

CONSCIOUS CREATION

Your Life, The Way *You* Want It!

Christopher S. Harris

A Reality: It's All In Your Mind™ Book



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The formula for true happiness is a simple equation: take the effort you unconsciously put into being unhappy and consciously put it into being happy.

That is all bliss takes.

Contents

Acknowledgments	6
About the Author	7
Reality: It's All In Your Mind™	8
Foreword	9
Introduction	11
Before We Begin	13
The Want List	15
Vocabulary Practices	17
Preparing to Receive	23
Chapter One:	27
Life While Unconscious	27
Life While Conscious	29
The Foundation	32
Dualism and Holography	36
Holograms	44
Chapter Two:	53
Consciousness	53
Conscious Individuals	61
A New Reality	68
Treasured Illusions	69
Going to the Movies	77
Chapter Three:	81

Basic Law	82
The Information of Beliefs	88
Communication	101
The Third Cakram	105
Conflict 1	110
Roles and Contracts	116
The Four Tiers	126
Pebble, Stone, Brick, Boulder	132
Finding Clarity	138
Chapter Four:	141
Conflict 2	141
Trickster and Reversal Thoughts	145
Losing Energy	153
Creating Energy	160
The Power of Intent	165
Creating Affirmations	168
Letting Yourself Receive	174
Taking Action 1	178
General Affirmations	181
Chapter Five:	189
Old Paradigm Into New Paradigm	190
Vortices	202
Who Are You?	207
The General Mantram	213
The Immersion Mantram	220
When to Reclaim	231
Chapter Six:	237
The Frameshift	237
Taking Action 2	245

So Now What?	248
Appendix One:	259
Body Image	259
Body Image Visualization	262
Wealth	264
Wealth Visualization	266
Appendix Two:	271

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About the Author

Christopher Harris has been interested in mental studies, psychology, healing, allopathy, energy, yoga, and spirituality his entire life. Having grown up in a spiritually open family, he was able to explore his various interests and became deeply involved in Aṣṭāṅga Yoga and began training for certification.

After living and teaching yoga for several years, he came across a book on channeling that helped him reconnect with Ishmael, a being of light with whom he had worked in several previous lifetimes.

A certified Aṣṭāṅga Yoga instructor, certified energy healer, and spiritual teacher, Christopher and Ishmael intend to collaborate on many more books, bringing spiritual concepts and ideas to people in a fundamental and approachable method.

Their teachings bring to everyone the complex ideas that are intrinsic to conscious evolution while offering practical methods of applying what people learn from this knowledge.

Reality: It's All In Your Mind™

Welcome to a new perspective on spirituality! This collection of materials, including books; audiovisual media, seminars, workshops, and discussion groups, are intended to help you on your spiritual journey. These materials will help you in your awakening – in connecting with the essential You, so you can live a life of happiness, health, and abundance.

Reality is about creating the life in which you wish to live, dynamically, every day. It is about responsibility, integrity, and nonviolence. The techniques brought to you through these products and services will enrich your life and help you in profound and wonderful ways.

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Thank you!

**Namaste,
Christopher Harris**

Foreword

Greetings. I am Ishmael.

The reality in which you find yourself living is not static, predetermined, inherently cruel or uncaring. It exists as a creation of matter and a synthesis of sensory objects helping to shape what you perceive. This reality is created by the observer and other observers interacting, with one consciousness observing patterns into being through the nature of illuminative observation. This, in itself, is a limitless creative act and the creation establishes a subtle electromagnetic vibration which radiates the perceptibility of a sense object to other observers.

Reality is not a shared construct. Everything is unique to the individual, based on the perspective of the mind observing the sense object. Perceptual reality is a personal construct. Every day, every moment, you – as an observer – create the reality in which you live. Your external world is generated from a combination of your perspectival interpretation of the patterns illuminated by your belief system as well as your ability to tune into the patterns energized by others. The teachings in this book will enable you to harness your limitless energy and learn to become infinitely abundant.

The physical realm in which you reside is vibrational. Everything within it vibrates, resonating at frequencies, some higher, some lower. There is no intrinsic goodness or badness, positive or negative, attraction or rejection to this resonance – until your consciousness begins to observe. The reality in which you live is based on your thoughts and feelings. The more uplifting and aware your thoughts are the happier and more fulfilling the reality you are creating.

You have complete mastery over everything in your world, from money to weight, careers to relationships, cars to houses and beyond. When you are asleep to this creative faculty, life appears beyond your control. In fact, when you wake your conscious powers and learn to illuminate patterns out of the essential nature of reality as an information substrate, you now govern your every experience. Eliminate your limits and misperception so that ignorance fades, leaving only awareness in its wake. Everything is what you make of it because everything is something you make.

Consciousness begins from awareness. Existence becomes agitated and consciousness dawns, awareness flexing into a sense of self with a convulsion that could break worlds. Connections form, viscous energetic synapses bridging gaps that dwarf the greatest chasms of any world.

These gaps compress, shrinking down, and the convulsion reaches its peak, the sense of self expanding to fill itself up with information, to begin defining itself.

