

## Chapter Twelve

### Changing Your Life



*“You are never given a wish without also being given the power to make it true.  
You may have to work for it, however.” ~ Richard Bach*

I hope you are beginning to realize this book is not just another “how to” book. It is a threshold to an entirely new way of *looking at, living in* and *reacting to* your world. It is my knowing that once you’ve fully let this book into your heart and soul, you will never be the same.

That said, I fully believe that knowledge is power, but only if you *act* upon that knowledge. The more effort you put into consciously creating your reality, the more your life will change. However *how* you go about creating your dream life is up to you. There is no *right* way to approach conscious creation and no *wrong* way. It is less about the specifics of *what* you do, and more about how it makes you *feel*.

You will know you are on the right track if you are motivated, excited, having fun and if your life is changing for the better.

You will find that sometimes it feels right to move quickly, other times it will feel right to slow the pace down. Slowing down gives you time to integrate the changes you've made in yourself and your world, so allow yourself those pauses. Just don't slip from "pause" to "stop."

And for those of you who would like even more guidance, I include some suggestions for:

1. Creating new dreams
2. Staying in the magic day to day
3. Troubleshooting your reality
4. Suggestions for support

## **Creating a New Dream**

New dreams require more time and energy than sustaining an ongoing dream. My suggestion is to spend thirty minutes at a time on your new dreams. I have prepared seven sample "creation sessions" to use for guidance. These sessions are for guidance purposes only. Feel free to mix and match techniques in the way that feels right to you.

You could do one of these sample sessions each day for seven days. Or, if you want to do two or three sessions in a day, that is fine (but give yourself a break between them). If you want to do a session a week, that is fine too.

You have a cadence of growth that is perfect for you at any given moment in time. Trust it. Above all else, though, have fun. It really is about the journey.

## Before you begin:

- Read this book at least once in its entirety.
- Write your intentions (*chapter four*) and date them. Every time you update your intentions save a new copy with the current date.

## Suggested creation sessions:

**Session One:** Prepare your space. Turn off your phone and computer. Become quiet and begin:

- Call in your higher self with the **Invitation to Assist** (*appendix c*).
- Do the **Blending with Your Higher Self** technique (*chapter three*). Make a note in your journal about this experience.
- Choose an area of your life that will be your primary dream for the next week. (*This does not mean you shouldn't do techniques for other areas. You will just give this area more attention than others.*)
- Re-read your intentions for the primary dream. Assess whether you would like to add to them or change them in any way. Make sure they fully state what you would like to create.
- Do the **Igniting Your Intentions** technique (*chapter seven*). Make a note in your journal when you have done this.
- Do the **Closing with Gratitude** technique (*appendix c*).

The rest of the day:

- Stay in joy, as much as you possibly can (*chapter ten*).

**Session Two:** Prepare your space. Turn off your phone and computer. Become quiet and begin:

- Call in your higher self with the **Invitation to Assist** (*appendix c*).
- Read your intentions, feeling as much excitement as possible.
- Sit quietly and re-visit the section on “flow-stoppers” (*chapter five*). Think about whether you tend to habitually feel any of these emotions, especially around your primary dream. Make a note of this in your journal.
- Do the **A Day in the Day of the Dream** technique (*chapter seven*).
- Reflect on the past twenty-four hours and your ability to remain in a state of joy. On a scale of one to ten (ten being the most joyful), how would you rate yourself? Make note in your journal.
- Think about the past few days. What signs have you received that indicate you are moving towards manifesting your dream (*chapter nine*)? Make note in your journal.
- Do the **Closing with Gratitude** technique (*appendix c*).

The rest of the day:

- Focus on being present today (*chapter ten*). Notice which thoughts take you away from the present moment and make note in your journal.

**Session Three:** Prepare your space. Turn off your phone and computer. Become quiet and begin:

- Call in your higher self with the **Invitation to Assist** (*appendix c*).
- Read your intentions, feeling as much excitement as possible. Any trouble feeling excited? Maybe you don't fully *believe* it is possible, or possible for you?
- Visit your child self, your adolescent self and your young adult self in a visualization (*chapter five*). Tell them what you are planning to create (the primary dream). Ask them how they feel about that. Make a note in your journal.
- Read the **Letter from Your Future Self** or write your own (*appendix b*). Imagine being there...imagine being this person. How are they different from you, especially emotionally? How do they move through their day? How easily do they laugh, play and have fun? Make a note in your journal.
- Reflect on the past twenty-four hours and your ability to stay in the present moment. On a scale of one to ten (ten being the most present), how would you rate yourself? Make note in your journal.
- Think about the past few days. What signs have you received that indicate you are moving towards manifesting your dream (*chapter nine*)? Make note in your journal.
- Do the **Closing with Gratitude** technique (*appendix c*).

