



*These are some introductory ideas for individuals who are interested in learning how to have more direct control over what happens in their life. Ultimately the path is intended to free you of a belief in limitation or lack of any kind. These ideas are offered as guidance to transform your life in any way that you desire regardless of what appears to be your current reality.*

First you should know that your purpose here on this planet is to play a role in the positive evolution of consciousness and the imagining and realizing of an ever happier, abundant and loving personal experience of the world. It is your destiny to evolve and seek new ways to expand and contribute to all of Creation.



**So, now that you have found yourself here, would you like to have more fun and fewer worries? How about making the world more peaceful and joyful?**

The good news is that you are totally capable of achieving both of those objectives. The tough part is “the world” has been trying to convince you of the opposite reality your entire life.

**Adventure Guideline #1:** The only restrictions or conditions you have in life are those you accept for yourself. It really doesn't matter what anyone else thinks or does.

### Key Rules of the Game:

**1. You can do and have anything that you want** – The only thing that will hold you back from making all of your hopes and dreams come true is your lack of belief in the possibility of their reality or you feeling unworthy of the achievements. Both of these are difficult challenges because we are surrounded by a world of judgment. We are also constantly told that there is not enough to go around and you can't always get what you want. You are told that except for a few “lucky” people you have to work hard and live up to a certain standards to get the things you want. **NONE OF THAT IS TRUE** (unless you choose to believe it). **2. Your success benefits everyone** – In reality there are no limitations except those we place on ourselves – there is not a limited amount of money or love or good health to go

**2. Your success benefits everyone** – In reality there are no limitations except those we place on ourselves – there is not a limited amount of money or love or good health to go around. The more success, appreciation, happiness and fun you experience, the more you will benefit everyone around you and the world at large.

**3. You can be your own worst enemy** – From the moment you were born what is usually called your “ego” (we will call it your bio-computer basic operating system) has been “programmed” by everything you have ever experienced through your five senses – there are lots of bad ideas or what Wayne Dyer called “erroneous zones” mixed in with the information that has been essential and beneficial to you in living a happy life. If you had an Aunt Suzy who said you would never make much of your life when you were a little kid, that “programmed” message can still be running in that bio-computer brain of yours and without your direct awareness it may still be affecting all of your choices and decisions.

You experience your ego as a voice in your head constantly talking to you. To extend our computer model, that is the voice of your basic operating system and the “character” you have created through however many years you have been alive and playing our game of life. However, the “conscious” YOU can easily transcend the capabilities of ego you if you are willing to stop accepting everything that “voice” says is true. Everything “ego you” knows is based on experience and therefore it will reject anything it has not experienced through the five basic senses. Limits and impossibilities are the territory of the ego. The ego’s main role is keeping you functioning smoothly and self-preservation but it can never come up with a new idea. Because self-preservation is its prime directive it is by nature a “worrier”. It can only react in the way it has been programmed to behave. For your safety, your ego has created and will try to lock you into a cautious “matrix of perception”. Your ego holds you in your current “reality” because it totally believes its perceptions define the totality of the “real” world.

**4. Let you heart be your guide** – How can you get past the limited beliefs of your ego self? You have to be willing to believe in your hopes and dreams, wishes and want instead for the direction you are to take. That’s a scary concept for your ego because it never wants to step into the unknown. Unless a lot of other people already have shown agreement with your actions and choices, your ego will reject anything new. Fortunately you have a “sixth sense” that is a combination of emotion, instinct and intuition. We will call it your emotional guidance system (EGS) – if something does or doesn’t “feel” right you can be quite certain that you know what direction to take on a path of least resistance to getting everything you want. Learning to pay attention to and trust your “sixth sense” is the most important skill you need to develop on the path to what is often called “enlightenment”. Enlightenment is really just getting beyond your continuous acceptance of a dominant “matrix of perception” and living by inspiration and imagination.

**5. How do you keep making progress moving toward your hopes and dreams?** While it may seem extremely simplistic, “appreciation” is the key. The more you can focus entirely on things and thoughts that make you “feel” good, the better things will get. You must feel good about your future reality before the reality you want can materialize. Your ego has to “see it to believe it” and that will never let you make much progress toward any big dreams and new and improved realities. This is why it is so important to let your EGS sixth sense guide you. The hardest part of this path is “learning and practicing” the art of consistently focusing on the things you want and having total faith that you can channel the creative force of the Universe to manifest your ideas in this time and space reality (that may sound a little far out to you but at some point you are going to have to accept that you are a very powerful being with the power to manipulate the physical world to your wishes). You must develop the skill of never worrying about anything and choosing to be happy and thankful about everything. It is a BIG challenge but it will unlock your vast and really unlimited creative power.

**You were born to be a “Designer of Reality”**

*These concept modules will offer several ideas and processes to help you along your unique path toward whatever you want to do and accomplish.*

**First, congratulations on where you are right now and what you have already accomplished.** If you are interested in getting on this “Path of Appreciation” to all of your hopes and dreams coming true, the first thing to do is to take some time right now to make a list of everything in your life that you are happy about and feel thankful for **RIGHT NOW**.

