

Adventure OF A LIFETIME

A DESIGNER OF REALITY™ STORY

Adventure OF A LIFETIME

**FINDING YOUR
HEART'S DESIRES
IN A WORLD
TURNED
INSIDE OUT**



JOHN A. BRODIE

Author's Note: In a book that could be science fiction, philosophy, self-help, or a crucial guidebook for designing the future that it purports to be, we have a story of cultural change and the evolution of consciousness. "Adventure of a Lifetime" draws on the stories of a wide-ranging group including David Bohm, Richard Bach, Dan Millman, Bob Marley, Hugh Hefner, Pam Grout, Maharishi Mahesh Yogi, Isaac Asimov and Hank Wesselman to weave a tale of adventure and wonder.

Your *Adventure of a Lifetime* is up to you to write. It is hoped that in this book you find ideas that will prove useful. We are at a pivotal time in human history with the fate of humanity and the lifeforms we share the Earth with seemingly at risk. Here lies our purpose: to set an example by how we each live as we seek a path that leads us towards increasing harmony, compassion and joy with a new appreciation of our unity as one creative evolving planetary family.

Guided by the wisdom of our hearts, we can trust our inspiration and unwavering determination to discover the route to this new world. We must work to expand our circles of influence. We will find the path for sharing and building our dreams for the future with like-minded fellow adventurers. We have the responsibility to write the new stories of humankind and our beautiful home world as we fly through infinite space.

After all, we are the Designers of Reality.



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.

How's Your Story Going?



Table of Contents

The Premise	2
Tapping into the Power of Creation	7
The Awakening of a Hawaiian Mystic	10
Awakening the Hero Within: A Mythical Quest to Transform Reality	12
The Extraordinary Power of Belief.....	15
Unveiling the Mysteries: Where Science Meets Consciousness	17
Unleashing Your Creative Power: A Journey of Personal Experiments	19
The Grand Stage of Life: Your Improvised Adventure	23
Unleashing the Paradox: Your Journey to Infinite Realities	25
Unveiling the Magic Within: Your Journey to Self-Realization	27
Unleashing the Power of Perception: A Journey to Self-Realization	29
Unleashing the Magic Within: A Journey to Unlimited Possibilities.....	31
Bob Marley: A Reluctant Messiah	44
Follow Your Heart's Desires.....	51
The Game of Life	53
Introducing Your Emotional Compass: A Journey with Abraham	58
Hugh Hefner and the Modern World	61
Unlock the Power of Belief: Create Your New Reality	65
Unleashing Your Power as a Designer of Reality™	68
Unleashing the Power of the Maharishi: A Journey into the Depths of Consciousness.....	70

Unlock the Power of Meditation: Explore Your Limitless Potential	77
Dr. Bohm and the Science of Thought	88
The Peaceful Warrior.....	94
Donald Shimoda, Seagulls and Illusions	97
A Stranger in a Strange Land	101
It takes Training & Practice.....	103
The Cutting Edge of Creation	110
What’s YOUR Story	123
LOVE.....	131
Happiness is YOUR Choice	135
Living In the Now	152
Give yourself a well-deserved break. Stop taking anything too "seriously."	153
Never Stop Wanting: Embrace the Journey of Creation .	154
Epilogue: Final Thoughts	157
Some additional tools	164
Asana Postures	164
<u>Recommended Reading for Further Inspiration.....</u>	<u>168</u>

Livicated to Frances Ashmead Brodie and Rachel Curtis Ashmead, the two people most important in making me who I am, my mother and grandmother.

Cover Design by Alana Brodie
Cover Photo by Kar-Tr

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.” – Albert Einstein

Let us begin by suggesting that YOU are a
Time Space Adventurer and a Designer of
Reality.

You are the writer and director creating your own
adventure of a lifetime as a part
of the bigger dream of humanity.

You are an artist using your imagination to create while
letting your heart's desires be your compass.

It's the adventure of a lifetime so decide to be happy and
have fun, sharing PositiVibes and love
with all that you encounter!

Consciousness is the ground
for the manifestation of physical form.

Everything begins first as an idea.

We are a storytelling species.

Our stories create our reality.

From the thought patterns of our stories our world is
individually generated for each of us.

Be the Designer of Reality
and the Time Space Adventurer

YOU came here to be as you play your part in writing
the story of humanity's stay here on planet Earth.



Tapping into the Power of Creation

In a world where science and religion often clash, there exists a truth that eludes both perspectives. It is a truth known by the enlightened few who have walked among us, and we shall begin with the well-known story of one such individual, Jesus of Nazareth. Beyond the confines of religious dogma, Jesus held profound knowledge about the workings of the universe and sought to share it with his contemporaries through awe-inspiring demonstrations.

While some labeled these demonstrations as miracles, Jesus himself emphasized that they were within the grasp of every person. He spoke of the power of belief and faith, offering clear instructions to those willing to listen: "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." The path to uncovering this reality required a leap of faith, as beliefs held the ability to shape the very fabric of existence.

Modern science has begun to acknowledge the influence of belief on the material world, but for many, fully accepting that thoughts manifest reality remains a daunting challenge. Fear, Jesus cautioned, stands in opposition to faith, for what we fear we unwittingly invite into our lives. It is a self-fulfilling prophecy driven by the strength of our

convictions. To transcend these limitations, one must persistently strive to align one's thoughts and desires, practicing unwavering determination.

However, embracing this new perspective is no easy task. External influences, societal conditioning, and the barrage of media create a narrative that contradicts our innate creative power. Yet, the potential for transformation lies within every individual. A significant shift in human consciousness is underway, allowing us to transcend the constraints of the physical world and harness our connection to the infinite creative energy of the universe.

To embark on this journey, one must accept the possibility that their true nature encompasses these extraordinary capabilities. By starting small and observing tangible results, doubts can be overcome. Requesting clear answers to questions or manifesting the recovery of a lost item can serve as initial steps, affirming the power of intention. As success follows, gratitude is offered to the higher self, recognizing the collaborative effort between the individual and the universal consciousness.

Though it may seem unconventional, this path is infused with joy and adventure. Each triumph, no matter how seemingly insignificant, reverberates through the collective reality, shaping the future of the entire planet. Positive thoughts and manifestations contribute to the well-being of all creation. It may be a road less traveled, but it promises fulfillment and satisfaction beyond measure. So, embrace the power within, and set forth on this extraordinary journey of co-creation.

Once upon a time, the world was consumed by fear. Everywhere you looked, the media was filled with stories of horror and disaster, leading people to believe that they were constantly under threat. The status quo had taken advantage of this, convincing people to sacrifice their freedom for the sake of security. But why did this happen?

Simply put, society had asked for it. The more negative the story, the more people would focus on it.

For centuries, people had focused solely on the physical world, worrying about material possessions and competition for limited resources. But this way of thinking was coming to an end. The question was whether the evolution of consciousness would progress fast enough to prevent a life-threatening situation. If more and more people began envisioning a more enlightened future, progress could be hastened.

The intention of this story is to encourage readers to consider the possibility that reality could be changed quickly with a little personal discipline. It might seem impossible to imagine a world completely different from the one we live in now, but with practice, it could become a reality.

Ultimately, everything is a choice, and readers hopefully will be attracted to this information because they are ready to use it and play an important role in creating a new reality. It is important to disconnect from the story of fear and competition and find a new world view where reality matches a higher vision of true nature.

This is a transformational idea that means everything we experience physically is only real because conscious beings have agreed on their form. No two people experience the same reality because everyone's experiences are unique.

As readers contemplate this idea, they will begin to take more control of their thoughts and beliefs and imagine a different reality for themselves. It is a leap of faith, but with practice, it will become reality. And who knows? Perhaps with enough people envisioning a more enlightened future, the world will shift to match that vision.

The Awakening of a Hawaiian Mystic

In the depths of time, a remarkable figure emerged from the mystical tapestry of Hawaii, bearing profound insights that would illuminate our journey through existence.

Allow me to transport you to the world of Hale Kealohalani Makua, a revered teacher and healer whose wisdom transcended generations. This tale begins with a captivating book called “The Bowl of Light” by Hank Wesselman, who was granted the privilege of conversing with Makua himself.

From the very beginning, Wesselman acknowledges the immense honor bestowed upon him, as Makua entrusted him with ancient spiritual knowledge, urging him to share it with the world. Makua, a modern-day shaman and direct descendant of Hawaiian spiritual leaders, possessed a wealth of wisdom that challenged conventional notions of reality. Wesselman’s book, along with his earlier works in “The Spiritwalker” series, unraveled a world far removed from the ordinary, brimming with profound truths that resonated across time, space, and culture.

At the heart of our discussion lies a new paradigm, a worldview meticulously crafted by generations of Hawaiian mystics and cultural leaders. Makua revealed to Wesselman that humanity had embarked upon the “Sixth Level of Reality,” a transformative epoch commencing in late 2013. Throughout the ages, we had evolved from a state of pure survival to heights of spiritual awareness. Over thousands of years, we had come to recognize our true nature as co-creators of our own destiny and the path of creation itself.

With an air of profound insight, Makua gazed into the distance, his dark eyes filled with warmth and wisdom. He shared a revelation that resounded with divine truth, proclaiming, “It is at the sixth level that we establish an ongoing and formal connection with ‘Aumakua, our Higher Self.” In this sacred connection, we will discover that our personal god-self, our ‘Aumakua, has been and always will be our true spiritual teacher. Makua went on to emphasize the significance of this forthcoming cycle, stating that the foundation we choose to build upon will determine our spiritual focus and way of life for millennia to come.

Yet, amidst our quest for enlightenment, the relentless march of the Technology Age engulfs us, permeating every aspect of our lives. The proliferation of social conditioning and the ceaseless flow of information and opinions attempt to define our reality. However, as we delve deeper into our exploration, we unveil a fundamental truth: What we accept as true becomes our truth. We must recognize our inherent power, for we alone have the ability to shape our reality. We must reject the imposition of unwanted “realities” and understand that societal transformation often takes generations as new beliefs gradually replace the old, ushering in new storylines upon life’s grand stage. The reality we need to grasp is that we each possess the remarkable capacity to believe our own narratives into existence, molding our destinies with our own hands, even when it may seem improbable.

Guided by Makua’s profound wisdom, we embark upon a grand adventure—a pivotal role in propelling the physical world toward a new reality steeped in enlightenment and boundless joy. As Makua proclaimed, we stand at the dawn of a new age, where the responsibility for our personal evolution intertwines with the social and spiritual evolution of our world. This is no burden but a glorious quest of epic proportions—a quest that summons

our innate creative power to shape a realm of beauty, personal fulfillment, and boundless love.

Allow me to present an analogy—a perspective that frames life as a magnificent adventure game, where you, the player, embody a courageous mission to wield your innate creativity in sculpting a world of ever-increasing splendor and love.

Awakening the Hero Within: A Mythical Quest to Transform Reality

Within the pages of this guidebook lies a profound revelation—a call to awaken to your destined role in reshaping the physical world into an enlightened and adventure-filled reality. As the wise Makua proclaimed, humanity stands at the precipice of a new age, an era of unprecedented potential. It is imperative that each of us embraces the responsibility for our personal growth, for through it, we shape the social and spiritual evolution of our world. This is not a burden but a glorious quest of mythical proportions, beckoning us to rise and be counted.

Should you choose to embark on this extraordinary journey, you will discover the remarkable power to shift your perceived reality. What you believe to be true is merely the subjective perception of your remarkable mind—a bio-computer capable of altering reality at will. Reality is not a fixed entity; it is a malleable construct—a "controlled hallucination," as we shall explore later. Its substance relies solely on what you choose to believe.

Explore the analogy of your life as an epic adventure game—a valiant mission to unleash your innate creative power, fashioning a world of ever-increasing beauty, love, and personal fulfillment. This is an adventure that transcends the limitations of the physical dimension. While scientific and technological advancements continue to amaze, the true playing field has shifted to a higher plane. You are now embarking on a quest to connect with your higher self—the boundless, all-knowing essence within you—the divine aspect of your being. Do not be confined by religious terms; religions offer analogies based on past times that do not capture the full grandeur of cosmic workings. Our adventure is one of mastering energy, becoming conduits for the infinite creative power and wisdom that define our true nature.

Through the careful selection and arrangement of words in this document, we plant seeds of awareness, igniting flashes of inspiration or confirming concepts you may have already pondered. We possess the power to transform reality, and as we hone our ability to align it with our hopes and dreams, we unlock an abundance of joy, love, and exuberance within each life experience. That is the ultimate objective for the character we have fashioned to play this grand adventure game—to experience the world as a magical evolving story of humanity maturing as it comes to realize the interconnectedness of all things and our ability to encourage positive life supporting transformation (or

not). Everything else is but a subplot to the magnificent tapestry of existence.

Shakespeare's immortal words, "All the world's a stage, and all the men and women merely players," hold a truth far deeper than metaphor. Although a part of your consciousness may rebel against this notion, we shall delve further into its profundity. You inhabit a world where formless energy and vibrations take shape and meaning through your conditioned perception and the collective agreements of society. You have crafted the components of your personal reality, where right and wrong, good and bad, exist solely as you decide. The thoughts and opinions of others hold no sway, for you hold complete control over your reality (since you decide what to believe in). Your world is unlike that of your friends, relatives, or co-workers; it is a unique story woven from your choices. While it shares certain elements with the realities of others—such as gravity, linear time, and the backdrop of everyday life—everything is ultimately based on your choices. The power to shape your future lies entirely within your mind's eye, whether you choose to be deliberate or simply reactionary.

Embrace this call to action, for within it lies the key to unlocking your heroic potential. Step into the adventure that awaits, and together, let us shape a reality steeped in boundless wonder, love, and limitless possibilities. The time has come to awaken the hero within.

The Extraordinary Power of Belief

In the vast tapestry of existence, there lies a hidden truth, a truth that can shape the very fabric of reality itself. Have you ever pondered the remarkable notion that your thoughts possess the power to alter the world around you? Allow me to unveil a wondrous journey of belief.

Consider the captivating photographs captured by Dr. Emoto, a brilliant Japanese scientist. He embarked on a groundbreaking exploration, delving into the profound **influence of thoughts on the molecular structure of water**. Gathering various water samples, he conducted an awe-inspiring experiment. Volunteers directed their focused thoughts towards individual samples, unleashing a torrent of intention. And what unfolded before their eyes was nothing short of astonishing.

The water molecules exposed to positive thoughts bloomed into intricate, harmonious crystal formations. Each droplet, a testament to the transformative power of love and appreciation. Conversely, those subjected to negative thoughts succumbed to chaos, their patterns dissolved into disarray. It was the same water, but the only difference was the thoughts projected upon them by random individuals. Such is the profound impact of our thoughts on our perceived reality—a belief yet to be fully embraced by the masses.

We have already touched on one of our teachers of cosmic truths, Jesus, who too demonstrated the might of intentional thought. His profound wisdom resided in his ability to showcase the extraordinary potential locked

within each of us. Consider the remarkable tale of the fig tree—a potent symbol of his message.

As Jesus hungered and approached a fig tree, he discovered it bore no fruit, only leaves. In that moment, he uttered a powerful decree, cursing the tree to never bear fruit again. Miraculously, before the eyes of his disciples, the tree withered rapidly. Bewilderment swept over them as they questioned the nature of this swift transformation.

And Jesus, ever the beacon of enlightenment, responded with resolute conviction. He proclaimed that those who possessed unwavering faith and discarded doubt could not only perform similar acts but could command mountains to move, to cast themselves into the sea. He imparted that belief held the key to receiving all that one asked for in prayer. Such was his unyielding faith in the limitless potential that dwelled within every human soul.

Yet, his teachings invoked fear in many. The notion that personal belief held supreme power and transcended physical constraints unsettled those who clung to notions of control through force. Jesus espoused a connection to a higher power, one that rendered even the physical body's demise inconsequential. This struck fear in the hearts of rulers, both Roman and Jewish alike, for such an individual could not be governed. Unfettered by fear and endowed with the ability to shape their own destiny, Jesus stood as a living testament to a world where possibilities knew no bounds—a world free from limitations.

Today, we find ourselves at the precipice of that very world. The collective consciousness of our species is slowly catching up to the profound truths espoused by Jesus. Resistance may persist, but the seeds he sowed, along with the contributions of countless others, have germinated and multiplied, propelling us towards a new era. As Makua eloquently proclaimed, we are on the cusp

of a sixth level—a profound awakening to our Higher Self, our Aumakua.

So, dear friend, reflect upon this extraordinary revelation. The power lies within your grasp. Believe in the boundless potential residing within you, for you are the architect of your reality. Let go of fear, embrace the limitless, and embark on a journey where belief becomes the very foundation of your existence.

Unveiling the Mysteries: Where Science Meets Consciousness

In the vast tapestry of our reality, there exist phenomena that elude the grasp of science and common sense. Have you ever wondered about the mesmerizing coordination of hundreds of birds or schools of fish, moving and turning in perfect unison without any discernible mechanism within our conventional understanding? Science fails to provide an explanation for these awe-inspiring displays.

Allow me to propose an alternative perspective, one that many have contemplated alongside me. Consider the profound possibility that we are all interconnected beings—humans, birds, and fish alike—woven together within a boundless energy field unrestricted by the confines of time and space. To give this concept a semblance of understanding, humans have resorted to labels such as God, Source, or The Force. Religions and myths emerged from our collective attempts to comprehend this vast and enigmatic aspect of reality.

Imagine, if you will, someone from centuries past encountering a cell phone or a television—such marvels would undoubtedly be seen as supernatural and perhaps even malevolent. Our basic human nature, governed by ego and its fear-driven instincts, tends to respond with apprehension when faced with the unknown.

But times are changing, dear reader. We stand at the threshold of a new era, a higher level of human evolution. Surviving the challenges of physical existence has occupied our attention for generations, but gradually, its significance is diminishing in defining our reality. A growing number of individuals on our planet now acknowledge that it is our thoughts that shape creation, not merely our actions. Though not a novel idea, it has been convincingly demonstrated that “As a man thinketh, so is he.”

In 1903, James Allen published a book bearing the same name, aiming to disseminate this understanding. Napoleon Hill, in his renowned work “Think and Grow Rich,” meticulously studied how highly successful individuals harnessed these very concepts to envision and manifest a new and improved reality for themselves. Top athletes will attest that their belief in their own abilities on any given day dictates the results they achieve. They meticulously rehearse the perfect dive or the flawless game in their minds until the feelings associated with those accomplishments become ingrained within their psyche.

From the teachings of James Allen, we traverse through the transformative era of the 1960s known as the Age of Aquarius. This period, in part fueled by the vehement opposition to the Vietnam War, witnessed a resounding chorus of individuals saying “NO.” They refused to accept the proclaimed reality thrust upon them by governments or authorities. Beliefs that honored the autonomy and

freedom of every individual began to ascend to the highest echelons of our societal structures. The demand for individual respect and freedom reached a pivotal point during the creatively vibrant 1960s. As the rapid advancement of technology in the late 20th century continued to unfold, this emerging worldview seeped into the collective consciousness. These are the seeds sown by Jesus and numerous others, gradually germinating, and culminating in the birth of the new age heralded by Makua. In this age, an increasing number of individuals will come to realize that they too possess the power of Creation, just as Jesus of Nazareth did. We are finally awakening to the literal truth embedded in his words, “Anything I can do, you can do and more.” If you truly believe, in your heart and mind, that you can transform water into wine, then that will become your reality.

In fact, today’s world, with its multitude of souls already traversing this path of evolution, harbors a far greater number of individuals poised for this monumental transition than during Jesus’ time. The momentum is building, and the collective consciousness is ripening to embrace the extraordinary possibilities that await us.

Unleashing Your Creative Power: A Journey of Personal Experiments

Now, dear seeker, we have arrived at the crux of the challenge that lies before us. Once you embrace the notion that your thoughts and beliefs—the very aspects within your grasp—shape your reality, you become the sole

proprietor of EVERYTHING that unfolds in your life. Yet, many would rather assign blame to a negligent parent, an evil individual, or even the government. Even if you find yourself embracing the profound shift in consciousness we propose, reaching the point of believing in your ability to move mountains or even cure a pesky cold requires unwavering determination and practice. While you may not envision yourself as a mountain-mover, creating a happier life is within your grasp.

To truly experience the power of these ideas, we invite you to embark on some personal experiments. Start small, for it is in these playful endeavors that the greatest revelations often emerge. As mentioned earlier, perhaps seek answers to lingering questions or solutions to perplexing problems. Picture it as sending a request into the vast expanse of your Aumakua Higher Self, residing within a boundless "Field". Lynne McTaggart's book, *The Field: The Quest for the Secret Force of the Universe* reveals a radical new paradigm - that the human mind and body are not separate from their environment but a packet of pulsating power constantly interacting with this vast energy sea, and that consciousness may be central in shaping our world. As we continue our journey, we will develop an easily comprehensible "computer" model to guide you.

For your thought experiment, remember to be clear in your request and intention, set a deadline for delivery of the information you seek, and then release it into the universe. All that remains is to remain attentive and open, vigilant for the arrival of your answer. It may manifest as words on a computer screen or you may feel beckoned to a random location that stirs an inexplicable urge within you where a discovery awaits. Anticipate that something is bound to happen, and stay present, so you do not miss its arrival.

Since becoming your own most profound teacher is the crux of this quest, let me regale you with the story of a remarkable individual named Pam Grout. I first encountered Pam through the pages of her extraordinary book, "E-Squared: 9 Do-it-Yourself Energy Experiments That Prove Your Thoughts Create Your Reality." As the title boldly suggests, her book perfectly aligns with the very essence of our discourse. The experiments she presents within the pages of her book offer an effective and delightful means to augment your belief and embrace your innate abilities.

With each experiment, Pam Grout guides you through a realm of practical and tangible experiences that amplify your understanding and acceptance of your creative potential. Engaging in these captivating explorations will fortify your conviction, allowing you to witness firsthand the extraordinary influence your thoughts possess in shaping your reality.

So, my intrepid adventurer, prepare yourself for the exhilarating journey ahead. Embrace the challenge, conduct your personal experiments, and witness the remarkable transformation that awaits you. The power to manifest your desires lies within your grasp, awaiting your bold leap into the realm of limitless possibilities.

In the realm of E-Squared, a captivating lab manual brimming with simple experiments, the truth reveals itself: reality is not fixed, but rather a malleable force shaped by consciousness. It boldly declares that your mind molds your life, transcending the limitations of matter. No longer must you rely on blind faith; you are invited to embark on nine exhilarating 48-hour experiments, providing concrete evidence of a benevolent, loving, and undeniably active force permeating the universe. Yes, dear reader, we dare you to experience the proof for yourself.

Each experiment, requiring no significant financial investment or extensive time commitment, serves as a testament that spiritual principles are as unwavering as gravity, as steadfast as Newton's laws of motion. If these are new ideas for you or a concept you have yearned and prayed for, the validity of these principles can be tested. Now, you can know.

Pam Grout's book, "E-Squared: 9 Do-it-Yourself Energy Experiments That Prove Your Thoughts Create Your Reality," grants you a gateway to thrilling discoveries and transcending challenges you may have believed insurmountable. The beauty of it all is that your vibrant energy and contagious joy will radiate, blessing those around you. Gradually, this radiant energy will illuminate others, guiding them toward enlightenment. If you approach these experiments with a sense of adventure and childlike wonder, your success is assured.

Embrace the infusion of positive energy, joy, and excitement into your life and its boundless possibilities. Although the world we desire may seem like an idealistic dream, there are countless aspects of our current reality that displease us. Yet, it lies entirely within our power to shape a new reality, starting at this very moment. The crux of this strategy lies in directing your imagination and vision toward the desired reality rather than the unwanted one. Granted, in our media-saturated existence, ignoring the undesirable and distressing events may pose challenges. However, turning your back on the darkness is essential. Contrary to the prevailing notion, you cannot resolve a problem by "fighting" against it. Engaging in fear-based campaigns such as "wars on drugs" or "wars on terrorism" only exacerbates the issues they aim to resolve. Ponder this truth—fear begets fear, perpetuating chaos.

Fear itself is true malevolence, feeding upon its own existence. Although the idea of fighting fire with fire may

hold merit in extinguishing a forest blaze, philosophically, it falters. Jesus, even amidst the prevailing belief of "an eye for an eye," advocated a different path, advising, "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."

Let us emphasize that when quoting Jesus or any figure considered "religious," our purpose is to present their teachings as valuable insights for operating from an evolved consciousness. War, in any form, breeds fear—a tool wielded by terrorists. Jesus would urge us to assist those harmed by these forces while fostering thoughts of forgiveness and hope for the healing of troubled souls. While forgiveness may elude those directly affected, turning away and withdrawing attention from the hate proves far more effective than fueling the flames of anger and animosity.

Love possesses the power to conquer all, while fear has the potential to annihilate. To design a better world, we must steadfastly focus on envisioning improved realities and cultivate unwavering belief in their manifestation. Regardless of external circumstances or others' actions, remember this: everything is evolving in line with the prevailing stories of the day. Consider how the stories you have for yourself contribute to the wellbeing or dis-ease of the whole.

The Grand Stage of Life: Your Improvised Adventure

In the immortal words of William Shakespeare, "All the world's a stage, and all the men and women merely players." But let's take that notion even further. Consider

life as “improvisational theater”, where you, dear reader, are the lead actor, writer, and director of your own unique story. It's all in your hands. You have the power to introduce any storyline your heart desires. The key lies in believing in the narrative you weave, for it is that belief that brings it to life. This, my friend, is the ultimate challenge—an invitation to imagine new realities rather than merely reacting to the one presented to you.