The rest of the day:

- Begin to act as if you already had the dream (use the experience of reflecting on your future self today as inspiration).

**Session Four:** Prepare your space. Turn off your phone and computer. Become quiet and begin:

- Call in your higher self with the **Invitation to Assist** (*appendix c*).
- Read your intentions, feeling as much excitement as possible.
- Think about your primary dream—the one you are focused on creating right now. In your journal, write about your history on this subject, i.e. your history with men/women if your primary dream has to do with a relationship, your history with money, or health, or career, etc.
- Has anything happened in your past around this issue, that you still feel strong emotion about? If yes, write a “Hate Letter”—not to give to anyone but to release the emotion (*chapter six*).
- Do the **Making the Movie Real** technique (*chapter seven*).
- Reflect on the past twenty-four hours as to how well you held the resonance of having the dream. On a scale of one to ten (ten being that you felt all day as if you really did have the dream), how would you rate yourself? Make note in your journal.
- Think about the past few days. What signs have you received that indicate you are moving towards manifesting your dream (*chapter nine*)? Make note in

your journal.

- Do the **Closing with Gratitude** technique (*appendix c*).

The rest of the day:

- Stay happy, be present in the moment, as if you had the dream.

**Session Five:** Prepare your space. Turn off your phone and computer. Become quiet and begin:

- Call in your higher self with the **Invitation to Assist** (*appendix c*).
- Read your intentions, feeling as much excitement as possible.
- Visualize sitting with your negative self. Tell it what you intend to create in the area of your primary dream. Let it tell you how impossible that is. How idiotic. How stupid. How you will fail. What a ridiculous idea that is. Let it rant and rave and when they finally pause, ask it if it is complete. It will not be. Let it tear into you about other areas of your life as well. Let it drone on and on, dumping all of its venom. And when it is complete, call your higher self to take your negative self away for healing. Feel the freedom (*chapter five*).
- Do the **Grateful for “Now and Then”** technique (*chapter seven*).
- How did you do yesterday with staying in joy, in the moment, as if you had the dream? Make note in your journal.
- Think about the past few days. What signs have you received that indicate you are moving towards manifesting your dream (*chapter nine*)? Make note in

your journal.

- Do the **Closing with Gratitude** technique (*appendix c*).

The rest of the day:

- Don't forget: stay happy, be present in the moment, as if you had the dream.

**Session Six:** Prepare your space. Turn off your phone and computer. Become quiet and begin:

- Call in your higher self with the **Invitation to Assist** (*appendix c*).
- Read your intentions, feeling as much excitement as possible. Do any of your intentions need to be eliminated, changed or strengthened? If yes, do so now.
- Go over your notes from your time with your child, adolescent and young adult. Also go over your notes regarding the history of the area of your primary dream (*session four*). Make a list of beliefs that are standing in your way of creating this dream and label them level one, two or three. Write the new beliefs (*chapter six*).
- Write out an action plan for your primary dream (*chapter eight*). What action on that list will you take this week? Make a note.
- How are you doing at staying in the moment, staying in joy and feeling as if you already have the dream? Make a note.
- Think about the past few days. What signs have you received that indicate you are moving towards manifesting your dream (*chapter nine*)? Make note in



your journal.

- Do the **Closing with Gratitude** technique (*appendix c*).

The rest of the day:

- It should be getting a bit easier now...to stay present, in joy, and to feel as if the dream has already happened.

