


# YOU ARE SOVEREIGN



**BREAK FREE FROM THE MATRIX  
AND CREATE TRUE SUCCESS**

**DEBBY VAN 'T VOORT**

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## **Acknowledgements**

As I bring these chapters together, I realize this book owes its existence to all who have supported me—as a creator, friend, guide, entrepreneur, wild spirit, mother, wife, and author.

This book is a heartfelt tribute to the loves and inspirations of my life, and it wouldn't feel right, not to mention a few.

To precious Mother Earth, the awe-inspiring canvas I'm fortunate to call home; to the soul-stirring wildlife encounters, my beloved fur babies, and the remarkable people who have touched my life, those who have taught me, the ones who trusted me to be a guide in their life and everyone who played a role in who I am today. We are all each other's teachers, students and reflections. I dream into reality that this book will be a vessel that leads many into their true nature, a powerful creator.

Chris, my sidekick, friend, and husband, who never stands in the way of my dreams, no matter how challenging that may sometimes be. I hope every person may find themselves in a relationship that shows them that they are allowed to be fully themselves and the relationship is not a barrier to following your heart; that true love is letting the other person free and seeing in each moment the opportunity to enrich each others lives with another who shines their light. Cherishing that for as long as that beautiful play is unfolding. I love you.

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Mike, my brother, you have always been there for me. Even though we are an ocean apart, you're always in my heart. Love you.

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And to you, dear reader, thank you for picking up this book and giving it a chance. You might have already tried many ways to create a life you love. To find freedom, break free from the norm, and become your most authentic self. In that case, don't give up. You're going to be grateful you found this. Please let me know how this book lands for you; I would love to hear your stories. I celebrate you for making the conscious effort to create a life you love. It will make the world an even more beautiful place. Much love.

This work that extends far beyond me is ours; I am just a vessel through which this information wants to flow.

I hope you enjoy it.

Much love,

Debby

## Chapter 1: Introduction

You're holding a book that has the potential to transform your life. It's not just another self-help guide—it's a roadmap to creating the life you truly love. I know it's a bold claim, but my journey is a testament that the freedom so many of us seek is possible, in today's world, yet may never find, despite all the effort, courses, therapies, yoga classes, meditations, and alternative practices.

I was once trapped in a cycle of unfulfilling jobs, always chasing the next position that promised more money or prestige. Sound familiar? But through the principles I'll share in this book, I broke free from that cycle and created a life aligned with my true passions and purpose.

If you felt drawn to this book, trust that instinct. These ideas will likely resonate deeply with you, speaking to truths you've sensed but couldn't comprehend.

This approach isn't for everyone. It's for those ready to embrace radical honesty and apply a proven 5-step process. This process will guide you to shed limiting beliefs and create a life that reflects your true self.

It's meant to be read as written, with stories and patterns woven to engage every level of your consciousness.

### The Epiphany

My transformation from a passive observer to an active creator of my life demonstrates the power of defying societal norms. Early on, I noticed a stark disconnect between people's words and their true desires, with many feeling trapped in unfulfilling lives.

*I saw colleagues relentlessly pursuing promotions and paychecks, pushing aside their dreams of painting, traveling the world, or becoming entrepreneurs. Their eyes would sparkle when they spoke of these passions, only to dim when the conversation returned to their daily grind.*

This observation fuelled my resolve to carve a different path—where freedom wasn't just a distant ideal but a lived reality.

I've always envisioned a life of my own design, immersed in raw nature and wildlife, only investing my time in the things that truly matter without fear holding me back. Knowing what I wanted was a solid start, but the journey to making it a reality was long and winding.

## *You Are Sovereign*

My passions became my compass: Regenerative gardening and living, yoga & meditation, travel, healthy food and animals to name a few. Each pursuit wove into the tapestry of the existence I sought, one that transcended societal impositions and echoed with the heartbeat of authentic living.

Friends and family often marvelled at my unwavering determination to pursue my passions, turning what many perceive as challenges or impossibilities into tangible realities. I even inspired and guided friends to shape their lives in ways they truly loved.

At one point, I believed I'd achieved my dreams. I had built a sanctuary with a food forest and horses—a slice of paradise that seemed to check every box. Yet beneath this idyllic facade, I was still shackled to a life where I had to sustain my little paradise through a job that drained my spirit. I felt like a prisoner and ungrateful, as I was living some of the happiest times in my life while also feeling trapped.

I had convinced myself I could balance the uninspiring corporate world with my true passions. I believed I was being responsible by keeping the job that paid for the life I loved. Isn't that just being realistic? But I was struggling more and more to break free from this paradigm that caused me intense internal suffering. I would swing from the happiest to the saddest person within the same day. The more my passions called to me, the more depressed and disappointed I became with my work life.

The path to self-sovereignty is littered with the debris of societal conditioning and unconscious patterns. I clung to beliefs that kept me from fully stepping into the desired reality. Beliefs like “you have to work hard to make money” and “you must be perfect for people to take you seriously” held me back, among others. I was a good student, though much of what I learned seemed pointless, and I couldn't wait to escape the schooling system. I secured a good job, constantly sought out “better” (higher-paying) positions, and always kept enough money in my savings account in case of emergencies. I kept one foot in a life I didn't honestly believe in and the other in my dream life.

So, I kept searching—trying anything to improve my life, reconnect with myself, and heal or fix anything I thought was wrong with me. Classic and alternative therapies, natural and plant medicine, affirmations, yoga, meditation, breath work, courses, brainwave music, books, teachings such as the law of attraction, neuroscience, enneagram, etc. Although I cherished some of these practices and created incredible things in my life, I couldn't break through my limiting beliefs regarding my most deeply held desires. I couldn't change or fix myself enough to just go for it. I kept compromising and living a half-fulfilling life. The landscape of personal development fell short, leaving me to wonder about the missing pieces of the puzzle.

I knew there was something more. I learned that courage and energy put into one's passions are vital for success. My little regenerative homestead, my labour of love, wasn't in vain. The love and passion I poured into that paradise became a testament to the importance of following what truly matters. Its sale provided the means to uncover my most profound truth and the knowledge I now treasure.

## **The Big Problem**

What I wanted most was to avoid living a life I saw so many around me settling for. As a sensitive child, I observed people living what felt like 'fake' lives and vowed not to end up that way. Still, I found myself stuck in certain areas, convinced I was the problem. I needed more learning, healing, and fixing to have the life I wanted. Generational patterns run through us, bringing with them the belief that it takes a lot of work to break through, fix, and let go—a belief I see in so many people around me. I used to be that person, too!

Growing up in a middle-class environment—though some might have even considered us poor—instilled a set of unconscious beliefs that kept me locked in that structure despite my misgivings. People grinding, stuck in the hamster wheel—even my closest relationships, despite having reached so-called 'successes'. Those were the ones I turned to for advice. It took a while to realize that asking for opinions, advice, or feedback from people who aren't living a life they love isn't helpful. And if that is all you have in your circle, it is time for expansion. Accepting that I am smart but can't do everything alone opened me up to people I could truly learn from. Someone who already had the life I desired to create for myself. Investing in myself beyond the invisible boundary I'd set forged new ways to what I'd been missing. Often, this information is hidden, and it took me years, lots of money, and effort to get to where I am now—in possession of crucial information that created an earth-shattering shift for me.

## **The Breakthrough**

Success isn't personal; it's structural. Our worth isn't tied to fixing perceived flaws to reach success. You are not broken. The very fabric of society, much like the majority of self-help doctrines, is woven into a problem-solving framework. People love solving problems, especially within themselves. But there's an alternative—a creative structure that is still rarely taught, even by those who've reached the pinnacles of success.

Today, I'm living proof of this truth. From my home in the lush Costa Rican landscape, I intentionally live a life by design, not by default. Here, I embraced a relaxed lifestyle amid epic, untamed nature—a place that resonates deeply with me. I overcame my lifelong, deep-seated fear of being underwater

(even just holding my face under the shower). Now, I find tranquility in free-diving over 15 meters with a single breath, connecting deeper with myself and my body. And, instead of doing work I dread, I started my own coaching business, driven by my passion and innate quality of guiding others toward their unconventional dream lives and empowering them to let go of the need to fix themselves and problem-solve constantly. Witnessing the transformative journeys of loved ones inspired me to extend this work to a broader audience. With my unconventional approach that moves beyond traditional personal development, I focus on superconscious development, guiding people into a creative structure. Here, I invite you to discover a blueprint that can liberate you from the repetitive cycle of fixing, opening up to the full spectrum of creative existence. The 5-step Creator Alchemy Code condenses essential practices into a straightforward, powerful method I personally use daily to create a life I profoundly love. Understanding the significance of this approach is just a book away. And if you are anything like me, I know you are more than ready to take this to heart and put it into practice.

It is in that light that I say getting to understand and integrate this structure is the last thing you will need to be able to create whatever it is that you genuinely want.

