

Designer of Reality™ Adventure Program

A PositiVibes Network Program

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.**

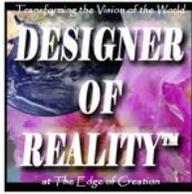
This is an experiential process of discovering how to intentionally shape reality to your liking. There is a cautionary note: as you go through this program, do not allow yourself to focus on things you think you have or are doing wrong. You can't do it wrong but you can always do it better. That's what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

Module #1

And So We Begin

As we start, one important request. Don't get involved in judging the accuracy of any of the ideas that are going to be presented. Whatever you get out of this will come through direct experience – you should not accept or believe any of the ideas laid out here just because you have decided on taking this course. At the very least you will get some intriguing questions to think about but the intent is to help you to learn how to create a personal reality more and more in line with everything that you want.

As Shakespeare stated, “All the world is a stage and all of the men and women are merely players.” For now, all you need to do is play along. You are a great actor and



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you have been doing very well playing the part you have created for yourself so far and it has led you here. The script has been written and re-written many times.

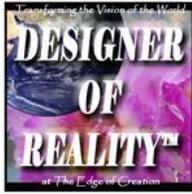
The first step in this program: We want you to consider the possibility that you are not stuck with the script you have been handed. As it turns out, the storyline we are introducing indicates that you are taking over as the author and director of this adventure story.

Here is game fact #1: Everyone is totally responsible for everything that happens in their life adventure. Everyone is a “Designer of Reality” (an applicable description from a big picture point of view). This is a key concept for the plan of action we are going to devise together. You are designing your world either by INTENTION, by default or a combination of the two. For most it is a combination. We want you to learn to become ever more intentional in your design work.

Scenario of the Game

When you popped into your part in this adventure as a newborn, you came with a basic operating system programmed to help you survive. The most common name for your basic operating system is **Ego**. It believes it is you and that it is the only thing that can keep you alive. Survival is its prime directive. From the moment you are born it starts collecting and analyzing and cataloging billions upon billions of pieces of data – talk about a powerful information processor (a bio-computer) – it has some good reasons to be very impressed with itself. Every word you have ever heard, every image you have ever seen, etcetera etcetera etcetera is stored in that bio-computer brain of yours. Because it has stored and evaluated so much data, it believes it should control all of your actions and decisions based on probable outcomes derived from past experience.

With most things like running your body and many day to day management functions, your basic operating system ego generally does a fine job. The problem is that the ego has no ability to sift out erroneous data. Like your trusty personal computer, if bad data gets entered into the system the computer has no way of knowing it is bad data and it will be acted upon as “truth”. Your bio-computer’s basic operating system has no ability to come up with a single original thought. It blindly accepts and acts on all incoming data unless you consciously take control. If a nasty Aunt told you when you were four years old that you were unpleasant and would not amount to much in life, that data is going to be running as a subroutine in you bio computer brain and shaping your ego’s beliefs about your life. This is why so many people believe in limitations on their abilities



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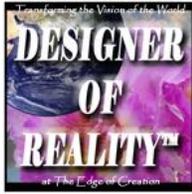
and believe they are unworthy or have serious personal shortcomings. As important as your basic operating system is with all of the data it has collected, it must not be allowed to control you without strict supervision. Playing the game on “autopilot” will usually keep you out of trouble but it will prevent you from getting anywhere close to your potential at being the star in the game you have been cast to play.

Imagine that the “real” You is playing a fantastically intricate interactive game and it has placed a point of consciousness in an avatar named (your name here). What’s an avatar? In the digital technology of the game world an avatar is a graphical image that represents a person. In Hindu Mythology an avatar is the incarnation of a God in physical form. Both of those concepts fit our analogy. By the time the avatar we think of as (your name here) becomes an adult, most of us are convinced we are totally on our own – we have totally forgotten our true nature. We have forgotten that we have an unbreakable connection to an unlimited non physical true self. We have no idea that we are in a game world of our own creation with a purpose of expressing our creative passion and having fun interacting with the physical world. Most of us have accepted the problem trouble filled story of reality that our ego basic operating system naturally accepts. The ego part of us will even go out of its way to hear all the “bad” news so it will know all the horrors it needs to try and protect us against. The good news is that you do always have access to the “real” You that we will call “Soul You”. This is the non-physical part of you that is infinite and an inseparable part of the all powerful Universal energy field that many label God. In the guidebook that we have put together we will go into supporting information coming out of Quantum Physics for those who require a lot of supporting data to get their ego basic operating systems to consider a new way of looking at things.