**Session Seven:** Prepare your space. Turn off your phone and computer. Become quiet and begin:

- Call in your higher self with the **Invitation to Assist** (*appendix c*).
- Read your intentions, feeling as much excitement as possible.
- Do the **Your Nurturing Universe** technique (*chapter three*).
- Change the beliefs you prepared last session (*chapter six*). Write out the new beliefs and post them in your bathroom, bedroom or kitchen so you can read them whenever you see them (with joy, gratitude and excitement please!).
- Make a list of things that will help you stay in joy should you slip out temporarily (*chapter eleven*).
- Think about the past few days. What signs have you received that indicate you are moving towards manifesting your dream (*chapter nine*)? Make note in your journal.
- Do the **Closing with Gratitude** technique (*appendix c*).

The rest of the day:

You know what to do...

## **Staying in the Magic Day to Day**

Here are some suggestions to keep in mind on a day-to-day basis, whether you are working on a new dream or simply sustaining the dream life you currently have.

*Remember you are creating it all, consciously or not. (Yeah, maybe you think I've beat this one to death, but until you are living this 24/7, my work is not done!)*

*Rate yourself today: According to the spiritual teacher Lazaris, "There are two focuses, however, that are part of every lifetime we have:*

- 1. Learning to Have Fun and*
- 2. Learning to Consciously Create Success"<sup>1</sup>*

*How are you doing on these fronts?*

*Give yourself the gift of daily intimacy with yourself. Spend fifteen to thirty minutes each day alone, quietly staring out a window. Let your mind wander. Allow ideas, feelings and direction to surface.*

*Get to know yourself better. Explore the Enneagram, numerology, dreams or astrology as a means to better understand yourself and others.*

*Remember who you are: Divine. Gifted. Unique. With talents like no one else on the planet.*

*Appreciate what you have "let" happen or "made" happen in your world. Spend five minutes a day feeling truly grateful.*

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<sup>1</sup> Interviews: Book II (out of print). More information available at: [www.lazaris.com](http://www.lazaris.com)

*Design a “self-love date” with yourself weekly or monthly. Plan two hours and do something you absolutely adore. Do it and enjoy (sans guilt)!*

*Give your intentions some lovin’ —post ‘em with this list and read them with joy and excitement often!*

*Practice giving yourself the freedom to do what excites you, every minute you can.*

*Get to know your unseen friends. They are real. They have personalities. They can be fun (and unbelievably helpful!).*

*Don’t wait for your dreams to manifest before you are happy. Be happy now.*

*Remember everything is you and everything is a part of the Divine. Treat yourself, others and the planet accordingly.*

## **Troubleshooting Your Reality**

As previously mentioned, you won’t be perfect at this. And sometimes it will seem as though your reality has absolutely no correlation with *you* whatsoever. If you are having challenges with consciously creating your reality, run through this checklist and find out why:

- What have you been thinking and feeling (on a day to day basis) around this issue?**

Nine times out of ten people think about what they *don’t* want rather than what they *do* (i.e. they are worrying about something happening or not happening which pushes away the thing they desire). It takes some time and

discipline to steer your mind in the direction of your dreams all day, every day.

- Are you clear about what you *do* want?** Are your intentions crystal clear about all aspects of the thing you desire? If not, clarify them. If you are unsure, find someone to work with you on this issue.
  
- Have you stopped flowing negative energy?** Go back to chapter five and take a look at whether you have been stopping the flow with one of the “flow-stopper” emotions.
  
- Have you been proactively flowing energy?** Have you been doing regular (at minimum once a week) techniques to flow positive energy towards your dream?
  
- Have you taken inspired action?** If not, why not? Revisit chapter eight.
  
- Have you been patient enough to allow the new dream to manifest?** Bigger dreams take longer. Although there are no absolute time tables to consult, with practice you will begin to get a *feel* for where you are in the manifestation process.
  
- Have you been watching the “signs”?** *All* dreams respond with signs when a powerful technique is implemented. But you won’t see them if you aren’t looking.
  
- Is there something/someone you need to forgive?** If so, release your emotions. Forgive or get some help in forgiving. Sometimes professional help is appropriate and a godsend. Intend to forgive and/or seek the assistance. And accept the help.

- **Take a look at your beliefs.** If you don't find the reason for the mis-creation anywhere else, delve deeply into *your beliefs*. Revisit chapters five and six.
  
- **What's that?** You are *certain* none of these suggestions apply to you? Then, my friend, I suggest professional assistance. Sometimes (very, very rarely) there is a deep-rooted cause for the energies we flow. But there is always, repeat, *always* a reason for every reality. *No one* is an exception to the truth that we create our own reality. Ask to be guided to the perfect person to help you through this dark place.

