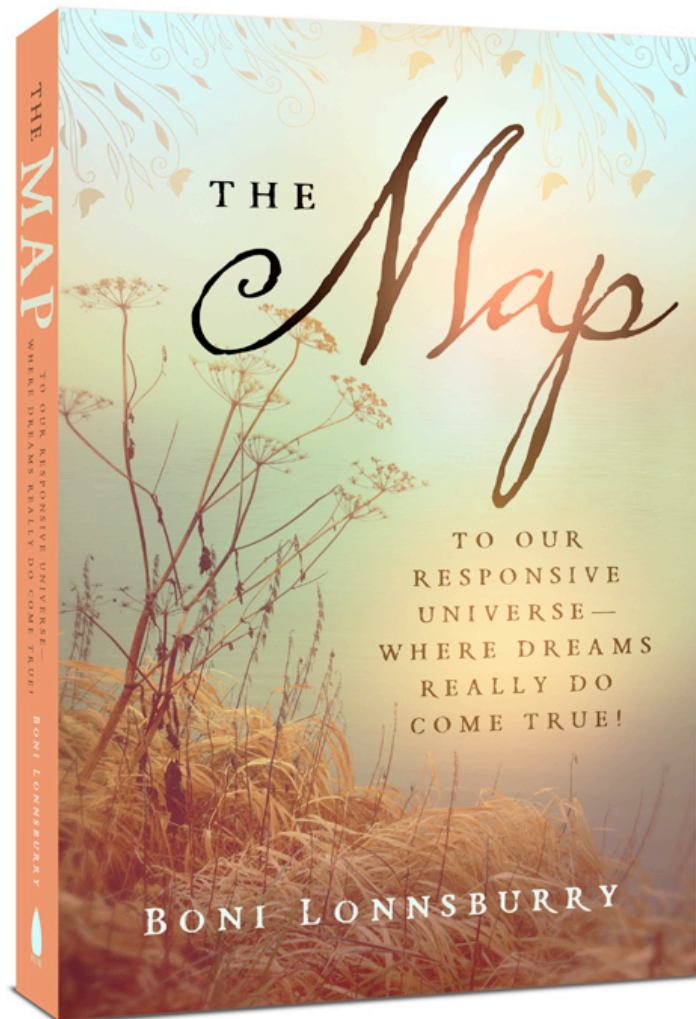


Graphics from “The Map”



Step One: Acknowledge who you are.



You came to this planet to remember who you are. You thought it would be a fun challenge to forget and then remember. You are a spark of God, of Goddess—a piece of everything. You are *divine*.

And you came here with the ability (a gift from God and from Goddess), to *create your own reality*.

Step Two: Know what you want.



Begin to create your personal and unique delicious life by writing down your intentions. Even if you don't know what you want, you *do* know what you *don't* want and you know how you want to *feel*.

That is all you really need to know.

Step Three: Flow energy towards your desire.



It's one thing to *know* what you want. It's another to *create* it. If you don't put some energy towards your desires in the form of positive emotion, your dream may never manifest. Do techniques often to keep the dream manifesting.

And be aware of what might be *stopping* your flow—such as beliefs, other aspects of you, and constrictive emotions.

Step Four: Take action towards your desire.



Taking (inspired) action towards your dream strengthens it on many levels.

If you don't feel like taking action, you may be giving yourself a message about your dream or your beliefs.