This isn't just my work; it's our shared journey. The work that flows through me, my mentors and all of theirs. Enriched by each individual's gifts, it becomes more potent as it spreads. Now, being passed onto you. The best way to honor it is to pay it forward by living your most fulfilling life, undoubtedly inspiring others.

Are you ready to honor the true you and let go of anything that is not that?

## **Key Takeaways**

- Conventional paths and societal expectations often cause a disconnection from our true selves.
- Success isn't personal; it's structural. We don't need to fix ourselves to achieve our goals.
- This book offers a transformative approach to manifesting a life aligned with your deepest desires, emphasizing the power of creative structure and the superconscious.

Chapter 2 will explore a revolutionary paradigm shift that challenges the status quo and reveals a path to authentic fulfillment. Discover the transformative power of aligning with your creative essence as we explore three levels of consciousness. We'll demystify the superconscious, an aspect of yourself that holds the key to manifesting your heart's true desires. This approach transcends traditional self-development, offering a holistic

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framework for personal transformation and crafting a life that resonates with your deepest aspirations.

## **Chapter 2: Embracing a New Paradigm**

Imagine waking up each day to a life you truly love. Isn't that what really matters? Yet, it's a sobering truth that many go through life without experiencing real fulfillment. A 2021 global study found that 75% of people feel personally and professionally stuck<sup>1</sup>. Even more telling, 80% of people are not passionate about their work<sup>2</sup>. This widespread disconnection is reflected in the World Happiness Report, which revealed that only about 30% of people globally rate their lives highly satisfying<sup>3</sup>.

Maybe you see yourself in my story. You know what you want, but you're only living half of a fulfilled life. You experience a form of success, but is it the success you want? Is it the genuine truth of your true full self?

I invite you to step off the hamster wheel and embrace your true passions. It's time to live a life that reflects you every day. To embark on a journey where every step is a dance with creation.

In a world where many drift through days tinged with unfulfillment, we have to wonder: what is it about the well-worn path of conventional life that shackles our spirits? Does the pursuit of societal norms truly eclipse our deepest yearnings and potential for a life rich in purpose and passion?

### **The Matrix: Our Invisible Prison**

To appreciate the power of a new paradigm, we must first understand the framework that often constrains us—a system I call 'The Matrix'.

In today's world, the matrix represents a complex web of societal expectations, cultural conditioning, and limiting beliefs that shape our perceptions and dictate our choices. This matrix isn't a physical construct but a mental and emotional framework that keeps us tied to conventional paths, preventing us from fully embracing our true nature and purpose.

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- 1 Oracle. (2021). AI@Work Study 2021 <https://www.oracle.com/a/ocom/docs/ai-at-work-2021-global-study.pdf>.
  - 2 Hagel, J., Brown, J. S., Wooll, M., & Ranjan, A. (2017). If you love them, set them free. Deloitte Insights.
  - 3 Helliwell, J. F., Layard, R., & Sachs, J. D. (Eds.). (2021). World Happiness Report 2021. New York: Sustainable Development Solutions Network.

This matrix manifests in various ways:

1. Expectation to follow predetermined life paths, such as education, career, and family life.
2. A belief that success is defined by external markers like wealth, status, and possessions.
3. Pressure to conform to societal norms, suppressing our authentic selves.
4. Unconscious acceptance of limiting beliefs about what's possible in our lives.

Crucially, the matrix isn't the problem itself—it perpetuates psychological tension, making it easy to stay oriented in a structure that no longer serves us. When entrenched in the matrix, we often end up stuck in cycles of trying to fix perceived flaws or to meet external expectations rather than creating from a place of authentic desire and purpose.

This book is designed to guide you in breaking free from this matrix. By embracing the Creator Alchemy Code and the principles outlined in these pages, you'll learn to identify the unseen barriers holding you back. You'll discover how to tap into your innate creative power, aligning with your true nature and purpose to craft a life that resonates with your fullest self.

As we move forward on this journey, you'll gain the tools and insights to see beyond the illusions of the matrix. You'll learn to orient yourself within a creative structure, freeing yourself from the matrix's constraints. This shift in orientation sparks a profound paradigm change, empowering you to make choices that align with your heart's desires instead of societal conditioning and expectations. This journey of awakening and conscious creation becomes your path to freedom—a way to step out of the predefined structures and into a life of your own magnificent design. Understanding the matrix and choosing to live within a creative structure opens the door to limitless possibilities and true fulfillment.

## **The Allure of the Unconventional**

In the tapestry of human existence, the threads of conventional and unconventional lives form starkly different patterns. Conventional living, guided by societal norms, forms a predictable mosaic of structured routines, traditional values, and well-worn paths. While providing a sense of security and belonging, these societal blueprints can confine us within the boundaries of the 'normal,' limiting our explorations to the familiar territories of our forbearers' footsteps, which could look something like a typical 'expectational'

life path of graduating a schooling system, grinding a stable job, buying a house and saving for retirement.

By contrast, choosing an unconventional life feels like venturing into unexplored territory. It's about seeking something beyond the mundane—a life of purpose, defined by you, filled with deep passion and genuine fulfillment. Those on this path embrace the unexpected and strive to create a life story that reflects their innermost desires. Breaking away from the typical path, they choose to live authentically, driven by a desire to experience life in its most vibrant, unfiltered form, such as exploring the world without a backup plan, choosing your artistic expression instead of a mundane job, following your path of service that comes from your unique heart, living your days exactly how you want to fill them, choosing your heart over the misguided comfort of what you know 'how' to do.

At certain times, we find ourselves at a crossroads between the familiar and the unknown. Some dare to tread its path, to somewhere along the way, end up at the same starting point, while others conjure up so many limitations that even the first step seems too daunting. The closer to the heart and the more unconventional this unknown is, the more it seems to push us back, no matter the allure. This leaves us with thoughts and emotions to work through and attempts to fix what we deem as flaws in ourselves. Hoping to walk down that path with more courage next time.

## **Ask Yourself the Honest Questions**

Ask yourself honestly: How has that worked out for you so far? If you're holding this book now, it probably hasn't. Or at least in some areas of life. Let's change that! Believe me when I say—you are far from broken!

We all feel broken occasionally; *it is not your fault.*

From birth, we're taught to focus on what's 'wrong' with us. We learn that good grades make us 'good enough' and that following a set life path helps us 'belong'. Choosing anything outside of that norm can foster limiting beliefs with the accompanying emotions that put us on the trail of a “need to fix” because, frankly, society has most people believe that they need a specific picture to achieve success in life. Right now, consider that this is just another belief system.

Conventional life, often dictated by societal norms, profoundly shapes our beliefs and aspirations. This social conditioning subtly molds our perspectives, directing us toward a predefined set of expectations.

In education and career, traditional paths can lead to a sense of entrapment, leaving little room for exploring one's true nature and purpose. These paths

often overlook imparting essential knowledge that empowers individuals to lead lives aligned with their authentic selves.

## **The Cycle of Feeling “Stuck”**

Amid the relentless cycle of daily life, many of us are trapped in a paradox of problem-solving, navigating repetitive routines that lack true fulfillment. With an ingrained mindset that every issue requires fixing, we ironically keep ourselves stuck. This mindset, deeply embedded within our societal structure, often propels us into a desperate search for satisfaction. We eagerly turn to therapies, new hobbies, and even complete lifestyle overhauls to uncover that elusive spark of joy. Yet, this approach, focused on solving problems rather than creating new realities, only draws us back into the same cycle. Our well-intentioned efforts become fleeting shadows, offering only temporary relief.

The real root of our stagnation lies beneath unfulfilled desires and unexplored dreams. It leaves us yearning for something deeper, more profound, and enduring beyond the confines of our problem-solving paradigm. In this book, we'll uncover the hidden truth to break free from stagnation and show you how to apply it through the 5-step Creator Alchemy Code.

## **The Power of Conditioning**

Our unconscious mind, primarily wired for survival, plays a crucial yet often unacknowledged role in life. It clings to patterns and beliefs formed in our early years, often solidified by age seven.

These deep-seated beliefs and behaviors—preserved by our unconscious mind—persist even when they no longer serve us, based on the assumption that sticking to the familiar is safer than venturing into the unknown. As we grow older, societal norms frequently dampen our innate capacity to dream and imagine with the wonder of a child.

This tendency to favor practicality and logic over creativity limits our potential for growth and fulfillment, keeping us tethered to a life that feels safe yet unfulfilling and depriving us of the joy and vibrancy of living true to our dreams and deepest desires. What beliefs do you hold about imagination and daydreaming about your ideal life?

## **Yearning for a Better World**

Those who seek an unconventional life often also yearn for a better world. Yet, we often get entangled in everything that doesn't resonate. Creating our world from that perspective is challenging because we remain in a problem-solving mindset. It can feel as though the Universe is working against us from this mindset. In truth, the Universe is always giving exactly what we ask for.

We simply need to realize what we are asking for—a realization that often happens through our behavior.