Get a pen and some paper. *Here are some areas for examination ( not in any particular order of importance and you may have others that you feel should get recognition as well ) :*

1. Let's start with YOU. What do you like about yourself?
2. Work/occupation/personal pursuit – if you are a student, what's good about school? If you are working at some job or some specific pursuit what are positives about that?
3. What do you like about your social interactions – love life, family and/or friend relationships, pets?
4. What hobbies or types of recreation do you like – what do you really enjoy doing just for fun or adventure?
5. What life experiences have given you a real feeling of joy and personal satisfaction?
6. What about the world you live in... nature, air to breath and the energy of the sun?

As you travel through each day's adventures, look for things to celebrate and be thankful for - don't let any of them miss your appreciation. Take some time everyday to just have some fun. Look for opportunities to make someone else's day a little better by appreciating something about them giving them a smile - at the right time that can mean a lot. We are all in this together and together we can change the world for the better a little bit each day.

A few notes – First, **no one is keeping score** – making mistakes is a crucial part of the learning process. It is really just a matter of learning to accept that you are an immortal expression of an infinite energy field that has designed a character, (your name here), and to have faith that all of your hopes and dreams will be easily fulfilled as long as you can train yourself to “believe it” before you can see it.

Your doubts are your only barrier to doing whatever you may dream of doing. If you are suffering from any anxiety or fears, you can free yourself - these are self-imposed limitations. They can only be if you choose them - with a little practice you will begin to make improved choices. There are some mental skills you need to learn but all that is required to become the powerful "Designer of Reality" you are destined to become is to let all of your fears and worries go. It will take some mental effort and the awareness of a few important concepts but there is no reason that you cannot do it in this lifetime. It is as easy as consistently seeking out those things that bring you joy and appreciation and wasting none of your energy worrying about the "unwanted".

**Make HOPE, LOVE and JOY the forces  
that drive your every action and decision.**

**HOW DO YOU DO THAT?** Make worry and anxiety a thing of the past and keep your focus entirely on looking for things to be happy and thankful for. Let the search for great things and miracles be the setting for your compass of awareness. This will require some practice and certainly entails developing a “discipline of thanksgiving”. You must consciously change course – change what you are thinking about anytime you start feeling “bad” about anything. Find something “good” to think about. Change the channel on the TV. Find someone new to talk to. Your ego and that “matrix of perception” that has been created by the world consciousness does not want you to stop playing its game of struggle and loss of hope.

An Easy and Extremely Effective Tool is Available to YOU. If you are not spending 15-20 minutes in meditation each day, you are missing one of the best strategies for tapping into your innate power. In the PositiVibes Network Guidebook and the Designer of Reality book we provide some instruction on meditation but you will find great resources here: <https://chopracentermeditation.com/>

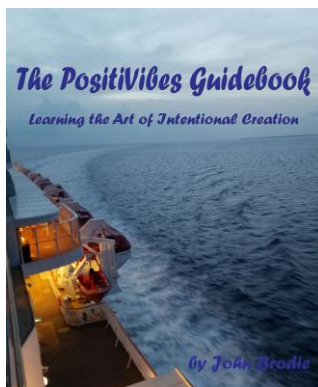
It really is all up to you. So, what do you want to do?

**DREAM BIG and go for it!** You are in the driver's seat and have access to all of the tools and ideas that you will need along the way. As fears, doubts or obstacles come up, just let the vision of your heart's desire power you back to a focus on what you are going for and keep your primary focus on gratitude every step along the way. You will be amazed at how far you can really go and every step along the path will lead you to greater happiness and more fun. Take a leap of faith and decide what ever comes along, nothing is going to hold you back or stop you for long. It is up to you to make the most of this opportunity we have. The objective of the PositiVibes Network is to convince as many people as possible that they hold the keys to success and happiness – it is all about what you choose to believe and how far you are willing to follow your imagination and inspiration as the powerful Designer of Reality that you truly are.

The intent here is to find more FUN and satisfaction in your life each day. Start your day off with a little meditation and then start looking for and expecting wonderful things to happen in the day ahead. If there are some specific things you want, work on “feeling” how you will feel when it happens - that will draw the result you want to you like a magnet. Have some fun building your skills...

**Assignment One:** Request an answer to a specific question you have to be provided by the Universe/Source/Spirit/Higher Self/God in the next 24 hours. This can be simply a fun question or something very important to you. Then, all you have to do is pay attention to everything going on around you so that you don't miss your answer – it will be very clear though when it comes to you. Maybe the answer will come as something someone says to you or something on TV or in something you happen to read – maybe the answer will be in the form of something very special happening – it might even be a miracle of sorts.

The information in this module gives you a great starting place for this adventure in becoming an “intentional” Designer of Reality. An awareness of these ideas is a useful first step in building your skill at shaping your personal reality.



The PositiVibes Network ([www.Positivibes.net](http://www.Positivibes.net)) provides much more information on developing your skills and thus simultaneously helping raise the consciousness level and quality of life for all of Creation.

**[CLICK HERE TO ORDER](#)** a download PDF copy of the complete PositiVibes Guidebook for \$7.99. In the book's pages you will find insights to transform your life in wonder-filled ways. We hope you will fully enjoy the adventure.