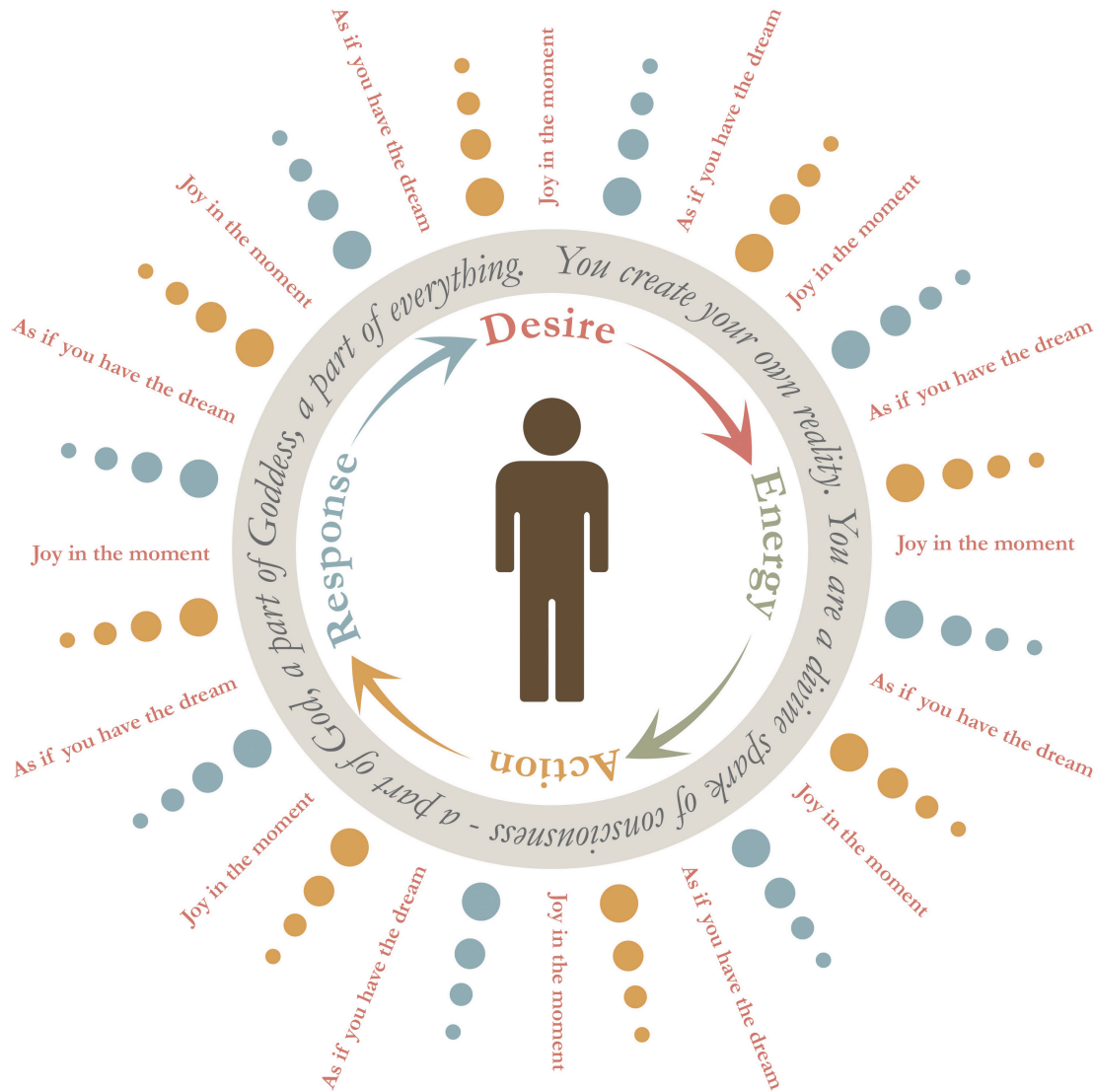
Step Five: Notice the response from your reality.
Respond to the response.



How do you tell if your dreams are manifesting? Simple. Look at your reality.

If you are doing the work (i.e. writing intentions, focusing energy and taking action), you should be receiving signs that your reality is *changing*.

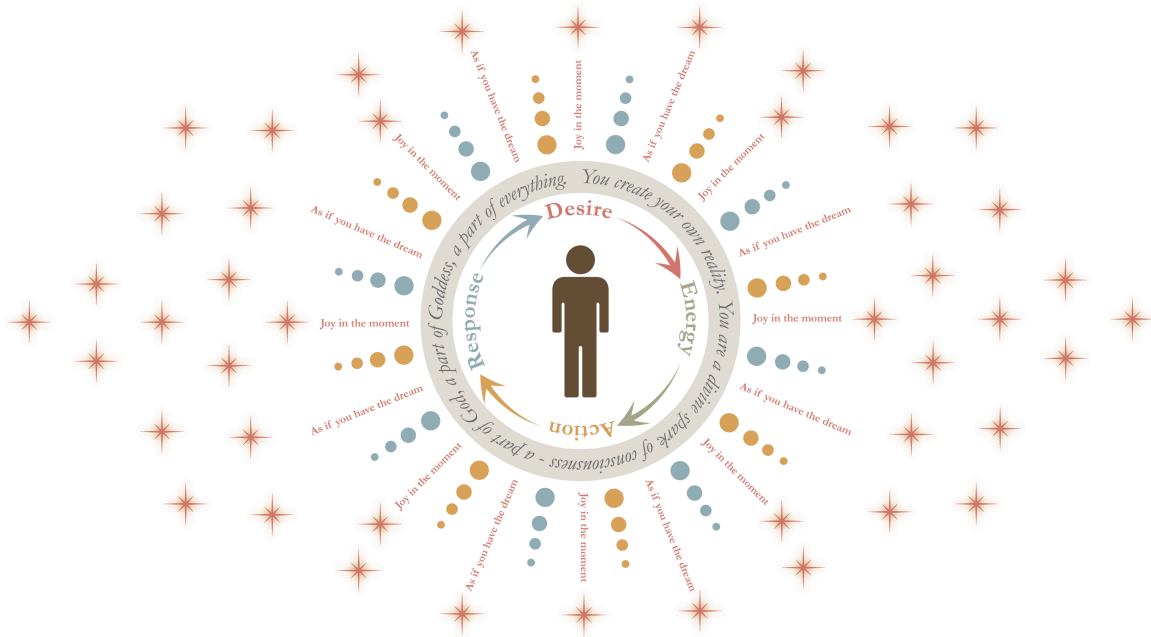
Step Six: Stay in joy, in the moment, as if you have the dream.