As natural creators, we are born with the innate ability to shape our world. Yet, as we grow, this awareness often fades into the background. In pursuing a better world, it's pivotal to shift our focus from the creations of others to our own, aligning with our most profound sense of purpose and true nature. Imagine a world where people are focused on resonating with their innermost desires and aspirations rather than reacting to external influences. By prioritizing how we feel, we project an image that reflects our desired inner experiences, allowing us to transform our everyday reality. This alignment fosters a world where each person thrives, living in harmony with their authentic self, contributing to a collective consciousness of fulfillment and purpose—unique to each individual.

An increasing number of people strive to build lives like this, acknowledging that the societal structure we unconsciously adhere to is unsustainable. Yet, for many, awareness of this structure remains outside active consciousness, leading to repeated attempts that end in a lifelong journey of striving. What would your life look like outside the matrix? Just think about it!

## **Breaking Free**

Breaking free from conditioned beliefs and behaviors is not only possible; it's a transformative journey that begins with recognizing and embracing fundamental truths. First, acknowledge yourself as *a creative spiritual being*, endowed with unique gifts and perspectives. Second, recognize your free will and *the power to choose* your path and actions. Finally, realize that the best use of this power is *guided by your emotions*, which serve as the compass of your soul's desires.

The book delves into creative alchemy, a practice of harnessing these truths to reshape your life. Over the next ninety days and beyond, you can practically apply these ingredients to create a life you genuinely love that resonates with your deepest self.

Consider the examples of Oprah Winfrey and Steve Jobs, who epitomize this philosophy, regardless of whether you resonate with their choices. Emerging from humble beginnings, Oprah built a media empire by following her passion for storytelling and empowering others. Steve Jobs, co-founder of Apple, revolutionized technology not by fixing what was broken but by envisioning and creating what he deeply believed in. Both exemplify the transformative power of aligning actions with a personal vision, proving that true success and fulfillment lie in creating what we love, guided by our innermost desires rather than the need to fix what seems broken before creating what we truly want.

## **Demystifying the Superconscious**

Embracing our full potential requires understanding and reconnecting with the superconscious. Known by various names such as the higher self, inner self, field, spirit, or even God, the superconscious is not merely a philosophical abstraction but a reservoir of infinite information.

At its core, the superconscious represents a transcendent level of consciousness beyond ordinary human thought and perception. Unlike the self-conscious and unconscious, which are rooted in thoughts and feelings, the superconscious is a universal field connecting all beings, offering limitless knowledge, ideas, and spiritual energy in the form of information. This concept transcends any religious or philosophical tradition, appearing across cultures and belief systems to signify the unity of all creation.

The superconscious is intimately involved in the creation process, both on a cosmic scale and in our personal lives. As humans, this process operates on the principle of duality, a fundamental aspect of existence in the third dimension we experience as our main reality. Everything that comes into being first exists in an invisible, formless realm before materializing in the physical, visible world. This invisible realm is where the superconscious operates, where thoughts, ideas, and intentions exist before they manifest into reality.

Polarity plays a crucial role in creation. In the physical world, everything has an opposite: light and dark, positive and negative, up and down. These opposites are not conflicting forces but complementary aspects that work together. It creates tension, which is necessary for creation. Without dark, we wouldn't be able to experience light. The tension between the two is what makes the reality we experience. By understanding creation's dual nature, we can align more fully with the creative process, harnessing the power of the superconscious to bring our aspirations to life. The superconscious mind lets us choose from infinite possibilities, collapsing the one we focus on into tangible reality.

Accessing the superconscious is less about physical effort and more about spiritual and mental alignment. It requires transcending the limitations of ego and rational thought to connect with a higher level of awareness. In this book, we will focus on achieving this connection through neuro-emotional meditation, which helps quiet the chatter of the conscious mind and tune into the deeper frequencies of the superconscious. For those who are not exhilarated by this idea, I promise—it will be fun! This isn't just about sitting in silence; you'll use your imagination to create a vivid experience of whatever your heart longs for.

Accessing the superconscious is not exclusive to a select few; it is an innate potential available to all. It resides within us, like an unmined gem

awaiting discovery. Consider those sudden flashes of insight or inspiration that strike unexpectedly—these are glimpses of the superconscious at work, breaking through the veil of our everyday awareness. By cultivating effective practices, anyone can consistently and consciously tap into this extraordinary realm, unlocking a reservoir of limitless wisdom and creativity.

When we access the superconscious, we become receptive to insights and inspirations that can transform our understanding of the world and our place within it. This level of consciousness is the birthplace of true creativity and innovation, serving as the source of breakthrough ideas in science, art, and philosophy. Moreover, accessing the superconscious can catalyze profound personal transformation. It enables us to overcome limiting beliefs and negative patterns that hold us back, empowering us to live more fully and authentically. When we align our personal will with the wisdom of the superconscious, we find greater fulfillment in our lives and contribute to the greater good, bringing positive change in the world around us.

To access this extraordinary plane of consciousness, we must embrace a state of innocence—a pure, unbiased mindset devoid of preconceived notions and judgments. This book will serve as your compass, guiding you in entering and utilizing this state of innocence, opening the door to the superconscious. By embarking on this journey, we transcend perceived boundaries, materialize our deepest aspirations, and uncover our authentic purpose. The path to the superconscious is universally accessible, inviting us to discover and harness its boundless potential.

## **The 3 Levels of Consciousness**

The human mind—a remarkable interface between spirit and matter—is a multidimensional entity of great complexity. It consists of three levels of consciousness, each performing its distinct functions. The unconscious, self-conscious, and superconscious mind each play a pivotal role in shaping our life experience and very being.

None of these three levels of consciousness is inherently harmful; each has its role. Attaching labels to parts of ourselves—like ‘we have to get rid of our ego to be liberated’, ‘the unconscious is unhelpful’, or ‘the superconscious is too woo-woo’—comes from stigma and is, ultimately, just another belief system. Each level has an important role, which is why they all exist. It is up to us to realize what we are feeding ourselves and holding onto. What are your beliefs about these levels of consciousness? Are you willing to let those go to get a deeper understanding and more success in life?

## **The Unconscious**

The unconscious mind sometimes called the subconscious, is a colossal repository that holds around 95% of our mental programming. Like a vast storage unit, it teems with memories, emotions, and experiences, many of which remain outside our conscious awareness. This layer of the mind operates autonomously, dictating our attitudes, actions, and behaviors based on past experiences. It functions without discerning good from bad, positive from negative, nurturing from destructive, and simply follows what has proven survivable. Though it retains memory, it lacks the conscious capacity to make affirmative choices like 'I choose to heal,' 'I choose wealth,' or 'I choose love.' Its power lies in crafting outcomes and realities based on the information it has absorbed over a lifetime. The nature of this information—whether enriching or diminishing—directly influences the outcomes it generates. The unconscious kicks in around our conception, and its patterns fully form up to the age of seven. This means you are programmed to act according to patterns established in the earliest years of your life. The unconscious has a unique superpower: it learns patterns. It frees up mental energy, allowing us to focus on other pursuits.

This understanding of the unconscious mind underscores its critical role in our lives. It's not merely a passive repository but an active shaper of our reality. By recognizing its immense influence and learning to feed it with information about what we want to create, we can begin to harness its power to create more positive and fulfilling outcomes.

## **The Self Conscious**

The self-conscious mind is a dynamic, influential layer within our mental landscape. This is the realm of our everyday awareness—home to our thoughts, ego, and the active shaper of our ideas, attitudes, and behaviors. At this level, we engage in conscious thought, make decisions, and perceive the world through the lens of our five senses. Material in nature, the self-conscious mind functions as our primary interface with the external world.

This consciousness layer wields the creative superpowers of intention and empowered choice. It channels its will through the influence of either the superconscious or unconscious mind, depending on the level of awareness we engage at any given moment. Conscious choice plays a pivotal role in stabilizing creation, affirming life as an ongoing sequence of events where ideas, relationships, emotions, and possibilities continuously emerge and vanish in a dance of potential.

Within this realm, choice isolates specific possibilities from the vast potential field as a function of mindful will and focus. It's like selecting a

unique frequency, ‘cutting it from the herd,’ to initiate its journey into existence. This act of empowered choice marks the commencement of stabilizing a chosen potential, setting the stage for its manifestation in our lived experience.

## **The Superconscious**

The superconscious represents infinite, higher-dimensional awareness, the foundational source of all creation. It contains the codes and energies for everything conceivable—every object, idea, and reality that has existed or ever will exist. Purely spiritual and untethered by physical constraints, this realm communicates through intuition, speaking directly from the higher mind. It exists outside the limitations of time and space, overseeing the entire intuitive process from beginning to end.

This all-knowing aspect of our intelligence can discern truth from falsehood, guiding us to make choices that resonate with our heart's deepest desires. It transcends our learned experiences and current knowledge, offering insights into higher possibilities and solutions. The superconscious intuitively understands what is genuinely in our best interest, steering us toward evolutionary outcomes and a deeper connection with the universal fabric of existence.

