



Designer of Reality™ Adventure Program

A PositiVibes Network Program



A Time Space Adventure

The foundation concept for what we shall call your current Time Space Adventure, which we can also call The Gaia Game, is the premise that we are each the author and director of our personal life experiences.

As the playwright William Shakespeare famously said,

All the world's a stage, and all the men and women merely players: they have their exits and their entrances; and one man in his time plays many parts...

While we are all continuously interacting with each other, everyone lives in their own unique reality and they believe it to be real. It is of course but the point is that it is not identical to anyone else's reality. Different things will be believed to be TRUE by different people. This is because everyone has created/imagined a unique world based on their individual life experiences. You come to believe certain things about yourself and the world that will be the "truth" for you until you change your mind about them. The key is the realization that everything depends on your choices and beliefs. Everything happens as you imagine and believe it to be.

The key ingredient in the formula is to focus your energy and attention on wanted outcomes. Know that whenever you begin to imagine or fear an unwanted outcome you must consciously shift your expectation and belief in the desired result. It's as simple and challenging as consistently doing what "feels" good and seeking to find something to appreciate and praise in every situation. Trust that even in an adverse situation you will be able to discover the opportunity it offers.

Helping us get beyond appearances and find the world of our dreams is what we are hoping to do with the ideas we are laying out as the framework for what we are calling **The Gaia Game**. We are calling it that because Gaia is another name for Earth and this is the game world you have selected for this adventure.



Designer of Reality™ Adventure Program

A PositiVibes Network Program

Have a good time – it is up to you and no one can hold you back but your own limited ideas. That is the intent we have here – expand your awareness to discover your inherent abilities.



ARE YOU WILLING TO CONSIDER THE IDEA THAT YOU HAVE THE ABILITY TO REDESIGN YOUR CHARACTER ANY TIME YOU WANT TO?

The character that is called (your name here) is totally the creation of your consciousness and the brain your physical body uses to process information. Therefore, the adage of “change your mind, change your world” is a perfect description for the structure of perceived reality.

The story we have to offer you is one where you can master the unlimited power of Creation to reshape worlds by transforming your beliefs. The foundation concept for what we shall call The Gaia Game is the premise that we are each the author and director of our personal life experiences. While we are all continuously interacting with each other, everyone lives in their own unique reality and they believe it to be real. It is of course but the point is that it is not identical to anyone else's reality. Different things will be believed to be TRUE by different people. This is because everyone has created/imagined a unique world based on their individual life experiences. You come to believe certain things about yourself and the world that will be the "truth" for you until you change your mind about them. The key is the realization that everything depends on your choices and beliefs. Everything happens as you imagine and believe it to be.

YOU HAVE DEFINED YOUR IDENTITY AS IT HAS BEEN DEVELOPED UP TILL THIS MOMENT. ARE YOU READY TO TAKE CONTROL OF YOUR STORYLINE?

One thing is certain. You are fully capable of accomplishing anything you really desire. You totally deserve all that you want. You do not need to make up for anything you may view as a past mistake. **The future always starts right where you are.** All of your power lies in the current moment. Everything else is but a recollection of what you believe the past was or a prediction about things that have not happened yet. This is



Designer of Reality™ Adventure Program

A PositiVibes Network Program

why your point of power IS ALWAYS in the current moment. You can learn to direct and manipulate future events through a conscious decision and consistent imagining of the unfolding of reality that you actually want. **THIS IS A LEARNED SKILL.**

That is the adventure of adopting this storyline. Jumping into a new approach to the life adventure you are living will provide you with exciting challenges, rewarding new accomplishments and personal satisfaction while you help improve the reality for the entire planet in the process. **That's why we have called this The Gaia Game.**

An Adventure Story

If you are really interested in exploring the possibilities opened up by approaching your life adventure from this perspective, you must at least temporarily suspend the belief that you are a being **limited** to your physical form and all of the things that appear to be going on around you. This is a considerable challenge for most people because they have defined their “identity” – who they believe themselves to be, to those beliefs.

This is a tale that may punch holes in how you currently perceive reality. As noted, for this “game” we will start with a premise that you are much more than the physical form you call (your name here). The greater part of you is a non-physical individualized energy being that you could say is a part of what most humans think of as God. For this game, we will suggest that “God” is an energy field that encompasses all of physical matter and a far larger “something” often called dark matter. On a human level there is much we have no understanding of but we do have an inseparable connection to ALL that is – we are like a drop of water in the ocean and this possibly limitless field of energy we call the Universe is our ocean.

