

Life-Altering Take Aways

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

Chapter One

- * 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*.

Chapter Two

- * There is a more *real* “you” who chose to come to this planet. That part of you wanted to experience certain things this lifetime. Before you were born you chose your parents, your siblings, the time and place of your birth and some of your childhood experiences. Obviously you also chose to forget just about everything you knew once you were born.
- * Time lag is the time it takes for something to manifest in time and space. A thought and feeling you had two weeks ago could manifest in your reality today. Time lag makes people believe what they see, instead of realizing they see what they believe (and think and feel).

- * Conscious creation is a whole new way of life for almost every one of us. It took decades to get to where we are with the old way of life. Learning a new one takes some time and effort. But again, the results are worth it.

Chapter Three

- * You are by your very nature, divine. You are a piece of God and Goddess and you have been given a gift: the ability to create.
- * Feeling regret about the past can stop you from letting in the true nature of your being. How do you let go of things you wish you'd never done? You forgive yourself. You realize that despite being a spark of the Divine, you are also human. You have made mistakes and you will make more. It doesn't make you any less divine.
- * Carve out some time to just be with yourself. Call in your higher self or your guides to sit with you, and allow them to love and help you in remembering and acknowledging who you are.
- * Be open...to the guidance, the love and the assistance of your unseen friends. It will strengthen your flow, it will raise your resonance, and it will make all of your creations easier and more elegant. Because it is true. You are a piece of God, a piece of Goddess. And you are loved. Deeply, unequivocally, unconditionally loved.

Chapter Four

- * Every day requires staying conscious and putting forth the flow to maintain what you've created. Every *new* dream requires following The Map all over again.
- * Intent is strong, clear and *willed*. And although we *are* talking about a dream or desire, the choice to turn that dream into an intention adds strength and

commitment. Stating an intention moves the desire from a *wish* to a *commitment to create*.

- * You don't have to know what you *want* to create a life you love. You only have to know how you want to *feel*. And let's face it; everyone knows that they ultimately want to feel *good*.

Chapter Five

- * *Knowing* you create your reality is not enough. If you want to manifest something consciously, you must flow energy *towards* your desire and you must *stop* flowing energy *away* from that desire.

- * Realize in *every* technique two critical components *must* exist:

1. You must think about *having* the thing you want (notice I did not say think about the thing...but think about *having* the thing—a subtle but important difference).
2. You must feel positive emotion (joy, excitement, peace, abundance, happiness, freedom, security, etc.) about having the thing you want.

- * Even though our bodies have grown older, we haven't lost the child "us," the adolescent "us" or even the young adult "us." These other parts of "us" can flow energy towards, or in opposition to our dreams. This is why it is critical to spend time with these aspects of ourselves to be certain *their* energy is in alignment with where we, the conscious adult wants to go.

- * You also have a less evolved, scared and self-sabotaging part of you who wants to take you down. I call this the "negative self." But don't worry...once you are aware of its existence you can eliminate its influence over you and your dreams.

- * When *all* of your energy is in alignment with your dreams, it will become easier to consciously flow energy towards your desires. This will allow you to manifest your dreams more quickly.

Chapter Six

- * Beliefs are thoughts and feelings that are *wired* into your system. These are thoughts and feelings that are so solid you take them as *absolute truth*. And you emit that energy, which in turn creates your reality, one hundred percent of the time.
- * When you change your beliefs you literally change your world. Your success. Your finances. Your health. Your relationships. *Everything* changes.
- * It will take some detective work to uncover the beliefs that are creating what you *don't* want. Where do you begin? You begin by *paying attention*. You pay attention to:
 - What you think.
 - What you feel.
 - What you say.
 - What you do.
 - What you create.
- * The absolute *best* way of discovering your beliefs is to look at what you have *already created*. You may deceive yourself—or be unconscious of the truth—but your reality *never* lies. It reflects as clear as day what you really, deep down, truly *believe*.
- * There are three critical questions to ask yourself when you are seeking to uncover your beliefs:
 1. What do I want to create?
 2. What have I created?
 3. What would someone have to believe to have created this?
- * The overall components to successfully change a belief are:
 1. Word the old belief succinctly but accurately.
 2. Choose a new belief and word it similarly to the old belief.
 3. Enter the subconscious mind meditatively; destroy the old belief and replace with the new belief.
 4. Follow up with the conscious mind.

