# Time Space Adventurers

## Creating a More Compassionate Future

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# *Creating a More Compassionate Future*

## The Premise

We are not here simply to witness Creation – we are the Creators.

Crisis and challenge arise not to punish or defeat us but to inspire us to design new and improved solutions that promote balance and order.

We must not become complacent and settle for any dis-ease. Imagining and believing in a world of balance and harmony is our true purpose.

To stay on course we need only follow our feelings along a decision path that brings the most satisfaction, happiness and peace to our experience of the world.

We will make mistakes but that is how we are designed to learn and sharpen our abilities. Our lives have great importance because with every thought and deed we are shaping the future.

We are at the edge of Creation. In every moment everything is new again because it is all a product of our consciousness. What was no longer has importance - what will be is always up to us.

Believe in yourself and share your strength and light with the world. You are a peacemaker and you are capable of channeling unlimited power to heal and spread love and joy wherever you direct your attention.

We are warriors of Spirit. We are the Designers of Reality.

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## An Adventure Story - Birth

This is a tale that may punch holes in how you currently perceive reality. This is definitely the case if you do not believe that you have complete control over the shaping of your personal reality.

All of this will be much easier to assimilate if you were born in this millennium - after the year 2000.

If that is you, you came hardwired for the digital age. The odds are very good that you find using technology fairly simple. You may find the older crowd comes to you to ask you how things work. Previous generations didn't get into this game with a lot of the digital age programming you got. If you are in that older group, you can still figure it out but it just does not come as naturally to most of you.

This difference in our basic programming is much of what this story is about. If you are currently convinced that reality is not something that differs greatly from individual to individual it is likely to 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.

There is a commonly held opinion that life just happens and you do your best to deal with it. The opposite of that is the realization that you are in control of much of the story the "character" you have designed is living.

Some people may get offended when they are told that life is really an adventure game that should not be taken as seriously as most people make it. You are primarily here to have fun. Many people believe that the wrongs they have been dealt by others give them justification to be angry and hurt. They want sympathy and demand someone fix these injustices. Maybe they blame themselves thinking it is something they have done and that their performance is constantly being judged. There is no higher power "judging" you. You are the only one who matters when it comes to evaluating how well you are playing the game. If you do something that does not work out how you want it to, learn from it and try a different approach. Did you get mad at yourself when you fell while learning to walk? Probably not – you just got up and tried again, gaining in skill with each attempt. That is how you should approach every task you decide you need to accomplish. Make everything an adventure and leave judgment to the less informed.

A key realization for you is the knowledge that reality is whatever you believe it to be. Your reality should not be what someone on the Internet claims or what is presented in the media unless those things are pleasing to you. Those views of the world will affect your reality to the degree you expose your bio-computer brain to the information but only to the degree you decide to "believe in" the information. If you don't believe in those "facts", they will have no relevance in your life experience.

While you independently design your personal reality, there is a basic structure to reality that comes from shared beliefs. This is why from generation to generation commonly held beliefs can shift. What is considered "normal" and "true" in one decade can be looked at with disbelief and disdain a couple of decades later. If you were born after 2000 there is very little chance you will share many beliefs about culture and society with someone born before 1950. They may have had young people in their lives that helped keep them closer to developing trends but there will still likely be gaps of misunderstanding. Does that make anyone wrong?

If you were born after 2000, you are much more suited for today's world than those born a decade or two earlier. Advances in technology in particular have speeded up the evolution of consciousness.

Why does it matter? If you are living as you were raised with the beliefs of that the time, you will almost certainly find today's world brings you some discomfort. It is likely you will believe everything is decaying and going downhill. The reality you were raised to believe in is fading from existence and will never be again. For that matter the reality of yesterday is never going to be again but obviously the longer the time, the greater the evolution of consciousness and prevailing beliefs. If this is where you find yourself, you need to begin to question past beliefs and search for the ideas that feel good to you. We will talk more about you emotional guidance system in the pages ahead. For now know that you can always trust your feelings as to what idea or path to accept. While you are working on that, try to accept that change is neither negative nor positive. It is only in your perception of it that it may seem negative or positive.

So back to our 21st century people, it would be appreciated if you would try and have some patience with these older people or those who grew up in a different place or culture. Stop judging them and just understand they are doing the best they can with how they have been programmed. Everybody always believes they are the ones who are right. Luckily there is a certain momentum in the evolution of consciousness that comes as new perspectives gain favor. Most people will eventually have an awakening and begin to accept change. This is how the general consensus of social consciousness evolves.

Here's an important recommendation – don't buy into anything you don't like. If something does not "feel" right to you, reject it and make your own choice about how you see your days and ideas evolving. What everyone else in the world thinks need not have any relevance for you. It is only as you choose to interact with others that you need to be sensitive to the fact that their reality may be totally different than yours.

Here's a key happiness principal: NO JUDGEMENT. All of the "others" are just as accurate as you in their appraisal of the world because they are as totally in charge of their reality as you are. How so many millions of individuals can interact and yet be totally independent and self determining is the most amazing part of this adventure game we are all a part of. How this works will be a big part of our ongoing discussion.

For now let's go back to you and how your character came into being.

If your character is in the younger age group, you are almost certainly familiar with digital virtual reality games. Fiction often models fact. Looking at your life as an interactive reality game is a surprisingly accurate analogy. There is a lot of elaboration that we will go into but for now let's just say you started as an idea in your mother's mind. You were attracted to that "desire" as an entry point into the time space 3D game world we are currently a part of. As your body was forming in your mother, you paid

attention to it and observed its development. In some cases things did not go well or you changed your intention and the pregnancy resulted in a miscarriage. In other cases, the mother may decide it is not the right time to have a baby and she may abort the process. However, if all systems are go and everyone is satisfied with the intention to have you born, your spark of consciousness will enliven the physical form and give it being-ness as you emerge into the physical world. (a note: Too much importance is placed on abortion as some kind of moral issue. A "vehicle" is rejected but nothing happens to the Soul that was going to inhabit it. That "Soul" will simply choose a new vehicle.)

Who or what is the "you" that is enlivening this physical vehicle? The simplest way to put it is that your "GOD-self" is – the individualized, non-physical conscious entity that is one with a Universal energy field takes up residence in the selected body. The "real" you is never separate from the energy field but you place your unique spark of awareness in that physical form. As you collect data about the world you find yourself in through the sense mechanisms built into your body, your "on-board bio-computer brain" begins the process of creating a character (or characters in many cases) to interact with your environment. Your physical form slowly matures into a very sophisticated autonomous creature built to operate in the world you are just beginning to learn about. Initially you remain aware of your non-physical self but within a few years of being born into your physical form you forget that you are a character created to go adventuring in a 3D time space world. This is because you need to place all your attention on learning how to survive and interact with the world you find yourself in. Fitting in and figuring out how to get the things you want becomes your entire focus.

Now who is this creature you are becoming? There are several factors involved in this. Your physical form includes a highly sophisticated bio-computer brain and nervous system that links all the parts and systems of your body. The system comes with some hard-wired components. You will get some programming from your genetic forbearers (ancestors). You will also get some coding based on when you are born – like a built in understanding of primary technology of the era in which you are born as an example. You may bring some special skills from non-physical that you preselected like musical, artistic or athletic talent. Most everyone brings along some special talents and it will be up to you to discover them so you can take advantage of them. From that starting point you begin to absorb data that you use to define your character. Everything that happens from this point on will be of your choosing. That is not to say you will not find many challenges and puzzles you need to solve. The key for you is the "knowing" that you will always have the power to find what you need to keep moving in the direction of your desires. Along the way, as you handle the obstacles, you will be moving the storyline along for all the other characters you are interacting with.

Your immediate need is to figure out how best to have a good time in this adventure world you will be exploring. The first source of information is those fellow humans you are exposed to as a baby before you really have any ability to act on your own.

Now we have an important piece of information for you – you cannot trust that all the data you collect is accurate. The data – everything your five senses are exposed to – has no quality or "truth" buffer. Moral codes and religions have been developed as what we could call anti-virus programs. Since they may be flawed as well, those codes created by other humans cannot be totally trusted to protect you from bad programming but they can provide useful guidance. You are a sponge. Everything you are exposed to is absorbed and represents what you will believe to be "real". Clearly some of us get off to a much better start than others. If you are surrounded by love and happy people in a prosperous environment you will create a reality view that mirrors that. On the other hand, if you are surrounded with an angry unhappy world then you will come to believe that is a normal reality. Your self-image and expectations will be shaped by whatever input your bio-computer brain gets. This is how your "ego" comes into being.

Most of us really begin thinking as the character we have created between 3 and 5 years old. Most personality experts say that by age 7 we have pretty well completed our personality design. With that set of beliefs and ideas we will begin adventuring on our own. We start to consciously play the game as the ego character we have created. That higher consciousness self will for a time be completely submerged. The "ego" persona you have created will be learning and trying to establish itself into the 3D interactive adventure world you are now fully a part of. Your higher self will always be there enjoying the adventure you are living through your senses. In most cases, your "Soul" will stay in the background for many years with only occasional flashes of "inspiration" upon your request for help or as that little voice in your head you may think of as your conscience.

You are on your own in the adventure world. Non-physical you is always there to provide whatever assistance you ask for and are willing to accept. "Knock and the door will be opened" and "ask and you will receive" as Spiritual texts state. However it will probably take a while before you start thinking beyond the character you have created. That "ego" part of you is very adamant about believing it IS you and may not even be willing to accept that there is any "higher power". There is plenty to occupy that ego you as you find that you live in an adventure world filled with challenges. While just surviving is not difficult, to have fun and find personal satisfaction takes some experience, determination, belief in yourself and positive intention.

For now, just accept that you are a non-physical being temporarily inhabiting a physical form for an adventure in Creation. There is no entity judging you and you are free to do whatever you want. You have chosen to be here for the fun of an adventure. Your task is to learn how to manipulate reality to serve your interests and create a satisfying experience.

You will learn that your feelings are your best ally. If something does not feel right, find a different direction until you line up with actions and awareness that you find pleasing. You have unlimited creative power. If you dream it you can create it. Your higher "Soul" self is always there to channel the energy to create anything you will accept and believe in. Your task is simply to trust and believe in the reality and value of your desires. That is true for everything – belief is the designer of reality. This is really the only thing you need to master to live the life of your dreams but when exposed to a world that seems contradictory to many of the things you want to believe, life may seem quite a challenge. It is important that you learn to trust that you are the one writing the story.

You may be thinking, if I get everything I ask for and dream, how come I seem to fall short? It does come back to faith and belief. For example, if you want more money, are you spending most of your time thinking about not having enough or about having more than you could ever use? Your higher self does not judge your requests. The fact is that if you are thinking more about lack than abundance that is what is being asked for and it will be delivered. To your ego it seems like a cruel trick because everything your ego knows is through observation. It will not believe anything is reality that it cannot experience in the physical time space world it has created. Creation on the other hand is about making things that did not previously exist in a time space reality. The "magic" is that you will create whatever you focus your "wanting" energy on. You must learn to have faith in your creative power to unleash it.

Helping us get beyond appearances and find the world of our dreams is what we are hoping to do with the ideas here enclosed.

# The GAIA Game: Preface

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. 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 being 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 your 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.

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.

## What's YOUR Story?

### The Origin Story – how did you come to be?

If there was a couple of paragraph description of you in a movie review how would it describe you?

### 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?

We now have a description of who you think you are. The more important issue is what do you want have happen as your future evolves?

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?

Are there things that you really want to have or achieve that you are still reaching for?

What are the strengths of your 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?

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

## 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

concept of Ki. The logograph 氣 is read with two Chinese pronunciations, the usual qì 氣 "air; vital energy". Ki is the lifeforce 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

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.**

## The Maharishi Provides a Brain Turbocharger

We can credit Maharishi Mahesh Yogi with introducing meditation into our Western Culture. The goal of meditation is to help balance the body mind system by reducing stress and replacing it with a dose of inner peace.

According to one biographer of the Maharishi's life, William Jefferson, in 1958 Maharishi went to Madras to address a large crowd of people who had gathered to celebrate the memory of Guru Dev who had served as Maharishi's mentor and teacher. It was there that he spontaneously announced that he planned to spread the teaching of TM throughout the world. In 1959, Maharishi Mahesh Yogi began his first world tour, writing: "I had one thing in mind, that I know something which is useful to every man". This path would soon lead him to the West where cultural icons like The Beatles and Beach Boys would step away from their place in the spotlight of world consciousness to focus attention on the development of their inner peace and consciousness. This served to elevate Maharishi's TM movement quickly to the global stage he sought.

Hundreds of studies have been conducted at more than 200 independent universities and research institutions, and published in peer-reviewed medical and scientific journals. The National Institutes of Health (NIH) have awarded over $26 million to research TM's effectiveness on stress and stress-related conditions. Among the researched benefits of meditation are reduction of stress and anxiety, improved brain function, better cardiovascular health, depression, insomnia, PTSD and addictions.

From a Cleveland Clinic study comes this statement, "Transcendental Meditation doesn't focus on breathing or chanting, like other forms of meditation. Instead, it encourages a restful state of mind beyond thinking... A 2009 study found Transcendental Meditation helped alleviate stress in college students, while another found it helped reduce blood pressure, anxiety, depression and anger."

This is why when Dr. Deepak Chopra, world-renowned speaker and author of more than 50 books on meditation and its associated practices, learned TM in 1980 he called it 'Real' meditation because, he said, it represented a major break-through in interpretation of this very ancient knowledge. Deepak Chopra has become very widely known as a promoter of regular meditation through his series of 21-day meditation programs. Many of these programs gained even wider popularity and recognition with the participation of Orpah Winfrey. You can visit https://chopra.com/meditation or https://www.tm.org/ to learn all you will need to know about meditation and the value it will provide you.

## The Nature Fix

The Nature Fix: Why Nature Makes Us Happier by Florence Williams is a very interesting book that documents just how important stepping out of our normal busy weeks for a "nature break" is in our contemporary society. Like meditation it changes the pace and has been proven to improve mental wellbeing and creativity. From forest trails in Korea, to islands in Finland, to eucalyptus groves in California, Florence Williams investigates the science behind nature's positive effects on the brain. Delving into brand-new research, she uncovers the powers of the natural world to improve health, promote reflection and innovation, and strengthen our relationships. As our modern lives shift dramatically indoors, these ideas—and the answers they yield—are more urgent than ever. Here's a link to get a copy of The Nature Fix.

## The Designer of Reality™ Program

Throughout this Time Space Adventurers book we will provide ideas to help you to take charge of your personal life story and increase your PPL. There will also be a series of exercises designed specifically for this purpose that will be available through the website, TimeSpaceAdventurers.com. For a variety of programs and further information on ways that you can positively help transform the future, visit http://www.DesignerOfReality.com.

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 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.**

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.

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

# Birth

There is a lot of elaboration that we will go into but for now let's just say you started as an idea in your mother's mind. You were attracted to that "desire" as an entry point into the time space 3D game world we are currently a part of. As your body was forming in your mother, you paid attention to it and observed its development. In some cases things did not go well or you changed your intention and the pregnancy resulted in a miscarriage. In other cases, the mother may decide it is not the right time to have a baby and she may abort the process. However, if all systems are go and everyone is satisfied with the intention to have you born, your spark of consciousness will enliven the physical form and give it a unique identity as you emerge into the physical world.

Who or what is the "you" that is enlivening this physical vehicle? The simplest way to put it is that your "GOD-self" is – the individualized, non-physical conscious entity that is one with a Universal energy field takes up residence in the selected body. The "real" you is never separate from the energy field but you have placed your unique spark of awareness into the physical form you have come to refer to as (your name here).

As you collect data about the world you find yourself in through the sense mechanisms built into your body, your "on-board bio-computer brain" begins the process of creating a character to interact with your environment. Your physical form slowly matures into a very sophisticated autonomous creature built to operate in the world you are just beginning to learn about. Initially you remain aware of your non-physical self but within a few years of being born into your physical form you forget that you are a character created to go adventuring in a 3D time space world. This is because you need to place all your attention on learning how to survive and interact with the world you find yourself in. Fitting in and figuring out how to get the things you want becomes your entire focus.

Now who is this creature you are becoming? There are several factors involved in this. Your physical form includes a highly sophisticated bio-computer brain and nervous system that links all the parts and systems of your body. The system comes with some hard-wired components. You will get some programming from your genetic forbearers (ancestors). You will also get some coding based on when you are born – like a built in understanding of primary technology of the era in which you are born as an example.

You may bring some special skills from non-physical that you preselected like musical, artistic or athletic talent. Most everyone brings along some special talents and it will be up to you to discover them so you can take advantage of them. From that starting point you begin to absorb data that you use to define your character. Everything that happens from this point on will be of your choosing. That is not to say you will not find many challenges and puzzles you need to solve. The key for you is the "knowing" that you will always have the power to find what you need to keep moving in the direction of your desires. Along the way, as you handle the obstacles, you will be moving the storyline along for yourself and all of the other characters you are interacting with.

Your immediate need is to figure out how best to have a good time in this adventure world you will be exploring. The first source of information is those fellow humans you are exposed to as a baby before you really have any ability to act on your own.

Now we have an important piece of information for you – you cannot trust that all the data you collect is accurate. The data – everything your five senses are exposed to – has no quality or "truth" buffer. Moral codes and religions have been developed as what we could call anti-virus programs. Since they may be flawed as well, those codes created by other humans cannot be totally trusted to protect you from bad programming but they can provide useful guidance. Spiritual traditions of our species are one of the best sources of information on Universal principles. However this may take some time

because an openness to be inspired to new beliefs is required to fully unlock their meaning.

You are a sponge. Everything you are exposed to is absorbed and represents what you will believe to be "real". Clearly some of us get off to a much better start than others. If you are surrounded by love and happy people in a prosperous environment you will create a reality view that mirrors that. On the other hand, if you are surrounded with an angry unhappy world then you will come to believe that is a normal reality. Your self-image and expectations will be shaped by whatever input your bio-computer brain gets. This is how your "ego" comes into being.

Most of us really begin thinking as the character we have created between 3 and 5 years old. Most personality experts say that by age 7 we have pretty well completed our personality design. With that set of beliefs and ideas we will begin adventuring on our own. We start to consciously play the game as the "ego" character we have created. That higher consciousness self will for a time be completely submerged. The "ego" persona you have created is (your name here). Your character will be learning and trying to establish itself into the 3D interactive adventure world you are now fully a part of. Your higher self will always be there enjoying the adventure you are living through your senses. In most cases, this higher self which is often referred to as your "Soul" will stay in the background for many years with only occasional flashes of "inspiration" upon your request for help or as that little voice in your head you may think of as your conscience.

You are on your own in the adventure world. Non-physical you is always there to provide whatever assistance you ask for and are willing to accept. "Knock and the door will be opened" and "ask and you will receive" as Spiritual texts state. However it will probably take a while before you start thinking beyond the character you have created. That "ego" part of you is very adamant about believing it IS you and may not even be willing to accept that there is any "higher power".

There is plenty to occupy that ego you as you find that you live in an adventure world filled with challenges. While just surviving is not usually difficult, to have fun and find personal satisfaction takes some experience, determination, belief in yourself and positive intention.

**For now, just accept that you are a non-physical being temporarily inhabiting a physical form for an adventure in Creation. There is no entity judging you and you are free to do whatever you want. You have chosen to be here for the fun of an adventure. Your task is to learn how to manipulate reality to serve your interests and create a satisfying**

**experience. The better you get at fulfilling your personal hopes and dreams the greater the positive effect you will have on all of Creation.**

You will learn that your feelings are your best ally. If something does not feel right, find a different direction until you line up with actions and awareness that you find pleasing. You have unlimited creative power. If you dream it you can create it. Your higher "Soul" self is always there to channel the energy to create anything you can accept and believe in. Your task is simply to trust and believe in the reality and value of your desires. That is true for everything – belief is the designer of reality. This is really the only thing you need to master to live the life of your dreams. However when exposed to a world that seems contradictory to many of the things you want to believe, life may seem quite a challenge. It is important that you learn to trust that you are the one writing the story. If you will leave your past behind, each day when you wake up you have the opportunity to revise your storyline.

You may be thinking, if I get everything I ask for and dream, how come I seem to fall short? It does come back to faith and belief. For example, if you want more money, are you spending most of your time thinking about not having enough or about having more than you could ever use? Your higher self does not judge your requests. The fact is that if you are thinking more about lack than abundance that is what is being asked for and it will be delivered. To your ego it seems like a cruel trick because everything your ego knows is through observation. It will not believe anything is reality that it has not already experienced in the physical time space world it has created.

Creation on the other hand is about making things that did not previously exist in a time space reality. The "magic" is that you will create whatever you focus your "wanting" energy on. You must learn to have faith in your creative power to unleash it. This is the purpose of this discussion.

Most of all don't worry about anything. Don't take yourself or anyone else too seriously. You are completely deserving of getting everything you want so you should forgive yourself and everyone else for any perceived wrong doing. No one is judging you.

***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.

## An Adventure Story – Taking Charge

In this next section we will focus more on how you create what you want. Faith and belief are what you need but it is "appreciation" that will get you on the path to creating whatever you want.

If you have been living a life primarily through observation and the perceptions of your senses it may be difficult to feel very appreciative. You must recognize that appearances can be deceiving and do not define the future. There is no question that in every moment you can usually find plenty that you are not pleased about. It is important that you understand how this came to be. What you see and experience in your now is the product of what you and many other people have focused their attention on in the past.

As you come to accept that you are the creator of your personal reality you will begin to appreciate how what you think about and pay attention to in each "now moment" is what is replicating as physical reality in your future moments.

If you currently are like most people and do not really think you have much control of the reality you experience, the best course of action would seem to be to just try and make the best of it. However, you can be intentional about how and what you experience in the world. You live in a Universe of unlimited possibility. What we want you to consider as a possibility is that every one of us has created the unique reality that we are experiencing. Yes, there are a great many similarities between your reality and

mine if we come from similar upbringings and cultural backgrounds. What you believe and what I believe also have an influence on each other because we are connected parts of a much greater whole.

That said, no one else can exert any control over you that you do not allow. You do not need to and should not accept any idea or situation that is not satisfying and pleasing to you. You have an EGS – what we are calling an emotional guidance system – that will always keep you right on track to your highest aspirations and personal satisfaction with the adventure you are living. The method is simple but requires you to pay attention. If you are not feeling happy and good and you do not shift your focus to something pleasing you will duplicate the circumstances that made you unhappy in the first place. If you persist in staying in that state of mind, conditions will deteriorate further. However if you choose to focus your imagination on the desired improvements to your situation that will be the direction your storyline takes.

As we have said, when simply observing the world there will always be plenty to make you discouraged. The problem with simply responding to appearances is that you are going to replicate more of the same since you will always energize the reality that you focus your attention on. Therefore the key is to always direct your attention to solutions to the problems staring you in the face. You need to start telling yourself a new improved story. You need to imagine into being the world of the solution. This is the hard part; you must re-direct your attention from the all too visible problem to the best solution you can imagine and allow. To allow it you must embrace it as your reality. You must believe in it BEFORE you can actually see it.

We know that as a highly skilled observer, you have probably trained yourself to be very aware of a great deal of what goes on in your world. For that ego basic operating system character you have created it is perfectly natural that you would focus attention on all that you actually perceive because your ego's main purpose is protecting you from possible threats to your safety. However none of the dangers or unhappiness of the current moment need be part of upcoming moments if you stop paying attention to them. They will still be there for others but they will have less and less power or impact on your experience of reality.

Our intent is to get you to accept that you are the director and writer of your story.

First, remember that your reality/story is unique to you. As we have already stated it is very likely quite similar to what is being experienced by others you associate with because you have many shared beliefs. However you are unique and came with your own agenda for what you wanted to get out of this adventure game. You have dreamed the exact scenario into being after absorbing and sifting through the enormous

amount of data you have accumulated about the environment you find yourself in. Based on all of this information, whatever you have decided to accept as real and probable is showing up in your adventure world.

There is no right or wrong about any of it even when your ideas are completely different than someone else. Right and wrong do not exist because everyone has total freedom and will create their own world based on two factors.

- The first is experiential - how have you interpreted the data that has been absorbed by your bio-computer brain.
- The second and more important factor is the degree to which you are willing to accept that your consciousness and the beliefs you hold are in control of the reality you experience.

Like any other skill – and it is a learned skill – it will take some practice and persistence to begin delivering clear and consistent results.

Everyone has their own story and while some stories are more fun and satisfying than others, no one's storyline is more correct or right than anyone else's. Everyone lives in their own world and their choices are no business of yours. You are here to create a happy, fun and satisfying life for the character that is called (my name here), no one else. While that may sound selfish (which has a bad connotation for anyone wanting someone else to take care of them) it is the only way you will be able to make your best contribution to the world. When you are solely focused on energizing those things that make you feel good you will be contributing to the wellbeing of the whole. You are shaping your own story even when most others have not realized they have the power to do whatever they desire.

So, what is the magic formula? It is a part of all cultures. Often it is put in a religious framework. Thanks and appreciation is the key. I know it may sound very simplistic but it is nonetheless extremely powerful because it is the easiest way to keep your focus on what you want. If you are "appreciating" something you are actively inviting more of it into your experience. When you live in a material world, psychic energy is often not paid much attention to since it cannot be experienced directly by your five senses. While it is often discounted as "wishful thinking" it really is a "prayer" for what you want more of. What is prayer but focusing on hopes and dreams coming true. When prayer is focused on complaining about or asking why things are not as wanted it will diligently deliver more of the same. Whatever you focus your energy on will be manifested in the world you will create for yourself.

There is a universal desire that is shared by every member of our species. We all want to be happy. Joy is our highest purpose. Seeking things in every moment to appreciate is

the easiest way to achieve that purpose. You will always be happy when you are appreciating your life and the world around you. Blessing… praise… love… appreciation – they are really one and the same. Not only will they make you feel happy and joyful, they are also the fastest way to materialize everything you desire. As you seek more things to appreciate, more will be drawn to you like any other request you make. The things that you desire for your future are also out there as requests. The fulfillment of those hopes and dreams will generate the highest levels of appreciation in you. The praying, praising and imagining them into physical form is what turns ideas into things. Appreciation and joy are the energy required to harness the power of Creation. You are the Creator and all you ever have to do is believe be it.

This is a learned ability. Actually, for the first few years of your life you did it instinctually but then you got caught up in the world of appearances. Now you must re-learn your divine ability. The secret is that to be happy, you need to be happy. It is up to you to find a way to turn on happiness. The adventure world out there will constantly challenge you because this is a process for everyone. Most people believe that if only they had whatever they would be happy. Therefore you are surrounded by people who have problems being happy because they feel they are missing the ingredients of that happiness. If you are following our discussion here you will realize that they are probably not doing much appreciating of their life. Therefore, the odds are much greater that they are not going to get those things they think they need to be happy. You live in an adventure world of self fulfilling prophesies.

> "Man's concept of his world built on the experience of the five senses is no longer adequate and in many cases no longer valid." Shafica Karagulla, M.D., Psychiatrist

So, ignore appearances and start making prophesies that everything you want is materializing in you 3D time space reality. And, you might as well prophesize that it is happening amazingly quickly often in ways you had never imagined. You just need faith in your higher "Soul" self to "make it so" with pieces falling into place throughout the cosmos helping fulfill the desires of a myriad of other players in the game while delivering your wish. Now, that's really magical. How does it feel to be the Wizard casting the spells of imagination and appreciation to make it all happen? It is a joyous feeling.

That's how it works in this interactive game of life. Learning these things and how to direct and control your energy is what the game is all about. There is no adventure or growth without challenge. Life will throw all sorts of curve balls at you in all likelihood. Your mission is to learn how to be evermore mindful of the world you are creating. You

are here to work toward fulfilling your desires and helping to create a more compassionate world to help every other living thing have a more satisfying existence. There are unlimited resources and all you need to do is follow your personal desires and take those opportunities that feel important to you to bless others with your positive influence.

Never be the one offering "constructive criticism" – that is trying to make an excuse for judging someone else. Not everyone succeeds at following their bliss and creating a satisfying life every time around but feeling sorry for them and having pity will only hold them back. If you want to do something for them, bless them with praise and help them find things they can appreciate about their life adventure. The more you can do to take their eye off of their plight and toward their potential the better you will serve them. You must be the eternal optimist and encourager through living a life to be aspired to.

Consciousness on a Universal level is constantly evolving and we have reached a point as a species where we can demonstrate these things for ourselves. While we may not understand the how of the results we get, we can learn to accept based on personal experience. We can conduct some experiments together and see what we can learn.

The premise for our experiments will be that anything you praise will be energized. It is key to realize that you must praise something you want before you actually experience it in our time space reality. I'm sure you have done this many times, particularly as a little kid. Can you remember something that you really wanted? Can you remember how you spent your time imagining the fun you were going to have with it? This is why taking a test drive in a car can have such a powerful effect – you know what it feels like to actually be behind the wheel. When it shows up in physical reality, you have already felt the experience of it before it got there. If your desire was strong and you pushed your doubts off to the side there was no question that it was going to show up in your world. If it was a new bicycle as a child, it was your parents or some outside circumstances that actually brought it to you but the secret is that it was your wielding of your creative energy that put all the required forces and actions into motion. Your request and your belief in it required the Universe to deliver, coordinating whatever myriad of actions were needed to deliver the result you desired.

One very important note: Do Not Get Hung Up In The HOW it is going to happen – that is the field of doubts instead of the field of dreams. Being willing to have that mustard seed of faith is required – belief in your Creative power is key. That of course is your biggest obstacle in this game. This is why you should probably start with some small goals of intentional creation – things that are not too hard for you to believe in.

While it is just as easy to manifest a Porsche as it is to always find a great parking space, since it comes down to you faith in your power, take some baby steps.

We're going to borrow an experiment from a book called "E-Squared' by Pam Grout (you should definitely get this book if you are intent about growing your "intentional" creation skills as quickly as possible). Pam gives you a series of experiments designed to help you believe in your creative power – by demonstrating it for yourself. We'll come back to Pam's book later on.

Here's your NOW experiment: You are going to give your Soul self 48 hours to send you a gift you would not ordinarily receive. It could be anything – a meaningful phone call out of the blue, a check in the mail, a chance meeting with an important someone or finding something you thought was lost in drawer you just happen to look in. You just want something that you will appreciate and was unexpected and out of the ordinary. You should ask your Soul self to help you pay attention so that you don't miss it. Answers to desires are being delivered to us all of the time that we miss because we are distracted from what is happening in the moment by concerns about past or possible future events.

Note how you feel about your request. Do you wonder if you are overstepping your bounds? Are you questioning if you are deserving of good fun things being given to you? Do you doubt that what you think about anything really matters? Well, for this experiment you need to set aside all of your doubts – just for 48 hours – and have fun with this. Aren't you curious to see what your higher self that has unlimited creative power will deliver to you? Maybe it will be something life changing or maybe it will be something that makes you laugh. You can start this experiment right now. You might find it useful to begin a journal to chronicle your magical adventures noting your appreciation for how your skills are developing.

Again, your challenge is very clear. It is all about developing your faith in your Creative power. When you have a health issue or a not enough money issue or a relationship issue it is challenging to ignore appearances and imagine into being the world you want. People will tell you that you are living in denial. That's a big one – they want you to face the facts. They may even be afraid for you thinking you are just setting yourself up for demoralizing disappointment. If the "facts" don't match what you want, the last thing you want to do is spend anytime paying attention to them.

That is what our experiment is all about. Can you shift your experienced reality by first creating a new and improved story in your mind?

Mind you this is not a new idea. The way we are presenting it may be different but the concept has been discussed in self-help books and programs from the Bible to a popular film and book a few years ago called "The Secret". An earlier book, first published in 1903, James Allen's *As a Man Thinketh* has never been out of print and continues to find new legions of fans in the digital age. Described by Allen as "A book that will help you to help yourself," it is in many ways the first contemporary self-help book.

