

Introduction

*“You are given the gift of the gods; you create your reality according to your beliefs;
yours is the creative energy that makes your world;
there are no limitations to the self except those you believe in.” ~ Seth*

You create your own reality. No fine print. No exceptions. No asterisks.

I can't imagine anyone reading those words and *not* being excited!

You...did you get that? Are you letting that in?

You create your own reality!

Yes. Really. ALL of it!

All the joy, all the love, all the successes are your creations. All the misery, all the scarcity, all the struggle are also *your* creations. OK, maybe you aren't conscious of *how* you have created it—yet—but it is still your creation. And if *it is* your creation, the difficulties in your life aren't because of your parents, or spouse, or children, or the economy, or the politicians, or your body, or your boss.

And that is great news. If no one other than you is to blame, *you* are the one with the power.

If everything in your life *is* your creation you can become *conscious* of that creation and *change* it. You can learn how to *consciously create* joy, abundance, love, fun and ease.

Can you imagine a world where *everyone* felt empowered to create a life they loved? Can you imagine a world where people were free to choose—and then manifest—the most joyous life possible?

If everything is indeed our creation, then it's not only our immediate lives that can change. *We can also create a different world.*

I don't know about you, but the thought of having the power to impact my world is amazing to me.

I am not here to convince anyone of the fact that we create it all. There are plenty of books out there on quantum physics that scientifically prove the premise. I am here to work with those of you who know, on some level, that you are a God-being, complete with an inherent ability to create.

And I'm here to share what I've learned during my journey, to hopefully make yours easier.

What is The Map?

I have worked with the principles of conscious creation for nearly three decades. I have studied and worked with dozens, if not hundreds, of teachers, authors, healers and channeled entities. I have learned from each of them and I believe they each had their gifts for me.

I have scoured my conscious and subconscious minds for what caused my most disappointing and painful realities, as well as the most successful and triumphant ones. I have painstakingly broken down each and every area of my life, and bit by bit, built it back the way I wanted it.

And when I couldn't find a tool to make it easier to manifest my reality in accordance with my dreams, I invented my own. I invented the "Map."

The Map is a process of conscious creation. It begins with knowing who you are. And it ends with you knowing you are unconditionally loved and that huge amounts of assistance are available to you.

The Map is a step-by-step guide on "how to create." The Map will help you to build a dream, whether you know what you want or not.

It will help you to bring those dreams alive by showing you how to flow energy towards those dreams and even more importantly, it will show you how to *stop* flowing energy towards your nightmares.

The Map then guides you as to *what to do in the world* to support that dream. And The Map explains precisely how to know if what you are doing is working. And even more critical...what to do if it's *not*.

The Map is, quite simply, a step-by-step *dream making machine*.

What has The Map done for me?

I have used this process to create financial abundance.

I was born into a family that struggled financially and I didn't do much better as a young adult. Unable to break out of the scarcity mindset, I found myself facing foreclosure in my early forties. I declared bankruptcy. I seriously wondered who might take me in if I were homeless.

I hit bottom financially. And I applied The Map. Not that many years later, money has ceased to be an issue.

I now enjoy a life most people cannot imagine for themselves. I live in a home overlooking the Rocky Mountains of Boulder, Colorado, with unbelievable city views at night and spectacular mountain views in the daytime.

And when Boulder is too chilly, I live in an equally spectacular home on the ocean in the Bahamas. I travel back and forth in a private jet, which allows an elegance and ease to a lifestyle that could be hectic and burdensome.

I have used this Map to create a five-million-dollar business with only a fifty-dollar investment. Finding myself jobless and uncertain as to what to do, I followed The Map and surprisingly (even to me) doors repeatedly opened to allow an amazing and totally fun creation.

My partner and I each spent fifty dollars to incorporate In Touch Today—a marketing company that created direct mail products for mortgage and real estate professionals.

A few months later, I bought my partner out, and never put in another dollar. Deciding that fun was the most important thing, I created a company that was great fun to work for, be around and do business with. I seldom worked past five o'clock, took vacations often and decided that if I didn't love it, I would hire someone else to do it.

The philosophy (and following The Map) paid off. The company organically grew and I ran it for twelve years before selling it on the last day of 2011.

I have used The Map to create a deeply loving relationship.