Definition begins to dawn, and suddenly, the sense of self realizes how infinite is everything outside itself. Then, an instant after that, maybe a million years of thinking, maybe femtoseconds, the sense of self realizes just how infinite is itself.

That is how you began.

Vorneau

Introduction

There is a unique process to the act of creating our reality. It is a change arising from learning how we think, what affects our cognitive processes, and how what we feel creates the world in which we live. In this book you will learn how we think and feel in limited ways and how this kind of thinking leads to a life of spiritual, mental, and physical famine. Understanding these limits gives us the power to create the reality we desire, open to abundance, while living a life of joy and contentment. I call this practice of limitless thinking Conscious Creation.

It is not always easy to recognize the limiting beliefs and restrictions under which we labor to live. However, once this knowledge is obtained, learning to observe these unhealthy elements of consciousness in action allows us to make changes where needed. It is a growth process enabling us to transform our lives and assist others when the time comes to be of service to those in need – or to be wholly focused on your own journey, if that is what motivates you. This process is not a “magic bullet” or Western medical quick fix or palliative. This will be work, because you have lived in a limited way for lifetimes – changing that will take time, but with persistence, you will notice dramatic shifts quickly and more meaningful, subtler changes for the rest of your life.

This will carry over into your next life, as well. If you disbelieve the concept of reincarnation, then that may not resonate with you, but even so, the benefits you gain will benefit you regardless of space, time, or circumstances, in whatever state your consciousness exists.

There is no “secret” or “trick” to having an abundant life

and doing what you want with your reality. Once you have the knowledge and understanding of the things limiting you, you can make whatever changes you want to your life and watch reality change. The reality in which we live is one we create, and with mindfulness, we can create it deliberately to be what we desire, not what is by default.

The more I have implemented the practice of Conscious Creation, of being deliberately present in my life and changing how I think, and therefore how I act and react, the more I have created reality as I want it to be. I understand how my beliefs came to be, what they truly mean, and how to change them to be what I truly want. This alters everything.

It is neither selfish nor wrong to want things. There is nothing wrong with material objects, if that is what you desire. Nothing in a spiritual lifestyle precludes happiness, if that is the way you live. Our lives were meant to be lived in health, happiness, and abundance. By keeping ourselves in spiritual famine, by depriving ourselves of happiness, we live in a reality of limiting beliefs and self-judgment. Conscious Creation is about making the life we want to live and becoming the person we know we can be.

Our emotions are both caused by and causative of our vibration. By changing how we feel about the things that make us shut down and vibrate low we can magnetize into our lives the things we desire. When we are happy we create more abundance in our lives. When we are angry or bitter we create the precise opposite. At other times, a more intense manifestation technique is required, something that helps to not only change our vibration but our very beliefs when those are not in accord with what we want.

Learning how to do this is straightforward, and with persistence it will become part of your way of thinking, moving you to a perspective of clear thinking and abundance. Abundance is something everyone can have. Changing how you think and vibrate will erase your limiting beliefs and open you solely to your infinite power.

Before We Begin

Before you read any further I would like you to begin working on some exercises that will help you as you read through this book. Part of creating our reality is having what we want, need, or desire in our life – and to do that we have to sit down and determine the basics of what we want and need and start preparing ourselves to receive it. We cannot just write down any old thing, however, and expect it to pop up; there are some steps to take to make the room for these items in our mental space, so we can create them in our literal space. Certain key components will guide you as to what you will write down and to what you will create.

This exercise will help you create a Want List comprised of things that excite you and seem like they would be fun – the things you truly desire in your life which you have been blocking until now. The key point is to ensure the items on this list are for you alone, not for anyone else. You may wonder why these things have to be for you, that will become clear as you keep reading. There is an important reason to make sure these wanted items or events are very specific to you.

The thought of having these wants or needs met should help create excitement and enthusiasm to begin the manifestation process, these feelings will be a launch pad for the rest of the material we will cover. In fact cultivating your feelings is a key element in every aspect of Conscious Creation, so keep this in mind as you read. The practices in this book will help you release the old, stale energy backed up in your mind field, energies which tie into your limiting beliefs and prevent you from enjoying your life to the fullest.

This list of wants and desires is important, and it may take you several days – or longer – to complete. It is easy to add entries in the beginning of this exercise because there are many simple things we want – more money, more travel, more sex, or more joy, for example. The further you get into creating your list, however, the harder it usually becomes to add entries. This is because you have been taught all your life you cannot have what you want, for many reasons. This is untrue – you can have everything you want and need. This list will help you begin doing exactly that!

Be sure to list everything; think back as far as you can to recall the wants and dreams of your childhood. Even though you think you may have forgotten these they are still things you wanted that influenced your life. You will recall them in time, and if they still motivate you, you will be able to create them. The choice will be yours, and in seeing you have a choice, I hope you will realize everything you experience is also your choice.

We create everything in our realities – and we create the absence of these things as well. Whether we have something or not, there is no distinction. As far as our consciousness is concerned what you have is what you have created – be it pleasurable or painful, joyous or miserable. There is nothing in our lives we cannot control; we have lost sight of this fundamental power and creative principle. We have become unconscious, but starting with this list we are working to change that!