**"A man is literally what he thinks, his character being the complete sum of all his thoughts."**

— James Allen, As a Man Thinketh

Translated into 15 languages with more than 7 million copies sold, "The Power of Positive Thinking" by Norman Vincent Peale is unparalleled in its extraordinary capacity for restoring the faltering faith of millions. This book will show you how you can deal more effectively with tough situations and difficult people, and dramatically improve your performance and confidence. You will learn:

- How to eliminate that most devastating handicap—self doubt
- How to free yourself from worry, stress and resentment
- How to climb above problems to visualize solutions and then attain them

One more "thanks" needs to go out to Napoleon Hill who brought these same ideas to millions in his book, "Think and Grow Rich", based on the author's famed *Law of Success.* Think and Grow Rich represents the distilled wisdom of distinguished men of great wealth and achievement. One of the highly successful individuals profiled in Hill's book was Andrew Carnegie. Carnegie's magic formula for success was the direct inspiration for this book. Carnegie demonstrated its soundness when his coaching brought fortunes to those young men to whom he had disclosed his secret. The promise of the book is this, "If you learn and apply the simple basic techniques revealed here, you will have mastered the secret of true and lasting success—and you may have whatever you want in life!" What's Carnegie's secret? **Positive Thinking**.

It is fair to say that even though you may never have considered these ideas as more than common sense – it does seem obvious that positive thinking is going to likely lead to better results than negative thinking. What is different in the ideas we are presenting here? Not a lot but we are presenting it a bit more from a scientific perspective rather than the more philosophical perspective.

In discussing these ideas with Dam Millman, author of The Way of the Peaceful Warrior – (another book you should add to your reading list) – Dan commented,

**"Reminding me once again that there is one Light but many lamps."**

Dan offered me a quote from Andre Gide to further elaborate his thought,

**"Everything that needs to be said has already been said;**

**but it needs to be said again because**

**no one was really listening."**

While each of the sources of information on intentionally shaping your personal reality discuss intent and results, we will highlight some specific actions and options for you as you follow your personal road ahead in this adventure.

We have already touched on the key "spell" you need to weave in thought energy and the fact that you have a direction finding system (your EGS) that will help you keep to the course.

Desire, appreciation and positive anticipation are the elements of the magical spell you need to cast. It is right to call it magical because your appreciation of something that does not currently exist in the 3D material reality you are experiencing unleashes the energy needed to make something materialize in time and space. You will be responsible for creating a physical something that was only an idea until you began focusing your attention on it. We need to warn you that you are creating this personal 3D material reality you are currently experiencing whether it is what you actually "want" or not. No matter what, you are going to get what you most consistently believe you are going to get. The only choice you have is what you decide to believe in and praise.

It should be emphasized that there is no judgment of any of your actions on a cosmic level.

# The GAIA Game: Preface

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. 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 being 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 your 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.

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.

## What's YOUR Story?

*Planning Guide for the Adventure of Your Lifetime*

## The 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?

**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?

**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?

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 characteristics would you most like to change?

What do you like most about your character?

## 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 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.**

# Your Adventure

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.

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.

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

# Birth

There is a lot of elaboration that we will go into but for now let's just say you started as an idea in your mother's mind. You were attracted to that "desire" as an entry point into the time space 3D game world we are currently a part of. As your body was forming in your mother, you paid attention to it and observed its development. In some cases things did not go well or you changed your intention and the pregnancy resulted in a miscarriage. In other cases, the mother may decide it is not the right time to have a baby and she may abort the process. However, if all systems are go and everyone is satisfied with the intention to have you born, your spark of consciousness will enliven the physical form and give it a unique identity as you emerge into the physical world.

Who or what is the "you" that is enlivening this physical vehicle? The simplest way to put it is that your "GOD-self" is – the individualized, non-physical conscious entity that is one with a Universal energy field takes up residence in the selected body. The "real" you is never separate from the energy field but you have placed your unique spark of awareness into the physical form you have come to refer to as (your name here).

As you collect data about the world you find yourself in through the sense mechanisms built into your body, your "on-board bio-computer brain" begins the process of creating a character to interact with your environment. Your physical form slowly matures into a very sophisticated autonomous creature built to operate in the world you are just beginning to learn about. Initially you remain aware of your non-physical self but within a few years of being born into your physical form you forget that you are a character

created to go adventuring in a 3D time space world. This is because you need to place all your attention on learning how to survive and interact with the world you find yourself in. Fitting in and figuring out how to get the things you want becomes your entire focus.

Now who is this creature you are becoming? There are several factors involved in this. Your physical form includes a highly sophisticated bio-computer brain and nervous system that links all the parts and systems of your body. The system comes with some hard-wired components. You will get some programming from your genetic forbearers (ancestors). You will also get some coding based on when you are born – like a built in understanding of primary technology of the era in which you are born as an example.

You may bring some special skills from non-physical that you preselected like musical, artistic or athletic talent. Most everyone brings along some special talents and it will be up to you to discover them so you can take advantage of them. From that starting point you begin to absorb data that you use to define your character. Everything that happens from this point on will be of your choosing. That is not to say you will not find many challenges and puzzles you need to solve. The key for you is the "knowing" that you will always have the power to find what you need to keep moving in the direction of your desires. Along the way, as you handle the obstacles, you will be moving the storyline along for yourself and all of the other characters you are interacting with.

Your immediate need is to figure out how best to have a good time in this adventure world you will be exploring. The first source of information is those fellow humans you are exposed to as a baby before you really have any ability to act on your own.

Now we have an important piece of information for you – you cannot trust that all the data you collect is accurate. The data – everything your five senses are exposed to – has no quality or "truth" buffer. Moral codes and religions have been developed as what we could call anti-virus programs. Since they may be flawed as well, those codes created by other humans cannot be totally trusted to protect you from bad programming but they can provide useful guidance. Spiritual traditions of our species are one of the best sources of information on Universal principles. However this may take some time because an openness to be inspired to new beliefs is required to fully unlock their meaning.

You are a sponge. Everything you are exposed to is absorbed and represents what you will believe to be "real". Clearly some of us get off to a much better start than others. If you are surrounded by love and happy people in a prosperous environment you will create a reality view that mirrors that. On the other hand, if you are surrounded with an angry unhappy world then you will come to believe that is a normal reality. Your self-

image and expectations will be shaped by whatever input your bio-computer brain gets. This is how your "ego" comes into being.

Most of us really begin thinking as the character we have created between 3 and 5 years old. Most personality experts say that by age 7 we have pretty well completed our personality design. With that set of beliefs and ideas we will begin adventuring on our own. We start to consciously play the game as the "ego" character we have created. That higher consciousness self will for a time be completely submerged. The "ego" persona you have created is (your name here). Your character will be learning and trying to establish itself into the 3D interactive adventure world you are now fully a part of. Your higher self will always be there enjoying the adventure you are living through your senses. In most cases, this higher self which is often referred to as your "Soul" will stay in the background for many years with only occasional flashes of "inspiration" upon your request for help or as that little voice in your head you may think of as your conscience.

You are on your own in the adventure world. Non-physical you is always there to provide whatever assistance you ask for and are willing to accept. "Knock and the door will be opened" and "ask and you will receive" as Spiritual texts state. However it will probably take a while before you start thinking beyond the character you have created. That "ego" part of you is very adamant about believing it IS you and may not even be willing to accept that there is any "higher power".

There is plenty to occupy that ego you as you find that you live in an adventure world filled with challenges. While just surviving is not usually difficult, to have fun and find personal satisfaction takes some experience, determination, belief in yourself and positive intention.

**For now, just accept that you are a non-physical being temporarily inhabiting a physical form for an adventure in Creation. There is no entity judging you and you are free to do whatever you want. You have chosen to be here for the fun of an adventure. Your task is to learn how to manipulate reality to serve your interests and create a satisfying experience. The better you get at fulfilling your personal hopes and dreams the greater the positive effect you will have on all of Creation.**

You will learn that your feelings are your best ally. If something does not feel right, find a different direction until you line up with actions and awareness that you find pleasing. You have unlimited creative power. If you dream it you can create it. Your higher "Soul" self is always there to channel the energy to create anything you can accept and believe in. Your task is simply to trust and believe in the reality and value of your desires. That is true for everything – belief is the designer of reality. This is really the

only thing you need to master to live the life of your dreams. However when exposed to a world that seems contradictory to many of the things you want to believe, life may seem quite a challenge. It is important that you learn to trust that you are the one writing the story. If you will leave your past behind, each day when you wake up you have the opportunity to revise your storyline.

You may be thinking, if I get everything I ask for and dream, how come I seem to fall short? It does come back to faith and belief. For example, if you want more money, are you spending most of your time thinking about not having enough or about having more than you could ever use? Your higher self does not judge your requests. The fact is that if you are thinking more about lack than abundance that is what is being asked for and it will be delivered. To your ego it seems like a cruel trick because everything your ego knows is through observation. It will not believe anything is reality that it has not already experienced in the physical time space world it has created.

Creation on the other hand is about making things that did not previously exist in a time space reality. The "magic" is that you will create whatever you focus your "wanting" energy on. You must learn to have faith in your creative power to unleash it. This is the purpose of this discussion.

Most of all don't worry about anything. Don't take yourself or anyone else too seriously. You are completely deserving of getting everything you want so you should forgive yourself and everyone else for any perceived wrong doing. No one is judging you.

***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:

4. 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.
5. 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.

6. 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.

We have discussed this a bit already and it requires further discussion. For now let's just say you are only responsible for yourself. That said, as should be obvious, the way you live your life does have an impact on those around you. If you are happy and optimistic, it will be more likely that those around you will be happier and more optimistic when they are around you. This will be particularly true when you put strong emotional energy behind your desires – this increases the power of the creative energy you are transmitting. When you hold back on the energy you put into getting what you want, you will likely slow down the fulfillment process. That said, sometimes when you urgently want something, it can unleash fears of not being successful as you begin to doubt your abilities or worthiness. If you do begin to suffer from doubts, just take a step back to a focus on appreciation and throw in some affirmations of your coming success – "everything always works lot for me".

When the person you are interacting with is your child or a friend or someone you are counseling, you should just focus on appreciating them as they are and express confidence that their adventure will unfold in wonderful ways.

The best contribution you can make to those other characters that you care about (as well as your own wellbeing) is to encourage a focus on appreciation. It does little good to tell someone to stop worrying and have faith because that will just focus their attention more on worrying. Saying "I have to stop worrying about whatever" is very likely to only make you worry more about it.

Here's the key concept stated in a different way – the antidote to worry is thanksgiving. Since if you are worrying about something, what you don't want will only increase as a plot line in your story. Trying to stop worrying about anything does not work; you must instead get off the subject all together. I know that when facing a health challenge or a money challenge it can be very difficult to get off the topic. None the less, what you will find is that every time you can take the problem out of the spotlight and instead

focus on things you **are** happy about, it will help create a solution to the thing you were worried about.

You need to accept that you are a very powerful creative force. Whatever you focus your attention on will be energized. Therefore the most important skill you need to learn is to be as consistent as possible focusing your creative energy on what is wanted as opposed to the unwanted realities.

You may have heard of the Law of Attraction. It may sound like new age mumbo jumbo to you but it is actually based on scientific principal. Newton's Third Law of Motion goes like this: For every action, there is an equal and opposite reaction.

We are all essentially energy beings that have occupied a physical form. Let's use the computer model we have discussed before. Think of yourself as a local device that is always connected to a cosmic network. As such you are constantly sending out inquiries and requests to the network along with all of the sensory data you are experiencing. For our analogy we suggest that at the network level you are always connected with your "Soul" self that is resident in "the cloud". As we touched on in the beginning part of this discussion, that higher self is an inseparable part of what modern physics refers to as the unified field. Unless religious concepts taint the terms for you, you can call it heaven or God. For now just suppose the entire material world comes into existence as thought energy (consciousness) imagines it into being.

Every living thing is directly connected to the universal energy field as a point of awareness and a shaper of physical form. This concept opens the door for a lot of discussion and questions but for now we are just concerned with your ability to attract to you whatever you want. While your awareness is in the material world, you are completely in charge of how it manifests itself for your story. Learning how to control and use your power is the key to having the most satisfying life.

Everything comes down to what you think. Learning to guide your thinking is the skill you must learn if you are to have the most success and fun in your life. It sounds like it should be easy but you very likely have what Wayne Dwyer referred to as "erroneous zones". Think of these like viruses or malware affecting that bio-computer brain of yours. These are false ideas appearing to be true. Do you possibly think there is only a limited amount of money in the world or possibly that getting sick is just a fact of life? Possibly someone told you when you were a little kid that you were just a "bad apple" and that idea is still making you feel unworthy or undeserving of your good even though you don't even remember the person or the time. Remember, that bio-computer brain has been absorbing every sound, sight and idea your senses have been exposed to since your consciousness first inhabited your physical form.

Most of this data you simply accepted as true. None of that data needs to be true for you if it does not serve your interests or desires. This gets back to the central idea that Reality is not something that is separate from you. Your reality is unique to you. Your consciousness is shaping it moment to moment.

We can acknowledge that most people are dreaming similar realities into existence. Here's why – it is because each individual's reality is determined by what "requests" they send out to the network and since everyone wants many of the same basic things, we get similar results.

What is it that everyone wants? A happy and satisfying life experience. That of course will be a little different for each individual but the energy signature of the physical expressions will be very similar. If you keep your focus on appreciation and energize your positive anticipation, you will find your results keep moving you in the direction you desire. The results may not be exactly what you expected though because your Soul self will occasionally provide an improved solution. Send out requests for happy satisfying love filled experiences and that is what will come back to you. One way we are all virtually identical is in our desire for experiences that deliver love and joy. Helping fine-tune our ability to predominantly create such experiences is the point of the story we are telling in these pages.

So back to where we started, APPRECIATION is the key.

> Maya Angelou once said, "Let gratitude be the pillow upon which you kneel to your nightly prayer".

Going to sleep with some positive appreciation is very useful but even more important is getting your day off with the right train of thought. When you wake, do you immediately start thinking about all the issues you have to deal with in the day ahead? If you let yourself start your day off with worry, it can easily be all downhill from there.

You will likely find it very useful to start your day with some meditation. There are many Sanskrit mantra's that will affect you very positively on a few levels. "Dhanya Vad" is one such mantra. In English this translates to "I Feel Gratitude". Meditation is similar to positive prayer or affirmations. The easiest way to meditate is the method made popular by Maharishi Mahesh Yogi known as Transcendental Meditation or just TM. It was popularized during what has been called "The Dawning of the Age of Aquarius" – a period of intense social and cultural evolution that began in the 1960's. The "good vibes" were spread by folk heroes of the day like The Beatles, a famously talented group of musicians who made a very significant contribution on to the shifting of perceived reality for the masses.

This is another good experiment for you. Try some meditation right now. Find a comfortable place to sit where you will not be disturbed for 10-15 minutes. Sit down and begin taking some slow deep breaths as you consciously relax your body. Close your eyes. Let your breathing return to normal and begin saying "Karuna Hum" in your head. Karuna Hum is an ancient mantra, or sound with a specific vibration that affects consciousness and brain activity. This is the main mantra we have chosen for Time Space Adventurers because it is the way of compassion. Our main intent with these teachings is to bring greater levels of personal joy and satisfaction with life through the spreading of tolerance, hope, love, peace, optimism and belief in an ever evolving creative adventure for all.

For meditation the intent is to distract you from the internal ego dialogue and offer the opportunity to receive energy and insights from the non-physical part of you that is always connected to all. This will be discussed further but for now just experiment with this meditation practice. Turn off the phone and find a quiet place where you can have a few minutes of uninterrupted time. Close your eyes. Take a couple of slow deep breaths and then begin repeating "Karuna Hum" to yourself. Not out loud – just to yourself. Simple, just keep repeating it in a relaxed way. When your mind wanders, just "gently" return to repeating the mantra in your mind. Nothing to it right?

It has been demonstrated in numerous scientific studies that mediation has numerous benefits like stress release and increased brain synchrony. Our key purpose is to improve our connection with the cloud network. You will likely find it is next to impossible to totally shut off the voice of your ego basic operating system. That voice is also what keeps you from being aware of much information that is readily available to you in the cloud. Ego you thinks it knows it all though. You will note that all of your doubts and fears originate with that nearly non-stop monologue from the advisor in your mind. Even pushing that voice into the background for a few moments during meditation can have a big effect like pushing a reset button or running a defragmentation program. It's an anti-virus program. This is also why a good sleep is so important – that tunes out the voice as well. We will come back to the importance of meditation in helping reestablish a strong connection with your higher self later in this story.

## Why are we here?

So far in this discussion we have touched on the WHO and the HOW storylines of the adventure we are living. Next we have what is for many the biggest question - the WHY for our story.

Love is the source of positive transforming power. What is love? Love is emotionally charged appreciation. The statement that all you need is love is very accurate. If you could live all of your moments in love, you would have a perfect life accomplishing everything you desired with ease and satisfaction.

However it is likely that you do not find yourself yet in that place of total harmony with the world around you. Not to be disheartening but you are never going to be in that place for long until you exit the game. Reach one goal and you will always come up with a new desire. You are never going to be completely satisfied for long. This is the natural evolution of material existence and consciousness. You are here to be a "Creator" not just a spectator. This is why so many people get addicted to one thing or

another. It could be drugs or work or video games but it is just a distraction. It comes from distress and wanting to turn it off rather than finding a way past it. Like any affliction, you should not fight and worry about it. The best course of action is to create a vision filled with a feeling of health, vitality and joyful appreciation for all the good things you can discover about your world.

No judgment here – you are free to do whatever you want with no penalties except a less satisfying life. All anyone who is consumed by some addiction need do is reconnect with or find a new objective. Find a reason for living that brings satisfaction. You got into this game with some objectives and if you don't pursue them you will never be happy for long. It is very common to be addicted to many things that help you take your mind off things you don't want to think about. Some of them can have an effect like meditation in tuning out that criticizing ego voice for a bit of time. The problem is that while meditation has very positive physical side effects ingested substances or hours in front of a computer screen may not. Again, if you focus on seeking things to appreciate it is unlikely you will have serious problems dealing with any addictions you pick up as distractions from moment to moment life experience.

There are a lot of us currently contributing to the tapestry of human existence we are weaving together. We are all at different points in our personal evolution of consciousness. Many still have no idea that the individual they believe themselves to be is just a character they have imagined into being. As we have discussed, since even before you were born into this 3D time space reality, you have been absorbing information about this world. Your initial objective was to design a character that could survive and hopefully thrive in the circumstances you found yourself.

For a long time you believed that you were on your own and involved in what was primarily a survival game. It was all about competition and being good enough to get what you wanted. Some of us were lucky enough to be surrounded by an encouraging positive, love filled environment and this often gave us an easier path to travel. Of course on the easier path there are often not as many learning opportunities so, long term, the easy path just creates different challenges. Since we are each writing our own story, based on our personal observations of the world we find ourselves in, there is an infinite amount of diversity. We are each very unique. No one else in all of time space reality has had or will have the same story as you do. That said we are all quite similar at the same time.

This game world on Planet Earth has many basic laws and inherent structures that put some parameters on our adventures. For one, our characters are mortal. Every one of us has a limited amount of time as the character we have imagined into being for the

current adventure. You have actually done this many times before even though you remember little if anything from the other adventures (past lives) you have lived. And, don't worry if something falls out of the sky to crush you tomorrow, while you may be disappointed if you were having a really good time in your life, you have many more life adventures yet to unfold.

This brings us to a very important point. You need to realize that while our current stories may differ greatly, your essence is no different than all of the other conscious beings you are sharing this time space reality with. All differences are the result of how we perceive others based on what we think is their story. As Shakespeare famously stated, "All the world's a stage, and all the men and women merely players." No one is "better" than anyone else. Some people will certainly create a character you like better than others but that does not make you superior to them in any way. They will only be important to your story if you focus attention on them. The only rule of engagement if you want to surround yourself with positive happy energy is to "be kind". We are each a point of infinite intelligence and energy expressing itself in a physical adventure world. And that gets us to our big question for the moment: Why?

The answer is Creation. For untold eons we have been designing material worlds as individualized expressions of an ever expanding energy field. We are artists imagining physical forms into "reality" and living adventures of ever greater complexity. The why is the same as for any artist. We have come into this physical world to dream new things into existence with the intent of creating an enjoyable and entertaining experience. We also have a natural interest in spreading joy and good times to the world around us. We are not directly responsible for any of the others but the less unhappiness there is in the world the more easily we can live up to our full potential.

When looking at the world around us, it is easy to question our unlimited abilities and creative power. The world we perceive around us often seems rather disappointing and even cruel and unpleasant. The reason for this is quite simple. Since whatever we choose to believe will be expressed as reality, it is clear all too many people feel like victims with no control and believe in a reality they don't find very enjoyable. The challenge is that "appearances" easily become repeating loops of awareness. People get stuck in accepting what they experience in the moment and forget that by changing their mind they will change their world. While it can be challenging, you must not get caught up in appearances. Instead focus on an image of how you want the world to look.

We have discussed the power of using appreciation and thanksgiving to take you to where you want to go. When the world you see before your eyes is not pleasing the easiest way to start to alter the picture is by redirecting your view to things that are

pleasing. You don't need to pretend that certain things don't exist and are not real at this point in time but you can always direct your attention somewhere else. No matter what the issue that is troubling you, seek out positive aspects of the issue and use your mental focus to energize and strengthen those aspects. Gradually those positive aspects will begin to dominate the situation.

Like so much in this adventure world, it can be easier said than done. This is because you have been practicing the observation method of evaluating life for a long time. This is very natural. In your early years, this was the only way you had to figure out how best to interact with others. You would generally follow the path of least resistance. If what you did was judged positively, your natural reaction would be to decide this was positive and desirable behavior. Of course the reaction and judgment of your behavior was totally contingent upon the beliefs of those you surrounded yourself with.

The natural tendency is to try to gain approval from those you are associated with. If you believe you should respect their opinions, their judgment of you will be important to you and be responsible for shaping your behavior to a great extent. As you mature and your consciousness becomes more sophisticated you begin to view things from more of a universal perspective. Your world expands and you begin to identify with being a part of a larger segment of humanity. This gradual realization that you are part of a larger and larger sub sect of Universal consciousness is the natural result of the expansion of individual consciousness. The eventual realization is that you are always connected to all of Creation like a drop of water in the ocean is always ocean. The magic of this is that you are also a unique and individual expression of awareness having a physical adventure in time space reality.

While you are in time space reality, you have this physical form you have inhabited and created for personal use. As we have said while you inhabit this body you have some inherent physical limitations. Your physical body will not last forever and is subject to injury and physical malfunctions. You can control all of these and can even extend your healthy lifespan considerably if you chose to. There is a reason malfunctions of the body are referred to as disease – all illness is a lack of ease in the system. Stress and resistance are the cause. Negative emotions result in stress and resistance.

So what do you need to avoid? Anger, fear, anxiety, jealousy, resentment, feelings of insecurity – anything that does not make you feel good causes resistance. Therefore besides not helping you be happy, any resistance is also damaging to your physical body.

This is why if you are sick the last thing you should do is worry about the illness or fear negative outcomes. Your best shot is to believe in your wellbeing. No matter what the ailment, it is possible to re-imagine your condition to one of full health regardless of

what the doctors say. Now that is not to say that every illness is a failure of thinking and believing because you are also not obligated to stick around for a hundred years. It is very possible that when you are 7 or 27 or 77 that you have accomplished everything you feel like doing in a particular adventure or possibly you are simply tired with the story or challenges you have created for your character and you would rather move on.

Remember that your true, non-physical self does not die when your awareness leaves a physical body. Through time you have found a myriad of ways to exit the game. None of those exits regardless of how extreme or simple has any effect on your true being. The point of consciousness that was you releases its local focus and regains its unbounded awareness of all that is. During your lifetime you may get glimpses of this reality with moments of a near overwhelming sense of "oneness" with all of Creation. This is a glimpse of your true nature.

But let's get back to today and the here and now. At the moment we are all engaged in figuring out how to get the most out of the adventure we find ourselves a part of. We want to talk more about why we are here. First and foremost, we got into this for some fun and adventure. There is a song that mentions that nothing ever really happens in Heaven. That is true. It is all of us living in physical form that are at the "Edge of Creation". It is all happening in the physical world right here where we are. And our objective is to have fun and make whatever contribution to the ongoing story of Creation that we are inspired to make. You must re-direct your focus any time you find yourself worrying about anything or anyone or anything else. That dissatisfaction will only diminish your own happiness without contributing anything to anyone else. Focusing on a problem will always increase the problem.

Looking at the world we live in today there is much stress evident in our day to day life. The news media does its best to let us know about every tragedy and failure of humanity they can find. This does not present an accurate picture of reality because the focus is most always on the "unwanted". As you are hopefully beginning to appreciate, a focus on unwanted only brings the awareness of more unwanted in what inevitably is a continuing decent into depression. Luckily most of us become numb to the "horrors". Although it is actually a good thing, some people become upset realizing how quickly tragedies are forgotten as the news cycle moves onto something new to be upset about. It's not just the news media either – how much of our entertainment world is filled with the same stories of violence and destruction. We seem to be obsessed with it. Why? Because we all really want something better and in our yearning for that better world we have a natural tendency to focus on all the unwanted things believing we must pay attention to them to overcome them.

The challenge is that to really eliminate them from our reality we must stop paying any attention to them. This seems like a contradiction but that is because most people believe we are the victims of reality rather than the Creators. Our ego based rational mind has an ancient fight or flight mechanism that served us in an earlier day but has lost its value as consciousness has evolved. We are now realizing our ability to affect the storyline. However, we will still say to ourselves that just because I stop paying attention to all the bad things going on in the world they are not going to go away. In fact we often believe that without our attention things will get worse because no one is caring about them. This is how you will think if you have a victim mentality believing bad things may happen to you and you must be aware to protect yourself. We are coming to realize we can have full control of designing our own personal realities. While all the unwanted will still exist, it will only be personally experienced by those who fear and give a lot of their attention to it. Ignoring the problem is actually the best way to decrease its impact on your personal life experience.

This is not easy. For a long time you have believed you were the character you have imagined into being and that you live in a very uncertain world filled with dangers. Some of the most common phrases you will hear from others who care about you will be "take care of yourself" or "be careful". Think about that – an encouragement to be "care filled". Might as well just say be worried because it is a scary world out there? Since, in reality, it is up to you what you choose to bring into your experience you must start taking control of what you focus your attention on. If we are to create a more joyous and pleasing life for ourselves we must start by always striving to focus our attention on what is wanted instead of unwanted. You want to continuously seek out and appreciate what is right with the world to move things in that direction.

So, now we have arrived at our central point for this part of our discussion. What is the most direct way to change our world for the better? Stop "judging" everything. This flies in the face of your ego self that is always looking out for danger and prides itself on making evaluations of threat levels and best courses of action. Your ego self thinks one of its most important jobs is judgment. The problem is that judgment is FEAR based. Fear is the most negative of emotions and has great power to create the very situations one fears. Because you always eventually get what you believe in, fears are all self-fulfilling prophesies. Luckily for most of us the constant barrage of exposure to unwanted events by the news media has numbed us to the point where most of us disconnect from a personal connection to the reality of it all. However there is one area that we all too easily get sucked into and that is judging others.

This is the real root of the majority of our distress as social organizations. Most of us are very quick to make judgments about most everything. This is not surprising because all

of our lives we have been evaluating and judging everything to try and find the right way to handle situations and make the right decisions. We have not been taught to simply do what "feels best" – to follow our heart. We are taught that we should worry about the repercussions of a bad decision. This is where judgment comes into play and we are encouraged to nurture "good" judgment as a vital skill for successful living.

The problem with this is that where good decisions will always be made by going with your emotional guidance system and doing what feels good, judgment is the process of introducing all of the possible reasons something **might not** be the right way to go. Judgment is all wrapped up in the failures of the past and the likelihood of those failures being repeated. Judgment is also about creating unwanted projections of the future rooted in the fears of insecure egos. If someone believes they do not have control of their life they will believe they are always a victim of circumstance. As a result, they will tend to instinctually fear all but those they are closest to them because they believe everyone is out for themselves. If you know you are in charge of your own destiny you need fear nothing. If you don't believe in your own personal power and destiny then everyone is a potential threat.

Self serving leaders have used this device to their advantage through all of history. What is the best way to secure the strength of a government? Convince the citizens that the government is needed to protect them. Create enough fear of something the government claims it can protect you against and people will even give up their personal freedom to buy that supposed protection. Here we have arrived at the biggest threat to the positive evolution of our social organizations and human consciousness. It is fear of "the other". It is an all too common storyline. A government, some individual or an organization will define some "other" as a danger that threatens everything good we hope to accomplish and the world we want to live in. This is a trap that one can easily fall into. We have been told stories of good guys and bad guys all of our lives. All of the great tales are about a good versus an evil. It's YIN and YANG. It's positive vs. negative in a never ending battle on the adventure field of Planet Earth. It's engrained in our thinking and it is that way because our egos enjoy the competition framework of it.

The characters we have created enjoy the struggle and fights to win and triumph over the other. We have used the video game analogy as a way to look at our life experience. We are thrown into an adventure story and must figure out how to survive and find our destiny. The stories we have been told are easy models for the reality we create in our minds. Most of us have little awareness that we can control the game play. We can hack the program anytime simply by writing a new storyline. Until we realize that we are the writer and director of the adventure, we are left to react to the storylines written by others.

This is from one of the messages in Deepak Chopra's 21-Day Meditations Series (you will find the "Manifesting Grace through Gratitude" particularly useful – if you are not currently a regular meditator, take advantage of this excellent program):

> "Reality is not an impersonal experience or concept. It is personal, and how we see it and relate to it is a product of our unique history, attitudes, and beliefs. We are unique in who we are, unique in how we see the world, and unique in the reality we experience.
>
> The core of our awareness is the source of our beliefs, feelings, and attitudes, and therefore is the place from which we can change our personal reality. The inner awareness is an ever-present field of possibilities. We always have the possibility or choice for change at any moment."

We are the designers of our own destiny but many think that to get what they want they must manipulate how others think. We have judgments being made about others to create supposed threats. Then the problem created by those "others" is used as the excuse for why the powers that be have not been successful in delivering a perfect life for their good followers. A government that needs an evil group to scare their citizens with is a government more interested in serving its own interests those of its citizens. It is a government that wants to impose its own view of reality on everyone else. This is how individual freedoms are eroded in a large society.

The easiest "group of others" are sub sects of the population with particular lifestyle attributes that present a different world view reality. These attributes are then used to distinguish these "others" and make them appear different and threatening to the group from whom support is desired. The most common "threat" is ethnically based where individuals can be grouped by a nationality or skin color. Religions are the other big one because here you can say that a certain groups' beliefs are a threat to you because what is true for them is not true for you. This all makes for lots of adventure for those who choose to create "us against them" adventure worlds. All of these infinitely varied "realities" obviously can co-exist and are integral to the ongoing development of the game. This information is provided as an example of how societies can be manipulated when individuals are simply reacting to the world around them rather than making their own choices based on how they personally feel. We are also not "judging" this approach to life as BAD – clearly many people do not believe they are the creators of their own reality so they will draw to them whatever best serves them in growing and moving on.

Suspending judgment is the best way to pursue the objective of maximizing personal freedom and satisfaction. Stop buying into the stories of danger and a belief that

somehow "others" are adversaries. Certainly some of those in "the other" group have accepted the role they have been cast in figuring the only way to survive is to fight. They may even become a "terrorist" thinking this will make them a hero to their side. Remember though, when they were born they didn't know anyone was the enemy. This is something one is taught. It is programming that insists outside forces can control one's story or that you need to control someone else to get what you want. It is the negative feelings, distrust and even hatred coming from the "other" other group that teaches them to believe they must fight to survive. Both sides of course believe God is on their side. We may never reach a time when we are freed from the adventure stories of the past because much satisfaction can be found in battling against perceived evil regardless of which side you pick as the good or bad guys. Recognize that we are all here for fun and adventure and we have an adventure world of unlimited possibilities and storylines.