## **Integration of All Levels**

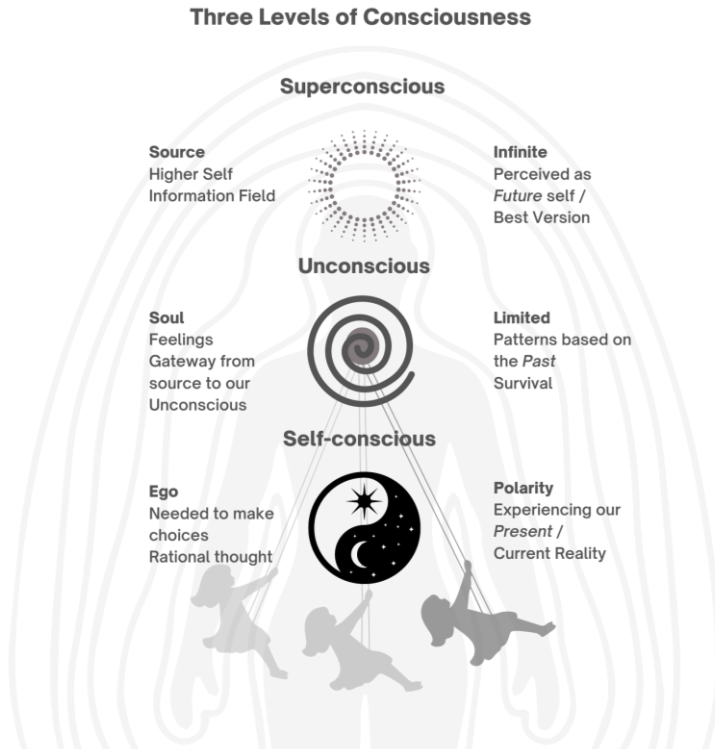
To integrate these levels of consciousness fully, we must learn to harmonize them. Most people predominantly operate from their self-conscious and unconscious minds, driven by thoughts, ego, and deeply ingrained emotions and memories. However, we can change our life's course when we adopt a creative structure and remember how to tap into the superconscious.

Accessing the superconscious requires a state of innocence, sometimes understood as the ‘heart field.’ A state of purity, openness, and unbiased perception. Return to the fundamental essence of who you are, free from the layers of conditioning and societal constructs that cloud our true selves. From this place of deep connection, intuition flows directly to the superconscious mind. By fostering innocence and aligning with the heart field, we can begin accessing and integrating the wisdom of the superconscious.

The power of the superconscious is immense. It can help us see beyond the illusions of the ego and the limitations of our conditioned beliefs to align all levels of our being with our leading personality. It provides clarity in times of confusion, inspiration during stagnation, and profound peace in turmoil. By aligning with the superconscious, we open ourselves to a life of greater meaning, purpose, and fulfillment—a life that is in harmony with the deepest desires of our heart, becoming a choice through our self-conscious mind and

programmed in as “safe” in our unconscious so that we can allow it into our experience.

In essence, the journey towards integrating all levels of consciousness is a journey towards the fullest expression of being in this human experience. Recognize that each level has its unique role and wisdom; no level is inherently superior. We draw on the strength and insight of each, aligning our heart with our choices and actions through imagination and superconscious awareness, from where the life we love comes into natural existence.



*Illustration: Showing the three levels of consciousness, their different aspects and relatability. In this book, you'll learn how to align all levels of consciousness to nestle in a creative flow structure, getting out of the pendulum swing that pulls you in different directions easing the manifestation process.*

## **Superconscious Development vs. Traditional Self-Development**

In the realm of personal growth, a transformative shift is emerging. We are moving beyond traditional self-development methods, primarily focusing on

improving 'The Self'—the ego and its problem-solving mechanisms. This new wave, known as superconscious development, offers an incremental step forward and a quantum leap in nurturing our whole being.

Traditional self-development methods in conventional and spiritual circles have long emphasized rectifying emotional, psychological, or behavioral problems. This problem-solving approach is rooted in the belief that we are, in some way, inherently flawed and in need of fixing. Techniques like cognitive behavioral therapy and motivational seminars have primarily targeted our self-conscious minds—the aspects that think, analyze, and judge. While these methods have been beneficial, they often lead to a perpetual cycle of identifying and resolving issues, trapping us in an endless loop of self-improvement.

By contrast, superconscious development proposes a radically different approach. It encourages us to step out of the problem-solving structure and into creation. This shift departs from focusing on what's 'wrong' within or outside of us, adopting a holistic approach centered on what we want to create and aligning all levels of consciousness to that vision. It encourages us to create what we genuinely love and desire, free from the confines of our conditioning.

At the heart of this new paradigm lies embracing our superconscious mind. While traditional methods remain within the boundaries of known experiences and learned behaviors, superconscious development taps into this boundless resource, opening up a world of previously unimagined possibilities.

The superconscious mind guides us to envision and manifest realities aligned with our heart's desires and highest good. This is not about denying or undermining the value of traditional therapies and self-help methods. Rather, it acknowledges that while these practices have their place, they often operate within a limited framework rooted in problem-solving. By recognizing our structure and consciously adopting a new, creative structure, we can start piecing together the puzzle of existence in alignment with our true selves. This shift empowers us to transcend the limitations imposed by past experiences and conditioned responses.

## **Embracing the Magic Within**

Following the conventional path can seem to shackle our spirits, leading us to unconsciously follow a cycle of past experiences and societal norms, endlessly problem-solving within the same structure. Yet, when we embrace the truth that we are:

1. An inherently creative spiritual being
2. A sovereign being with the power of choice

### 3. Guided by our emotions

We break free from these cycles by acknowledging our unique gifts and perspectives, understanding our autonomy in decision-making, and aligning our actions with our innermost desires, unlocking our true creator potential. There is no need to blame outside circumstances anymore, as the truth lies within and is accessible to anyone who genuinely cares about the experience in life they are creating.

Every moment offers a chance to reassure the unconscious of our safety, not by clinging to the past but by envisioning and emotionally embodying our desired future. This activates a process of 'magical manifestation'. We become it to see it as we learn to hold the tension between our current reality and envisioned future, observing the universe align with our deepest desires instead of reinforcing old patterns.

By understanding the significance of three levels of consciousness, the necessity of structure and creative tension, we stand on the edge of an exhilarating exploration into *life within a creative structure*. Whether you already know what you want or still have to find that out, the 5-step Creator Alchemy Code you will learn in this book will be your north star to a Life you Love.

## Key Takeaways

- Choosing an unconventional life driven by purpose and passion fosters fulfilment through alignment with one's true self, breaking free from the matrix, societal conditioning, and problem-solving mindsets.
- Recognizing oneself as a creative, spiritual, sovereign being with the power of choice and guided by emotions is critical to breaking free from conditioned beliefs and behaviors.
- The superconscious is a universal field of consciousness accessible to all through mental and spiritual alignment, serving as an infinite source of knowledge and insights.
- Integrating the unconscious, self-conscious, and superconscious levels involves fostering innocence and aligning with the heart field.
- Superconscious development focuses on creating what we genuinely love, transcending the limitations of traditional self-development, often confined to a problem-solving structure.

Chapter 3 dives into the third dimension and the purpose of our physical experience. Discover how this realm becomes a magnificent canvas for creativity and learn to embrace your role as a conscious creator within it.

## **Chapter 3: The Third Dimension & the Purpose of Physical Experience**

### **The Cosmic Game**

Imagine yourself as the world's greatest actor, capable of immersing yourself so deeply in a role that you temporarily forget your true self. One day, you take on the ultimate challenge: starring in a cosmic play so immersive that you forget your identity as the actor. You become so absorbed in your character that the play feels entirely real.

The curtain rises on a vast stage, revealing a wondrous realm—a three-dimensional world of form, color, and boundless creativity. Here, thoughts manifest into tangible experiences—a playground for pure imagination. At first, it all seems hazy and confusing, but as you settle into your role, the world around you snaps into vibrant reality. You have taken your place as a human being on the planet Earth.

In this cosmic game, you have chosen to temporarily veil your limitless nature to experience the joys and wonders of physical manifestation. What higher thrill could there be than sculpting a world with your bare consciousness? To breathe life into dreams and sculpt them into tangible form? This third-dimensional realm is the ultimate canvas for a creative being like yourself.

### **The Purpose of Physical Experience**

Humans often ponder, "What is my purpose on Earth?" Some believe enlightenment is the ultimate goal—a return to the divine source. Others feel our purpose is simply to experience and create. But perhaps the truth is a beautiful blend of perspectives: to remember our true essence so that we live as superconscious creators, experiencing the manifestations of our heart's deepest desires.

We are multidimensional beings with divine roots, pure consciousness fragmented into individuated aspects. In our highest state, we are eternal, infinite and all-knowing. However, to gain the thrill of physical, multisensory experience of our creations, we stepped into a limited form as human beings.

Creating as pure consciousness is instant, effortless, yet intangible—much like the experiences we conjure in our imagination.

But where's the joy in that for a human creator?