There are two other things to do before you begin this journey – becoming mindful of how you speak is one of them, and preparing yourself to receive what you are creating is the third. These are vital steps in the process of becoming conscious and creating your reality. If you make some changes, but not others, you will not create the results you want or what you create will be intermittent. The way you speak is a creative power unto itself, but being open to receive what you create is the only way what you create can actually appear to you.

The Want List

Everyone wants – it is normal, natural, and healthy to want things. We often feel guilt for many of our wants; are told we have not earned them; feel unworthy of having these things in our lives. We doubt we really deserve them even when we feel good in general. To help turn those patterns of belief around it is important to build this list with everything you can recall ever wanting in your life from childhood to present – no matter how absurd it may seem. No one ever has to see this list so there is no reason to feel foolish or ashamed about what you write on it – and if you did share your list with others, you might be surprised by how many people want many of the same things as you. Even some of the items you may consider strange are not, and many others may want similar items.

To do this exercise take several sheets of paper or create a new document in a word processing program, and begin making a numbered list of everything you have ever wanted, needed or desired. Again, write everything, no matter how obscure or foolish it may seem to you now. If you are using a word processor please be sure to print the list you create – having a tactile, tangible referent to revisit will help reinforce your positive thoughts and excitement.

You may feel tension in your body and mind as you begin creating this list. You may feel constriction through your chest, shortness of breath, anxiety, even head or eye pain. That tension is caused by challenging all the negative beliefs and limiting thoughts you have absorbed over the years by writing this list. Think of it: this is just a list, yet it can stir up some pretty powerful feelings!

The feelings of anger, frustration, guilt, shame, or unworthiness (some people even get nauseous) have all been stewing inside you and whenever you think of the items on your list, those emotions are attached – but excitement should also be present. That excitement will start you down a road to complete openness and infinite abundance. Those negative feelings you may experience vibrate low – and you cannot create your ideal reality while feeling that way. As you create this list all these

low frequency emotions will surface again, resonating out of the past, stored in your reality as patterns blocking abundance, bliss, and joy. All these emotions are things you created at some point, things to which you were exposed and then reflected in your own life because it was what you believed was true.

There is no limit in this universe. The only truth is in our creative power and the amazing infinite abundance of our consciousness. Those old thoughts and patterns may sidetrack you, even make you feel physically ill, depending on how deeply entrenched they are. That will pass and you will change them all soon enough.

Getting down to the process of writing out this list, there is one requirement I will give you for this exercise. Creating a list seems easy enough, right? Ten, twenty, maybe even thirty – or forty – things should not be too hard. However, there is more out there than forty or even fifty or sixty things. The one requirement I have for this list is you must write out at least *one hundred entries* for it! I want you to put at least one hundred things – meaning you can put even more than that, but no less – on this list of wants, needs, and desires. You will have to dig deep to find all the things you have wanted through your life. The first twenty or even fifty entries are usually easy – but after that it starts to get tougher!

This list is important – because once you begin creating the reality you desire, you will check the items off this list as they come into your life. Is that hard to imagine? I hope not, but if so, keep at it – you will check items off that list one after another and with each item you create you will only reinforce your absolute power! That is the other reason to go ahead and print out the list if you use a word processing program – you will want to be able to review the list and mark off those things you create as they show up. As exciting as it is to think of a life rich with abundance, joy, and connection, it is even better to be able to demonstrate your creative power by checking off the items you have created – which will appear exactly as, or even better, than what you write on that list.

Perhaps more importantly, as you realize your true

power you will see the items on this list take on a whole new meaning – as you become truly open to Conscious Creation, you will be astounded by how magnificent life can be. This list will be a record of what you will create, what you have created, and what your creative faculty may manifest without you even realizing at first that some of these things are even possible!

At first, you may become angry or frustrated trying to add entries to your list – be patient with yourself. It may take several days or even more than a week to create this list. One woman with whom I have worked spent over a month creating her list – but within a year, she had manifested over thirty items from her Want List into her life (some of them arrived within days of beginning this process – she is very prolific!).

Your Want List is a big list though, and it may take time to create it. We all want and need things, however, and if you persevere you may have more than one hundred entries. By all means put two hundred items on the list – after all, if you create the first one hundred entries, why not the next hundred?

People who have done this exercise in workshops have said they felt some pretty low frequency emotions while creating their lists. It upset them because they feel as if their lives were sabotaged by well meaning and “helpful” adults during their formative years. Pay attention to these feelings but refrain from immersing yourself in them. They are important, but we are not working with those feelings right now, not directly. Identify and note them so you can release them later.

For now, however, write out that list!

Vocabulary Practices

As part of the process of switching from unconscious living to Conscious Creation, some language shifts are in order. The way we speak is reflective of the way we think but the two intertwine to create one another. Our thoughts create our words but our habit of speaking is equally creative of our thoughts. There are two things of which I want you to become mindful – first is the use of the contraction “don’t” and the words “not” and “no”. Second is the use of terms like spending, buying, sell-

ing, earning, paying and so on.