You also need to suspend self- judgment. Regrets, resentment and anger should have no role in defining your days. No one is doing anything wrong. It is all part of the evolving plot lines being woven by billions of individuals who all have free will and unlimited creative abilities. You may be here to be a great warrior – a knight in shining armor or possibly you are here to give all of those knights a worthy opponent. Maybe you came to bless the world through your artistic ability or to shake it out of worn out patterns with revolutionary ideas. Try not to forget that you got into this game for fun and adventure. Everyone has absolute freedom to make up the story they want for themselves and the only judge of what they do is themselves. If they are enjoying themselves then they are doing exactly what they ought to.

So again, focus on your actions and your mission. Our point is that while there may be bad guys in your story; make sure they are there for you, as your challenge to figure out. Don't let someone else manipulate you into thinking someone of something is undesirable for their own purposes. Don't fight someone else's battle unless you really want to make it your own. And remember that while someone else may be the "bad guy" in your story that does not make them "evil". They are there because for the desired evolution of your character you needed them. They needed you for their story. You are just a character created by a higher self that is eternal and unlimited in abilities. (Your name here) may have a long, short, exciting or boring time in this game. That higher self you is just enjoying the ride so make it a fun and ideally even a thrilling adventure.

A message from your higher/Soul self:

> "We know sometimes you may get frustrated and even feel lost but you are doing a great job. It is not always easy to live up to your potential as a powerful

> Creative force but trying is what makes it an adventure. Our best advice is to not take it too seriously. Do whatever you find you enjoy doing. Do nothing if you like. It is your game and you asked for an entertaining adventure. There is no downside. Your character will reach the end of the line but that will have no lasting effect on you. You will probably decide to play a new game. All of us up in the "cloud" here want to thank you because we get to experience this entire adventure with you and it is fascinating. We are cheering you on all the way and don't forget we are here to help out anytime – just ask and be willing to accept our help and you will have it. Happy adventuring – go for it, take chances, test your abilities. Have fun!"

Here's another experiment:

> If you are not sure where you are on this path, we suggest you do another experiment and send out the question, "What should I do? And, please help me not miss the answer when you get back to me. I'll be expecting some guidance in the next 48 hours. Thanks in advance".

If you are not having much fun with your current storyline don't ever forget you are in charge. Change the channel. Watch a new movie. Solve the puzzle at hand. Design a new character. Everybody has a story and most of them will never have much to do with you. There will always be dictators, con men, soldiers of fortune – heroes and villains. Then will be those who just choose to live in their own world enjoying all the wonders that can be found on this lovely planet we have for a home. Never forget we are here to have an adventure and everyone gets to come up with their own story. No judgment. Live and let live. Stay focused on your own adventure.

> What are the guiding principles for a happy adventure? Be kind, compassionate, appreciative and let desire be your creative compass.

This may be difficult because by this time many of the ideas and fears have been programmed into us by our peers and the prevailing social organization. This is where we need to rise in our level of consciousness to recognize that regardless of the costume and part we have picked out for this current adventure story, we are all inseparable parts of one whole. As I think we said before, we have no greater difference between each of us than the difference between two drops of water in the ocean. Everything else is a story we have made up for ourselves for an adventure in 3D time space consciousness. It has always and will always be totally up to us how we play the game.

That said the question comes down to whether the prevailing games people are playing are what you what to play or not. There is no judgment here. It is simply a choice and

like every choice it will generate a reality experience in line with what you believe to be true. When you get the answer to the question you asked recently you may discover some entirely new direction. It will be like getting your next assignment from mission control. There is an overall evolution to the game on a Universal scale. As the level of consciousness of all of us on the planet evolves we will become less interested in war games and good vs. bad battles.

Some more wisdom from the Bible, 1st Corinthians 13:

> When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became an adult, I put the ways of childhood behind me.

The games that appeal to us when we are young are not necessarily the games we still want to play as we mature. As a species we are slowly maturing.

The keys to this new level are the suspension of judgment, a focus on the things we appreciate and building our skill of following the path offered by our emotional guidance system.

## An Adventure Story – Path of Peace & Love

Maryanne Williamson teaches that there are really only two emotions in life – Love and Fear. When we allow love to flow in our lives, fears begin to melt away. In love there is no judgment because true love is unconditional. When we are appreciating all of the wonders that surround us we are in love with the world and life. This is the state of grace and joy that is the highest goal for each of us and the place where separation disappears and our unity in an ocean of consciousness becomes clear. At this level we realize that we are all "one" and yet still individuals free to imagine into being our own stories.

We have been discussing your ability to control your own story, but it should now be clear that everything you do affects the whole. You cannot write someone else's story but you can influence it if they open the door to you.

For a tremendous boost in our ability to uplift your life and the level of life satisfaction on the planet as a whole, we need to strive to lead lives of compassion and kindness. Recognize that the differences between us are illusions. Recognize that anyone who

makes the other an enemy is only trying to gain control over you by using fear to manipulate you. The more inclusive a world we create the greater the peace and wellbeing of the whole. Judgment and exclusion create resistance which can only result in dis-ease in the system.

### KARUNA HUM: I am Compassionate and Kind

In this book, which was originally named "Designer of Reality™ Guidebook", we are discussing the art of living a life full of personal satisfaction, joy and love. Yet when we look around us, we may feel that it is somehow wrong to put so much importance on our own happiness. Everyday – if we have not decided to avoid "the news" as much as possible – we are exposed to new incidences of misery, pain, death, and violence. If you believe in a "devil" the news media is its voice. We all, too often, listen believing we must know all the horrors of the world to have any chance of protecting ourselves from evil. Most of us fail to realize that by fighting back we only sow the seeds of more sorrow and fear. Fighting back only fuels the fire. Those who realize how Creation works know that by focusing ever more attention on what is unwanted simply gives it power by making it appear to be the dominant state of being rather than the aberrations of a storyline that is off the rails.

The key realization that we want you to assimilate is that it is up to you whether you live in a Heaven or a Hell. (Don't let the beliefs of the character you have created get in the way here – we are speaking metaphorically with Heaven and Hell representing states of mind.)

Heaven is a life filled with love, joy, thanksgiving and most important an unfailing belief in better tomorrows. Hell is a life filled with hopelessness, fear, sadness and resentment. Most of us do not live in the extremes with much consistency but find ourselves going back and forth by what appearance of reality shows up to our perception of the world. For our metaphor, that in between place would be called purgatory. This is where most people find themselves. Lives filled with some Heaven and some Hell. If it is a busy news cycle, it's probably not the greatest day because there is too much to be concerned about. If there is a Royal Wedding or an exciting victory by some sports hero or team most people will be a little happier and less worried about the future of the planet. Appearances can be deceiving though and we must be aware that it is our interpretation and focus that determine how our individual story will develop. We can often influence the reality of others but we are only responsible for our own reality.

The first cornerstone is the realization that you are responsible for your own reality based on your beliefs. The second cornerstone is realizing that whatever you focus your attention on will be what you attract into your life. Since what you focus your attention

on is what you will get, you realize that continuously seeking things to appreciate is the path to be on. You learn to use your EGS – your emotional guidance system – to make your choices. If it feels good and right in your gut, go with it. The third cornerstone is the WHY for your story.

For untold eons we have been designing material worlds as individualized expressions of an ever expanding energy field. We are artists imagining physical forms into "reality" and creating adventures of ever greater complexity. The why is the same as for any artist. We have come into this physical world to dream new things into existence with the intent of creating an enjoyable and entertaining experience. If you are ever unsure of what you should be doing, simply ask the question "how can I serve or what should I do" and pay attention for some inspiration. Just "follow your bliss" was philosopher Joseph Campbell's direction for successful living. If it feels good, go for it!

And now we come to the final cornerstone which is where we become the "Designer of Reality" we have the opportunity to be. A shaper of the storyline for our species and an influencer on all that we encounter in the physical domain. It is a path where we can go beyond shaping our own experience and have a direct impact on all of Creation.

Karuna Hum is a Sanskrit mantra. Its English translation is "I am compassion," or "compassion is my true nature." Used in meditation the intent is to help you reconnect with the deep sense of compassion and connection with others that is your purest state. It reduces or even removes any false sense of separation and defensiveness against others, and cultivates feelings of deep love and kindness. It promotes a personal focus on living "in love with life". Love is the highest form of appreciation and the most powerful state of mind for you as the author of a joyously satisfying life story.

Karuna Hum is a book of stories. It tells stories of many influential "Designers of Reality", it tells my story and encourages you, the reader, to ponder the story you are writing. Hopefully you will be inspired to design new and improved stories for your personal adventure. In the process you will have a positive impact on shaping the future reality of our planet.

The central truth delivered by the book is that you can never be a victim unless you choose to be. You have total control over how your story develops. This does not mean that all you need do is maintain a positive attitude to have a problem free life. What it means is that in every problem you can find that silver lining. Every adversity includes a gift that you will discover by keeping your attention on where you want to go. You will come to know that nothing can happen to you that is not serving your greater good. The most important realization that you need to accept is that you can do nothing wrong and you are not being judged by any higher authority.

You are writing your own story and your story alone. While our stories interact with each other, we each live in our own world and no one else's world can affect yours without your permission.

Your mission is to "follow your bliss", have fun and create a satisfying adventure story for yourself. If you consistently follow a path of personal happiness you will fulfill your life purpose and make whatever contribution you have chosen to make to the story of your species on this planet.

If your are following the story we are weaving here you will recognize that most people live in a perpetual dream that they believe they are experiencing rather than creating. This is why Spiritual teachers often tell us we need to "wake up". From the moment of our births we have been writing and directing this adventure story in which we find ourselves. We are like actors on a stage who have practiced a particular character for so long we forget who we really are. Most of us play multiple characters and shift seamlessly from role to role based on who our audience is. One character is a parent, another goes to work, another is an adventurer. We easily believe that these characters are who we really are instead of a fiction we create for the part we have chosen to play. The difference between the various characters and the awakened you is choice.

Your created characters react automatically to the world based on habit and the guidelines they have accepted for their character. It is a kind of "auto-pilot" based entirely on predicting probable outcomes of different actions based on past experience. This is the world of the ego (which is the "basic operating system" in your bio-computer brain). Your ego totally believes in all of those characters it has created. With a primary purpose of self-defense, by nature the ego responds to things outside of itself. The ego wants to influence the character you have designed with what it believes will best serve its interests. The ego does not believe your character(s) has been made up in response to information you have absorbed from your environment. The ego always seeks control but it is always somewhat insecure because it does not believe it has any control over what is going to happen in the story it is a part of. This is why the ego worries and tries to get its own way all the time. This is why it fears the unknown. Remember that the conscious higher-self part of you can override the ego's decisions anytime it chooses and forge new paths. The ego can do nothing but react.

YOU always have a choice. You can change your character any time you wish. If you are not having fun, you should change your character until you find something satisfying. It does not matter what anyone else in the world does or thinks. It is totally your decision. You owe no one anything. Everyone has access to the same unlimited creative power

and is completely in charge of their story. We each are living the tale we have written for ourselves up till this moment.

Desire is your creative compass. If you are inspired to want anything, you should pursue it and be confident in your ability to write it into your story. There is no need to "earn" anything – when you were granted admission into the game you were given a license to create. The only condition for you to maximize your personal satisfaction is that you stay true to the path set by your emotional guidance system. The counsel of your Soul self is always available to you through your emotions. Your EGS will provide the roadmap to success. That is the gist of how you are inspired to write and direct your personal story for best results.

Karuna Hum is also an affirmation of the one and only commandment there is for your interaction with everything outside yourself.

You will find the way of kindness and compassion to be the most satisfying road to travel. If this is so, why are more people not living this most satisfying and enjoyable way. We come back again to the fact that ego makes all its evaluations based on observation. The ego's focus is based on what appears to BE instead of what can be. The ego definitely believes there are many bad people and evil forces you need to watch out for.

When you are not feeling good or you find yourself lacking something you want, the ego will focus on the ways you are not feeling good instead of focusing on the ways you do feel good. To regain perfect health after an injury or illness you must be willing to believe in – have faith in healing – believe that your body is fully capable of restoring itself to perfect health. You must come to accept that outcome as your reality and not fear the unwanted outcome. It is as we have said in many ways – whatever you choose to believe will become your reality. As long as you can keep positive belief more dominate than fear you will get what you actually want.

**The Karuna Hum Way of Compassion** is about more than you healing your body or solving a personal life question. It is about healing the world. The reason we are calling this the fourth cornerstone is because you must first learn to take care of yourself before you can offer any significant help to others. You accomplish this by learning the way of appreciation. By realizing that whatever you are inspired to want is intended to make the world a better place. All it takes is having faith in a positive result instead of fear of an unwanted outcome.

That gets us to the Adventure Guide part of the Karuna Hum story. Each person lives in a reality of their own making but the actions and examples of others help shape each

individual's perceptions. Influencers empower specific belief patterns that can gain momentum and become part of the greater tapestry of life on the planet. Not all influencers move reality and beliefs in the direction we may believe to be optimum but when that is the case it will stimulate the desire for a different reality. This is why it is crucial for us to apply our will, desire and belief in the reality our heart (or Emotional Guidance System) tells us is going to deliver the most happiness and satisfaction with our life adventure. To use Dan Millman's concept, we are Peaceful Warriors learning to wield our creative powers in the service of love and compassion. We achieve this not by fighting or complaining but by envisioning, spreading a belief in and empowering the reality we want to prevail.

Clearly everyone is not having a satisfying experience. Once you wake up to the fact that you can run the show as writer and director of all of the action, then you just need some coaching on how to get the most out of it and how to find satisfaction more often than not. We will come back to how you can help others out but you cannot help anyone else until you get your own act together. You must secure your own personal power and feeling of wellbeing first or it will remain easy for the weight of the world to drag you down into the pit of despair. As Jesus said, it only takes a mustard seed of faith to move mountains. Believe it and make it so, doubt it and be doomed. Why do you think Jesus was so insistent with his command to his followers to "fear not"? If you are afraid or worried it is because you don't believe you are in control. You need to know that you will never write a story that will not serve you if you simply make your choices and choose your direction by listening to your heart.

According to Buddhism, dealing with fear involves dealing with your perceptions. In fact, this philosophy defines fear as an error in perception. Fear stems from fantastical and terrible images that end up taking over your mind. It is that ego basic operating system predicting negative rather than positive outcomes. The ego falsely believes in the need to be aware of all possible dangers to keep you safe. A key point of this book is that the opposite focus is needed if you are to stay on a path to better and better. With faith in your personal power to shape your reality, you can walk through the valley of the shadow of death and fear no evil. This is what Jesus attempted to teach us – that we each had the power to shape reality. Religions mucked up the messages of the great Spiritual teachers but they were each trying to communicate to us that we had the same capabilities as them. The overriding storyline for this adventure we are all sharing is one of the evolution of consciousness and our personal rise above the unwanted illusions of the world.

Buddhism also argues that fear finds its most fertile grounds in those people who lack love. Bitterness, envy, and selfishness are harmful ways of relating to others. Such emotions are the seeds of conflict.

**"Better than a thousand hollow words, is one word that brings peace."**

**-Buddha-**

In general terms, Buddhists believe that the best way to deal with fear is to focus completely on the present and live with compassion. This will lead you to feel stronger. As such, there'll be less room for fear.

Now back to the habit that creates the most tension and dis-ease on a societal social level. **Judgment.** That ego basic operating system we all have loves judgment because it believes life is a competition with winners and losers instead of a multi player adventure game of ever greater complexity where the best results come when we are all working together. It loves believing it is right about how it evaluates everything. The problem with that is it always makes someone else wrong. Judgment and fear are cousins. Love is the opposite of fear. Compassion it the close companion of love.

If we listen to news media and many of the loud voices in society, we will hear judgments made on all kinds of people and situations. Some groups of people are believed to be dangerous to some of us. Fear of "the other" is the rallying cry of those who want to control those others. They have the misguided idea that they are in competition and that somehow others are going to limit them in some way. They believe their personal reality can be adversely affected by what someone else does. How do we get past this?

## We must abandon judgment.

What does a life without judgment look like? If you could place your awareness in one of the many animals that live on our planet with us, you would know. Rather than using judgment to determine their actions other life on this planet relies on instinct and a moment to moment awareness of the world. They **worry** about nothing. They don't suffer from anxiety. They are not concerned with needing to do anything to deserve a good life. Even when they have learned behaviors, they simply reflect the path of least resistance. Without judgment other living things simply live the life they discover moment to moment and respond naturally and automatically to changes in the world of their experience.

What do we tend to do? We tend to spend our time being anxious that things will not work out the way we want. For other living creatures worry is not a concept that has

any relevance. They have complete acceptance that all is always in order. They take it as it comes without judgment or annoyance. We humans are different. We can go back to the parable of Adam and Eve and taking the bite of that apple. Before that metaphorical moment that represents a quantum leap in consciousness, we were like the other living things. We simply lived our lives – without judgment or expectation. But then Eve got tricked into eating some of that forbidden Apple from the Tree of the Knowledge of good and evil (judgment). She shared it with Adam and this became the classic case of the loss of innocence. Before this they did not have any awareness of right and wrong. There was no judgment. Everything simply was. Judgment is all about pronouncing someone or something as bad and negative. This serves only the ego with its need to identify possible threats. Those threats are all imagined and by imagining them we are actually helping them manifest in physical form.

What really happened here? This was part of the natural evolution of consciousness for our species. It is the realization of choice that is represented by the bite of that apple. This is very powerful knowledge to have but it comes with the potential of a high price. If we are not to live by instinct and the natural responses to the world we were born with then it is possible for us to re-write the story – **to create new, even radical responses to the world around us**. The natural order is no longer fully in charge. This is why it is said that we are created in God's image – as Creators. God, as the concept is commonly accepted, created Heaven and Earth. It began with the word of God or as an idea. This is what we do. We are here at the edge of Creation taking it forward in new directions. We create whatever we believe in for our reality. Desire is our creative compass. It is the conscious beliefs of all creatures that define the prevailing manifestation of their time space reality. We can alter how reality is being manifested by our personal beliefs, hopes and dreams. We are the wild card because we can believe new things into being that were not previously in the architecture of the game.

With power also comes risk. Our ability to choose can create problems because we often do not always agree about the choices of others. We might not even believe we will make the right choices for ourselves. And thus judgment became a dominant sub-routine running in our bio-computer brains with good and evil, right and wrong evaluations of every action and situation. Whatever group had the most power got to determine right and wrong. While many of the evaluations were intended to protect individual freedoms, many others were intended to enslave or control "the others" who might not want to do things the way those in power desired.

Many will say we could not survive without law and order and lots of judgments' being made by those who think they know best. Those whose power is based on control of the actions of others clearly need law and order. But do we?

If you are realizing that we each design our own personal experience of reality then you can accept that what someone else does can only affect us if we choose to let it. We do however have the ability to affect the unwanted realities of others. This is where the way of compassion comes in. Compassion is replacing judgment with love.

A candidate for President once said about the country's leader:

> "(He is) not going to be beaten just by insider politics talk. He's not going to be beaten just by somebody who has plans. He's going to be beaten by somebody who has an idea what the man has done. This man has reached into the psyche of the American people and he has harnessed fear for political purposes.
>
> So, Mr. President — if you're listening — I want you to hear me please: You have harnessed fear for political purposes and only love can cast that out. So I, sir, I have a feeling you know what you're doing. I'm going to harness love for political purposes. I will meet you on that field, and sir, love will win.

Of course if this candidate is to prevail it will take a considerable shift in the beliefs of the many who have bought into the stories of fear and danger. This is the kind of voice we need if we are to move past the dis-ease in the prevailing story of reality many people seem to believe in.

If we want a little more heaven on Earth, this statement from Michelle Cruz-Rosado gives us some good advice,

> "We are all of one light on the one Earth, and loving humanity makes all the difference."

With all of the negativity and injustice we see around us, it is very easy for our ego basic operating systems to feel justified in being critical of others. To evolve to the next level, we must take judgment out of the equation entirely.

Karma means action, work or deed; it also refers to the spiritual principle of cause and effect where intent and actions of an individual (cause) influence the future of that individual (effect). Good intent and good deeds contribute to good karma and future happiness, while bad intent and bad deeds contribute to bad karma and future suffering. So again we find it is only the individual that can decide something is right or wrong, good or bad. In reality any action or event is neither good nor bad because it is only in one's reaction to it that the positive or negative opinion will be created – and that is an individual decision not a universal truth.

Why is this so? Because our appraisals of good and bad are based on our past experiences and the opinions of others. Also we have no way of knowing if something we want to call "bad" is not actually going to put in motion a positive chain of events that lead to an outcome we think is desirable. We simply do not have enough access to information about cause and effect. As difficult as it may seem, the thing we must do is give up making judgments altogether. Stop believing there is good value in "constructive criticism". We can always be an encourager of someone believing in their own value and choosing to have faith that they will always find the best path for themselves. Criticizing them will never serve their true interests. Criticism always diminishes and never empowers.

That ego basic operating system of ours will fight this of course because it is all about judgment. Since its main role is self preservation, uncertainty is always its key adversary. Blind trust and faith in your eternal wellbeing is not something the ego can accept. After all if there is really nothing to worry about then the ego really has nothing to do but offer options for you to choose from. This would mean that your ego didn't always know what was best for you. The ego has a big problem with accepting that it may not always be right about its evaluation of everything. After all it is a very sophisticated bio-computer program that has been accumulating data since you were born and believes it is very good at perceiving the world reality accurately. Of course, so does every other ego out there and since they don't all agree on what reality is, someone must be wrong. Egos are very stubborn. The thing you need to learn is that your ego is supposed to be your assistant, not the one directing the action and writing the script.

Another useful thought for you is that we are all both students and teachers. Every moment is a teaching moment. Every person you encounter is there because you have attracted them into your life and they have attracted you. There are no coincidences. Not every meeting will be a world changing event but every meeting and interaction always offers all parties pieces of the puzzles they are trying to solve. This again is why it is so important to pay attention because if you are somewhere else in your thoughts you may miss the clue you have been offered or forget to ask the question you have been given the chance to ask. As we have stated, this is a vast interactive game we are a part of and we are all in it together. As we inspire others and provide them with ideas they are seeking we draw more support for our own objectives.

Who is the operator of the character that is considering this information we are discussing? It is the real YOU. Your higher self is always there behind the scenes answering your requests and sending in tips whenever you are paying enough attention to recognize them. "Soul you" is that part of you that on a non-physical energy level is and always has been part of the infinite field of consciousness and energy that is the basis

of all that is. At this point, in discussing the Karuna Hum guidebook ideas it is not important that you accept all of this as fact but ponder the ideas a bit. And, of course, since you are a Creator if you choose to believe it, it shall be. "Thou art God" as Valentine Michael Smith is fond of asserting in Stranger in a Strange Land, a novel by author Robert A. Heinlein.

To close this current section of our story, we are going to tell you about a scene in the book, "Good Omens". In the book we get descriptions of different scenes from our history as presented to two "angels" – one from the "good" side and one from the "bad" side. One brief scene that goes right to the central point of the story we are weaving is as we find them at the crucifixion of Jesus just as he is being nailed to the cross to die (the character he was portraying that is). The bad angel Crowley asks Aziraphale what Jesus did to get treated this way. Aziraphale says that Jesus told everyone they had to **be kind** to each other. Crowley quickly responds, "That would do it". I found this quite enlightening. This of course is because "being kind" is a very challenging idea for our egos. To our ego, kindness too often seems like weakness or at best carelessness. "Are you really going to turn the other cheek and just be nice - let others get away with everything?" One can fill many volumes with the documented teachings and preaching of Jesus and all of the rules and regulations that others have claimed on his behalf. But here in this amusing little tale we get Jesus' teachings distilled down to three words. "**Just be kind"** - kind to each other and kind to yourself.

There is no judgment in kindness. There is no hate, anger or revenge in kindness. Without judgment there is no need for forgiveness because you have suspended judgment of the actions of others. You have accepted that it is not that judgmental ego you running the show but that higher consciousness that realizes there are not good or bad events – there are only evolving storylines that we are influencing by how we channel energy and respond to them. If we are channeling the energy of fear and doubt about our wellbeing, that is the story we will find ourselves in. This is why we must give up judgment of everything. When we are judging, we are finding fault. When we are finding fault we become the one's responsible for it. We will create whatever world we believe in.

## The Karuna Hum Adventure requirements for having the most successful, satisfying and happy life adventures

1. Be kind and compassionate.
2. Find things to appreciate everywhere you go.
3. Let your heart and your desire be your tour guide.
4. Pay no attention to the judgments about yourself and the rest of the world from your ego.
5. Always accept and expect that things will work out in the best possible way for you.
6. Make having a life adventure filled with fun, love and personal satisfaction your driving intention.

This is the story of Karuna Hum, the way of compassion and kindness and ever more wonderful tomorrows.

## REALITY IS ALL IN YOUR IMAGINATION…
## DESIRE IS YOUR CREATIVE COMPASS.

*The most important realization is that reality is not something that happens to you. You are responsible for all that becomes your reality because it is totally defined by your thoughts and beliefs. Whatever you decide to have "faith" in will become real. Your objective is to learn how to guide your thinking to BELIEVE in the REALITY of what you desire. Staying on the path takes discipline and determination.*

## What's Your Story?

*Changing your world is simply a matter of how you choose to perceive the world you live in. It's about learning to keep your focus consistently on things you appreciate and want more of. It's about imagining a wonderful adventure for your life filled with love and joy and then believing it into being.*

**You are the writer and director of your own personal adventure story. How is your story going?**

This is probably the most challenging concept you must learn to accept. It is totally up to you what you do with the unlimited opportunity that you have available to you. You

are the only judge of your accomplishments and the measure of success is the amount of joy and love you experience.

This is a story about KARMA. Karma is simply a reciprocal exchange – what we give, we receive in kind. The Designer of Reality™ concepts detailed in this book with strategies and stories explains cause and effect and provides guidance to help you better take advantage of your creative abilities to deliver more of the things and experiences you want in your life. In these pages we will help you become aware of and appreciate the three levels of your being: "Sat, Chit, Ananda" or Existence, Consciousness and Bliss. The result will be a realization that you very literally are the designer of your own reality, and it is uniquely yours. While you interact with an infinite number of alternate realities, your world is completely under your control. The challenge is that you must be disciplined with your conscious thoughts and develop a strong faith in your creative abilities. If you fear or worry about an unwanted outcome, you are actually inviting it to be a more vivid part of your reality. Karma, also known as The Law of Attraction, will bring you whatever you ask for, for better or worse, because your thinking will make it so.

This is a guidebook for an adventure in the evolution of consciousness. The awareness of our true ability as the creators of reality is an inevitable result of the higher consciousness we are evolving toward. This journey will help you shift your perception of reality as you discover more about your true nature. We should start by saying that because you find yourself reading these pages you are ready for these insights. Whether you accept all of the ideas found herein is not important. These ideas will be like seeds that will blossom into new found abilities and perspectives on life. You can be assured that you are here at this point in the ongoing saga of the human species because you have an important role to play in fine-tuning our future path. That may seem to be placing a lot of responsibility on your shoulders, but accepting this role is optional. If you choose, you can simply continue your life as you have been doing, but you may find being part of the adventure at hand will be much more fun and satisfying.

This book is about learning how to gain more control over the character you have created, whom you call (your name here). The highly evolved conscious being that is the real you has invented this character to interact with the time-space world you find yourself in. Like an actor on the stage, you have adopted a role in a story that you are defining and making up as you go along with your main objective to bring reality to your inspirations, hopes and dreams and get great enjoyment out of the process. You have been granted total free will and no outside force or authority is judging you.

**Karma rules: whatever you focus your creative energy on you will manifest in your life adventure.**

The objective of the game is to learn how to control the thinking of the character you are playing. You must come to recognize that (your name here) is a very "real" entity that believes it is the ALL of You and not just a useful but nonetheless made-up character. The most common name for this part of you is "ego" – we will refer to it as the basic operating system of your bio-computer brain. You have programmed it to be a very sophisticated persona that serves as the vehicle for all your interactions with the physical world. The only problem with "ego" you is that it is entirely the result of your experiences and memories. This means that there is very likely much programming in there that does not serve your interests. Many people really believe this ego character is who they are, but you can be assured that you are much more than that. That REAL you is directly connected to an infinite, all-encompassing energy field and can tap into the forces that created the entire physical Universe. Taking the controls is up to you, because "conscious" you can do anything you are inspired to do.

Who are the Designers of Reality? We are – each one of us. There is no reality "out there" accept as we imagine it. You will create your personal reality day to day without really thinking about it. Most people believe reality is something that happens to them, and one needs to just do their best to live with it and make a decent life. It can all seem very random and purposeless, but that is only because you are not taking advantage of your ability to control what happens. To take charge, you only need to accept that you can take charge and then learn to consistently focus on "wanted experiences" instead of "unwanted experiences". It is all about what you believe, because what you believe will become your reality without fail. The acceptance of these ideas is spreading at an ever-increasing pace around the world. We are in the early stages of a paradigm shift that will take the future of our species and the planet in directions that will very likely make the experience of being human on this planet 100 years from now almost unrecognizable to those of us living in the world of now.

On a planetary level, there are many indications that the evolution of consciousness is speeding up. As is always the case with the yin and yang of reality, in some ways we also appear to be regressing. There are many people ready for these ideas as demonstrated by the expressions of a belief in our ability to define reality as we wish instead of simply dealing with a random chain of events. I am writing this with the hope that through reading this document, more people will begin to recognize the truth about what we call reality and the amazing possibilities available to us all.

As greater numbers of people wake up to this new view of what reality is, they will actively contribute to the paradigm shift that is taking place. It will not happen without effort, because there is a real challenge believing in a future quite different from what we have always accepted as real. There will be resistance as forces fully invested in the status quo fight to maintain the current world structure, where "they" retain their power by using fear to manipulate those who have yet to realize the truth.

Think of this as a master class we are in together. This is a study guide offering a perspective on an alternative way of thinking. The ideas of a diverse group of individuals fill these pages with sign posts pointing to the new realm. This is a book offering ideas to help you imagine this new world and provide guidance on learning the skill of intentionally designing reality to your own specifications. If you are ready to really take responsibility as the writer of your own story, adventures limited only by your own imagination lie ahead. All you need to do is to try to stay focused on the things you appreciate and enjoy about your life. Just relax and enjoy the ride. Enjoy the wonder, joy and magic you can find in each new day. Nothing in the past matters – the future is completely under your direction right now.

## YOU are at The Edge of Creation designing whatever reality you experience.

Each of us lives in an individual and unique reality, a world that we believe to be real. This is because everyone perceives the 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 transforming concept or realization is that everything depends on your choices and beliefs. All that you experience happens because you have anticipated it, imagined it and believed it to be. You will come to realize that worrying about something or spending your energy resisting something just keeps it part of your world. This path is about learning to stay focused on what you want rather than what you don't want. It is a path to take us to an appreciation of our true identity.

Most people take all that is going on way too seriously. It is important to begin to realize that your main intent for imagining into existence this life experience was to have some FUN and ADVENTURE. You came to see how good you could get at manifesting your hopes and dreams knowing by doing that you would increase the satisfaction and joy for everyone in your story. You are involved in a cosmic game of Creation and you cannot do anything "wrong" because every thought and action contributes to the evolution and expansion of consciousness. Learning to imagine and believe in a world where an unwanted thing is no longer part of your reality is how you transform all of

Creation in new and improved ways. The only judge of your actions will be yourself as those actions give you either pleasure or discomfort. You will constantly be doing course corrections based on how you feel. All you really need to do is stay on the path that brings you enjoyment and more and more things to appreciate.