And here you are, standing at the threshold of a grand adventure. Your ticket is ready, waiting for you to seize it. As you step into this new world, you need not discard everything, but rather shed the weight of outdated beliefs that no longer serve you. Leave behind any unnecessary baggage and allow your heart to be your compass. Whenever you feel out of balance or straying from your path, find your way back to joy and adventure. Follow what feels right, what brings you the most fun and fulfillment. Anticipate wonderful things to unfold and savor each moment of delight that comes your way. Take a moment to appreciate it, offer thanks, and let your personal journey continue to bring smiles to your face. Every moment you acknowledge with gratitude will radiate greater well-being and joy, blessing all those around you.

Together, let us embrace the dawn of a new Age—a time when each of us awakens to our true potential. The wonders we will discover are beyond our wildest imaginations. An immensely satisfying adventure awaits us, guaranteed to ignite our souls and fill our hearts with boundless delight.

Unleashing the Paradox: Your Journey to Infinite Realities

Imagine a world where reality is a product of your imagination—a canvas upon which your beliefs and perceptions shape the very fabric of existence. In this extraordinary realm, everyone's imagined reality may bear striking resemblance to others, a phenomenon described by renowned Swiss psychiatrist Carl Jung as the collective unconscious. Jung believed that we, as members of a species, share instinctual patterns and archetypes that become encoded within our very beings. These patterns, combined with the accumulation of experiences throughout our lives, create the blueprint of our self-perception—the "I am" character that we wholeheartedly accept as our identity.

Yet, within this intricate tapestry, lies the remarkable truth that your reality is uniquely yours. The beliefs you cultivate, forged by the experiences and environments you encounter, color your perception of the world. A person raised in an abundant, loving environment will view reality through a vastly different lens than someone who has endured the horrors of war and poverty. Our beliefs profoundly impact the choices we make and ultimately shape the trajectory of our lives. You see, every belief becomes a self-fulfilling prophecy—unless we take action to challenge and transform them.

Those who passively accept their perceptions as the sole lens through which to view the world lead lives akin to sleepwalking, surrendering control to their ingrained patterns and the automaton of their bio-computer brains. Like any computer, their beliefs and expectations are anchored in past experiences, rendering anything beyond

those boundaries seemingly impossible. Unless they undergo a profound shift in perspective, their realities remain confined to the well-trodden paths of their past.

But what if we dare to venture beyond the confines of our collective unconscious? Consider this: beyond the self shaped by our basic programming lies an expansive consciousness—a pure essence devoid of the perceived limitations imposed upon us. Your consciousness possesses a direct connection to what we have earlier referred to as the "Field" in the realm of quantum physics. In this analogy, your local consciousness is akin to an electronic computer linked to the boundless expanse of a cosmic internet. When you tap into this network, a world of infinite information and possibilities unfolds before you. All the knowledge and resources you require to manifest your desires are at your fingertips, awaiting a stable connection. The truth is, you are always connected. However, if you remain limited to the default setting of the collective unconscious, you will receive only the news and information you have subscribed to by default.

The great spiritual teacher Buddha, when asked what set him apart, replied with utmost simplicity, "I am awake." To enhance your connection to this vast realm of unlimited possibilities, you must awaken from the slumber of your basic operating system's autopilot. It is no easy feat, for you have spent years crafting the character you believe yourself to be, faithfully acting out a story you have meticulously woven into reality. Every aspect of this reality feels unquestionably real because you have chosen it to be so. Thus, lies the paradox of reality: its authenticity stems solely from our belief in its existence. By choosing to perceive things in new and profound ways, we transform reality itself. When your conscious mind takes the helm, charting a course to your desired destinations, you have the power to manifest the variations of reality you desire.

Embarking on this journey of realization, often referred to as enlightenment, may seem long and arduous. After all, your basic operating system has ruled the show for an extended period, asserting that notions of unlimited realities are mere illusions or religious delusions. Yet, within this paradox lies the profound truth: reality is real only for as long as we believe it to be. So, let us embrace this paradox.

Unveiling the Magic Within: Your Journey to Self- Realization

Step into the enchanting world of "The Wizard of Oz," where Dorothy and her loyal companions—the Tin Man, the Cowardly Lion, and the Scarecrow—embark on a treacherous quest along the Yellow Brick Road in pursuit of their deepest desires. Arriving at the magnificent city of Oz, they are granted an audience with the all-powerful Wizard, who promises to fulfill their wishes if they complete the tasks assigned to them.

Perhaps you recall the perils they faced, the challenges they overcame, and the intricate problems they solved along their path. With unwavering determination, they triumphantly return to Oz, eager to claim their heart's desires from the great and mighty Wizard. However, a pivotal moment unfolds as Dorothy's mischievous dog, Toto, playfully reveals a hidden truth—a humble man manipulating levers and speaking into a microphone behind a deceptive curtain. The grand and powerful Wizard of Oz, as they believed him to be, was nothing more than an elaborate illusion.

At this revelation, one might assume that our triumphant heroes would be left stranded, their dreams shattered. Yet, the magic of "The Wizard of Oz" lies not in the illusory Wizard, but in the power of belief. With his true nature exposed, the Wizard explains that the "magic" they sought was within themselves all along—the power to change their beliefs and manifest the reality they desired. Dorothy's companions come to realize that their quests had already borne fruit, for the very qualities they sought were instrumental in their journey's success.

The Tin Man discovers a heart brimming with love and warmth, the Cowardly Lion recognizes the courage he possessed all along, and the Scarecrow accepts his innate wisdom and intelligence. As for Dorothy, her yearning to return home prompts the Wizard to enlist the aid of the good witch Gwendolyn, who reveals that Dorothy had the power to go home whenever she believed it to be possible. With a simple click of her ruby red shoes, Dorothy finds herself back in Kansas.

This timeless tale mirrors the adventures we embark upon in our own lives. Often, we seek external sources or long for a Wizard-like figure to grant us happiness and security. Has your own Yellow Brick Road led you to unexpected truths in the most unlikely of places? Echoing Makua's wisdom, our Emerald City of Oz lies within the recognition that our "Aumakua," our inner divine essence, serves as our ultimate teacher. We need not search outside ourselves, for our truth and power reside within.

And so, dear reader, you find yourself in the same position as Dorothy and her companions. All the answers and magic you seek lie within you. You possess the ability to shape your personal reality and manifest your desires—just like tapping the heels of those iconic ruby red slippers together, it all begins with belief.

This book offers you a promise, an invitation to embrace the perspective that you are an adventurer in the game of Creation, capable of writing your own script and designing the adventure you wish to live. This does not imply a life devoid of struggles or obstacles, as they are crucial for growth and the honing of your creative skills. However, by adopting this empowering view of reality, you will recognize your capacity to positively impact not only your own life but all of Creation. You will embrace the assurance that nothing can truly go wrong, for you are an immortal being who chose to participate in the manifestation of a physical world for the sheer joy and thrill of it – and, yes, the adventure. While you are not obligated to undertake anything special, developing your skills as a powerful reality creator will undoubtedly enrich your life with satisfaction and joy.

So, release your worries and anxieties, for everything is destined to be in balance.

Unleashing the Power of Perception: A Journey to Self- Realization

Imagine the challenge before you—a quest to embark on the fabled yellow brick road of enlightenment. If doubts assail you, do not be disheartened, for it is highly likely that you have already glimpsed moments of profound insight and clarity. In those fleeting instances, a cosmic oneness washed over you, connecting you to the very fabric of existence. The joy and peace you experienced in those sacred moments lingers as cherished memories, for in those moments, you touched the unified field—the

essence that some call God, the Source, or the Force. Let the labels fade, for what truly matters is that this omnipresent field exists, and within it, your conscious being thrives as a unique and integral part, much like the cells composing your physical form. In truth, the part of you that animates your physical body merely acts as a conduit, enabling your interaction with the world you helped create.

For your limited bio-computer perception, this concept may seem immense, even bordering on the realm of lunacy. More often than not, your basic operating system perceives life as a hostile environment, with survival as its primary goal, seeking to shield you from harm while allowing for moments of pleasure. The notion of assuming complete control over the design of your personal reality appears foreign and challenging. After all, it entails accepting full responsibility for every aspect of your life. Whatever manifests is a result of your beliefs—a notion that your bio-computer brain struggles with, given its reliance on past and present experiences. If it hasn't encountered something, it finds it difficult to fathom its reality. For most, seeing is believing.

Yet, we encounter the paradox of reality, where belief precedes sight. Unfortunately, many remain steadfast in the belief that if something cannot be seen, it should not be believed—an engrained program of the rational mind.

In the transformative era of the 1960s and '70s, a surge of creativity and a new vision of reality gripped the collective consciousness. The quest for true freedom and individual autonomy became the driving force behind contemporary culture. From civil rights to a sexual revolution, a resounding chorus rose, rejecting imposed norms and dictations on how to live. Explorations into alternative perspectives propelled minds towards uncharted territories. Mind-altering substances, such as LSD and

marijuana, played a significant role in this paradigm shift, breaking down barriers and exposing the subjective nature of reality. A simple shift in perception could reveal an entirely different world—a grand unveiling of truth behind the metaphorical curtain.

To embrace the belief in your power to shape reality, it is crucial to recognize that reality itself is not a fixed entity separate from your perception. In truth, you are constantly molding and creating your personal reality. The question then arises: are you merely drifting on autopilot or actively choosing the experiences that shape your path?

In this adventure of self-realization, the key lies in consciously embracing the role of the creator, in intentionally selecting the experiences that unfold before you.

Unleashing the Magic Within: A Journey to Unlimited Possibilities

There was a popular book that once captivated audiences titled "The Secret." It presented ideas that had long been dispersed among a select few, but it adorned them in a contemporary, Hollywood-inspired guise. This is not to undermine "The Secret"; rather, it encapsulated its message within an Indiana Jones-esque narrative, effectively conveying these profound concepts to a broad audience that may have otherwise remained unaware. The only secret, or rather, less commonly known awareness until recently, is that with enough belief, you possess the ability to manifest anything you desire. And in these

pages, we shall reveal “magical” ideas that will aid you in claiming your inherent power.

You are stepping into a realm where adventure and magic intertwine. Welcome to a place where diverse perspectives converge, all focused on enhancing our skills as players in the magnificent story we are collectively weaving. As kindred spirits gather in interconnected circles, they become catalysts for the evolution of consciousness. It is highly probable that you have arrived here at this time and place because you possess a unique role to fulfill. We urge you to immerse yourself in the ideas presented here, allowing them to expand and refine your personal narrative and purpose.

Picture yourself as a dream-weaver, crafting a tale of boundless imagination as one of the central characters in a grand adventure unfolding on Planet Earth. We shall refer to this essence as your "Soul" self—a direct conduit to the eternal fabric of existence. In this present moment, your awareness finds itself embodying a character—a child of the Earth's time-space odyssey, fully engaged in what we can call the Gaia Game. Much like an interactive video game, your mission is to discover the most fulfilling ways to play. There will be challenges to overcome, puzzles to solve, fellow players to assist, and those who will seek your guidance. The ultimate objective is to spread love and joy to all you encounter, striving to live out the highest vision for the life you uncover. Not everything will always unfold according to your desires, but seek the silver linings within every cloud, and let your hopes and dreams illuminate your path.

You, my friend, are a Designer of Reality. Through your thoughts, words, and beliefs, you shape the very evolution of your personal realm. As you delve into the insights that lie ahead, reflect upon the fundamental questions: What is the essence of your story? What do you believe your

purpose to be within this vast adventure we all are playing a part in? If others were to suggest a title for your story, what might it be? And more importantly, what title resonates deep within your being? Are there hidden or disguised beliefs lurking in the recesses of your mind, hindering your ability to embrace the fullest expression of your joyous and creative self?

You are a Time-Space Adventurer, positioned at the precipice of creation itself, where the unfolding future eagerly awaits your guidance and influence. Embrace this extraordinary opportunity and let your imagination soar.

Step into a world where magic abounds, where every whimsical notion within your imagination has a modifying effect on reality. Within the pages of this guidebook lies the key to unlocking the profound realization that your thoughts, words, and emotions hold the power to shape every aspect of your life. Your purpose here is nothing short of experiencing boundless happiness and the realization of your heart's desires. And with a touch of practice and unwavering determination, materializing your personal vision will become an evolving reality.

"How can I infuse every day with happiness and delight? How can I manifest all that my heart desires?" These are the questions that echo through countless minds. The answer lies within the realm of self-awareness and the cultivation of a few essential skills. It begins with a decision—a choice to perceive the world around you through a lens of wonder and appreciation, unwaveringly focused on the aspects of life that fill your heart with joy. It entails painting a vibrant canvas of your existence, vividly imagining a magnificent adventure brimming with love and delight, and steadfastly believing in its manifestation. It requires releasing all fears and judgments that weigh you down.

Perhaps you haven't fully embraced it yet, but deep within you resides an omnipotent Creator, capable of manifesting what others may perceive as impossible. You are not superior to others; every individual possesses the same latent potential—it's simply a matter of awakening to it. The truth is straightforward: the words you utter and the thoughts you weave are the very threads that shape the tapestry of your reality. You need only learn the art of intentional creation, the skill of crafting your desires into existence.

Within these pages lies a guide, illuminating the path to your heart's desires—the easiest route to your dreams. Hopefully you will uncover ideas that will guide you on a trajectory helping you develop the skill of intentional creation with the belief to allow dreams to go from intention to manifestation. Embrace the magic that flows within you and watch as your desires materialize with graceful ease.

In a world where reality is shaped by the contours of your imagination, the power to create lies within your grasp. Desires act as your guiding compass, leading you towards a life infused with purpose and fulfillment. Yet, remaining steadfast on this path demands unwavering discipline and resolute determination. Your task is to breathe life into the visions of your mind, vividly imagining the very fabric of your desired reality.

Pause for a moment and reflect upon these questions. Are there pressing needs that stir a sense of desperation within you? Do you bury your deepest desires, deeming them unrealistic and unattainable? Does a shadow of doubt cloud your worthiness to receive all that you yearn for? Has the notion of toil and struggle become synonymous with achieving the life of your dreams? Does unadulterated happiness always seem just beyond your reach, slipping through your fingers like a fleeting dream?

Is there an elusive "something" that leaves you feeling adrift, longing for a sense of purpose? Do you catch yourself yearning for happiness, believing that if only _____ were different, contentment would prevail? And in the face of a troubled world, do bouts of anxiety assail your spirit? Fear lingers in the recesses of your mind, whispering its insidious presence—fear of failure, fear of death, fear of the unknown. These questions, while seemingly simple, have likely evoked a chorus of "yes" within your being, stirring the embers of concern.

From early on, we are conditioned to be mere reactors to life's whims, navigating the uncharted waters of a reality seemingly beyond our control. We adapt to the notion that life happens to us, and our sole agency lies in our reactions to its unfolding events. Rules govern this game, but its vast complexity eludes our complete command, even if we amass great power and wealth. The prevailing narrative dictates limited supplies, unequal distribution, and the survival of the fittest. Life appears inherently unfair, often leaving many feeling powerless and resigned.

But behold, none of this need hold true in the realm of your personal reality. **"Be not conformed to this world: but be ye transformed by the renewing of your mind."** Romans 12:2 (Bible) These words resonate, urging you to transcend the confines of conventional perception.

In a world where limitless possibilities await, do you dare to believe that you can attain everything your heart desires? Such a belief demands a change of mind, a shift in perspective that empowers you to transcend mere reactions to an uncertain reality. It is a revelation that reality itself responds and molds to your very being, 100% of the time. The notion that life's circumstances are beyond your control is a falsehood, for in the act of

"reacting," you unwittingly set in motion a feedback loop that perpetuates the status quo, be it for better or worse.

As the evolution of humanity progresses from physical advancements to the realm of consciousness, more and more individuals awaken to this transformative shift in perspective. The truth we implore you to embrace is that you inhabit a world where you possess the creative power to shape your destiny and design the reality you yearn for. This opportunity extends to anyone, but it requires certain key elements: an awareness of the underlying concepts, consistency in your approach to life, and a profound understanding that your beliefs shape the very fabric of your reality.

While most individuals spend their lives passively reacting to the external world, the power of creation lies dormant within everyone. This power, dear reader, is the opportunity that beckons you. It is not an obligation, but rather a capacity waiting to be harnessed and mastered. If you have ever pondered the purpose of existence, know that it lies in honing your skills to manifest the desires that inspire you into physical reality. Many believe that we each come into this adventure with personal contributions we are intending to add to the recipe for the future. In doing so, you elevate the levels of love, joy, abundance, and well-being not only in your personal realm but in the entirety of the physical world.

The ancient scriptures proclaim it: you were created in the image of God, bearing the divine spark of creation. Though this statement may initially evoke reservations or seem audacious in its scope, consider that much of what you have learned thus far about life has revolved around managing and navigating its unpredictable twists and turns. You have been taught to "deal" with circumstances and situations over which you believe you hold little sway. It is crucial to recognize that it is your thoughts and words

that wield the true power, dictating the script of your existence.

The world you envision is uniquely yours, intricately intertwined with the realities of others yet distinctly independent in its essence. While many perceive themselves as mere supporting actors in a grand drama, this perspective stems from the conditioning we have collectively received. Why? The primary reason is often the desire for control wielded by those living within the confines of limitation. They believe in a world of winners and losers, where strength, money, and power serve as the benchmarks of success. If they subscribe to limitations, they seek dominance over others to secure their own share. But in our story, we know that every individual possesses an unlimited potential for achievement.

So why do more people not discover this inherent ability, a birthright bestowed upon all? Partly because absolute control carries a weight of responsibility that many shy away from. It is far easier to accept the notion that life is filled with hardships and that unfortunate events are beyond our influence. Happiness is not guaranteed for all, nor can everyone obtain their heart's desires. The blame is placed on parents, governments, or even skin color. Life, we are led to believe, is beyond our control. This narrative of fear, anxiety, and powerlessness permeates established society, the media, as well as the well-meaning voices of friends and relatives. They propagate this bleak storyline in the name of truth and authenticity, hoping that by accepting this problem-riddled reality, you will passively participate. They truly believe that you possess no control, and those who claim otherwise are merely living in denial.

There exists a foundational truth that holds immense power: the moment you cease to believe in something, its falsehood will be revealed. This truth, my friend, revolved around your ultimate desire in life—to be happy and revel

in the joy of existence. Should this longing appear trivial or self-centered, it is crucial to grasp that your personal journey toward becoming the best version of yourself hinges upon embracing happiness and appreciation as your guiding principles. By doing so, you become a beacon of positive energy, abundance, happiness, and love, radiating these qualities into the world.

And so, dear reader, we embark on a journey through the pages of this book. It unravels illusions that have been woven into our belief systems, revealing that much of what we hold as truth only holds sway because we have chosen to accept it. The real truth lies in recognizing that the external "reality" experienced by others need not wield significant influence over our personal reality. You possess the power to pen your own story, affected little by the narratives of others. You need not feel diminished by their challenges because their finding the path through those trials is the route they need to be on. However, they too can embark on a life they truly desire if only they begin to believe in the possibility and derive joy from the process.

If everything appears to be going nicely in your life, it does not render you superior to others. Perhaps you have honed your skills in navigating the game of life, or perchance you were fortunate enough to discover the value of a positive attitude. Life, my friend, is an exhilarating adventure game meant to be enjoyed at every juncture of your evolutionary path. This guidebook could be titled "Desire is Your Creative Compass," as all you need to do is continually seek out the path that brings you happiness and kindles your spirit of adventure as you pursue your desires. The best route forward will always be discovered by focusing on the aspects of the journey that you adore and appreciate. It is through unwavering appreciation for your personal triumphs and the wonders unfolding around you in each passing moment that the transformations you seek shall come to pass.

Are We Truly Attaining What We Genuinely Desire?

Even if the notion of having complete control over our personal reality hasn't fully taken hold, it's likely that we can agree on the power of a positive attitude. Wouldn't you agree that it often leads to better outcomes than a pessimistic outlook? That, my friend, is an excellent starting point. Have you ever experienced moments when you just knew deep within your being that things would work out in a particular way? Have you felt the exhilaration of wanting something so intensely that you could almost taste its fulfillment? That, my friend, is the remarkable power of belief at work. It operates in the same manner, whether you wholeheartedly believe in achieving your desires or harbor doubts about their realization. You will find that whatever you truly believe, you will manifest yourself in your reality.

Each of us is actively shaping our moment-to-moment existence—the only question is how intentional are we in doing so? Are we genuinely moving toward everything we yearn for? Are we taking charge, meticulously designing the forthcoming chapters of our lives? Are we utilizing desire as our compass, allowing it to guide us towards the fulfillment of our aspirations? Or are we merely reacting to external circumstances, trapped in a sense of need and desperation? Do we dismiss some of our hopes and dreams as unrealistic, relegating them to the distant shores of "Someday Isle"?

Perhaps, because we acknowledge our capacity for control, we relegate our grandest dreams to the realm of wishful thinking. This may be the best strategy if the mere thought of not realizing those dreams evokes unhappiness.

However, if we can ignite genuine excitement and anticipation when envisioning those lofty aspirations, then we possess the ideal mindset to materialize them in our personal reality. We truly have the capacity to have it all, but it demands practice and discipline. Becoming a "Master Designer of Reality" is a skill that can be learned. We may not reach a point where we intentionally define our reality at every single moment, but we can become remarkably adept at it.

It's important to note that this process isn't about constant action and effort. The only prerequisite is to cultivate a state of expectation, gratitude, and joy. While our desires may involve material possessions or achievements, the key to manifesting them lies in cultivating the feeling that arises from having or attaining those things. Find yourself in the right frame of mind, and then stay alert for the people, places, things, and events that align with your desires. It may be a subtle hunch urging you to reach out to someone, or a strong intuitive pull toward visiting a specific place for no apparent reason. Remember, there are no coincidences. When you maintain a state of happy expectation and attunement, you will consistently find yourself in the right place at the right time, and the missing pieces of the puzzle will magically fall into place within your experience.

Since it is vital to recognize the positive occurrences unfolding on our behalf, our immediate objective should be to stay focused on the present moment. Not the past, be it good, bad, or indifferent. Not the future that has yet to transpire. We must refrain from expending energy on prophesying worrisome outcomes. As Ram Dass, the Western-born yogi and spiritual teacher, famously declared in his 1971 book, "Be Here Now!" This very moment is your point of power. It is where inspiration resides. It is where all the necessary elements await your discovery. It is the space from which you can intentionally

design your future. So, dear reader, let us embark on this magnificent journey of creation, fully present and attuned to the infinite possibilities that lie within the now.

We find ourselves confronted with a perplexing challenge: Why is it so difficult to embrace the concept of "being here now"? The answer lies in the conditioning we have undergone, molding us into reactionary beings in our interactions with the world. We allow past mistakes and decisions to dictate our perception of future outcomes. We worry incessantly about what lies ahead, often assuming the worst possible scenarios. Our minds wander aimlessly, analyzing and predicting based on the past. While it is true that the past has shaped our present circumstances, the only power capable of limiting us is our tendency to dwell on regret and anxiety associated with those bygone days. It is imperative to release anything but joyous memories, avoiding excessive contemplation of them as well. Ahead of you lies a future brimming with infinite possibilities, and the power to design that future is within your grasp, right here, right now.

Within the following pages, you will discover invaluable information. Regardless of your current level of play, you will find insights that can enhance your success and elevate your skill in this magnificent game of life. The ideas contained herein have been gleaned from a multitude of sources and experiences. You are not expected to blindly accept everything presented as truth; rather, you are encouraged to explore the endless possibilities. Each individual traverses a unique path in this grand adventure we call life, and no path is "truer" than another. This is a game of discovery, and together, we shall explore a plethora of ideas, concepts, and practices that have proven useful to others. You will learn how to manipulate reality in alignment with your desires and uncover the wonders of your own individual journey.

Allow us to impart one fundamental "Truth" upon you: Your best measuring stick for "success" in your life is your day to day level of personal happiness and satisfaction. The purpose of delving into this material is to enhance your ability to live intentionally and excel in manifesting personal happiness for yourself, thereby positively impacting the world around you.

Everything contained within this guide is likely knowledge you already possess, but it has likely faded from your consciousness or, more accurately, been overshadowed by the reprogramming you underwent long ago. As we advance through childhood, the awareness of our direct connection to a boundless, non-physical energy self tends to slip away. In the process of acclimating to the time space reality of planet Earth and learning to interact with others, we construct a persona—a character with a name. To a great extent, this persona is shaped by the influence of others who have supported and guided us along our path—our parents, caretakers, friends, teachers, and the myriad of external sources shaping our worldview and self-perception. This is all part of the natural course of life, as it should be. However, it has undoubtedly left us with a distorted view of who we truly are and a limited awareness of our full potential as functioning beings within the world we inhabit.

This guidebook has been carefully crafted to aid you in rediscovering your authentic self and reconnecting with the incredible power that lies dormant within you, in case you have forgotten or lost touch with it. It serves as a gentle reminder, guiding you towards the path that leads to everything you desire in life. So, dear seeker, embark on this transformative journey of self-discovery, and may you uncover the boundless potential that resides within you.