The sweetness of human existence lies in the tension between desire and manifestation, allowing us to fully engage with all our senses.

By taking on a human form bound by the natural laws of the third dimension, we embraced a profound opportunity – the chance to sculpt our desires into dense, touchable reality. Every dream and idea can become a piece of art birthed from imagination and intention, held in our arms as something tangible.

In this dimension, we are both the artist and the artwork, the painter and the canvas. We have the power to create anything our heart desires, to experience the struggle and the triumph of manifestation. Is that not the most incredible adventure of all – to dream a universe into existence and create more of what you love?

## **Remembering Our Creative Powers**

In the costumes of humanity, we become absorbed in the play, temporarily forgetting the magic of who we truly are. The three-dimensional world can be distracting filled with confusion and discord, making us lose touch with higher aspects of consciousness.

We get swept into the unfolding drama—the conflicts and injustices that trigger anger, fear, or sorrow in our hearts. We see things in the world that we deem "wrong" based on our personal perspectives and beliefs. Our emotions then take the lead, shaping our experiences in ways that do not align with our highest vision and truth.

People can become so outer-focused, fixating on everything they wish to change or make "right" again. This causes internal suffering, anger, and feelings of powerlessness. Even "ignoring" the outer world can seem like negligence when we feel that fixing is needed.

The issue is that focusing too intently on what we perceive as wrong leads to aligning with the circumstances we wish to avoid. Though we inherently know how we want the world to be, our energy and attention inadvertently propels the manifestation of our fears.

If we stop judging what others are doing and simply refocus on what we want to create, we return to the heart space – the core of our being. We can attract and manifest the experiences we most deeply love from this centred place, positively influencing the world. In other words, instead of fixing the world around us, we can send out a ripple effect from our creations that mirrors how we want to see the world.

This wisdom of recognizing our creative power and seeing the world as a superconscious playground can be one of the most challenging teachings to

embrace, especially for those who became conditioned at a very young age to focus on the "wrongs" we observed around us.

From my own experience, I can share that as a child, I was highly disturbed and saddened by the destruction of nature and the abuse of wildlife I witnessed. The more I focused my attention there, the more of those troubling situations seemed to appear, draining my energy and creating a downward spiral of psychological tension. This prevented me from sustaining the creative momentum that was my innate birthright.

While we all have an inner moral compass that can provide helpful direction and feedback for sculpting our desired experiences, we don't have to constantly project those values outwardly onto the world around us. This has been one of the most valuable lessons I've integrated from exploring many philosophical and spiritual teachings – the understanding that I don't need to be overwhelmed by or in resistance to what I perceive as "wrong." Instead, I can align my focus with living authentically from my profound truths and creative vision.

Embodying this wisdom has been profoundly liberating, allowing me to disengage from conditions that triggered heaviness within me. It has helped me connect deeply with my greater purpose as a conscious creator in this three-dimensional experience. Rather than burdened by the constant judgment of the world's dramas, I'm free to amplify the highest realities I wish to manifest through imaginative passion.

Indeed, the more we resist and react to what we deem as misaligned observations, the more we perpetuate those patterns of negativity within our personal spheres of manifestation. The path is to bless it all while realigning with the vision that spurs our hearts to soar with creative possibilities.

At our core, despite all our differences, we are more alike than distinct. We are all facets of the same infinite creator, exploring this cosmic playground uniquely. Yet, we have temporarily forgotten the unity of our origins and our abilities as conscious creators.

## **A Universe of Infinite Possibilities**

In this earthly experience, we're invited to remember a simple truth: we are powerful co-creators here to explore a cosmic canvas with wonder and joy. There is no universal "right" way to engage in this realm, for if there were only one path, there would be no opportunity for diversity and contrast.

Just as every cell in your body contains the same divine code yet fulfills a unique function, we embody a different expression of Source consciousness. Each of us plays a pivotal role; without our individual perspectives, the universe would lack the full spectrum of experiences.

Consider that perhaps there is no "wrong" here, for how could you revel in the beauty of light without experiencing shadows? How could you savor the thrill of manifesting your highest dreams if you did not also encounter perspectives that contrast with your own? There would be no contrast if we were all here to create the same. Contrast and duality are needed to create things on all levels of life, from the micro to the macro.

Some beings feel called to retreat inward, meditating in solitude. Others are compelled to share wisdom, commune with nature, or innovate technologies that transform our world. Many shout from the sidelines, demanding change from others and external bodies. Yet, in doing so, they give away their creative power. This energy could be used to sculpt the experiences they most deeply desire.

The path of resistance or judgment only breeds further resistance. The way is not to ignore the world's dramas but to disengage from what conflicts with your values and instead invest your energy in amplifying the highest visions you hold for your life and our planet. To not get distracted by what others are doing.

Which of these scenarios holds greater power? Choosing to fight a government on logging whilst putting oneself in a state of perpetual grief, or, focusing on creating a food forest and planting native trees in a way that nurtures the soul.

## **Life in the Third Dimension: Embracing Our Creative Power**

Dimensions are the fundamental framework of existence, each offering unique experiences. The third dimension—our human stage—is a remarkable setting for the dance of life.

Why is it called the third dimension? The first dimension can be considered a single point or line lacking depth. The second dimension adds another axis, allowing for shapes like squares and circles but still no depth. In the third dimension, depth comes into play, allowing for creating objects with volume and the experience of the physical world as we know it.

The third dimension, often referred to simply as "3D," is characterized by the perception of time and space. Time is experienced as linear, from past to present to future, giving rise to our understanding of growth, decay, and events unfolding. Space is perceived in terms of depth, height, and length, providing the physical structure to our reality. Time creates a flow - a stream in which our lives unfold, while space offers a three-dimensional canvas where this flow paints the picture of our existence. Together, they provide the stage for our creative expressions and experiences.

The slower pace of linear time lets us savor creation, learn from it, and appreciate the journey as deeply as the destination. Our creations here are not just physical objects but also our life experiences, relationships, and personal growth. We are constantly creating, whether we are aware of it or not. The key is to become conscious creators, understanding that our thoughts, actions, and the structure we orient ourselves shape our world.

Why should we embrace being creators in the third dimension? Embracing our role as creators empowers us to take control of our lives, shifting from victims of circumstance to active shapers of our experiences. This shift in perspective is liberating and can lead to profound personal transformation.

Conscious creation allows us to align our lives with our true desires and aspirations, manifesting a reality that reflects who we are and what we value. This alignment brings a sense of fulfillment and purpose that is difficult to achieve when unaware of our creative power. Moreover, it serves as a pathway to spiritual growth, leading us to higher consciousness and understanding.

Living in the third dimension is a unique and precious opportunity to experience the joy of turning the invisible into the tangible. It's a journey that takes courage, awareness, and a willingness to grow beyond the limitations set by our upbringing. As you master the art of conscious creation, you unlock the potential to live a life that is truly yours – your own masterpiece rich in passion, joy, and all the experiences you can imagine through the power of your beautiful human form.

### **Exercise: Embracing Your Creative Power**

(You can use the exercise note pages for this if you wish - 113)

Take a moment to reflect on your life as a conscious creator:

1. Identify one area of your life where you feel you're unconsciously creating rather than consciously manifesting the life you love.
2. Visualize what this part of life would look like if you fully embraced your creative power. What changes do you see? How does it feel?
3. What is one (small) thing related to that area of life that you can do today just because you love it?
4. Write down your reflections and the action you've identified and commit to taking it within the next 24 hours.

## **Redefining Success through Your Heart's Truth**

As we embrace our roles as conscious creators of the third dimension, many keep feeling stuck or unfulfilled by society's narrow definition of

‘success.’ Cultural programming has often instilled in us a limited idea of what it means to live a truly thriving life.

For many reading these words, there is a profound yearning beneath the surface - a sacred calling to craft a more unconventional path that allows you to embody your authentic nature and purpose in full creative expression.

Though you may have achieved conventional success—through career, wealth, or societal milestones, a deeper truth calls you toward something aligned with your heart's wisdom.

Perhaps you've sensed this calling for years, channeling it into hobbies, side projects, or vividly imagined dreams of a life that transcends mainstream narratives. You've likely tried incremental changes in search of that elusive ‘more.’ Still, nothing has fully freed you from the tracks of conventional living. We're conditioned to believe we can't feel fully actualized or proud of our journey without conventional milestones.

Money blocks, fears, and ingrained beliefs about how to ‘construct’ a prosperous life can act as formidable hurdles, trapping your grandest visions in the realm of imagination or leisure rather than allowing them to flourish as an authentic, embodied expression. In our hearts, we know true success has little to do with ticking boxes defined by others. Have we not all encountered individuals who seemed to "have it all" according to mainstream cultural expectations, yet their spirits felt dull, burdened, and disconnected from their own truths?

With every fiber of your being, you feel you're destined for a ‘MORE’ that defies cultural success metrics. You feel it in those sparks of intense creative passion or when you sense your heart's song, longing for a prolific voice to carry it forth. This is no longer a whisper to ignore but a truth demanding realization. Once a heart's desire has been summoned from imagination, it will keep nudging you to realize it.

