

# Perceptions of Reality

## HOW THOUGHTS BECOME REALITY

We have patterns of thinking, which are repeated habitual thoughts. These thoughts become your beliefs, your beliefs become an expectancy, your expectancy becomes your attitude, your attitude becomes your behaviour, and your behaviour becomes your **"State of Being"** Also Known As **"VIBRATION"**.

Your vibration dictates the frequency you are emitting.  
The frequencies you emit create your experiences in your reality!

## WHAT IS YOUR CURRENT STORY?

What is the current story that lives within you right now? What is the story you tell yourself right now? This may be something you speak internally to yourself, or even what you say about your life to other people. There's a belief about your life ( regardless of its truth ) that is blocking your natural flow of abundance. This is also hindering your ability to take inspired action towards your goals & desired outcomes. Identify this story so you understand what is currently limiting you.

It may not come to you right away, but while you are meditating or going about your day, you may realize one of your limitations. Be sure to make note of it right AWAY, because you will forget.

## STEPS TO REWRITE YOUR STORY

**Examine your thoughts - identify your story!**

**Exercise: Becoming Aware of Your Current Story**

**Prompt:**

What story are you currently telling about your life — about how things are and who you believe yourself to be?

This story holds an energetic frequency that continuously shapes your reality.

**For the next 7 days:**

1. Notice the vibration you find yourself in most often.
2. When a strong emotion arises, pause and ask yourself:
  - What am I feeling right now?
  - What was I focusing on, saying to myself, or responding to that created this feeling?
3. Write down your reflections.

✨ This daily awareness practice helps you recognize the energetic patterns you've been living by — so you can consciously begin rewriting your story into one that aligns with the reality you're creating next.

**Find Your Frequency** - After you find which frequency you are emitting most often. Ask yourself, where is this coming from? Is it something that happened to you in the past that you keep replaying in your “now” experience?

Is it how you were previously treated in a relationship? Is it the environment you surround yourself in and how you talk to yourself? Becoming aware of your story & why it isn't serving you anymore, even if it's true, can bring clarity to why things are the way they are right now. Understand that it is keeping you from getting you where you want to be.

From here, you want to spend time purposely tapping into the energy of the Frequencies & Vibrations that ALIGN with the emotions you want to feel. The emotions you would feel if you had already manifested it.

## **CREATING YOUR NEW STORY**

Create a “new story” to support your dream life and the experiences you wish to live out. Even if you don't believe it, this is a crucial part of the process. Be creative, dream big, and write this out on a piece of paper. It's more powerful & connects neurologically when you physically write it out. You will want to keep this piece of paper or journal in a place where you will see it every day and make sure you read it morning and night, especially when you find yourself back in a negative downward spiral.

Read this letter 2 times every day for the next 28 days, once in the morning and once before bed.

NOTE: To enhance this process, “Get into a state of Gratitude”, feeling love and appreciation for everything in your life while reading. Grab your dedicated journal for this journey and begin writing down the emotions you would feel “as if it were happening” every time you read the letter. ( twice a day ).