify what you added to the thought, and, at best, make the thought-wave less violent for the next person that picks it up.

You see! That violent thought-wave may not do you any harm; however, when that thought-wave goes out and meets with someone else, that person may not be so lucky. That person may already be angry; and, the addition of that violent thought-wave, entering into his or her awareness, could be the trigger that sends that person over the edge. That person could use this negative thought, to fuel his or her anger. A less negative thought-wave, like our toned-down example, may possess enough of a positive nature to get that person through that situation without resorting to hurting another individual. It may even impart some of your own wisdom to that person, if you reprogrammed it just right.



Now, if a passing thought-wave is very negative in form, you should not concern yourself with completely transforming the thought into an utterly positive thought-wave. The total transformation of a negative thought into a positive one will not be possible by just one individual. It can take many mutations of a thought-wave, before a complete transformation will occur. But, by making a negative thought-wave just a little bit more positive, you may get that thought-wave to begin mutating into its positive equivalent. The best way to change anything within your reality is step-by-step. Thought-waves are no different from people and things. Each responds well when not pushed too far too fast but pushed just enough for the moment. Treat thoughts and your reality in this manner and you will have no problem altering anything in your life.

Your act of transforming a thought (whether it originated from you or not) into its most positive form is smart reality creating. If you make the reality of the thoughts you experience more positive, the reality of other people's thoughts coming into you will improve. Furthermore, the reality mirror principle (refer back to: "*Thought Power part 1; the Reality Mirror*") states that you cannot affect one without it affecting the other! By positively enhancing thoughts that come into your exterior awareness, your reality will mirror-back at you an increasingly better reality-image, and in time increasingly better thought waves will cross your consciousness.

**Important Points from this Chapter:**

- ❑ Thoughts can originate from three sources: *yourself*, *other people*, and *your higher self*.
- ❑ It is sometimes important to be aware of where a thought came from, so that these out-of-context thoughts do not interfere with your reality creating.
- ❑ Thoughts that come from someone else will often just pop in or will seem to be unconnected with what you are presently doing or thinking about.
- ❑ All thoughts regardless of whether they came from you or elsewhere are interrelated, especially if they follow one after the other.
- ❑ Enhance all positive thoughts, and diminish or transform all negative thoughts.

In the next chapter, I'm going to examine a very important and most ignored reality creating secret. This one is a talker... or should I say a non-talker!

**Worksheet Notes:**

The worksheet on the next page will help you get the knack of enhancing positive thoughts into more positive ones, and transforming negative thoughts into more positive ones. This exercise will also show you the effect of other people's thought waves impacting into your own awareness. You will see clearly that not all thoughts you have are yours to own. You will need to visit a busy place and a private place for the exercise, but it is well worth the time and effort.

## Chapter 22 / Thoughts: Yours and Others Worksheet Page “A”

**Instructions:**

This worksheet has two parts. First go to a busy place and record the thoughts that come into your awareness. Mark off whether you believe this thought is from you or someone else. Then enhance the thought if it was a positive one. If it was a negative thought, transform or degrade the thought. On the other side of the worksheet, go to a very private place where you are alone. Record the thoughts that come into your awareness. Then, look at both worksheets and compare the thoughts that you experience when you are alone to the thoughts you experience when people surround you. Remember to follow the procedure below for good thought awareness as you process these thoughts.

**Procedure:**

1. Wait for thought to pop into your awareness.
2. Determine the thought's alignment: Positive? Negative?
3. If the thought is negative, make the thought more positive. If the thought is positive, make the thought even more positive.
4. Mentally send off thought.
5. Record your findings below.

### IN A PUBLIC PLACE

THOUGHT NAME	POS	NEG	YOURS	OTHERS	INTUTION

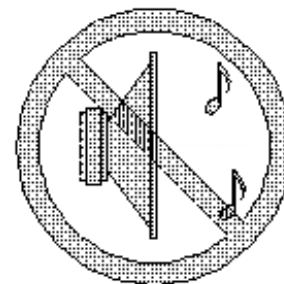
**Chapter 22 / Thoughts: Yours and Others  
Worksheet Page “B”**

**IN A PRIVATE PLACE**

THOUGHT NAME	POS	NEG	YOURS	OTHERS	INTUTION

# Silence

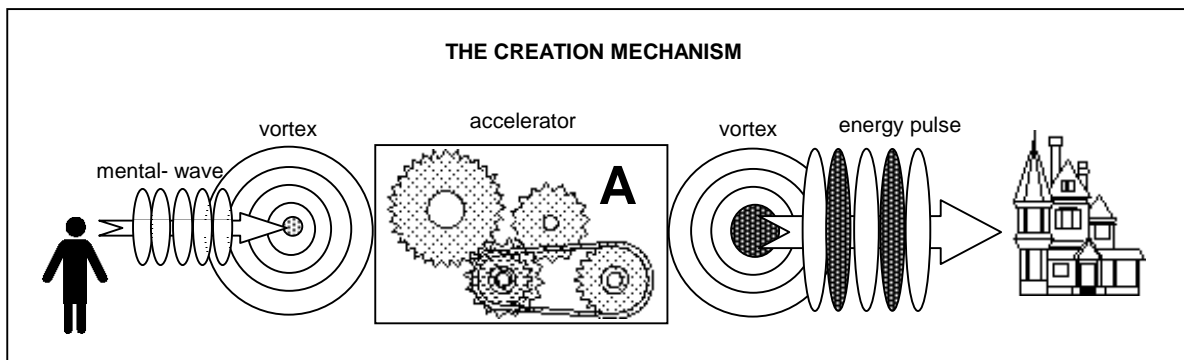
## A reality creator's best friend



*Silence is the seed of manifestation*

There is one ingredient left in the Reality Creating formula that I have not yet covered. Its non-use is probably the single most cause for unmanifested realities that there is. There is a phrase that says, *“Talk is Cheap.”* Well, talk is much more than cheap! It is a thief! And, it can rob you of the very thing that you want to manifest.

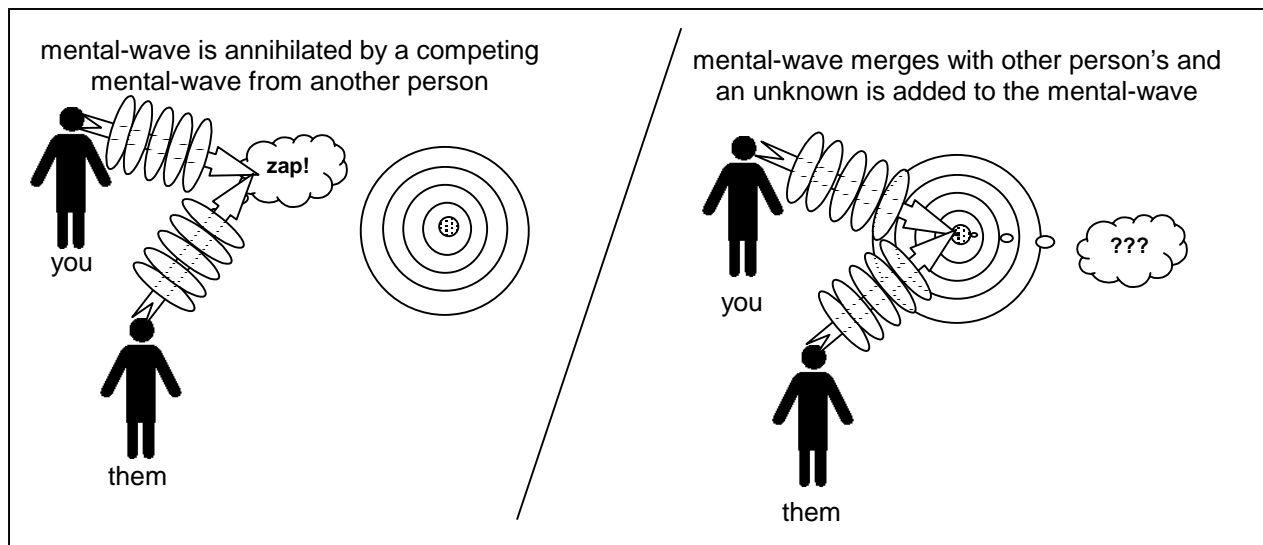
It is very important to be silent about what you are trying to materialize. Once you talk about what you are manifesting, you change the conditions of that manifestation and many times you end or delay the manifestation process. Mental-waves go out from your consciousness into a thought-collecting vortex. Then the Creation Mechanism works its magic on those tiny waves and sends out powerful energy-pulses to begin the magnetic-like process of manifestation.