True prosperity and success arise within—a homecoming to the passion that makes your heart sing joyfully. It is a reclamation of your values, activities and ways of being that you find inherently rewarding and deeply nourishing. Living a life, you truly love day in and day out. This does not mean it has to be something "grand"; it is yet another common belief. This means living a life true to your heart that fills your soul with passion, regardless of how others perceive its significance.

The path ahead invites you to shed the confines of other's limited definitions of success and discover the empowering act of creation. You are not here to accumulate more of what society deems prosperity but to boldly LIVE in brilliant resonance with the frequency of fulfillment that ignites your entire being.

## *You Are Sovereign*

The form this will take is unique to you alone - for you get to author every line, every verse of the unconventional success story you were born to create. It matters not whether this path appears sensible or rational to others, for you are no longer operating within the rigid frameworks that birthed those ideals. For some, this may mean turning a beloved passion into a livelihood, seeing it as the manifestation of an inspired calling. For others, it may mean walking away from societal pursuits that no longer feel vibrantly aligned, instead focusing your creative energy on more fulfilling ways of serving yourself and others.

Whatever your unique expression, know that you alone hold the power to rewrite your philosophy of success. You get to decide the standards of prosperity that light you up in enthusiastic resonance. You get to shed the ill-fitting ideals of others' realities and author your own story, which is you that is meant to be, since it has already been divinely placed into your heart

Through the sacred alchemy of conscious manifestation, success is measured in the profound nourishment and vibrant resonance that your deepest desires call forth. This is a philosophical shift and an experiential homecoming—an embodied return to your most natural state of creative empowerment and possibility. When you align with what inspires you into joyful creation and radiant enthusiasm, you become a being of magnetic resonance, ushering more of those experiences effortlessly into your world.

While others get stuck in the "hows" of bringing dreams into reality, you release the need for calculated steps before setting forth. You will come to understand that once you claim full rights to define "success" based on your heart's resounding calls, the "how" has no choice but to divinely orchestrate itself when you apply yourself to the 5 step Creator Alchemy Code, as laid out in this book.

While societal definitions of success had you slumbered in the illusion of limitation, in this new remembrance, you can craft your life version of success from the nucleus of your multidimensional truth. You define what it means to live each day with purpose and fulfillment. This is the path of superconscious creation in the third dimension. This is how you reclaim your sovereignty and reshape your earthly experience into an unbound canvas of passion, purpose, and true success beyond the confines of any cultural narrative. The path of the heart forever awaits your full permission to thrive.

Listen to the sacred whispers that have been calling you here. To definitively shed the confines of someone else's narrative and realign with the truth of your heart's version of success... to embrace your identity as a revolutionary artist of your own reality, birthing forth your most inspired, enriching, and purposeful existence.

## **An Invitation**

So let us move forward with this wisdom: View this world as a magnificent, free realm where every soul explores their unique path as a creator. Though their chosen experiences may differ from what you would choose for yourself, there is no point in veering from your center and feeling miserable in place of what other people are creating in this world.

Bless them all and return your focus to your creative playground, the only space where you hold any power. If your creative space calls in an ingenious invention to rid the ocean of plastic brought forth by your genuine desire, by all means, go for it! But always consider where you are coming from. Is it a place of authentic desire or disdain? Are you in your power or giving it away?

You are already the superconscious creator you seek. You've simply been dazzled by the cosmic game of forgetfulness, entranced by the perceived limitations of the three-dimensional world.

But now you begin to remember. You open yourself to the whispers of your higher consciousness, always there to remind you of the boundless possibilities, the eternal well of inspiration that rests within you.

Aligning your conscious mind and unconscious patterns with your superconscious guidance elevates you to a Deity within this realm of form. You have the keys to open the floodgates of your heart's desires, allowing them to flow forth as quickly as thoughts.

You have never been separate from the source, which continually rings out its sacred tone, calling you to remember who you are. You have all you need, so live in wonderment. Open to the astonishing playground before you, as this earthly experience is a chance to revel in the magic of manifesting any vision you can summon from the heart.

You are not here to "work hard" or "struggle" but to dream a new world into being through the joy and power of your superconscious mind. When you embrace the fullness of who you are, anything you can imagine becomes possible in this cosmic theatre called the third dimension.

## **Key Takeaways**

- The third dimension is a realm where thoughts can be turned into tangible experiences, offering a canvas for creative expression.
- Our purpose in the physical experience is to manifest our heart's desires from the invisible into tangible, experiential reality by remembering and embracing our true essence as embodied superconscious creators.

## *You Are Sovereign*

- Success is a personal journey defined by alignment with your heart's truth over societal expectations.
- Redefining success based on our heart's truth allows us to create a life aligned with our unique expression and purpose.

Chapter 4 gets right into it and explores how we can live the creative structure, the so often overlooked aspect of manifestation, but the most important key to making it work.

## **Chapter 4: Living Creative Structure**

"Have you ever taken a moment to ask yourself, "What am I creating?" This powerful question acts as a compass, revealing the intricate hues of the canvas you're shaping. In this realm of creation, everything we manifest, internally and externally, is a testament to our innate ability as born creators.

As you read this chapter, you'll discover how your thoughts and, ultimately, your behavior—the highest form of communication - reflect your structure, whether problem-solving or creativity. This self-reflection will guide you to recognize and harness your creative potential, turning the limitless chaos of possibilities into a life you genuinely love and actively choose. Embracing a life where creativity isn't just an occasional visitor but a constant, vibrant companion.

### **Defining Structure**

Understanding structure is pivotal. At its core, a structure consists of points held in tension. This foundational principle becomes visible in the third dimension as duality based on polarity – two points of reference, connected but not touching; light/dark, high/low, hot/cold. Polarity is key to distinguishing creative structures from problem-solving ones.

At its core, a structure is an arrangement or organization of parts to form an entity. In its simplest form, two points hold tension, akin to two magnetic poles creating a field between them. It's a dance between opposing forces, a play of polarities that gives rise to existence and experience.

We are constantly creating, finding ourselves in different structures: oscillating, stuck, or flowing.

**Oscillating structures** are marked by repetitive cycles, where we oscillate back and forth, unable to find a stable ground. Like a playground swing, we grow one moment, just to swing back to old patterns in the next.

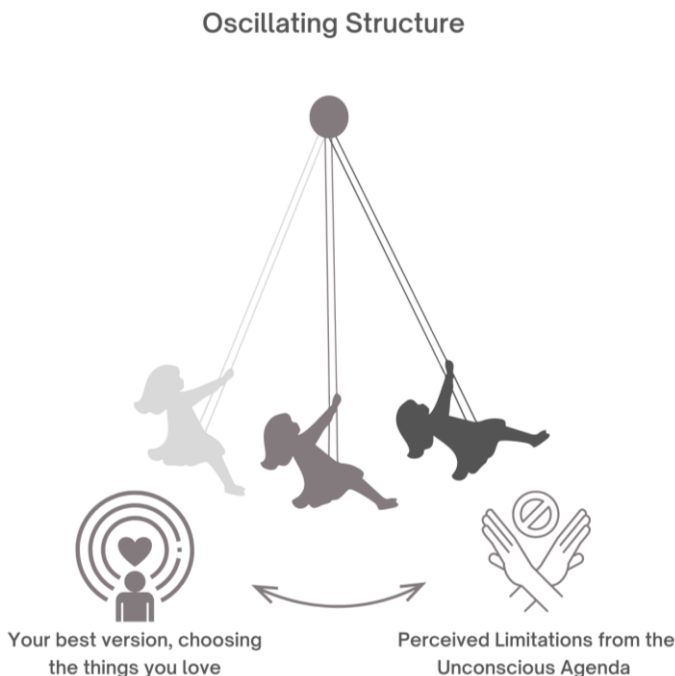
**Stuck structures** are characterized by stagnation, where movement seems impossible, and we feel trapped in a static state. It's as if we're a post cemented in the ground, unable to move.

Both oscillating and stuck structures are considered 'problem-solving structures.' Instead of creating 'more,' we fall back into a former familiar creation that we keep repeating or get stuck without any movement.

In contrast, a **flowing or creative structure** is where life moves harmoniously, generating a continuous state of well-being. Unlike the problem-solving structures of oscillation and stagnation, where the

## *You Are Sovereign*

unconscious mind dominates our actions, we reconnect with our superconscious in a flowing structure. Here, we find a balance between our unconscious, conscious, and superconscious mind, enabling us to tap into our fullest potential.



A common structure we tend to orient in. When we are here, you have one part of you rooting for something while another part brings up all the limitations. By aligning all levels of consciousness to our true choices, we can minimize the swing as the unconscious starts feeling safe in the new reality.

We focus on fixing, changing, or escaping a situation in problem-solving structures. We are driven by the unconscious patterns of our past, perpetuating cycles that keep us oscillating or stuck. Our actions are reactions to problems rather than proactive creations.