For “don’t”, “not”, and “no”, negation phrases are not recognized by the mind. It is as if these terms are not present at all when spoken, so using them in a sentence is not the same as saying something in a positive, affirmative manner. “Don’t run” seems the exact same as “walk”, but it is very different. It is important to recognize how often you use these words and how frequently they are associated with the *lack* of something in your life. When I first noticed how frequently I used these terms, I realized I used them everywhere, in every conversation, all the time – and everyone I knew did exactly the same thing! In topics where I thought I was saying one thing, when I removed these three words from a sentence I discovered I was saying something else entirely. These terms are toxic to our consciousness but they show up everywhere.

The basic principle of manifesting is centered on what is commonly called the law of attraction – and in manifesting, this is a powerful tool to recognize and understand. The use of negation phrases manifests the exact opposite of what we actually seek. Recognizing how we use them is a key goal in the process of becoming fully conscious and mindful.

My favorite example of the misuse of “don’t” is in the following phrase: “don’t forget to do <action>.” Why do we say, “don’t forget”? We should say, “remember to do <action>”. What point is there to telling someone to not do something negative like forgetting, when you can tell them to do something positive like remembering?

Since the mind pays little or no attention to the word “don’t”, saying “don’t forget” is like telling someone to forget to do something. Forget your chores. Forget your keys. Your homework. Your beverage. Your money. Your clothes. Your anything. When do we really mean to tell people to forget things?

How about the following – any of them sound familiar?

“Don’t be rude!”

“Don’t do that!”

"Don't forget to do <action>!"

"Don't leave your laundry on the floor!"

"Don't make a mess!"

"Don't roll your eyes/stomp your foot!"

"Don't slam the door!"

"Don't slouch!"

"Don't touch the candle flame/boiling water/hot burner!"

"I don't want any more bills!"

"I don't want to go to bed late tonight!"

"I don't want to go to work (school, class, the gym, etc.)!"

"Look both ways before crossing the road, so you don't get hit by a car!"

"Make sure you don't get hit by a car when you're crossing the road!"

Any of those ring a bell? How often were you told not to do something in that dubious phrasing and found yourself doing exactly that? I used to do it all the time! "Don't forget" is guaranteed to inspire forgetfulness. "Don't slam the door" is guaranteed to get a slammed door. "Don't touch the hot object" is guaranteed to create a blister or burn. "Don't be rude" is just asking for it.

Have you noticed how much energy you or others put into saying these things, as well? They are said seriously and in earnest, with lots of emphasis, admonishing gazes and strong tones of voice – all empowering the precise action the person is "don't wanting" in each statement! We say this stuff all the time without realizing how often "don't" appears in our everyday speech. I make a game of it with my clients, of recognizing how often they use this particular word and then making a point of figuring out other ways to phrase things.

As such, you will notice some possibly odd phrasing and the occasional sentence that will seem awkward to you as you read this book. I use alternatives like "refrain" or "be mindful" or "cultivate" in place of negative phrasing. So instead of

the phrasing above, I would use something like the following (in fact, I have used all the following!):

“Please refrain from doing that.

“Remember to <action>.”

“Be mindful of making a mess.”

“Refrain from slamming the door.”

“Sit up straight.”

“I will be mindful of bills.”

“I intend to go to bed early tonight.”

“Please look both ways before crossing the road.”

Saying these things makes people aware of their behaviors and often has the desired result: the door does not get slammed, the fingers do not get burned and the undesirable action is avoided.

Can you see how much softer these terms are, as well? They are spoken in a normal, casual tone of voice, conveying precisely the meaning you intend and placing calm confidence in the concept expressed. It makes all the difference. By watching your words and refraining from using the terms don't, not, and no you will find it forces you to think of things differently – which is what manifesting is truly about, shifting our thoughts to what you desire and creating that, rather than avoiding something.

I mentioned two things. One area centers on the three words mentioned and the other area is phrasing centered on money. This is probably the most stressful word in the entire world in any language. I certainly know it was in my household growing up: money was not a taboo topic but it was a hated one. Among my clients it is one of the toughest topics, along with sexual intimacy, to create a shift in the thought processes. Money is anthropomorphized, despised, desired, and worshipped – often all at the same time by the same person!

It is viewed through a wildly distorted lens that creates a skewed perspective on the real nature of money and both its

presence and its exchange in our lives. Whether you manifest after reading this book, manifested using the law of attraction long before encountering this book, or embrace the practice of Conscious Creation, money will be viewed differently. It is not alive or evil or anything other than strips of green material with letters and numbers on it. It has only the weight we give to it and it cannot control us – our distorted perspective may create the illusion and density, but in truth it is only paper.

It is even less than paper, as you will come to understand, so why give so much power over to feeling anything about it at all? It is a means of exchange, of showing gratitude, appreciation, consideration, or recognition for a service. Others show us gratitude in the form of paying us; we show gratitude by paying others and by buying objects.

Money is for exchange and it is useful and fun, but it is an accessory. With manifesting we can show gratitude and appreciation without falling into the unconscious mindset of money controlling us: how much do I have, how much do I need, I have to pay this bill, I “don’t” have enough money, and so on.