Now for some really key points. Even though you always have a direct link to the infinite “cloud network” of your Soul Self (going along with our computer analogy) your ego has probably created a strong firewall to block ideas it considers dangerous or that it believes will just set you up for failure and disappointment.

“I am going to put together a course that will be studied by thousands of people and help them create lives filled with much more fun and personal satisfaction. Together we will help make the whole planet a more enjoyable place for everyone”.

My bio-computer ego brain is trying right now as I write this to shoot down that wonderful dream – “Who do you think you are? Who gave you the answers? Why should anyone listen to you?” This is a good example of why you must stop listening to your ego voice about life directions if you intend to make any bold dream come true.



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Where do the big new ideas come from? Have you heard of inspiration and intuition? Those are the ideas coming in from the cloud network and it is essential that you open the ego's firewall to allow a good connection. When people feel alone or have a great sense of separation and even deep depression, it is because they have lost their link with the non-physical part of themselves. It's like their internet connection is down – the only data they have access to is what is already programmed into their computer locally which may be filled with a lot of malware and viruses and old outdated programs.

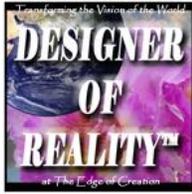
This *Designer of Reality™ Adventure Program* is about making sure the character you are playing has a good communications link with the non-physical part of you and then learning how to take full advantage of that connection. The magic that you will discover is that you really do have total access to the full power of Creation. It is fully within your power to live this role and become a powerful Designer of Reality controlling the outcomes of everyday events and intentionally designing life and world realities.

So, how do we begin?

Even if you are totally on board with all of these ideas already, I would venture to say that your ego basic operating system still may have too much control over what (your name here) thinks and does. Does that basic operating system part of your bio computer have you worrying about some health issue or a bill you need to get paid? Maybe it has you worried about how one of your friends or family is living their life. If you are worried about anything, then you are letting your ego basic operating system send you down the wrong road.

Here is game fact #4: Whatever you believe to be your reality will be your reality. Therefore if you are worrying about anything, you believe that is reality.

So, for exercise #1 you are simply to listen to all the talk going on in your head. Who is talking? Who is it that is listening? Just be observant and pay attention. Don't judge or evaluate the probably almost non-stop monolog, just try and recognize it for what it is. It is mostly analysis of everything going on based on PAST events and history. You will probably notice it tends to be worry and even FEAR based. This is not because the ego is out to get you, it is because its main function is protection from harm. There is nothing wrong with that and obviously plenty of times it can be useful. The key is to recognize it for what it is – a very unimaginative, uncreative and cautious advisor who is always going to see the glass half empty rather than half full.



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Experiment #1

Hopefully you have gotten a notebook or book of blank pages to use as your Designer of Reality™ Adventure Journal that will chronicle the new stories you are writing for this particular adventure and help you plot your course.

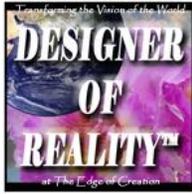
To get started, spend a couple of days listening to what is going on in your own head and make some observations in the journal. Are the flow of ideas undermining what you want or supporting your hopes and dreams? The important thing is that you learn not to blindly accept all the analysis of your ego basic operating system.

After you spend some time being aware of your dedicated but uncreative advisor you will be ready for some more ideas to take you further along the yellow brick road on the way to find the Wizard. Depending on your current level of game play, at the very least you are going to get a tune up to help you sharpen your skills and refine your objectives.

Most important – banish worry and have FUN! Be happy now because later it will be too late. Here’s a reminder: make Gratitude your predominant state of mind and everything else will fall into place.



In the next module we will start taking intentional control of what’s going on instead of running on auto-pilot which is what most people do most of the time.



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Module #2

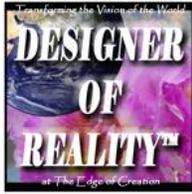
You are a continuously evolving being. Everyday your being seeks new ways to expand. Everything you do is motivated by a desire to be happy. In the end, the only scorecard is how much fun and happiness you filled your life with. If you are not enjoying yourself you need to figure out where you want to go and get going.

To really have a good time - lots of fun, love and adventure (which is why you got into this in the first place) you need to have a balanced life. There are three key elements to successful happy living. You should consider how each of your plans increase or decrease your personal **freedom, growth and joy?** Your emotions give you a great compass to help pick your direction. You have heard the expressions, “what does your gut tell you?” or “listen to your heart”. That’s your emotional guidance system (EGS) – if it does not “feel” right you can be certain it is not regardless of what that ego voice in your head has to say about it.