It marks a shift from being a passive participant in the drama and victimhood of life to becoming the active creator of one's reality. This journey involves breaking free from the oscillating and stuck structures that confine us and stepping into a flow where possibilities are endless and creation is boundless. To do this, we must acknowledge that we are already the creators of our lives, solely responsible for our experiences and empowered to choose.

By understanding the principles of structure in the third dimension and aligning with the superconscious, we learn to dance with the polarities of life,

creating a symphony that resonates with our deepest truths. We move beyond mere survival or existence; we thrive by loving our life, manifesting a reality reflecting our creative spirit's infinite potential.

To live in a creative structure is to embrace the full spectrum of our existence. It means acknowledging the polarities of life and understanding that every moment is a point of creation, a chance to shape our reality in alignment with our true essence.

## **Navigating the Third Dimension through Tension**

In the third dimension, where we experience time and space linearly, creative tension becomes a powerful tool for manifesting our desires. To understand this concept, we must first grasp how our perception of time shapes our reality and creates the foundation for creative tension.

In our 3D world, we perceive time as a linear past, present, and future progression. This perception isn't just a mental construct—it fundamentally shapes the structure of our lives and the tensions we experience. Let's break this down:

*The past* holds our experiences and conditioned beliefs, forming the basis of our unconscious mind. These past experiences often cause us to problem-solve based on what we already know or experienced. While this can hinder us from creating what we want, it's important to remember that the unconscious has a positive intention: to keep us safe. It's not helpful to view this aspect of our consciousness as 'bad.' Instead, we aim to work with this aspect of our mind to become more resilient by aligning all aspects of self.

*The present* encapsulates our current reality, where our self-conscious mind operates. This is where we make active choices and experience our day-to-day life.

*The future* represents potential and possibilities where our desired reality lies. This is the domain of our superconscious mind, where we can envision and create new realities.

The dynamics between these three aspects of time are pivotal in understanding the tension that dictates the structure of our existence. Tension arises from the interplay between our current reality (shaped by our past) and our desired future reality. This tension creates a dynamic field of potential like a rubber band stretched between two points.

The interplay between our past experiences, current reality, and desired future can create tension that either propels us forward or pulls us back, depending on how well we align our unconscious beliefs with our goals.

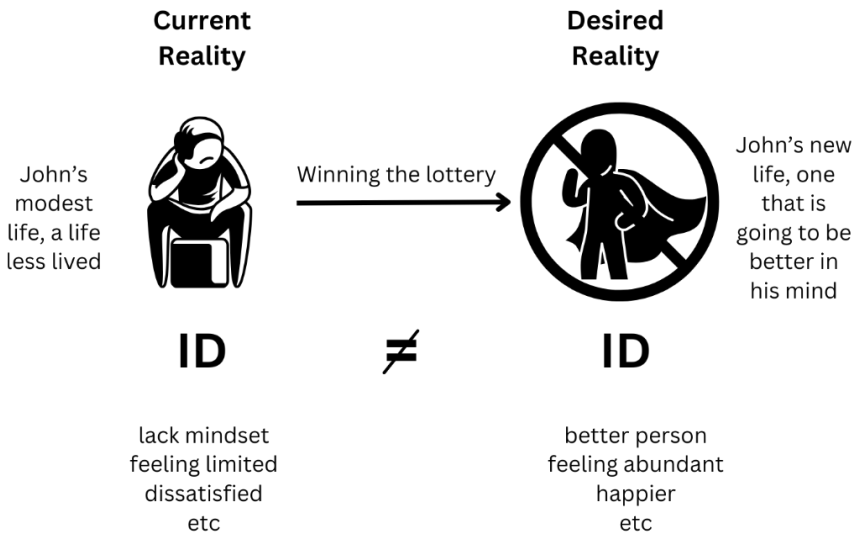
## You Are Sovereign

To illustrate how tension manifests in most of our lives, let me ask you the following question: Have you ever wondered why some lottery winners who stumble upon a lifetime of wealth end up losing it all? This puzzling but quite common phenomenon illustrates a profound lesson about psychological tension.

Consider John, a hardworking individual living a modest life. One day, he wins a massive lottery jackpot, instantly catapulting him into wealth. Initially ecstatic, John plans a life of luxury and ease. However, as time passes, he starts feeling uneasy. He can't shake off his old structure, worries, and habits despite his newfound wealth. His life becomes a series of reckless spending and anxiety, with decisions that don't align with his heart.

The crux of the issue lies in John's unconscious patterns. Based on past experiences, from the unconscious perspective of *needing to know how it all is*, based on all past experiences, John unconsciously views this sudden change as unsafe from never having experienced financial wealth. His unconscious mind, operating on old beliefs and fears, cannot reconcile with this new reality, which requires a new identity with new beliefs. This mismatch leads to decisions that ultimately deplete his fortune, leading back to ways he is familiar with, dictated by his deep-seated unconscious agenda.

### Problem Solving Structure



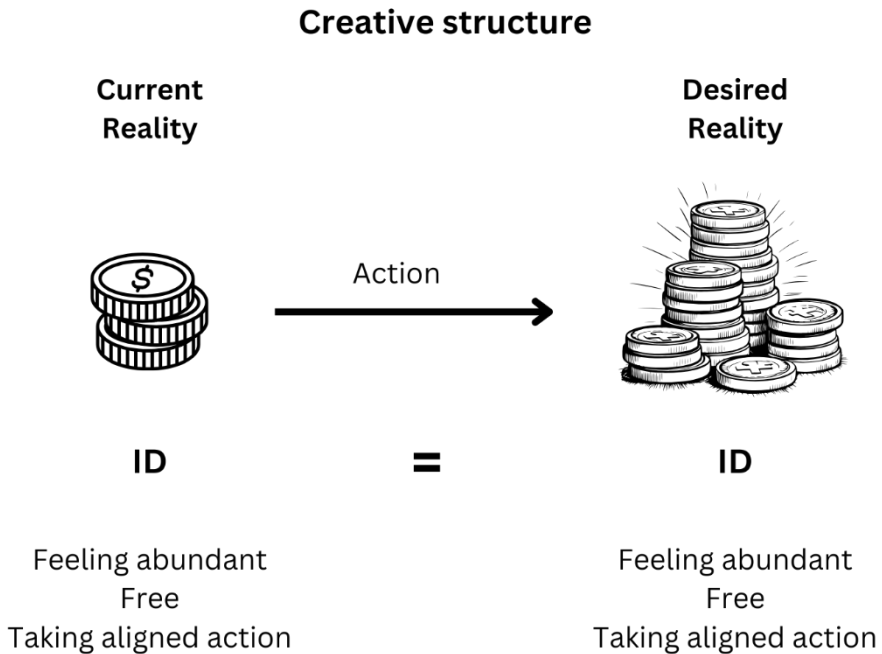
*Illustration: When our Identity in our Current Reality (e.g., John before winning the lottery) does not align with our identity in our desired reality (e.g., John after winning the lottery), the unconscious resists change to protect our existing self-concept.*

This story illustrates a vital truth: external change alone cannot bring lasting transformation or happiness if our internal identity doesn't align. Our unconscious mind holds the reins of our destiny in ways we don't realize.

The key to harnessing creative tension lies in focusing on our desired outcome while acknowledging our present circumstances.

By understanding and working with this creative tension, we can navigate the complexities of the third dimension more effectively. Instead of being pulled back into old patterns by our unconscious mind with its intention to keep us safe, we can use this tension to propel us forward towards our desired reality. This process involves aligning our internal identity and beliefs with the future we want to create.

In the following section, you'll learn how to establish and maintain this creative tension, allowing you to harness its power in manifesting your desired reality.



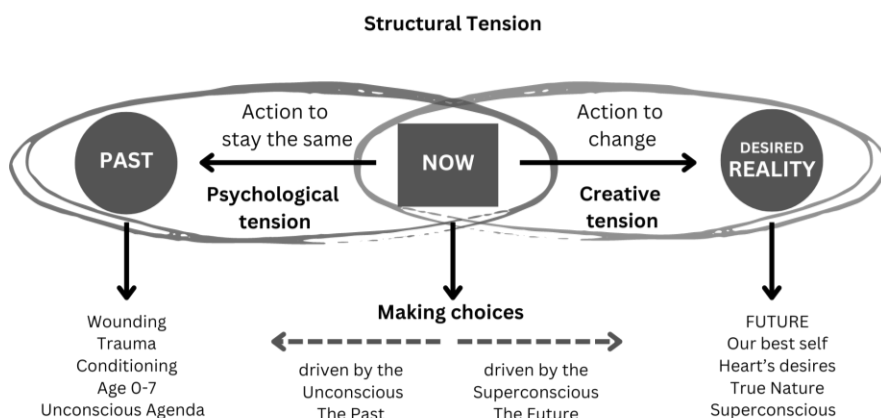
*Illustration: to hold on to financial abundance that was not present in our past, we need to adopt the feelings and beliefs that our future identity would have. We cannot maintain a new reality if we are still living our old identity.*

## Establishing Creative Tension and Propelling Towards Your Desired Reality

Tension drives change, and without it, there is no creation. We need polarity, manifested as two points holding tension. This structure can take two primary forms: one rooted in problem-solving and the other in creation. Understanding these structures is crucial for establishing and maintaining creative tension.