Show gratitude to yourself and others by using money. Instead of paying bills show gratitude for the services you receive. Instead of getting a paycheck (or similar type of income), you are being shown gratitude for the services you rendered. Have you had a good meal at your favorite restaurant recently? You created it; show gratitude by paying. Be excited about it – you made something and that is the practice of manifesting, whether it is a good meal or a \$30,000 bonus.

Either way it is the same. Showing gratitude extends to every other area of life, as well. You create everything, good, bad, or indifferent, by the way you think, and you think a certain way because of your belief system. You have limitless power, about which you may have forgotten after incarnating, but you use that power every time you create something. The simple daily things you take for granted – coffee in the morning, the newspaper on your front porch, and the mail in your mailbox: you create them. You have an expectation of having

these items in your life, so you empower their existence. Thus, they appear daily or in keeping with whatever cycle you deem appropriate.

Show gratitude to yourself – every day, thank yourself for what you have made. Before you even get out of bed, count several things you appreciate in your life and thank yourself for creating them. Is your bed comfortable? Thank yourself for it – it is the bed you have made, literally and figuratively. Do you wake up next to someone you love? Thank yourself – because you created their presence in your life, just as you created the place you sleep.

Make a game of it: every morning think of what you have created and thank yourself. Every night, evaluate the day that has just passed and thank yourself for creating it: food, clothing, work, traffic, time, space, sunlight, wind, rain, or snow – everything is your creation.

Cultivate mindfulness and appreciate yourself and what you have made every day. You will double, triple, or quadruple (or more!) your fantastic creations and eliminate the stuff you “don’t want” by paying attention to the way you think and thanking yourself daily.

Be mindful of using the words “don’t”, “not”, and “no”, and start shifting how you think about gratitude. These two actions will help shift your thoughts and make manifesting, and eventually Conscious Creation, much easier. Show gratitude to others and accept the gratitude of others by thinking of money differently: you are giving recognition or being given recognition in kind, when you spend or receive money. Show gratitude to others for their services; in turn, ask for gratitude in exchange for your services and it will show up in your life as a multiplying energy in your financial abundance.

Show gratitude to yourself every morning and night for what you have made and you will see confirmation of the principles of Conscious Creation before you read any further in this book!

Preparing to Receive

Being able to accept things in life is hard for many people. Letting someone help us, letting good things happen, being open to whatever abundance we are capable of creating require us to be able to sit back and receive. It is not enough to just use the words and principles in this book; you also have to accept what you have created. If you do not trust yourself and doubt what you create or habitually decline to accept what you have created, you are not receiving.

Many people think this way, resisting good things because they are unworthy or afraid of “too much success”. However, knowing you think this way and changing those thoughts are two distinct processes. Following are some simple techniques you can use to begin opening to receive the abundance you are capable of creating.

To check in with yourself, consider the answers to the following questions: when you get up in the morning, do you like who you are? If you look in a mirror, what do you see? Do you enjoy your life? Do you enjoy all of it, or just part? If you could have whatever you wanted, would you be able to accept it? For many people, these questions generate a variety of responses mentally, emotionally, and physically, ranging from dubious comfort to outright loathing – all directed at themselves! These kinds of feelings are powerful indicators of a self-destructive and limiting belief system, about which you will be reading in this book.

How do these questions make you feel? What are your true answers or responses? If you feel anything less than excited and joyful when you consider your life and looking at yourself in a mirror, then this exercise is incredibly important, perhaps more important than your Want List! Before you lay a world you create, but to create what you want in that world and accept what you are creating, you have to prepare yourself. You have to be ready to receive, to open to possibility, and most important of all, you have to like yourself.

Take a look in a mirror right now and think about what you see. When you look at your face, your body, and your over-

all reflection, what thoughts come to mind? Love, loathing, happiness, or disgust? How about pleasure or contentment? Misery or bitterness? What are your true, honest feelings when you look at yourself? How about when you contemplate who and what you feel you are and what you feel your life represents, or the things you have accomplished in your life? How do these things make you feel?

If you feel anything less than happiness and contentment, there are some things I would like you to do to begin moving the energy of your consciousness in new and healthful ways. You may not like to take this step, but I assure you, the results are worth it and important to your liberation. It may be hard at first or hard for awhile, but I know you have the strength to do this: to look yourself in the eye, to look at your reflection in all honesty and openness, and begin loving yourself.

This may sound silly or goofy or “New Agey”, but it is a powerful step. If you dislike yourself, who can like you? If you feel loathing when you look at your body, your features, or more deeply, at your soul and who you think you are, then you cannot create what you desire and freely accept it. How can you accept something if you feel you are unworthy? Thoughts of self-loathing are thoughts of unworthiness. You cannot feel loathing and be open to creating except in the most haphazard and inconsistent way.

I want to you to start making it a habit to look at yourself and thank yourself. Look at your reflection, find something beautiful and wonderful in the marvel of who you are, and check in with your life. Learn to be content with what has happened. Look in a mirror (or in every mirror) and practice self-awareness and self-love: tell yourself outright, “I love you” or “I love myself”. Be honest and be firm in what you say, speaking aloud, and work to really feel it.