Here is game fact #5: If you consistently follow a path towards feeling good you will never get far off course. Pay attention to your EGS to find the best route to all of your hopes and dreams.

For some of you it will be easy because you may have been born with some great physical skills or artistic talents that got you started on a clear path early on. For most of us though, it is a process of discovery. We start out a blank slate and first are taught who the world thinks we are or should be. Then at some point, we begin to clearly want in our heart to do or be involved in something specific. Your path may not be sharply defined but if you follow your joy and passion you will find your way and your personal objectives will become clearer. For me it was a love of live music that has shaped my adventure. It got me to a lot of amazing concerts and eventually put me in the heart of the music industry. While I had pictured myself somehow involved with a band my path led me to an even better life that was in every way a dream come true.

You will run into some naysayers and critics along the way but that is just part of the game. You can go anywhere you want by unleashing your passion for what you want and accepting that you are worthy of having your biggest dreams come true.



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What do you love? What image or idea immediately brings you a feeling of joy? Find it and you will know where you are supposed to head. That passion will determine the path that you will follow on a day to day basis. Paying attention to your emotional guidance system will keep you on course. The happier and more filled with gratitude you are along the way will determine your speed. Remember the fun and satisfaction comes in the journey, not in the destination because that destination will constantly take on new dimensions for you to strive for. You are never going to be finished because there are no limits to your possibilities for personal growth. You don't have to stop evolving until the day you die in the adventure story you are writing.

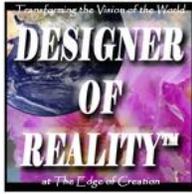
So, (your name here), each day is a new chapter - let's work on telling a great story from the moment we awake to start our day. Don't resist those really big dreams – if you can dream it you can have it. I know this may still be difficult to believe but:

Here is game fact #6: Your beliefs about what reality happens to be literally CREATE a REALITY to match those beliefs. “For as he thinketh in his heart, so is he” Proverbs: 23-7

Let's get back to the experiment you did in the last module of “listening” to the voice of your basic operating system - the “ego” part of you. Unless you were fortunate enough to have consistently positive input being stored in your bio-computer's memory banks, there are beliefs in limitation, failure and loss that result in fear and anxiety. Those emotions are the opposite of joy and love. It really is **False Evidence Appearing Real**. Remembering that the primary function of the ego basic operating system is self preservation, your ego voice is constantly going to be considering worst case scenarios. The important realization from the exercise in the last module is that YOU are not your ego. Nonetheless, it is very difficult to turn off that voice. This is why many people work with affirmations – positive statements about the desired reality. A statement like the following can be useful in overriding that problem anticipating ego voice:

“I am consistently finding things to be happy and grateful for. I am filled with joy and happiness. Everything always works out well for me.”

As simple a thing as that can go a long way toward eliminating the limiting effects of your ego voice. It is like running a new program and running it over and over again till it becomes ingrained in the operating system. Another thing about the ego, it has absolutely no ability to tell whether something is true or false. It simply absorbs ALL data. Whatever the predominant ideas and concepts your ego basic operating system



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has been exposed to will define reality for it. Therefore when you repeat an affirmation to yourself it will gradually replace thoughts to the contrary. For it to be effective the words must be backed by belief and expectation – there always seems to be a catch right?

The concept of overriding the most often negative ego voice is not a new one. It is really the intention of meditation and prayer. It's why getting some sleep can often lift a lot of weight off your shoulders - it gives you a break from that constant narrative and speculation of your ego. For an affirmation to be effective in overriding your ego commentator, as mentioned, you must have a statement that does not fill you with doubt about its reality. Repeating "Everything always works out for me" may constantly be drowned out by your ego voice saying "What are you talking about? Nothing seems to work out the way I want!" Therefore we are going to have you try an ancient method - it is actually a very old Polynesian technique called Ho'oponopono.

What is Ho'oponopono? It was designed to be a healing meditation. The words used were not originally in English but these words are a good equivalent:

I'm sorry – Please forgive me – Thank you – I love you.

The words don't have to be said in that order and as you use Ho'oponopono for yourself, you may find the order will change. What do you do with the four phrases? You just repeat them over and over again in your mind at a comfortable speed – fast enough that the words and repetition will override your ego voice. Ho'oponopono is a very direct approach – you are going to out talk your ego until your ego gives up for a while at least.