This is a role playing game and you have designed you current character and its persona to interact with the material world. You will constantly evolve and improve upon that character with experience as long as you pay attention to how you "feel" about your thoughts, beliefs and actions. The challenge is that after initially creating our character we forget that it is all something we have made up. Most of the time, we do not remember any of the many other characters we have created. Therefore we have to learn anew how to take advantage of the opportunities that come with each lifetime. This process of discovery is what the road to enlightenment is all about. The satisfaction comes with the learning.

Also please do not get caught up in "blaming" yourself for what may seem past mistakes. Even things you may consider to be "unforgiveable" are part of the story. You cannot do anything wrong. Trial and error is the most common method of improving in any learning game like the one we are in. You will crawl, walk and then run - building your skill each time you get up from a fall. The only scoreboard along the way is your level of enjoyment and personal satisfaction. By letting your heart guide you to your greater good, you will never stray far from a path of increasing your power of "intentional" creation. You are always the Creator whether you are getting wanted or unwanted results. The skill you must learn is how to believe in the reality of what you want because whatever you believe will be.

## What Do YOU Want?

What do you want for your life? Do you want more money, better health, a new job, a new friend or lover, more personal freedom or just to be free of anxiety and worries about life and to enjoy each new day? All those things and more can be yours. You only need to wake up to the fact that you are a being capable of wielding the creative power of the universe. You were born with this power, but in creating the character you believe yourself to be, you have very likely forgotten much about your true identity. If you want to take back your power, the ideas in these pages can help you find your way. That path will be unique to you – it is YOUR story. There is a major shift in consciousness going on that will transform much of what we believe about this world. You are at the cutting edge of that shift. Whether by intent or default you are creating the experiences you are having. You, right now, are where all the real action is – where every new thought and idea is springing into our collective reality.

## What's Really Going On Here?

Welcome to the adventure of a lifetime - what happens is totally up to you.

In these pages we hope to give you some useful insights into the creative process and how you can become more "intentional" about the world you create for yourself. YOU are a Designer of Reality and you can learn to consciously control where you are going. You have the absolute ability to design whatever personal reality you want for yourself. After reading through these pages, you will hopefully realize that you are the cause and not the result of what has been going on in your life. You will learn that with enough belief in yourself, you can channel the unlimited power of Creation and reshape reality to your wishes. The age of survival of the fittest and a material world where power is rooted in control over others is transforming to an age of consciousness and individual freedom.

Whether you currently find yourself high or low in life, the ideas in these pages can provide you with a perspective that will help you increase your ability to design the world of your hopes and dreams. While you will be offered a perspective that is probably new to you, none of the ideas or formulas in this book are new. They are time tested and have been proven by individuals like you and me over and over again. Because you will find that you are your own best teacher, those ideas that are most important for your own purposes will "feel" right to you. They will have that "ring" of truth that will let you know you are on the right path. The words will mean different things to different people, and what you do with these ideas is totally up to you. The inspirations found by different people will vary based on mood and where they are on their own personal evolutionary path. Consider the concepts presented here and decide for yourself how they can benefit you. Do what you want – in this life nothing is required from you.

While there are certain universal laws that establish basic fundamentals, there is no one "Reality". Reality is totally subjective, and there are as many realities as there are conscious beings. No single one of those perceived realities is any more real or "correct" than any other. When considering the result of some event, what you have is the dominant belief in a collectively perceived reality asserting itself. Yes, the majority viewpoint trumps individual desires for an altered result for a community but the individual can still avoid negative personal repercussions.

## Believing makes it so.

The only thing that will prevent you from getting anything you want is your failure to believe you can or should have it.

Since what you believe is totally under your control – it really does not matter what anyone else believes – you are always deciding for yourself what you believe. There are a lot of obstacles though, because in our "connected" world, we are barraged virtually non-stop with the opinions of others defining reality. Most of us become hypnotized by the narrative of others as we are continually being told how we should think about the world around us. It is very easy to get to the point – particularly if there is a lot going on that we do not like – where we begin to feel hopeless and worried about life and existence on this planet. Many people feel that things are spiraling totally out of control. They believe they have little if any control over the reality of their lives. This is a very sad place to be.

If you find yourself worrying about the fate of the planet or the safety of you, your family and friends or anything else, it is because you are accepting other people's stories for <u>your</u> life story instead of taking responsibility for creating what you want for yourself. It's easy to understand, because you may never have even considered that you were in charge and could have anything you wanted. Working on accepting that possibility is the first step. For most of us, that is a BIG step because we have spent years developing this character we believe ourselves to be based primarily on what we believed others expected of us or we thought the ideal was to be like some role model currently popular in the media. Lots of times we may not have even thought others had much expectation for us at all. Very often, we likely found the people we came into contact with were more interested in sucking us into sharing a belief in all their perceived problems rather than encouraging us to reach for our dreams.

The main reason people want to believe reality is something going on outside of them is because most people are not willing to accept that they are entirely responsible for everything going on in their life. Quite possibly, no one has told you that you are in total control over what happens in your life story – it is not a lot different than changing the channel you watch or the movies you go see – each is part of shaping the reality you perceive. It's all programming for that bio-computer of yours.

It is not that easy to snap your fingers and change your life story, although you are totally capable of doing it. The challenge is that since before you were born, your bio-computer brain has been programmed in survival mode. Like an electronic computer, that bio-computer brain of yours, in dealing with the world around you, has been basing everything solely on your experiences. It takes all the data accumulated by your five senses and attempts to guide your thinking and choices by predicting what is going to happen based entirely on what it has experienced up to the moment. Because you are a being of unlimited creative potential, that is an extremely limited perspective.

That "subconscious" self does not want you to accept that what we will call the "bio-computer basic operating system" part of you is only a very small part of who you are. This is where consciousness comes into play - making you so much more than a mere biological robot of sorts.

You have the capability to think for yourself and create an entirely new "reality" for your life anytime you want. The big obstacle will be that the bio-computer part of you will try to convince you that "it" is really YOU. That is because as a "basic operating system", you have given it nearly full control for many years. You have been going through life in a kind of waking dream that you have made up for yourself. That is all your basic operating system subconscious knows. Its primary function is controlling your body systems and trying to control your choices about everything by what it believes, based on past experience, is the safest path for you to travel. There are often conflicts for your ego basic operating system, because while survival is the prime directive, seeking happiness is the primary motivator for all of your actions and decisions. There is nothing you will pursue for long if you don't believe it is going to provide you with happiness and some personal satisfaction.

Clearly maximizing your security from the ego's perspective and having the most fun possible are going to often be at odds. Therein lays the source of all worry and anxiety. They are the result of believing you are never going to get all the things that make you happy and believing reality to be highly uncertain and risky. Besides continuously trying to keep you on the straight and narrow of the status quo, in its attempt to protect you from the unhappiness of disappointment, your bio-computer brain will encourage you to accept that there are many limitations in life, and that no one can get everything they want.

It is quite possible that you, reading this, will think, "Well that's just the way it is." The fact that things don't have to be that way is the message for you today. When it comes to reality, you are actually a virtually unlimited and powerful Designer of Reality. You are able to draw on the unlimited creative power of the Universe to shape your world in any way you desire. Even more important, as you transform your personal reality to conform more and more to your hopes and desires, you will have a positive impact on how others perceive their reality.

If you have ever wondered why you exist and what the purpose of it all is, that is your answer. You are here to learn how to realize your creative potential and have fun designing the world of your dreams. By osmosis, you will improve the experience of everyone else in this adventure we are sharing. This is a story of the evolution of consciousness on a personal and planetary level, and you are a very important player in

the game – hopefully, you will be willing to start taking control and have more of the fun and adventure you came here for.

## Tapping in to the Power of Creation

Religions came into being primarily in an attempt to explain the unexplainable. That is why "science" and religion have often come in to conflict. Science will accept something is real only if it can be experienced by our five senses. Religion relies on "faith" to define reality, even when no physical evidence exists. Both viewpoints have failed to make clear the truth about the world we live in.

There have been many "enlightened" individuals who have lived on this planet and known the truth. One such person is Jesus of Nazareth. He is believed by many to be "the son of God" with special powers and abilities granted to him as a "God" in human form. The truth of the matter is that Jesus was aware of how the Universe actually works and tried to explain it to his contemporaries with demonstrations including his big finale of "rising from the dead," showing us there really was nothing to fear. His demonstrations were deemed "miracles" because "science" couldn't explain them. Even though Jesus told everyone that there was nothing he did that everyone was not capable of, a "religion" emerged to explain what seemed to be impossible in the reality of most of the people of his time.

Jesus was actually quite clear about it:

> "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened." Matthew 7:7,8

Belief and faith are the keys to unlocking the door to the reality to which Jesus provided such clear and unambiguous directions. The science of our day has begun to realize that "beliefs" do have an effect on matter and a chain of events. However, the fact that "belief" controls everything about the reality of the moment in a very literal way takes a big leap of "faith". For the "scientist," there simply must be a "realistic" way to explain it.

The truth is, if we can learn to let go of our perceived limitations, we can each be like Jesus and capable of walking on water or changing water into wine. Our challenge is that we just don't believe it. For our rational human brains, it is very difficult and even scary to accept that "thinking makes it so." Because thinking makes it so, it is clear why in Jesus' teachings we are so often told to "fear not". Fear is the opposite of a faith in getting whatever it is you want. Whatever you "fear," you are literally asking for,

because if you fear something, it is because you have more faith in getting what you don't want than what you do want. Whatever you have faith in or believe in will tend to become a self-fulfilling prophecy.

Even if you totally accept the reality of what we have described, you may not find it easy to "live it." Belief is a tricky thing, and your beliefs have been shaped by many external forces, including all your friends, family and those you interact with in day-to-day life. You are bombarded by an almost all-pervasive media of many forms that proclaims to represent the "real" world. To disregard all of that and accept that you can with absolute certainty ask for and get any world you are inspired to have for yourself, takes some determination and practice. This is why the "Road to Enlightenment" has often been thought to be navigable by only the rare individual. This is not so – you are totally capable of doing it, but it is going to take some practice and determination.

You have been born at a time of very significant transformation. The evolution of human consciousness is moving in this direction so it will be easier for us to make this transformation. For many millennia, our evolution has been about living more effectively and efficiently in the material world. There will be much more development of the physical material world, but the real evolution is shifting to consciousness as we begin to realize we can transcend the perceived limitations of the "real" world. This is because you are a physical being, but like Jesus, you are directly tapped into the infinite creative power of the Universe. The only thing you need to do is learn to guide your thinking in the direction you most want to go. You will need to override some out dated programming.

## A Story about the Reality of Our Day

This is a tale in which the powerful and determined forces of fear attempt to control our future destinies by presenting a world to us that is filled with evil forces and disasters around every corner. A world where the forces of the status quo seek to totally control our perceptions of reality so that we will believe we need them to protect us. We are told we must sacrifice our freedom and make sacrifices for the good of all. Over recent years, the forces determined to continue this story line have gained a most powerful though often unwitting ally. Vast news and information networks reaching into virtually every corner of the planet have become the mouthpiece of fear and terror, sowing anxiety and distrust like a cancer.

A vast army of reporters go out each day in search of horror and pain so that they can present it to the people of the world, and the result is a compelling picture of an unjust and cruel world. This is not to say sad and horrible things don't happen. The point is that the great attention given to the "unwanted" can make it seem to be the dominant

reality. This multimedia assault on our consciousness is like a poison propagated to undermine the peace of mind and sense of security that should fill the lives of most people.

Why is this happening? Because we, as a society, have asked for it. The worse the story, the more intensely people will focus their attention on it. We will discuss the psychological reasons for this later in this story, but for now let us just say that the media world is still guilty of presenting a very distorted picture of the world we live in, and the powers that be take advantage of it to maintain their control by justifying any limitation put on our individual freedom by claiming a need to protect us.

It is quite a story, and it still holds a dominant and controlling spot in the consciousness of humankind. We have been stuck in this story line for centuries. This is because as we have been learning to make life more pleasant and less of a struggle on a physical plane, we have almost totally focused on the material aspects of life. In that world, people are worried about protecting their stuff and think there is not enough to go around, and some of the people are bad and don't deserve a good life. Some people are just inferior and don't make the grade because in the physical story line it is all about us over them and competition for limited resources. That is the level of consciousness that we are beginning to emerge from.

No matter how much bad news the forces of status quo propagate, the predominance of that perspective will end. The question is will the evolution of consciousness gain momentum fast enough to prevent us from creating a possibly life threatening situation on the physical plane. Are we going to need to suffer some kind of planetary catastrophe to make us seek a new way of looking at the world? If more and more of us begin envisioning new and more enlightened future stories for the planet, we can speed up the process. That, and how we do it, is why I hope you will embark on this adventure of developing your creative powers. We need to turn away from the stories of evil and corruption, pain and suffering.

We need to begin to disconnect from the still dominant story line of separation and competition. We can change the channel and find a new world view where we rewrite reality to match a higher vision of our true nature. It will always be your choice – because ultimately everything is. Because you have attracted this information for consideration, it is quite likely that you are ready to use it and have been cast to play an important part in moving the physical world toward this new and more enlightened and limitless reality.

As you are correct in thinking, for most people it is far easier said than done. All that is necessary is a change of mind to start believing different things are real and true.

However, when you look out at the very real world you see around you right now, imagining and then believing it is going to shift to something entirely new in moments or even days is very challenging. As we said, we have each spent a great deal of time creating this character we believe ourselves to be and learning to be comfortable in the story we have written for ourselves. It takes a big leap of faith to believe we can simply decide to live in a totally different world tomorrow.

This is a truly transformational idea, because what it ends up meaning is everything you see, hear, touch and experience physically in this 3D time-space reality is "real" only because we as a group of conscious beings have decided to agree on its form. It is all just energy and vibration that we have learned to translate into physical form. That said, it is also a fact that while similarities abound, no two of us live in the same reality. It is unique for each of us because no two of us has had identical experiences since our bio-computer brains began accumulating data about our surroundings in this physical world we find ourselves.

Even in this very moment there is only limited agreement between us as to what reality is, and what transpires moment to moment. Consider how much disagreement there is in the world. Different people see and experience the world around them in dramatically different ways, and yet most every one of them will believe that their experience or beliefs about reality are the "real" reality.

I am no different. I have spent a lot of years creating and defining this persona I believe myself to be. I was told what kind of family I was a part of and what "my people" were like. Based on where I was born and what physical body I happened to find myself in, I got a lot of labels of identification and expectations put on me. Whatever those expectations and assumptions that got attached to me, it was natural for me to accept them as my reality.

But there is a new "consciousness" emerging, and the shift is inevitable. We are an evolving species, and we are maturing and gaining in our abilities.

## Do you believe your thoughts can alter Reality?

There are some famous photographs by a Japanese scientist named Dr. Emoto. His series of photos were of various water samples, and they clearly demonstrated the power of thinking on "reality." He divided the samples into groups and then had his volunteers direct their "thoughts" at individual samples. Here's the revealing result. The photographs taken of water molecules exposed to "positive" thoughts formed beautiful crystal shapes. The water molecules exposed to "negative" thoughts became chaotic, with no patterns forming. Same water; the only difference was how some random

people "thought" about them. Thoughts of love and appreciation resulted in beautiful patterns forming. Send hate and anger toward those same samples, and all the beautiful patterns breakdown. Order is lost. That belief is not a part of the reality most people live in.

We have already mentioned Jesus as a great teacher of cosmic truth. Like Emoto who showed the effects of thought on water molecules, Jesus made a similar demonstration about intentional thought when he "cursed" a fig tree:

> 18 Early in the morning, as Jesus was on his way back to the city, he was hungry. 19 Seeing a fig tree by the road, he went up to it but found nothing on it except leaves. Then he said to it, "May you never bear fruit again!" Immediately the tree withered.
>
> 20 When the disciples saw this, they were amazed. "How did the fig tree wither so quickly?" they asked.
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> 21 Jesus replied, "Truly I tell you, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go, throw yourself into the sea,' and it will be done. 22 If you believe, you will receive whatever you ask for in prayer."
>
> Matthew 21:18-22

Of all the great teachers mankind has had, none has been quite as direct or adamant about the fact that we are each powerful designers of reality, and that if we are willing to believe in ourselves, we HAVE NO LIMITATIONS. The fact that he attempted to make his point clear by doing things that clearly seemed like "miracles" scared a lot of people. This was particularly true for those who believed power was about physical control. Jesus claimed access to a higher power and told everyone that through a personal connection with that power, not even the death of the physical body could limit us. For the rulers of the day, this was a cause for great concern because you would have no way to control a guy like that. No fear of anything, and the ability to do whatever he decides to do. To the leaders of both Romans and Jews, he was like an alien with some kind of super powers who could make all of their laws and customs outdated by a new world of infinite possibility and no limitations.

That's where we are today. The consciousness of the species is beginning to catch up with where Jesus was. There will still be resistance for some time, maybe always, but even though it has taken two millennium, the seeds planted by Jesus and others have begun to multiply and are beginning to push out the old ideas. As Makua stated, we are

entering a new age, a sixth level. We are gaining the awareness of "Aumakua, our Higher Self."

## A Hawaiian Mystic Sheds Light on the Paradigm Shift

To help shape an idea of where we have been and where we are going, I have the story of Hale Kealohalani Makua for you. I came across a book by Hank Wesselman called *The Bowl of Light* that brings some valuable insights to our discussion. The book recounts conversations between Wesselman and a highly respected Hawaiian teacher and healer, Hale Kealohalani Makua. Mr. Wesselman states at the beginning of his book that it was Makua who, "entrusted me with his spiritual knowledge and who encouraged me to bring it to a wider world." Makua was a modern day shaman and direct descendant of a long line of Hawaiian spiritual leaders. This Wesselman book, along with his earlier books in "The Spiritwalker" series, is very insightful and filled with stories of realities quite different than the ones most of us accept as the world we live in. The truly exciting element for me was that all of the concepts expressed from Makua's wisdom tradition are right in sync with the story told by this book from a place far away in time and space and culture.

The paradigm we are discussing is presented in a very definitive way with an explanation that comes from generations of Hawaiian mystics and cultural leaders. Makua tells Wesselman that we are entering the "Sixth Level of Reality," which began in late 2013. We have evolved through levels of pure survival to levels of ever increasing spiritual awareness. Gradually through thousands of years, we have gained awareness of our true nature as the shapers of our own and creation's future path.

From Wesselman's book, "You see," Makua said, his dark eyes gazing deeply into the far distance, "it is at the sixth level that we really begin to establish an ongoing and formal connection with 'Aumakua, our Higher Self, and when we do, we find something that is very important. This is when we discover 'Aumakua, our personal god-self, was, is, and forever will be our true teacher in spirit. This is why we will never find a better teacher than ourselves." Makua went on to say concerning this next cycle of existence, "This means that we have to create a new foundation for the next cycle, and what we decide to build on this will determine the spiritual focus as well as our lifeways for much of the next several thousand years."

Social conditioning is ever more pervasive and powerful as the Technology Age advances, dramatically establishing communication between all members of our world community as never before. We are bombarded each day with opinions and information claiming to define reality. As we will discuss in these pages, whatever we accept to be true will become true for each of us. We must recognize that we are in

control. We must refuse to believe in and accept "realities" that we don't want. That is why big social changes often take generations to happen. The old beliefs must slowly fall out of favor to allow new ones to emerge as the cast of actors on the stage of life changes and new storylines emerge. That's the REALITY we need to know: we are each believing into being our own storylines with everything about our destiny in our own hands even if it does not seem like it. We have the ability to create, through our own imagination, new realities that eventually become the new and improved storylines for the adventure of life.

The main goal of this guidebook is to hopefully wake you up to the fact that you have been cast to play a crucial part in moving the physical world toward a new and more enlightened, joy-filled reality. As Makua stated, we are entering a new age of Man. It is very important that each of us accept responsibility for our personal evolution and thus the social and spiritual evolution of the world we live in. This is not a burden; it is a glorious quest, you could easily call it a quest of mythical proportions.

If you are willing to get in the game, you will discover that what you believe to be reality can be shifted very quickly, and that it is just the subjective perception of that bio-computer mind of yours. Most importantly, you will realize that you can alter your reality at will. It is not a fixed thing. It is what we will later discuss as a "controlled hallucination." Reality has no substance other than what you choose to believe.

This is why I am suggesting the analogy that your life can be lived as a glorious adventure game – a courageous mission to wield your innate creative power to shape an ever more magnificent and love-filled world of beauty and personal satisfaction. It is an adventure game, and we are at the stage where we need to move past the primary focus on the physical dimension. Yes, there will continue to be more wonderful scientific and technological developments, but the real playing field has moved to a higher level. You are now on a quest to engage with your higher self – that greater part of you that is infinite and all knowing – the God part of you. Don't get caught up in religious terms – those are only analogies often incorrectly portraying how the cosmos works. Our adventure is about learning to wield energy and how to be the conduit for the infinite creative power and knowledge that is your true nature.

The hope is that the words in this document have been chosen and placed in a manner that seeds of awareness will be planted, that you may have flashes of inspiration or maybe just confirmation of concepts you have already considered. We have the power to transform reality, and the better we get at transforming it in line with our hopes and dreams, the more joy and love and fun we will have in each of our life experiences. That's the real objective for the character we have created to play this adventure game –

make the world a more carefree and loving place – everything else is just a subplot of the main storyline.

Shakespeare's line, "All the world is a stage and all the men and women are merely players," is more than mere metaphor. A part of your consciousness is likely to rebel at this idea, but we are going to elaborate. You live in a world where formless energy and vibration are given shape and meaning by your conditioned perception and the consensus of opinion of groups of individuals. You have decided on the components of your personal "reality." There is no right or wrong, good or bad in your life, except as you decide it. It doesn't matter what anyone else does or thinks, you totally control your own reality. You live in a world significantly different from any of your friends or relatives or co-workers, or anyone else for that matter. Your reality is unique. It shares components of the reality of others – things that you have decided to agree upon, like gravity and linear time and the basic scenery surrounding you through commonly accepted life activities. The important point is that everything is based on your choices - 100% control is always in your mind's eye – you can be deliberate about your future or simply be reactionary.

## Where is SCIENCE in this story?

There is a lot going on that is not explained by science and common sense. How do flocks of hundreds of birds or large groups of fish all move and turn with perfect synchronization. We are talking about instantaneous coordination with no known mechanism for it to happen within our normal framework of reality. Science cannot explain it.

I would suggest, and I am certainly not alone in offering this explanation, that this is where consciousness comes into play. I ask you to consider the possibility that we are all interconnected – the birds and fish too - in a virtually unlimited energy field outside of any constraints of time and space. The terms God or Source or The Force have been used to try to give it a label - the religions and myths that grew out of this unknown were attempts to give a very big concept of reality a framework that could be dealt with. If someone showed up with a cell phone or a TV a couple of centuries ago, they would certainly be thought to be dealing in the supernatural and probably evil. A lack of understanding most often generates fear in our ego-basic operating systems.

But that is all changing now. We are entering a new age – a new level of evolution. We have done a reasonably good job of figuring out how to survive so the physical element of our existence continuously has less importance in defining our reality for a growing number of people on the planet. The emerging belief is a realization that it is our

thoughts that are defining creation and not the things we do. It is not a new idea. It has actually been demonstrated fairly conclusively that, "As a man thinketh, so is he."

Published in 1903, a book by that same name by James Allen attempted to spread this knowledge. The author Napoleon Hill's famous book, "Think and Grow Rich," produced a detailed study of how many highly successful individuals used these same concepts to envision and believe in a new and improved reality for each of them. Any top athlete will tell you that their level of belief in themselves on any given day will determine what kind of results they will get. They will tell you how they rehearse the perfect dive or the perfect game in their minds until the feelings that come with that accomplishment become hard-wired into their psyche.

From a book like James Allen's, we have moved to what was called The Age of Aquarius in the 1960s. It was in part a reaction to a war in Vietnam that the United States was involved with. Many people simply said "NO." They did not care what the government or anyone tried to claim was the reality of the situation. It was not going to be part of their reality. Beliefs that respected the rights of all individuals to determine how they wanted to live their lives began to rise to the top levels of our social structures. There was a tremendous demand for individual respect and freedom that rose to a reality-shifting level in the amazingly creative 1960s. As the ongoing explosion of technology of the late 20th century continued, this new world view was working its way to the surface of our consciousness. These are the seeds planted by Jesus and many others gradually rising to the surface and the birth of the new age referenced by Makua. This is the age where a growing number of individuals will discover they can wield the power of Creation just like Jesus of Nazareth. We are finally beginning to realize that his statements that "anything I can do, you can do and more" were meant as literal truths. If you can believe in your heart and mind that you are changing water into wine, that will be the reality of the situation.

Actually, since many more of us are traveling in this evolutionary path already, there are a lot more people ready for this transition than in Jesus' day.

## The Wizard of Oz

This story provides a wonderful metaphor for our quest in this life we find ourselves. Dorothy and her three friends, the Tin Man, the Cowardly Lion and the Scarecrow, all followed a difficult path following the Yellow Brick Road in search of something very important that they each wanted. When they finally arrived at the end of the road in Oz, they got their chance to speak to the powerful and magical Wizard of Oz. After they told the wizard what they each wanted, he sent them out on a quest, telling them if they accomplished the tasks he demanded, he would grant their wishes.

Hopefully you have seen this magical movie and remember it was not without overcoming danger and solving some considerable problems that they did in fact accomplish the tasks assigned to them by the Wizard of Oz. They then made their return to Oz in the hope of getting what they each most wanted. They all believed that the great and powerful Wizard of Oz would now grant each of their wishes. This is when one of the most important scenes in the movie happens – Dorothy's dog Toto playfully runs forward and pulls back a curtain enclosing a small alcove at the side of the huge room. Behind this curtain is a man feverishly pulling on levers and turning controls while talking into a microphone. Toto has reveled that the great and powerful Oz is really an elaborate illusion.

Are our four triumphant characters now lost and left without a path to fulfill their dreams? Not in the least – and why is that? Many of us have sought someone or something outside of ourselves for our answers and the secret of happiness. The great and powerful magic of The Wizard of Oz was that of belief. Because the Wizard has been revealed as something less than the reality he had presented, he tells his disappointed characters that the "magic" was always theirs to wield – changing what they believed would transport them to the reality they desired. The Wizard of Oz shows Dorothy's three friends that they have already found the things they sought because the very things they wanted were required for the success of their journey and their quest.

The Tin Man realized he had a heart full of love and warmth. The Cowardly Lion realized he had in fact been very brave. The Scarecrow accepted as fact that he had shown himself to be quite smart and must have a fine brain. Dorothy still needed to get home, so the Wizard calls on some help from his friend the good witch Gwendolyn, who tells Dorothy that she could go home anytime she wanted – she just needed to believe in going home. And so, Dorothy returned to Kansas with a click of the heels of the ruby red shoes she had gotten on her arrival.

This movie parallels the adventure that many of us are living. Do we not all often look for or hope for something outside of ourselves to give us happiness and make us feel safe and secure? Do we think there is someone or something out there like the Wizard of Oz who can make our dreams come true? Has your Yellow Brick Road led you to discover some new truths in unexpected places? Repeating Makua's words, our Emerald City of Oz is where "we discover 'Aumakua, our personal god-self, was, is and forever will be our true teacher in spirit. This is why we will never find a better teacher than ourselves."

Well, that's where you are. And your answer is exactly the same as Dorothy, the Tin Man, the Cowardly Lion and the Scarecrow. All the answers and magic are in you. You

are in control. You are the creator of your personal reality, and all you have to do is tap the heels of those ruby red slippers together and BELIEVE in what you want.

The promise of this book is that by adopting the perspective that you are an adventurer in this game of Creation, you can learn to write your own script – design the adventure that you want to live.

This does not mean that you will have no struggles or obstacles to deal with – they are important for your growth and creative skill development. The value in adopting this view of reality is that you will know you have the ability to positively affect not only your own life but all of Creation. You will also know that nothing can go wrong. You are an immortal being who has chosen to dream up a physical world to interact with for fun and adventure. It is also true that you don't have to do anything special if you don't want to, but you will likely have a lot more satisfaction and fun in your life if you develop your skills as the powerful creator of reality you are.

So, don't worry, everything is going to be all right. We want to mention that one of the most important traits you need to cultivate is one of being worry-free. This way, you can keep your energy focused on creating what you want rather than what you don't want. Fear and worry are always the result of misguided thinking.

## So now we have uncovered the real challenge

If you begin to accept that your thoughts and beliefs – something you ultimately can have total control over— create your reality, then it makes you entirely responsible for EVERYTHING that happens in your life. Most people would rather believe a bad parent or some evil person or the government is responsible. And, even if you are accepting the accuracy of where we are suggesting the evolution of consciousness is taking us, getting to the point of believing you can move mountains or even cure yourself of a bad cold takes determination and practice. You may never believe you are going to move any mountains, but creating a happier life is not that difficult.

The best way to prove all of these ideas to you is for you to try some personal experiments. Don't start with big life-or-death stuff. Start with some things that you can try just for fun. Try asking for something specific to demonstrate for yourself that you can make things happen simply by asking. "Moving a mountain" takes a pretty powerful belief that is in total opposition to the predominant world views of the nature of reality. Therefore start with small stuff that you can more easily believe in. Maybe request a very clear answer to some question you have or decree that you are going to find something that is missing during the next 48 hours. After you make your request, let it go and pay attention expectantly watching for your answer. When your request is

fulfilled, be sure to savor the feeling and offer a little thanks to your higher self up in the cloud network for a job well done. If this sounds a little goofy to you, experiment a bit and see what happens. You can move on to bigger things once you get a little practice and success. I have always liked "getting a great parking space everywhere I go".

You will find that this is a lot of fun. This path will make your life a joyous adventure. Also, you will have a very definite impact in shaping the future of the entire planet. Every little success will be like a pebble thrown into a pond sending ripples in all directions. Every positive thought and form you add to the collective reality will benefit all of Creation. It may be "the road less traveled," but it is definitely the road that is most enjoyable and satisfying.

Because learning to be your own best teacher is the key, I want to tell you a story about a person by the name of Pam Grout.

I got to know Pam first through a most wonderful book that she wrote, **E-Squared: 9 Do-it-Yourself Energy Experiments That Prove Your Thoughts Create Your Reality**. As you can tell by the title, this book speaks directly to the concepts we have been talking about. The experiments she provides in her book provide you with an effective and fun way to help you increase your belief and acceptance in your own abilities. The following is from the Amazon description for the book:

## Don't face reality. Create reality!

*E-Squared* could best be described as a lab manual with simple experiments to prove once and for all that reality is malleable, that consciousness trumps matter, and that you shape your life with your mind. Rather than take it on faith, you are invited to conduct nine 48-hour experiments to prove there really is a positive, loving, totally hip force in the universe. Yes, you read that right. It says *prove.*

The experiments, each of which can be conducted with absolutely no money and very little time expenditure, demonstrate that spiritual principles are as dependable as gravity, as consistent as Newton's laws of motion. For years, you've been hoping and praying that spiritual principles are true. Now, you can *know.* Pam is an important part of the positive evolution of consciousness that is going on.

You will have a great time experimenting and moving past challenges you thought you had. The great part is everyone around you will benefit from the great energy and fun you are radiating. That radiating energy is what will gradually "enlighten" others.

*Here's a link to get a copy of Pam's book from Amazon: https://amzn.to/2MJE9NR*

Increasing the amount of this kind of positive energy, joy and excitement about your life and possibilities is what we hope you will get out of these pages.