Every morning challenge yourself to look past your preconceptions and limiting beliefs. Tell yourself something positive: “I’m beautiful”; “I love who I am; “I’m a marvelous and wonderful being”; or “I am perfect and wonderful”. Greet yourself positively with sayings like “Good morning, perfect!”

or “Hello, beautiful!”. Really work to start making some personal changes and vocabulary shifts in how you look at and speak to yourself. Treat yourself well, because everything you are and have comes from you first. If you need a reminder of this practice, write a note and tape it to a mirror you see every morning so you will practice these techniques.

When I ask these kinds of questions of my clients or to groups in workshops, checking in to see how people feel about themselves and if they are ready to receive, people often respond with some pretty vehement words and feelings. I have even had people get up and leave when I start talking about their sense of perception and how they think and respond to themselves.

When I say, “Look in a mirror every day at least five times and say ‘I love you’ to yourself” people sometimes begin sweating or go white in the face. They feel so horrible at the thought of confronting these feelings the mere thought makes them nauseous.

You may not respond that strongly to the idea of looking at your reflection, meeting your own eyes, and telling yourself, “I love you”. Conversely, you may feel even worse than what I describe here. If you feel anything less than placid contentment or excitement with the idea of looking at yourself and telling yourself you love you, you are beautiful, and you are perfect, then I ask you to make it a point to do so every day – to work with your sense of self.

By doing this you will prepare yourself to receive the incredible abundance your unfettered creative power will be able to bring into your life, things you will only be able to receive by practicing contentment and self-love. If you do not love yourself, you cannot give to yourself anything from your Want List. If you feel anything negative you will be blocking yourself at the fundamental root levels and you will frustrate yourself at every turn.

Write up your Want List, start paying attention to your vocabulary. Start looking at yourself and making some changes

in how you think and feel – these three exercises will set a foundation for everything you will read and discover in this book.

Consciousness illuminates reality. It is straightforward and direct, a logical process. You cannot see or do anything without your magnificent consciousness, limitless in its essence, involved in the act of doing.

Your beliefs are the anchor of your observational faculty. What you believe, you illuminate. If you cease to believe something, then you will similarly cease to illuminate it.

What would you like to stop believing? More importantly, what is it you would like to start believing?

Chapter One:

Essential Reality

Life While Unconscious

What do I mean by “unconscious”? Well, in the beginning, all our limits are ingrained in our reality as beliefs. We have to struggle with these limits while unconscious to achieve a small or moderate measure of success, happiness, or contentment. We have to work hard, scrimp and save, struggle and strain. We lose money, or struggle to earn it, or never earn it, or feel we cannot earn it. We measure our value and worth against the numerical value of our savings and checking accounts, our stock portfolio or our investment dividends.

We are more worthy if we are in a relationship, have a car, live independently, work forty (or more!) hours a week plus overtime, or otherwise fit into the pattern of life common in the world today. If we do not subscribe to these belief systems, people feel uncomfortable with us at times and struggle to grasp how we can live so differently from them.

Objects give us merit in the eyes of family and friends – we impress them with our material wealth even if we are exhausted, sick, lonely, or depressed while acquiring these goods. We attach too much importance to what is not important and feel we have no time for what truly is even though we long for it.

Have you ever had a job to which you hated going? One where you had chronic headaches, neck strain, tension in your shoulders, or stomach troubles? One where you could barely sleep the night before because all of which you could think was

having to get up the next day to go to work and how miserable you were? Would you batter your head and your emotions against the wall of this reality if you did not have to?

If you could have everything with the snap of your fingers or rub a magic lamp and get your wishes fulfilled, would you live and work like that? That is a perfect example of unconscious living. I would think working and living that way would be the last things on your mind or Want List!

Did you hate school? Go to college and dislike that too, even though it was interspersed with fun times? Dislike the man or woman you married but felt marriage was better than being alone? Stay in a relationship that felt draining and exhausting? I could go on and on but I am sure you see the picture here: life while unconscious is lived according to the rules of an impossible system based on limiting beliefs. No matter how much you work, save, strive, endure, persevere, and acquire you cannot win. There is no prize, so there is nothing to acquire in the end – and yet inside you probably hope, long, or wish for more.

Have you heard any of the following – or, more importantly, do you believe any of these?

“Life isn’t fair.”

“Money has to be earned.”

“Money is hard to come by, harder to save.”

“That’s the real world.”

“The rich get richer while the poor just get poorer.”

“There isn’t enough money for everyone.”

“You can’t have money and be spiritual.”

Life while unconscious is one controlled by others, by their expectations, demands or needs. There is a desperate striving to achieve, acquire, integrate, and please others. While you are doing all this you watch your dreams wither and fade because none of them ever come true. This is life lived in a way that can only be unhappy and dissatisfying – and the worst part is, you may believe this is all there is and you will only ever be

miserable!

While we are unconscious, there are rules, regulations, parameters, and guidelines to living life. We have to do this, do that, be here, be there, attain or achieve or acquire this, that and the other thing. We need to know, prove, verify, understand, break down, quantify, and contain in order to understand – but what are these concepts except containers for limiting beliefs? When we contain something, what are we really doing? We are limiting it – and this is precisely the reason for the frustration and confusion and illogic of the unconscious paradigm.