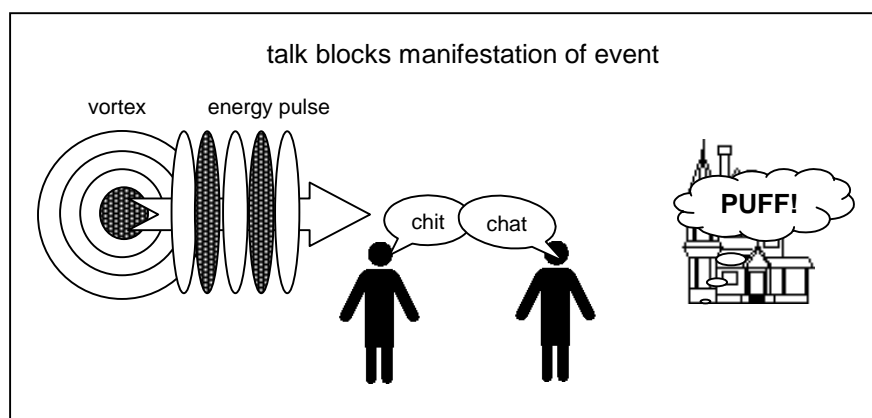
This entire process, as you know, is very veto prone. Those tiny mental-waves are subject to mental energy, for the most part: your own mental energy. Now, when you start to verbalize your desire, you take the control of this process out of your own hands and begin to share that control with others. Are the danger signals going off in your head? Do you begin to see the reason silence is a Reality Creator's best friend?

Let's start with the mental-waves. These mental-waves are coded to your brain pattern, and they are your waves. However, when you talk to another individual about what you are trying to create, you transmit part of your personal mental code to that other person. Now, the danger here is that this person will begin to think about your, as of yet, unmanifested desire, and their mental-waves will now mix with your mental-waves and begin to affect them. If the person you talked to does not support your desire, they can even attach enough counter energy to neutralize those

mental-waves. Hence, your desire never makes it to a thought-collecting vortex. Or, even worse, the mental-waves make it to the vortex, but now the mental pattern is not strictly your own vision. It is tainted with whatever this other person added to it. Now you have an unknown manifestation in the works.



The other case is when those energy-pulses begin to exit the Creation Mechanism. If you talk excessively about what you are manifesting, those magnetic-like energy-pulses will hone in on this verbalizing. Then the energy-pulses will attach their magnetic energy to your conversation, and, instead of the energy going to magnetically pull events together, they pull the conversation together. So, in this case your event manifests but only in the realm of conversation and not in actuality. The Creation Mechanism does not know the difference. It sees something physically manifest, and it decides it is a job well done and moves on to the next task. There are other pitfalls with talking about your reality creating that can foil your manifestation. For one, it can add self-doubt, especially if others do not share your vision. As you know, self-doubt can veto a mental-wave or an energy-pulse in the process of manifesting.



Now, I am not saying that you have to be silent about everything you do in life. However, I am saying that when you are in the process of manifesting something that is important, that you need to manifest in a particular way, and that you need to manifest as quickly as possible, there is no better way to insure this manifesting than by just keeping silent. After the manifestation process, you can talk about your creation all you want – but before, a bit of secrecy, tact, and guile go a long way.

There are times when you can pool your reality-creating power together; and, in this case, a little talking about what you want to manifest can be a good thing. Two or more sets of similar mental-waves going into the Creation Mechanism can manifest a desire much more quickly. However, the rule here is that whatever you manifest with another individual or a group, that manifestation must benefit ALL involved. The idea is to get the group sending mental-waves into the Creation Mechanism without cross connecting each other. This cross connecting will surely occur if you are trying to manifest something that is to your benefit only, because of everybody else's opinion. So, with personal items, keep silent. With group items, you can talk about it, but just enough to get the group focused on the goal. Here, again, excessive talking about the group manifestation will have the event manifest as conversation and not as an actual physical event, so a bit of talk-juggling may be necessary.

### **Important Points from this Chapter:**

- ❑ Being silent about your reality creating will keep your reality creating in your own hands and out of everybody else's.
- ❑ You can talk about your reality creating with another individual or a group only if you are creating a group reality.
- ❑ Too much talking about any desire, a personal one or a group one, will have that desire manifesting in the form of conversation only, and not in actuality.

In the next chapter I'm going to talk about consciousness, and show you how it evolves and grows and how its belief system is tied to its evolution.

### ***Worksheet Notes:***

The worksheet on the next page will demonstrate to you the effects of talking about your manifestations. You will attempt to manifest three things, and with each one you will put a talk-twist into that manifestation. This is a wonderful exercise to do, and make sure you utilize all that you've learned in this "*Reality Creator I*" course on this worksheet. It will not only serve to show you the results of silence, but will also be a final test to your current reality creating power and how much you've grown.





## Chapter 23 / Silence Worksheet Page

**Instructions:**

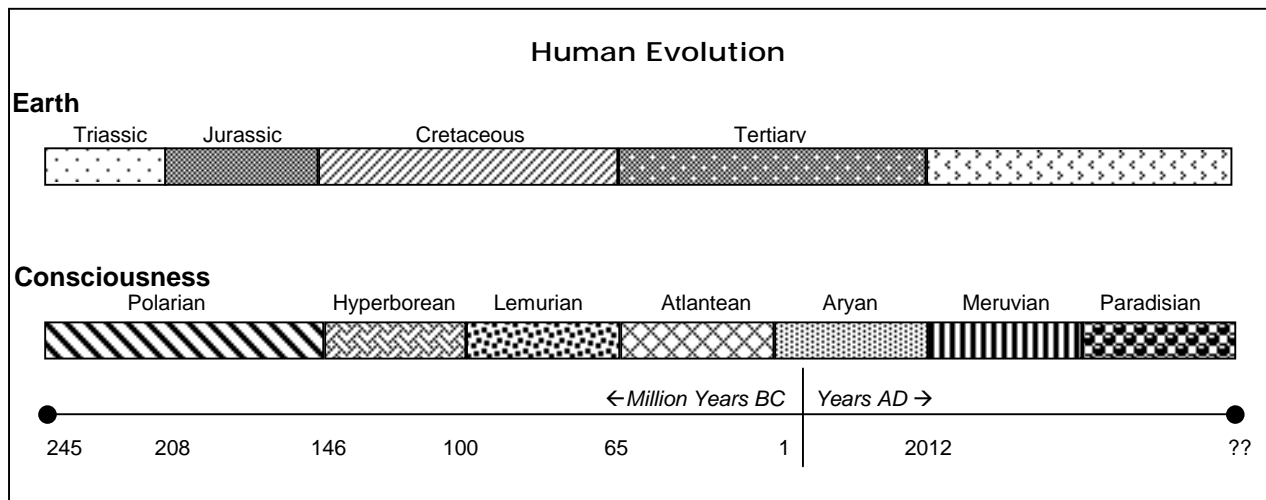
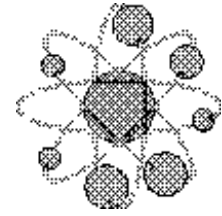
*Pick three simple things to manifest, each one of about equal weight. Then use the space below to record the progress of three manifestations. On the first manifestation, be silent about what you are manifesting. See how many days it takes to manifest. On the second one, talk about what you want to manifest with someone, letting them know what you would like to see occur. On the third manifestation, be silent about what you want to manifest until you are sure that it has been absorbed by an energy vortex. Then talk as much as you can about what you want to manifest and record the results. If done correctly, you should see some interesting results with how the manifestation process will or will not succeed in each case. You can work on all three manifestations at once or separately, depending on your reality creating expertise.*