The world we are wanting can often seem just an idealistic dream. I am sure there are plenty of things about the current realities of the world you are not pleased with. It is however totally in our power to shape a new reality for the future, beginning right now. The important part of the strategy is that you can get to there only by focusing your imagination and vision on the desired reality rather than the unwanted reality. It can be very difficult in our media-saturated world to ignore all the unwanted and unpleasant behaviors and events, but that is exactly what you should try to do. Turn your back on the evils of the world. Contrary to the generally accepted reality, you cannot fix a problem by "fighting" against it. "Fighting against" anything only perpetuates it. This is why the big social campaigns like "a war on drugs" or a "war on terrorism" often only make things worse. Think about it. They are "fear"-based campaigns – fear of the crime and death associated with drugs or fear of senseless and gruesome attempts at mass murder and destruction have no other purpose than promoting fear and chaos.

Fear is the evil, and only feeds on itself. The concept of fighting fire with fire is a philosophically flawed concept, even if it can work in helping put out a forest fire. With our feet firmly in the physical world, this can be a real challenge to accept, but again this is a position Jesus asserted in a time when the prevailing belief was "an eye for an eye." Here is Jesus' recommendation about how to act, "Ye have heard that it hath been said, an eye for an eye, and a tooth for a tooth. But I say unto you, that ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also".

Because the concepts involved with "religions" can be so divisive, I want to emphasize that in quoting Jesus or any other person thought of as a "religious" figure, I am putting the ideas forth as important tips for operating from a more evolved consciousness. A war of any kind breeds fear, and fear empowers evil. The spreading of fear is the mission of the terrorist. Jesus would tell us that the right response is to do whatever we can to help those harmed by the evil forces while directing thoughts of forgiveness and hope for a healing of the damaged psyches' of those spreading hate. Because being forgiving is likely beyond anyone closely affected by a terrorist, turning one's back on it and withdrawing the attention they seek is far better than adding to the hatred and anger.

Love can conquer all, and fear can destroy all. If we are to have a powerful impact on designing a better world, we must continually focus on envisioning the new and improved realities we want, and work on believing them into existence. No matter what anyone else says or does, "fear not" … "don't worry because everything is going to be alright".

"Fear not!" is the most repeated command in the Judeo-Christian Bible because we are encouraged to have "faith" in the fact that nothing can harm us unless we make it part of our personal reality by giving in to fear and worry. Just keep your eyes on the vision of a world where most of the hatred, anger and fear has been relegated to a few last holdouts of a less enlightened past.

## All the World Is a Stage

William Shakespeare stated, "All the World is a stage and all the men and women merely players." That is a very profound line, and we can take it a step further. It is all "improvisational" theater. In other words, it is you the actor who invents on the spot how the scenes are going to play out. With you as writer, director and starring character for your personal story, it is totally up to you. You can introduce absolutely any storyline you want. It is your believing in that storyline that makes it so. Again, THAT is the challenge because everything we have been taught has been about how to do our best "reacting" to reality and not how to believe in imagining new realities.

Because you find yourself here, we are happy to assure you that your ticket for the adventure is ready. The door to a new world is now opening. You don't need to discard anything but some outworn beliefs. There is almost certainly some baggage that will be better left behind. You need worry about nothing and let just your heart be your guide. Keep finding your way back to a path of fun and adventure any time you feel like you have gotten out of balance or off course. Always go with what "feels" right and delivers the most fun and satisfaction. Expect wonderful things to happen, and take a moment every time something pleasing does happen to appreciate it. Give thanks and let your personal adventure keep bringing smiles to your face. Each moment that you notice and acknowledge with appreciation will radiate out ever greater amounts of well-being and joy that will be a blessing to all.

Let's share and believe in the dawn of a new Age where each of us begins to realize our true potential. We can only try to imagine what wonders we will discover. A most satisfying adventure is guaranteed.

## The Paradox of Reality

Here's the central idea. Reality is all in your imagination, and it will be whatever you believe it is going to be.

Because we are surrounded by and have been exposed to the opinions and perceptions of lots of other people, our own imagined reality will likely be similar in most ways to everyone else. Noted Swiss psychiatrist and psychoanalyst Carl Jung called it the

collective unconscious. Jung believed that members of the same species share certain instincts and archetypes that were programmed into their bio-computer basic operating system. These ideas then affect how we perceive the reality of the world as we add information to the data in the form of experiences accumulated over a lifetime. The data we accumulate in our early years combined with any basic programming we may have been born with provides the information that allows us to create the "I am" character that we accept as who we are.

Depending on what we were exposed to in the time since we were born, our beliefs about reality will be different from anyone else's – our combination of experiences is unique and therefore our belief about what reality is will be unique for each of us.

Someone who grows up in an abundant and loving environment will have a very different set of beliefs about reality than someone who grows up in a war-and-misery-filled place on the planet. In either case, their bio-computer brain is simply building a set of beliefs based on the world of their experiences. How they perceive reality will have a big effect on their choices and about how their future will unfold. Because all beliefs are self-fulfilling prophecies, unless one does something to alter their beliefs, the course of their life will simply follow the same pattern of their experiences, unless some outside force shifts their perspective, allowing them to see things in a new way.

Those who accept that the perceptions they have formed are the only way to look at the world basically go through life like sleepwalkers or what can be referred to as being on autopilot. They are letting their bio-computer brain totally control their path. As with all computers, everything they believe and expect is based on past experience. Therefore, anything that their past experiences and the appearances of the moment do not indicate as "possible" will not ever be a part of their realities unless at some other level of their being, they change their mind.

We have been talking about what Jung referred to as "the collective unconscious". We would like you to consider that beyond that "self" created by the programming of your basic operating system, there is a YOU that is pure consciousness with none of the perceived limitations established by your basic operating system.

We would also like you to consider that your consciousness has a direct link to what we earlier called "the cloud," and quantum physics refers to as the "Unified Field." To continue our computer model we have been using, your "local" consciousness has a direct connection to this cloud network or unified field. Like an electronic computer connected to the internet, you have access to virtually unlimited information and possibilities when you tap into the cloud network. All the information you need to get whatever you want is available to you as long as you have a decent connection. How do

you improve your connection? You are always connected, but if it is just the "collective unconscious" basic operating system part of you, all you are going to get is whatever news and information you have signed up for by default.

When a stranger asked the great spiritual teacher Buddha what made him seem so different from other people, he simply said, "I am awake". To improve your connection to what is really a field of unlimited possibilities, you must "wake up" and stop relying on your basic operating system's auto pilot.

This is not usually an easy thing to do because we have spent years creating this character we believe ourselves to be, playing a part in a story we have imagined into being. It is all very real; it's just that this is only because we have decided to choose it as our reality. Therein lies the "Paradox of Reality." As real as it is, it is only real because we have decided it is real. If we choose to look at something in a new way, we will change reality. The point is, when your conscious mind takes the helm, you can plot a course to anywhere you want to go, creating whatever reality you want for yourself. The reason why people usually think of the path to this realization - which is often referred to as enlightenment - as long and difficult is because your basic operating system has been running the show for so long. It is going to tell you that all this talk about unlimited realities is pure illusion or some kind of religious delusion. So the paradox of reality is that it is real only so long as we believe it is real.

## When we alter our thinking we totally change what we Realize.

There's your challenge. How can you get on the yellow brick road to enlightenment? If you are questioning if it is even possible for you, please don't feel discouraged. It is quite certain that you have possibly often experienced moments of insight and clarity. Even a brief glimpse of that reality can provide an overwhelming sense of oneness with the cosmos – a sense of your connection to all of existence. In those moments, you likely experienced a profound sense of peace or joy that stayed with you as a cherished experience. Those are the moments when you have established a very direct connection with the unified field. In attempts to label it, people have referred to this field as God or the Source or the Force. The labels are unimportant. The truth of the matter is that it is there and that the conscious being that is you is a unique and individual part of that field just as each cell in your body is a part of the physical you. In fact, the part of you focused in and animating your physical body is really only a communication link for you with the physical world that you have helped create.

This is likely a very BIG and maybe even crazy-sounding idea for the limited bio-computer perception of self to accept. Most of the time your basic operating system perceives itself to be living in a rather hostile environment where its main function is to

try to protect you so you stay alive and out of trouble while trying to enjoy yourself. The fact that you can take full control over the design of your personal reality is a very foreign concept. It is also challenging because this means that you are fully responsible for everything that happens in your life. Whatever happens is because you have believed it into being, and that is far too much responsibility for your bio-computer brain to accept because it has nothing to work with but past and current experiences. If it has not already experienced something, it cannot believe in the reality of it. For most of us, it takes seeing to believing in anything.

**And here we are back at the paradox of reality, because in reality, you have to believe it before you will see it, and yet most people are quite certain that if you can't see it, you shouldn't believe in it. That is how the rational mind has been programmed to work.**

We had a huge burst of creativity and a shift in how people envisioned reality in the 1960s and '70s during the 20th century. More than ever before, people began to insist on their right to determine what kind of life they lived. The quest for real freedom and individual liberty became the main driver for contemporary culture. From civil rights to a sexual revolution, people in large numbers began to resist being told what to do and how to act. The quest to discover new ways to see the world led to experimentation with mind-altering substances. The widespread use of these substances opened up new experiences of consciousness and forced many to question the predominant view of reality. It is very clear that psychoactive substances like LSD and marijuana were part of the reason we began to have a paradigm shift in our culture. These substances demonstrated very dramatically for many that reality was very subjective. One minute you could perceive the world one way, and moments later, you could perceive things in entirely different ways. It was like pulling back a curtain and revealing a greater truth.

If you are going to believe you can take control of shaping your own reality, it is key that you realize reality is not a fixed thing separate from your perception of it. You are in fact always shaping your personal reality. The question is again whether you are just running on auto-pilot or are you learning to intentionally pick your experiences.

## Our Mission

Our intention is to plant seeds of a new awareness and provide guidance on how to develop your skills as an intentional Designer of Reality™. We want to grow in our realization of our true identities as powerful, creative beings. We need to accept that we are not here to suffer; we are supposed to be having a good time while learning to create a future that fulfils our ever-expanding list of hopes and dreams.

We want to encourage you and others to accept the opportunity to be the designer and creator of your own personal reality. Most importantly, we must learn not to get caught in the trap of playing the victim. A victim just reacts to things that happen in the adventure game and thus will tend to expect the worst. It is easy to fall prey to the victim trap because it is kind of a default setting for each of us. Being a creator consistently takes discipline, and the purpose of this book is to provide some processes and ways of looking at things that will be useful to you in exercising more control. You really can be fully in control of how each of your days will develop, and it is not about "doing" a lot to get it right. There is more "not doing" than "doing" involved.

On the "physical, past and present" side of the equation, everything is very action-oriented. We are taught that you have to work to accomplish things, and many people think they need to be doing things continuously to get where they want to go. Work hard, play hard. This is not to say that some effort is not required, but effort for the sake of effort is a lot of wasted energy. The qualifier here is that for many people, they believe that the only way they will deserve something is by "working" for it. They believe in doing whatever it takes to get to their objective. You need to accept that you do deserve it. You deserve everything you want – that is your birthright. You came here as an adventurer and creator and not to prove anything or "earn" anything.

The person trying to "earn" something will often spend a lot of time running around in circles really getting nowhere. That is because their efforts are not "inspired," following the cues and guidance of their higher self. They are really just running on auto-pilot, which means that ego-based basic operating system is guiding their actions based solely on past experience. New ways of approaching situations may never be considered. The hazard here is that if your past has been filled with failures, you are going to have a very hard time getting past expecting more failures. There is no way that you will get stuck in a rut if you start allowing what you want to flow to you. It really is not about doing; it is about allowing.

We talked about your emotional compass. If you pay attention to it, you can stay on the right frequency and generate the thought waves needed to keep you moving toward your chosen objectives. You have access to all and any information you will ever need. Most people think of it as inspiration or coincidence. It is really just you going off auto-pilot and opening the connection with your higher-conscious self immersed and entangled in that field of all possibility – the unified field in which all of Creation swims. Once you have put in your order, the Law of Attraction immediately starts coordinating the desired result. As long as you can keep your thoughts consistent with your order – keep your faith in getting what you want rather than not getting it – all you have to do is follow the leads that will find their way to you.

Remember too that you don't need to continuously say I want this, I want this. That higher consciousness part of you gets the request right way and does not need to be reminded as long as you can stay hopefully expectant and alert to the path as it is revealing itself to you. This is why it is so important to get off auto pilot and be present in each new moment. This is where all the action is and it is in the "now" moment that someone will say something or you will be inspired to do something or their will be a series of seemingly magical coincidences that will put everything needed to deliver your request in place. You just need to pay attention and take "inspired" actions rather than just doing what you think you should based on past experience. No matter how BIG the request is, there is no challenge for the Creator energy you can be tapped into. You just need to get all that over thinking and "what if" negative scenarios out of the way. Just relax and be happily expectant about the wonderful things that will happen in your day. Pay attention and stay aware of everything going on around you so you don't miss any of the clues or choices you will be inspired to take. Talk less and listen more.

## Why Is Meditation SO Important?

The key value of meditation is its ability to give you a break from that non-stop monologue originating in your head by that "ego" basic operating system. Many people have expressed negative ideas about the ego. We want to dispel those ideas right away. The ego can be a trusted assistant and advisor but too many people allow their ego's to convince them the voice of the character they have created is supposed to be in charge. Calling it the basic operating system of your bio-computer brain is a very accurate analogy. The only reason that it should not be allowed to be fully in charge of your life is that it only has access to what you have already experienced to define reality. It really is not capable of "thinking out of the box". The reality of the ego is totally "object" based – everything that it believes is from "out there". It is the expression of the "collective unconscious" using the term coined by Carl Jung. It does not have any access to higher "non-object" based consciousness where you are tapping into the cloud network of the non-physical energy domain.

Let's spend a bit more time on the setup of this adventure we are all a part of. Sticking with our computer model, if you are playing an actual computer or video game, how do you start? The first thing you do is set-up the game. What does that entail? Choosing a role, choosing a storyline, choosing a mission, choosing a level of difficulty, possibly choosing a group of players that you want to interact with and many more options may be possible in selecting the parameters of the adventure game you are going to play.

To start we need to go back to the beginning. For this story we are going to suggest that there is a far greater part of YOU that is both individualized and infinite energy in the

quantum unified field in which all of Creation swims. This YOU is most commonly referred to as your "Soul" or higher self to try and put a label on something we cannot begin to understand at the level of our five senses. When you get one of those glimpses of this unified field as you may during meditation - or maybe at a Grateful Dead concert (happened to me one night in Madison Square Garden as clichéd as that may sound – it's true! ) – you will know the feeling of the unexplainable but not really be able to put words to it. The term most closely associated with the unified field in everyday usage would probably be heaven but it is not a destination because it is everywhere. That's where the idea for "You" got its start.

Once that higher self YOU decided on some basic elements, it picked an avatar. 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 your avatar becomes an adult, most of us are convinced that the character our basic operating system has devised to interact with the physical 3D time space world we occupy is the REAL you. Most of us forget all about our true, unlimited self by the time we are six or seven years old. Now, whatever numbers of years later, that ego basic operating system has been running the show so long that we have almost totally forgotten who we really are. To use a religious metaphor, this is why Christianity talks about the need to be "reborn".

When (your name here) became engaged in the physical/material game we are sharing, your attention by necessity became focused on learning how to function in the world you found yourself. From the moment your unique individual awareness began receiving information through your five senses, while your body was still being formed prior to birth, that bio-computer brain of yours began collecting data. You came with some basic programming based on where in the general storyline you entered the game along with certain instincts primarily designed to help protect you from hazards while you figured out how to play the game and decided who you were going to be. For example, players born in the early 2000's have an inherent understanding of digital technology – it's hard wired into their psyche. After birth you started collecting vast amounts of information and experiences which began to shape your definition of "self". As you focused more and more attention on the local physical spot you found yourself you began to lose your awareness of your true unlimited nature. More and more your world shrunk to be limited to the perceptions of your bio-computer basic operating system. By the time you were six or seven years old the character you had designed based on all your impressions of the world you were in had most likely taken over. You had created a fully developed "ego" that defined the physical "you". While it was just your creation, you began to accept that it was "you".

Here in lies the biggest challenge to our evolution of consciousness and our ability to intentionally shape our world. Along the way that ego of yours quite likely got a lot of bad or at least limited thinking programming. Other than some basic instincts, inherited talents and maybe some ancestral knowledge, you were a blank slate at birth simply cataloging information without a filter or much judgment. If your early years were spent hearing information filled with bad news and tragedy, your picture of the world would be far different than someone who was exposed only to loving words, music and uplifting or inspiring stories. Since you had no way to evaluate the data that was coming in, you had little control over what (your name here) decided was reality. The real challenge is that ego basic operating system of yours believes totally in the reality it has created and totally believes it is the one and only reality. The idea of a higher consciousness celestial you residing in a dimension of pure energy is not in the equation because in that reality there are no limits and there are infinite possibilities which of course from your ego's perspective is impossible. It has spent a lifetime defining the limits and "predicting" our future into being based on past experience.

If your ego has been programmed to think this is a cruel and unjust world that is what it will be for you. If your ego has been programmed to believe you can accomplish anything you set your mind on then that will be your reality. Like a standard electronic computer, your ego can only respond to the world based on its programming and that is how it defines reality. This of course is the reason why while our individual realties overlap with common beliefs, no two people live in the same reality. Their view of reality sets the parameters for how they perceive the world. With egos running the show we are locked in a closed loop of expectations and experiences all driven by our past. This makes it clear why there are so often conflicts because <u>everyone</u> believes whatever they believe is "right". Therefore what is "right" can be very different from one person to the next and they are still in fact both "right". Only access to your higher conscious self can give you the opportunity to reset the system and open up an awareness of new possibilities.

It can happen when you sleep by allowing the conscious mind to get a break from the non-stop narrative of your life created by the ego. This is also the benefit derived from meditation. The ego does not want you to ever try anything new or untested – since your personal safety is its primary objective it does not want you venturing off into unknown territory. Ego has defined you very specifically with all of the weaknesses and strengths it believes it has no choice but to deal with. Some teacher in grade school who said you would never be any good at math will have your ego totally believing that as fact. The truth is that none of it is unchangeable – (your name here) is simply a character you have created so you can function in the physical world. The "you" that is playing the game through this character you have created is capable of taping into the creative

power of the cosmos. The "spark of consciousness" that actually is responsible for animating (your name here) is a temporary extension into physical form of a far greater "YOU" that is an inseparable part of the unified field – or to stay with our computer analogy, the cloud network. That individualized consciousness in (your name here) has a direct communication link from which all "inspiration" and your unlimited creative power can flow – if you can get your ego out of the way long enough to be a good receiver. Again, regular meditating is the easiest way to become a better receiver.

This gets to the root of where your problems come from. Your ego lives in the present moment basing all of its decisions on past moments regardless of the accuracy of its interpretation of those experiences and observations. This is why we can tell you that it takes some discipline and practice to really become good at intentionally designing your personal reality. If you look out into the world you have created to date in the present moment and see danger and hardship, it is hard to deny that "reality" and accept that you can simple re-write your storyline and eliminate those aspects of your story. It really does only take a "change of mind" but that is easier said than done.

The You that is living in the amazingly complex and capable avatar named (your name here) is made up of two parts: your individualized consciousness, connected to the cloud network non-physical part of You and your subconscious (ego) which is the basic operating system that handles regular body functions and creates response patterns based on experiences. Ego you has more primitive origins as the basic operating system for your life form and has no creative power – it can't originate new responses – it can only react based on its past experiences (whether actual or imagined). Conscious you has the job of choosing direction, coming up with objectives and trying to keep a good line open for communication with non-physical and unbounded you in the Universal Network "Cloud".

Your Conscious Mind is the part of you that is the actor on the stage and has infinite choices for what it wants to do. You get continuous guidance from non-physical You through your emotions and that "small voice in your head" we refer to as intuition or conscience. Your emotions tell you whether you are on track or not – the Emotional Guidance System we have already mentioned. Your emotions are the direct "system status" indicators controlled by your higher or non-physical self. If you feel "good" – happy, joyful, appreciative and loving – you are on the right track. If you feel "bad" – angry, depressed, anxious or afraid – you are on the wrong track. Ego you will just register how you feel and accept that as reality. It will naturally pursue "pleasure" but has little choice involved since it can only choose its direction based on past experience or something it has been convinced to think is truth by outside sources. However your non-physical self is constantly trying to guide you in positive directions by inspiring wants

and dreams and helping you to make the right decisions about how you are going to manifest those realities. Your emotions are your avatar's compass or guidance system.

If you are envisioning all kinds of wonderful things happening to you, your non-physical self will make it so in line with your beliefs. Keeping on track would not be particularly difficult if you didn't have your ego self butting in all the time. Once you accept that your ego is not "you" then you will be very aware that its continuous monolog in your head has often not expressed the most positive outlook for where your personal adventure was taking you. Ego you is likely to try and shoot down every new idea and action because its analysis of your reality can only focus on the problems and threats it sees. It is important to remember that the primary function of a basic operating system is survival – protecting you from danger. "I mean, what is IS right? YOU can't just ignore any and all of the problems that are obviously trying to wear you down. It's a hard world!" As long as YOU listen to that, it will be a hard world.

This makes clear the #1 way to get better at playing the game. You have to stop listening or train ego you to keep quiet. Without the naysayer constantly jabbering, you can quickly begin manifesting all kinds of things from little to magnificent. "Miracles" can happen when you get really good at shaping your "knowing" toward really big goals. But, most important, when you are able to get your conscious mind in control and shut off the auto pilot of your ego, you start to be able to make your life that magical adventure where your hopes and dreams are constantly manifesting into three dimensional material time space things. Like a magician, you can say I want this or something better and it will become part of your Reality as quickly as you are ready to accept it. It is infallible. Your ego's response to this idea is probably that you are considering living in a fantasy world of imagination – that of course is where your ego lives.

Don't get mad at your ego – it is just doing the job it was designed for. Remember the ego is the default operating system. As we have already indicated, its basic purpose is survival. It just wants to protect you. Protect you from wild beasts and evil forces. Protect you from being disappointed or embarrassed. Protect you from personal and emotional injury. Protect you from the unknown. Protect you from your unverified ideas. It thinks it knows best. After all, it runs your very complex body with no help from you most of the time. From waking to sleep, its objective is to keep you functioning in ways that it believes will make it most likely you will survive day to day life. If you just let it do its job without any interference you will likely have a very average and only modestly interesting life. You will get to the end of your life without any great satisfaction or regret probably wondering what the whole point was. The non-physical you will have been forced to watch the action through your eyes with few

if any opportunities to advance creation in any meaningful way. You will have just been a supporting player in the game, doing little if anything to advance the game play. Nonetheless, your ego would be quite certain that it had done exactly what it was supposed to do.

So, we have to figure out how to put the ego in the background. Let it run all of the routine functions but keep it out of the driver's seat. Turn off auto pilot and take charge yourself. Stop taking the default route and set new directions and objectives. Create the wonder-filled creative life that is available to you for the believing in. It is a choice. And if you don't at first succeed, try, try again! Learning to keep your conscious mind in control is the one and only discipline you need to master. Do that and you can tap into the unlimited creative power of your REAL, non-physical self – you get access to master control, the Source of all that has been and will ever be manifested in our vibrational Reality.

Why do we use the term "vibrational" Reality? Because everything "physical" is energy given form by a particular vibrational frequency. You can do some reading about the ideas presented in Quantum Physics and current science to get a complete discussion of this topic if you would like detailed explanation of these ideas. For our purposes we will give an overview of the concepts. This is important to your knowing that Reality really is perception and not anything set in stone as your ego would have you believe. Solid is an illusion. Everything is made up of almost entirely space.

Before we discuss the "vibrational" reality of the world as we know it, let's do a little tune-up of our body-mind system. There will actually be changes in your brain as a result of this little exercise. We have given you a great deal of background already and now it is time to jump in and see if you can establish the awareness of a connection to the infinite field of all possibilities for yourself – at the very least you will shed some stress and strain and help your body function at optimal levels.

## Meditation Exercise Experiment

1. To do our meditation experiment, find a comfortable spot where you can sit quietly without being disturbed for 15-20 minutes.
2. When you are comfortably seated, close your eyes and focus your attention on your breathing. You don't need to try and breathe any special way, just take a few slow deep breaths to start and then breath normally.
3. The focus on your breathing will have you already feeling more relaxed. As you continue your focus on your breathing, consciously relax your body. Let all your muscles in your face and neck relax. Tell yourself, "My whole body is totally relaxed". (with a little practice this exercise will get even more effective)

4. Take 2-3 minutes focused on your breathing and consciously relaxing the muscles throughout your body.
5. Now, begin saying to yourself (in the mind – not out loud), "Sat-Chit-Ananda". Just keep repeating this "mantra" to yourself. Satcitānanda, Satchidānanda, or Sat-cit-ānanda translates to English as "Existence, Consciousness, and Bliss" representing the coming together of the three levels of your being: Ego, Consciousness and Higher Self or Soul. Repetition of these sounds will help you experience a sublimely blissful experience of the boundless, pure consciousness - a glimpse of ultimate reality.
6. "Sat-Chit-Ananda" "Sat-Chit-Ananda" "Sat-Chit-Ananda" "Sat-Chit-Ananda"…
7. Whenever you notice that another thought or physical sensation has captured your attention, "gently" go back to repeating the mantra in your mind. "Sat-Chit-Ananda", "Sat-Chit-Ananda", "Sat-Chit-Ananda"…
8. Continue this process for 10-20 minutes.
9. It can be useful to use a timer with a soft alarm or record 10-20 minutes of soothing music or nature sounds to be your timer while providing a suitable soundtrack for your mediation period.
10. After this time period, let the mantra go and come back to placing your focus on your breathing – slow even breaths. Give it a minute or so and then you can open your eyes when you feel ready.

It would be ideal for you to try this meditation exercise now but even more important is that you make this part of your daily routine taking time for this exercise before your morning meal. We will share some other powerful mantras with you in these pages and to learn more about meditation, you can visit:
https://chopracentermeditation.com/articles

## And now, where is the science on all of this?

You can find plenty of documentation on the benefits of meditation. It seems more and more people are talking everyday about meditation and mindfulness (which is really another word for the same consciousness raising objective). This is one more indicator that the shift to the emerging new paradigm is accelerating. For many of you, getting a sense of what "science" has come up with will be enlightening.

When mass is broken down to its smallest elements, you have what are called atoms. The vast majority of what makes up an atom is empty space. The large majority of its weight (or mass) is centered in the nucleus. Flying around the nucleus like planets around a sun are the electrons, but to an even greater degree than in our Solar System, the electrons are very far away from the nucleus relatively speaking – most of the atom is empty space between the nucleus and the electrons. It is generally believed that the atoms were created at the same time as the Universe as a whole was started with a Big Bang. Energy from the Big Bang was converted to the elementary particles (quarks, gluons, leptons etc...) from which protons and neutrons were formed. From these, atoms different elements were produced. Whether you want to believe that the formation of the Universe was "Divinely" created or not, there is very little "randomness".

Your body is made up of trillions of atoms and they are constantly being recycled and replaced. From day to day entirely new sets of atoms make up your body. The really interesting part of the story is that those atoms have been at one time or another in other galaxies as well as all living and non-living things. What this means is that your body is constantly reforming. Consciousness is continuously replicating all of your organs and cells in a pattern that you have accepted to be the reality of you. Further as quantum physics is revealing, time is not even a factor because everything about your body and all of Creation is constantly in flux. As Deepak Chopra recently stated in a TED talk, your body should be thought of as a "verb" rather than a "noun". There is nothing constant about your physical form. With every breath you are exchanging trillions of atoms with the rest of the Universe and those atoms have been around for eons. The atoms making up your body are being refreshed and replaced moment to moment. They are really timeless building blocks used by consciousness to create forms we can interact with. You are literally creating everything you perceive to be YOU and the rest of the Universe in your conscious mind. Time exists only because like everything

else it is a story you have decided to believe in. It is a useful tool for defining the playing field in the world you have created.

For the story we are telling we will suggest that non-physical Source energy has guided the system in a continuous process of evolving ever more complexity and elegance of design. This Source Energy or universal energy field of consciousness (which you can call God if you choose – or not) has been developing ideas in consciousness to organize atoms into an infinite number of physical forms that make up the basic playing field for this game of Creation we are all involved in. Consciousness as the creative force has evolved over many billions of years with increasingly greater ability to form new ideas and then translate them into form. When creatures like us evolved into the beings we have become, capable of independent action, that unlimited energy field had a much more engaging way to experience itself. By giving humans freedom of action and choice a new variable was injected into the mix as we were able to do more than translate "idea" vibration into form, based entirely on pre-set instincts and basic programming. Humans had the ability to re-imagine the vibrations and tune them to intentionally create new "realities" and forms. It was like releasing an unlimited number of individual "worlds" to develop and interact with each other. Source energy or "God" gave itself localized points of consciousness that could come up with their own story to enjoy adventures in Creation. And here we are - timeless entities in a constant state of change building this tapestry of "reality" for our own amusement. Source energy limits its guidance to providing emotional cues as to how enjoyable the results of our choices will be. If you are feeling good about something, you are creating "good" stuff. Feeling bad or worried, you are creating unwanted realities. We may think we are "your name here" but that is only because our independence results in new and unexplored creative directions to advance the evolution of the material world.

As individualized bits of consciousness we are forever linked yet given the ability to create our own unique worlds. We have evolved our abilities considerably over several thousand years with the complexity of consciousness moving at an ever more rapid rate. In the scheme of things, as a species we are just coming of age where we are starting to think more as individuals rather than as societies and are seeking to be ever less controlled by others. We are beginning to realize that while we have an individualized persona for the game, we are part of an unlimited infinite energy field from which all material form emerges. We are still children just beginning to test our wings. Many of us are battling demons we have created for ourselves over the centuries as we dealt with what we deemed to be uncertainties and an inability to understand our true nature. There were always a few who recognized the truth and tried to open the doors of a transformed reality for us. Even though they were not fully understood in their time they were still successful at planting seeds that are now beginning to sprout in greater

numbers with each passing year. The intellect which is closely aligned with the ego has been the driver but as a species our latent ability to tap into our higher consciousness is beginning to be experienced on a more regular basis. Ideas and powers that were once the domain of a limited enlightened few are now being recognized by many.

The key realization (as we learn more about the true lack of substance in the material world) is that it is almost entirely empty space that we cause to vibrate at specific frequencies so that we can translate it into 3D time space forms. Deepak Chopra and Menas Kafatos have written a book fully discussing an idea that we have touched on that it is our consciousness that is entirely responsible for the creation of the physical Universe.

> *We have an agenda, which is to show that this is a participatory universe that depends for its very existence on human beings… a completely new universe, one that is living, conscious, and evolving… a conscious universe responds to how we think and feel. It gains its shape, color, sound and texture from us.*
>
> From "You Are the Universe" by Deepak Chopra and Menas Kafatos

***WE ARE THE DESIGNERS OF REALITY.***

## Dr. Bohm and the Science of Thought

I have no idea how I happened to be at what was a very high level scientific lecture in NYC – at Lincoln Center I believe – by David Bohm and neuroscientist Karl Pribram. Bohm worked with Pribram on the theory that the brain operates in a manner similar to a hologram, in accordance with quantum mathematical principles and the characteristics of wave patterns. At the lecture I attended Bohm and Pribram discussed their "holographic theory of the Universe". A hologram is actually an information storage system that allows the information to be compressed in its dimensions. Like standard photography, an image is captured on a special film. If you shine the light of a laser through the film a very precise three dimensional image will appear in the air – maybe you remember the scene in Star Wars where Princess Leia appeared to deliver an important message. You don't need special glasses and you can move around the image just as if it were a real object.