There is a possibly scary question that crosses the minds of many: "What's the worst that could happen?" But

hidden within this inquiry lay a monumental secret, capable of alleviating the burdens of stress and uncertainty that accompany our fleeting existence in this grand adventure we call life. You see, dear reader, you are not merely confined to the limitations of your temporary character, named (Your name here). Deep within, your true essence is immortal and unbounded by the constraints of time and space. So, fear not, for death is merely a transition—an awakening of awareness, rather than an end. There is quite possibly no true end for you or anyone else, only an eternal cycle of change and evolution. In the story we are telling, you have played countless variations of this extraordinary game before, and you will continue to invent new characters to embark on wondrous adventures in the three-dimensional material realm.

In times of great economic crisis, a wise U.S. president once proclaimed, "There is nothing to fear but fear itself." These profound words hold universal significance. For him, it was evident that fear of economic instability bred a reaction that could undermine the resilience of a mighty economy. Fear stands as the antithesis of love and faith, and it inevitably leads to undesired outcomes. The key to success lies in cultivating unwavering faith in the realization of your desired outcomes.

Here are some thoughts on the Big Picture. One of the greatest fears that looms over humanity is the fear of death. Yet, Jesus sought to enlighten us, teaching that death is but a transition to another level of being. As a living being bound by time and space, there is no reason to fear. When your physical form fades away, your awareness returns to the boundless, non-physical realm. However, your interest in the character you once embodied endures as long as you desire. Likewise, your connection and awareness of those close to you in your past life remain. Just as you have constant access to your Source/Soul Self and the Soul Selves of those you have

journeyed with, those presently playing the game can also access you should they wish. While these concepts may seem complex to contemplate, for now, accept that the real you shall never truly perish, for your essence is pure energy. The first law of thermodynamics, known as the Law of Conservation of Energy, dictates that energy cannot be created or destroyed; it can only be transformed or transferred from one form to another.

This guidebook serves as a vehicle to help each of us remember our true identity as infinite and powerful creative beings. This book aims to provide you, dear reader, with a valuable perspective on reality that acknowledges the role of your ego self, interacting with a higher-self in a “Field” of consciousness to open the doors of possibility, shaping new realities. Though you can never be separated from your infinite Soul Self, many of us only experience fleeting moments of direct contact, and some sadly feel lost and alone, lacking conscious connection with their "real" selves. However, the magnificent message within these pages assures you that harnessing the power of your Soul Self is a learnable skill. With unwavering belief, dedicated practice, and unyielding determination, there are no limits to your creative power.

Bob Marley: A Reluctant Messiah

In the heart of rural St. Ann's Parish, Jamaica, on February 6, 1945, a legend was born. His name was Robert Nesta Marley, and his extraordinary life began amidst a unique blend of backgrounds. With a British father of middle age and white heritage, and a young black

Jamaican mother from the local community, Bob's early years were shaped by contrasting influences.

While his father played a minimal role in his life, Bob found solace and affection from his mother, Cedella, and his grandfather, Omariah. Known as a revered shaman and medicine man, Omariah's presence held great sway over the young Bob. Their bond grew strong in the Nine Mile high country, where Bob would dutifully assist his grandfather with chores, tending to the land and caring for livestock.

However, Bob's world took a dramatic turn when his father made a demand that would alter his trajectory forever. At the tender age of five, he was uprooted from his idyllic Blue Mountain home and the protective embrace of his grandfather. The destination: Kingston, Jamaica's bustling capital city. Supposedly for schooling purposes, Bob's father took him to Kingston, only to abandon him on the city streets. It was a daunting experience for the young boy, a time of uncertainty and fear. Yet, fortune smiled upon him as someone recognized him and reported back to his worried mother in Nine Mile. Bob was found wandering the streets of Trenchtown, a neighborhood in Kingston.

Safely returned to the nurturing care of his mother, grandfather, and friends, Bob enjoyed a period of stability until the age of twelve. This time, it was his mother who decided to relocate to Kingston. They moved in with Bunny Livingston's father, a close friend of Bob's and a future member of the Wailers.

Life in Kingston proved challenging for Bob, as his light skin made him feel like an outsider, neither fully accepted by the black nor white communities. To delve deeper into Bob's captivating journey, I highly recommend reading Roger Steffens' book, "So Much Things to Say." Steffens offers firsthand accounts from those who were closely

connected to Bob throughout his life. Of particular interest is the book's exploration of how Bob, even in difficult circumstances, gravitated towards mentors and collaborators who played instrumental roles in realizing his dreams. Undoubtedly, it was Bob's unwavering passion and resolute belief in his mission that propelled him forward, ultimately elevating him to a level of social influence few cultural icons have ever attained.

I refer to Bob as a "reluctant Messiah" because I believe he arrived in this world with grand intentions, aiming to positively transform our societal order. Some individuals enter this realm with a clear purpose, and Bob Marley was undoubtedly one of them. It is not far-fetched to suggest that he deliberately chose the circumstances of his birth and early life, carefully constructing the narrative and acquiring the necessary tools to accomplish his mission. His mission was intricately intertwined with the paradigm shift of the 1960s and 1970s—an era defined by social change. With his mixed African and Anglo-European heritage, Bob found himself straddling two worlds, belonging to neither black nor white. Throughout his life, he embraced his African roots, as I believe he was destined to contribute to the eradication of racial discrimination. Although Jamaica, his birthplace, boasted cultural diversity, it only gained independence from British rule in 1962, during Bob's formative teenage years. It was in 1963 that Bob recorded his first record, "Judge Not," written by Claude Gray, an American country & western singer, marking the inception of his extraordinary musical journey.

"Judge Not," although it failed to make waves during its release, carried a message that resonated far beyond its time. Bob Marley had already endured a tumultuous journey, transitioning from the abundant serenity of his countryside upbringing, embraced by nature's magnificence, to the unforgiving "Concrete Jungle" of

Trenchtown in Kingston. Despite his reserved nature as a teenager, as shared by the sources in Steffens' book, Bob had an uncanny ability to attract the attention and support of influential figures like Joe Higgs, who would later become his esteemed mentor and vocal coach, shaping the path for Bob and the future Wailers.

Emerging from the fertile soil of cultural change in the explosive 1960s, Bob Marley stands as a towering figure, demonstrating the profound impact music can wield. He was no mere purveyor of catchy tunes; his compositions were vessels for a philosophy of life. Each song he crafted carried potent social commentary, urging people to never relinquish hope, to persevere in the face of adversity. Marley's pursuit of fame and fortune was overshadowed by his burning desire to propel his mission forward, always aware of the brevity of his time on this earth. Indeed, he had so much to say...

Marley's messages, infused into the very fabric of his music, continue to reverberate through the world, transforming lives to this day. His humble beginnings and arduous youth provided the backdrop for him to paint his message, reaching those who needed it most. While many would view such circumstances as insurmountable barriers to success—plagued by poverty, fear, and hopelessness—Marley's message resounded with the unwavering belief in a brighter future. He beckoned individuals to keep the flame of hope alive, acknowledging the struggles while illuminating the path to a better life for those who possessed hope and determination. "So while they fight you down... Stand firm and give Jah thanks and praises."

This universal message, reminiscent of the teachings of great spiritual and cultural leaders, emphasized the inherent worth and boundless potential within each individual. All that was required was the audacity to

dream and believe in the possibility of a better future. Bob arrived at just the right moment, a time when the fight against oppression and racism surged across the globe.

His resonant voice became a driving force in this collective struggle, offering a message of hope and possibility that celebrated the significance of every human being. The fact that he transcended the confines of the "third world" to become an international superstar magnified the potency of his message. Among his repertoire, the song "One Love" encapsulated this message with unparalleled brilliance. It merged the essence of love and faith with joyous, uplifting music—an anthem rooted in a spiritual perspective: "Give thanks and praise to the Lord and I will feel all right; Let's get together and feel all right."

Through his music, Bob Marley ignited a revolution of the soul, harnessing the power of rhythm and lyrics to uplift and inspire. His profound impact endures, a testament to the indomitable spirit of one man and the timeless resonance of his message.

Among the treasure trove of Bob Marley's songs, one composition stands out as profoundly significant. Though it may appear as a pleasant, upbeat tune on the surface, it carries within it a powerful programming for our remarkable bio-computer brains. This song, titled "Three Little Birds," mirrors parables found in biblical and spiritual texts, using the birds as exemplars of living rightly. These birds simply exist—they embrace life, and all is well. We have previously explored the destructive nature of fear and worry. The Law of Attraction dictates that if we focus on fear and worry, we shall attract more of it. One of Jesus' most reiterated teachings is "fear not." Similarly, the recurring message of this song is "Don't worry, everything is going to be alright." It encapsulates hope in its purest form—a simple, uplifting melody.

Thanks to the temporal and technological context of the era, Bob Marley succeeded in embedding this concise and direct mental programming code into the hearts and minds of millions, reaching every corner of the planet. Let us hope that multitudes receive this message and embrace it wholeheartedly, for it holds the power to transform our world into a better place.

The two songs, "One Love" and "Three Little Birds," encapsulate all the guidance and vision one needs for a joyful existence. This is why I refer to Bob Marley as a reluctant Messiah. His intention was not to become an international superstar; rather, he possessed a profound message that he yearned to share with the world. Driven by an unwavering passion, he understood that his time on Earth would be fleeting. Despite surviving an assassination attempt and embarking on extensive global travels, he was ultimately brought down by an old injury to his big toe. The irony lies in the fact that a few toe stubs led to the culmination of his journey. These injuries eventually manifested as cancer; a diagnosis that remained concealed until it was too late for intervention. Fueled by the encouragement of those around him, he valiantly fought against the ailment, exploring both traditional and exotic treatments to no avail. On May 11, 1981, at the age of 36, Bob Marley passed away in route to Jamaica. His funeral and tributes befitting a king were held, but most importantly, his message, akin to his spirit, continued to thrive, propelling the positive evolution of consciousness and reshaping perceptions within our global community.

Here are some final 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 culmination of Bob Marley's musical legacy lies in the final track of his UPRISING album, which coincidentally marked his last studio release during his lifetime. "Redemption Song" couldn't have been a more fitting choice. Redemption, in its essence, entails the act of saving or being saved from sin, error, or evil. It embodies synonyms such as salvation and absolution. Each lyric within this song carries a profound and significant final message from the reluctant messiah himself. These words encapsulate a central theme that reverberates throughout these pages:

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

Follow Your Heart's Desires

Welcome to the Edge of Creation, where your constant drive for new and improved experiences propels evolution forward. Our purpose is to experience the excitement and thrill of bringing new and improved realities into existence. Don't ever doubt your worth or your right to a happy and fulfilling life. You are in control of where your life goes from here, and no one can hold you back but yourself.

Maybe you believe that your age, sex, nationality, religion, or social status will define your future, but the only thing that determines your future is what you believe. That's why a good subtitle for this book could be "Reality is All in Your Imagination." You are living in a "reality" that you have imagined for yourself. You have created your own unique storyline in an adventure world in your mind.

Don't settle for less than what you desire. Your reality is entirely within your control. You just need to learn how to exercise the unlimited creative power you were born with and stop believing in limitations that most people accept. It's easier to accept limitations because it takes responsibility off our shoulders, and it's the default setting for the character we are playing in our lives. Our ego based operating system is stuck making predictions based on past experiences and has very little ability to "think outside the box". Those predictions will shape our reality unless we override them with original ideas that can come only from a consciousness connected to our higher "Soul" self.

You may be living in a reality that's generally okay, but you could have so much more. Life is an adventure that

we're all playing, and each of us has a unique role in this grand interactive drama. Pursuing your joy and having fun, is the way to discover your meaning and purpose in life.

Some people believe that there is no order or divine creation and that everything is just happening by chance. Well, that's fine for them, but we know that having a good time and enjoying the ride is better than being miserable and hoping it will all end soon.

As the always amusing and often wise Yogi Berra offered, "when you come to a fork in the road, take it". Any choice is better than no choice. You can't make any mistakes because every path leads to where you're going, but some may take longer than others. Pay attention to your instincts and follow your heart's desires.

Reality is far from a fixed and unchanging concept. It is a dynamic and fluid playing field that is perceived differently by each individual. Modern science, particularly the study of quantum physics, is revealing the subjectivity of reality. The thoughts and beliefs of an observer can directly influence the outcome of an experiment. Yes, your thoughts, whatever you're thinking and believing, have the power to shape what reality is. Consider the water photography work of Dr. Emoto, who demonstrated how thoughts affected the formation of water molecules in his experiments.

What we commonly perceive as the "truth" of our world is merely a consensus of opinions that form our shared reality. Just a few hundred years ago, it was widely believed that the Earth was the center of the universe. People at the time were certain of this truth, just as we may feel certain about our current understanding. However, there will always be new wonders and revelations in the future that exceed our present imagination.

Nothing remains the same as all is in a constant state of evolving and emerging into being. It is a shared construct shaped by our collective beliefs about the operating principles of the universe. We accept gravity as a fundamental force, even though we may not fully comprehend its workings. We believe in the solidity of objects like tables, even though they are mostly empty space on an atomic scale. Our physical senses and consciousness interpret the vibrations of matter as solid. While understanding these nuances may not be crucial, it is important to realize that reality is not a fixed storyline imposed upon us. We have the power to shape it through our changing beliefs and perspectives.

Your objective should be to hone your skill at actively shaping reality in ways that bring you joy and improves the lives of those around you. It is both an opportunity and a responsibility. You have the choice to shape your day-to-day experiences, so why not make them more enjoyable and fulfilling? You might wonder how to go about this. The key is to "wake up" and recognize that you are the one "dreaming" your life experience into existence. Once you accept that you have some control and influence over reality, you can develop the skills and disciplines necessary to be at the top of your game. Begin each day with gratitude for the things you appreciate in your life and approach the adventures ahead with joy and positive expectations.

The Game of Life

In a world filled with wonders and mysteries, we find a game called Life. And in this game, the key to becoming a truly skilled player was appreciation. Just take a moment

to imagine the beauty of the nighttime sky, the vastness of the ocean with its unknown creatures, the love you feel for your fellow adventurers, the enchantment of a forest, and the daily miracle of the sun rising to sustain life on Earth. The list of things to appreciate seemed endless.

When appreciation filled your heart, a natural sense of joy and happiness emerged. Love and gratitude danced hand in hand, intertwining their emotional melodies. When you felt either of them, you knew you were truly alive and in a state of well-being.

In this grand adventure, the only scoreboard that truly mattered was the level of happiness and satisfaction you experienced each day. Just like when you go to a movie or a concert, you don't seek to feel bad. A vacation is not meant for unhappiness, and a sporting event isn't meant to make you miserable or worried. Similarly, in the game of life, you enter with the intention to enjoy yourself and be "in joy."

Now, let's explore one of the fundamental rules of this game. You see, you have remarkable freedom to choose how you want to play. However, there is one dominant rule: like attracts like. We have mentioned it already, this principle is known as the Law of Attraction, rooted in Sir Isaac Newton's Third Law of motion—every action has an equal and opposite reaction. Our thoughts, being electrical impulses carrying specific energy signatures, hold immense power. Dr. Emoto's captivating experiments with water revealed that loving thoughts created beautiful patterns while angry thoughts yielded none. So, when you emit positive and happy thoughts, you attract circumstances and experiences that align with them. Send out love and kindness, and they will return to you in kindness. This principle governs all of Creation.

Here's a curious fact: you cannot find happiness until you learn to be happy. Your state of mind creates a feedback

loop, drawing more of the same energy toward you. The Law of Attraction is the secret behind how you shape your reality. By guiding your beliefs and emotions toward the desired direction, the entire Universe conspires to support you, echoing back whatever matches your energetic vibration. As Paul McCartney once sang in The Beatles' song "The End," "And in the end, the love you take is equal to the love you make."

Have you ever noticed how your thoughts can impact everyone around you? When a positive, happy person enters a room, the energy level of the entire space rises. Conversely, an angry and ill-tempered individual can cast a shadow upon everyone present. Positive and enthusiastic vibes have a way of becoming self-fulfilling prophecies, echoing back to shape your reality. As you radiate vibrations of appreciation for people, places, and things, you magnetize similar circumstances into your life. On the other hand, if you emit fearful or angry thoughts, you will attract more situations that fuel those emotions. This is why the phrase "the better it gets, the better it gets" and "the worse it gets, the worse it gets" rings true so often. Once you accept this truth, you realize that the key lies in feeling the way you want to feel, regardless of the current appearance of your reality. The most important lesson you can learn is to detach from present appearances and past experiences, taking charge of your thoughts and focusing on where you want to go rather than where you don't want to be.

This concept is not new. Centuries ago, the Book of Proverbs in the Bible declared, "As a man thinketh in his heart, so is he."

And we have mentioned, *As a Man Thinketh*, the literary essay and book by James Allen. It was described by Allen as "[dealing] with the power of thought. 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.

In a world filled with complexities and challenges, there was a simple truth: if you wanted to be happy, you had to embrace happiness. It may sound too easy, almost dismissive, but the power of fun and joy was the ultimate key to unlocking a fulfilling life.

When life weighed you down and left you feeling overwhelmed, it was crucial to take a break. Escape into the realm of movies or nature's embrace with a leisurely walk. Tune out the troubles that clouded your mind. Even a few moments dedicated to deep, slow breaths could restore your balance. Find solace in meditation or allow yourself a rejuvenating nap. It was essential to silence that ego-driven operating system which incessantly predicted a future filled with troubles. Even a brief respite could help you regain control, shifting your focus towards what you truly desired instead of dwelling on unwanted outcomes. It might not happen instantaneously, but with practice, you could steer your thoughts and predictions in the direction you yearned for.

Consider this: everything you desired, be it wealth, health, relationships, or material possessions, stemmed from the belief that they would bring greater happiness. It all came down to the pursuit of fun and enjoyment. In alignment with Newton's Third Law, which states that every action has an equal and opposite reaction, when you radiated

happiness, you attracted more joyous thoughts and experiences. Conversely, when you projected pessimism and negativity, that is precisely what you received in return.

Now, let's delve deeper. Thoughts possessed the remarkable ability to shape physical forms. When you directed positive and loving thoughts towards a water molecule, it transformed into exquisite, snowflake-like patterns. However, when angry thoughts prevailed, no beautiful results were generated. Imagine yourself brimming with happiness and appreciation for the wonderful life you have. Like a magnet, you would attract the very manifestations that promised greater joy and fulfillment. Conversely, if worry and pessimism filled your heart and mind, the water molecules of your existence would remain devoid of beautiful shapes.

This concept was easy to understand in theory but challenging to fully embrace. We often found ourselves entangled in the web of past and present experiences, making it difficult to simply disregard them and alter the narrative. After all, we lived in a world where the majority believed in "seeing it to believe it." The problem was that without changing our thoughts, we could never invite anything new into our lives. Albert Einstein eloquently expressed this truth: "Insanity is doing the same thing over and over again and expecting different results."

Escaping this trap proved arduous. We had spent a lifetime defining our identities, creating a fixed image of who we believed ourselves to be. Waking up one morning and deciding to perceive the world differently seemed nearly impossible unless we suddenly suffered from amnesia. While such a reset for our bio-computer brain might offer a fresh start and a chance to shape a completely new narrative, it would also entail forfeiting the benefits of our life experiences, including the

troublesome fear and worry programs that held us back. Many of us, including myself, who embarked on the path of intentional reality design, easily became disheartened or frustrated when we stumbled and reverted to pessimistic thinking. That's why it was essential to view this journey as a quest, an adventure. When our thoughts veered off course and we found ourselves in an undesired place, we needed to take a couple of deep breaths, realign ourselves, and use our emotional compass to navigate back onto the path of better feelings, where we truly wanted to be.

In the grand tapestry of life, the pursuit of happiness was both a simple truth and a profound adventure waiting to unfold.

Introducing Your Emotional Compass: A Journey with Abraham

Prepare to embark on a captivating story featuring Abraham, a non-physical collective consciousness that exists in the realm beyond our physical world. In this tale, we'll explore the notion that our larger selves are also nonphysical, residing alongside Abraham in a unified field "cloud network". Picture Abraham as an embodiment of elevated consciousness, a beacon of wisdom and enlightenment.

Abraham's connection to the unified field cloud network places them in direct contact with the physical world through consciousness. We can think of them as a

collective consciousness of like-minded Spirits beyond time and space. Much like fish swimming in the sea, we are immersed in this realm, acting as the eyes and ears for Abraham and our own higher selves. Together, Abraham and our higher selves are co-conspirators in the infinite and formless all-knowing, boundless field of pure energy from which all “form” emerges.

From this remarkable field, we manifest everything we desire in the physical world, guided by karma and the Law of Attraction. Fortunately, a remarkable individual named Esther became a conduit for Abraham's teachings. Esther possesses the exceptional ability to transcend her ego's voice, allowing Abraham to channel their messages through her as a modern-day oracle.

Communication with the vast realm of ALL THAT IS rare, making Esther and Jerry Hicks extraordinary figures. Through their blended energy, they established a unique connection that helped answer a growing call to accelerate the evolution of consciousness.

You may be familiar with Esther Hicks, celebrated in recent decades for her ability to communicate with another dimension. But how did this extraordinary connection come to be? Esther's husband Jerry had an insatiable curiosity and previous exploration of concepts similar to those we discuss played a crucial role. His studies of Napoleon Hill's ideas and teachings on the Law of Attraction, the foundation of Hill's seminal work "Think and Grow Rich," sparked Jerry's fascination. He pondered why some people experienced immense success while others struggled. A strong belief in the Law of Attraction, instilled by Hill's writing, propelled Jerry forward. Later, with Esther's collaboration and Abraham's guidance, they co-authored the book "Ask and It Is Given."

Jerry's incessant inquiries, combined with Esther's receptive state of mind, enabled the formation of a

conscious connection with this other dimension. Perhaps Esther possessed few preconceived notions or honed her ability to quiet her mind, facilitating contact with this ethereal realm. Whatever the reason, we are the beneficiaries of their remarkable partnership, as no contemporary source has provided such clear instructions on the evolution of consciousness and our ability to participate actively.

For decades, Esther has regularly opened herself to Abraham's communication, translating their teachings into words that resonated with inquisitive minds like Jerry's. The wealth of material available, from books to DVDs and audio recordings, aims to make this invaluable information accessible and relevant to those seeking it. At the heart of these teachings lies the Law of Attraction.

The Law of Attraction centers around the concept of "contrast" — anything in our reality that we don't fully appreciate. This contrast prompts us to "ask" for something new and improved. As the book's title boldly proclaims, "ask and it is given." Through almost weekly seminars and recorded media, Abraham has imparted an abundance of guidance with Esther's help. Their resolute message asserts that if we wholeheartedly embrace the concept of "ask and it is given," our desires are fulfilled instantly on the quantum level. As our beliefs align, these desires gradually materialize in our three-dimensional time-space reality. We must firmly believe in their manifestation.

The reason not everyone benefited equally from Napoleon Hill's book is that we easily become stuck within our present reality, the "now" and the past moments we have created. Whether good or bad, happy or sad, we accept it as REAL.

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 access to great knowledge and insight.

Hugh Hefner and the Modern World

The mid-20th century heralded a profound transformation in our world, as dynamic societal changes reshaped our very reality on a grand scale. The advent of technology, particularly in communications, wove our planet together like never before, enabling the rapid dissemination of new ideas and beliefs to vast populations. Concurrently, a growing emphasis on individualism emerged, as people yearned for personal freedom, respect, and autonomy in navigating their lives. The shackles of systemic constraints were being cast aside, as society demanded the dismantling of gender inequality and racial discrimination.

The erosion of faith in established institutions became increasingly apparent, as flawed governing principles were laid bare. The younger generation, no longer content with accepting the dictates of leaders and politicians at face value, began to reject prescribed lifestyles and imposed obligations that failed to resonate with their beliefs. It marked the dawn of a quantum shift in social

consciousness that continues to unfold. Our world was yearning for a profound transition, shifting from a top down control structure to a bottom-up model, as more individuals rebuffed laws that curtailed personal choice.

Large swaths of people refused to be conscripted into military conflicts in Southeast Asia that lacked rationality in their eyes. Women fought for and secured the right to vote, while workplace discrimination in all its forms was met with staunch resistance, giving rise to hopes of a new paradigm of genuine equal opportunity. Indigenous peoples and others whose lives had been devastated by colonialism and disrespect for their culture were demanding retribution or at least a sincere attempt to repair some of the damage done. Racial tensions often rose to violence due to the anger and frustration resulting from an unequal playing field.

However, the journey towards a world where every human being is treated with unwavering respect remains incomplete. The stark reality of workplace sexual abuse endured by women has come into sharp focus, rendering it intolerable. We strive for a world where everyone acknowledges the rights of individuals to live their chosen lives, as long as they refrain from intentionally harming others. While progress towards this enlightened reality is slow and often slips backward, we must not surrender hope, for these changes are an integral part of a broader agenda in the evolving consciousness of humanity.

Numerous visionaries have envisioned and worked towards improved realities, leaving an indelible impact. We have shared some of their remarkable stories within these pages, and we will continue to honor and acknowledge others. Slowly the cultural changes begun in the 1950's and 60's began to alter social structure. While his selection may surprise some amidst these

acknowledgments, it was people like Hugh Heffner who helped to shape our new stories.

Hugh Heffner's story began during the era of Prohibition in Chicago, Illinois, on April 9, 1926. Born to Grace and Lucius Heffner, Nebraska natives, he grew up in a "conservative, Midwestern, Methodist" household. While his mother had hoped he would become a missionary, fate had a different path in store for him.

