



How to Get the Most Out of “The Map”

Affecting the greatest change with the least amount of effort!

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Where do you begin?

This is *your* journey. Above all else, do what feels the best and most empowering for *you*. That said, here are some ideas about how you might approach it, to travel your road in the easiest and most elegant way possible.

As you embark upon this journey, you will find it most helpful if you remember to pack a few things for the trip. So...



Creating shouldn't be a struggle.

Don't forget to bring:

- **An open mind** – you can bring your discernment too (always do), but unless you allow these concepts a place of possibility, you will likely close down your abilities before you have a chance to experience them.
- **An open heart** – you may uncover some painful memories, beliefs and feelings. If you do, be glad. Because emotional honesty and vulnerability are keys to success in conscious creation.
- **Your innocence** – look upon this adventure as a brand new world, and think of yourself as a brand new person upon this planet. Because both can be true.
- **Your excitement** – it really *is* true. We *do* create everything in our world (no exceptions). Let that sink in and excitement will be easy.

However, please leave at home:

- **Your doubt** – this *is* real. You *can* do this. You *do* have what it takes. Allow it to be available to you by suspending your doubt while you take this trip.

- **Your cynicism** – cynicism never served anyone, and it won't serve you either. If you are trying to prove The Map wrong, you won't...but you *will* prove it won't work for you. If that is your intention, well, why bother, right?
- **Your judgment** – you won't do this perfectly. And you won't do it like anyone else does it. Instead of being judgmental and comparing results, be curious—what does your unique journey have in store for you?

If you want very explicit directions:

- **Read “The Map”** once in its entirety. Do the exercises if they feel fun and exciting.
- **Read “The Map”** again, at a slower pace. Do the exercises if they feel fun and exciting.
- **Read it again** (and do the exercises) as often as it feels fun and exciting.

If you get lost:

- **Don't panic** – we all lose our way, or forget where we are going from time to time. Intend to get back on track. And forgive yourself.

Ways to enhance the journey:

- **Seek more information** – read other books on conscious creation.
- **Find some friends** – intend to create like-minded people to have fun with and to offer each other mutual support.

You may want others to make this trip:

- **Don't force them** – everyone takes this trip one lifetime or another. Learn the difference between inspiring and proselytizing.
- **Be an example** – the best way to entice others to take responsibility for their creations is to show them the results of you creating an awesome life for yourself.

Once you arrive

- **Share your successes** – with others on the path. A great place to do this is on the Live a Life You Love [INSPIRE](http://www.livealifyoulove.com) page.
- **Stay motivated to continue** – The Map isn't a one-time process. It is a change in paradigm, a new way of life. Although you will manifest enough of the “things”, you will never manifest enough of the essences (the joy, the love, the fun...) You will

always *desire* more, because you are human and you must always *dream* more,
because that is what brings us to *life*.

For More Information

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