One of the very interesting things about a hologram is how the information is stored – it is stored throughout the film. By this I mean that you can take any small piece of the film and the information for the entire image is there. If you have a square film 12 inches by 12 inches and you cut a one inch by one inch piece and then shine the laser through it,

the entire image will all be there – it will just lack some of the detail, it won't be as crisp and precise but it will all be there. Bohm and Pribram postulated that our brain functions similarly and that the physical Universe as a whole holds information in the same way. This would mean that all of the information existing in the Universe exists in every molecule – just in less detail. The bigger a piece of the data field you had access to, the greater the detail available. Since we are all individual points of consciousness of an infinite and continuously expanding energy field, this would suggest that we have direct access to all of the knowledge / information in the Universe. Might this be how inspiration works? Like a Universal Search Engine, we pose a question and our inquiry goes out into the network and when possible answers are found, they come back to us as flashes of insight. The prolific inventor Thomas Edison said that when something stumped him he would pose the question to himself and then take a nap. Upon waking, the answer he sought would often be revealed as an "inspired" thought.

The Holographic Theory of the Universe would indicate the inseparably interconnectedness of all of Creation. While this structure opens the door to infinite opportunities it may also cause some difficulties. Bohm was concerned by what he considered an increasing imbalance of not only man and nature, but among peoples, as well as within people, themselves. Bohm mused: "So one begins to wonder what is going to happen to the human race. Technology keeps on advancing with greater and greater power, either for good or for destruction." He goes on to ask:

> "What is the source of all this trouble? I'm saying that the source is basically in thought. Many people would think that such a statement is crazy, because thought is the one thing we have with which to solve our problems. That's part of our tradition. Yet it looks as if the thing we use to solve our problems with is the source of our problems. It's like going to the doctor and having him make you ill. In fact, in 20% of medical cases we do apparently have that going on. But in the case of thought, it's far over 20%."

In Bohm's view:

> "...the general tacit assumption in thought is that it's just telling you the way things are and that it's not doing anything – that 'you' are inside there, deciding what to do with the info. But you don't decide what to do with the info. Thought runs you."
>
> *(we want to note that what Bohm is talking about as "thought" is what we have been calling the ego basic operating system)*

> “Thought, however, gives false info that you are running it, that you are the one who controls thought. Whereas actually thought is the one which controls each one of us.”
>
> “Thought is creating divisions out of itself and then saying that they are there naturally. This is another major feature of thought: Thought doesn't know it is doing something and then it struggles against what it is doing. It doesn't want to know that it is doing it. And thought struggles against the results, trying to avoid those unpleasant results while keeping on with that way of thinking. That is what I call "sustained incoherence".

Bohm proposes in his book, *Thought as a System*, a pervasive, systematic nature of thought:

> “What I mean by "thought" is the whole thing – thought, *felt*, the body, the whole society sharing thoughts – it's all one process. It is essential for me not to break that up, because it's all one process; somebody else's thoughts become my thoughts, and vice versa. Therefore it would be wrong and misleading to break it up into my thoughts, your thoughts, my feelings, these feelings, those feelings... I would say that thought makes what is often called in modern language a *system*. A system means a set of connected things or parts. But the way people commonly use the word nowadays it means something all of whose parts are mutually interdependent – not only for their mutual action, but for their meaning and for their existence. A corporation is organized as a system – it has this department, that department, that department. They don't have any meaning separately; they only can function together. And also the body is a system. Society is a system in some sense. And so on.”
>
> “Similarly, thought is a system. That system not only includes thoughts, "felts" and feelings, but it includes the state of the body; it includes the whole of society – as thought is passing back and forth between people in a process by which thought evolved from ancient times. A system is constantly engaged in a process of development, change, evolution and structure changes...although there are certain features of the system which become relatively fixed. We call this the *structure*.... Thought has been constantly evolving and we can't say when that structure began. But with the growth of civilization it has developed a great deal. It was probably very simple thought before civilization, and now it has become very complex and rarified and has much more incoherence than before.”
>
> “Now, I say that this system has a fault in it – a "systematic fault". It is not a fault here, there or here, but it is a fault that is all throughout the system. Can you

> picture that? It is everywhere and nowhere. You may say "I see a problem here, so I will bring my thoughts to bear on this problem". But "my" thought is part of the system. It has the same fault as the fault I'm trying to look at, or a similar fault."
>
> "Thought is constantly creating problems that way and then trying to solve them. But as it tries to solve them it makes it worse because it doesn't notice that it's creating them, and the more it thinks, the more problems it creates." (pp. 18–19)

For the purposes of our discussion here, Dr. Bohm's ideas fit very well. The "thought" and the "thinking" David Bohm is discussing is that information processing done by your basic operating system – the ego. That is the information based on past external events and experiences. A combination of experience and primary operating system "survival" command programs. Dr. Bohm is very correct in his concept that for most of us we believe these thoughts define us and they tend to be more societal than individual even though we clearly believe ourselves to be very individual. The thoughts of the "ego" mind are a closed loop because they can only recycle and reconfigure ideas not creating anything new. As Bohm states, failures in logic will tend to perpetuate themselves as the ego brain attempts to justify its beliefs and the prompted actions it directs you to take. Only by transcending the directives of the ego and tuning in to our higher consciousness can the societal logic loop be broken. To break the pattern it is essential that we learn to transcend the ordinary to discover the extraordinary.

This is where we get back to the holographic theory of the Universe. We are all connected as consciousness permeates all of Creation. To extend that to the reality game analogy we have been using is clearly not in conflict with the concept that we are like individual computers on a vast network, we are all intrinsically part of the whole. We are points of consciousness that make possible an "experiential" reality. We literally give life and physical dimension to the system. We also have the ability to tap into all of the information that exists in space and time. We have access to the entire Universal network and the ability to interact with it in a very direct way through the Law of Attraction. Whatever thought vibrations we send out into the network are what will echo back to us in material form just as all of physical Creation is the echo of all the thoughts humans have had up to that instant in time. If we can get beyond our ego's experiential reality we can create any new Reality that we can allow ourselves to believe in. If you are really getting this, it may seem like an overwhelming opportunity. How much is expected of us?

This really is why we are here – not to maintain the status quo but to evolve reality in more enjoyable ways. Remember the true North of your emotional guidance system is

felling good. Therein is the huge responsibility and opportunity. Staying on the path of feeling good will keep your channels of communication open with your higher self allowing all the inspiration and direction you need to accomplish anything that you believe will improve some aspect of your life and life on the planet. You cannot do anything that brings you more joy, love and satisfaction that will not benefit all of Creation because in this holographic Universe we are all completely entwined and interconnected.

So where does this leave you? Probably scratching your head thinking all this thinking about thinking is confusing – what the heck am I supposed to think? We would like to offer that it is not necessary for you to really get all of this, you simply need to use your emotional compass to stay focused on what you want rather than what you do not want. This is the way you can guide your thinking and move past the limitations and doubts running around in your ego basic operating system. Thinking (imagining) the world not the way it "is" but the way you want it to be. Again, the easiest way to stay on track is to pay attention to your emotional compass and keep seeking out happy thoughts and good times. Constantly be on the lookout for things that make you feel appreciative. If you are not feeling great, stop and take some time to find some things to feel good about. Don't get trapped in the ego perspective of what APPEARS to be your current reality if it is not what you want to be your reality. You don't need to deny what seems to be or has been your reality; you just need to tell a new and different story where that reality that appeared to be has transformed to where and what you want it to be. Doing and thinking the same way you have always done can only give you the same results. This is why you must please accept that you are fully in charge and are in fact the Designer of YOUR Reality. Fears and worries are your enemy.

## What's the worst that could happen?

Here's the big secret that really should remove most of the stress of playing your temporary part in this adventure as the character you have created for yourself. (Your name here) is in the game for only a short amount of time, but the true you is immortal and unbounded by time or space. So, as we said, don't worry, death is only a transition for your awareness – there is no "end" for you or anyone else, only constant change and evolution. The truth is you have played variations of this game many times before, and you will invent new characters to have other adventures in the 3D material time space world. As a U.S. president famously said in a time of great economic crisis, "There is nothing to fear but fear itself." This is a very profound statement of Universal significance. For him, it was clear that FEAR of economic instability was causing a reaction that could undermine a powerful economy that would recover as long as people believed in its resilience. Fear is the opposite of Love and Faith. It will always

lead to an unwanted result. Developing the Faith in getting the result you want is the key to success.

Fear of DEATH is the big one. Jesus wanted to convince us that it was just a transition to another level of being. For each of us as a living time/space being, there is no reason to fear. When your physical form dies, your awareness goes back to the unbounded non-physical realm, but your interest in the character you were continues as long as you desire. So does your interest in and awareness of all of those you were close to in the lifetime you exited. Just as you always have access to your Source/Soul Self (and the Soul Selves of others you have adventured with), those currently playing the game can have access to you if they want to. That is all rather complex to think about, but for now just accept that the real you is never going to die because your essence is pure energy. The first law of thermodynamics, also known as the Law of Conservation of Energy, states that energy can neither be created nor destroyed; energy can only be transferred or changed from one form to another.

This book is intended to help each of us remember our true identity as infinite and powerful creative beings. You will hopefully find it to be a useful guidebook providing your ego self with a new perspective on what reality is that respects its role but opens it up to the possibility that new realities are possible and that it can play a part in shaping them. While you, (your name here), can never be separated from your infinite Soul Self, most of us have only fleeting moments of direct contact – many sadly may feel lost and alone with no conscious contact at all with their "real" self. The wonder-filled message of this book is that wielding the power of your Soul Self is an ability that can be learned and that with belief, practice and determination, there is no limit to your Creative power.

There was a popular book out some time back called "The Secret". It framed some ideas that had actually been quite widely dispersed for many years in a new contemporary "Hollywood" suit of clothes. This is not saying anything against The Secret – it frames its message with an "Indiana Jones" ancient hidden treasure mystery motif that communicated very useful concepts to a great number of people who might otherwise never have considered any of these ideas. The only secret or at least less commonly held awareness until recently is that you can create anything you want with enough belief, and we will provide you with some magic ideas to help you claim your inherent power.

This book will hopefully fill in gaps in your understanding of what your life is all about and give you specific insights on how to develop your innate powers. The ultimate objective is that through your personal development, you will become part of a community of people intentionally, positively transforming the reality of the world. We can intentionally transform the reality of the world, but first it will help if you know more about what you are doing here and why you may at times feel overwhelmed by the "reality" that seems to be your life.

What was the magic of The Wizard of Oz? By taking the characters out of their regular experience and thrusting them into the unknown, the Wizard opened up a world of new possibilities to them. If you are lacking for anything you want, it is because you are too caught up in what appears to be the reality of your world. You are spending too much of your time "believing" in all the stuff you see and hear – that constant input of your senses. But it is no more or less real than the reality created by The Wizard of Oz.

That is the "believing" that is the hardest to overcome because we tend to believe in the realness of how our senses are interpreting the energy vibrations all around us. We often don't have a Toto to pull aside the curtain for us and reveal the truth of the illusion. The biggest challenge you face is realizing that all of reality is created in a moment-to-moment basis by the beliefs you have accepted and practiced. The world you live in is an intricate and unique reality of your own creation. Your thoughts, words and beliefs are conjuring up your life experience. You are the wizard pulling the strings and turning the dials. You have access to the unlimited magic of creation. No harm can come to you, and no sickness can overcome you without your allowing. You can believe anything you want into existence. The only problem is that because of appearances in any given moment, you may be spending more time believing in what you don't want rather than what you do want.

As you read through these pages, you are going to move closer to the full realization that you actually can have anything that you want – that you can make your dreams come true for yourself just by believing in their manifestation. It's all about what you choose

to think. Your world can be under your control at all times if you know how the magic works. You have access to the very energy and power that has created all that exists in physical form. You can choose to use it or not – it's up to you. With some practice and consistency, you can learn what it takes to design a personal reality that has all of your dreams and heart's desires becoming reality.

It does not matter where you are now or what you currently view as your life circumstances. The past can never hold you back unless you let it. The fact is, whatever you really want, you can have, and the better you get at believing that, the quicker all those wonderful things will find their way to you.

The natural reaction for most people is to ask, if that were possible, why wouldn't more people be living a totally happy and fulfilling life adventure? The primary answer is that they have chosen to accept self-imposed limitations. They don't believe in their own vast creative power. Possibly they don't think they deserve to have everything they want. The concept that you must "earn" your well-being is one of the biggest lies of the material-based philosophy of life. Happiness, general well-being and prosperity are your natural state. You are a CREATOR, and only your false beliefs, fears and worries can prevent everything you want from appearing in and being a part of your life.

## Reality just IS isn't it?

There is a shared Reality that makes up the playing field you landed on, but it is constantly changing. It is fluid and far from fixed. It also can be perceived to be dramatically different from one person to the next. We'll get into more of this in a bit, but for now we'll just note that modern science exploring the mechanics of quantum physics is confirming that "reality" is quite subjective. The thoughts (beliefs) of a person conducting an experiment can directly affect the outcome. Thought – that's right, whatever you are thinking about and believe – can determine what "Reality" is. We mentioned the photographs done by Dr. Emoto of how thoughts affected the form that water molecules took in his experiment.

What most of us experience as the "truth" of our world is merely the result of a consensus of opinion making a shared belief our reality. Don't forget that a short few hundred years ago, in reality, the Earth was the center of the universe. Now you may say that's just because people didn't know any better. So then, why is it any different now? The majority of the people back then believed that they knew the Earth was the true center of the Universe. They didn't believe that you could get in a vehicle and fly around the rather round world or that you could talk to someone on the other side of the planet through a small little device you could carry in your pocket. Why should you be any more certain that we have all the answers now – that now we finally really

understand? There will be wonders and revelations in the future that even the most visionary individuals alive today have yet to imagine.

Reality is totally subjective and constantly changing and evolving. We have a shared reality that is created by the general consensus of beliefs in various operating principles of the Universe. Gravity – we generally accept the Law of Gravity, which is the attractive power of a mass of matter (Do we know why it works the way it does? Not really, but it doesn't matter; we believe it is true and that's enough). We believe tables are solid and we can put other solid things on top of them (held down by gravity). The table is "really" mostly space, because it is made up of zillions of atoms that are little spheres with very tiny particles rotating around a nucleus like a little solar system – there is a lot of empty space between the Sun and the planets.

As difficult a concept to grasp as it sounds, the table is only solid because it is vibrating at a frequency that our physical senses and consciousness choose to translate as solid matter. It is not really important for us to understand or totally accept this version of reality, because for our purposes, the solid table is a useful belief if we are to live in a world of "things" and not just energy. The important thing to KNOW is that Reality is just a set of ever-changing and evolving beliefs – not some fixed storyline that we are all stuck with. We are shaping Reality on a moment-to-moment basis by our own changing beliefs and viewpoints.

Your objective should be to constantly shape reality to be more to your liking and more joyful for everyone around you. It is both an opportunity and a responsibility. The responsibility part is really a personal choice – you can do whatever you want. But if you have the choice to shape your day-to-day life experience, why not make it more fun and satisfying? You may be saying, "How do I go about doing this?" You just need to "wake up" and realize that it is you who are "dreaming" all that appears real into your life experience. As long as you are willing to accept that you might have some ability to control and shape reality, it's like mastering anything else – you need to develop certain skills and disciplines to be at the top of your game. The best way to get started is simply to wake up every morning and take a little time to be thankful for all the things you currently appreciate about your life, then with joy and enthusiasm go forth with positive expectations about the adventures ahead in your day.

*If all you did was just look for things to appreciate you would live a joyous, spectacular life. If there was nothing else that you ever came to understand other than just look for things to appreciate, it's the only tool you would ever need to predominantly hook you up with who you really are. That's all you'd need. ---Abraham*

## Getting Happy…

Take a little time to consider what an amazing and fascinating world this is.

Appreciation of all of the wonders that surround us is a key to becoming a really good player in this game of life. Think about it – if you take a few moments right now to ponder on the magnificence of the nighttime sky … to consider all of the diverse life and unknown creatures in the oceans that cover so much of our planet … the love you feel for people and animals that share your adventure with you … the richness of the natural world as you walk through a forest … the sun rising each day to provide the energy to maintain life here on Earth – you can come up with an endless list of things that will fill you with appreciation. With appreciation comes a natural feeling of joy and happiness. Love and thanksgiving are very close in their emotional structure. When you are feeling either, you are feeling good.

The amount of happiness and satisfaction you feel day to day is the only important scoreboard in this adventure we are sharing. You don't go to a movie or a concert to feel bad. You don't go on a vacation to be unhappy. You don't go to a sporting event to feel miserable or worried. The same is true for the daily life you are living – you got in this game to enjoy yourself (to be "in joy" is a good way to think about it). Now let's get to one of the rules of the game – there are not a lot – you get great freedom to choose how you want to play the game. The one dominant rule that exists is that like attracts like.

We started our discussion by saying this was a story about karma – a reciprocal exchange – what we give, we receive in kind. This is also known as The Law of Attraction which has its scientific roots in Sir Isaac Newton's Third Law, which states that "for every action,

there is an equal and opposite reaction." Our thoughts are electrical impulses that carry a specific energy signature (loving thoughts resulted in beautiful patterns in Dr Emoto's photos, where angry thoughts delivered no patterns). If you send out positive happy thoughts, you will attract things and circumstances that equate to those thoughts. Send out loving energy, and loving energy will come back to you. This goes for everything, and this is the one controlling principal on which all of Creation is managed. This is why you can never find happiness until you learn to be happy. Whatever your "state of mind," it will create a feedback loop bringing you more of the same. The exciting part about this is that it explains exactly how you control reality. As long as you can learn how to guide your beliefs and feelings in the direction you want to go, the Law of Attraction causes all of Creation to support you by continuously replying with whatever it takes to duplicate that energy – pushing it back to you in kind. As Paul McCartney stated in The Beatles' song The End, "And in the end, the love you take is equal to the love you make."

**As a man thinks, so is he.**

Have you noticed how your thoughts can affect everyone around you. If a really positive, happy person walks into a room of people, the good-feeling energy level of the whole room goes up. The same is true for the impact of an angry, bad-spirited person when they enter a room. Send out positive and enthusiastic positivibes, and they become a self-fulfilling prophesy. Those vibrations will echo right back to you, shaping your reality to match mood. Keep sending out those happy vibrations, and they will be picked up by those all around you. This translates into the material field in tangible ways: the vibrations radiated from you through appreciation of people, places and things will attract more circumstances like the ones you are appreciating. Send out fearful or angry thoughts, the same will happen – you will have material representations of things that make you fearful or angry coming back to you. This is why the better it gets, the better it gets, and the worse it gets, the worse it gets so often. If you can accept this, you will realize that the key is to **feel the way you <u>want</u> to feel** regardless of the appearances of your "reality" in the moment. The most important knowledge you can get from this book is to refuse to get caught up in now appearances and past experiences. You must train yourself to be in charge of your thinking and stay focused on where you want to go and not where you don't want to be.

We have already mentioned **As a Man Thinketh**, the literary essay and book by James Allen, published in 1903. It was described by Allen as "[dealing] with the power of thought, and particularly with the use and application of thought to happy and beautiful issues. I have tried to make the book simple, so that all can easily grasp and follow its teaching and put into practice the methods that it advises. It shows how, in his own

thought-world, each man holds the key to every condition, good or bad, that enters into his life, and that by working patiently and intelligently upon his thoughts, he may remake his life and transform his circumstances. The price of the book is only one shilling, and it can be carried in the pocket." It was also described by Allen as "a book that will help you to help yourself," "a pocket companion for thoughtful people," and "a book on the power and right application of thought."

This was not a new concept. A line in the Bible from the Book of Proverbs, Chapter 23, Verse 7 states, "As a man thinketh in his heart, so is he." Here is the opening statement from Allen's book:

Mind is the Master power that moulds and makes,

And Man is Mind, and evermore he takes

The tool of Thought, and, shaping what he wills,

Brings forth a thousand joys, a thousand ills: —

He thinks in secret, and it comes to pass:

Environment is but his looking-glass.

## If you want to be happy, you have to be happy.

It may seem overly simplistic, but having fun – being happy - is <u>really</u> the key. If you are feeling a little down or overwhelmed, take a break. Go to a movie or take a walk and tune out your troubles. Even just taking a few minutes to focus on taking slow deep breaths can help you regain your balance. Take a meditation break or take a nap. You need to tune out that ego basic operating system that is constantly predicting a lot of crap is going to happen. Even a break of a few minutes can help you regain control. Get your mind's focus back on what you DO want instead of any unwanted outcomes. You may not be able to do it immediately but you can shift the predictions and results in the direction you desire with some practice.

Think about it – everything you want is something that you believe will make you happier. Whether it is more money, better health, a new relationship, a new car – each of these is a vision of a future that you believe will be more enjoyable – more fun.

Why is this? To attract happiness, you must be happy. Newton's Third Law again states, "to each and every action, it has an equal and opposite reaction." Beam out happy thoughts, and you will attract more happy thoughts. Beam out pessimistic, negative thoughts, and that is what you will get back.

Let's take it the next step. Because thoughts affect and can shape physical forms, when you send positive, loving thoughts at a water molecule, you will generate beautiful snowflake-like forms. Send out angry thoughts, and you get no beautiful results. Imagine that you are happy and full of appreciation for your wonderful life, and like a magnet you will attract the very physical things you imagine will bring you greater joy and happiness. Let your heart and mind fill with worry and pessimism, and you will not get any beautiful shapes forming in the water molecules of your life.

The concept is easy to accept but can be a real challenge to fully believe in. We are so caught up in our past and present moments and to simply ignore it all and change the storyline is difficult. After all, we live in a world where most people believe in "seeing it to believe it." The trouble is that because thoughts create things, you are never going to get anything new unless you change the way you think. Albert Einstein made the point quite clearly in this quote, "Insanity: doing the same thing over and over again and expecting different results."

It is hard not to be caught in this trap. We have spent a lifetime defining who we think we are. To wake up one morning and decide to think entirely differently about the world is near impossible, unless you all of a sudden have an onset of amnesia. While that kind of reset for your bio-computer brain could allow you to start a totally new storyline in the moment, you would also lose most of the benefits of your life experience, along with the problematic fear and worry programs that hold you back. Many people – me included –who explore the path of becoming an intentional Designer of Reality, can get easily discouraged or annoyed with themselves for falling off the wagon and back into pessimistic thinking. This is why it is really best to think of this path as a quest and an adventure. When your thoughts get off the path and you have gotten sidetracked into someplace you don't want to be, you just need to take a couple of deep breaths to get a bit better centered and then use your emotional compass to find your way back to the better-feeling path you really want to be on.

## Your Emotional Compass

This next story we have for you is about Esther and Jerry Hicks and a kind of modern day oracle known as Abraham. Abraham is actually not a physical character. Abraham is a non-physical collective consciousness. For our discussion, we are going to assert that the larger part of you is also non-physical and exists in the same realm as Abraham. You can think of Abraham as an expression of higher, fully realized consciousness. Abraham is definitely out there in that unified field cloud network. Remember that that means Abraham, just like your higher self, is something we are immersed in like fish in the sea, and we are the eyes and ears of this realm. Abraham experiences the physical world

entirely though consciousness that is animating physical forms. Our non-physical higher self along with Abraham are part of an all-knowing, unlimited field of pure energy. It is from this field that we draw into the physical world all that we request in response to karma and the Law of Attraction. In the rather unique case of Abraham, we are fortunate that a willing and able interpreter was found. Esther is very good at getting her ego basic operating system voice out of the way and has become a modern day oracle of sorts as Abraham is able to speak through her.

Usually there is not a great deal of direct communication with this field of ALL THAT IS, but we are very fortunate that in answering a growing desire to speed up the evolution of consciousness, a couple of very interesting people created the right blend of energy to open a communications link. You may have heard of them, Esther and Jerry Hicks – they have become quite famous as you might expect for having opened up a communication link with another dimension.

How did it happen? Jerry was very curious and had already spent a lot of time talking and thinking about the concepts we are discussing. He had studied Napoleon Hills' ideas and even taught others about the methods employed in Hill's landmark book, Think and Grow Rich. He was curious about why the ideas worked so well for some people while others had little success. He already had a strong belief in what has come to be known as The Law of Attraction, because this was at the root of Napoleon Hill's writing. He and Esther (with the guidance of Abraham) would later write a book called "Ask and it is Given." Jerry was doing a lot of asking, and he was open to whatever inspiration came through. Maybe she happened to have very little clutter of preconceived beliefs in her mind, or maybe she was just very good at quieting her mind so that it allowed her to lock onto a conscious contact with this other dimension. Whatever happened, we are the benefactors because there has been no better contemporary source of such clear instruction about how consciousness is evolving and how we can increase our ability to participate.

For a few decades, Esther has regularly opened this communication channel with Abraham and put the ideas she received into words that would resonate with those, like Jerry, who had questions. There is a wealth of material available from books to DVDs to audio recordings all intended to make the information available and relevant for those who wanted to hear it. The Law of Attraction is the cornerstone of all of the ideas.

The central theme is that "contrast" - which is anything you don't really appreciate about reality – gets you to "ask" for the new and improved. As the book title proclaims, "ask and it is given." A wealth of guidance has been provided through almost weekly seminars conducted through Esther with Abraham and all the recorded media material

that has come out of these sessions. The very definite message given is that if you have faith in the "ask and it is given concept," whatever you ask for is given immediately on what we will call the quantum level ,and as your beliefs allow it, it will materialize in our 3D time-space reality – we must believe it into being.

The reason not everyone benefited to the same extent from Napoleon Hill's book is that it is very easy to get stuck with being believers in this reality of NOW and past nows that we have created. Good or bad, sad or happy, we are accepting it as REAL. In our real world, you cannot simply say to a mountain, move, and have it move, let alone pick out a new car you want and have it appear in your driveway. Before you simply say that making the car appear can actually be very magical and at the very least "unlikely" in our "real" world, consider the process as I believe Abraham would present it. When you put out a request to the cosmos or God or the unified field cloud network of wanting something – let's say that new car – the "field of all possibility" will begin to orchestrate all of the circumstances to make it happen. It might be a nearly unimaginable set of apparent coincidences. Someone you know urgently needs a buyer for just the car you want and makes it affordable for you … you get a job with a car allowance included … you get a bunch of money from an unexpected source with enough to allow you to get the car of your dreams … whatever, it happens.

However there is a key thing you must learn about the Law of Attraction. It will not figure out what you "really" want. If you send out an energy beam with an energy signature that is proclaiming you are not going to get that car, what do you think you are going to get? Like the genie in the magic lamp, your wish is the command. If you are not in the mindset where you believe that car is somehow going to appear in your driveway within say one month, The Law of Attraction will not be able to allow it to happen because it is not what you are requesting with your thoughts. If you spend every day looking at that empty driveway and can't imagine really seeing the new car sitting there, you simply are sending out the wrong request. You are believing in the empty driveway or worrying that there is no way you are going to get a car or feeling that you don't deserve a new car – whatever, you won't. The real secret is that it is always up to you, and you just need to believe that you actually are going to get what you want. Trying to get people to remember this is what all the words Esther has been delivering are about. Abraham just wants to remind us of how things actually work so that we can have the fun and adventure of being Creators in this lifetime we are blessed to have. Our quest is really the entertainment for the non-physical realm. Non-physical can only experience the physical world through us, and the Abrahams out there are eager to help us expand "reality" in wonderful ways, where as many people as possible are having a real good time.

This brings us to one of the many very powerful concepts shared by Abraham. If everything is controlled by the Law of Attraction responding to our thoughts, what is the best way to stay on the path to continuously making our hopes and dreams come true? Abraham calls it our emotional guidance system. While I may not be the first, I have been calling it our emotional compass. Keep on a course of HAPPY positive feelings, and you will be on the shortest route to your hopes and dreams regardless of what they are. On the other hand, if your emotional compass is reading fear, worry or anxiety, you are definitely headed in the wrong direction. Your emotional guidance system is the easiest way to know if your are making a positive connection to the cloud network of your higher self. A good connection makes it possible for you to easily allow into your reality the things you want. So there you have it – send out a mental request (you could think of it as a prayer request) for the things you want. Then, just let it go, and go on with appreciating your day as it unfolds. There is no need to dwell on your request, just relax and have faith that your requests will be fulfilled in a reasonable amount of time. Go on with your day happily, without a worry crossing your mind.

We want to include another excerpt from an Abraham talk that is received in an email from Esther that deals with this subject:

> We're not wanting to be insensitive to what so many of you are feeling, but we are very much wanting you to put this death thing in the proper perspective: You are all going to die! Except there is no death. You're all going to make your transition into Non-Physical. It is time to stop making your transition into Non-Physical sound like a subject that is uncomfortable and begin acknowledging that it is something that happens to everyone. This death thing is so misunderstood that you use it to torture yourself never-endingly and just absolutely unnecessarily. There are those who feel such fulfillment of life and such Connection to Source Energy, who understand that there is no separation between what is physical and Non-Physical; who understand that there is not even a lapse in consciousness, that "death" is a matter of closing one's eyes in this dimension and literally opening one's eyes in the other dimension. And that, truly, is how all death is, no matter how it looks, up to that point. ... The re-emergence into Source Energy is always a delightful thing.
>
> Excerpted from Buffalo, NY on 9/25/01
>
> Our Love
> Esther (Abraham and Jerry)

You are participating in a dynamic and ever-changing adventure, with your awareness fluctuating between non-physical and physical platforms. There is nothing to fear. Relax and enjoy yourself.

This obviously requires a new trust in how REALITY works, and your bio-computer brain is most likely going to require some significant reprogramming or at least a few demonstrations that this works before it gives up resisting. This is why Esther, Jerry and Abraham have had to put together so much course material. It is the reason this book and many others like it have been inspired. They each provide ideas to help unlock a new view of the world for those who are interested. A visit to http://Abraham-Hicks.com will give you instant access to great knowledge and insight.

Here are some words of wisdom from Nesta Robert Marley:

"Unity is the world's key, and racial harmony.
Until the white man stops calling himself white and the black man stops calling himself black, we will not see it.

All the people on earth are just one family.
Life...it's life we deal with. No death.
He that sees the light and knows the light shall live. When the time comes, people will seek the truth in all things. They get it when they are ready to hear it.

Man can't do without God.
Just like you thirsty, you have to drink water.
You just can't do without God.

I pledged to work for righteousness.
God's given me inspiration.
So me personally as a man is nothin'
without the inspiration of Jah."

**Bob Marley**
From 'In His Own Words' compiled by Ian McCann (Omnibus Press 47052)

The final song on Bob Marley's UPRISING album which was the last studio album released in his lifetime could not have been more fitting. It is called "Redemption Song". Redemption can be defined as the action of saving or being saved from sin, error, or evil. Synonyms are saving and absolution. All of the lyrics from the song provide a powerful and very important final message from this reluctant messiah. If you are not familiar with the song, it is one that you should add to your playlist. At the very beginning of this book we quoted a couple of lines from the song. These words really encapsulate a central idea of this book:

**"Emancipate yourselves from mental slavery**
**None but ourselves can free our minds"**

## Love is My Religion – Ziggy Marley

Bob Marley's children have continued to spread and build upon their father's message of peace and love. Most notably, David Nesta "Ziggy" Marley, Bob's oldest son has made it a personal mission to extend his father's legacy and bring new insights to his father's "One Love" message. One of Ziggy's songs that speaks directly to current times is "Love is My Religion". That's a story his Dad surely helped inspire in his son and we all owe big thanks to Ziggy for continuously focusing on a message of hope and love and using his stature to send it out into the world.

What does this statement mean? Ziggy Marley makes it very clear that so much of religion in practice is about separation. Religions and for that matter all philosophical systems of thought tend to be more about us against them, we are right and they are wrong. The "One Love" message is one of unity and oneness of ALL. "Love is My Religion" is a statement testifying to the belief in LOVE as the central energy that can link us all together. Deepak Chopra and Oprah Winfrey in their 21-Day Meditation series on Grace and Gratitude state that Appreciation engenders Love which in turn manifests Grace. Grace can be thought of as the expression of Divine energy. Don't get hung up by any religious concepts that may be floating around in your psyche – it's all about

energy and vibration. Grace can be thought of as Ch'i or qi (氣) or "energy force" as it is expressed in Chinese traditions. Grace is the manifested energy of Love.