Wondering what to do with the other hours in your day when you are *not* working on your dream?

You will be creating the perfect “dream machine” if you simply stay in the present moment and feel joy as much as possible, while pretending the dream has already manifested. Not easy, but oh so effective!

Step Seven: Request help from your unseen friends.



We tend to believe what we see is what's real. The truth is, what we see is what *isn't* real. The "more real" isn't physical.

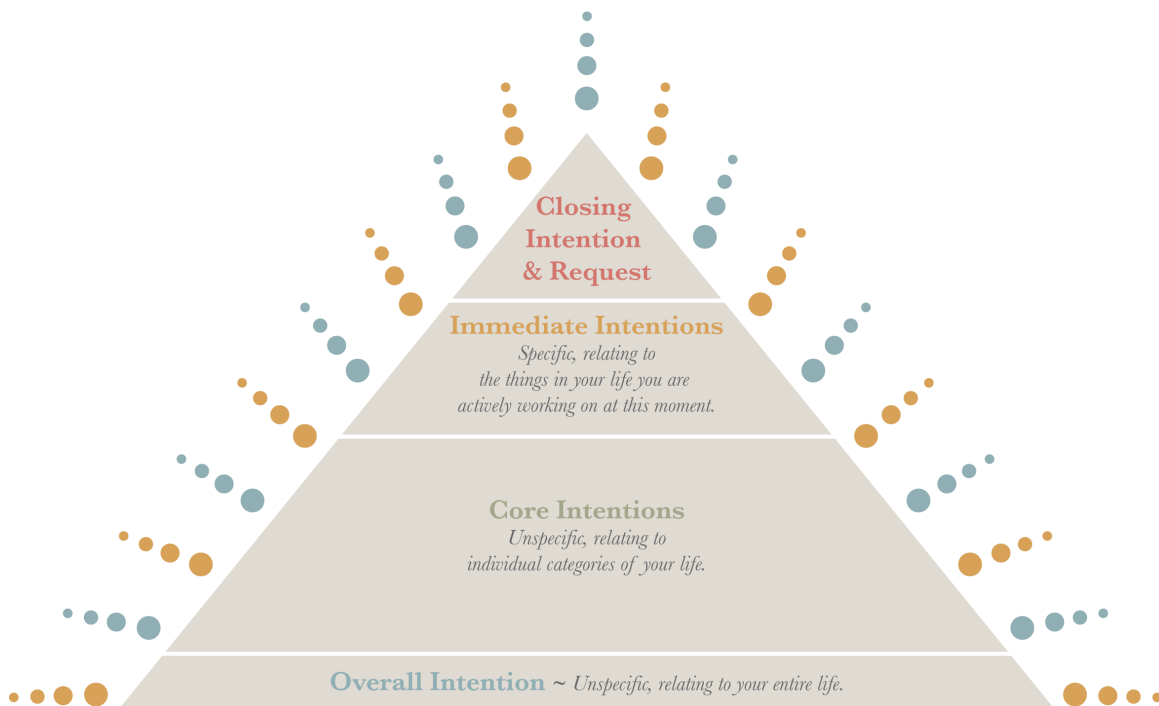
Much of who we are is *beyond* this earth plane. And scores of assistance lies beyond this reality, waiting to be called upon.

We are each unconditionally loved and we have an enormous support system simply waiting for us to give them the signal to help us.

Ask.

Ask for help.

Intentions



Beliefs