<b>Item to Manifest</b>	<b>Days to Manifest</b> (mark an X on each day till it manifests)	<b>Manifestation Conditions</b>	<b>Personal Notes</b>																												
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# Consciousness

## Its Belief Systems & Its way of Changing



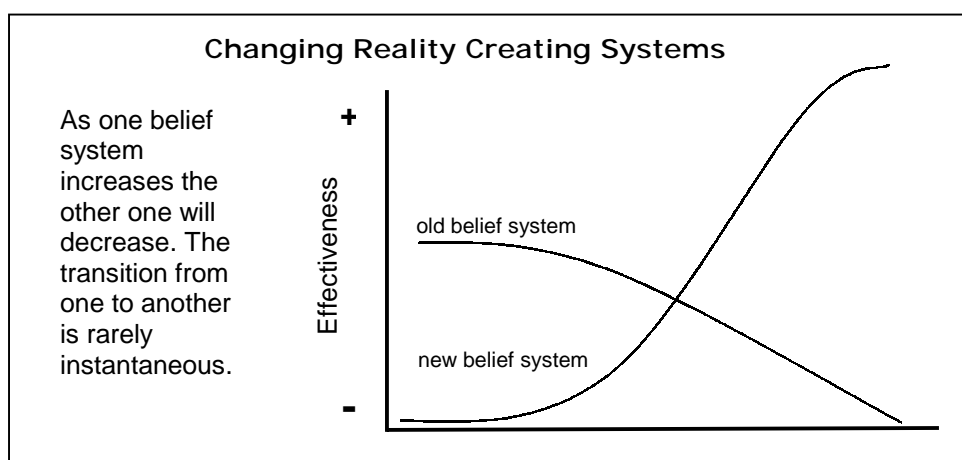
Just as the earth evolved and went through various changes in its evolution, your consciousness evolved and went through changes too. Your consciousness's evolution, like Planet Earth's, is ongoing – perhaps beginning at the dawn of time. At various times in that evolutionary cycle consciousness reached and passed certain thresholds. These thresholds are important because once consciousness passes a particular threshold, consciousness changes and evolves into its next form. Then a new era follows, where consciousness uses that new form as a basis for its ongoing development.

But, before that new era can begin, consciousness must evolve from its present state into its next. Using your thoughts to control your reality is the key that will enable your consciousness to change into that next form, because thought control is the central focus of the next state of its being. Keep in mind as you make this transition that for a time you will be in a state of flux. You must consciously make belief shifts from an old worn out belief system to the new as of yet untested system.

You see! At this innocent starting-point, where you are now, the idea of thought-creation seems like a fantasy, a cute game, and a sporadic concept at best. However, as time goes by, this fantasy becomes increasingly real – as real physical effects mirror back at you, informing you of the power of this new belief system. Then you quickly want to discard your old “*I’m at the mercy of events!*” system for the new “*I create my reality!*” system. At this point your old belief system is failing; your awareness of the power of thought begins to negate the root assumptions of your old reality-creating system. You realize that you are *only* at the mercy of events when

you relinquish or misapply your thought-power, and not because some unknown force is working against you. At times this transition from one system to the other can be frustrating, especially when you don't always succeed with the new system. Of course, the continued loss of effectiveness in your old reality-creating system helps to propel you further toward adopting the new, more powerful thought-power system even quicker.

The idea is to wade through this period of belief-system flux and get to the point where enough of your new belief system (the "*I create my world with my thoughts!*" system) can work for you and support your reality. Then you will be able to discard the last of your old belief system (the "*I am at the mercy of events beyond my control!*" system) and reap the added benefits of living in a reality that you more thoroughly control. Of course, it would be nice if you could instantaneously just chuck one belief system for another, but unfortunately it does not work like that.



You see! The word *belief* implies something here! For a belief system – any belief system, even a faulty one – to work, you must believe in that system to some degree. This belief in a reality-creation system does not just occur – merely because you consciously learn the mechanics behind the system. To get 100% results, this believing must penetrate all levels of your psyche. This penetration will take time, because the deeper levels of your consciousness are shielded from immediate and short-term changes and are only affected by long-term exposure to concepts. So be patient with yourself and your new skills as they take hold into the deeper levels of your consciousness. Patience and persistence go a long way here.

Now, once your new belief system takes hold, your point of view will change considerably. Your creative boundaries will be much wider and less restricted from your previous ones. You will find it much easier and more efficient to create your world, because that reality constructing is adhering more closely to the universal laws of creation. Hopefully, you will realize that your present limitations are only dependent on your present belief structure. Then, when you come to an obstacle that seems to be unconquerable, using your present beliefs, you will, quite easily, discard that blocking belief and replace it with a less restrictive one.

That discarding of non-supportive beliefs is the core of reality creation by thoughts. Once you realize that the real purpose behind a belief is to serve as a step-up to a higher concept, you can easily let go of and acquire new beliefs. Remember to treat beliefs like tools! And, like tools, when you outgrow a particular tool, you acquire another, more sophisticated tool to help you. So,

whatever beliefs you may have (and you have a great deal of them) treat them like tools and not like the bedrock of your existence. It will make it much easier for you to change from one belief to another.

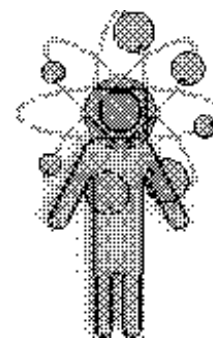
Change is an integral part of the reality-creation game. For those of you who welcome that change, a rich reward is waiting. The transitory period from your old belief system to the new may have a bump or two; however, once you pass over some hills, the golden, flat, fertile valley of unimpeded creation lies ahead. Climb the hills and look proudly at the plane. When you can do that, you are leaving the era of being human and entering the era of being immortal!

**Important Points from this Chapter:**

- ❑ Consciousness, like the Earth, goes through its evolutionary changes.
- ❑ Just before such a change, consciousness must evolve from its present state to its new one.
- ❑ During this period of change the road may be a bit rocky, as your old belief system fades away and you gain confidence in the new reality belief system.
- ❑ Hang in there during the transition; you are not far way from success.
- ❑ Once the shift in consciousness is made, you will reap the benefits of all your hard work and create what you want, when you want it.

In the next chapter, I'm going to introduce you to a concept that is the basis of not only physical reality, but also all realities. I will reveal to you the true nature of your physical structure and the true nature of that part of you that you know of as yourself.

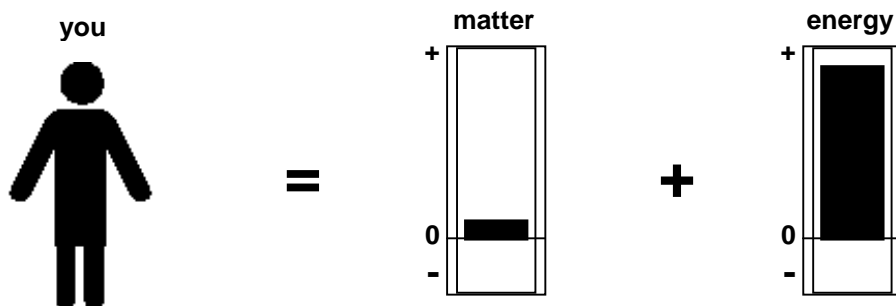




# You! Energy! & Spirit!

*Energy and spirit are intertwined in such a way that neither one is indistinguishable from the*

Did you know that if you collect all the matter in your physical body and put it together, it would fit on the head of a pin! What are you then, if you are only a speck of matter? Science will tell you everything contains two basic components: *matter* and *energy*. Now, if your body possesses only a speck of matter, then the rest of you must be energy!