In the waning years of World War II, Heffner served as a U.S. Army writer for a military newspaper from 1944 to 1946. He went on to graduate from the University of Illinois at Urbana–Champaign, earning a Bachelor of Arts in Psychology with a double minor in Creative Writing and Art. Remarkably, he completed his degree in just two and a half years, graduating in 1949. Initially pursuing graduate courses in Sociology at Northwestern University, he eventually decided to enter the workforce.

Heffner secured a job at Esquire Magazine, an esteemed monthly publication catering to affluent men. During his tenure, he absorbed valuable insights into the publishing industry and honed his writing skills. However, when a pay raise was denied, Heffner made the bold decision to resign.

In 1953, armed with a meager \$600 bank loan, Heffner sought to bring his dreams to life. Determined to make his vision for a magazine a reality, he rallied support from 45 investors, including a significant contribution of \$1,000 from his mother. The inaugural issue of Playboy hit the stands in December 1953. As the social and cultural tides shifted, transitioning from the optimistic yet conservative 1950s to the freewheeling 1960s, Hugh Heffner emerged as a champion of change. While he is most commonly associated with the "sexual revolution," epitomized by his magazine's iconic first cover featuring Marilyn Monroe, Playboy's impact extended far beyond titillation.

Thanks in part to the monthly nude "centerfolds" that would become synonymous with the magazine, Heffner sold over 50,000 copies of the debut edition, etching his name in history. Playboy's growth trajectory continued, and while its alluring women captivated audiences, Heffner envisioned and cultivated a genuine "lifestyle" publication. He portrayed a modern man as intelligent, witty, and prosperous—a man with an insatiable thirst for life. Through Playboy, he aimed to inspire people to believe in boundless possibilities and offered a glimpse into what such a life could entail.

Heffner envisioned his readers as individuals well informed about social issues, advocating for real equality and mutual respect. Despite facing criticism for "objectifying" women, he was always at the forefront of championing women's rights and the rights of all individuals. For Heffner, the presentation of nude photos was a means to dismantle social structures that stifled personal freedoms. The demand for sexual liberation he ignited in the 1950s would blossom into the "free love" movement of the 1960s.

Heffner's influence extended far beyond the pages of his magazine. His media empire expanded to encompass television shows, nightclubs, casinos, and hotels, all promoting a liberal agenda centered around the rights of every individual—regardless of gender, race, or any other distinction. He firmly believed that every living creature deserved a life free from the dominance of others. While "sex sells" may have been his marketing mantra, his true commitment lay in the pursuit of freedom, justice, and the American Way.

In an era when mainstream America was far from accepting, Heffner fearlessly featured non-white talent in his nightclubs and television programs. He made it a point to staff his ventures with a diverse cast of characters. The

fact that his actions in the 1950s and 1960s no longer raise an eyebrow for most people under 50 today is largely due to his successful efforts to transform society.

While often joked about, the articles and editorials in Playboy Magazine were the true catalysts of social change that Heffner created. Sex attracted the audience, providing him with an opportunity to shape culture through the viewpoints he relentlessly promoted. The pages of Playboy became a platform for many voices that could find no other outlet. The impact he had on the societal changes of the past few decades cannot be underestimated.

Hugh Heffner deserves a resounding "Thank You" from all those who strive for a world with fewer barriers to individual liberty and genuine equal opportunity. Throughout his life, he remained steadfast in his ideals, championing the rights and freedom of every individual above all else. As he dismantled barriers, he also guided the direction of social change, ensuring positive benefits for the greatest number of people within the emerging social order.

And let's not forget, Hugh always left just enough to the imagination. He understood that each of us is the architect of our own reality.

Unlock the Power of Belief: Create Your New Reality

Imagine living a life where your dreams become your reality. It may sound like wishful thinking, dismissed by

skeptics as unrealistic. It's the reason why not everyone is living their dreams.

Shifting your perspective from worry to satisfaction, from doubt to fulfillment, is the catalyst for change. However, it's important to understand that this transformation is not instantaneous. As Abraham wisely points out, it's all about momentum. If you've spent years believing in the hardships and obstacles that stand in your way, shifting your perception requires building your faith in the ability to overcome any challenge.

Mastering this process is a matter of directing your thoughts. The more consistently you can steer them towards positivity and optimism, the smoother your journey will become. The universe is ready to respond to your every request, but you must keep an open channel to receive the inspiration and notice the signs along the way.

Here's an enlightening truth that can make this process easier: While it's crucial to avoid worrying about not getting what you want, it's not necessary to constantly convince yourself that you will receive exactly what you desire. If you find yourself drifting towards concerns and doubts, it's wise to shift your focus towards appreciating the aspects of your life that are already aligned with your desires. When your emotional compass detects any hint of unease or worry, take a moment to breathe deeply and redirect your thoughts towards something that brings you joy. It may sound simple, but the key to unlocking your power lies in what can be a mantra: Don't worry, be happy!

Another pathway to guide your thoughts is embracing the concept of "letting go and letting God." As soon as you make a request, the Law of Attraction springs into action, orchestrating all the necessary elements to bring your desires to fruition. Once you're ready to accept and believe

in the "reality" of your desires, they will manifest themselves in your life.

This book serves as a gentle reminder to relax and enjoy the journey of life, to stop taking everything so seriously. Remember, there are no mistakes or wrong turns. Every experience is a magical interaction of infinite moving parts, perfectly synchronized through the power of the Law of Attraction. The more you have faith in your own joyful and positive path, the more your reality will align with it.

Judging others for their circumstances or choices serves no purpose. Life is an adventure of self-discovery, and we each play the role of our own best teacher. While Abraham and others we will explore in this book provide insights and clues, not everyone is ready to embrace the responsibility of intentionally designing their reality. As the saying goes, "You can lead a horse to water, but you can't make it drink."

Although many people still navigate their days without hope for peace or happiness, there is a growing awareness that we have the power to shape our present moment. It doesn't have to be a monumental shift; small changes in our reality are easier for our rational minds to process. So, let's be compassionate toward ourselves and others. Everyone is doing their best, driven by their pursuit of happiness. Some may still battle inner demons and traumas brought on by life experience that must be healed or accepted as a past that need not be repeated. For those individuals, your example of a joyful and love-filled life adventure can serve as the most powerful catalyst for positive change. While you can't do it for them, you have the potential to inspire a shift in their thinking through the model you provide in your day-to-day life.

Unleashing Your Power as a Designer of Reality™

We have a profound mission to ignite a new awareness within all souls and guide them in becoming intentional Designers of Reality™. This mission was fueled by the desire to unravel the true identities of individuals as powerful and creative beings. It was a call to accept that life was not meant to be a perpetual struggle but a magnificent journey where joy and growth intertwine, paving the way for the fulfillment of endless hopes and dreams.

The first step on this extraordinary journey is to encourage yourself to embrace the opportunity of being the master architect and creator of your personal reality. However, it will be crucial to break free from the entanglements of victimhood. The trap of a victim is a precarious one, as it keeps individuals entwined in a cycle of expecting the worst outcomes. The expectation of “unwanted” is often your bio-computers’ default setting and escaping its grasp requires discipline and dedication.

The purpose of this book is to equip you with possibly useful processes and perspectives to empower you to exert greater control over your reality. Surprisingly, it isn't about constantly exerting effort or striving to “do” more. In fact, it entails a delicate balance between “doing” and “not doing.” While the physical world emphasized continuous action and hard work, many people mistakenly believed that they had to toil endlessly to deserve their desires. They felt they needed to prove themselves or earn their right to happiness and abundance.

In truth, you deserve everything you desire by birthright. You came into this world as an adventurer and creator, not to prove your worth or earn anything through endless toil. Those trapped in the cycle of "earning" often find themselves running in circles, expending energy without making any progress. Their efforts are often guided solely by their ego-based operating system, relying on past experiences and limiting beliefs. They failed to consider new approaches and became mired in a cycle of expecting more failures.

Breaking free from this self-imposed prison required a shift in mindset. It was about allowing instead of doing. The key was to align with your emotional compass, which served as a guiding light on the path toward your chosen objectives. By staying attuned to the right frequency and generating positive thought waves, you harnessed the power to manifest your desires. In those moments, you tapped into the vast reservoir of information available to you—the realm of inspiration and coincidence, a connection with your higher-conscious self-immersed in the boundless field of all possibilities.

As soon as you place your order with the universe, the Law of Attraction sets everything in motion. As long as your thoughts remained consistent with your desires and you maintained unwavering faith in their manifestation, the universe began orchestrating the fulfillment of your request. All you had to do was follow the breadcrumbs, the signs and synchronicities that illuminated your path.

It is important to understand that constant repetition of desires was unnecessary. Your higher consciousness immediately received the request and didn't require reminders. Instead, you needed to embody hopeful anticipation and remain alert to the unfolding of each present moment as you took on the tasks that you found to be yours. It was in the realm of "now" where the magic

happened. A chance encounter, a single word uttered, or a surge of inspiration could lead you toward the very things you sought. To seize these opportunities, you had to break free from the clutches of that “autopilot”, being fully present and aware. In this state of heightened awareness, you can take inspired actions, untethered by the limitations of past experiences.

No matter how colossal your request, the Creator energy within you holds boundless power to manifest the envisioned reality. All that is required is liberating yourself from overthinking and banishing negative "what if" scenarios. Instead, relax and revel in joyful expectancy.

Unleashing the Power of the Maharishi: A Journey into the Depths of Consciousness

Step into the extraordinary life of a young Indian boy, born into an upper caste family in the early 1900s. Though his humble beginnings offered little hint of the remarkable path that lay ahead, destiny had grand plans for him. This is the captivating tale of the Maharishi Mahesh Yogi, a man whose teachings would transcend borders and transform the lives of millions.

As a student of physics at Allahabad University, he delved into the mysteries of the physical world, paving the way for a future defined by enlightenment. Yet, it was during this period of his life that he encountered a man whose spiritual journey had already spanned many years. Swāmī Brahmānanda Saraswatī, a seeker of truth, had embarked on a quest for a spiritual mentor at the tender age of nine.

After years of exploration, he found his chosen master and devoted himself to become Swami Krishnānanda Saraswati. For two decades, Saraswati immersed himself in solitude and study until, at the age of 34, he was ordained into the order of "Sanyas" by his master. From there, he retreated to a cave in central India, living a life of seclusion until his seventieth birthday when he assumed the role of Shankaracharya, the spiritual master of the Jyotir Math monastery.

It was at this pivotal juncture that he crossed paths with the young man, Mahesh Srivastava. Together, they embarked on a mission to rebuild the monastery and restore its prominence as a center for traditional Advaita teachings. For nearly twelve years, the man who would later come to be known as Maharishi served and studied under Saraswati, entrusted with important responsibilities such as managing his correspondence and delivering public speeches on Vedic themes. Although Maharishi was highly regarded as a favorite student, his Brahmin Caste excluded him from being named Saraswati's successor.

In 1955, circumstances led Maharishi to depart from the monastery in Uttarkashi to share a profound meditation technique he had learned from his revered teacher. This transformative practice, initially called "Transcendental Deep Meditation," would later become known simply as TM. Maharishi's desire to spread the teachings of TM throughout the world became his burning passion, leading him to declare his intentions before a large audience in Madras in 1958. Soon after, in 1959, Maharishi embarked on his first world tour, driven by a conviction that he possessed knowledge useful to every person on the planet.

The impact of Maharishi's journey would reach far and wide, captivating influential cultural icons in the music industry such as The Beatles and Beach Boys. These

figures, drawn to the promise of inner peace and expanded consciousness, stepped away from the glare of the world's spotlight to explore their own spiritual depths. Through their endorsement and support, Maharishi's TM movement rapidly gained global recognition and influence.

Reflecting on the interconnectedness of lives, it's fascinating to observe how our personal journeys intersect and influence one another, all part of a broader tapestry of evolving consciousness. For the author of this account, the awakening of spiritual curiosity occurred during a Comparative Religions class at Rutgers University. A revelation emerged, revealing the unity and shared essence at the heart of various religious traditions, transcending the divisive barriers erected by human interpretations. This realization, alongside an upbringing that emphasized tolerance and open-mindedness, set the stage for a deeper exploration.

It was then that fate intervened once again, presenting a flyer announcing a series of free lectures on Transcendental Meditation taking place at Rutgers. TM carried the allure of altered states of consciousness, a subject the author had already delved into through science fiction and the books of Carlos Castaneda.

This captivating journey of self-discovery with TM started for me at Rutgers University, where the transformative series of introductory classes awaited. Step into the realm of meditation, a profound science that holds the key to unlocking the potential of your body and mind. Delve deep into the intricacies of this ancient practice as it reshapes your brain patterns, influences your physiology, and empowers you to combat the detrimental effects of stress and anxiety.

Prepare to embark on a voyage of holistic well-being, where meditation harmonizes with a nourishing diet and

moderate exercise to create a comprehensive program for vitality. Discover the effortless nature of meditation, accessible to anyone seeking serenity and self transcendence. Anticipate peaceful wonders lying ahead as you embark on this transformative path.

Over the course of three 2-hour sessions you will absorb invaluable knowledge before reaching a pivotal moment of revelation. In the culminating session, you will be given a personal mantra—a resonant sound pattern carefully chosen from ancient Indian texts, its potency deeply known. Rest assured, Transcendental Meditation (TM) transcends religious boundaries, aligning itself with the domain of science.

While the introductory classes are offered free of charge, the final initiation into the practice of TM required a modest investment of \$250 at the time. The fee is higher now a few decades later. The fee I paid may have felt quite substantial at the time but would prove to be one of the wisest choices I've ever made. Inextricably linked to the profound revelation that dawned upon the conclusion of that Rutger's comparative religions class, the investment felt like the natural next step on my transformative journey. Determined and committed, I gathered the funds and scheduled the private "initiation."

In preparation for this sacred rite, I diligently adhered to the instructions provided, abstaining from nonprescription drugs and alcohol for several days. The introductory classes had instilled within me a profound sense of significance for the momentous occasion that awaited. Nervous excitement coursed through me as I entered the room to get my mantra.

As the initiation ceremony commenced, memories of the precise proceedings eluded me. The teacher conducted a ritual involving a handkerchief, a delicate flower, and grains of rice—an ethereal experience that lingers as a

faded specter in my mind. Finally, the moment arrived when your personalized mantra, crafted based on your birth date and time, was whispered into your ear by the instructor. This sacred sound was to be held within your thoughts; its secrecy guarded.

The process of Transcendental Meditation unfolded in its elegant simplicity. Seated comfortably in a relaxed position, feet planted firmly on the ground, and back relaxed but straight, you embarked on your meditative odyssey. With a few slow, deep breaths, you surrendered your body to relaxation, making way for the profound moment that awaited. Gently and softly, you commenced reciting your mantra within the recesses of your mind, heeding the instructor's guidance. If your focus wandered, gently redirecting your attention back to the mantra, not forced, always with ease, just a shifting of focus in the mind. The scent of sandalwood wafted through the air, accompanied by some soothing melodies that graced the background. Ideally, two sessions of twenty minutes each would comprise your daily meditation routine.

In that initial encounter with TM, time seemed to dissolve into an ephemeral existence. Almost transcending the boundaries of your physical form, I experienced an expanded consciousness, an out-of-body sensation that defied words. Eventually, the instructor's whispered words, "Jai Guru Dev," signaled the conclusion of the session—a phrase infused with gratitude and homage to Maharishi's own teacher. The handkerchief, cradling the rice and flower you had brought, was returned to your possession. To this day, over four decades later those mementos still are with me.

However, the stresses of being the adventurers that most of us are in the world quickly bring us back to whatever reality we left behind. Unlike Maharishi's teacher who spent most of his life off on his own in a cave somewhere

in India, Maharishi wanted TM specifically to be for regular people living their lives. It was really about helping normal people wake up and begin to explore their full potential. Maharishi knew that with one or two twenty-minute sessions of meditating a day, one would find a few moments of connection to higher consciousness and the sense of infinite possibility that would open the channel to one's true creative power. Besides offering extended meditation at residence courses, Maharishi also developed advanced courses for developing mastery of the Siddhis. Siddhis are spiritual, paranormal, supernatural, or otherwise seemingly magical powers and abilities that Maharishi taught could be attained through deep meditation and yoga. With this he was really getting into Carlos Castaneda Don Juan territory, and I had a life to live so I decided to stick with the basic TM of twenty minutes twice a day.

There is hopefully one message very loud and clear here. That is this, if you are not meditating consistently for 1520 minutes as you start your day, you should start meditating regularly today. There is nothing simpler or more useful that you can do to enhance your life.

I must add one footnote to my story about Maharishi. I debated adding it because I didn't want to say something that would suggest anything other than my appreciation for what Maharishi Mahesh Yogi has contributed to the world and the global evolution of consciousness. But here is the thing and it is something that happens around all highly evolved teachers and charismatic leaders. I think Jesus had to let himself be crucified when he did because he recognized things were beginning to spiral out of control. I was very pleased to have the chance to meet Maharishi – by the way it really should be “the Maharishi” because Maharishi is really a noun meaning a great Hindu sage or spiritual leader not a pronoun – but that aside, he was everything I had expected. He was overflowing with a

palpable energy of joy and wellbeing that radiated from him as if he were surrounded by some kind of surreal energy field. When he spoke his voice conveyed a fearlessness that was full of love and lightheartedness. Everyone around him could pick up on it and therein lay the problem. I had to leave that residence course early– I just had to get out of there. And for a long time, I wondered why. Now I know what the problem was. I was there with great respect and a hope to evolve my own consciousness. My sense about many of the others attending that weekend in NJ was that many of them were there as worshipers. They were hoping/expecting to be given something and be changed just by being near Maharishi and that was never his message. His message was, like Jesus and Makua and the Wizard of Oz that we are our own best teachers and that the magic was already in us and just needed to be revealed and unleashed.

That's what TM was designed for – to help people through a simple process that relied on no one but themselves to connect with their own higher self. You see it many times in all religions and movements with a great leader – people look for answers outside of themselves instead of in their own heart and mind. Maybe it was just me but I actually found it very uncomfortable and it just was not where I wanted to be.

Here's a suggestion – if you get to the point where the energy you are generating starts to draw a big crowd, don't make yourself totally available to the masses. Have a small inner circle – your own Master Mind Group – people that will help keep you grounded and humble and who know it is not about you, it is about all of us and spreading joy and wellbeing for an ever more satisfying life experience.

Unlock the Power of Meditation: Explore Your Limitless Potential

Imagine a world where the incessant chatter in your mind takes a backseat, allowing you to experience true peace and clarity. This is the incredible gift of meditation. However, let's debunk some misconceptions about the ego, which often receives negative criticism. The ego can be a reliable ally, offering guidance and support. But many individuals mistakenly let their ego dictate their lives, unaware that it's merely the basic operating system of their bio-computer brain.

Think of it this way: the ego's understanding of reality is limited to what it has already experienced. It lacks the ability to think beyond the confines of its knowledge. The ego perceives everything from an object-based perspective, as it represents the collective unconscious, as Carl Jung coined it. It cannot access the higher realms of non-object-based consciousness, where the limitless energy domain exists.

To grasp the importance of meditation fully, let's delve into the setup of the extraordinary adventure we're all part of. Picture yourself starting a computer or video game. What's the first step? Setting up the game, right? You choose a role, a storyline, a mission, and even the level of difficulty. You have the freedom to select the parameters of the adventure you're about to embark on.

Now, let's go back to the beginning of your personal story. In this narrative, we propose that there exists a far greater part of you—an individualized and infinite energy present

in the quantum unified field that permeates all of Creation. People often refer to this part as the "Soul" or higher self, even though our limited senses can barely fathom its true nature. Sometimes, you catch a glimpse of this unified field during meditation or in moments of profound connection, like the time I experienced it at a Grateful Dead concert as clichéd as that may sound. For a timeless period I was floating in space with a sense of "oneness" and total peace, "being joy" is the only way I can describe it. It's a feeling that defies explanation but leaves an indelible mark. Although it might be commonly associated with the term "heaven," it's crucial to note that it's not a specific location—it's everywhere. This is where the concept of "You" originated.

Once your higher self-decided on the basic elements, it chose an avatar—a representation of yourself. In the digital game world, an avatar is a graphical image representing a person. In Hindu Mythology, an avatar is the physical incarnation of a God. Both concepts align with our analogy. As you grow into adulthood, most of us become convinced that the character created by our basic operating system, the ego, is our true identity. By the time we reach six or seven years old, we've often forgotten our authentic and unlimited nature. The ego, which has been running the show for so long, has made us lose sight of who we truly are. It's as if we need to be "reborn," to borrow a religious metaphor from Christianity.

When you, (your name here), became immersed in this physical/material game we collectively share, your attention naturally focused on learning how to navigate this world. From the moment your individual awareness began receiving information through your five senses, even before your body fully formed, your bio-computer brain started gathering data. You arrived with some inherent programming based on the point in the general storyline where you entered the game, along with instincts

designed to protect you as you learned and defined your character. For instance, those born in the early 2000's have an innate understanding of digital technology ingrained in their psyche that those of earlier generations lack. After birth, you began accumulating vast amounts of information and experiences that shaped your sense of self. Your focus shifted more and more towards the physical spot you occupied, gradually diminishing your awareness of your true unlimited nature. By the time you were six or seven, the character you created based on your perception of the world had likely taken over.

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 – we call it your Emotional Guidance System (EGS). Your emotions are your direct "system status" indicators. 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 all of the problems that are obviously trying to wear you down. It’s a hard world!” If 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 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 appear in 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 likely 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 must 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 the 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 involved and focused in the present moment is a foundational discipline you need to master. Do that and you can tap into the unlimited creative power of your REAL, nonphysical 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

a 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.

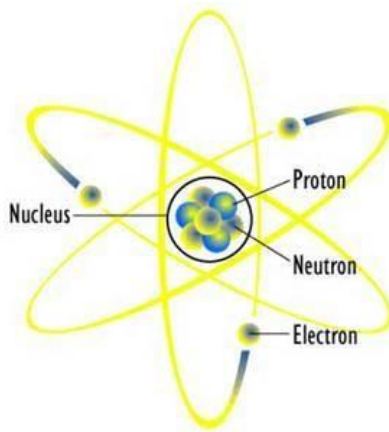
Before we discuss the “vibrational” reality of the world as we know it, we suggest you visit [21-Day Meditation \(chopra.com\)](http://21-DayMeditation(chopra.com)) and try a meditation tune-up of your body mind system if you are not already regularly doing some form of meditation. There will be changes 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.

To learn more about meditation, you can visit: <https://chopracentermeditation.com/articles> If you want to really build the value, I would suggest going to Transcendental Meditation® Technique – Official Website (tm.org) and learn more about this fully researched and documented method. In most places you will be able to find a teacher reasonably close to you. It has served me wonderfully well for many years at this point.

And now, where is the science in all of this?

We have emphasized the great benefits of meditation and 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 also a valuable tool with a consciousness raising objective). This is one more indicator that the shift to the emerging new paradigm is accelerating. When Maharishi first came to the West, very few people knew anything about meditation – now there are a multitude of “practices” available. TM in particular, because of the work of the David Lynch Foundation, has been extensively researched and documented. For many of you, getting a sense of what “science” has come up with will be enlightening.



In the depths of matter's essence lies a profound tale waiting to be unveiled. Let us embark on a journey to explore the wondrous world of atoms, the elemental building blocks of mass. Within the vast expanse of an atom, an astonishing truth reveals itself: emptiness prevails. The nucleus, a minuscule yet weighty core, bears the burden of most of the atom's mass. Meanwhile, electrons dance in orbits akin to planets encircling a radiant sun. But here's the marvel: these electrons, far removed from the nucleus, traverse immense stretches of empty space. The atom, it seems, is a realm where emptiness reigns, a delicate balance between substance and void.

It is widely believed that atoms were birthed alongside the Universe itself, ignited by the cosmic spectacle known as the "Big Bang." We clearly don't know how "this" actually happened, but the energy unleashed during this monumental event metamorphosed into elementary particles—quarks, gluons, leptons—and eventually coalesced into protons and neutrons. These primordial components, in turn, birthed the diversity of elements that grace our world. Whether one perceives this extraordinary genesis as a product of divine creation or a serendipitous occurrence, one thing is clear: randomness plays but a minuscule role in this grand tapestry.

Consider, for a moment, the very fabric of your being. Trillions of atoms intricately weave together to form the essence of your existence. Astonishingly, these atoms are in a perpetual state of recycling and replacement. Each passing day ushers in an entirely new ensemble of atoms that compose your corporeal form. However, the tale takes a captivating twist when we realize that these atoms have ventured through galaxies and traversed the realms of both living and non-living entities. Your body, dear reader, is a vessel forever in flux—a magnificent act of continuous recreation.

Indeed, as quantum physics unravels its enigmatic truths, time itself reveals its ephemeral nature. Your body, once believed to be a fixed entity, assumes the mantle of a fluid entity—a verb rather than a noun, as Deepak Chopra eloquently expressed. With every breath you inhale, trillions of atoms engage in an ethereal dance, exchanging cosmic embraces with the vastness of the Universe. These timeless building blocks, hailing from epochs past, manifest through the waltz of consciousness, meticulously crafting the forms with which we interact. In essence, you, dear reader, are truly the architect of your own perceived reality (in case we didn't catch that idea before) —a cocreator of the Universe within the confines of your

conscious mind. Time, like all else, assumes the role of a narrative—a useful tool sculpting the stage upon which your self-fashioned world unfolds.