Chapter Seven

- * Techniques *make things happen* in the world of conscious creation. They focus that flow of energy in a laser-like way and speed the manifestation process *way* up. There are neither good nor bad techniques, only effective or ineffective techniques *for you*.
- * Letting go means letting the universe handle the details of the manifestation and trusting it *is going to* happen. Although this may always present somewhat of a challenge, it *will* get easier.

Chapter Eight

- * Action is a proving ground. When you have clarified the desire and given the desire energy, taking action should feel positive. If it doesn't, you need to go back and understand *why*. If taking action doesn't feel good, or you aren't motivated to take action, something is wrong and needs tending to.
- * Action intensifies the energies and speeds up the manifestation. If you felt joyous about what you wanted and believed you could have it, you would want to get out there and begin doing it, preparing for it, taking steps towards it, etc. Those actions create more positive energy, which allows your reality to shift, creating what you want sooner!
- * Action should be part of the *fun*. The old adage, "*It's not about the destination it's about the journey,*" is a critically important concept in manifesting your dreams. It's the energy of the fun, excitement and fulfillment you feel along the way that draws you to the reality you desire. You know you are on the right path when the journey towards your dreams is a blast!
- * Although techniques and actions are a *part of the process* of conscious creating, they are not the *cause* of the creations. The cause is the *resonance* you emit. The techniques and actions are merely a way to help you to shift that resonance.
- * The universe will never deny you. *You* may deny you, though.

Chapter Nine

- * Your world is *always* responding to you. Your personal reality is an absolute mirror that reflects exactly the energy you put out. This is why it is imperative to pay attention to how your reality responds to your shifts and changes as you begin to consciously create. If you don't pay attention, how will you know you are "flowing" energy that is in alignment with your desires?

- * With any powerful technique you should see a sign within several days, that will let you know it's working. When you are actively working on conscious creation, pay attention to *everything* in your world.
- * Once you see the sign(s)...*expect* that the full manifestation is going to happen! It's one thing to get excited about signs showing up, it's another to take it to the next level and truly *expect* your dream to manifest.
- * Share your successes *only* with people who will support you and your dream. Surround yourself with positive people, read books that solidify your knowing of conscious creation, and ask for help regularly from your unseen friends.
- * It may scare you when signs are negative. But you have *everything* you need in this book to figure out *why* this is happening and to change the beliefs that are causing your reality. If you don't believe that, make *that* your first belief to change.
- * Paradoxically, with practice you may not need patience at all. Because if you really *can* feel as if you already have the thing you want, you are no longer concerned about it manifesting. Because in your mind, *you already have it*. And when you are in *that* state, your dreams will become reality in the quickest, easiest and most elegant way possible.

Chapter Ten

- * We have *thoughts* all day every day and we have *emotions* with those thoughts. And some of them aren't pretty. And if they're not pretty, they are stealing your dream.
- * If you focus on the past, rethinking, regretting, reliving, you generally aren't happy. You either regret something that happened, or you're longing for something you no longer have. If you focus on the future, wondering, fearing, anticipating, or simply planning, you aren't happy either. And you are missing out on the gift of being here *now*.
- * If you follow The Map you *will* get your dream. But The Map is not just a method to manifest your dreams. The Map is a *way of life*.
- * Don't wait until you have your dream. Honestly, your dream won't give it to you anyway. Be happy *now*.
- * No one can step into the future without practice. You just can't do it. That future "you" is not *you* yet. You need to *practice* being who you will become.

Chapter Eleven

- * Every time you are stymied, ask for assistance. If you have trouble finding the root of a creation, ask your unseen friends to show you. If you have a repeating pattern that seems resistant to change, ask them to help you heal it. If you are unclear about how to state something in your intentions, ask them to guide you. If you have difficulty forgiving yourself or others, ask them to help you to forgive. Ask for help in discovering and changing your beliefs. Whatever your desire, ask for help. It can't hurt, right? And it *can* be of tremendous benefit.
- * Don't expect to be perfect. Forgive yourself when you mess up. It's supposed to be fun, remember? You are in a *partnership* with your unseen friends. They want to help you, guide you and assist you in lifting your resonance. Your life should be easier as a result of working with them.
- * Miracles occur when we are given the help, realities, insights and signs that we didn't ask for, didn't expect and sometimes can't even imagine!