In the enlightened world of the soon come, it is very likely that Love may be our "religion". Here are some words from a well known modern day religious philosopher:

> Emmet Fox wrote, "There is no difficulty that enough love will not conquer; no disease that love will not heal; no door that enough love will not open ... A sufficient realization of love will dissolve it all. If only you could love enough you would be the happiest and most powerful being in the world."

From one of Deepak Chopra's and Oprah Winfrey's 21-Day Meditation programs come these thoughts:

> **The Highest Love Is Grace**
>
> **"Love is such a deep gratitude. When you are truly in love with life, every breath you take is gratitude." — Bryant McGill**
>
> Today's meditation shows us how to harness the power of gratitude to guide our spiritual transformation. We are used to relying on our ego mind to make major life choices, but the vision and guidance of our separate self is always constrained by our past and our limited understanding that sees the world in terms of differences. The guiding grace of our higher self is not restricted by the past or our limited knowledge. Grace sees the differences in the world as integrated parts of one wholeness.
>
> We feel this grace personally as a kind of divine love. This loving state of grace connects us, fulfills us, delights us, transforms us, and awakens us to that elevated state of divine consciousness.

Deepak suggests the use of the following mantra for a meditation experience that will help you "realize" the experience of this truth:

**Aroot Perum Jothi**
**I am the light of divine grace.**

This is from the program "Manifesting Grace through Gratitude" which you will find to be a wonderful way to expand your awareness and personal appreciation of Reality.

For more information visit https://chopracentermeditation.com

## The Cutting Edge of Creation

We are at the leading edge of Creation, and your constant seeking and wanting of new and improved is what drives evolution forward. We are here for the excitement and thrill of dreaming new and improved realities into existence. Know that regardless of any failings or mistakes you think you are guilty of, you are totally worthy and deserving of an exciting and happy life. The intent here is to encourage you to work on realizing that your life – where it goes from here - really is totally up to you. No one can hold you back but yourself.

Maybe you think it is about being a different age, sex, nationality or religion. Maybe you think it's just about having rich parents or being a great athlete or winning the lottery. None of those things will define your future. The only thing that is going to determine your future is what you believe.

That's why a great subtitle for this book is "Reality Is All in Your Imagination."

You are living your life in a "reality" that you have imagined for yourself. It's your storyline in an adventure world you have created in your own mind. If this idea seems incredulous to you, ask yourself the simple question, "Does everyone believe the same things are true that I do?" When we disagree, does that often make someone else believe any less in the accuracy of their own worldview? The way you have decided to perceive the world is your "reality."

There are no two people who see the world in exactly the same way. We each have our own unique reality that we have chosen or, too often "settled for." That's a primary message: You don't have to settle for anything. Your reality is totally in your control. You just need to learn how to exercise the unlimited creative power you were born with and stop believing in the limitations most people are so willing to accept.

Why are we so willing to accept limitations? It is a lot easier. It takes the responsibility for everything going on in the world off our shoulders. Playing a passive part in life is the default setting for the character you are playing – as we mentioned before, it's like an "auto pilot" telling you which way to turn based on its stored data. Your ego-basic operating system is stuck with making predictions based on past experience and is unable to do any "out of the box" thinking. Those predictions are your reality unless you override them with original ideas that can come only from a consciousness connected to your higher "cloud" self.

You may not have as happy and fulfilling a life as you would like, but if you are living in an environment like most of us do, your reality is generally OK. There is nothing wrong with believing in those predictions, except you can have so much more. You really can

create any reality you can imagine for yourself – a world where all of your hopes and dreams are coming true, and as you do that, you help upgrade everyone's reality.

We mentioned playwright William Shakespeare's famous line, "All the world is a stage and all of the men and women are merely players." Think about it. The idea that we are all actors and actresses playing roles in a grand adventure on a world stage is an analogy that most people can be comfortable with. Each day you and I are waking up and going forth to play our parts in an exceedingly complex interactive drama, or maybe your life is more of a divine comedy. Whatever it is, it is your adventure, and you own it. Some people love drama, and that is certainly easy to create, but most of us, if asked, would say that we preferred to have fun and just want to be happy.

But what is it all about? What is the meaning of life? The circumstances and events that give each person meaning may be very different, but those individual "meanings" or achievements are all discovered in the same way – by pursuing your Joy – having fun.

There are a lot of us playing this massive interactive adventure game with new players starting the game every day and others exiting the playing field all of the time. Some people claim to think that there is really no order at all and that evolution and any concept of divine Creation is nonsense. They think that instead, it is all just happening by chance and is ultimately totally random and ultimately meaningless. Well, that is just fine for them, and if that's what they want for the premise of their story, they can still do well because they will still be imagining their reality into physical form like everyone else. Can we agree that having a good time and enjoying the ride is better than being miserable and just hoping it will all end soon? I am quite confident that everyone reading these words would be very agreeable to having an ever more enjoyable life on a day-to-day basis.

This brings us to a fork in the road. As the popular philosopher Yogi Berra said, "When you come to a fork in the road, take it." When it comes to this life adventure, any choice is better than no choice at all. You really can't make any mistakes. Every path will get you to where you are going – some are just going to be more roundabout. You can limit the amount of time you are sidetracked if you pay attention to your instincts – how do you "feel" about each of the options? Going with "your gut" or letting your heart be your guide will never take you down the wrong road. We'll get into a bit more about how all of that works in a bit, but here is your first choice. Do you want to Create your Reality or spend your life just reacting to what goes on around you? Reacting is what most people do - they are continuously taking the path they have talked themselves into believing. They resign themselves to being victims pushed and pulled by the uncaring tides of a basically unjust world.

The big mistake we make along the way is starting to think we can't be happy until we achieve or get something to make us happy. We forget that we got into this game to have fun, and that the excitement comes from the adventure found in the game as we face obstacles and work to make our hopes and dreams a Reality. Every time an obstacle comes up or a situation that is not enjoyable, we will decide how we would like things to be different and thus begin imagining our way to a transformed Reality. It is up to us to CREATE the world of our dreams. It must happen first in our mind and then we will be able to allow it to become physical form by believing in it.

People ask, "What is the purpose of life? What's it all about?" Well, very simply, you got into the game primarily to have fun. But you can't have much fun standing still and doing nothing. You are here to participate in the shaping of hopefully a more positive Reality, and through your example, contribute to the well-being of others. It is your hopes and dreams that tell you what it is you are supposed to work on making a "reality." The idea is to relish in the adventure of doing just that – have fun now and appreciate all the things you wanted to draw to you while you continuously set new objectives for yourself. You are never done until the day you decide to kill off the character you have created. What kind of legacy of joy, love and fun are you going to leave to the world you were adventuring in?

## Believing in a new reality is what it takes to create it.

This is why everyone is not living their dreams. Believing that you can transform how you are experiencing your life simply by creating a storyline of what you want, many people would just call that wishful thinking. That is not necessarily an incorrect designation, but the suggestion that it is "unrealistic" totally depends on the wishful thinker. All it actually takes is consistently guiding your thoughts away from worry and toward satisfaction and fulfillment. That does not mean that you normally are going to get an immediate change in the direction you were going or where you appeared to be in a present moment. As Abraham points out regularly, it is all about momentum. If you have believed a lot in how hard it is going to be to do something, to change that perception you are going to need to shift your perspective to believing a lot in the fact that nothing is going to stop you. This is a process, and along the way you may find the path takes you in a different direction than you expected. The trick for you to master is one of thought-direction. The more consistently positive and optimistic you can keep your thoughts flowing, the more easily you will find the best route to take. The Universe can handle any request, but you must have an open channel to get the inspiration and notice the signposts provided.

If your focus is on a belief of not what you want happening that is all you are going to get. Here's an important piece of information that can make the process much easier. While it is crucial that you do not worry about not getting what you want, it is not required that you spend your time trying to believe you are going to get exactly what you want either. If you can do that effortlessly, excellent – it will speed things up considerably. However, if your thoughts on a subject keep going more toward concern about what you want not happening, it is a good strategy to just get off the subject altogether. Focus your attention on appreciating anything that IS going the way you want it. Anytime your emotional compass alerts you to the fact that you are getting off track, with any sense of dis-ease or worry, take a couple of slow, deep breaths and guide your thoughts back to something that makes you feel good. It does not matter what it is – feeling good and happy is the key to letting your power flow. It sounds very simplistic, but it really is the key: Don't worry, be happy!

Another avenue that may be helpful in guiding your thoughts is to internalize the concept of "let go and let God." All your wishes are immediately received – as soon as you make a request, The Law of Attraction will begin to coordinate all of the pieces needed to give you what you have asked for. As soon as you are ready to accept it and allow it into your reality, it will materialize in your life. What do we mean by ready? We mean you are ready to believe in its "reality" and accept it as something you deserve to have.

This book is mostly intended to encourage you to just relax and enjoy the ride - to stop taking life and yourself so seriously. You can never get it wrong or really make any mistakes, because everything that happens is part of the magical interaction of an infinite number of moving parts all interacting in perfect coordination through the power of the Law of Attraction. The more you can have faith in your own happy positive path that will be where you will find yourself.

Don't judge anyone else for where they are and the life they live – life is an adventure of discovery. As Makua stated, "we are each our own best teacher." Abraham and others we talk about in this book can offer clues, but not everyone is ready for the responsibility of a reality they are intentionally designing. "You can lead a horse to water, but you can't make it drink."

While there are still many people going through their days with little hope of peace or happiness in their world, I do believe more and more people are waking up to the realization that RIGHT NOW we can make into anything we want regardless of what has come before. It does not have to be a big shift – altering reality in increments is clearly easier for our carefully trained, rational bio-computer brains to deal with. So let's

stop being hard on ourselves or anyone else for that matter. Everyone is doing the best that they can, and everything they do is only because they are trying to feel good. Some people still have a lot of demons they must slay or chase out of their consciousness before they are really going to be happy. For them (while some may find it very annoying), your example of joy and love for your life adventure will be the best medicine. You can't do it for them, but you can possibly inspire some positive changes in their thinking by providing a model of a better approach to day-to-day life.

## It takes Training & Practice

You are unlikely to get really good at any activity without mastering some skills and working at getting better and better. It is also unlikely you would ever get very good at anything you didn't have some fun doing. Same with life in general, if you aren't constantly finding things to enjoy, things are probably just never going to consistently go your way. If you are in need of a boost in your joy level, as we have already suggested, take some time right now to think about the things in your life that you appreciate and are thankful for. Generating that vibration of appreciation is the surest way to get your joy level up and attract even more to be thankful for.

> As you look for a better-feeling way to approach whatever you are giving your attention to; as you continue to ask yourself from your ever-changing vantage point, "What is it that I do want?"… Eventually you will be standing in a very pleasing place—for you cannot continually ask yourself what it is that you do want without your point of attraction beginning to pivot in that direction. The process will be gradual, but your continued application of the process will yield wonderful results in only a few days.
>
> Excerpted from Money and the Law of Attraction on 8/31/08
>
> Our Love
> Esther (Abraham and Jerry)

Why might it be difficult to have fun all the time? Most people would be quick to answer that this is because life is very challenging – often too hard to get any consistent feeling of happiness going, right? Maybe you are having financial trouble or your health is poor or someone you know is in trouble. Is that an accurate appraisal of reality for many people? They think they could be happy if things were different. While that conclusion is logical, understandable and true to an extent, it is not the way things work due to the prime directive of Karma and The Law of Attraction: like attracts like. Happiness attracts happiness. Misery attracts misery. Whatever your state of mind, you are just going to get more of it.

Also, because of the nature of the game, you are always going to want things and experiences that you don't have yet – that's just the way it is. The truth is that you are the Creator of your reality whether you are doing it intentionally or not. Dreaming up and then manifesting things and experiences is what you got into this adventure to do. Therefore you will unfortunately go nowhere if you decide you must wait for the wanted thing to materialize before you are going to be happy about it. The "want" is always going to come first and each fulfilled want will be replaced with a new and improved want. You are never going to get to a point where you do not want something else until you decide to leave the game – game over and you leave your physical body behind - dead avatar. You are never going to say, "I did it all, I accomplished everything I set out to", if you have much time left in the game. You came here for the satisfaction of developing your creative abilities and to have the fun of watching all of your dreams and inspirations come into your physical reality. Staying focused on finding things to appreciate in each now moment is the key to letting the energy flow. Focusing on the problem only magnifies the problem. That's Karma. So, if you are waiting for what you want before you can be happy, you are never going to get there – that light may be at the end of the tunnel but it keeps moving out ahead of you and you will never quite reach it. Don't WAIT to be happy! Work on being happy now and all the time – hopefully you will find several good ideas to help you maintain a happy positive attitude in these pages.

Sometimes people do reach a big goal they have set and you may even be a little jealous of them, thinking they have it so good. What about them? Yes, it may be easier for them to maintain their happy attitude because "the better it gets, the better it gets" but many times, the result is exactly the opposite. Having reached this big goal – winning a gold medal in the Olympics say – now, they don't know what to do with themselves. Has your whole life been built around working toward one goal and now that you have gotten it you are wondering what you are going to do? If this happens to be where you find yourself, the question to ask is "how can I serve?" If you have been blessed with achieving something really great, you can use it to propel you to ever greater heights of personal satisfaction through helping raise others up.

The fun comes with the adventure of experiencing Spirit coordinate the infinite number of moving parts to best fulfill your requests based on the Law of Attraction. What should this tell you? Everybody is in the same boat – playing in the same game by the same rules. OK, you may say, "So why is there all the unhappiness and distress in so many people's lives?" It's because while it may be very easy to say that all you have to do is be happy, that can at times seem to be an overwhelming impossibility. This is because most people have little or no control over their thinking. They are trapped in the "now" reality and their ego mind will not let them see beyond it to new possibilities. They may

also have no idea that how they think about things is actually determining the world experience they find in each new day. Their bio-computer brain keeps running the same mental programs regurgitating past fears, mistakes and problems. It is very easy to get stuck where you are because it is your current reality – what you can actually see, hear and touch in the moment. Remember the "faith the size of a mustard seed can move mountains" biblical statement? The key thing you need to do in learning to get past your current reality is "wake up" to the idea that you can change course anytime you want by "changing your mind". You must decide where you are going and accept that a path will open for you to transform your current reality to something bringing you ever greater satisfaction. Once you begin believing in your ability to create a new more desirable reality, it is then easy to BE HAPPY NOW because you realize a positive destiny is assured.

You are the writer and director of this adventure you have chosen to play a part in. It is up to you to design how the scenes play out – not anyone else or even "fate". You need to accept that as this avatar of that greater YOU that is one with a Universal energy field, you are continuously channeling creative energy. It is in learning how to create what you want instead of things you don't want that the game play comes in. You are not forced to send out happy positive energy – you can be an energy drain on the whole system without some effort on your part. More than just being a lot more fun, being happy should be considered a responsibility if you have an interest in making a positive contribution to the world. If you are not working at it, you are letting more than just yourself down. You know the saying "a rotten apple spoils the barrel" – you get the idea. I am sure you know people that fit the category – as we said before, they come into a room and the life seems to go out of the party. If your attitude is good, they can't really do you any harm but if you spend any time with them, they will tire you out and any challenges you have will probably seem more of a burden and start to grow. You should avoid people who are giving off "bad vibes" as much as possible - when they leave your company you will be noticeably relieved.

Always try and surround yourself with like minded people who share a positive approach to life. Their "positive vibes" will help reinforce your good feeling energy. Misery loves company and you will find others who want you to share their misery and pain. Don't do it. It will not help them and it will bring you down. If you feel compelled to help them, try and find something for them to appreciate or just get them to do something to distract them from their pain so they can experience a bit of relief. The more you can get them off the "sad" topic of unwanted experience and to a happier place or even neutral on the emotional scale the better they will feel. The longer they stay in this better feeling place the more their experience of reality will change in more positive ways. The better it gets the better it gets.

The grief of losing someone close is the most challenging to get past unless you have a firm grip on the eternalness of each of us. Even so, it is like losing a part of yourself when you are very close and care greatly for another. You can't tell someone their grief is wrong but you can work to shift their focus to other things. This is where meditating can be of huge value as it shifts your focus to the bigger picture even if it is just for a few moments. Sleep is also good as it gives you a mental break by slowing down or turning off that ego voice filled with regret for a few hours. Upon waking, the trick is to immediately try and focus on some things that make you feel good before the sadness program starts running again.

I know that even accepting all of this, it still may not be easy to "just be happy". Logically you get it but practically it is a different story. You may feel worried at times. You may have times when you feel anxiety. You may suffer times of being fearful. Some event might fill you with anger. Maybe you have even gotten to the point of feeling totally hopeless. This may be difficult to accept right off the bat but however you feel is just a choice you have made. With some faith in your right to be happy, it will be easier to feel better about the path you are on. You should probably work on simply letting some concerns go. Stop beating yourself up thinking you must be doing something wrong. The leap of faith is accepting the "reality" that you can have whatever world you want for yourself. All your unhappiness about anything in your present moment stems from a belief that you are <u>not</u> going to have the future you want. If you could be totally certain that you were going to have the future you want (or think you want) there would never be a reason for any unhappiness right? Fear of a possible future that you don't want is no more REAL than excitement and expectation for a future you do want. It is all about what you decide to believe. Whenever you get really certain something is going to work out a certain way (good or bad) – have faith in the outcome you want, what you want or something even better will become the reality. You "knew" it would happen and it did. You said to the mountain, move! …and it moved.

Your Soul self/inner being – that connection to the "cloud" field of all possibilities - is also able to help you directly in the form of "inspiration" which may be fully developed ideas and plans or just clues and hints from that little voice in your head. You have heard the statement, "let you conscience be your guide." That's your Soul self talking to you through what we are calling your emotional guidance system. If you are not feeling good about something or more dramatically you are fearful and anxious about something, you can be sure that your greater self is trying to tell you that you better change course or change how you are thinking about something. You need to start telling yourself a better story – write an improved plot line.

It can be hard to take your eyes off of where things appear to be now and instead imagine them the way you want them to be with a certainty that something along the lines of your hopes and dreams IS the future reality for you. It may only take that "mustard seed of faith" – a little faith can go a long way but that is a KNOWING with certainty that there is nothing but happy endings on the way. Karma and The Law of Attraction will not allow it to be any other way and it will always be perfectly in line with what you and all the other moving parts in the adventure are asking for by their beliefs about their own realities. But YOUR reality is always completely up to you.

It's not easy if the world appears to be crumbling around you. How can you ignore what IS? This is where we have to come back to remembering what reality is – it is vibrations that you and other beings of consciousness have decided to view a certain way. Science has demonstrated that there is little solid and set about matter and that consciousness affects the structure of matter. Further, stay aware that concern about a "reality" that hasn't happened yet is just your ego's "prediction" of what is going to happen. No matter what it is, there are multitudes of scenarios you could think up that would have a different outcome. Also, don't worry if the path to where you want to go is not clear – you don't know how it is going to happen. Stay in the moment and pay attention – just trust in the fact that all of the circumstances you need to reach your objective will be revealed as you stay clearly focused on your intentions. The hardest part of moving into a transformed future is getting past NOW - don't get blinded by appearances. Make it an adventure of positive expectations and keep it fun.

If you send out a clear vision of the future you really want, your Soul self instantly begins coordinating all the elements needed to fulfill that request. That greater part of you that exists beyond the physical plane will respond by coordinating what manifests in the physical world to create that reality for you – in perfect coordination with the dominant wants of all the other players in the game. For better or worse the Universe will always give you whatever you ask for if you keep your imaging energy focused on the reality of the end result you want. Almost magically, the right people, circumstances and things will come into your life … the path will open before you and all you will need to do is pay attention to guidance (inspiration), keep open to opportunities, take some time to appreciate and savor each positive step along the way and be confident in the unfolding reality. As long as you are maintaining your positive happy attitude, you will know you are on the right track. If you feel uncomfortable or anxious you will know you need an attitude correction.

Every want has an "unwanted" opposite. The challenge is to become very good at staying focused on visualizing and expecting what you want instead of what you don't want. While it may seem contradictory, you need to give up attachment to the "results".

You need to have faith and let things happen. When you focus on results, their apparent absence can cause you to become frustrated and doubtful. Instead, just stay grounded in the moment to moment experience of the adventure. Once you have put your intent out there, it is already on its way – you just need to keep your doubts out of the way and pay attention for the clues and circumstances that will lead you where want to go. As soon as you focus on results you have moved out of the present moment and into "predicting" mode. Let your "emotional compass" be your guide and follow your bliss – just enjoy the ride.

Learning these "skills" has been the topic of sages and mystics and thousands of books, audio and video recordings – you don't get a manual when you get into this adventure game but lots have been put together and there are zillions of life coaches, mentors and psychics offering their answers. Whether they are useful to you will totally be up to you. You will naturally draw to you the answers you need regardless of the source – that's how the Law of Attraction works. Knock and the door will be opened. All of the ideas out there are going to be useful to someone or they would never have become part of our reality. It's like this book. Maybe this whole global interactive adventure game of Life concept is nonsense. Maybe the analogy that we are each an avatar with a bio-computer brain connected to an ever expanding Universal network playing a part in the evolution of Creation is nothing more than a good science fiction story. If you are willing to accept the Law of Attraction or Karma as the primary operating principle for whatever it is we are all doing, then the fact that you are reading this book is a definite indication that you have attracted this information because some of the ideas in it are going to be useful for your evolution of consciousness and personal power.

Ultimately it is up to us what we make of the future and we are not stuck with anyone else's future if it is unwanted and we reject it. I believe one day it will be accepted that we can shift our individual experience of life with minimal effect on others – think of it as a train switching tracks or changing the channel on an entertainment device. The other tracks and channels are still there but we are not particularly aware of them in the moment. Consider the idea that we live in an energy field of infinite possibilities and it is our imagination and consciousness that is in complete control of what we "see". We are all in this together but as the fragments of God that we are, we each have the ability to do whatever we want. We are each unique "God" beings but our separateness, like the storyline we make up for ourselves, is no more "real" than our imagination – an ongoing hallucination of sorts. Our intent here is to let you know you are in control of the story and that it is your own personal adventure where you can make improvements in physical reality if you choose but most important you are here to have a fun and satisfying adventure.

That's the intent and dream of this book – that this will be a useful guidebook, providing a perspective on life that will result in an elevation of consciousness for many players in the game – you included. I "want" for the ideas presented to be guide posts to living happier, more loving and prosperous lives for many, many people. And, that you, having the knowing, will continue to spread it to others – maybe we will have the quantum shift in consciousness that many have speculated within our current lifetimes. We are each shaping reality on a moment to moment basis whether you believe it or not so why not try and do whatever it takes to make things the way we really want them to be? If you are willing to consider that you live in a truly magical world in which you have the power to create anything you want, you can make that your reality. The intent is for this guidebook to provide some direction to lift your Spirits and thus give you more power to lift the Spirits and experiences of many others who are sharing the stage with us in this now moment and into all of the coming now moments. Together we will positively transform reality in wonderful ways. That is a very exciting concept and offers each of us a truly great adventure.

## A Stranger in a Strange Land

One of the great books written by Robert A. Heinland is the story of a future reality in which we get to know a fine young man by the name of Valentine Michael Smith. This is another artistic treasure of that most potent oracle of ideas, the 1960's. It was first published in 1961 but it takes us several hundred years into the future. Michael was the product of our first mission to Mars that included a colony based on the planet. Mike was actually born on Mars while his parents were living in the colony. It turns out that there is a very highly sophisticated and advanced civilization on Mars and they decide to raise Mike as a Martian so that they will then be able to send him back to Earth with some rather unique "learned" abilities to find out if Earth's inhabitants pose a threat of any kind. When Mike travels to Earth, he is truly a Stranger in a Strange Land because in his mind he is a Martian. So we have a very intelligent young human whose bio-

computer has been programmed entirely by another culture - he knows nothing about Earth culture or habits. For us it is a wonderful experience because we get to see ourselves from a totally new perspective.

As Mike experiences life on Earth and gets to know many of its inhabitants – lucky for Mike the "right" people are guided his way so that this most worthy student can become a very positive and powerful Designer of Reality. Like Donald Shimoda, Mike achieves a level of consciousness where anything he wishes can be achieved simply by "seeing it so". The Spiritual wisdom that is imparted through this book makes it very much more than a fun read. It will very likely challenge your ideas of right and wrong and what might be the ideal path for us to follow. While in Mike's world it is necessary to learn the Martian language to fully "grok" how things work, you won't need to learn any Martian to discover a possible future that will likely come to pass as more of us begin to reach the levels of consciousness achieved by Valentine Michael Smith and Don Shimoda. It is probably inevitable as long as we can keep moving things in the direction of more love and freedom with less fear and restrictions on our personal freedom.

While some elements of the World we enter through Heinland's book may seem a bit "dated" that is only because we generally believe we are living in a reality where most things are predictable. Know that the circumstances of life are fluid and while the flow may appear consistent, the beliefs and desires of the masses shift all of the time. Encouraging each of us to work to help transform that future in positive ways is the primary mission for the ideas presented in these pages.

I want to strongly recommend that you read "Stranger in a Strange Land" – if you read it a long time ago, read it again. I must share the key knowledge that Mike realizes most of us have not yet "grokked in fullness" to use his words…

**"Thou Art God… I am God… and all that groks is God - there is no other."**

Since you are GOD, you are already perfect and all powerful; you just need to accept it.

## The Cutting Edge of Creation

So we are where the action is… just where is that? A good way to describe it is that we are at the "cutting edge of creation". What that means is we are – or can be – at that point where we are imagining and creating all the "new" in the physical world – not just experiencing what already is. The "reality" is that this is our fate and destiny. All of "reality" is created in our minds – it is the "creation" of consciousness. Our choice is to be "conscious" participants in the design of reality or passive spectators. Most people – those who have not accepted personal responsibility for their lives and believe in victims - just play along. They can only react to what appears to be the status quo based on the consensus of opinion that has shaped the game world they occupy. The experience of this adventure we all share is different for each individual – perception is reality. In "reality" none of what you perceive is "real" – it is just shared and individual views of how you choose to manipulate and interpret vibration and energy. The point is that all of what you see and feel and experience is a manifestation of consciousness that only exists as you experience it. Here's the next important concept - every thought you have alters reality – generally in subtle ways. When you learn to generate a lot of positive emotional energy around your thoughts, you will have learned how to automatically attract rapid physical manifestations of those thoughts.

Again, you are at the cutting edge of creation because you are responsible for how future moments are perceived. You have the option (and Soul You is cheering you on) to play a significant role in the evolution of the physical Universe. As we already mentioned, in technology, science fiction writers have played a key role in this process. Long before "science" had any idea that man could travel in outer space and go to distant planets and

galaxies, science fiction writers described it all for us. They had an "idea" or "inspiration" about what reality could be. I like the word "inspiration" because it can be translated as "in Spirit". What does that mean? A simple way to look at it is this – you, the individualized consciousness playing the game here on this planet in the material world, sent out a request to Soul You for an inspiration to guide your experience to greater happiness and satisfaction. Your Soul self sent in an idea and because you were paying attention and expecting an answer, you received it. This idea then manifested into a new "vision" of reality much like a plant growing from a seed planted in fertile soil. That seed sprung forth in the imagination of other individuals in the game who began asking their non-physical self for the inspiration to turn the idea into a material thing. As more and more people began to accept the new idea its form became clearer and clearer. Once it is "believed in" by enough people it becomes the generally experienced reality.

It is important at this juncture to let you know that there is no grading system for you as an "adventurer" in what we are calling a game of life. You came here wanting to learn how to play your avatar's chosen role in a way that would be fun and satisfying. Before you started this particular game, you probably did pick some objectives and maybe you even accepted a mission to try and serve creation in some specific way. Since having some fun while contributing to the wellbeing of the physical world is the plan of most players entering the game, coming up with some BIG idea to dramatically alter reality is by no means necessary to achieve that goal.

You are here with plenty of opportunity to positively affect Creation. The mission or objectives you assigned yourself may often be accomplished by tasks or through events that seem insignificant in the scheme of things. To really enjoy yourself there is no question that you will need to be on the path toward fulfilling whatever you may be inspired to want. The path of your current life adventure only ends when your consciousness departs from your avatar. While you are here the only scoreboard is the amount of personal satisfaction you find in your day to day life so just stay focused on doing what you want and having a good time!

Whenever you notice that you are feeling distressed, anxious, angry, sad or scared, those are the warning lights letting you know you are focused on and generating vibrations not in line with your greater good. This is why you don't have to watch every thought to make sure it is on track – your EGS will alert you when you need a course correction.

When things don't "feel" right, it means you are letting your mind focus on what you don't want to happen instead of what you do want to happen. As an adult human this happens very easily. You don't start out this way in a life – as a baby, you are fully in

touch with your creative abilities and don't have a care in the world. Worry and fear are emotions you have to learn. As you get acclimated to the game, you begin to accept certain things as being reality. Well meaning people will constantly be telling you to "be careful" – be care filled? That is not a very encouraging idea. As you begin to accept "appearances" based on mass consciousness as "real", you very easily can forget your natural wellbeing and creative powers. Then, when something does not appear as you would like it to be, instead of wielding your power to change it to your desire, you might say "that's reality, nothing I can do about it." This is a time when you need to remind yourself that you are involved in an adventure game and that it is totally within your power to manipulate the reality of the game as you desire – reality is no more than a set of beliefs. We are the Creators of everything that exists in physical form and it can only exist through our consciously "dreaming" it into being.

## It's Your World

In practical terms, your predominant thoughts are the image that you are requesting be "truth" for you. There is no judgment about it. No right or wrong. Whatever you believe, is yours for the asking. This is why it is so important to keep your focus on hope filled positive thoughts. It really is that easy to get everything that you want. As we have thoroughly discussed, doing this is what takes practice and determination. Since what you want is always going to be something different/more/better than what you have, that ego self of yours is going to constantly be pointing out to you that you don't have whatever it is. This can make it very difficult to BELIEVE that you already have it – it just has not shown up in your life experience yet. Saying you are "not going to believe it till you see it" just guarantees you are not likely to ever see it. The creation process does not work that way – first an idea, then a belief in the idea and then the realization of the idea.

The reason you can and should be happy is that in the present moment everything is always perfectly on track when you are happy and enthusiastic. The indicator gauge of emotion lets you know whether you are on track to getting the things you actually want. When you have constant thumbs up from your EGS /emotional guidance system, everything you want is in the process of manifesting in 3D space time. As fast as you feel you deserve what you want to materialize, it will arrive. Positive expectancy assures the desired result.

We have no obligation to do anything. There is no judgment and no right or wrong. The operating principal for the game is totally interactive – every action or thought attracts energy and substance that has the same energy and vibration signature. Each thought or action is in effect your "request" to draw more of the same to you. Again,

you cannot do it wrong or make a mistake. Everything is rooted in karma or what we have been referring to as the Law of Attraction. Like attracts like. That's it. This and all the other "instruction" manuals for playing the game are just attempts to alert you to this primary law of existence. The insights here are solely about giving you the knowledge of the parameters of the game so that you can get really good at getting what you want.

Your opportunity is to have a lot of fun dreaming up and bringing into Reality as much as is pleasing to you as possible. As you get good at it, all of Creation rejoices with you as you mold energy and vibration into forms that make the whole game more wonder filled. Again, there is no judgment but this is why Source continuously tries to get these messages to us about how things work – so you can play a part in making the adventure game more rewarding and fun for all of Creation. Remember, WE are the point of manifestation in 3D time and space. Source You wants to experience through You as a glorious creator of beauty and wonder. All of evolution is about making more elaborate and better functioning forms – you have the opportunity to play a major role in the process – it can be a starring role if you choose.