Relationships had also been challenging for me, yet I yearned to experience a deeply loving partnership, within which I felt a sense of peace, safety, fun, freedom, ease, joy, intimacy, vulnerability and trust.

Prior to my current relationship, I had been an expert at *attracting* men into my life, but invariably there was something missing or there was a major disconnect in a core value between us.

The Map was my guide, and I applied it, time and again, over and over. With each relationship I learned more about myself and why I attracted the men I did. I changed belief after belief and moved ever closer to my dream.

Finally, with nothing (self-imposed) stopping me, I met and ultimately married my “dream come true.” And yes, he was worth waiting for (read...working my butt off for!).

I have used The Map to create a vital, youthful and healthy body.

Health, vitality, well being and regression of aging...they are all possible and creatable *if* you *believe* they are. By applying The Map, I have been able to heal disease and injuries in a gentle and (mostly) holistic way and I continue to experience (aka create) the health and body I desire.

I have used The Map to create a relationship with my children that allows them to be free and empowered to live the lives *they* really love.

My sons were a major test of my creative abilities. As children and teens, they faced challenge after challenge—health, drugs, depression and more. What’s a parent to do?

Apply The Map. I sought to understand *my* part in my children’s problems. I am not saying their issues were my fault. I am saying my attachment to whether or not they were healed, happy and whole, paradoxically kept them from finding their wholeness, healing and happiness. Applying The Map helped me to end the codependency. It works. And it is still working.

I have used The Map to remain in states of joy and happiness, and to know what to do when I slip out of those states.

I was an emotional basket case in my teen and early adult years. Forever seeking change, growth, creativity and joy, I was perpetually disappointed and often spent my evenings in tears.

I just didn't know how to make things happen. And when I found out how our world *really* works, life finally made sense, even if I had no skill (yet) to actually change my reality.

But eventually I figured it out. I learned *how* to consciously create my reality and I got better and better at it and had more and more reasons to be happy.

However, ultimately happiness is still a *choice*. And although The Map *did* teach me how to empower myself, it also taught me how to spend more and more time in that delicious state of joy, no matter what happened in the world around me.

Ultimately...

I have used The Map to create a life I adore. Am I perfect? No, I am not. Is my life perfect? Absolutely not. It is a work in progress and something that is unfinished is never perfect.

But it *is* a life that is perfect for *me*. And when issues *do* arise, when something happens in my life that is *not* to my liking, I know what to do to shift my reality. *That* is empowerment.

What can The Map do for you?

If you follow it, The Map can not only help you to discover and clarify your dreams, it can help you to make them manifest in your world—in vivid, delightful, synchronistic and fulfilling ways.

With The Map, you will follow a clear, concise and step-by-step process to make your dreams real. You will learn how to tell if it is working. You will also learn what to do if it doesn't work. And even if you need more help, guidance or healing outside of this Map, The Map will show you how to draw that help into your life.

I wanted my successes to be duplicate-able. That is why I spent so many years perfecting what I know about reality creation. And now *you* can reap the rewards of my perseverance.

Again, there are no exceptions to “you create it all,” folks. You came here to create a life of your dreams. I *know* you can do this. ***It is what you came to do.***

Why I wrote this book

I write, blog and teach seminars on how to create your own reality because I find conscious reality creation the most exciting thing on the planet to ponder, discuss, apply and teach. I *love* the way this works. I love that it *does* work. And I love the fact that when we become empowered by living the life we love, we can't help but raise the vibration of all that is, spreading more empowerment, more freedom and more love.

Everything I have ever dreamed of has come true. And the next part of my dream is dreaming a world that has more people feeling empowered, excited and passionate about their lives. A world that has more people living a life they love.

I wrote this book to provide more direction. Time and again people have asked me for a step-by-step guide to create what they want. This is it.

So let's get started. There is no time like the present to live a life you love!

In joyous creation,

A handwritten signature in black ink that reads "Boni". The letter "B" is large and stylized, with a long, sweeping tail that curves downwards and to the left. The word "oni" is written in a smaller, cursive script above the tail of the "B".

Chapter One

The Art of Conscious Creation

“You cannot teach a man anything, you can only help him learn it within himself.”