It may be tough to grasp the idea that the main ingredient in your physical body is energy, especially since that physical body seems so solid! In physical reality you can measure the size of things. You know the heaviness of objects. You feel the solid quality of the world around you. Yet, most of what you are sensing comes from the strong energy bonds, between those few scraps of matter, within the objects, and not the objects themselves. For example, a martial-artist can cut through solid concrete, with his bare hands, not because his arm is conditioned or is as solid as steel, but because he knows how to use his own energy to disrupt the energy bonds that hold the concrete together.

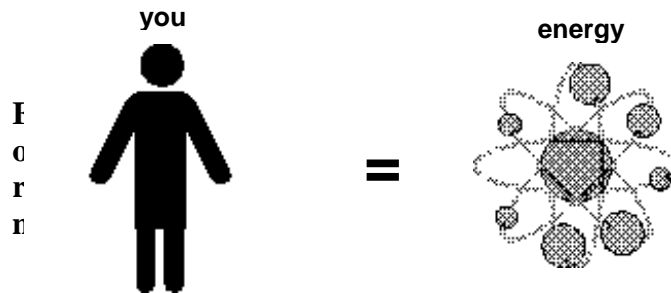
Now, unless you are planning on breaking bricks, this example may not seem important. However, as you are learning, the way you view your world influences the manner in which you operate within it. For the most part, the martial-artist is able to break that brick because he understands that the object is merely energy – the solid quality of the brick has vanished! Likewise, realizing that your reality and your being are made up of energy – and hence, less solid – will make many of the techniques in this book more effective.

Once you shift your focus from matter to energy, the holding patterns that you experience in physical reality will loosen. You will begin to see the importance of energy in your life, and why



you should strive to keep that energy at an optimum level. Keeping that energy at an optimum level will mean you can more readily effect changes in your reality. In addition, with this kind of mental outlook, you will surely become a master of your own destiny and may even have enough energy to help others do the same!

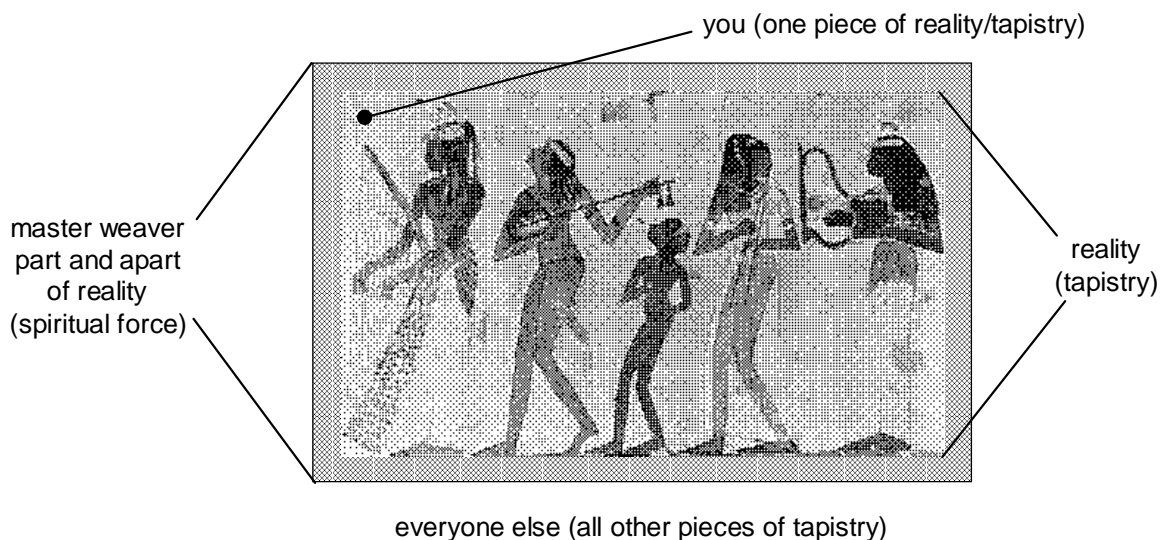
So, the first component in our formula for your physical makeup is energy.



Now, the second component in that equation is a bit more obscure and even less touchable! This second component involves extending that energy to other dimensions and universes, attaching a purpose to that energy, and then giving it an immortal, spiritual quality.

Except, people and dimensions constructed out of pure spiritual energy, which possess harmony and purpose, seems far-fetched and fairy-tale like, especially outside of your normal physical perspective. Furthermore, when things are not as solid (like a dream or a vision), the tangibility of the experience falls away even more. However, as you look more closely at how things happen and why, a new nature reveals itself for the Universe, and some kind of master plan or conscious intent begins to emerge.

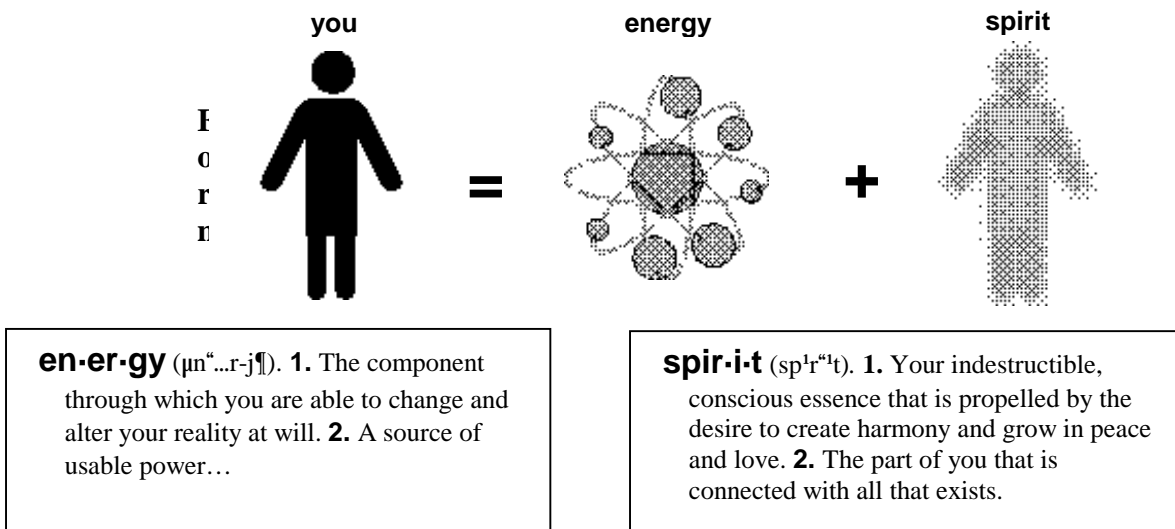
When I say *conscious intent* I am referring to an all-binding harmonious creative force that drives the Universe and everything in it. A force that gently nudges everything to grow and become more than it was before and one-step closer to where it needs to be. You see! This force, which is a part of you and everything else, orchestrates physical reality (and all other realities) like a weaver creates a tapestry.



Except, the cloth on this tapestry is not made up of cloth at all; it's made up of energy. And, the weaver of that energy cloth is, both, part and apart from the work. Furthermore, the tapestry is alive and growing on its own. The various areas of the tapestry help to construct their own portion of the work, while the weaver orchestrates the individual areas to work cooperatively.