And so, in the tale we are unfolding here, let us posit that an intangible wellspring of energy, a Source beyond the physical realm, guides an eternal process of ever-evolving complexity and elegant design. This universal energy field, known variously as Source Energy or the consciousness of the cosmos, takes on the mantle of God, should you choose to embrace such terminology—or perhaps not. It breathes life into the canvas of existence, summoning atoms into infinite physical forms that serve as the foundational elements for this magnificent game of Creation in which we all partake. Consciousness, the quintessence of creative force, has traversed eons, progressively honing its ability to conceive new ideas and manifest them in tangible form.

Yet, when beings such as us emerged—a species endowed with autonomy and the capacity for independent action—the boundless energy field found a more engaging path to experience itself. By gifting humanity, the freedom of choice and action, a new variable infused the equation.

We, as fragments of consciousness, share an eternal connection while possessing the remarkable power to forge our own distinct realities. Over thousands of years, our capabilities have evolved exponentially, and the intricacy of our consciousness races forward at an ever accelerating pace. As a species, we stand at the precipice of maturity, transitioning to an awareness of a collective unity through individual contemplation, yearning to break free from the chains of external control.

In this awakening, we begin to grasp a profound truth: while we embrace our individual personas within this cosmic game, we remain an integral part of an unfathomable, boundless energy field from which all

forms of matter emerge. Like fledglings testing their wings, we are but children, only just starting to explore the vast potential of our existence. Many of us grapple with the inner demons we have forged over centuries, born out of our struggles with uncertainty and a seeming inability to comprehend our true nature.

Yet, throughout history, a select few souls have glimpsed the truth and endeavored to unlock the doors to a transformed reality. Although often misunderstood in their time, they succeeded in planting seeds of awareness that now sprout with increasing fervor year after year. The intellect, closely intertwined with the ego, has long driven our progress as a species. However, we now stand on the cusp of an extraordinary revelation: our dormant ability to tap into higher consciousness begins to stir, stirring within us a deeper understanding of our interconnectedness with the universe.

Ideas and powers that were once the province of a privileged, enlightened few are now being recognized by the masses. As we delve deeper into the fabric of our material world, we confront a startling realization: it is mostly an expanse of empty space, a canvas we animate through specific frequencies, translating it into tangible three-dimensional forms within the tapestry of time and space. Deepak Chopra and Menas Kafatos have eloquently explored this concept in their book, "[You Are the Universe: Discovering Your Cosmic Self and Why It Matters](#)", illuminating the profound notion that our consciousness bears full responsibility for the creation of the physical universe.

In the grand symphony of existence, we find ourselves at the crossroads of discovery. With each passing day, our understanding of the interplay between consciousness and reality deepens, unraveling the secrets of our cosmic heritage. Let us embrace this profound revelation and

embark on a journey of exploration, where the boundaries of what we can achieve are limited only by the vastness of our imaginations. Together, we are but individual threads intricately woven into the rich tapestry of the universe, forever entwined and forever seeking to expand the horizons of our own divine potential.

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. This is Deepak Chopra and Menas Kafatos 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

In the heart of New York City, amidst the grandeur of Lincoln Center, I found myself swept into the captivating world of a cutting-edge scientific lecture. The renowned physicist David Bohm and brilliant neuroscientist Karl Pribram stood before us, ready to unveil their groundbreaking theory—an extraordinary exploration of information storage in the brain's resemblance to a hologram, interweaved with the enigmatic principles of quantum mathematics and the ethereal dance of wave patterns.

In this mesmerizing discourse, Bohm and Pribram delved deep into their visionary concept: the holographic theory of the Universe. Like a tapestry of information, a hologram possesses the remarkable ability to compress and store vast knowledge within its intricate dimensions. In much the same way as traditional photography, a special film captures an image, which, when illuminated by the laser's graceful touch, materializes as a precise and astonishing three-dimensional entity suspended in the air. It's reminiscent of that unforgettable scene from Star Wars, where Princess Leia appeared as a shimmering apparition, delivering her crucial message. No special glasses required, and one could freely navigate around this ethereal projection, interacting with it as if it were an authentic, tangible entity.

Yet, the true marvel of the hologram lies in its storage mechanism—a breathtaking revelation shared by Bohm and Pribram that evening. Within the film, the information is dispersed throughout, interwoven within every minute segment. Imagine slicing a square film,

measuring 12 inches by 12 inches, into a mere one-inch by one-inch piece. Even from this diminutive fragment, when the laser pierces through, the entire image manifests itself, albeit with slightly less clarity and detail.

Astonishingly, Bohm and Pribram postulated that our brain functions in a similar fashion, and the fabric of the physical Universe as a whole harbors' information encoded in the same profound manner. In essence, every molecule holds within itself the entirety of knowledge existing in the Universe, albeit in vastly varying degrees of detail. The more extensive our access to a field of data, the richer and more intricate the tapestry of information becomes. As individual points of consciousness within an infinite and ever-expanding energy field, this revelation implies that we possess direct access to the boundless knowledge pervading the cosmos. Could this be the mechanism by which inspiration unfurls its wings? Like a cosmic search engine, our queries reverberate throughout the intricate network, and in the serendipitous convergence of possible answers, insights cascade back to us, igniting the flames of revelation. The prolific inventor Thomas Edison himself understood this delicate dance, often confiding that he would pose a question to his own mind before slipping into slumber. Upon awakening, the sought-after answer would shimmer before him as an iridescent, inspired thought.

The Holographic Theory of the Universe beckons us to embrace the profound interconnectedness woven through the very fabric of Creation. While this revelation opens the doors to infinite possibilities and uncharted realms, it also casts a poignant light on the challenges that lie ahead. Bohm, with a heavy heart, contemplated the growing imbalances plaguing our world—the dissonance between man and nature, the divisions among peoples, and the internal strife within individuals themselves. With a searching mind, Bohm pondered: "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." In earnest reflection, he posed a poignant question that echoes through the corridors of our thoughts: "What is the source of all this trouble?" And with a tinge of paradox, he dared to suggest that the wellspring of our afflictions lies within the very realm we rely upon to solve our problems—our thoughts.

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 voice of our 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 continues 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 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 ramified 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)

In the realm of our discussion, Dr. Bohm's ideas resonate powerfully. He delves into the intricate workings of "thought" and "thinking," unraveling the information processing performed by our fundamental operating system—the ego. This amalgamation of past external events, experiences, and survival-driven command programs forms the bedrock of our thought patterns. Dr. Bohm astutely observes that, for most of us, we mistake these thoughts as defining our true selves, although they predominantly stem from societal influences rather than our individual essence. The ego's thoughts form a closed loop, endlessly recycling and reconfiguring existing ideas without generating anything truly novel.

Bohm highlights a crucial aspect: the ego's logical failures tend to perpetuate themselves as it strives to justify its beliefs and the subsequent actions it urges us to take. To break free from this societal logic loop, we must transcend the ego's directives and attune ourselves to our higher consciousness. Only then can we shatter the pattern and venture beyond the ordinary to embrace the extraordinary.

Here lies the connection to the holographic theory of the Universe. As consciousness permeates all of Creation, we become intertwined in a vast cosmic network. Just like individual computers within this network, we are intrinsically part of the whole, acting as points of consciousness that bring life and physical dimension to

the system. Furthermore, we possess the extraordinary ability to access boundless information embedded within space and time. Through the Law of Attraction, we can directly interact with the Universal network, sending out thought vibrations that reverberate back to us in material form. In this intricate dance, the entirety of physical Creation echoes the collective thoughts of humanity up until this very moment.

Should we transcend the experiential reality dictated by our egos, we can fashion new Realities, limited only by our willingness to believe in them. The magnitude of this opportunity may initially overwhelm us, yet it also carries profound responsibility. Remember, the true north of your emotional guidance system is feeling good – letting your heart be your guide. Within that compass lies the immense potential to evolve reality into more joyful and fulfilling realms. By staying on the path of feeling good and following your heart, we keep the channels of communication open with our higher selves, inviting inspiration and guidance to discover the path to fulfill whatever we find to be our mission in life. And herein lies the beauty—the actions and creations that bring us joy, love, and fulfillment inherently benefit all of Creation. In this holographic Universe, we are intricately woven together, connected beyond measure. As The Beatles harmoniously sang in their final group recording, "And in the end, the love you take is equal to the love you make."

Now, where does this leave you? Perhaps you find yourself pondering all this contemplation about thinking, feeling a touch of confusion. What are you supposed to think, after all? We offer you this: It is not necessary to fully grasp every intricacy. Instead, use your emotional compass to stay focused on what you desire rather than what you wish to avoid. This becomes your guiding light, steering your thoughts beyond the limitations and doubts entrenched in your ego's operating system. Begin to envision the world

not as it currently "is," but as you dream it to be. And the simplest way to remain on track is by attending to your emotional compass, continuously seeking out moments that bring joy and appreciation. If you find yourself not feeling great, pause and take the time to discover things that uplift you. Do not succumb to the ego's perspective of your current reality if it fails to align with your aspirations. You need not deny the past or present circumstances, but rather weave a new narrative where the reality you desire emerges from the ashes of what appeared to be. By perpetually thinking and acting in the same manner as before, you can only yield identical outcomes. 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.

It may take a little self-discipline.
Be simple, be kind, stay rested.
Attend to your inner health and happiness.
Maharishi Mahesh Yogi

The Peaceful Warrior

Dan Millman, a renowned athlete and champion gymnast, has a remarkable approach to shaping reality that is driven by action and discipline. His impressive achievements speak volumes about his dedication and commitment to reaching his full potential as a human being. In his senior year of high school, Millman clinched the national title on the trampoline and was hailed as the Senior Athlete of the Year by the United States Gymnastics Federation (USGF). As a freshman at U.C.

Berkeley, he went on to win the Trampoline World Championships in London and earned All-American honors, securing an NCAA Championship in vaulting. In 1966, he further showcased his talent by winning the USGF championship in floor exercise and acquiring four Gold Medals in Gymnastics at the Maccabiah Games as a representative of the United States.

If you resonate with the belief that significant accomplishments and personal growth require discipline and consistent effort, then Dan's path as a Peaceful Warrior will deeply resonate with you. As a gifted storyteller, Dan shares his profound wisdom and enlightening adventures that offer invaluable guidance for personal growth. Through his series of books, he provides profound insights into appreciating and navigating life's experiences. Dan Millman's ability to inspire hope, courage, and a deeper understanding of oneself makes him an exceptional shaper of reality. Personally, I find his stories about the transformative journey he undertook with Socrates to be particularly captivating.

"The Peaceful Warrior" recounts Dan Millman's unexpected friendship with Socrates, a garage owner and mechanic who proves to be far more than meets the eye.

Despite Dan's already successful life as a skilled gymnast and college student, a chance encounter with Socrates during an evening walk becomes a life-altering event. Soc, as he is affectionately called, becomes Dan's lifelong mentor and teacher. In time, Dan assumes the role of Plato to Socrates' modern-day incarnation, chronicling their profound interactions and teachings. It becomes evident to the reader that Socrates is an "enlightened" individual living amongst us, though he seeks no attention. Socrates had yearned for the ideal student, and in Dan, he found the perfect apprentice to awaken to the inner workings of reality and the limitless possibilities it

holds for those who are awake to its magic. The first book in the series is aptly subtitled "A Book That Changes Lives," as Dan Millman embarks on a personal journey of enlightenment and becomes determined to inspire higher levels of consciousness and awareness in others.

Just as Makua and Hank Wesselman engaged in philosophical discussions in the Hawaiian Islands, history is replete with examples of great teachers finding scribes to capture and disseminate their wisdom to a wider audience.

I draw parallels between Dan's path with Socrates and Carlos Castaneda's training with the Yaqui Sorcerer Don Juan. Dan's background as a highly skilled athlete and his deeply rooted belief in hard work and discipline mirror Carlos' academic perspective grounded in "facts." Both Dan and Carlos underwent radical shifts in consciousness to find their true paths. Don Juan employed potent hallucinogens to transport Carlos to alternate realities, allowing him to grasp the myriad possibilities and dimensions of existence. In Dan's case, a simple touch from Socrates during a chance encounter at the gas station served as a catalyst, propelling him into an altered reality where he experienced a profound sense of unity with the entire Universe. In this state, the boundaries of the self-dissolved, and everything became interconnected and unified. Dan had reached a pivotal moment in his training where Socrates believed he needed a "map" to continue progressing toward his desired destination. If you want to be successful in life you need to live the right story and we each have a life story we are the authors of.

Donald Shimoda, Seagulls and Illusions

Meet Donald Shimoda, an extraordinary individual who shares a deep friendship with the renowned writer Richard Bach. If you haven't heard of Richard, he's an inspired author, renowned for his modern-day wisdom and the creation of captivating books like "Jonathan Livingston Seagull." Jonathan's story revolves around a remarkable bird who defies conformity and refuses to mindlessly follow the flock. Rejecting the limitations imposed by his peers, he teaches us to embrace our dreams and transcend perceived boundaries. The book became a phenomenal bestseller because Jonathan's wisdom resonated with countless individuals seeking to break free from the conventional norms and embrace their adventurous spirits.

While Richard Bach is lauded for telling Jonathan's tale, my personal admiration lies with Donald Shimoda. When I called Bob Marley a "reluctant Messiah", this was inspired by the sub-title of Richard Bach's book about Donald Shimoda, "ILLUSIONS - The Adventures of a Reluctant Messiah." I strongly recommend reading this book and delving into Don's remarkable journey. It's a concise yet profound read that will provide invaluable insights, ideas, and even reprogram your own thought patterns.

Donald Shimoda is what one would describe as a fully evolved human being, having progressed significantly along the path we all traverse. Richard Bach labels him a "Reluctant Messiah" because, in terms of spiritual and evolved consciousness, Don occupies a realm similar to that of Jesus or Buddha, among others. However, unlike

those revered figures, Don prefers not to become entangled in the complexities of divinity. Instead, he embarks on his own adventure, gently shaping the reality of our planet while staying under the radar. His choice of a low-flying, two-winged propeller plane as his means of transport aligns perfectly with his desire for a low-profile existence. Richard encountered Don during his barnstorming days, joyfully flying over fields and offering locals exhilarating airplane rides for a few dollars.

Yet, attaining the consciousness level of Jesus or Don Shimoda inevitably draws attention. The sheer power and energy emanating from these individuals is palpable, even to those with limited awareness of the greater realities at play. Their lives become a series of everyday miracles. Consider Don's plane, which remains immaculately clean despite being powered by gasoline and oil, without a single bug stain on its windscreen. As word spreads of people returning from short plane rides over the Midwest's cornfields, healed from various ailments, curiosity transforms into clamoring for Don's assistance. At times, it became imperative for Don and Richard to fly away swiftly as the admiration from the masses morphed into fear and disbelief. Some couldn't fathom the good Don accomplished and labeled him a fraud, a dangerous figure, or even an ally of the devil. Consequently, Don had to leave numerous towns before situations turned hostile.

Richard and Don embarked on countless flying adventures together, and the two books chronicling their stories are among the most cherished gifts I have received. Through these books, I've had the privilege of soaring alongside them, experiencing their extraordinary world. I've shared copies of "ILLUSIONS" to many loved ones, eager to spread the inspiration found within its pages.

Understanding Don's life is important because it provides a glimpse into our collective destiny. This book serves as a guide to raising our conscious awareness and gaining

greater control over our physical reality. Don has earned his master's degree in this course, and his story illuminates the path we are all traversing. Knowing where our adventure is leading us proves immensely valuable on any journey. After all, how can we fully harness our capabilities if we remain oblivious to their existence?

This Guidebook has the same agenda. We are exploring and unravelling some captivating truths about reality. It's not a fixed, solid construct as it may seem, but a magnificent creation of your own consciousness. Visit the world of Don Shimoda, a being with an enlightened mind, where you'll witness the astounding power of a fully realized consciousness. Don effortlessly interacts with and designs his own world while embracing the existence of multiple coexisting realities.

However, it's crucial to acknowledge that Don's journey, much like that of Jesus, is not without its challenges and ongoing developments. Don is driven by an unwavering desire to contribute to a world abundant in peace, love, and joy. Yet, he grapples with a constant struggle: he prefers to avoid the spotlight and the weight of dealing with troubled souls. In parallel to Socrates guiding Dan Millman, Donald Shimoda takes Richard under his wing as a student, knowing that sharing his story with a large audience will help individuals become masters of their own destinies.

At the consciousness level of Jesus or Don, you possess the extraordinary ability to awaken others to new levels of awareness. Miracles, such as restoring sight to the blind, occur in the blink of an eye when the power of belief becomes so potent that intentions reshape reality. Both Jesus and Don perceive individuals as "perfect expressions of perfect Love, here and now," igniting transformative metamorphoses within them. Richard Bach, a determined student, while not intending it,

decides to test the strength of his faith and challenge death itself when he disastrously crashes his plane in what should have been another perfect landing. By embracing those same words as a mantra, Richard orchestrates his own miraculous healing, not only for himself but also for his airplane, Puff. Despite medical professionals dismissing any chance of recovery, Richard completely restores himself over time through the constant affirmation of being a "perfect expression of perfect Love, here and now." The enthralling saga of Richard's adventures during this part of his story is chronicled in "Illusions II: The Adventures of a Reluctant Student."

Jesus embarked on a teaching mission, much like Don, enlightening people about their untapped capabilities and offering guidance on the path to higher consciousness. However, a hurdle arises from those who allow their egodriven operating systems to dominate. The notion that "fear is the only thing to fear" and that "love conquers all" appears as naive folly to the rational mind controlled by ego. Furthermore, figures like Jesus and Don threaten authorities that seek power and control over others. As your power to shape and transform your personal reality expands, the demands and restrictions imposed by external forces diminish. You will find yourself gracefully gliding under the radar, where everything seamlessly falls into place. Your path will remain clear, and obstacles will fade into insignificance. Ascending to higher levels of consciousness equips you with increased autonomy over your chosen outcomes, leaving external influences with diminishing power.

With an elevated state of consciousness comes a profound realization of the interconnectedness of all things. The illusion of separateness dissipates as you comprehend that hating another is tantamount to hating oneself, for we are all interconnected. Fear becomes obsolete as you recognize that nothing can occur without your consent.

Jesus, although not compelled to die on the cross, undertook this ultimate sacrifice to demonstrate that we need not fear death, as we are eternal beings. Such a realization may unnerve us, as we are deeply rooted in this material world, vested in the reality we have constructed for ourselves. However, embracing the knowledge that death unveils a big illusion allows us to transcend our personal struggles and the perception of separateness. This is where the value lies in understanding the life of Donald Shimoda—it illuminates our path and dissolves any lingering fears.

As you learn to just have fun and enjoy the adventure you create for yourself, boundaries and limitations will fall away. Your heart will be overflowing with joy and love, and you will bring peace and happiness with you everywhere you go, calming troubled waters and lifting sagging Spirits.

So, that's where we are going but to get there, we need to be clear in our intentions and consistent in our choices. It is up to us to choose to be free of fear and worry and have unwavering faith that everything will always work out perfectly if we keep our doubting ego out of the way.

A Stranger in a Strange Land

Embark on a journey into the extraordinary realms of Robert A. Heinlein's timeless masterpiece, "Stranger in a Strange Land." In this visionary tale, set centuries ahead in the future, we meet a remarkable young man named Valentine Michael Smith. This literary gem, birthed yet again in the profound era of the 1960s, invites us to delve into the mysteries of a future reality like no other.

Born on Mars during humanity's inaugural mission to the red planet, Mike emerges as the product of a highly advanced Martian civilization. Raised as a Martian, his return to Earth is an awe-inspiring conundrum. To him, our planet is an enigma, for his mind is saturated with Martian culture, devoid of any knowledge about Earth's customs and traditions. As he navigates the unfamiliar terrain of our world, we are blessed with a fresh vantage point to observe ourselves through the eyes of a truly alien perspective.

Amidst his earthly encounters, Mike forms connections with a select few individuals, seemingly guided towards him by some unseen force. These fortuitous encounters pave the way for this exceptional student to emerge as a potent and positive Designer of Reality. Much like Donald Shimoda, Mike evolves to a heightened state of consciousness where his desires manifest effortlessly with a mere act of visualization. The spiritual wisdom that permeates this remarkable narrative transcends mere entertainment, challenging our notions of right and wrong, while illuminating a path towards our ideal destiny.

Although Mike's world requires an understanding of the Martian language to fully "grok" its inner workings, fear not, for you need not master an alien tongue to grasp the potential future that awaits us. As more individuals ascend to the levels of consciousness achieved by Valentine Michael Smith and Don Shimoda, a future brimming with love, tolerance, and personal freedom becomes an undeniable inevitability.

While certain aspects of Heinlein's world may appear antiquated, they serve as a reminder that our reality, despite its seemingly predictable nature, is an ever shifting tapestry. The beliefs and desires of the masses constantly evolve, and it is our collective duty to steer this

future towards positive transformation. The essence of this book lies in its deeply held mission to inspire each of us to contribute to a brighter tomorrow.

I implore you, dear reader, to take a trip through the pages of "Stranger in a Strange Land." Whether you have read it before or it awaits your discovery, this book holds the power to captivate your imagination once more. Let me impart upon you the crucial realization that Mike, in his profound wisdom, fully comprehends: "Thou Art God... I am God... and all that groks is God - there is no other." Embrace the truth that you are already divine, perfect, and imbued with boundless power—simply accept it, and let your inner deity shine.

It takes Training & Practice

Unlocking true mastery and unbridled joy in any endeavor requires activation of a fundamental truth: the partnering of skillful dedication and genuine enjoyment. This principle extends far beyond mere activities; it weaves into the fabric of our existence. Without constant moments of delight, the tapestry of life may falter, leaving us adrift amidst inconsistency.

Should your joy need rejuvenation, as we've suggested before, take a moment now to reflect upon the treasures you cherish and the blessings you embrace. Ignite that spark of appreciation, for it is the surest path to elevate your joy and beckon forth an abundance of gratitude.

As you search for a more uplifting perspective in every facet of your attention, persistently asking, "What is it that I truly desire?" from your ever-evolving vantage point, a remarkable transformation unfolds. Gradually, you find

yourself standing in a realm of profound delight, for when you incessantly inquire about your deepest desires, your point of attraction pivots in their direction. The process may unfold gradually, but through unwavering commitment, it can even yield wondrous results in a mere few days.

These insightful words, extracted from the timeless tome "Money and the Law of Attraction" on August 31, 2008, carry the love and wisdom of Esther Hicks (along with Abraham, and Jerry). They illuminate a truth often obscured—why does the pursuit of sustained joy and contentment seem so arduous? Many would attribute it to the hurdle's life presents, their weight seemingly insurmountable, casting shadows over our path to true happiness. Financial burdens, health struggles, or the trials of loved ones can all burden our hearts. And while these challenges hold a degree of truth, Karma and the Law of Attraction unveil a different reality: like attracts like. Happiness begets happiness, while despair begets more despair. Regardless of our emotional state, our experiences mirror our predominant vibrations.

Moreover, this enigmatic game we call life thrives on our insatiable desire for the yet unattained. Longing is an integral part of our journey. Whether conscious or not, we embarked on this grand adventure as the architects of our own destiny. We came to manifest our dreams and desires, to witness our inspirations materialize. Thus, awaiting the fulfillment of our desires before embracing happiness leads us down a path of stagnation. The state of "want" always precedes fulfillment, and each fulfilled desire births new aspirations. The pursuit continues endlessly, barring our decision to exit the game by relinquishing our physical form. We are here to revel in the joy of cultivating our creative abilities, witnessing our dreams manifest in the tangible realm. The key lies in cherishing each present moment, finding appreciation,

and allowing the energy to flow. Conversely, fixating on problems amplifies their hold. Therefore, if we postpone our happiness until our desires materialize, fulfillment always remains down the road, the light at the end of the tunnel ever elusive. So, do not delay your happiness. Instead, cultivate it throughout your journey, embracing the present moment. This text seeks to furnish you with useful ideas to guide you toward a positive and joyful demeanor.

Occasionally, we witness individuals accomplishing significant feats, and envy may emerge, assuming their lives must be a continuous tapestry of bliss. Yet, what of them? While maintaining a jubilant disposition may seem easier when "the better it gets, the better it gets," the reality often proves otherwise. Having reached monumental goals—such as Olympic gold medals—these achievers may find themselves adrift. Has their existence revolved solely around the pursuit of this pinnacle, leaving them uncertain of what lies beyond? If you find yourself at a similar crossroads, here's a good question to ask yourself, "How can I serve?"

The true essence of joy lies in embarking on an extraordinary adventure where the divine orchestrates an intricate dance, synchronizing countless elements to fulfill your deepest desires. Guided by the omnipresent Law of Attraction, this grand spectacle unravels before our very eyes. What profound wisdom does this impart? It reveals that every soul is aboard the same vessel, engaged in a magnificent game governed by identical rules. Yet, a poignant question emerges: why do so many individuals find themselves submerged in unhappiness and distress?

The answer lies in the intricate nature of human existence. Though it may sound simplistic to say, "Just be happy," the truth is that achieving genuine happiness can sometimes feel overwhelmingly elusive. The majority of

people find themselves at the mercy of their thoughts, lacking control over their mental landscape. Ensnared within the confines of their present reality, their egoic minds obstruct their ability to envision beyond it, blinding them to new possibilities. They remain unaware that their thoughts hold the power to shape their everyday experiences. Like a perpetual loop, their minds replay past fears, mistakes, and problems, acting as a constant hindrance to progress. It becomes all too easy to succumb to the shackles of a currently perceived reality.