Experiment #2

You are to use the Ho'oponopono method for an entire day or two – more if you like. Anytime that you are not having a conversation with someone or doing something that requires your attention like reading this module, you are to be repeating the Ho'oponopono phrases to yourself. We can tell you that your ego voice will probably try and throw out all kinds of objections about how you are wasting time and maybe that the whole concept is just plain stupid! Just go back to repeating "I'm sorry – Please forgive me – Thank you – I love you." Whenever you realize old buddy ego voice has taken control of the narrative again, go back to repeating the four phrases. This is the true "you" taking control and it may surprise you how difficult it is to do such a seemingly easy thing. Forget about any evaluation of the merits of the process and just

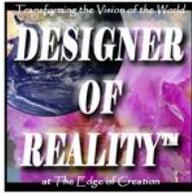


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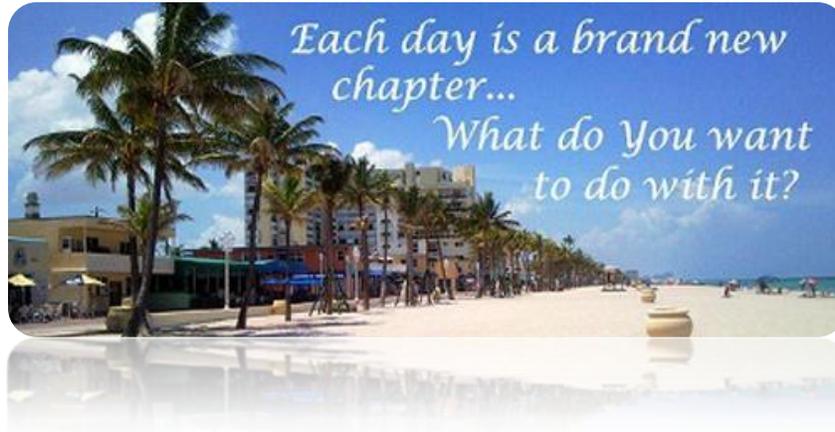
treat it as an experiment. After a day or two, make some notes in your journal about the experience. Did you find you felt more at ease? Did you find maybe you even got more accomplished? Have you realized that that ego voice is not you? You are the listener. The ego “you” is limited by the impressions and ideas it has been exposed to - many of which may not even be “true” in any ultimate sense.

The real you has no limits and can imagine and create things never known before. How does that happen? When you can tune out the chatter from your ego you get a chance for ideas and inspirations from your pure energy, non-physical self. I like the Star Wars concept of “the Force”. We said earlier that conscious You was actually a point of consciousness placed in an avatar everyone is calling (your name here). Ego you is the basic operating system that has been programmed often unreliably since you were born. That greater you for whom you are an avatar is non-physical unbounded pure energy and an inseparable part of a Universal energy field that permeates and surrounds all physical form. The true nature of things is that you can never be separated from that pure energy you but it takes practice to reestablish good communications once you have learned to believe you are just (your name here) thrown onto a world stage trying to figure out what to do. And of course, as the “definer” of (your name here), your ego basic operating system believes it is running the show - while there may be some Soul You out there, most egos believe no help is coming from that direction until some afterlife if ever.

In this Designer of Reality Adventure Program we are going to work on improving communication with the unbounded “cloud network” that is the Soul of You. It will be through increasing that connectivity that you will gain the power necessary to become an intentional shaper of reality. The first step is realizing your ego is not you. Every time that voice makes you fearful or anxious, tune it out – with a little Ho’oponopono if necessary. STOP LISTENING to dire predictions based on past mistakes of failings. Stop listening to other people’s opinions and personal misgivings. We would advise you to stop listening and watching news media where fearful egos are determined to find and report every unpleasant thing they can find. We will go into this in much more depth later on but those spreaders of bad news think they are protecting you by pointing out injustices and danger when in fact they are just energizing those very evils. Tune it out! Just like a fearful ego voice, the picture of the world the media chooses to create fosters a belief in separation and fear. It is the “ego voice” of the collective unconscious and it asserts a belief in injustice, cruelty, lack and limitations of all kinds. It is time you recognize that story being told all too often is only reality if you CHOOSE to buy into it.



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You are here to write your own story and very likely to play an important part in saving the world from itself. For now, work on getting (your name here) firmly in charge instead of ego you and tune out as much of the “bad” news as possible. Don’t spend time focused on problems – envision the world you want and energize that reality. We are going to work on designing much more pleasant scenarios for ourselves and the planet.

HERE’S A NEW HABIT FOR YOU: MAKE REGULAR LISTS OF EVERYTHING YOU APPRECIATE IN YOUR LIFE. This will help keep your focus on “wanted” rather than unwanted realities. If you spend time thinking about things that are unsatisfactory you are just encouraging more of the same to populate your experience. Stay focused on where you want to go, not where you are.

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 www.TheGaiaGame.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:

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