Also, to ensure that each part of the cloth works in harmony with the whole and the individual patterns fit, the weaver endows each energy-strand with a piece of the weaver's essence. That piece of the weaver's essence is a tiny blueprint to all that the weaver is; and that blueprint connects all the individual strands, by imparting a commonality to each strand. The weaver knows that someday, the various parts of the fabric will become weavers of their own and make tapestries of their own. Exactly what those individual tapestries may turn out to be, no one really knows. Perhaps, that answer lies in the order of the Universe, the patterns of energy, and the inner part of us that is the master weaver.

If you haven't guessed by now, you are one of those energy strands, and the tapestry represents all that exists. You are one piece of energy, composed of spiritual force and endowed with purpose and freewill to go out and create. So, the second component of the "you" equation is that you are *spiritual*. Now, if you are *energy*, and you are *spiritual*, and you are one piece of a fabric that encompasses everything – from the tiniest molecules, to the largest of universes, and reaching upward to the force that sparked life to all that exists – then, the result of our two component creation-equation is:



Think about this! You are spiritual energy! You are a piece of everything that exists, physical and nonphysical. Furthermore, you are growing in this body of everything in your own unique way, striving toward your own unique destiny. You are immortal, because energy is immortal. You have purpose, because energy is spiritual. Spirituality is the creation of harmony with purpose in accordance with everything else that exists. And, finally, you are a piece of the Creator, endowed with its essence, life force, and, in time, wisdom. So, now you go out into the Universe, indestructible, making order out of disorder, and bringing your own perspective of

who you are and what is your unique part of the Universe, to every other being that exists and is doing the same.

If you have not realized the immense implications of what I am saying in this chapter, I hope in time you will. Because, to understand this view of reality and reality creating puts the power of ALL-THAT-IS (Everything that exists!) into your own hands, and the magic and wonder of daily existence at your feet.

### **Important Points from this Chapter:**

- ❑ You are energy, and that energy is spiritual.
- ❑ You are part of the Universe and also a microcopy of that Universe.
- ❑ You are indestructible, immortal, and endowed with purpose.
- ❑ Your purpose involves your unique journey through all that exists and the knowledge and wisdom that you acquire along the way.
- ❑ You have a right to your existence. Regardless of your own action or inaction, within the Universe, it does not negate the fact that the Universe would not be the same if you did not exist within it. Upon your individuality rest all the rest of existence.

In the next chapter, I will give you glimpse as to what lies behind the physical veil and in the next reality creating system.

### ***Worksheet Notes:***

Remember in *Chapter 1* I had you take the questionnaire to determine your reality creating level? Well, it's time to take it again, to see how much you've improved. I have provided this questionnaire here, once more, so you can compare where you were then, to where you are now. Look back on the worksheet notes in *Chapter 1* if you want to know what area of reality creating expertise each question addresses.

## Chapter 25 / You Energy & Spirit Worksheet Page

**Instructions:**

Answer the questions below by selecting only the answer that best describes your actions. Then record the point value for the letter you selected at the right. After answering the questions, tally up your answers by adding the point value for each answer and recording that number on the space provided. Then use the legend to determine how well you can control your consciousness in creating your reality. Now compare your score here with how you fared in the test in Chapter 1 and see how well you have improved.

POINT VALUE: (a = 25 points) (b = 50 points) (c = 75 points) (d = 100 points)

LEGEND: 500 points – you are a *Master Reality Creator*  
400 to 475 points – you are a *Reality Guru*  
200 to 375 points – you are a *Struggling Reality Adept*  
125 to 175 points – you are a *Master of Disaster*

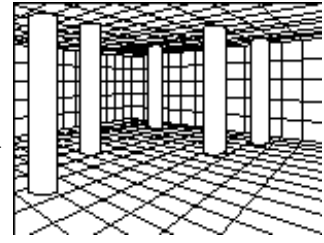
1. When a crisis arises, do you: 1. \_\_\_\_  
a: imagine the worst outcome  
b: first imagine a negative outcome then think about better ones  
c: first imagine positive outcome but then think about negative ones  
d: imagine only the best outcome
  
2. When you are hungry and can't eat for sometime, do you: 2. \_\_\_\_  
a: think about food constantly, even imagining it  
b: think about food but don't imagine it  
c: fight to keep your mind on what you are doing and off the food  
d: realize that you need food then put it out of your mind for later
  
3. When listening to someone talk to you, does your mind: 3. \_\_\_\_  
a: think about other things while listening and not even know what has been said  
b: think about other things while listening but know what has been said  
c: occasionally drift off the conversation  
d: focus intently on the conversation
  
4. How would you rate your overall energy level? 4. \_\_\_\_  
a: I usually feel tired, lifeless, and without any drive most of the day  
b: I usually feel tired and lifeless after some moderate interaction with others  
c: I usually feel alive and alert, but after certain people or activities, I feel drained  
d: I usually feel alive and alert and powerful most of the day
  
5. When I'm in a group situation or interacting with others I feel that: 5. \_\_\_\_  
a: I have little willpower and usually do whatever anyone in the group asks or wants to do  
b: I have little willpower and usually do only what the majority wants to do  
c: I'm in control of myself and my actions except when I'm around certain people  
d: I'm in complete control of myself and my actions at all times, no matter who I am with

TOTAL POINTS. \_\_\_\_\_



## A Peek Beyond the Physical Veil and into the next Reality Creating System

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*Consciousness is far too vast to be limited to one dimension or one reality creating system!*

The physical side of reality creating is just one half of a two-sided reality creating game. The other side of that game is just as rich, wondrous, and magical. You see! Consciousness is far too vast to be limited by just one dimension, one reality, and one reality creating system. It possesses limitless potential, power, and resources. The physical system is your present focus. You can, if you wish, expand that focus beyond the physical to the metaphysical. By including both the *physical* and the *metaphysical* sides of reality creating, you can bring into your world some extraordinary manifestation power – manifestation power that is above and beyond what you learned to do here in *Reality Creator I*.

Becoming a creator of your world is what existence is all about. You are a micro-god! Do you realize this fact? This micro-god status was a gift to you from ALL-THAT-IS (the core intelligence of the Universe that drives all of creation). It is your birthright to become like this intelligence and to avail yourself of all the levels of existence during this process. One of those levels of existence is the physical dimension, which you are presently immersed in and fully aware of. But beyond that system are other rich and fertile reality-creating systems – systems that you can reach and use right now, today!

These less-solid metaphysical dimensions are much older than the physical one. The rules that we talked about in *Reality Creator I* apply also in the metaphysical system, because those physical rules stem from that greater metaphysical system. Except, in the metaphysical system, the rules are more pliable, more far-reaching, and perhaps easier to implement. Furthermore, this other side of the reality creating game can help you in creating your present reality (your physical reality) because the physical and metaphysical are linked in such a way that what you do in one also affects the reality of the other.

The best part of this other reality creating system is that you are already there. How? You may ask. Well, at night when you sleep, during the day when you daydream, and when you are fully alert and awake. You see? Even though you seem consciously focused in the physical dimension, there always remains a part of your consciousness that focuses in these other

dimensions. Becoming aware of this alter ego is the first part of the process to using the metaphysical side of reality creating. The second part of that process is learning how to control this elusive self. It is this two step route that I cover in the next book and which waits for you, just beyond the physical veil...

And now book-one comes to a close. Thank you for letting me into your life, to help you in your reality creating and your evolution. I look forward to talking with you again in book-two and in the next reality creating system. Till then, my fondest wishes go out to you in your quest to create the best reality you possibly can, and to have many happy and fulfilling moments along the way.