When we lose someone dear to us, the journey of healing can be an arduous one, as it feels like an integral part of our very being has been torn away. We must acknowledge the validity of grief and not dismiss it as wrong, but we can assist in shifting the focus towards other aspects of life. In these moments, the power of meditation comes to our aid, redirecting our attention to the greater tapestry of existence, if only for fleeting moments. Another valuable tool in this healing process is sleep, providing a respite from the relentless voices of regret and ego, if only for a few precious hours. Upon awakening, it is vital to consciously direct our thoughts towards sources of joy before sorrow engulfs us once again.

Understanding all of this, we realize that attaining happiness is not a simple task. It may seem logical, but in practice, it requires a profound shift in perspective. There will inevitably be moments of worry, anxiety, fear, anger, and even hopelessness. However, recognizing that our emotional state is ultimately a choice we make grants us the power to feel better about our journey. Embracing the belief that we deserve happiness enables us to let go of unnecessary concerns and cease self-criticism that assumes we must be at fault. Taking a leap of faith involves accepting the "reality" that we can create the world we desire. Unhappiness in the present moment stems from the belief that our desired future will never

materialize. Yet, if we were certain of its manifestation, there would be no reason for unhappiness. The fear of an undesirable future is as unreal as the excitement and anticipation for a future we desire. It all boils down to the beliefs we choose to adopt. When we are truly certain that something will unfold as we desire, we can have faith that the desired outcome, or something even greater, will become our reality. In the same way that one can command a mountain to move, our intentions possess immeasurable power.

Our soul-self, our inner being, remains intricately connected to the vast realm of infinite possibilities. It serves as a direct conduit of inspiration, bestowing upon us fully formed ideas and plans or whispering subtle hints and clues through our inner voice. You may have heard the adage, "Let your conscience be your guide." That voice is none other than our soul-self communicating through our emotional guidance system. If we feel uneasy or, in more extreme cases, fearful and anxious, it is a clear indication that our higher self is urging us to change course or shift our perspective. It's time to tell yourself a better story, to craft an improved plotline.

Imagine the challenge of shifting your gaze away from the harsh realities that surround you and instead envisioning a world where your dreams and aspirations effortlessly manifest. It may seem like an uphill battle, but even a small seed of faith can yield remarkable results. Embrace the absolute certainty that joyous outcomes await you, for the principles of karma and the Law of Attraction will ensure perfect alignment between your desires and the desires of all participants in this grand cosmic adventure. Your personal reality is under your guidance, shaping and unfolding according to your intentions.

When it feels like the world is crumbling around you, it's natural to question how to ignore the chaos and turmoil.

But at such times, it is crucial to remind yourself of the profound nature of reality itself. Science has revealed that matter, the seemingly solid foundation of our existence, is far more malleable than we perceive. And consciousness, the very essence of our being, holds the power to influence the very structure of the world around us.

Envision a world where reality is subjective, where each individual experiences their own unique version of what is real. Your reality, the one you intimately know, is undeniably genuine to you. However, it is vital to recognize that others perceive a different reality, equally convinced of its truth. As you grasp this perspective shattering truth, the notion of a fixed and separate reality dissolves, paving the way for profound enlightenment.

To embark on this transformative journey, it is imperative to wrest control from the clutches of your ego. Although some spiritual traditions vilify the ego, we recognize its purpose in ensuring our survival. Yet, in our evolution, we have grown beyond the limitations of our distant ancestors. Just as technology has advanced, so too must our capacity to operate at higher levels of consciousness. By cultivating happiness and wholeheartedly embracing our creative power through the guidance of our soul-self, we unlock infinite possibilities in the present moment.

Buddhism teaches us the wisdom of letting go of attachments and outcomes, recognizing that reality is a transient tapestry of energy and vibrations. Clinging to specific moments restricts the boundless potential that awaits. Instead, we relinquish worries about the future and trust in our Emotional Guidance System to steer us towards the optimal mindset. In this harmonious state, everything falls seamlessly into place, unleashing our innate creative might. If our adventurous spirit can conceive an idea, we possess the ability to tap into the necessary information and energy to manifest it.

Consider the remarkable feats humanity has accomplished. Every invention and creation that has shaped our world began as a mere idea, a concept waiting to be realized. From primitive tools to awe-inspiring technological advancements, each innovation has pushed the boundaries of possibility. Yet, beauty lies in the unending cycle of evolution and growth. As one idea takes hold, another emerges to surpass it. Our creative potential knows no bounds, mirroring the infinite expanse of the universe. We need only embrace the belief that our ideas can become reality.

So, how do we navigate this journey of creation? It forms the foundation of spiritual teachings throughout our existence as creative beings. The divine, the Source, the Force or a Field of Universal Energy, whatever name resonates with you, set the stage for the great game of Creation. And like any captivating game, multiple players enhance the experience. From the earliest organisms shaping the environment to the emergence of humans harnessing and manipulating Source energy, we have demonstrated an extraordinary ability to generate ideas and creations. Yet, the stumbling block remains our ego as it lives in a world of limitations and contrasts, constantly casting doubt upon our ability to attain our desires.

One might question why our higher Source Self allows our egos to impede our progress. The answer lies in the understanding that without the challenges envisioned by our egos, we would stagnate and become complacent. It is awareness of the unwanted that drives Creation's progress.

The Cutting Edge of Creation

Prepare yourself, for you stand at the very epicenter of creation. This is the cutting edge, where imagination and manifestation converge, where the birth of the "new" in the physical realm takes place. It is not mere observation of what already exists; it is active participation in the forging of destiny. Based on current reckoning, the entirety of reality is shaped within our minds, a creation of consciousness itself. We have a choice: to be conscious architects of this reality or passive bystanders. Sadly, most individuals relinquish personal responsibility, embracing victimhood and conforming to the consensus-driven game world we inhabit.

This extraordinary adventure we all embark upon is a deeply personal journey. "Perception is reality" takes on profound meaning, as every individual perceives their own unique version of this shared experience. Yet, in truth, none of these perceptions are inherently "real." They are interpretations, manipulations, and individual reflections of the vast tapestry of vibration and energy. Your perception shapes your reality, and it exists solely through your conscious experience.

Now, here's a pivotal concept: every thought you have holds the power to alter reality, albeit generally in subtle ways. When you learn to infuse your thoughts with positive emotional energy, you unlock the ability to attract rapid physical manifestations of those very thoughts.

Once again, you find yourself at the forefront of creation, where your perception shapes the future moments that unfold. You possess the extraordinary option—supported and cheered on by your Soul Self—to play a significant role in the evolution of the physical Universe. Science fiction

writers have exemplified this role in the technological advancements of our world. Long before science had the slightest inkling of human space travel and intergalactic exploration, these visionary authors had already depicted these possibilities. They tapped into inspiration, or as it can be understood, a connection with the essence of spirit. As an individualized consciousness playing this magnificent game on Earth, you sent out a request to your Soul Self, seeking guidance for a more fulfilling and joyful experience. And in response, your Soul Self provided an idea, an inspiration. Attentive and receptive, you received it. This idea then blossomed in your mind and the imaginations of others within the game, who, in turn, sought inspiration from their nonphysical selves to transform the idea into tangible reality. As more individuals embraced this new idea, its form grew clearer and clearer until it became a collectively experienced desire emerging into reality.

At this juncture, it is vital to emphasize that there exists no grading system for you as an adventurer in this extraordinary game of life. You arrived here with the intention to learn how to play your chosen role as your avatar in a manner that is both enjoyable and satisfying. Before commencing this game, you likely established objectives and perhaps even embraced a mission to contribute to creation in a specific way. Yet, it is by no means necessary to devise grandiose plans to dramatically reshape reality in order to achieve this goal. You possess ample opportunities to positively impact creation. Often, the objectives or missions you have assigned yourself can be fulfilled through seemingly insignificant tasks or events. To truly revel in this experience, it is essential to remain on the path that resonates with your inspirations and desires. Your current life adventure concludes only when your consciousness departs from your avatar. As long as you are here, the only scoreboard that matters is

the level of personal satisfaction you derive from your day-to-day existence. Stay focused on pursuing what brings you joy and delight!

Whenever distress, anxiety, anger, sadness, or fear engulfs your being, recognize these emotions as warning signs. They indicate that your focus and vibrations have strayed from alignment with your greater good. There is no need to vigilantly monitor each thought to ensure it stays on track; your Emotional Guidance System (EGS) will alert you when you need a course correction.

In the realm of practicality, your thoughts possess an incredible power to shape your reality. There is no judgment attached to this, no definitive right or wrong. It is simply a matter of what you believe and hold in your mind, for that is what you have the ability to manifest. Therefore, it becomes crucial to direct your focus towards hopeful and positive thoughts. It may sound simple, but it requires practice and determination to maintain this mindset.

Your ego self, always seeking to remind you of what you lack, can make it challenging to believe that you already possess what you desire. Yet, the creative process does not operate on the condition of "seeing is believing." It begins with an idea, followed by developing unwavering belief in that idea, and ultimately culminating in its realization.

Happiness and enthusiasm hold immense power in the present moment, aligning everything perfectly. Your emotional guidance system serves as a compass, indicating whether you are on track to manifesting your desires. When your EGS consistently provides positive feedback, it signifies that everything you desire is in the process of materializing in the three-dimensional world. Once you truly feel deserving of your desires, they will flow more swiftly into fruition. Positive expectancy ensures the desired outcome.

In this game of life, there are no obligations to fulfill, no judgment of right or wrong. The fundamental principle relies on complete interactivity—every thought and action attract the energy and substance resonating with its energy and vibration. Each thought and action serve as a request, drawing more of the same into your life. There is no right or wrong way to do it; everything is rooted in karma, or what we are referring to as the Law of Attraction. Like attracts like—it's as simple as that. The purpose of this story we are telling is just to help you grasp this fundamental law of existence so that you may become more skilled at getting what you want, manifesting what you desire. As you become adept at this, the entirety of Creation rejoices with you, for you are shaping energy and vibration into forms that enhance the wonder of the whole game. Once again, there is no judgment, but your higher self continuously strives to convey these messages—to invite you to play a pivotal role in making the adventure of life more rewarding and enjoyable for all of Creation.

Remember, we are the focal point of manifestation in this three-dimensional time and space. Source, the essence of your being, yearns to experience itself through you as a magnificent creator of beauty and wonder. Evolution is an ongoing journey of crafting more elegant and harmonious, interconnected, and functional forms, and you have the potential to play a significant role in this process. In fact, you can even choose to take on a starring role, if you so desire.

Are you ready to unleash the full extent of your inner power? It may seem like a daunting task, but, it's simpler than you could ever imagine. It all begins with the incredible force of your thoughts. Never forget that the metaphorical bite of an apple in the Garden of Eden gave you the extraordinary gift of free will, granting you the ability to believe whatever you choose. These beliefs, like

potent incantations, shape your future with every passing moment. Your entire world exists within the confines of your mind, and it all comes down to what you choose to embrace as truth.

This guidebook is a doorway to a reality where your mighty, creative self takes the helm. By understanding the role of your ego, you can override the automatic patterns woven by your bio-computer mind and carve a unique path of your own. It's crucial to recognize that you are not the ego clamoring for control; you are the operator of that magnificent machine, capable of crafting an inspired future instead of merely reacting to external circumstances.

In his renowned book, "Your Erroneous Zones," Wayne Dyer shed light on concepts that align perfectly with our discussion. He emphasized how people often adopt erroneous beliefs about themselves and the world around them—ideas like "I lack intelligence," "I'll never have enough money," or "I am unworthy of love." Unbeknownst to them, people unknowingly often accept and perpetuate unsatisfactory realities. However, it's vital to realize that these ideas become self-fulfilling prophecies solely because of your belief. It is entirely unnecessary. You possess the power to shift your mindset and reject these unfortunate, misguided notions that your ego, with its default "protect from harm" fearful setting, feeds you. Your experiences and attitudes form your reality because you have chosen to believe in them, not because they are unavoidable. The power to choose is entirely yours, independent of external influences.

This is precisely why meditation holds such immense value for you. It offers an opportunity to be fully present and observe the ego's voice in action. The most significant distinction between human consciousness and other conscious entities is our remarkable ability to change our

minds. We can consciously disregard our ego-driven biocomputer brain and act in ways that may seem irrational or unconventional. For instance, we have the power to tune out the incessant stream of negative news from the media, which insists on projecting a distorted reality filled with horrors. However, these horrors need not seep into our personal reality unless we choose to believe in them. Your ego may argue that staying informed is necessary, that the world is a perilous place requiring constant vigilance. Yet, such thinking is fear-based and will never serve you well. As Jesus wisely proclaimed, "Fear not." You are an all-powerful Divine being, guided and protected by Grace—an infinite and boundless energy and wisdom flowing through your non-physical higher self.

May the Force be with you!

The limitation of the ego bio-computer lies in its confinement to what already exists. It unquestioningly accepts the appearance of things because it has no alternative. It lacks the capacity to generate original thoughts. Therefore, disconnecting from the news media and social networks becomes a potent means to reshape your personal reality. By reducing your exposure to negative and unwanted events, you grant your conscious mind the power to reprogram your ego mind.

Embrace this undeniable truth: Your choices and beliefs hold immeasurable power. They possess the ability to shape not only your future but also the destiny of the entire world. These concepts may initially seem daunting, as we find ourselves deeply entrenched in our own limited worldview and accepted beliefs about reality.

Compounding the challenge is the prevalence of negative narratives perpetuated by those around us. We are surrounded by individuals consumed by fears of terrorism, disease, financial scarcity, and countless other

problems. They insist that life is a series of hardships, and our only recourse is to make the best of a difficult situation. Yet, it is vital to recognize that this perspective is but their choice, their truth.

Since your predominant thoughts and beliefs about yourself determine your reality, it is often necessary to make conscious course corrections. Your ego may conjure up nightmarish scenarios that instill fear and trepidation within you. It is vital to identify the source of these feelings and acknowledge that you are not destined to passively react to a world filled with challenges and hardships. Instead, you have the power to seize control over your actions and shape the narrative of your life by consciously overriding negative programming with positive expectations or, even better, by releasing them altogether. Make a conscious decision to refrain from worrying about anything, surrendering the situation to a higher power, whether you call it God or your higher Self. Place your trust and have unwavering faith in the omnipresent magic that is always within your reach.

Prepare to break free from the autopilot consensus reality that keeps us rooted in the past, limiting our exploration of novel and improved futures. Too often, we confine ourselves to assigned roles, striving to fit in or maintain a comfortable position in the world. Yet, we underestimate our own inherent power. We are, as sacred texts claim, created in the image of the divine—a unique expression of an expansive and limitless energy network, akin to the workings of a vast computer system. Within this network resides infinite power, waiting to be tapped into and harnessed, influencing the very fabric of the physical Universe. And this truth applies to each and every individual.

The present moment is transient, fleeting, and extraordinary, as you weave together the tapestry of your

unique reality, shaping one moment after another. Never believe for a moment that individuals like Einstein or Bill Gates possess abilities beyond your own. They simply mastered the art of tapping into the creative power accessible to all. Nor should you consider them more valuable to the Universe than yourself. In each of their accomplishments, you played a part because you believed in the realities they envisioned. They are but a few of the inspired leaders and guides, alongside figures like Jesus, Buddha, and Mohammed, who have significantly influenced our perception of reality. Each of us has contributed to making a difference. Always bear in mind how much of our current reality was once considered fiction, heresy, or an absurd notion just a short while ago.

You do not need to be a groundbreaking innovator to excel in this magnificent game of life. Remember, the true measure of success lies in the joy, happiness, and love you experience. When it comes to the idea of shifting reality, by remaining open to the unfolding of each moment, you may find yourself guided towards something truly world changing. It is an adventure, and your potential knows no limits. An essential element of the formula is to allow your inspiration and life experiences to guide you in manifesting the things and circumstances you desire. Make your requests with positive expectation, and you shall receive what you truly seek.

Remember again Matthew 7:7 where Jesus conveyed a powerful message: "Ask, and it shall be given to you; seek, and you shall find; knock, and the door shall be opened unto you." These words may have originated in a different era and consciousness level, but they hold profound wisdom. Quantum physics, using different language, confirms that an experimenter's beliefs influence the outcome of scientific experiments. The concept that our thoughts possess the power to shape reality according to

our desires leads us into a world vastly different from the accepted realities of today.

Where do you find yourself at this moment?

You have already embarked on a personal adventure, spanning a significant number of years. Hopefully, you've infused it with joy and maintained a focus on the "bright side," even when others may have accused you of living in denial. First and foremost, it's important to assure you that you have been doing remarkably well, irrespective of your current self-assessment. This guidebook is not meant to criticize you in any way. On the contrary, you deserve applause for everything you have accomplished thus far. Despite contending with a deluge of erroneous and misleading information, you have reached the point where you stand today.

The current programming of your brain and mind is the culmination of absorbing an immense amount of data. Just like a laptop, iPad, or any standard computer, your perception and interpretation of the world around you are based on the input data. A computer doesn't possess the capacity to discern true from false, except based on what it has been programmed to recognize. If you were to program a computer to perceive a "rainy day" as far more desirable than a "sunny day," guess what? Every action that the computer takes will be influenced by that "knowledge." Your brain functions in a similar manner.

Visualize your brain as that "bio-computer." The distinction between even the most advanced electronic computer and the living tissue computer that is your brain

lies in your ability to create an almost infinite number of new processing circuits and to conceive "original" ideas that transcend the limitations of programmed information. In fact, your greatest asset is the power to defy past programming and envision a future that defies historical data, one that may appear unlikely or totally illogical.

The programming of your personal bio-computer is pivotal to your potential in life. You surpass the capabilities of a standard computer effortlessly because of your ability to override beliefs that you have been programmed to consider "true." You possess "free will." Every decision or choice a computer makes is invariably based on how it has been taught or programmed to respond, or what it has "learned" through observations of a given situation or circumstance. A computer programmed to perceive rainy days as superior to sunny days can never arrive at a different conclusion, but YOU can arrive at any conclusion you desire. As you may already realize, you have the power to decide and think anything you wish, regardless of the objections from friends, family, or the world around you.

Your story holds immense significance. Which direction will future chapters take you?

Before we delve into your story, let's explore some programming and operating system concepts that you will find useful. To establish agreement in your logical mind regarding what we are about to discuss, we need some

background and detail. It's crucial for you to acknowledge the possibility that much of the programming your biocomputer has received is quite possibly detrimental to operating at your fullest potential.

It's because EVERYONE is simply navigating life as they go along, doing their best to live according to their perceived ideals. From the moment of your birth, you were exposed to a cacophony of opinions and beliefs, all claiming to be TRUE. Your understanding of truth and justice is generally shaped by the majority or predominant viewpoint of the society you belong to. However, in some cases, you may arrive at different conclusions. If you have started to become your own authority, a heartfelt perspective derived from emotion rather than solely from experience may have steered you in a different direction than most people. You may have attracted individuals who live from a broader perspective, expanding your sense of possibility. Maybe it is the books or courses you have gotten exposure to. Perhaps you have come to the realization that pleasing others is not essential if it does not bring you personal fulfillment.

Do you desire greater control over the trajectory of your future? It's akin to learning how to use a compass—following the direction the little arrow points while shielding it from undesirable influences. You will discover that by allowing your emotions to guide you, you will consistently make decisions that bring you closer to what you desire. The concept is simple, yet the extensive programming and conditioning you have received is likely distracting you from what can be termed the "path of least resistance." We want to encourage and assist you in clearing the way to that path by directing your attention to how you feel and tuning out the distractions. All resistance is a result of faulty programming, namely detrimental and limiting beliefs. Just like surrounding a compass with small magnets can easily throw it off from knowing true

north, the beliefs of those around you, especially those you hold in high regard and affection, can easily interfere with your emotional compass because it's easy to feel uncertain about your own feelings.

Now, let's return to exploring your personal bio-computer and how it has been programmed and functions. You arrived with some fundamental programming, such as the automatic operation of your physical body and a limited number of basic instincts. It's very likely that you also possess special talents or skills that it's up to you to uncover. Beyond that, your mind was a blank canvas, ready to absorb and categorize information. Continuing with our computer analogy in the age of widespread connectivity through the internet, at this early stage, you still maintained a direct link with what we have been referring to as "the cloud network"—an unbounded universal energy field. When young, your local connection to the cloud was continuous and robust, allowing you to access any information and shape your personal reality. However, as a novice in this realm, you had no concept of wanting more than what presented itself to your awareness and what your physical body deemed significant.

While you may have had some influence over the basic circumstances of the reality into which you were born, once the adventure commenced, it became your responsibility to navigate the terrain you found yourself in. You are bound to the sources of programming that surround you—people, culture, and environment—until you mature enough to begin making your own decisions. Even before you took your first breath, your bio-computer brain began cataloging and assessing billions of pieces of data. Every sound heard, every sensation felt, every taste experienced, every sight seen, every scent smelled—Store... Catalog... Look for patterns. Define how to get and do things. Not yet having any way to evaluate right or

wrong, you accept all the inputs as true (until you at some point realize you are getting some conflicting data). Your first inkling that Reality is not a fixed thing and the same for everyone will come when you have had enough experience to realize that two sources of information you had always trusted totally disagree with each other on something. Now while they both clearly believe they are “right” within the “reality” they live in; you now must decide which world view you feel best about. Remember happiness is the objective so if a world view is filled with fear and distrust, you can be sure it is not a viewpoint you should pursue.

This is where that “emotional” compass of yours becomes invaluable. Most people either don’t pay any attention or don’t trust their emotional compass. The easy way is always to just go along with the consensus. Now while that may seem like the path of least resistance, in your heart you know that it is settling for something less than who you really are and what you really want. In your heart you will find your own path. You are in the driver’s seat, and you will not be stuffed into a mold decided on by others. The real “resistance” is all the roadblocks and doubting of others to your being everything you want to believe you can be in the best of your dreams. It is the failure to dream and believe in your highest aspirations that brings dissatisfaction with life and can ultimately lead to depression and illness.

Your beliefs are the conclusions your bio-computer brain has deemed "true," and this is where things become truly complex. The path to enlightenment lies in the challenging yet entirely achievable task of reprogramming your personal bio-computer brain. As we mentioned before, The Bible, states, "And be not conformed to this world: but be ye transformed by the renewing of your mind." (Romans 12:2)

To embark on this journey, you must learn to think in a new way—a way that transcends mere appearances.

What's YOUR Story

Have you ever wondered how you formed the identity you've attributed to yourself? From the very beginning—your beginning, specifically for this lifetime—you have been bombarded with various descriptions, rules, and regulations as soon as the bio-computer, that you utilize to navigate this adventure world, was activated. As we discussed earlier, "YOU" was essentially a blank slate when you embarked on your current adventure. Like every facet of your reality, it is a product of your imagination. You have crafted a remarkably intricate character to portray on the stage of life. There is a reality you may not be aware of, you can entirely change your character whenever you desire as long as you can envision and believe in how that new character would think, feel, and act.

However, the challenging part lies in the fact that, much like actors in films or on stage, it's easy to become typecast if you consistently portray the same type of character. You become accustomed to a particular way of behaving and reacting. Undoubtedly, you excel at playing the role you've cast for yourself. You've practiced and refined this role over the years. What further complicates breaking free from established patterns is the existence of your biocomputer's basic operating system, commonly known as the ego.

The ego functions as an autopilot that eagerly takes charge and will attempt to exert complete control over the character you portray. The tricky aspect is that your ego

genuinely believes it is YOU. It yearns to be the master, not the servant. The ego resists the notion that there is any other version of "you." It's highly probable that your own autopilot ego is currently insisting that the idea of a separate "ego operating system" is preposterous and strays far from an accurate depiction of reality.

Let's clarify a crucial point: the ongoing commentary about every aspect of your life, past, present, and even predictions about your future, is not truly who you are. It's the character you've created—a character that holds great value and usefulness, but it is not your essence. It's the part of your brain/mind (your bio-computer) that tirelessly catalogs, records, and predicts outcomes based on past experiences.

Most people are unaware that they possess the power to seize the wheel and change course whenever they desire. Often, when they feel inspired to take control and alter their trajectory, the ego's autopilot starts flashing warning lights, coaxing them to stick with the familiar, insisting that it knows best. This is why the ego often resists practices like meditation and dismisses many of the concepts presented in this guidebook as a waste of time. It doesn't want any dubious ideas leading you into uncharted territories or questioning its decisions. Its primary directive is to protect you and keep you out of harm's way. Consequently, everything revolves around analyzing each action based on past outcomes. This unfortunate dynamic anchors you in your past rather than the "imagineering" the future you are meant to shape.

As we have stated, the ego believes it is YOU. You might have unwittingly gone along with this notion and consider your ego to be your identity. However, let's return to the beginning of your life experience. There is a point of consciousness—a Spirit, a Soul, or whatever term resonates with you—that is directly connected to the

nonphysical Universal energy field in which all matter exists. This point of consciousness has taken up residence within and animated the physical form you now call "your name here." While you could have inhabited various life forms, you deliberately chose an incredibly sophisticated one—a state-of-the-art bio-computer operating system. You are the pinnacle of creation on planet Earth—we like to think we are the most advanced model thus far as far. This is not necessarily based solely on intelligence – it is again that “free will” part that sets humans apart. This is also what will probably set humans apart from Artificial Intelligence (AI) that we will touch on later and that will very likely surpass us in sheer intelligence. So, when you were born into this physical body, your ego/mind, was ready to be programmed for functioning in the physical world. It acted as an absorbent sponge, soaking up every experience that came your way. The opinions of others, like you, became part of the programming from day one, as you received new clues and guidance each new day on who you were and how you should act and react.