While we are all forever linked as part of one entity we also have an individualized consciousness. We can each be thought of as bio-computer operated beings linked to this vast network spanning galaxies. Like individual computers on a digital network, based on the programs and apps running on our system our unique identity will be defined.

This difference in our basic programming is much of what this story is about. If you are yet willing to accept that reality is something that differs greatly from individual to individual it may take you longer to become proficient at altering YOUR future reality to match your desires.

(There will likely be some re-programming for you to really accept that you have control over the direction your life takes. That is the intention of this material. You got into this for fun



Designer of Reality™ Adventure Program

A PositiVibes Network Program

and adventure and you will always experience some lack of satisfaction until you begin to learn how to create what you want.)

You are a divine entity inhabiting a physical form that you have helped design for an adventure in the material time space reality you find yourself in.

Three key guidelines to get started with:

1. Reframe from judging anything or anyone as “good” or “bad”. There is nothing that is not an important piece in the ongoing positive evolution of the game. Remember that it is through challenge and change that we evolve as creative beings.
2. In everything that you do, let your “heart” be your guide. This may sound like a cliché but it is a foundation principle since you never lose the connection with your higher self and that self is the source of your “feelings”. This is why you should always follow the path of your hopes and dreams because these are the sign posts pointing you toward the most satisfying and enjoyable storyline for your adventure.
3. Do not allow yourself to spend time worrying or being anxious about anything. Instead discipline yourself to consistently focus on finding things to appreciate. Love and appreciation are extremely powerful and very tangible energy forces. As you “bless” things in the world around you they will be energized. The wonderful thing about this is that as Isaac Newton’s Third Law of Motion states, “For every action, there is an equal and opposite reaction”. Thus whatever energy you are sending out is flowing back to you and this is the energy that you will learn to use in harnessing the power of Creation.

What’s Your PPL?

Everything in the material world can be reduced to two elements: energy and vibration.

Your Personal Power Level (PPL) is determined by how much energy you are personally able to channel through your mind body system. This energy can be simply thought of as “life force” but it goes by many names in various Spiritual traditions.

In Christian traditions it is commonly referred to as Grace where it is thought of as divine assistance given to humans for their regeneration or sanctification. In Hindu philosophy including yoga, Indian medicine and Indian martial arts, prana (प्राण, prāṇa; the Sanskrit word for breath, "life force", or "vital principle") permeates reality on all levels including inanimate objects. In Hindu literature, prana is sometimes described as originating from the Sun and connecting the elements. The most direct image of PPL can be found in the



Designer of Reality™ Adventure Program

A PositiVibes Network Program

concept of Ki. The logograph 氣 is read with two Chinese pronunciations, the usual qì 氣 "air; vital energy". Ki is the life force and energy of the universe that flows through everything. It is also known as chi, prana, vitality, magnetism, etc. It cannot be seen, but can certainly be felt and experienced. It can be used in many traditional ways to improve your life... acupressure, acupuncture, kiatsu, reiki, aikido, chi kung, tai chi, etc.

Continuing with the computer/network analogy we have been using for discussing our physical existence, let's add that you have two input connections linking you with what we will postulate is an infinite non-physical field. Religious traditions most often call this God and the more secular Spiritual traditions generally refer to it as Source or Source Energy. Regardless of the name, in our model of ultimate reality, life force and inspiration flow from this Source.

To become a powerful and intentional *Time Space Adventurer* requires that you optimize your connection with this "Source" of both personal power and information. You can think of it as two external connections. One like the power cord supplying energy to operate your home computer and the other your internet data connection.

While resistance or a bad wire may affect your power supply it is generally quite constant as it is for your personal computer. There can be many factors that affect the speed and quality of your internet data connection though. All of this holds true in similar ways for these inputs as they relate to your physical mind body system.

Bringing all of this together provides the rationale for the various processes and beliefs we are suggesting to be used in taking intentional control of one's future reality. As was mentioned in the discussion of Ki, processes such as yoga, breathing techniques, tai chi and aikido are traditional ways of improving your life. These involve both a physical discipline and a mental discipline to master.

Rest and relaxation are also known to be vital for optimizing one's PPL. The value of adequate amounts of sleep and relaxation are well known to be crucial to optimal human functioning. A well known visionary, Thomas Edison would often take a short nap when uncertain on how to proceed with a problem confident that he would wake up with an answer.