~ Galileo

We have been living in darkness on this planet. Few have discovered the fact that we *do* create our own realities and fewer have applied it successfully to all areas of their lives. What makes this concept even more confusing is that many have written and spoken about it in half-truths.

These half-truths have left many feeling that they *know* the truth about how life works. Yet when they look at their lives after applying these “truths,” they are disappointed because nothing really changes.

Therefore, I want to start by explaining what I *don't* mean when I say “you create it all.”

Here's what I'm *not* talking about:

I am not talking about “changing your perspective” and reframing bad news as “good,” although if you do create lemons you might as well make lemonade. But for goodness sake, if you can stop creating the lemons in the first place, isn't that a better choice?

I am also not talking about giving up desire and being “happy with what you have.” However, I strongly believe in the power of gratitude.

I am not even talking about the “power of positive thinking.” Of course being positive helps, but it is just a small piece of a very large pie.

I am certainly not talking about living only for the future and not enjoying each and every “now” moment.

And believe me, *I am not talking about* “turning your life over to God” and trusting that whatever shows up is “meant to be,” even though I absolutely believe in a divine power and His/Her ability to love us unconditionally and assist in our creations.

But this is a planet of free will, folks. And God has a hands-off policy (unless invited or in dire circumstance) because *we set it up that way*. We came to this world of illusion to prove our power to ourselves! Then (and only then) do we begin to co-create with God and Goddess.

It is the half-truths that delude, disappoint and leave us feeling powerless and hopeless. But there is a light of awakening growing within many of us. And you are reading this book because somehow, in some way, you *know* there is more to the story. You also know, on some level, that you have more ability to create than you have ever imagined possible.

What “consciously creating your own reality” *does* mean:

Consciously creating your reality means you can take one hundred percent responsibility for all areas of your life and your world. You can change your world *substantively*.

You can change your financial abundance, love life, health and vitality, career/work, relationships, physical surroundings, creativity, emotional well-being and every other aspect of your life imaginable.

Your life can be more than you have ever dreamed. I am not talking about the trappings—the cars, the money, the career, the spouse—although they *will* come if you

allow them to. I am talking about the deep meaning life can offer—the joy, the ecstasy even, and yes, the fun!! Life should be loads of fun, and so much more.

And once you take responsibility for *your own* life, and empower yourself to create a life you love, you can then begin to have impact on the lives of others—and on the *world*.

You can only imagine so far right now; yet at the edge of your imagination (imagining the best your life can get) lives another you, who *has* that life.

Let's call that "you" a future you—and that future you isn't finished dreaming. That future you has dreams you cannot yet imagine. Imagine that!

Will those be dreams of more cars, money and things? Probably not...you can only have so many of those things before it gets boring (really).

The future you will be dreaming of more love, joy, fun, meaning, creativity, connectedness and a planet that has those beautiful energies in spades. Imagine *that!*

Everyone has the ability to create a life they love. Everyone. Some are not ready for this news yet. Some have more pressing issues to deal with, such as surviving day to day. But if you are reading this, you *are* ready.

Please know this: as long as you are human, you will have dreams. You will never be done dreaming or creating. The specifics will change. Your *dreams* as a twenty-year-old will be different from your dreams as an eighty-year-old, but you will always *desire more*.

And creating this illusion we live in will never be finished. As long as you are alive you will be creating your reality because this is the way the world works. And if you are not *consciously* creating it, you will be *unconsciously* creating it.

And you'll like the results better if you participate consciously.

What's the catch?

Consciously creating your reality does not mean you can control what it looks like when it manifests.

What? But that is precisely what I want to control!

I disagree. There may be an aspect of you that wants to control the way it looks, but the higher aspects of your being primarily want the *emotional* outcome...the feelings of prosperity, love, joy, fulfillment, etc. And quite honestly, that is the *only* part you can control.

What about the things? The lovers, husband, wife, job, house, money, etc.?

Nope. Those are *side effects*. Yes, they show up when you focus on your life in a certain way. But they are not the objective. The objective is to *feel* a certain way about certain areas of your life.

Think about it. There are plenty of people who have tons of money but it's never enough...they are never satisfied, never secure and they never feel truly abundant.

There are people who have the spouse, but not the trust, the support, the respect and the ever-deepening love.