To live unconsciously we have to be deliberately obtuse, we have to buy into the agenda, scheme, policy and politics of an illusion. We have to adhere to The Limits, any deviation creates fear, anxiety and stress – think of taxes. What would happen if you did not file as you believe you must? You can probably easily cultivate fear, anxiety, and stress about being audited and losing “everything” in your life if you fail to file your taxes. Taxes are an illusion, as is money, so what are you filing? Illusory income statements for illusory income to an illusory agency.

Unconscious living makes no sense, is fraught with struggle, and is generally miserable. Why live like that when you can have literally anything? What if there really is a magic lamp and a genie that will grant your wishes? You have this book in your hands as confirmation there is a magic lamp and there is a genie. You are the ultimate creative power and the confines of the lamp are the life you were living unconsciously. Soon, you will break free.

Life While Conscious

Life while unconscious is amazingly drab and many people living that life are pretty miserable. If you are reading this book, which is something you created in your reality by your own limitless creative power, then you are probably making changes – or plan to. You are ready to be happy. Life while conscious is the diametric opposite of its counterpart: it is filled with amazing, wonderful, phenomenal events. Your dreams be-

come reality, your wishes are fulfilled and you are in complete and utter control, peaceful, content and happy. You are the genie and you are granting all your own wishes, every day – and it only gets better as time goes on and more and more miracles occur.

I say this seriously and with no frivolity: miracles will occur, but they will be miracles you create. It is within your power to break free of the chains of unconscious living, become fully realized, and utilize your infinite creative power to generate your reality. The error of skeptics who disbelieve in miracles is they believe miracles are uncommon and can only be performed by a few people. That is a limiting belief that needs to dissolve – everything you do is miraculous, as I hope you will come to understand, and thus miracles are nothing more or less than what we do every day. Walking on the ground is no different than levitating or mind reading, or any other miraculous event, but people see it differently. By seeing it differently, they limit themselves. From limits comes suffering. It is very simple.

You may be wondering how the transition to freedom of thought is possible and if you have to join a cult or perform a strange ritual or mutter an incantation. Not at all. All you have to do is use the techniques in this book, embrace your infinite power as a godlike creative genius, relax, and let yourself receive.

Can you imagine? You have to relax and do whatever you feel motivated to do on a daily basis to create your reality! How can this be, you ask? Read on and then implement the techniques in this book to see for yourself – infinite abundance waits.

Life while conscious is serene, peaceful and joyful. You only have to do what you feel motivated to do. Aspire to do nothing, to follow your desires, to play and have fun – and the world of your making will be illuminated around you as you breathe. The people in your life, your possessions – you will come to see them differently. They may not be any different

from before but your perspective will shift, revealing aspects of reality that were hidden or forgotten. Everything will become better and stress, conflicts, and struggle will melt away. The old rules of the old paradigm will fall apart when you recognize your power, leaving you breathing freely in a boundless new world that was hidden behind the limits of how you used to live.

I know it sounds fantastic – people have heard me say stuff like that and scoffed because they cannot imagine where this world of bounty and bliss has been hiding. Actually, it is not hidden at all – we get glimpses of it all the time.

What we consider fortuitous coincidences happen all around us: seemingly random meetings of events and people that present new opportunities and dialogues and the potential for transition. They happen almost daily for most people, but in the old paradigm, these signs are ignored or brushed off as coincidences that are unlikely and will never repeat, even though they repeat all the time.

I say coincidence does not exist; it is a fabrication, a concept of science to quantify and limit and promote the unconscious living paradigm. Coincidence is, very simply, not real. What is real, unequivocally, is absolute responsibility and your limitless power. You created these seemingly random events and moments of synchrony as guides or signposts, if you will, to help move you along toward consciousness.

The problem is, under the old paradigm, we are so indoctrinated we do not realize the incredible nature of these events until after the fact. When the opportunity comes knocking and we want to seize hold, limiting beliefs hold us back. We hesitate, unable to let ourselves receive abundance, and the opportunity seems to pass. New opportunities are always coming along, though – we never stop creating and offering ourselves hope.

Miracles occur daily and these miracles are glimpses of our limitlessness. We see consciousness unfettered and unbound and for an instant, it is breathtaking in its scope, perfect and mysterious. Then the fears set in and limits are imposed

and we are back in the old paradigm, living unconsciously.

Not anymore! The time has come to make the transition to consciousness and to fully realize your power. Those seemingly coincidental moments of synchrony will reveal their true nature as perfect creations of your own consciousness.

The Foundation

Before we can learn to create our ideal reality and eventually move into Conscious Creation, we have to build a foundation. That foundation consists of a general understanding of some key facts about the nature of our universe, which is indeed a very interesting and strange place.

Some of what I may share in this book, which is based on several sources, may be very uncomfortable to consider at first. It may be totally foreign or very familiar. It all depends on where your life has taken you on your meandering route to coming here, to this book, which is but one stop on the way to where you are going.

The sources from which I have drawn are the ancient teachings of India, our current understanding of physics (in both cases as I understand these principles, which may not be quite in keeping with the honored teachers) and also from Ishmael, given this is a *Reality* book and will be at least partly channeled.