### **Suggestions for Support**

I have had a heck of a lot of support in creating my “dream life.” Dozens, perhaps hundreds, perhaps even thousands of people and entities have joined me on my quest to build a life I love. None of them have done it *for* me. But they assisted. And the more wholehearted my quest, the more assistance I received.

I have already covered requesting support from your unseen friends. However I’m certain some of you may want to form support “groups” to discuss and implement this information with each other.

Finding like-minded people to talk to about these concepts can be extremely beneficial, especially if you are new to the idea of conscious creation. It is important that a protocol is followed, however, so that the group doesn’t become sidetracked by gossip or complaining.

Therefore, I suggest these guidelines for implementing “**The Map**” Support Groups:

### **Clarify intentions**

Intentions could be those below or similar intentions in your own words:

*We intend that this group draws to it the assistance of the unseen friends of all members as well as the light beings in support of this work as a whole.*

*We intend that this group operates with the highest integrity and character possible.*

*We intend that this group holds the highest level of light, love and support possible for ourselves and each other.*

*We intend that this group aids its members in discovering deeper levels of “who we really are” and in consciously creating lives we love.*

*We intend that the growth and learning in this group is (as much as is possible) easy, elegant and fun.*

*We intend to adhere to the guidelines of the group out of love and respect for ourselves and each other.*

### **Choose definitions of group**

- Choose the number of members (minimum and maximum).
- Decide where to meet (if not a public venue then switching homes is ideal).
- Decide how often to meet (weekly or monthly).
- Choose your facilitator (rotate between all those willing).

### **Suggested meeting guidelines**

- Small talk shall be limited to before and after the meeting.
- There shall be no complaining, lamenting or self-pity during the meeting hours. This energy is not conducive to fun, abundant and joyous realities.
- A timer shall be used to time those speaking to keep the meeting on task and allow all a turn. Someone shall be appointed “time keeper” for each meeting (ideally this person changes from meeting to meeting).

- ❑ Intentions should be requested from all who participate. Those who do not “have time” to write intentions should not be allowed entry. This is not to be mean or to single them out, but the group should be limited to those serious about creating their realities.

## **Suggested format**

- ❑ Read the “Group” intentions.
- ❑ Read all intentions for new people to the group, and overall and immediate intentions along with any changed intentions for ongoing members. Affirm aloud that the unread intentions are included.
- ❑ Successes and/or signs announced (each in turn).
- ❑ Read one to two page(s) of this book per person (can be related to the group technique below).
- ❑ Group technique (from the book).
- ❑ Individual “case study.” One person comes prepared to speak about their success or troubleshoot a difficult manifestation. This person should bring and read their:
  - Intentions (around this topic)
  - The beliefs they have changed
  - The techniques they have completed
  - The actions they have taken
  - The signs they have received

If troubleshooting, others should listen for other beliefs/techniques/ideas



around the topic being discussed and share those suggestions with the individual.

- Read closing statement (this or something similar): *We give thanks for everyone in attendance today that assisted in our growth and intention to consciously create lives we love. We give thanks for the unseen friends who have assisted us tonight/today. We ask that they continue to support us throughout the coming week/month in consciously creating realities of ease, elegance, love, joy, prosperity, abundance, success, freedom and fun.*

For more information on “The Map” Support Groups visit [www.livealifyoulove.com](http://www.livealifyoulove.com)

### **In closing**

Thank you, fellow creator, for reading this book, for your open-mindedness and your searching heart. You are a courageous pioneer, opening to a world of possibilities you cannot even imagine right now.

Be gentle with yourself. Nurture the new “you” who is being birthed. As with an infant, be careful of what and who you expose this new life to. Surround yourself, as much as possible, with people who support you, respect you and honor your path.

Let me know when your life begins to reflect who you really are. I would love to hear from you. Email your successes, questions and comments to [BoniLonnsburry@livealifyoulove.com](mailto:BoniLonnsburry@livealifyoulove.com)

It has been a joy.

With love,

The Map – To Our Responsive Universe, Where Dreams Really Do Come True  
*By Boni Lonnsbury*

A handwritten signature in black ink, consisting of the name 'Boni' in a cursive script with a long, sweeping underline that extends downwards and to the left.