Inspirations, which may be thought of as "Divine Intelligence", are those new ideas taking our past experience and knowledge in new and expanded directions without direct experience through our senses. The better our connection to what we have referred to as Source, the more new ideas we will discover. The concept is the same as with our digital world of the Internet – put out a query and you will get an answer back with information previously unknown to you. Quoting one of our great spiritual



Designer of Reality™ Adventure Program

A PositiVibes Network Program

prophets Jesus, it says in Mark 11:24 “Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.” In one of the most widely known Scriptures, Matthew 17:20, Jesus said, “Truly I tell you, if you have **faith** like a grain of **mustard seed**, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you.”

That is what is needed to tap into the infinite potential of Source Energy.



As we have touched on before, the tricky part is that you must believe you will get the response you have requested. Helping you do that is the intent of these processes and ideas being discussed here. We are focused on helping you reduce resistance to letting what you desire move from non-physical into your physical reality so that it can be experienced by your senses.

The single most important step you should take to increase your PPL is

to establish a regular meditation practice into your daily schedule.

What's YOUR Story?

Planning Guide for the Adventure of Your Lifetime

Your Origin Story – how did you come to be?

Write down an overview of your life up till this moment. Specific events or achievements are not that important except in how they have shaped your beliefs about the how the world works. The primary focus should be on character traits and what you believe your role is in the world. What do you think about the behavior of your character? If there was a couple of paragraph description of you in a movie review how would it describe you?



Designer of Reality™ Adventure Program

A PositiVibes Network Program



Your Character Details:

How would you describe yourself physically?

Are there traits or beliefs you suspect you were born with that you may have inherited from your ancestors?

Are there things you feel you have always wanted to do or be?

How do you feel about others who become part of your story?

Have you identified any particular purpose or mission for your character?



Designer of Reality™ Adventure Program

A PositiVibes Network Program



We now have a description of the character you have developed so far. Now we will discuss some of what is going on in your story.

What are the biggest storyline issues your character is facing?

Do you consider these issues as challenges or as annoying and simply unwanted?

When you awake at the beginning of a day do you begin with a sense of enthusiasm for the adventure of the day ahead or a sense of hopelessness that it is going to be just more of the same and not particularly satisfying?

If you could be doing anything you wanted in the days ahead, what would it be?

Is there anything in particular that you really want?



Designer of Reality™ Adventure Program

A PositiVibes Network Program

What are the strengths of you character?

What are the weaknesses of your character?

What changes would you like to make to how your character approaches life?

What changes would you like to make in how you believe others perceive you?

What do you like most about your character?

What characteristics would you most like to change?



Designer of Reality™ Adventure Program

A PositiVibes Network Program



ARE YOU WILLING TO CONSIDER THE IDEA THAT YOU HAVE THE ABILITY TO REDESIGN YOUR CHARACTER ANY TIME YOU WANT TO?

The character that is called (your name here) is totally the creation of your consciousness and the brain your physical body uses to process information. Therefore, the adage of “change your mind, change your world” is a perfect description for the structure of perceived reality.

YOU HAVE DEFINED YOUR IDENTITY AS IT HAS BEEN DEVELOPED UP TILL THIS MOMENT. ARE YOU READY TO TAKE CONTROL OF YOUR STORYLINE?

One thing is certain. You are fully capable of accomplishing anything you really desire. You totally deserve all that you want. You do not need to make up for anything you may view as a past mistake. **The future always starts right where you are.** All of your power lies in the current moment. Everything else is but a recollection of what you believe the past was or a prediction about things that have not happened yet. This is why your point of power **IS ALWAYS** in the current moment. You can learn to direct and manipulate future events through a conscious decision and consistent imagining of the unfolding of reality that you actually want. **THIS IS A LEARNED SKILL.**

That is the adventure of adopting this storyline. Jumping into a new approach to the life adventure you are living will provide you with exciting challenges, rewarding new accomplishments and personal satisfaction while you help improve the reality for the entire planet in the process. **That's why we have called this A Time Space Adventure.**

This is an experiential process of discovering how to intentionally shape reality to your liking. There is a cautionary note: as you go through this program, do not allow yourself to focus on things you think you have or are doing wrong. You can't do it wrong but you can always do it better. That's what the process is about. Helping you find and stay on the path of least resistance.



Designer of Reality™ Adventure Program

A PositiVibes Network Program

FOR MORE IDEAS AND SUGGESTIONS FOR BUILDING YOUR SKILL AS AN INTENTIONAL DESIGNER OF YOUR PERSONAL REALITY, WE SUGGEST THE FOLLOWING...

To get more information you can go to TimeSpaceAdventurers.com. We also recommend that you get a copy of this handbook for the game, **Time Space Adventurers – Creating a More Compassionate Future**

Here is a link to get both the epub edition and a .pdf copy of the book:

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=E78HTLB7U5BV2