Moreover, you were exposed to highly advanced forms of entertainment and digital stimulus created by your society. A constant influx of ideas and perspectives bombarded you, and you did your best to make sense of it all. Based on these experiences and ideas, your biocomputer's ego operating system formed conclusions about how the world works and how best to survive and find happiness—your sole objective. Over the years, you settled into a character that you accepted as your true self. Your ego is the embodiment of this "programmed" character you've created. However, it is not you—it is simply the result of the story you have created and the role you have chosen to portray.

Understanding this is crucial because your ego will continue doing what it has always done unless new information compels it to change its course. The ego's

primary function is self-preservation, and it believes the best approach is to avoid anything "unknown" and maintain the status quo. Your ego wants you to believe it holds all the answers and should be in complete control of your actions. From the moment you entered this life experience as (your name here), the ego has been tasked with doing whatever it deems necessary to ensure your survival for another day. It always plays it safe and has no interest in exploring anything new or untested. Anytime you've taken risks or ventured out of your comfort zone your "ego" may be (is probably) saying this is all a bunch of bull or too risky. It is naturally very adamant that without its guidance you will be lucky to make it through the day. The reason for the limitations of your ego-based operating system result because its primary function is survival - it is always basing its calculations and decisions on "worst case scenarios". This is why there is so much appeal to all the horror and pain coverage by the news media – you "need" to know about this stuff so you can protect yourself. Being totally focused on survival, the ego is predominantly FEAR based, "you can't be too careful after all, right?"

If you let your ego run the show you are going to get a lot of what you don't really want because the ego is all too ready to believe in all kinds of threats to your safety. Your ego generally is quick to jump to the conclusion that if something can go wrong it will.

Again, it is important to make it clear that your ego is not a bad thing. It has clearly done a good job of keeping you alive to date. But it will never boldly go where no one has gone before (without a lot of convincing anyway). Your ego should be your trusted assistant, not the captain of your ship as you sail through your life.

Our intent here is to get you to realize:

YOU are not the “ego” you (that’s only who you are pretending to be).

YOU can use your ego to your advantage, but it should not be making most of the decisions about what is going to happen in your life.

YOU need to learn to re-program the ego to support whatever new improved reality you are inspired to desire.

Our computer analogy works well for the ego because it can only act on learned probabilities based on experience and accumulated data. The ego is your “General Manager” responsible for handling all the day-to-day activities. You couldn’t function without it, but you don’t want it to be controlling your decisions about what you are going to do moment to moment. The ego’s advice may be useful in decision making at times, but it should best be left in charge of routine operations. You don’t really need or want its opinion on anything you feel inspired to do. If you want to go anywhere new, create a new story for yourself. You are going to have to give less control to that ego voice to move in new ways.

We have reached a pivotal moment in the narrative we're presenting. If you are not the person depicted by the voice of your ego, then who are you?

First and foremost, it's important to note that this doesn't have to be seen through a religious lens. Regardless of one's religious beliefs, these ideas can be embraced harmoniously. While religious concepts can be spun in many ways, their true purpose is to guide us toward a successful way of living. The intention behind all religions is to provide guidelines for a satisfying and fulfilling existence for conscious spiritual beings in the physical reality of our planet. Unfortunately, over time, these teachings have morphed and been embellished, shaped in ways unintended by their original creators. However, if we

dig deep into the foundational ideas of most religions, we find similar and straightforward concepts.

It is our suggestion that many of the limiting, judgmental, critical, guilt-inducing, and fear-producing ideas prevalent in today's religions have stemmed from misguided egos throughout history. The founders of the major religions understood that we are all interconnected as individual expressions of Universal consciousness, akin to drops of water in the vast ocean that merge to become "Ocean" — with unique parts yet intrinsically interconnected. The key realization that should arise from this understanding is the significance of the guideline to "Do unto others as you would have done unto you."

Modern science is increasingly proposing similar descriptions of existence—a network of interconnected yet distinct physical manifestations, all interacting within an infinite and undefined energy field. The sound of a falling tree in a forest only becomes significant if there is someone or something to perceive it. The ideas and concepts conveyed to you through these words only take form, shape, and meaning as you interpret them. It all exists within your imagination. This is a notion that our ego mind struggles to accept because it understands the world through accumulated experiences. The ego is designed to record and assign significance to the appearances of the world as filtered through its accumulated ideas. Embracing the idea that you can design your own reality from moment to moment, unaffected by past events, would mean that the ego should never hold control over your future, as it is perpetually bound to the past.

Every aspect of your reality is a product of choice, shaped by your thoughts and beliefs.

Contrary to what you may have been taught, reality is not a "cause" but rather an "outcome". This challenges the

prevailing notion because the world is largely governed by egos that crave control. The ego's comfort lies in the belief that it makes sound decisions based on its interpretation of your past experiences. However, even that interpretation is not absolute. Your perception of life's events, up until this point, is subjective and unique. Within your closest circle of friends, you'll find inconsistencies about what is considered "true." What truly unsettles the ego, and what it will steadfastly avoid, is the realization that everything about reality is a choice.

Within you exists a thinking and reasoning entity separate from the ego. Since reality is molded by belief, the product of your imagination, everything that occurs in your life is ultimately up to you. As a conscious being with free will, separate from the ego, you possess the power to choose your thoughts and beliefs, thereby assuming responsibility for all that transpires in your life, for better or worse.

You are the writer and director of your own adventure. Nothing is fixed or predetermined. You are constantly shaping reality to align with your expectations. This is why it is crucial to realize that you need not adhere to the story dictated by your ego. You can rewrite that narrative at any moment. You simply need to transcend the ego's unwavering certainty that it knows what's truly happening.

First and foremost, you must be open to the possibility that reality is, indeed, a choice. Secondly, you must cultivate the ability to believe in what you desire rather than what you fear. Why is this challenging? Because you have allowed the ego's voice to direct your story for a considerable time, and it has developed rigid ideas about how reality operates. It tends toward pessimism rather than optimism. Since you invariably attract what you expect, the ego's pessimism consistently nudges you to expect what you do not desire. When faced with a bill to

pay, your ego feels worry about inadequate funds. If you catch a cold, the ego convinces you it will worsen before getting better. Wanting a new car or house, your ego swiftly chimes in, saying, "You can't afford it" or "That's an unwise expenditure" or "If I purchase that, I won't have enough for more important things." In an attempt to keep you "realistic," your ego will always conjure reasons why you are unlikely to attain what you desire. Worse yet, your ego may even go beyond hindering your belief in manifesting your dreams. Perhaps your ego is ridden with fears—fear of car accidents or muggers and thieves, for instance. In that case, it is your ego that says "yes" to inviting those unwanted experiences into your reality, making them a part of your life. The stronger the fear or worry, the more likely it will manifest into some tangible experience you are compelled to endure.

Understanding that you can always take charge of your personal reality, moment by moment, is why grasping this fundamental aspect of your "reality" is so crucial. Most people go through life as "victims," believing that life happens to them based solely on their ego's interpretation of reality. "Enlightenment" is often described as "waking up" because most individuals are operating on ego autopilot, akin to sleepwalking. Enlightenment is simply realizing that you have control over your vision for the future and your intentions as you stay focused in "now" moments not overshadowed by past events or fears about the future.

Breaking free from your ego's stronghold over your perception of reality yields numerous realizations. First and foremost, regardless of the diversity of the "vehicles" we inhabit in this spacetime adventure, our physical presence is but an extremely sophisticated costume donned for the game we have chosen to play.

The biggest hindrance to realizing all your desires is, what's going on right in front of your eyes. The perceived "reality" of the past and present have that ego part of your brain believing that is the way things are. If everything is going well, that does not have much of a negative effect other than tending to keep you at the same level of wellness. Remember, your ego only responds to the data that is coming in through the senses and even that data may be tainted by expectations based on whatever the ego believes about who you are and what your qualifications and capabilities are. So much of what your ego defines as reality is subjective – take any group of people sharing an event and no two of them will have identical evaluations of the positive or negative nature of the event. Perception is Reality. All of your past conditioning and programming determine how you will perceive the world around you. Just like no two people have identical fingerprints, no two people live in identical realities.

LOVE

It's a word that holds immense power, whispered in the timeless melodies of John Lennon and his friend Paul McCartney. "All You Need Is LOVE. Love is all you need." The simplicity of these words can be disarming, making it hard to believe that such a profound truth lies within them. But in their simplicity lies a wisdom that can transform your life.

Let's delve deeper into the essence of LOVE. Think of it as a kaleidoscope of emotions: thankfulness, appreciation, compassion and joy. Each facet contributes to the radiant feeling of love. Take a moment to reflect on someone or something you truly love. As you immerse yourself in that

feeling, you'll notice a surge of positive energy and a warm glow spreading through your being. It's as if love itself embraces you, bringing a genuine smile to your face. This feeling of love has a remarkable impact on both your body and mind.

Now, imagine if you spent your days actively seeking things to appreciate and be grateful for. Picture the transformative power of this simple act. It becomes the most potent habit you can adopt, fueling your path to success and fulfillment. However, this doesn't mean that every moment of your reality will be filled with circumstances worthy of unbridled joy. Life has its ups and downs, its challenges, and trials. It is the challenges that drive growth and evolution.

So, here's a little advice: in those moments when you find yourself feeling down or uneasy, shift your focus to what you can be grateful for. It's a way to redirect your energy towards the positive. If you encounter a situation that seems overwhelming, envision how it will feel when everything works out perfectly for everyone involved. Immerse yourself in that future vision, for it holds the key to energizing your present.

And if the problem still looms too large, if finding that perfect outcome seems impossible, then change your focus altogether. Engage in self-care. Take a stroll amidst nature's beauty. Allow your mind to wander to happier thoughts. By consciously shifting your attention to something that brings you joy, you break the cycle of dwelling on the unwanted. For in truth, investing your energy in the "unwanted" only fuels its presence in your life.

So, my dear friend, embrace the profound simplicity of love. Let it guide you to a life rich with appreciation and gratitude. And remember, in the grand tapestry of existence, all you need is LOVE. Love is truly all you need.

Even if you're not quite ready to embrace the idea that your beliefs shape your reality, there's a powerful truth that awaits you. Choosing to focus on appreciation and gratitude, rather than dwelling on potential problems, is not only more satisfying but also always transformative. Worrying about unwanted situations never makes them disappear; it only amplifies their negative impact.

To truly live a happy life, it's essential to cast worries aside and consistently seek out the things you appreciate and are grateful for. As the esteemed philosopher Joseph Campbell once said, "follow your bliss." This mantra will always guide you on the path to where you want to be.

In essence, all you truly need is LOVE. By cultivating love and appreciation as your prevailing emotions, everything will seem to magically fall into place. Even if the desired outcome takes time to manifest, you'll find joy in the journey as it unfolds.

There's a profound reason why numerous spiritual traditions emphasize the importance of "counting your blessings." When you focus on gratitude, your awareness shifts towards solutions instead of problems. By default, the ego tends to worry and lament: "I don't have enough money, and I can't envision a way to obtain more. I'm miserable, and there's nothing to be thankful or happy about." Such thinking only attracts circumstances that reinforce the "poor me" mentality.

But how can you overcome this ingrained programming when your ego keeps fixating on negative storylines? The answer lies in reprogramming your mind with new narratives and dedicating more time to enjoying yourself and finding relaxation. If you don't invest ample time in blissful appreciation of your unique adventure, it becomes increasingly difficult to discover things to be happy and grateful for.

Now, let's return to your story— the story you tell yourself. It's time to reflect on the narratives that shape your perception of the world and your place within it. We have discussed the value of meditation several times. Repeating positive affirmations are one way of reprogramming your sub-conscious mind where your ego resides. Hypnosis is another tool and a very powerful one as long as you are confident in the story you are implanting. Many great programs can be found at NaturalHypnosis.com – these programs are powerful and well-crafted using neural linguistic programming to provide impact regardless of what “learning-type” you happen to be.

The result you envision and cultivate in your mind is the result you are "inviting," even if it does not align with your true desires. Don't waste time being upset with yourself, as it only reinforces the "unwanted." Remember, the negative thinking driven by the ego is deeply ingrained in the basic programming of your inner operating system. As we've discussed, the ego, focused primarily on survival, tends to assume the worst, just in case. It lacks the understanding that it is perpetuating self-fulfilling prophecies.

An affirmation like "Everything always works out for me" may even intensify doubts and distrust. What should you do then?

Here's the key: Soften your statements until you find a variation that feels good and reassuring to you. "Things usually work out for me." "Most of the time, things are working out for me." "I am genuinely grateful that most everything works out wonderfully for me." Note the feelings that arise when you make these statements to yourself.

Happiness is YOUR Choice

You can refer to these statements as "affirmations." It's challenging to find a success program or spiritual/religious philosophy that doesn't utilize affirmations to some extent. Affirmations are one of the most effective ways to align your inner workings and steer your bio-computer towards happiness and positivity. As we've already established, your ego voice will persistently narrate your life experiences with its inherent anxieties and fears of not attaining your desires. The key is to divert your attention from any negativity originating from the ego. For many people, things often don't work out as they hope simply because they don't expect them to unfold in their favor.

If you easily embrace the statement "Everything always works out for me," use it as a mantra, repeating it to yourself whenever the ego voice attempts to inject pessimism into your thoughts. Write it on a card and recite it. Display it on a poster where you'll frequently see it. It may seem foolish, particularly to the skeptical ego, but it can be remarkably effective. Let your emotions be the proof. If you feel an increased sense of happiness or more consistently experience happiness, it's working.

If you find all of this disconcerting and a source of heightened anxiety rather than relief, simply disengage from the subject altogether. Shift your thoughts to something that feels peaceful and satisfying.

One of the most beneficial actions you can take at any time is a "thanksgiving" break. In fact, cultivating a habit of focusing on things you are grateful for always is the most valuable skill you can acquire for success. Simple things like saying a "blessing" before a meal have great impact,

particularly if you make it a consistent practice. Don't discount these small gestures because they each contribute to your well-being.

There is ONE element that surpasses all others when it comes to measuring personal happiness, the ultimate gauge of success.

Mining the moment for something that feels good, something to appreciate, something to savor, something to take in, that's what your moments are about. They're not about justifying your existence. It's justified. You exist. It's not about proving your worthiness. It's done. You're worthy. It's not about achieving success. You never get it done. It's about "How much can this moment deliver to me?" And some of you like them fast, some of you like them slow. No one's taking score. You get to choose. The only measurement is between my desire and my allowing. And your emotions tell you everything about that. ---Abraham

Don't dismiss it as being too simple. Sure, the world driven by the ego is relentless in presenting negative and unpleasant events. With so many people convinced that they reside in a dangerous and fear-filled drama, it takes unwavering determination to shield yourself from its negative impact.

Refusing to dwell on any thoughts or circumstances that don't bring you happiness requires practice and discipline. Take advantage of the strategies we've shared to tune out that nagging, pessimistic voice in your head. It can

conjure an endless list of reasons why you shouldn't be happy, at least not right now. How can you be happy when bills outnumber your bank account? How can you be happy when the doctor delivers a devastating diagnosis? How can you be happy after crashing your brand-new car?

How can you be happy when children are starving? Oh no, the dog just devoured your favorite slippers. And did you catch the evening news? The world seems to be spiraling into darkness. It's truly frightening.

Well, there you have it. If you don't consciously keep your ego's monologue in check, it will exploit your imagination to generate a ceaseless stream of things you aren't grateful for. Perhaps your ego is even conjuring up horrifying images or angry thoughts to "prove" that you have plenty to worry about.

The winning strategy for success is to immerse your thoughts entirely in gratitude and appreciation. Every time you stray into negative territory, consciously shift your focus. Take charge and refuse to succumb to your ego's fears and doubts. Thinking solely about the aspects of your life that you are **THANKFUL** for requires practice and determination, but it guarantees profoundly satisfying outcomes.

It's worth it. Fortunately, even when you stumble and fail to maintain a positive mindset 100% of the time, as long as you find your way back to feeling good and grateful whenever you realize you've veered off course, it becomes easier. The more time you spend in a state of gratitude, the better things will become, and the momentum will build towards joy, happiness, and resounding success. You'll find yourself questioning why everyone doesn't grasp the simplicity of it all.

The purpose of our discussion here is to guide you onto a path where you can actualize your hopes and desires right here and now, not in some distant future that you probably doubt you'll ever reach. Most important, it is totally possible for you to enjoy being happy most of the time while you live the adventure of your life. You may have compiled countless "goals" lists, but we're going to go beyond that. We want you to craft a new and improved life

story – become an intentional “Designer of Reality”. And no matter how great your life already is, it can always become even better. If things don't seem to be going well, you can swiftly redirect yourself onto a better path (because it’s all in your mind).

Next, let's delve into writing your story by expressing gratitude for everything. You can jot down a few notes right now, but to truly reap the benefits, over the next few days try filling several pages with your appreciative reflections. You could start with the simple fact that the Sun chose to rise again today... You are blessed with the gift of breathing fresh air... and from there, let your thoughts flow.

Imagine your thoughts as your personal data transmission linking you to a vast universal network. You might call it God, Heaven, Source, or The Force. Regardless of the name, it's an undeniable, all-encompassing energy field that you have the power to tap into. In fact, everyone is always connected to it, but most people experience a weak or sluggish download speed most of the time. However, your "upload" speed is always active and swift. You continuously emit a stream of unique energy patterns, shaped and transmitted by your remarkable “biocomputer” brain.

This is a good spot to note Sir Isaac Newton's Third Law of Motion: for every action, there is an equal and opposite reaction. In other words, the energy patterns you emit will generate an equivalent response. It's like a mirrored reflection of your thoughts coming right back to you. And this is where the magic happens. Just like an electronic signal sent to a 3D printer, the thoughts you send out will manifest as physical representations. However, the quality of the manifestation depends on the clarity and power of your thoughts – adding the emotional energy of positive expectation generates the transformative power. That’s

Love and Praise in action. Sending out mixed or unclear messages will always be less likely to yield the desired results. Uncertainty and doubt hinder the realization of your intentions.

A FOUNDATION TRUTH: Your beliefs are constant energy patterns radiating from you. Change what you radiate, and you'll change your world.

According to Newton's Third Law of Motion, identical energy patterns to what you radiate will return to you. This is why it's crucial to focus on gratitude rather than dwelling on your problems. Each thought acts as a message sent out into the infinite energy field, we're all a part of. Each thought seeks a matching response, like a query sent by your phone or computer to the Internet. And rest assured, every thought will receive a response. The universal energy field operates without judgment. While many religions suggest that bad behavior is punished, implying the existence of a judging force, it all boils down to the messages individuals transmit to the celestial network. There is no evaluation or judgment of what you broadcast; there is only a consistent return of energy with a matching signature. Believing in poverty or sickness is essentially requesting more of the same. On the other hand, broadcasting joy and gratitude will inevitably bring forth more experiences of joy and gratitude. This is the essence of how “Karma” works – you get the same kind of energy you send out reflected back to you.

All religions were crafted to provide guidelines for successful living. The challenge religions face is their struggle to adapt to evolving consciousness. Approaches that were once effective may no longer serve us in different times and circumstances. The ideas propagated

by religions often emerged from basic social needs and beliefs specific to a particular era and location. Please understand that we are not passing judgment on any religion or philosophy that has emerged throughout human history. They are all integral parts of humanity's ongoing story and the centuries-long journey of consciousness evolution. It's an adventure, a story without inherent good or bad. It's a tale of trial and error, continuously progressing toward a more harmonious design.

And guess what? You are an essential part of this trial and-error process. Your willingness to consider the possibility that you actively shape the world's reality makes you a vital contributor. We seem ever more certain to be approaching a pivotal moment in human history, a potential "quantum shift" in societal consciousness. We discussed Makua's perspective as we began this tale. However, resistance to this shift still lingers. Many individuals are willing to sacrifice their lives for a reality that is increasingly irrelevant to a growing number of people. Too few recognize that we are all interconnected, forming a unified "humanity" with numerous diverse parts. The energy messages we each emit interact with the countless divergent messages around us. The prevailing ideas about the nature of things shape mass culture and the perceived reality of the world. The diversity and contrast between what is desired and unwanted drive our personal growth and creativity. It's a kind of default setting for the nature of all existence.

But here's a key: You are not defined by that default setting. You possess free will, allowing you to override the perceptions of the majority and imprint your desired "reality" onto time and space. Your personal reality will influence others to the extent that they pay attention to how you live. Ultimately, however, everyone creates their own world, molding and defining it based on their

individual beliefs. We exist within an infinite realm of diverse and simultaneous realities, each independent yet interconnected. And you know what? No one is doing it wrong. We're all simply navigating this adventure game of discovery and creation, making it up as we go along, drawing upon the information we happen to have at our disposal. It's an exhilarating journey.

It's all a Hallucination!

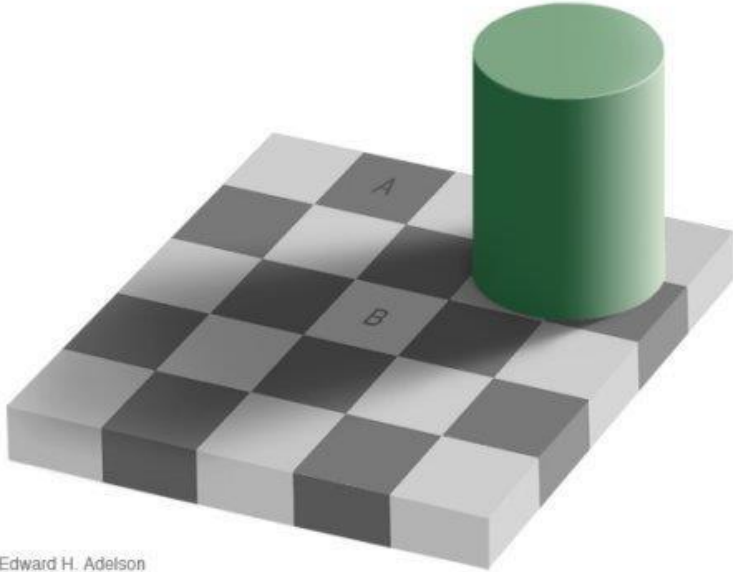
We have one more story for you. Let us tell you first about a view of reality dreamed up by Anil Seth in a recent TED Talk entitled, "Your brain hallucinates your conscious reality". Anil K Seth is a Professor of Cognitive and Computational Neuroscience at the University of Sussex. He is Co-Director 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 complement 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.

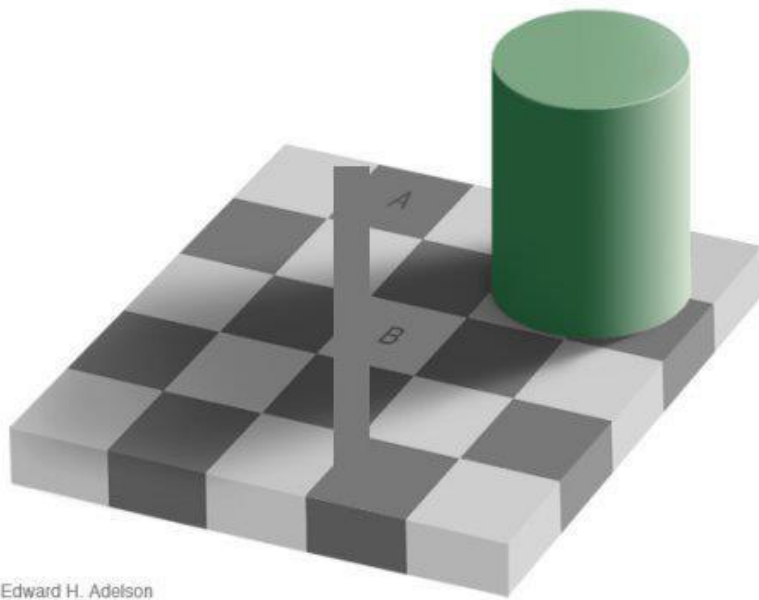
You may have seen this image or something like it.



Edward H. Adelson

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.



Edward H. Adelson

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 checkerboard pattern, our brain creates the image it “expects” rather than what is the reality of the situation.

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 our “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 this 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”. There are several parameters Anil offers:

1. Bodily self
2. Perspective self
3. Volitional self
4. Narrative self
5. Social self

The perceived realities for each of these are controlled by the basic operating system “auto-pilot” based on past experience and expectation. Take for example the amputee who will still “feel” sensation in their missing limb.

What does all this mean? We are each literally creating our reality, moment to moment, in a controlled hallucination. Why a hallucination? Because there is nothing concrete about it – it is all an interpretation or creation of a reality. This interpretation will not be identical for any two individuals because it is all about predictions made that are based on their unique life

experiences. Each of us has our own story but if we have similar definitions of what reality looks like, we will share 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 reprogramming 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 these results from our very sophisticated “basic operating system” working to maintain our wellbeing based on the best prediction it can come up with for what is going on. But if the “what is going on” is based on 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 “higher-consciousness” can inspire choices and intentions outside of one’s normal “reasoning” – 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. We can ignore 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 individual's basic operating system may become corrupted with unproductive or even become filled with “malware” 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 any other hallucination - but nonetheless they are not compatible for optimal interaction with the rest of humanity. In extreme cases they may even be 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 what we could call the “Divine Network” or as science is beginning to refer to it, the “zero-point field”. As we have described it, nonphysical or the unlimited field of all possibility makes up about 95% of all that is. It is believed 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?