There are people who have careers that they thought would make them happy, but they don't feel free, creative and excited and they aren't having fun.

The *things* are not what bring you the essence (the wonderful, positive feeling states). The essence (the wonderful positive feelings states) is what brings you the *things*.

So when you consciously create, in order to have that scrumptious essence, that delicious life, you must let go of how it will look. Believe me, you'll be a thousand times happier if you do.

The upside is...

If you really follow The Map of conscious creation, outlined in chapter two, you will end up with a life that is far *better than you could have imagined even if you could control every tiny detail.*

Let *that* in.

My “best of everything” creation

When I let go of control, I am amazed at how well things turn out. Not that it's always easy to do...believe me it isn't. But when I do manage it, my life works so much better than when I try to make things turn out in a certain way.

For example, a few years back, I was thinking about this lifetime being my last one on earth (I'm pretty sure it is, however I reserve the right to change my mind!).

I thought about all the great creations (i.e., the art, books, movies, etc.) on this planet that I hadn't yet experienced, as well as the beautiful places in nature that I hadn't seen, and decided then and there, that in my remaining years, I wanted to experience the “best of everything” I could.

I didn't decide what that would look like. I just decided that in whatever way I could, I would open to the gifts to be found on this planet.

I began by downloading a list of the top one hundred novels of all time, according to a survey of librarians. And I started reading the books.

I also downloaded a list of the one hundred greatest movies of all time according to *Time* magazine. And I began watching the movies.

I really didn't give the dream of experiencing the "best of everything" much more thought. But the universe sure delivered.

I had never owned a passport prior to declaring this dream (and honestly travel wasn't even in my remotest thoughts), but only five years later, I not only have a passport, but it is full!

I have seen some of the most beautiful places on the planet, stayed in five-star hotels, sailed on private yachts, visited the most highly regarded spas and eaten in some of the best restaurants in the *world*.

All I can say is that I'm glad I didn't try to control *this* dream. I would've settled for just reading the one hundred best books and watching the one hundred greatest movies!

You may have some resistance to these words

Human beings are resistant to change—even good change. Many of us are afraid to dream, afraid to hope because of a fear of failure and yes, a fear of success. We've been disappointed, disillusioned and beaten down. But this is because we've all been in the dark for so long.

What should you do if resistance comes up for you? Love the part of you that is afraid. How? Just by honoring its presence. Accept that you are a complex being, capable of a myriad of seemingly conflicting emotions all at once.

There is also a part of you that does not want to take responsibility. There is a part of you that will argue for your limitations. And there is likely a part of you that believes you are incapable, undeserving or unworthy of creating a life you love.

We all have those aspects. It's OK. I just want to point out that those parts will be there. If you feel conflicted and confused, be gentle and patient with yourself. Ask for clarity and direction from your higher self or God/Goddess or another unseen friend (more on exactly how to do that later in this book). Guidance will come.

What does this really mean for you?

I have no clue. I don't know you. I don't know your dedication to living a life you love.

Are you committed to living a life of your dreams, no matter how long it takes or how uncomfortable you become?

Do you have the courage to look at every one of your thoughts, emotions and beliefs to ferret out the ones that are creating what you *don't* want?

Do you have the perseverance to break down every aspect of your life, and rebuild it one piece at a time until your reality responds exactly the way you want?

I understand this may be daunting...and there are ways to look at your thoughts without monitoring every single one of them. But your dedication to this process will be instrumental in your success.

You won't be perfect at this. And it won't always be easy.

I have been repeatedly disappointed, disillusioned and heartbroken as I tried to create the perfect (for me) life. Not because the universe *didn't* deliver, but because it *did*. Every mis-creation came back to *me*. *My* energy was the culprit.

I jumped headfirst into a career in teaching and speaking on this very subject, but I didn't have the self-image to sustain it. I thought I could "create" getting rich quick with a multi-level marketing company, only to dig myself deeper and deeper in debt, due to my beliefs that didn't allow for easy, elegant abundance. I thought I'd met the man of my "dreams" not once, but five times, only to be bitterly disappointed that none of them lived up to my expectations.

Yeah, I cried. I fumed in my anger and self-pity. But once I *felt* the disappointment and *forgave* myself for creating what I did, I got back to work and did what it took to create a different outcome. Are you *that* dedicated?