These sources concur on the structure of the universe and show that for thousands of years the particular beliefs I will be showing you have been discovered by humans over and over again. They are uncovered, forgotten, and found anew. Perhaps people simply lose their path for a time and then return to these teachings en masse, over and over again, as philosophical awakenings occur. There has been a recent awakening but it is very limited in its scope and direction: it falls under the unconscious living umbrella. Perhaps it is something with which you are familiar, that changing energy around Earth is leading to some kind of global shift.

With that perspective, many people believe humanity is nearing a great awakening, some coming change that will

transmute the masses into pure energy or greater awareness spontaneously. In this belief, parts of the human collective (the “worthy parts”, meaning the “spiritual” among us) will harness and cultivate the energy of this awakening, moving out of the old paradigm of unconscious living and into a state of grace. Apparently everyone else will just cease to exist – the enlightened will find paradise here on Earth while the unenlightened disappear. A convenient means of explaining a perspective that makes no sense.

Changes occur constantly. Reality is fundamentally unstable, shifting daily in many ways. I say the idea of this supposed coming change is absurd and must be discarded. Your limitless power will not be awakened by some astrological conjunction of planets – it will come through mindfulness and conscious living. Focus your energy there, and you will become limitless. Waiting for mystic forces is impractical and limiting – that implies you are powerless to change on your own and need external forces to induce a shift. That is definitely old paradigm thinking!

Other philosophical and mystical teachings, however, very closely parallel what science has determined to be an accurate model of reality. Science as it is currently practiced, however, is limited. Humans have accepted a default system (Newtonian physics, relativity, quantum mechanics and string theory) that does not accurately assess and explain what is going on in the universe. This only compounds the limitations under which people are operating in their daily lives.

Further, most scientific analysis offers insight only through deconstructive investigation and can offer only inferential support for the power of consciousness to create reality. Since consciousness cannot be destroyed, given its permanence, it cannot be investigated in the same means as stones or the human body or even subatomic particles, that is through deconstruction, but it also cannot be disintegrated from reality. We cannot investigate reality without taking consciousness into account, but we also cannot quantify (at least at this point!) consciousness.

Nonetheless, various avenues of thought have led to the same conclusions: consciousness, at the very least, informs reality by exerting influence through a force unknown to science. Although consciousness cannot yet be quantified there is an obvious correlation. This force, however, has been known and understood philosophically and mystically for as long as humans have been incarnating. Everyone uses this force every single day of their lives.

I would like to talk a little about the way I came to the philosophical and mystical teachings, in the form of my yoga practice. Yoga is commonly misconstrued as the physical postures seen on TV, in books, DVDs and magazines, as being the sum of the practice. In actuality, the physical exercises are but a small part of the entire practice, which includes an entire lifestyle centered on self-growth and enlightenment.

Other aspects of the yoga lifestyle include a comprehensive philosophy, which presents the human consciousness as being a limitless creative power. It is understood in these teachings that consciousness is imperishable and states of energy, while changeable, are permanent and cannot be destroyed. Further, there are six classical schools of thought in India. Two of these schools – one of which is yoga – provide experiential insights into the nature of reality in accord with what physics presents in theory.

This being said, now is the time to jump in with both feet, as the saying goes. The foundation starts here, then the techniques for manifesting. Please read along and pay attention to everything in the order in which the information is presented. It will ultimately make it easier to both manifest immediately and later, when you feel ready, to practice Conscious Creation and open yourself to the complete abundance of your infinite creative power.

The reason for this logical progression is to open your energy system more gradually to new thoughts that may be radically different from your current paradigm. Everyone does things at their own pace and so you may race through this book.

My pace is not a client's pace, which may not be your pace. I may move faster or slower, you may move faster or slower – either way is perfect. There is no right or wrong way to do this.

You cannot make a mistake because, as you will discover, there is no such thing as an error! Everything is something we have created and therefore it serves a purpose to help us discover or understand something else. If what we have created is not what makes us happy, we have but to change our thoughts to create what does. As such, there is no right and wrong, correct or incorrect.

I will use the terms “positive” and “negative” throughout the book, but perhaps not in the way with which you may be familiar. Positive and negative in this book refer to what makes us feel well or unwell, happy or sad, elated or frustrated. No one determines what good, bad, positive, or negative are except ourselves – we each determine what we feel and what makes us feel good in turn.

Typically, we are taught the wrong action creates an erroneous or poor result. We then have to make up for it, somehow, paying for our mistake like someone might cover a bounced check in the old paradigm. We believe (because we are indoctrinated into the belief, which seldom holds up under examination) what others believe is more important or somehow more correct than what we think and desire. The moral majority, the adults in our lives, the role models who taught us, typically repeated only the stories and beliefs they had learned. They never questioned or evaluated those beliefs beyond perhaps the most cursory attempt to find something else.

If you were taught a limiting belief by someone, or you learned a limiting belief by observing someone, they probably acquired it the same way. They never questioned because they were told not to and that was that. In turn, you did not question because no one else around you questioned – or if you did question the status quo, it was met with responses reinforcing the current paradigm.

Now, I ask you to question everything – every belief, every doubt, everything you were told, taught, or observed grow-