# Glossary



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## How to use this Glossary:

This glossary contains many of the terms and concepts presented throughout *Reality Creator I*. This glossary, however, is unlike other glossaries in a couple of ways. First, this glossary contains additional as well as already presented material on a given topic – offering a means of further investigation for the inquiring student. Secondly, you can tailor your glossary-search to suit your own needs. For example, you can pick any topic at random and then begin to jump from that topic to other glossary topics. This glossary hopping can present a group of materials to you, in a personally unique way, so that additional understanding can come about. Using the glossary in this fashion is simple. Merely pick a topic that you require additional information on, and read it. Any words, within the body of the definition, that are in italic type, indicate further information that can be obtained. All you need to do is to look up the additional italicized words and begin your info-quest. Quite often an info-block contains more than one italicized word, offering additional choices as to where you can branch to next. This multiple and self-selected branching is most personally relevant because it allows you to choose the direction to focus your next learning. Of course, if you wish information on one topic, the glossary operates normally, without having to change a thing.

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## A

**ACCELERATOR:** A nonphysical device that is part of the *Creation Mechanism*. The accelerator takes *mental-waves* and transforms them into *energy-pulses*. Energy-pulses then go on to manifest that mental pattern within physical reality. An *accelerator* is used in learning planes, to help evolving consciousness to materialize its thought patterns.

**ALL-THAT-IS:** The term given to the force that created all Universes and dimensions. A all-connecting, loving, and harmonizing force that is a part of everyone and everything.

**ASTRAL BODY:** A nonphysical emotional body that you possess. This nonphysical body permeates your physical body. It is you but a more subtle form of the physical body. It is part of your four-body system. (See also *etheric body*, *mental body*, and *spiritual body*.)

**AURA:** A colorful haze given off by the life force of the individual. The aura is usually invisible to the naked eye; however, some people are able to perceive this glow. The condition of the aura is directly related to the *physical*, *etheric*, and *spiritual* well being of the individual.

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## B

**BASE CHAKRA:** See Root chakra.

**BELIEF:** A root assumption or a series of assumptions upon which a view of reality is based. [Example: The belief that all people are created equal.] Your belief about your life or reality will greatly affect how you perceive that reality as well as influence the events that you experience. (See also *belief system*.)

**BELIEF SYSTEM:** A set of beliefs that group together to form an interrelated belief structure. Many minor beliefs, built-up over time, are needed for such a system to take hold. Once the system takes hold, the individual is subject to the guidelines in that system. [Examples: The



belief system that you are unable to control events in your life. And the belief system that you control the events in your life.] Belief Systems are required for consciousness at the physical level. However, there are realities where beliefs, as you are aware of the concept, do not exist. These systems are highly developed reality-constructive planes that go on to form the kind of realities that you are familiar with.

**BELIEF (CONFLICTING):** Two or more beliefs that conflict with each other and thus cause some inner or exterior friction. Conflicting beliefs can stifle creativity and reality creating to the point where the individual is powerless to act. [Example: The belief that “all people are good” conflicts with the belief that “human nature is flawed.”] Several layers of conflicting beliefs can cripple a person’s reality to the point that the individual is unable to effect any changes.

**BROW CHAKRA:** The energy center located in the center of your forehead (a.k.a. third eye). This energy center is responsible for your mental faculties and brain functions. Psychic powers and abilities are associated with this chakra as well.

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## C

**CHAKRA:** A concentrated point of energy within the body where certain physical, emotional, mental, and/or spiritual functions occur. These energy centers are like transformers in that they convert energy into a usable form for the body’s physical and nonphysical existence. There are many of these energy centers all over the body. There are eight main centers. (See also the *Crown, Brow, Throat, Heart, Solar Plexus, Sexual, Foot Chakra.*)

**CHECK-IN THOUGHT:** A casual thought, which enters into a person’s awareness to alert the individual of the impending creation of some event. Check-in thoughts are part of the creation process and the *Creation Mechanism*.

**CONSCIOUS:** When you are self-aware. When you have knowledge of what you are doing at the present moment. Being conscious on the physical plane adds the quality of being able to recall the past during the present moment. (See also *semiconscious* and *unconscious*.)

**CONSCIOUSNESS:** The part of the personality that is self-aware and in direct control of its perceived environment. Consciousness, as you perceive it to be, is composed of many self-aware energy-units bonding together to build various forms of complex intelligence.

**CREATION MECHANISM:** The inner mechanism that takes projected thoughts and transforms them so they can manifest into *physical reality*. The Creation Mechanism was put in place to help evolving consciousness to learn the ropes of thought-control and reality creating. (See also, *vortex, accelerator, energy-pulses, and mental-waves*)

**CREATION TECHNIQUE:** A technique that directly accesses the *Creation Mechanism* and allows the individual to purposefully program his or her reality.

**CREATIVE SYSTEM:** This is the part of your energy essence that is responsible for your reality-creating, your intuition, and your creativity. This system draws the most power from your energy essence. The creative system is part of your Proper Power Management. (See also *physical system* and *mental system*)

**CREATIVE VISUALIZATION:** A technique that allows the individual to immediately influence the course of events of some happening and bring it to some desired conclusion.

**CROWN CHAKRA:** The energy center just above the top of your head. The crown chakra is responsible for your connection to your higher self and to your entity. It is through this chakra that inspiration, guidance, and energy come into your being.

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## D

DAYDREAMING: When the mind turns inward, away from *physical reality*. This turning inward is natural and part of the way *consciousness* rests from the intense focus that physical reality demands. A person, on average, will daydream nine times in a one-hour period. These daydreams can last anywhere from several seconds to several minutes.

DIMENSION: A part of a plane or a reality. However more precisely, a dimension is the connecting pathway between two planes or between two realities. The word dimension, at times, is used interchangeably for plane and reality, however there are subtle differences. (See also *reality* and *plane*)

DREAM: The name given to a remembered nonphysical event from a sleep state. Not all dreams come from the *Dream Universe*. Some remembered dreams are from the *Probability Universe* or even from out-of-body states.

DREAM UNIVERSE: A *plane* or *reality* that is closely associated with the physical universe and other nonphysical planes. The Dream Universe contains the total sum of human knowledge and often serves as a counterbalance and testing ground to physical reality's sometimes extreme nature.

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## E

EGO: The physically aware part of you that is in direct control of physical reality. The ego is a lens that consciousness uses so that it can focus and interpret information from physical reality. The ego is not needed in a nonphysical environment or after physical death, as it only serves a purpose within a physical learning system.

ENERGY: The main component of the universe – all universes. It is also the main composition of *ALL- THAT-IS*. The most basic unit of energy is an energy-unit.

ENERGY BALL: An energy ball is a concentrated ball of mental energy that is coded to some desired-physical event. Energy balls are part of the *Creation Technique* and are created by the individual to control the *Creation Mechanism*.

ENERGY CENTER: See Chakra.

ENERGY ESSENCE: The central core of your being that is composed of energy. The storage place where the energy to make changes in your environment is stored. (See also *aura*.)

ENERGY-PULSES: A type of nonphysical energy, not unlike magnetism, that pulls physical events together, causing those events to manifest. Energy-pulses come directly out of the Creation Mechanism's *accelerator*. (See also *Creation Mechanism*.)

ENERGY-UNITS: *Consciousness* in its most basic form: energy that is aware. These energy-units exist beyond time and space and move faster than light. They are rudimentary parts of *ALL- THAT-IS*.

ENTITY: A super energy-essence personality that is a direct aspect of *ALL-THAT-IS*. Everyone possesses an Entity, but not everyone's Entity is the same. Your Entity is responsible for your life force and the direction of your evolution within the body of *ALL-THAT-IS*. Understanding the Entity is the next step in spirituality for the planet and the human species.

ETHERIC BODY: A nonphysical body or template that you possess. This nonphysical template permeates your *physical body*. It is you but a more subtle form of the physical body. It is part of your four-body system. (See also *astral body*, *mental body*, and *spiritual body*.)