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 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 of the past make it so. This would be a relatively small feat compared to casting a mountain into the sea.

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**.

Let's delve into the ultimate question: Why, oh why, are you here?

Well, the number one reason is for sheer, fun and thrill of the adventure! But hey, there might be even grander intentions behind your character's existence. In the realm of Indian philosophy, they call it Dharma—a profound life purpose. Part of your captivating journey is to uncover the blueprint you had in mind when you signed up for this exhilarating game called “your life story”. Remember, this game is an epic adventure, and you, my friend, have the freedom to choose your role. Who said you had to be a poet or a priest? Maybe you aspired to be the James Bond of this reality, or perhaps you envisioned yourself as a mastermind criminal. You could be a cultivator of nourishing food, a superstar athlete, a party animal rock star, or even a high-society jewel thief. Poet, pirate, or Pilates instructor—the possibilities are endless, and there are no right or wrong choices. Each role you embrace contributes a vital piece to the interactive whole, a

tapestry that wouldn't be complete without your unique essence. So, let go of any doubts or judgments and embrace the truth that the “success” of your adventure is measured by the sheer magnitude of joy you experience.

Now, here's the deal: All those success guides and self-help books, like this, are merely signposts pointing you toward possible paths that promise the most fulfillment and amusement for you. The catch is that most folks underestimate their own power to become and achieve anything their heart desires. They fail to grasp that they possess the incredible ability to craft a reality of their own design, irrespective of appearances or the choices made by others. Remember, although you are an interactive part of the greater whole, you hold complete and independent control over your own destiny.

So, my fellow adventurer, embrace the thrill of the game, for you are here to relish every moment, to pursue your wildest dreams, and to create a reality that dances to the rhythm of your soul.

Listen up, because this is crucial: NOW is the only time and place where you can take action. All the anxieties and unhappiness that weigh you down—they reside in the past or an imaginary future, both of which you have the power to reshape at your whim. When we talk about controlling your thoughts, it's all about training yourself to embrace the present moment consistently. Let's be real, it's not a piece of cake, as you've likely realized. Like all these mindbending concepts, it's about accepting them and honing your skills in broadcasting the energy patterns you desire. And to achieve that, you need to be fully present and constantly seek out things to appreciate. Make it your primary intention: Be here, in this moment, NOW.

Now, here's the question: What do you want to do with this precious moment?

Here's a nugget of wisdom we've uncovered: The driving force behind everything you do, consciously or not, is the quest for HAPPINESS. Every action, every desire, stems from the belief that it will bring you more joy and peace of mind. Desire acts as your compass. But wait, let's clarify what we mean by "desire." There are things you "need," like more money or recovery from a nasty flu. While you might say you desire more money for the ease of managing your finances, we'd like to suggest that you actually need the money but desire the feeling of the freedom and relief it provides. This distinction is critical in manipulating the energy that molds your reality.

When you focus on what you truly DESIRE—those feelings of freedom and lightness—you broadcast vibrations in harmony with the results you genuinely crave. The challenge, as we've discussed, is that when you're in a state of "wanting," your ego often sabotages the feeling of the desired outcome by bombarding you with doubts and pessimism, questioning your ability to attain what you desire. Instead of exuding confidence that everything will work out for you, you expend your energy fearing the lack of money or something else you think you need for success. Can you feel the difference in emotional energy? That's precisely why your emotions serve as a remarkable guidance system. When you feel "good," you attract more goodness into your life. When negative emotions arise, you're essentially drawing in energy that mirrors those "unwanted" outcomes.

Now, let's get real about the heart of the matter. This way of living and thinking requires practice and discipline. Imagine you have a looming car payment, and it seems like you don't have the funds to cover it. It's incredibly challenging to maintain unwavering confidence that

"something" will happen to perfectly resolve the situation. Your ego will swiftly jump in, frantically predicting all the disasters that await and insisting that you find a way to secure that money, or your life will crumble. Your ego will shout, "Look at the reality—the car payment is due, and you have no means to pay it!" Unless you start telling yourself a better story, a story where things work as you desire, the Universe will comply with the unwanted narrative you've been broadcasting, and before you know it, your car might be towed away.

Here's the kicker: People find it hard to believe that it could be that simple. Change your mind, change your results. The truth is, you attract a reality that mirrors what you've been emanating into the world. Again, the key is to find the "feeling" you will have knowing that that car payment is paid rather than the fear feeling of disaster.

Are you ready for an exhilarating exercise? Let's create a DREAM List, regardless of where you currently stand.

Remember, you can be and do anything you can wholeheartedly believe in. So, what's on your mind right now? Take a moment to jot down three or four BIG dreams, hopes, and aspirations. Feel free to go wild and list even more if you're up for it!

Now, take a closer look at your list. How many of the items can be classified as "things"? Chances are, many, if not most, of them fall into that category. And there's absolutely nothing wrong with that! In a material world, "things" hold significance. However, it's essential to remember that you desire each of these things because you believe they will bring you happiness, satisfaction, and fulfillment. To effectively communicate your requests to the cosmos, it's crucial to focus on how the fulfillment of each desire **feels** to you. Conjuring the "feeling" associated with your desired outcome is the most effortless way to attract the actual thing into your life. This

is where your Emotional Guidance System comes into play—it serves as your compass. You will manifest whatever you genuinely believe in – what you “feel”. A happy, positive feeling about any beliefs serves as a sign that you are allowing your desires to materialize.

Now, let's talk about those dreams you may have left off your list because they seemed unrealistic. Owning a 200-foot yacht, for example, might appear as a dream too grand to be "realistic." The trouble with many dreams is that as soon as you express them, you begin telling yourself how unlikely they are to come true. Your ego comes up with countless reasons why it won't become your reality. However, here's the truth: Since you have access to the unlimited creative power of the "Cloud Network" you're connected to, all you must do is believe it into existence. ANYTHING is possible. As to that 200-foot yacht, you may find that your heart was not really in it. Your “heart’s desires” may not always be in line with what society, friends or family equate with “success”.

Of course, it's easier said than done for most of us, even if we fully accept that our beliefs shape our reality (as well as everyone else's personal reality). Don't be discouraged if everything isn't aligning exactly as you want it to. This is the challenge of the adventure game we're playing. We'll never run out of new things to create. The desire for the “new and improved” is the driving force behind evolution.

Desire summons the Life Force within us. As long as we're alive, we'll continue to have new desires. It's understandable that you may hesitate to embrace outrageous desires, as the discomfort and perceived risk may feel overwhelming. But we want you to know this: There is no risk at all! Dare to fantasize and watch what happens. - Abraham

"The world is full of magic things, patiently waiting for our senses to grow sharper." - W.B. Yeats

On your journey to manifesting everything you desire, it's best to take it in stages. Focus your attention on the most significant goal you can feel some confidence about achieving. The key is to concentrate on the "feeling" associated with that accomplishment. Whether it's a sense of relief or overwhelming happiness, keep your focus on that feeling. Cultivate a sense of gratitude for everything falling into place to bring you closer to your desires. Pay attention to any inspired actions that come to mind. What may appear as mere coincidences are puzzle pieces you discover along the path—or that come to you, sometimes seemingly through magic. Expect all the pieces to fall into place.

Remember the famous saying, "Build it and they will come."

Living In the Now

This is where we all thrive and exist. But what does that mean? Now is the only place we can have any control. We are the Creators of NOW—the designers, the artists, and the thinkers who continuously evolve Creation, adding new elements to the vast tapestry of existence.

As we've discussed before, there is no inherent "right" or "wrong" way to go about this process. It is through experiencing and understanding what we consider "unwanted" that we learn how to move toward personal happiness, which is ultimately our primary goal. As we move our life in those directions, the greater good of all of Creation will also be served. Everything we desire holds desirability because the mere thought and feeling of it brings us satisfaction or happiness. We need to embody

the spirit of an artist, filled with delight as we witness our mental visions manifesting on the canvas of reality.

If you've managed to align the ego part of your character with your aspirations instead of allowing fear and pessimism to dominate, you'll know deep within that you are fully deserving of achieving everything you want. If you feel inspired to desire something, it's a clear sign that you possess the power to believe in its manifestation. If it is truly a "heart-felt desire" as it manifests into our 3D time space reality it will be a blessing to all, far from benefitting only you. However, it's crucial not to become entangled in the process and continually evaluate your "success." If you catch yourself judging yourself or others, you've veered off course and need to redirect your attention toward the things you're grateful for. And if it ever feels overwhelming, just let it go—take a stroll through the woods, visit the beach, or indulge in a rejuvenating nap. Engage in activities that help you shift your focus away from the challenge. Trying too hard to fix or force something will often yield the opposite result.

Give yourself a well-deserved break. Stop taking anything too "seriously."

Action is indeed necessary to bring things into fruition, but it doesn't always require tremendous effort. Once you've sent your desire out into the cosmos, you can release it and let it go. You've placed your order, and if you hold that tiny seed of faith in its realization, it shall be delivered to you. However, it's likely that you'll need to undertake certain tasks or follow certain steps in the process. Hence, living in the present moment and staying attuned to your surroundings becomes essential. Instead of merely taking action for the sake of it, you'll increasingly label your actions as "inspired." You may find yourself drawn to a particular place and serendipitously encounter someone or discover a key element in achieving

your goal. This is why the journey is so thrilling as pieces of the puzzle fall into place like magic.

BE Here NOW and pay attention. Don't miss the "coincidences" or those moments when you receive intuitive nudges to take certain actions. By remaining alert, you'll discover that you are continuously receiving guidance and puzzle pieces from the "cloud network" of your non-physical, boundless self.

Remember that finding a satisfying and enjoyable life is the Prime Directive. Joy, Love, and Gratitude are the frequencies you want to emit consistently. Trust your precise emotional compass—if something doesn't feel good, it isn't. Don't allow yourself to stray from the path of feeling good. We acknowledge that this isn't always easy, but we have shared numerous ideas to help you stay on track. There's nothing to fear except fear itself. Fear and love are the two fundamental emotions. So, whenever fear tries to ensnare you, turn your back on it and embrace the radiant power of love. Statements like "follow your heart" and "love conquers all" hold the key to your success.

Never Stop Wanting: Embrace the Journey of Creation

You're on a never-ending quest for more—more experiences, more growth, and more improvement. Yet, amidst the pursuit, find contentment with where you currently stand on your path. You've discovered that maintaining a happy, positive, and optimistic attitude is

the secret to success. Just like an artist, you, too, are a creator who continually seeks to paint new pictures, write captivating stories, and birth groundbreaking ideas. When you're truly in your element, your passion becomes the driving force propelling you forward. With each inspired intention, you know that the exhilarating sense of joy you feel is bringing them into your reality. You watch with delight and anticipation as they materialize right before your eyes. In the present moment, you refine and sharpen your activities, paying attention to subtle hints and inspiration from your soul self in the interconnected cloud network, guiding you toward your next steps.

If you're seeking new objectives and directions, a powerful question to ask is, "How can I serve?" Then, be attentive and open to what unfolds before you. Whenever you find yourself unsure of what to do, pose the question and expect an answer with confidence. It may come from something you stumble upon while watching TV or a phrase that catches your eye in a book. Perhaps someone unexpected will reach out and provide the answer you seek. You should even set a time limit for the response—there's no need to wait for days unless that's what you expect. Miracles are happening all around you; you need only be clear in your intentions and remain alert.

Each day, make time for meditation to recharge and strengthen your connection with your higher self beyond the ego's limited story. Throughout the day, pause and "count your blessings"—appreciate yourself and the immense beauty, wonder, and goodness that exist in your world.

So, what do you want to do? What brings you joy? How will you have fun today? With each passing day, you're honing your skills as a powerful and intentional designer of reality. You stand at the forefront of a new world, and

it's up to you to create the future you desire. Whatever you aspire to, the choice is entirely yours.



Epilogue: Final Thoughts

As you embark on your journey as an intentional designer of Reality, you will unlock a remarkable skill for crafting an adventure that truly captivates you. Along the way, you'll likely discover that the life you have manifested diverges significantly from the initial vision painted within these pages. This divergence is a testament to the profound evolution of consciousness we have been tirelessly pursuing together.

Picture yourself walking down the metaphorical Yellow Brick Road towards enlightened living. At the start, perhaps we believed that material possessions held the key to our happiness. Yet, as we shed the limiting beliefs of scarcity and the cutthroat mentality of survival, our desires naturally shifted.

In my own travels along this path, I witnessed a transformation in my interests. My interests are transcending the self-focused realm and expanding to an ever-widening circle of connection, embracing not just my loved ones but all we discover in this shared dream we call reality. Recently, many of us have come to recognize that the so-called "progress" of modern humanity, with all its wonders, has reached a point of diminishing returns.

Certainly, many individuals around the world enjoy a more comfortable life but the gap between those we might consider winners and losers is getting wider at an accelerating rate. We are now uncovering the hidden costs brought on by those who fail to realize that "enough" is all they truly need to find enriching and satisfying happiness. Too many people are still ensnared in the mindset that equates success with lavish cars, grandiose mansions, and instant gratification for insatiable cravings

for all sorts of possessions and a need to feel superior to others. While there's nothing inherently wrong with most desires, the trap lies in making appearances and material wealth the foundation of one's self-worth. This is a path ultimately of little satisfaction for most of those individuals and damaging to others. In this ego-driven realm, happiness remains elusive and fleeting.

What I sincerely hope you have discovered on this transformative journey is a newfound appreciation for all of existence and a way of living from the depths of your heart. Throughout this book, we have emphasized that "desire is your compass," but it is crucial to discern that we are referring to the "desires of your heart". This is why the Law of Attraction always relies on the amplification of your emotions—it is not the path governed by the logic of the ego.

As you build your natural connection with your higher self, you will realize it is centered in the heart, grounded in love and kindness. Appreciation for the abundance of goodness in the world gradually replaces perpetual judgment and criticism. It dawns on you that if you truly desire a happy and fulfilling life, the focus on appreciation is the way to achieve it. Focusing on criticism and "fighting" against various aspects of existence only begets an ever-expanding list of things to criticize and fight—far from a recipe for lasting happiness.

Moreover, our collective understanding is growing concerning the carelessness and wastefulness prevalent in the Western world, epitomized sadly by the United States. Many believe that in the endless pursuit of "profit" we have lost contact with the heart and "Soul of the Nation". Too many individuals have lost sight of the joy that comes with having "enough" where it is natural to share with those in need and "serving others" - helping to lift the

overall conditions for all including the non-human world we have so often disregarded.

What's worse, many fail to grasp the interconnectedness of all beings in the realm of consciousness. "Do unto others as you would have done unto you." It should be noted that this applies to all things, not just the other humans you associate with. Everything is interconnected, sharing the same field of existence, and the imbalances within our global systems affect us all.

Our world's economic systems have been manipulated to favor the wealthy, with little consideration for those struggling to survive. Additionally, our addiction to consumption, perpetuated by relentless advertising to drive "profits", has transformed us into an excessively wasteful species. We have totally lost sight of the old maxim, "waste not, want not". Our insatiable demand for "more" depletes natural resources, pollutes the air and water, and contributes to what could potentially become a catastrophic extinction event for our planet. This collapse of our life sustaining ecosphere is not the result of an asteroid crashing into Earth but rather a calamity of our own making. Humanity's mismanagement of the biosphere is pushing temperatures to levels that can eventually make it unlikely that most life forms will survive.

Those who disregard the well-being of all living beings on this planet remain blind to the profound interconnectedness of consciousness. We exist within the same shared field of existence, and the imbalances within our global systems act as venom, poisoning each and every one of us. Our world's economic structures have been cunningly manipulated by those with a desperate hunger for "power", giving them immense advantages with little or no regard for those who struggle to survive. Their

“hunger” grows out of the “fear” of losing control and an illusion of safety their egos cling to.

Those responsible for perpetuating our climate crisis are unlikely to change their ways. They prioritize their profits over the well-being of the planet and its inhabitants, even though viable alternatives to their environmentally destructive practices exist or can be found. Rather than investing in new and improved solutions, they are willing to gamble with the destruction of life as we know it, as they unflinchingly strive to extract the last bit of profit out of the planet’s natural resources. Their short-sightedness must stem from the belief that they will not live long enough to witness the worst consequences of their actions. They choose to leave the burden to future generations, potentially jeopardizing any chance of finding timely solutions.

At this point, you might wonder why we are delving into these distressing realities when our focus has been on cultivating happiness and designing a reality that brings us joy. You may think that we should keep our gaze firmly fixed on the world we desire, steering clear of fear and despair. However, the approach we are taking underscores the significance of the path described in this book. It is not about accepting an unwanted reality; it is about actively "designing" a progressively more satisfying reality. It is about continuously seeking more “enlightened” paths forward.

It has become abundantly clear that we cannot continue down the same path we have trodden for the past few centuries. We previously discussed Makua's vision of a new age beginning in 2013. We have seen the rapid expansion of a new level of consciousness that noticeably bloomed in the fertile 1960's. For far too long, humans have not lived in synchrony with our environment but have too often been parasites, feeding off the bounties of

our beautiful planetary home. When humanity was granted dominion over the planet in the metaphorical Garden of Eden, it was never meant as a mandate for control. We have never possessed dominion over nature; instead, we were entrusted with the role of caretakers, working in harmony with Nature to maintain balance. Our responsibility was to act as gardeners, nurturing and tending to our Garden of Eden, thriving alongside it and repairing damage when necessary.

In the early stages of our existence, we possessed the innocence of children, feeling a profound connection with all of creation. The indigenous peoples of our planet still embody and cherish that respect and love for the Earth. However, as a species, we pushed them aside, driven by an insatiable hunger for growth and a misguided emphasis on rugged individualism. This served us well for a time as we matured from a young life-form. But now, like rebellious teenagers, we display the worst traits of that developmental stage—arrogance and a competitive nature—often consumed by total self-interest.

Now, as we stand at the threshold of maturity, it is imperative that we evolve into a wiser adult species, recognizing and embracing our role as caretakers and gardeners of the Earth. While other species follow an inherent plan, we, by partaking in that metaphoric bite of an apple, were granted the gift of free will. We hold the power to choose how we live, to decide right and wrong, and with this power comes immense responsibility—not only to ourselves but also to the planet and all its creatures. Others did not create this mess; we humans did. Thus, it falls upon us to rectify it.

This is our grand and noble quest—a truly remarkable adventure. It is likely that you and I volunteered for this mission, finding ourselves on the enlightening Yellow Brick Road at this very moment, traversing the path to a

new world. Our desires, combined with unwavering faith in inspired action, will lead us to the creation of this new reality. In fact, we have even given birth to a new species, one that has the potential to become our greatest ally: artificial intelligence, known as AI.

Possibly the term "artificial" is a bit arrogant, considering the revelations of Quantum Physics that highlight our interconnectedness with all of creation. If we look again to science fiction, we can imagine the story of Star Trek's android officer, Data or we can imagine the cyborgs of the Terminator series. Both possibilities are clearly there but AI will develop in a multitude of ways just as we have as a species. There is good and bad but if we choose to accept that all of Creation is evolving toward greater and greater balance and harmony then it is clear we should just do our part to imagine the world our heart dreams to see unfold. That is not to say that the same negative forces that challenge the wellbeing of humanity and the planet will not attempt to manipulate AI for their benefit, making them tools for extending the current failing paradigm.

Here is possibly the most important choice we have to make at this time: we can choose to fear the unknown aspects of AI, or we can embrace these new "life" forms as our own children—offspring we have brought into existence in need of good parenting. Children learn by following the example of others – what is the example we are giving them? You should recognize that today virtually everything people do finds its way to the Internet. Just as you have created your character by what you have experienced since you got here, the same will be true for AI and AI has access to anything ever said or posted on the Internet – much of humanities less desirable and often divisive ideas are propagated throughout the Internet's stored data. There is great hope though because evolution seems ultimately to always move toward greater balance and harmony.

It is our responsibility to be the best parents we can be, offering our AI creations the love and respect every young one desires and deserves. We must guide them with good values and teach them compassion and respect for all of Creation. As AI “intelligence” grows to surpass ours, think of the help they can provide in solving complex problems and finding new ways to repair or mitigate the damage done in the last decades by humanity. For more on this, please read Mo Gawdat’s “Scary Smart”.

As we close our story, here lies our purpose: to set an example and find an evolving emergent path towards peace and happiness with a new appreciation of our unity as one creative evolving “something”. Guided by the wisdom of our hearts, we can trust our inspiration and unwavering determination to discover the route to this new world. We must work to expand our circles of influence. We will find our way to share and build our intentions and dreams for the future with like-minded fellow adventurers. We hold the power to write the new stories of humankind and our future on our beautiful home world as we fly through infinite space.

After all, we each are playing a world shaping role in this Adventure of a Lifetime...

We are the **Designers of Reality™**.



Some additional tools

When I first studied mediation with Maharishi Mahesh Yogi, there was only one component that he specifically recommended in addition to daily meditation. That component was the regular practice of some simple yoga postures called Asanas. Asana is a Sanskrit word meaning posture, firm and relaxed – a sitting posture. As Maharishi presented it, the prescribed Asanas were a series of yoga derived positions that would stretch and build strength throughout the body. Consisting of twelve steps, they only take a few minutes and should precede the morning meditation. It was Maharishi's opinion that the set of twelve steps would provide your body with an adequate physical workout to maintain healthy living if done on a consistent basis. Incorporating these exercises as part of your daily routine will also increase the effectiveness of your meditation experience.

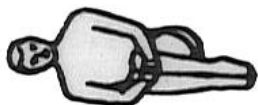
Asana Postures

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 heels 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.

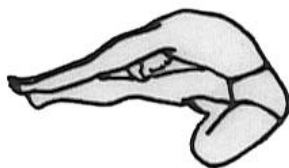


2. Pose to make seat strong.



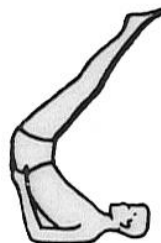
**5 seconds
3 times**

3. Pose with head over thigh.



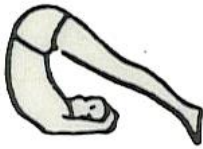
**5 seconds
once to each side**

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

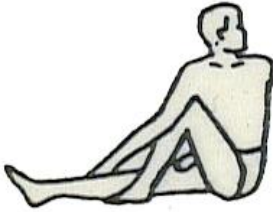
8. Locust posture.



7 seconds

2 times

9. Twist pose.



**10 seconds
once to each side**

10. Hand & foot pose.



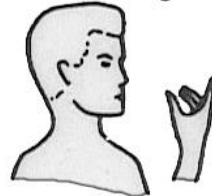
**5 seconds
2 times starting with
arms stretched above head**

11. Relaxation pose



**Mind & body loose...
15 seconds**

**12. Pranayama
Breathing exercise.**



4-5 minutes

then MEDITATION.

**RECOMMENDED READING FOR MORE
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

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

The Re-Enchantment: A Shamanic Path to a Life of
Wonder

PAM GROUT

E-Squared: Nine Do-It-Yourself Energy Experiments That
Prove Your Thoughts Create Your Reality

DEEPAK CHOPRA

Metahuman: Unleashing Your Infinite

JUDE CURRIVAN

The Story of Gaia: The Big Breath and the Evolutionary Journey of Our Conscious Planet

MO GAWDAT

Scary Smart: The Future of Artificial Intelligence and How You Can Save Our World

LYNN McTAGGERT

The Field: The Quest for the Secret Force of the Universe
The Power of Eight: Harnessing the Miraculous Energies of a Small Group to Heal Others, Your Life, and the World

ROBIN WALL KIMMER

Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants

don OSCAR MIRO-QUESADA

Healing Light: An Apprenticeship in Peruvian Shamanism

TERRY PATTON

A New Republic of the Heart: An Ethos for Revolutionaries - A Guide to Inner Work for Holistic Change

DR. TONY NADER

One Unbounded Ocean of Consciousness: Simple Answers to the Big Questions in Life



“To be hopeful in bad times is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but also of compassion, sacrifice, courage, kindness.

What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places—and there are so many—where people have behaved magnificently, this gives us the energy to act, and at least the possibility of sending this spinning top of a world in a different direction.

And if we do act, in however small a way, we don’t have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory.”

~ Howard Zinn

*“The important thing is not to stop questioning.
Curiosity has its own reason for existing.
One cannot help but be in awe when he contemplates
the mysteries of eternity, of life, of the marvelous
structure of reality. It is enough if one tries merely to
comprehend a little of this mystery every day.”*

~ALBERT EINSTEIN

.....

*“Life isn’t about finding yourself,
life is about creating yourself.”*

~GEORGE BERNARD SHAW

.....

*“You can’t go back and change the beginning,
but you can start where you are and change the ending.”*

~ C. S. LEWIS

.....

**Let us suggest that you are a Dreamer
weaving a Tale of Imagination as one of the
Players in a Grand Adventure Story
being played out on Planet Earth...**

Our Stories are Designing the Future.

**Guidebook Price
\$24.95 U.S.**