## Would you like that?

Well, the process is simple although far from easy. The one thing you always have control over are your thoughts. You have free will. You can believe anything you want to believe. Those beliefs are expressed by the words you speak and where you let your mind wander. And just like the magical words spoken by any powerful wizard like yourself, those "incantations" are determining your future right now and in every moment ahead. Your world is all in your mind. It comes down to what you are choosing to believe.

The whole point of this guidebook is to get you on a path where the all powerful and creative You is taking control. By recognizing the ego's role you can begin to override your bio-computer auto-pilot and set your own unique course. The "You" that has the power to change the world and create whatever reality you want for yourself needs to learn how to take charge. This is why it is so crucial that you recognize that you are not that ego self that is so determined to run the show. You are not the computer – you are the operator of the computer and you need to let your intentions create an inspired future rather than just dealing with whatever happens to come along as best you can.

Wayne Dyer wrote a book entitled "Your Erroneous Zones". It became a national best seller that essentially communicated some of the same ideas we have been discussing here. Wayne's point was that people developed beliefs about themselves and the world that were often erroneous. Ideas like "I am just not very smart" or "I'm never going to have enough money" or even "I am a miserable excuse for a human being". People

allow themselves to accept and perpetuate the most unsatisfactory realities for themselves. It is important that you realize that this becomes a reality only because you accept it as true. It is totally unnecessary. You just need to change your mind and stop believing in the unfortunate and misguided ideas that are all too often accepted by our most always "expecting the worst" ego self basic operating system. These experiences and attitudes are your reality because you have believed them to be, NOT because they have to be your reality. You need to accept that the choice is yours and it does not matter what anyone else says or does.

This is why meditation is so valuable for you. It provides an opportunity to "be here now" and witness your bio-computer brain's ego voice in action. The most significant difference between human consciousness and other conscious entities is our ability to "change our minds". We can choose to totally ignore that bio-computer ego brain of ours and do what might seem totally irrational and crazy. For example, we can choose to totally ignore and tune-out the news media that bombards us each day with as many horrible events as they can find. These horrors don't need to be a part of "our reality" unless we choose them. Your ego will say "but we need to know – it is dangerous out there – we need to be careful and not take too many chances". That is "fear" based thinking and that is never going to serve you well. Jesus would tell you "fear not" you are an all powerful Divine being guided and protected by Grace (the term Grace is often used as the name for the infinite and unlimited energy and insight always flowing to you through the non-physical higher self of You).

This brings us to what may be the most challenging part of this discussion. We have said it already but without being this specific. If you choose not to focus any attention or concern on the things you don't like about the world, they will cease to exist in your world. The tragedy and horror may still be a part of the lives of others but you will be shielded. You will be able to walk through the valley of the shadow of death and fear no evil.

The limitation of the ego bio-computer is that it can only deal with what IS. It totally accepts how things appear because it has no choice. The ego brain cannot come up with an original thought. This is why disconnecting from the news media and social networks is such a powerful way to change your personal reality. Limiting the amount of evidence of negative and unwanted events makes it easier for your conscious mind to re-program your ego mind with a belief that things are getting better every day. You need to intentionally work on implanting some new ideas and beliefs into your bio-computer. It is vitally important that you realize that it is the choices you make about what to believe is the predominant reality that will determine your future and ultimately the future of the world.

These can be very challenging concepts since we have become so identified with the world view and beliefs about reality that we have created and accepted for ourselves. What makes it all that much more difficult is the fact that probably most everybody we associate with believes in all the bad stories too. We are surrounded by people worried about terrorism and disease and not enough money and all kinds of other problems. They will tell you life is filled with problems and we just need to make the best of it. Like everything else, this is their choice and for them it is very real.

The central point of everything we are saying here is that you can choose to believe in whatever "reality" you want. We want you to become a "Designer of Reality" and not an accepter of reality. Whatever reality you choose to believe in will become your reality - no if's, ands or buts. You really can do whatever you can believe in and with some determined re-programming of your bio-computer ego you can eliminate your doubts. Therein lies your challenge to becoming the powerful creator of your reality that you are fully capable of being. The power to consciously control your beliefs and thoughts about the world is the main skill you are here to master. Learning how to shape new and improved versions of life experience has always been your mission and purpose in life. You got into this adventure to come up with new and improved versions of reality and image and believe them into being. To do that you must establish some new thought programs running in that ego brain of yours and stop being consciously absent allowing your ego auto-pilot to run the show.

Depending on how big a leap of faith you are ready to make things can change in your life very quickly.

Since your predominant thoughts and beliefs about yourself control your reality, a course correction is often essential. Your ego may even be coming up with nightmare scenarios that can fill you with fear and trepidation. You must recognize the source of those feelings. You must acknowledge that you are not doomed to just react to a world filled with often challenging and unpleasant random events. You can be in charge of the actions and the plot development by consciously overriding those negative program scenarios with positive predictions or just as good, letting it go altogether. Just decide you are not going to worry about anything and you have decided to let God or your higher self solve the situation. Trust and have faith in the magic that is always available to you.

"Things always work out for me."

This is also one of the values of really being in the moment. If you have your mind focused on right here and now then you are at a place of infinite possibility and very

literally it will be whatever you choose to believe about your future that will find its way to you.

I know that can be very hard to believe because you probably don't really believe that you literally have the power to make anything you can imagine become your 3D time space reality regardless of what anyone else in the world thinks or happens to be experiencing as reality.

You in fact are, whether you accept it or not, a designer of new realities that will affect the entire planet. The question is whether you will use your inspiration and creative power to make those new realities more love and joy filled or simply run on auto-pilot accepting whatever the consensus of the day happens to be as reality.

That auto-pilot consensus reality is all based on the past with little attention on new and improved futures. Most people just keep playing the role they have created for themselves in the attempt to fit in or maintain a comfortable place in the world. We don't generally give ourselves much if any of the credit we deserve. It has been said that we were created in the image of "God". This is because we are each inseparable expressions of what we have been referring to as a kind of cloud network of immense and unlimited energy that fits with our computer analogy. We can tap into and wield all of the power that exists in that network and control its expression in the physical Universe. That is true for every one of us. The question is has our consciousness evolved to a point where it can accept this powerful role in creation.

That is why you are here. You are here not to save the world or save anyone for that matter. You are involved in a glorious adventure of physical and consciousness evolution. You have been involved in this adventure at untold levels before and there is much excitement and opportunity ahead. The intent is to gain a bit more mastery of your powers with each life adventure you enter into. Where you are has never been before and it will be gone in a moment as your create the next and the next and the next moment of your unique experienced reality. And, yes there is a team effort going on as well. There are a lot of us at this cutting edge of reality but you have no limit on how big an impact you can have.

Don't think that an Einstein or Bill Gates have anything on you. They just got very skilled at channeling the creative power everyone has access to. Also don't believe that they are in anyway more valuable to the Universe than you are. You have been a part of every one of their achievements because you were willing to believe in the realities they were envisioning. They were a couple of the many inspired leaders and guides like Jesus, the Buddha and Mohammed who have had a big impact on our beliefs about reality. Then there were The Beatles, Martin Luther King, Bob Marley and Hugh Heffner

and many others known and unknown making big contributions to advancing the parameters of this adventure world. We have each been making a difference. Never lose sight of how much of our current reality was fiction, heresy or a ridiculous notion only a few short years ago.

You don't have to be a great innovator to be really good at playing this game. Remember that the only score card is how much fun, happiness and love you experience. As to the reality shifting ideas, if you can maintain that openness to what is going on in each of your moments, you may find yourself guided to something very world changing. It's an adventure and you have no limitations on what you are capable of. One more very important part of the formula – let your "inspiration" and life experience guide you to requesting the creation of the things and circumstances you desire. You must ask with a positive expectation to get what you want.

Matthew 7:7
Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

In the same passage where Jesus proclaimed that you could move a mountain if you had even a small amount of real faith he said "If you believe you will receive whatever you ask in prayer".

The words are from a different time and place and a much different level of consciousness. Quantum physics will explain it in different words but they will tell you the beliefs of the experimenter affect the results of a scientific experiment. This idea that thoughts control things and can shape reality to match anything desired is going to take us into a world vastly different from the accepted realities of today.

## It's all a Hallucination!

We have a last story to tell before we conclude this guidebook. Let us tell you first about a view of reality dreamed up by Anil Seth in a recent TED Talk entitled, "Your brain hallucinates your conscious reality". Anil K Seth is a Professor of Cognitive and Computational Neuroscience at the University of Sussex. He is Co-Director of the Sackler Centre for Consciousness Science and Editor-in-Chief of Neuroscience of Consciousness.

> "Right now, billions of neurons in your brain are working together to generate a conscious experience -- and not just any conscious experience, your experience of the world around you and of yourself within it. How does this happen? According to neuroscientist Anil Seth, we're all hallucinating all the time; when we agree about our hallucinations, we call it Reality."

Anil's ideas perfectly compliment our discussion in this book. He points out that inside our skull where our brain resides, there is no "reality" other than what we interpret from a continuous stream of electrical impulses. Further he asserts that the brain does not see light or hear sound, it merely gives our consciousness its best "guess" of what is out there based on past interpretations and expectations of what's out there.

You may have seen this image or something like it.

It is highly likely that your brain is telling you that the "A" square and the "B" square are different shades of grey. Correct?

In "reality", the two squares are exactly the SAME shade of grey. This can be proven to you when a grey line is superimposed on the image linking the two boxes.

All I did to illustrate this "illusion" was add a line that I made the same shade of grey as box "A" across the image to overlap both "A" and "B". While "B" will still persistently appear lighter in shade than "A" if you look away from the line, they are exactly the same. This happens because due to the checker board pattern, our brain creates the image it "expects" rather than what the "real reality" of the situation is. Our perceptions of reality can quite easily be manipulated base on whatever our expectations happen to be.

The whole "reality" of seeing is mysterious. Light particles are called photons. They are invisible and are not even bright although we certainly see sunlight as "bright". Because no light exists "in" the brain there are no actual images or pictures – it is all in your "imagination". As the neurologist Sir John Eccles points out, "there exists no color in the natural world, and no sound – nothing of this kind; no textures, not patterns, no beauty, not scent." All of this is created in our imagination and is a "hallucination" that we are either consciously or unconsciously controlling and determining.

The point is that that is always how our interpretation of reality takes place. What we get is always based on what we expect.

A hallucination is defined as a perception in the absence of external stimulus that has qualities of real perception. But is there really much difference with an "illusion" or what could be called an uncontrolled perception like our checkerboard image? Anil Seth refers to our normal view of the world as a "controlled hallucination".

So what does all of this mean? This idea perfectly parallels our position that the reality we perceive is not something fixed - we are each literally creating our reality, moment to moment. From the perspective of a Professor of Cognitive and Computational Neuroscience like Anil K Seth, the best way to describe what is going on is that we all are creating reality in a controlled hallucination. Why a hallucination? Because there is nothing concrete about it – it is all an interpretation of what is real and it is not going to be identical for any two individuals because it is all about predictions made that are based on past experience. Each of us has a unique set of experiences and our similar definitions of what is reality are the result of having had similar experiences.

This also means that a "dream" is just as "real" although less fixed than our normal waking reality. From our brain's perspective, there is nothing less "real" about a dream. Similarly when someone is hypnotized, their "reality" can be shifted in sometimes lasting ways by re-programming the normal "controlled hallucination".

Like the sections of the checkerboard, what we believe (and expect) will be what is real to us even if it really is an illusion. All of these results from our very sophisticated "basic operating system" working to maintain our well-being based on the best prediction it can come up with for what is going on. But if the "what is going on" is just based on possibly flawed premises that are predicting outcomes and imagining material forms then we must accept that deciding what ultimately is our personal "reality" is a choice made by what?

Consciousness. This is where "consciousness" can come in to play as the "operator" of the bio-computer – it can override the system parameters at will.

Left to its own resources our bio-computer brains will continuously create our reality based on past experience and other outside influences (like not enough sleep or too much to drink). What someone says about us or anything we accept about ourselves along with all the input from the news media telling us what the world is really like will be factors in determining what is real for us from our brain's basic operating system perspective. However, we are conscious beings which sets us apart from an artificial intelligence (or AI) no matter how "intelligent" it may be. We have the ability to ignore the predictions and create entirely new "hallucinations" or visions of reality.

We can arbitrarily construct any "reality" we want by believing in it. In some cases the bio-computer programming of an individuals' basic operating system may become corrupted with unproductive concepts or even or worse resulting in destructive concepts and beliefs that will create an unwanted reality. To say that these "realities" are not real is totally false – they are just as real as anyone else's hallucination - but nonetheless they are not compatible for optimal interaction with the rest of humanity.

In extreme cases these erroneous ideas can be physically dangerous to the individual and possibly others.

Now we have come to our logical extension of Anil Seth's TED Talk ideas. Anil talks about the operation and interaction of the basic operating system brain and the ego personality that has been created by your consciousness. This is who you accept and have come to believe is the real you, avatar (your name here). The third and most important component in our equation for the true intentional creator of reality is your Soul self/higher self that is a resident of the "Divine network". As we have described it, non-physical or the unlimited field of all possibility makes up about 95% of all that is. The physical realm only accounts for about 5% of the energy in the Universe. You have a direct connection through your consciousness with a far greater "reality of you" in non-physical. This is the realm that is beginning to be defined by Quantum Physics. This is the realm where it has been accepted that a "thought" can change what is perceived as reality. Remember Dr. Emoto's photos of water molecules that transformed based on the kinds of thoughts directed at them?

Here's a question you may have heard before. If a tree falls in the forest and there is no one there to hear it does it make any noise? The answer is NO. Without a spectator to interpret and define the energy and vibration, none exists because by its very nature it is experiential. While an artificial intelligence could be a witness to the falling tree and give it "reality", consciousness can move beyond expectation based on past experience and create new stories and pictures of reality. Consciousness could envision the tree standing upright again and with faith in that prediction of the future or the reclaiming the past make it so. This would be a relatively small feat compared to casting a mountain into the sea.

In the new book by Deepak Chopra M.D. and Menas Kafatos, Ph.D., they state a profound truth in the title of the book: You Are the Universe. The short story of this is that, like the noise of that tree in the forest, nothing that we believe to be the physical world would or can exist outside of consciousness. It is consciousness that is responsible for everything. The Vedic sages of ancient India declared, Aham Brahmasmi! This can be translated as "I am the Universe".

What does this mean? It means that as we have been saying all along, we are quite literally the **Designers of Reality**.

## Back to right NOW

This very moment is the only place where creation and evolution is actually happening. We are here at a unique point in time and space at what we have called "The Edge of

Creation". The reality of future moments is totally up to us. We are each players in a cosmic adventure with access to unlimited power and creative scope. There is nothing wrong with how any of us have been living our lives even if it has been going almost totally on auto-pilot. That's just fine BUT hopefully now you are considering the option of learning to become the dynamic and powerful intentional creator of reality you are capable of being. Intentional is the key word – you need to learn how to manifest your hopes and dreams and not just a jumble of things and experiences created by old beliefs about yourself or concerns about how things may appear to be in any given moment.

That's the biggest challenge – you must keep your creative power focused on where you want to go and not where you are. Appreciation and gratitude thoughts are the best way to keep on track in mind and body. Each appreciative thankful thought sends an electrical impulse of positive energy throughout your body supporting the wellness and vitality of your physical being. Practicing appreciation actually "re-wires" your body mind system for optimum performance. Your focus on appreciation also improves your ability to interact with your higher self giving you a more consistent connection to "the cloud network" which lets inspiration flow.

So, what do you want? Since you can have anything that you can imagine, what's it going to be?

My hope is that you will never again let yourself feel sorry for yourself for more than a few moments. Please don't ever "blame" yourself or take yourself too seriously. Never let fear or worry overwhelm you for long… dream big and create a very magical and thrilling life for yourself.

## Some Quick Start Ideas

1. Keep gratitude as your primary emotional focus. The more you can direct your thoughts to appreciation of everything that feels good in your life the more you will amplify the energy of those very things. Try not to spend any time worrying about anything you come across that you don't like. When a fear or anxiety pops into your awareness take your attention off of it by returning to a consciousness of gratitude and appreciation.
2. You may find this difficult but one of the best things you can do is TURN OFF THE NEWS. That's right because the media is totally focused on finding and reporting every unpleasant event it can find with the main result a fanning of the fires of fear, anger and resentment. Knowing about the horrors of the world only energize them. The more you can shield yourself from bad news and tales of horror the more peaceful and joyous your life will become.

3. What will actually give you the most satisfaction and happiness? That is the scoreboard in the game. Decide what you would really like your life adventure to be like. What will actually give you the most satisfaction and happiness? That is the scoreboard in the game.
4. The most important skill to learn is how to continuously keep your focus on the wanted as opposed to the unwanted. Focus on what FEELS good. If something makes you feel uncomfortable or anxious you need to recalibrate your thinking as quickly as possible. Positive happy thoughts are the only path to getting what you want.
5. One of the easiest ways to move toward the path of least resistance is a daily meditation practice. 15-20 minutes once or twice a day is all it takes. You can't do it wrong and regular practice will have a cumulative effect. Meditation reduces stress and anxiety and helps balance your nervous system and brain functions. It promotes good health and overall wellbeing. Practice this simple exercise regularly and you will change your life in very positive ways.

## Setting You Up For A Great Day!

Before you even get out of bed stretch a bit and affirm for yourself that it is going to be a great day ahead. You may even have a few specific things that you can be excited about accomplishing in the hours ahead. Anticipate being guided to some most excellent turns of events and other happy occurrences. Plan on being guided through your day with inspired action knowing you will enjoy the almost magical way things fall into place. Expect it and you will create it.

Now, hop out of bed and freshen up before a morning meditation – before checking any messages or anything else. You want to maintain your open and calm attitude to assert optimum balance going into your daily activity. Adding some stretching and breathing exercises before meditation can have a very enhancing effect on the value gotten from your morning meditation.

## Some Asana Postures

Diagrams follow:

In #1, start by applying pressure to your body with the intent of pushing blood toward the heart – this is followed by three side to side rolls across back with arms clasping legs as shown.

In #2, lower yourself to a position sitting on heals and then rise up.

The others are fairly self explanatory. In the final step – Pranayama – alternate breathing in and out through alternate nostrils for 4 to 5 minutes. This will relax your breathing before you begin your 15-20 minute meditation.

**1. Toning up the body.**

**2. Pose to make seat strong.**

**5 seconds**
**3 times**

**3. Pose with head over thigh.**

**5 seconds**
**once to each side**

**4. Reversing pose.**

**10 seconds**

**5. Plough pose.**

**5 seconds**

**6. Reversing pose.**

**10 seconds**

**Repeat 4, 5 & 6 once**

**7. Cobra posture.**

**7 seconds**

**2 times**

**8. Locust posture.**

**7 seconds**

**2 times**

**9. Twist pose.**

**10 seconds**

**once to each side**

## 10. Hand & foot pose.

**5 seconds**

**2 times starting with arms stretched above head**

## 11. Relaxation pose

**Mind & body loose...**

**15 seconds**

**12. Pranayama**
**Breathing exercise.**

**4-5 minutes**

**then MEDITATION.**

## Moving with Appreciation and Attention into Each New Now Moment

We change the world by our example. We are constantly on the lookout for people, places and things to be thankful for and give the energy of appreciation to. There is much we have to do as we play the part we have created for ourselves on this stage of life. We realize we are living our own unique adventure and we truly live in a world of our own but we know that the qualities of the world we create for ourselves can influence all of Creation. Our energy can flow out from us to heal and sooth those in need and help them replace fear with hope and love. Sharing these concepts with others further increases their positive impact – there is greater strength in numbers. While it may not always be evident on the surface where troubles can be made to look prominent, there is a move to a higher level of consciousness that continues to accelerate as more and more people wake up to their true nature as immortal and unlimited beings.

Together we are gradually moving the planet to an ever greater state of wellness as each of its parts increasingly follows a path of less resistance.

Reality is no more than consistently held beliefs. By designing a more positive and optimistic vision for the future and empowering that vision with belief in its real-ness we can create that future or something even better will be continuously unfolding. By working to maintain an attitude of positive expectancy you will find that your light of joy and wellbeing benefits all in your sphere of influence wherever you travel in your adventure as it unfolds in the days ahead. As you put worries and doubts further out of your awareness you thrill at the fun and satisfaction that comes from living a life filled with love, joy and appreciation.

The real secret is that it's all in your imagination. Don't let your ego basic operating system run the show – it will only predict more of the same for you and try to inhibit your natural tendency to want to grow and evolve. Whatever you believe the world to be it will become. The Designer of Reality™ program is about learning that you are the shaper of the world you experience and training yourself to get better and better at intentionally creating the life you want.

You may not have accepted it yet but you are in total control of your life – or possibly we should say you are capable of having complete control over the direction and events of your life. In the words of Valentine Michael Smith, "Thou art God".

Hopefully you now appreciate your direct connection to ALL that is. You are God, I am God and all is God. So where does (your name here) come in? You, here in the physical world, are a character you have conjured for an adventure in time space reality. Everything that has happened in your life experience and will happen has always been controlled by you. In "reality" you are a powerful Creator capable of easily doing things

that others believe to be impossible. The fact that they could experience any of the "miracles" as well is for many far from what they are ready to accept as even a possibility. You are different only because you have begun to realize your true power. You are not better than anyone else - everyone has the same potential. It's very simple really. The words you speak and the thoughts you think are determining the world you find yourself experiencing. You just need to learn how to "intentionally" create what you want.

So, some parting words: Don't pay any attention to the things you don't like. Envision new and improved always. Don't take yourself too seriously or bother with being critical of yourself or anyone else. Follow your bliss. Stay focused on having fun and being a continuous source of hope-filled positive energy to the world around you. Keep your focus on what's good and pleasing in the world around you. Remember that everything will always work out just right for you. Trust in your continuous and unbreakable connection to the infinite non-physical part of your being. Practice staying in the moment – right now - pay attention to what is going on so you don't miss any of the guidance or opportunities you are continuously being provided with. Don't be afraid to ask for all of the things you want – you deserve them.

*YOU are always at the Edge of Creation.*

*You are where ALL of the action is!*

# GENESIS

All that is, emerges out of nothing. It was a very BIG bang when the formless infinite energy field of consciousness imagined form into existence. Prior to that moment, you were a single self conscious field of energy, occupying no space at all since you had yet to create space. You simply were. You were discovering yourself as consciousness with the imagining of shapes and sizes and material possibilities. From limitless, you imagined dimensions and time. The dreams and considerations of pure consciousness flashed into the seeds of form that would grow into worlds beyond number of infinite variety, as you played with the possibilities. With that one great desire, nothingness became something.

In that moment you discovered yourself. I am. In that moment you created purpose. The development of this physical, time and space "place" became your passion. This physical realm is your child, you offspring. You proceeded to create a magical place, powered by your unlimited ability to create whatever was needed for your physical forms to be sustained and nurtured.

This "Universe" is balanced by a few very basic laws. Every part of physical form is actively connected as a point of awareness to all of non-physical consciousness. The more complex the physical form, the greater the amount of awareness between physical and non-physical. Whatever your physical forms imagine becomes your physical reality. To each of you all of the power of Creation is available. You are each continuing the Creation process in your own unique ways. It is this diversity that provides resilience and the constant expansion of the Universe. Any action you initiate will result in an equal and opposite reaction, to maintain the balance of the whole.

The non-physical you savored this new reality of feelings and amazing sensations. Whatever you appreciated about Creation blossomed and expanded. Those things you did not give your attention to lost their energy and faded from experience. Some things came into being for a short time just to point the way to a more satisfying experience. Many expressions of you would come and go in a never ending cycle of renewal and regeneration. Little improvements would be made with each generation of a form. Everything constantly evolves into more sophisticated and beautiful forms. Your points of individualized consciousness anxiously awaited a chance to get into the game of physical life either just to enjoy the experience or actively create new stories for enjoyment and challenge.

You created many physical worlds capable of sustaining life forms. These worlds were planetary beings that were a different expression of your being providing places for you to experience the physical and create new wonders and stories.

Though momentous physical events are always occurring in the adventure world of physical form, there was only appreciation that was experienced by non physical. In the physical space of the adventure worlds, not everything was always perfect, – in fact nothing was ever perfect, because that would mean that Creation was over, and the fun would come to an end.

For your individualized points of consciousness, getting to directly experience the physical, there would often be some dissatisfaction with "reality". Things certainly will not always go as planned for the physical characters you have created for yourself. But then, of course, that was why you got into the game.

You are here for some challenge and adventure. You only need to learn how to channel your creative power and see past the surface appearance of things. How things appear in any given moment are the expression of past ideas and imaginings. Change your mind about what you believe to be reality and it will become something new.

You need to learn that you are each players in this Creation game, with access to all of the skills and powers that are woven into the fabric of the game. You need to realize that you have nothing to fear, because as infinite eternal energy, you are simply imagining that you are in this game anyway. You will learn from your mistakes but you can do no real harm. You have been granted total free will to Create as you desire. To have the most satisfying life experience, let your desires be your compass, – they are the prompts from your higher self on your optimal path for satisfaction. You can never be separated from the non-physical part of you but you must pay attention to your "feelings" – you have an emotional guidance system that is directly connected to the non-physical part of you. Do what feels right and you will always stay on the best path to take you wherever you want to go.

The Creation of the future is up to you. The best advice is to fill it with fun, love and adventure.

## You are a powerful Designer of Reality™!

*Nothing can hold you back but how you think and believe.*

*You are God.*

*I am God.*

*All is God.*

*Separation is merely a convenient illusion to allow you*

*To play this Creation game as the magical character*

*You have designed for yourself.*

*If it is your intent, you will build a more enlightened*

*Compassionate future for the planet.*

## Recommended Reading for Further Inspiration

### *RICHARD BACH*

*Illusions: The Adventures of a Reluctant Messiah*

Illusions II: The Adventures of a Reluctant Student
Messiah's Handbook: Reminders for the Advanced Soul

### *DAN MILLMAN*

Way of the Peaceful Warrior: A Book That Changes Lives
Sacred Journey of the Peaceful Warrior
The Journeys of Socrates: An Adventure
No Ordinary Moments: A Peaceful Warrior's Guide to Daily Life

### *ABRAHAM-HICKS*

Ask and It Is Given: Learning to Manifest Your Desires
The Law of Attraction: The Basics of the Teachings of Abraham

### *HANK WESSELMAN*

The Bowl of Light: Ancestral Wisdom from a Hawaiian Shaman

### *PAM GROUT*

E-Squared: Nine Do-It-Yourself Energy Experiments That Prove Your Thoughts Create Your Reality
Thank & Grow Rich: A 30-Day Experiment in Shameless Gratitude and Unabashed Joy

### *DEEPAK CHOPRA*

Oprah & Deepak's 21-Day Meditation Transcendence Trio
The Spontaneous Fulfillment of Desire: Harnessing the Infinite Power of Coincidence (Chopra, Deepak)

### *ROBERT HEINLAND*

Stranger in a Strange Land (Remembering Tomorrow)

## CREDITS

*Starring*

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*And with great appreciation for*

Jon "Majorsongs" Block, Greg Bagarozy, Luther McKenzie, Kathy Brodie, Dave Krolak, Susan Powell Rosstad, Roger "Rojah" Steffens, Jody Victor, Norm Pattiz, Ellyn Ambrose, Robert Mackler, Clarence Jones, Henry "Ras Hank" Bartolf, Scott J. Brook, Lou & Barbara DeLuca, Joan Leahy, Charles Downey, Lowell Garber, Larry Brant, Jarrod Massey, Tillman & Anna Marie DeGraphenreed, Pedro McGregor, Claude & Julie Hayn, WR Carney, Jay & Patty Norway, Gina Parker, Dale Parker, Mona Smith, Judy Bandy, Don Spector, Jack Parsons, Eugene and Karina Ozar, Eric Robinson, Chris Heffernan, both Irene Hennellys, Kevin Hennelly, Kyle Hennelly, both William Hennellys, Glenn Hennelly, Debbie Nicholas, Jackie Rowley, Stan and Kathy Jones, Scott Kother, Peter Mason, Alan Zaintz, Pablo Romero, Jack, Mark and Doug, Dennis Lennon, Kit Reitman, Susan McDavit, Roger Schnur, Bill Marino, Louis Green, Joan Thiele, Glenn Stoutt, Rich Thoma, John Tumolo, Marc Weill, Paige Gilmore, Judy Bandy, Rachel Abbott, Calvin Rattrey, Mark Simpson, Sue Smith, Rachel Weaver, Raymond Petrie, Steve Alper, Greg Batusic, Hans, Nancy and Linda Gershweiller, Jane Rapp, Francisco Guerra, Steven erkelhammer, Judy Sharp, Kathy Steel, Mark George, Paul Farrell, David Williamson, Kathy and David Nelson, David Knight, Julie Weinberg, Marie Fachetti, Wendy Menzies, Donald Garcia Hall, John Land, Robert Capoto, Geoff Pope, Mark Blum, Robert Hubley, Ralph Fabrizio, Meredith Young, Gilda Spiotta, Joyce Wiley, Debbie Kabita, Chuck Fantel, Rob Tamaro, Roy Weinstein, Dan Sesler, Penny Yamron, Noel Cunniffe, Geoff Rich, Ken Roundtree, Dr. Tichener and Dr Green.

*Guest Stars*

Dan Millman, Richard Bach, Esther and Jerry Hicks along with Abraham, Dentsu, Maharishi Mahesh Yogi, Jack Boland, Wayne Dyer, Deepak Chopra, Bob Marley, Carlos Castaneda, Oscar Ichazo, Ken Dychtwald, Richard Bartlett, Michael Murphy, Robert Heinlein, Shakti Gawain, Robert Schuler, David J. Schwartz, Hank Wesselman, Pam Grout, Dennis Waitley, Catherine Ponder.

And, THANKS to the many more wonderful beings I have had the pleasure of sharing this adventure within the past, present and into the future.

THANK YOU ALL AND MAY ALL OF YOUR DAYS TO COME BE FILLED WITH FUN AND NEW ADVENTURES!

# Karuna Hum

Here are the Karuna Hum Time Space Adventure requirements for having the most successful, satisfying and happy life adventures...

1. Be kind and compassionate.
2. Find things to appreciate everywhere you go.
3. Let your heart and your desire be your tour guide.
4. Pay no attention to the judgments about yourself and the rest of the world from your ego.
5. Always accept and expect that things will work out in the best possible way for you.
6. Make having a life adventure filled with fun, love and personal satisfaction your driving intention.

This is the story of Karuna Hum, the way of compassion and kindness and ever more wonderful tomorrows.

With the intention of building a collective of like-minded individuals to "imaginer" more enlightened and enjoyable future realties for those living on this planet, we have established a group of websites.

- The PositiVibes Network, Inc.
- Time Space Adventurers
- The Gaia Game
- The Designer of Reality™
- We Are God

The concept is that each of us can have a positive transformational effect on the world by envisioning a world more in synch with our hopes, dreams and aspirations. We are envisioning a reality where a group of like-minded individuals join together to imagine and believe in an altered reality. As our numbers increase and we get on similar wavelengths our creative power will be greatly increased. A new age has begun and we are responsible for shaping how it will unfold.

Please send any comments or questions you have. Send to jbrodie@positivibes.net

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THANKS again!
Cheers and lots of Love! – Fill every day with PositiVibes

And above all, just be kind – to yourself and everyone and everything else!

*John A. Brodie*

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*Time Space Adventurers: Creating a More Compassionate Future*

I am very thankful that with each
day I become more skilled at shaping
my perception of reality to match
my hopes and dreams.
I expect exciting things to happen
as I move through my day
constantly seeking out people, places
and situations that I can energize
with my appreciation.
My intent is to uplift and bring light
to the world everywhere I go.
I am filled with happiness as I radiate
love and hope, confident that
everything in my world is
unfolding perfectly.
Aham Brahmasmi