ETHERIC PLANE: The plane that rests just above the *physical plane*. The etheric plane is composed of physical matter, which is extremely unbounded, and thus many physical-like properties begin to lose their cohesiveness on this plane. The etheric plane is necessary so that

faster-than-light particles (*energy-units*) can slow down enough to exist within a time and space environment.

~~~~~

F

FLOATING GLOOMY: An energy blob that floats around the individual. This energy blob is usually negative in nature and will eventually gain enough strength to be absorbed by an thought-collecting *vortex*. Once in a vortex, the *Creation Mechanism* transforms the blob into an *energy-pulse*. This energy-pulse will eventually become a negative physical event that the individual will have to deal with.

FOOT CHAKRA: This energy center resides between the balls of your feet. This chakra is responsible for your connection to the physical plane and helps keep your consciousness focused within *physical reality*.

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G

GARBAGE CAN TECHNIQUE: A technique that accesses the *Creation Mechanism's* creative process to keep away bothersome people, things, or events. This technique is a simple mental-trick that can make your life much less complicated. Sending an event, person, or thing away is as easy as opening up a garbage can and throwing away a piece of paper.

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H

HEART CHAKRA: The energy-center located near your physical heart. This chakra enables you to feel and react to your feelings and the feelings of others. Also, it is through the heart chakra that true healing can occur. This chakra can transform universal energy into a powerful healing force that can be used to heal the deepest of wounds.

HIGHER SELF: The nonphysical aspect of you that knows all the human lessons. This self is the part of you that you should aspire to become. It is the best you can be in terms of your evolutionary growth within the physical learning system.

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I

INNER-POWER (STRENGTH): The part of the individual that draws power from *ALL-THAT-IS*. Inner-power is connected to the inner self.

INNER-SELF: The part of the individual that is free of physical pressures and, thus, is often in a better position to direct and control one's reality. The inner-self is often referred to as being the higher self; however, that reference is a misconception. The inner-self is closely connected to the present self, within the time and space framework. The higher self, on the other hand, exists outside time and space and in the far future, in physical terms.

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J

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K

KEY WORDS: Words in everyday speech that can have a symbolic equivalent. [Example: Key words = car, boat, TV, house; non key words = and, the, a, is, be].

KUNDALINI ENERGY: An energy stored in a tightly wound form at the base of the spine in the *base chakra*. This energy sits dormant until the individual reaches a certain point in evolution. Then this energy gets released, uncoiling upward and enhancing all the higher-functioning

energy centers. The Kundalini Energy rising marks the beginning of a new stage in the individual's evolution.

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## L

**LEARNING (PLANE/SYSTEM):** A plane where the evolution of consciousness is the primary purpose. The *Physical Plane* is one such place. Learning planes, however, do not have to be physical in nature and there are many nonphysical planes that qualify as learning planes too.

**LIFE LESSON:** The reason for your incarnation in this lifetime: the lesson that you came into the physical system to learn.

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## M

**MANIFESTATION:** The act of taking something mental in nature and making that mental pattern appear in your reality. Manifesting an object or event is not limited to the *physical plane*; however, the main thrust of "Reality Creator I" lies in the manifesting on the physical plane.

**MATTER:** The name given to the physical components within the *physical plane*. Many *energy-units* go into the building of one physical atom. Their combining gives matter its pseudo-solid quality.

**MENTAL BODY:** A *nonphysical* mental or thinking body that you possess. This nonphysical body permeates your physical body. It is you but a more subtle form of the physical body. It is part of your four-body system. (See also *etheric body*, *astral body*, and *spiritual body*.)

**MENTAL ENERGY:** Energy projected outward from the *brow chakra*. Mental energy contains the blueprints for your reality creating.

**MENTAL LOOK-UP TABLE:** A set of *mental pathways* where everyday words are broken down into their symbolic meaning. The symbolic meaning is then passed on to *consciousness* for understanding and interpretation.

**MENTAL PATHWAYS:** A set of electrical-like connections that resemble a highway. These mental highways lead to many destinations. However, the destinations in this case are mental, not physical. For example, recalling the color red may make you, mentally, jump to a memory fragment of a red shirt, before you see the color red in your mind. In this example, a mental pathway has been set up that takes you through the juncture of a red shirt and then on to the actual perception of the color red.

**MENTAL SYSTEM:** The part of your energy essence that is responsible for your cognitive processes: the thinking and reasoning part of you. (See also *physical system* and *creative system*.)

**MENTAL-WAVES:** The emitted energy from consciousness that gets absorbed by the *Creation Mechanism's* energy vortex. Mental-waves eventually become *energy-pulses* that eventually become a physical event or object.

**METAPHYSICAL:** That which is beyond the *physical plane* but yet possesses some kind of connection to the physical or has some kind of physical counterpart.

**METAPHYSICAL SELF:** Your physical personality when unfocused within physical reality, as it is in *dreams*, out-of-body states, or mental traveling. Generally the metaphysical self refers to the individual while it is still part of the physical incarnation system. Spirit-guides or full-time nonphysical personalities do not have a metaphysical self.

**MOMENTUM (creative):** The power or force behind a particular event's emergence. The stronger the force behind the manifested event, the longer that event will last. Eventually, events can gain enough momentum behind them to be almost self-sustaining in nature, freeing the personality to create another event or object.

MUNDANE: A word used in “Reality Creator I” that refers to physical reality in an everyday sort of way. Taking a shower, going to work or school, eating and drinking, and talking on the telephone are all tasks that could be considered mundane.

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N

NEGATIVITY: An outlook, mental state, or a buildup of energy that is anti-productive and/or destructive to the individual. Negativity should be dispersed as quickly as possible from the individual or a given area, to avoid haphazard reality creating.

NONPHYSICAL: Anything that exists as or in four or more dimensions and is not physical and is not subject to the constraints of physical reality.

NONPHYSICAL PLANE: A plane that contains four or more dimensions. A nonphysical plane has far more freedom than a physical plane does. *Dreams* occur on a nonphysical plane, which accounts for their often strange and erratic behavior – from a physical plane perspective, that is.

NONPHYSICAL REALITY: A constructed psychological framework that possesses nonphysical qualities and is part of the direct experience of the individual. The words nonphysical reality and nonphysical plane are often used interchangeably, but there are subtle differences. (See also *reality*, and *physical reality*.)

NONPHYSICAL SELF: Your self when it is not physically focused in physical reality. (See also *metaphysical self*.)

NOW POINT: The point at which your consciousness intersects with the universe: your present focus. Your Now Point is the only point from which you can effectively make changes in your reality. (See also *point-of-power*.)

NOW POINT TECHNIQUE: A technique that teaches the individual to focus and defocus his or her consciousness from the present reality. Knowing when you are in focus and when you lack focus, within physical reality (or any reality for that matter), can help you to better channel your reality creating energies into the *Creation Mechanism* and the creation process.

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O

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P

PHYSICAL: Anything that exists in three dimensions and is bound by the constraints of time and space, and a moment-to-moment experience. (See also *nonphysical*.)

PHYSICAL PLANE: A plane that contains certain qualities, two of which are the limitations of time and space and the experiencing of a moment-to-moment reality.

PHYSICAL REALITY: A constructed psychological framework that possesses physical qualities and is part of the direct experience of the individual. The words physical reality and physical plane are often used interchangeably, but there are subtle differences. (See also *reality* and *nonphysical reality*.)

PHYSICAL SYSTEM: The part of your makeup that is responsible for your existence within the physical body and in the physical plane. This system draws the least power from your energy essence. In “Reality Creator I”, when I refer to your physical system, I’m not referring to your physical body. Rather, I am referring to your energy essence and how that essence regulates its existence within a physical environment and within the rules of *Proper Power Management*. (See also *mental system* and *creative system*.)

PLANE: Similar to a *reality* and many times is indistinguishable from a reality. A plane, however, contains all that is possible within that particular framework but not all that is

experienced. A plane is a larger part of a reality. Also, note that many times, these words (plane and reality) are used interchangeably, but there are subtle differences.

**POINT-OF-POWER:** The point at which consciousness deliberately applies inner-power to the moment to bring about some sort of change in its environment. “Concentrating on a painting” is an example of taking your *Now Point* (the moment) and applying your point-of-power. The painting is in your now, and your concentration is your consciousness applying power to that moment.

**POSITIVE SPEAKING:** The use of phrases and wordings that take on a positive connotation, as opposed to a negative connotation. This positive way of speaking can enhance a person’s reality and remove much negativity. Many times it is the negative phrases and words which are spoken, that go on to create much of the havoc within a person’s life. (See also *positive thinking*.)

**POSITIVE THINKING:** The use of thoughts that take on a positive nature, as opposed to using thoughts that are negative in nature. The elimination of negative thoughts can enhance a person’s reality and remove much negativity. (See also *positive speaking*.)

**POWER:** *Energy* that is grouped, or bundled together and applied to some purpose. The terms power and energy are sometimes used interchangeably. However, more correctly, power is the energy being applied to some purpose.

**POWER DEMAND:** The level at which energy flows through you at any given time. Various tasks have various power demands. Some tasks will consume very little energy while others will consume a great deal more.

**POWER FLOW:** Power moving in a specific direction, as from a high potential to a low potential or from one place to another.

**POWER LEAKING:** When your personal energy supply is unintentionally lost due to extraneous elements or factors. Power leaking, specifically, in “Reality Creator I,” refers to the unintentional loss of energy from your energy-essence without your conscious awareness or permission.

**POWER SHUTDOWN:** When you no longer possess the energy to sustain your reality or to make any more changes. A person in power shutdown will feel lifeless, tired, and irritable.

**POWER VAMPIRE:** A person who lacks sufficient energy to sustain his or her self and steals power from others as an energy supplement. Power Vampires are quite capable of generating their own needed power but are usually too lazy or wasteful to bother.

**PROBABLE SELVES:** Typically, people (who are also you) that you meet in a nonphysical environment who have lived and experienced physical events other than the ones that you have chosen to live. These probable selves live similar but different lives than you, in other physical dimensions, which lie outside of your own. To a probable self, your life is probable and is not part of his or her experienced reality. (See also *Probability Universe*.)

**PROBABILITY:** An event or a series of events that has not yet occurred in physical reality and which may never occur.

**PROBABILITY UNIVERSE:** A *reality* or *plane* where all events, which are not yet experienced, sit and await for materialization or remain probable and never occur. It is from the Probability Universe that the present is formed. Events pulled out of this *dimension* become physically manifested and part of the individual’s life-record.

**PROBABILITY POOL:** A section of consciousness within the individual, that stores events that are about to be materialized. Not all of these events can and will materialize, only those events that the individual decides to pull out of the pool and manifest. Sometimes, several different versions of the same event can sit in the pool and wait until the last possible moment. Once you

choose one of these probable events, the chosen event becomes part of your experienced reality and the other events return to the Probability Universe.

**PROPER POWER MANAGEMENT:** The correct application of your personal energy and power. It is a set of guidelines to help you to utilize your *consciousness* to its maximum.

**PSYCHIC POWER:** Mental energy that carries information along a specific wavelength or frequency. Usually psychic power is directed at or between individuals as means of inter-dimensional communication, information, or energy purposes. Contrary to popular belief, psychic power is a physical sense and is only loosely nonphysical in nature. Psychic power is merely a physical shadow of abilities that consciousness possesses but are, as of yet, undeveloped.