I *know* that if you apply these principles, honestly and diligently, your life *will* change for the better. How much better is up to you.

This book may lead you to other resources, and it may not. The best advice I can give you is to follow your own heart and mind, follow the advice that feels right to you, and have fun with it all.

Growth, like life, is meant to be empowering and fun. (If you don't believe that, uh, maybe change that belief?)

If you're doubtful, no problem. A little doubt never hurt anyone. However if you're cynical, be careful. Cynicism will not serve you. If you want to convince yourself that you do not create your reality, that belief will *appear* to be true. This is powerful stuff. And it does work all the time.

The bottom line with this material and any other "how to" information is this: *Is your life changing for the better?*

If it is, don't stop until you're exquisitely happy with your entire life!

If your life *isn't* changing, ask yourself, why not? There is *always* a reason why our reality is the way it is. This is not a “sometimes” law.

Try following the steps in the book. Have fun with them. See what happens—after all, what do you have to lose?

My early years

Prior to accepting this universal law, I felt lucky in many ways. I was born in a country with opportunity. I was healthy and intelligent. I had family and friends who cared about me.

But something was missing. Life didn't make sense. And when I looked around at the violence and hatred on our planet, and at the greed and obsession with power at any cost, it made even less sense.

I wondered, “*What is our reason for being here? If there is a God, where is He in all this? What kind of God would permit the atrocities that take place in our world?*” The lack of answers and meaning often left me feeling sad and depressed.

Then someone gave me a book on reincarnation by Edgar Cayce. I don't remember the title of the book, but I was so enthralled that I read every book Cayce wrote; and for the first time, I saw a glimmer of hope. The world started to make sense.

If our presence on this planet weren't simply an accident of some wild mutation of cosmic dust, then maybe human lives had purpose and meaning? I began to feel as if maybe *I* had purpose and meaning too.

That book led me to hundreds more on the topics of metaphysics and spirituality, but the most intriguing of all were the books on the nature of reality.

The first time I read the words, “*You create your own reality,*” I *knew* it was true. I felt like someone unlocked my jail cell. Of course I had no clue how to actually walk out of that cell and into a life I loved.

But that sense of knowing that it was *somehow possible* has kept me searching for the answer to “*how do I do this?*” for years. It kept me from giving up. It motivated me to let go of my safe and comfy complacency over and over again.

I keep coming back, even now, to the same core concept: *I create my own reality.*

The power of those words never fails to move me. And the sense of security I feel because of them is irrevocable; because if *I* created it, *no one* can take it away.

Even if I lost all the “things” in my life, through a bit of mis-creating, I would still be OK, because I can always create them *again*.

That is absolute empowerment.

Life-Altering Take Aways

Read these slowly. Meditate on them or sit and contemplate them. Let them in. Let them change you.

- * Consciously creating your reality means you can take one hundred percent responsibility for all areas of your life and your world. You can change your world *substantively*.

- * As long as you are alive you will be creating your reality because this is the way the world works. And if you are not *consciously* creating it, you will be *unconsciously* creating it.

- * *Things* will not bring you the essence (the wonderful, positive feeling states). The essence (the wonderful, positive feeling states) is what will bring you the *things*.

Your Next Steps

- ❑ Purchase a journal to use as your Creation Journal or start a new document on your computer and name it Creation Journal. You will use this journal to document your intentions, techniques, actions, beliefs and successes as you do this work.

I suggest that you revisit this journal often as a way to regain a sense of power, confidence and expectation. It is very effective to bring these energies to *new* dreams and visions. You accomplish this by simply reading about your past successes and feeling a sense of accomplishment and power before you do any techniques for your new dreams.

- ❑ Ponder what creating your own reality means to you. On a scale of one to ten, one *being*, “*I don’t believe it is possible to create one’s own reality at all,*” and ten *being*, “*I am certain every human on this planet is creating their own reality, and I have the absolute ability to consciously create everything in my own life,*” where are you? Where would you like to be in one year? In five years?
- ❑ Intend to get there. Suggested intention: “*I intend to know and fully believe—beyond a shadow of a doubt—that I create everything in my reality and that I can create a life of my dreams.*”

To read more, order [The Map](#).