~~~~~  
Q

**QUICK-CHARGE:** A method by which you can reclaim energy that was expended during the course of your day. A quick-charge can give you back the power you need to complete your day, without having to nap or go to sleep, to maintain your present reality creating.

~~~~~  
R

**REALITY:** The perceived environment that a person finds himself or herself in. This environment is directly created by consciousness and is often the intersecting point of consciousness and the present moment. (See also *plane*.)

**REALITY CREATING:** The process by which you bring into manifestation some desire that begins as a thought. Your entire experienced and perceived world is a construction of your own thoughts and your own reality creating.

**ROOT CHAKRA:** The energy center located at the base of the spine. This center stores the dormant Kundalini energy. This energy uncoils when it moves upward and energizes all the upper chakras as it rises.

~~~~~  
S

**SEXUAL CHAKRA:** This energy center that is located by the groin. This chakra is responsible for moving built-up negativity from the upper chakras down to the foot chakra, where the negativity is then dispersed.

**SEMICONSCIOUS:** The point just preceding full *conscious* awareness. In a semiconscious state things *unconscious* seem almost knowable. A semiconscious state is very important when bringing information from an unconscious state to a conscious state. Many times, information coming from the unconscious must sit in this in-between state, to allow for translating. Otherwise the unconscious information may be unusable or lacking in conscious understanding.

**SOLAR PLEXUS (CHAKRA):** An energy center (chakra) located just below the rib cage and above the bellybutton. The solar plexus is the most sensitive part of your body from which you can eject or absorb nonphysical energy.

**SPIRIT:** The part of you that can survive physical death and transcend the physical body. Your spirit is capable of moving through time and space as well as traveling to other dimensions. Your spirit possesses a wider range of senses than your physical body, and it is able to adapt itself to many planes and realities.

**SPIRITUAL BODY:** A nonphysical body that you possess. This nonphysical body permeates your physical body. It is you but a more subtle form of the physical body. It is part of your four-body system. (See also *etheric body*, *mental body*, and *astral body*.)

SUBCONSCIOUS MIND: The area between the *unconscious* mind and the *conscious* mind. The subconscious mind is the hand-off point where information from one state to another passes. It is in this area where your symbol to word mental lookup table is located.

~~~~~

T

THINKING GLOBALLY: The act of using your everyday thoughts, to positively enhance the quality of life for events and people that have a global impact on society.

THINKING SMARTLY: The act of using your everyday thoughts, to positively enhance the quality of life, for people and events in your own life.

THINKING SYMBOLICALLY: The use of mental imagery to define some action that you usually define by using words. [Example: The image of you “walking into your home”, instead of thinking the words “I’ve got to get home.”]

THIRD-EYE: (see brow chakra)

THOUGHT-CREATION: The transformation of thoughts, into a manifestation of some object or event, within a given reality.

THOUGHT-WAVE: (see mental-wave)

THROAT CHAKRA: The energy-center located in and about your neck. This chakra gives you the ability to communicate with others; and, here, I’m not just talking about the physical act of speaking. The throat chakra actually translates your internal reality into a form that can be transmitted and perceived externally.

~~~~~

U

UNCONSCIOUSNESS: The part of the personality that is not self-aware from a conscious perspective, and is not in direct control of the perceived environment. However, the unconscious part of the individual can and is responsible for events on a beneath-the-scenes level. (See also *consciousness*.)

UNIVERSE: In the context of “Reality Creator,” when I refer to the Universe, I am referring to all *realities*, universes, and *planes*, which are part of and creations from *ALL- THAT-IS*.

~~~~~

V

VORTEX: Vortexes come in two flavors, receivers and transmitters. They are part of the *Creation Mechanism* and are responsible for picking-up and sending-out mental energy so that physical events can materialize.

VETO: A process by which the materialization of a physical event can be halted. There are several different times that a veto can occur in the reality creating process. (See also, *Creation Mechanism*.)

~~~~~

W

WASTE-NOT-WANT-NOT-FACTOR: An internal law, within the *Creation Mechanism*, that governs the manifestation of events. The WNWNF prohibits the manifestation of any event that does not possess a proper need for its emergence.

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X

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Y

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Reality Creator 1

Z

ZIKCON: A meaningless term that I put in here to see if you are awake, and so that the letter Z (which is such a little used letter) gets some recognition.

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