In the problem-solving structure, we often oscillate or get stuck, attempting to resolve past issues. This creates psychological tension, where the focus is on fixing aspects of ourselves before we can achieve our desires. In this structure, our self-conscious desires align with our true aspirations, but our limiting beliefs act as barriers. The unconscious mind, wielding significant influence, often pulls us back from moving toward our desired reality, manifesting as limiting thoughts, beliefs, and corresponding experiences. Some might live their desired reality for a while, only to lose it again, while others may never take the first step towards it.

It's important to note that this resistance is a natural component of our dualistic world. It's not inherently negative and is part of our growth. We just have to realize which structure we should orient to work with this natural law of duality.



*Illustration: A visual representation of the concept of structural tension. We can only operate in one structure at a time - either the problem-solving structure with its psychological tension or the creative structure with its creative tension. We can't simultaneously engage in creative tension when caught in psychological tension. This visual reminder helps us stay aware of which structure we're currently in and make conscious choices to shift into the creative structure when needed.*

Remember, we can only be in one structure at a time. When we create psychological tension (problem-solving structure), we cannot simultaneously be in creative tension (creative structure).

More effectively than willpower alone, orienting in a creative structure directs our momentum and behavior. Creative tension naturally pulls us toward our desires with increasing ease once we harness it properly.

Creating structural tension by acknowledging the gap (difference) between your current reality and desired future reality is a critical proactive step in the conscious creation process. It sets up a creative tension that naturally wants to resolve itself. To ensure this resolution propels you toward your aspirations, you must engage in this process while firmly rooted in a creative mindset and structure—being focused on what you want to create and who you are in that creation rather than fixating on problems to solve to get it. Adopting the identity of your desired reality into the present. This process helps lower resistance and prevents a fallback into psychological tension, as our identity is the same once we step into our desired reality.

Here, the goal is to align our current reality (the 'now') with our desired future. This is achieved through the following steps:

1. Consider your desired end result— a vivid future vision.
2. Immerse yourself in this reality through imagination. Experience how it looks, sounds, and feels. Let the emotional embodiment of your dream life wash over you. Embody the emotions and beliefs associated with you in your desired end result, adopting the identity of your future self in the present.
3. Pivot your awareness back to your present circumstances. Observe without judgment the discrepancies between these two states. Notice the limitations, fears, and resistance that arise, as well as the aspects already harmoniously aligned with your chosen direction.
4. Acknowledge this polarity to create structural tension—an elemental force propelling you toward your goals.

Acknowledging the existence of these two points (without the need to analyze them) is crucial, as it sets the stage for generating the necessary creative tension to drive change. As the observer of your present circumstances and desired outcome, it becomes easier to forge a tangible path forward.

Structural tension operates on the universal principle of natural equilibrium. Imagine a rubber band stretched between two fingers—one end anchored in your current reality, the other in your envisioned future. The further these two points diverge, the greater the tension between them. Yet this tension is not an opposing force to resist; instead, it's a powerful motivator that naturally propels you toward your goal when adequately leveraged.

## *You Are Sovereign*

Focusing on the desired future (right finger) keeps the tension steady. As tension builds up and wants to naturally resolve, lowering resistance in the present, caused by our past (left finger), will make the band move towards your desired reality. This is the essence of living in a creative structure.

However, if our focus is dominated by the past and problem-solving, it anchors our left finger. In that case, the tension in our right finger collapses, pulling us away from our desired reality and back into more of the same. This is a cycle that many keep repeating, building up creative tension only to let it go, orienting in the problem-solving structure.

Creating the proper structure and tension through focus is the key that most don't discuss, yet it's crucial to manifesting a life we love.

Your task is to remain focused on embodying the emotions and experiences of your envisioned future to harness this tension as a creative force continually propelling you forward.

We must trust our superconscious and use our imagination to embody aligned emotions daily to train our unconscious. *The unconscious cannot distinguish between reality and imagination*, so this practice effectively sows the seeds of our desired reality.

Think of this process as planting and nurturing a tree:

- The seed is your desired reality
- Your focus and aligned emotions are the water and nutrients
- Consistent, aligned action is the care you provide
- The growth may not always be visible or as fast as you'd like
- Neglecting it (by focusing on limitations) can hinder or stop growth
- You can't force growth, but you can create optimal conditions
- These optimal conditions will draw to the tree all the other aspects that are in harmony with its succession, such as the pollinator insects so it can bear fruit, birds and other animals to spread the seeds, a microclimate under its healthy leaves that promotes even more aspects of life ,becoming the most thriving mature tree, reflected by its surroundings

The tree seed was already destined to become a tree, but there is always a gestation period. It doesn't turn into a full-grown tree overnight. Stay focused on the experience of the end result, and your seed will receive plenty of water and nutrients to grow. The tree becomes visible just as you see your desired reality unfold with each aligned action you take.

Reaching our desired reality feels normal when we teach our unconscious to be comfortable with the new creation. You might feel like celebrating as a 'new and improved you' upon reaching your desired reality. However, the best way to prevent your unconscious from rejecting it is to emotionally embody this identity before it becomes your physical reality. In other words, it won't feel very different when you reach it. You are still the same you.

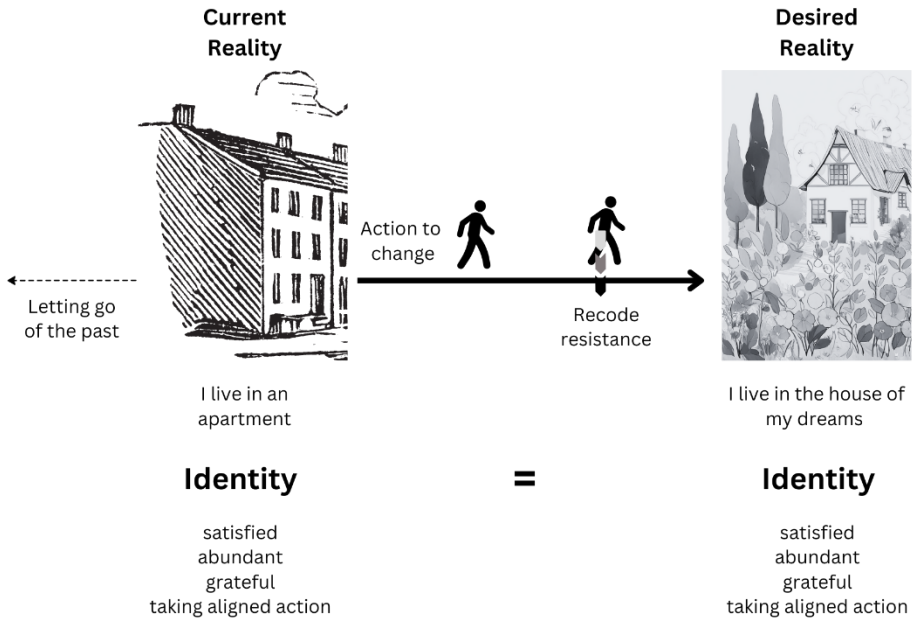
Establishing and sustaining creative tension allows you to harness your imagination and emotions toward your desired outcome while working in harmony with your unconscious mind.

To illustrate how tension operates within different structures, let's explore a practical example.

Imagine you're in an unfulfilling job and want to start your own business. When the main drive is to escape an unsatisfying job, you work within a problem-solving structure, a backward-looking tension focused on avoidance rather than creation. It's a "negative goal" (as covered in step 1 of the process, later in the book) that makes it challenging to maintain creative, future-oriented tension.

Conversely, if your vision for the business stems from a genuine passion—a True Choice to create something meaningful—sustained focus on this desire aligns you with a creative structure. Positive tension propels you forward in this structure, aligning with your highest values and aspirations. While challenges may still arise, remaining rooted in this creative structure makes the journey more graceful and fulfilling.

## Creative tension



*Illustration: In the creative structure we adopt the identity of our future self by embodying the emotional set point of our desired reality. This way, we tell our unconscious it is safe to experience. We are the desire before we see it reflected in our environment / manifestations?*

The gap between your experience and heartfelt desires is a fertile void that will inevitably be filled. The question is: with which tension will you imbue it?

This is where the power of True Choice becomes paramount for the conscious creation of your life's path. By establishing a clear, heartfelt vision rooted in desired emotions and experiences—not in solving or escaping problems—you foster aligned structural tension to bring your deepest desires into reality.

## Tension Too Low

At times, we may find ourselves in a state of insufficient tension, unable to propel ourselves forward. This happens when there is not enough difference between your current and desired reality—frequently arising from a lack of True Choices or having achieved a goal without creating a new one.

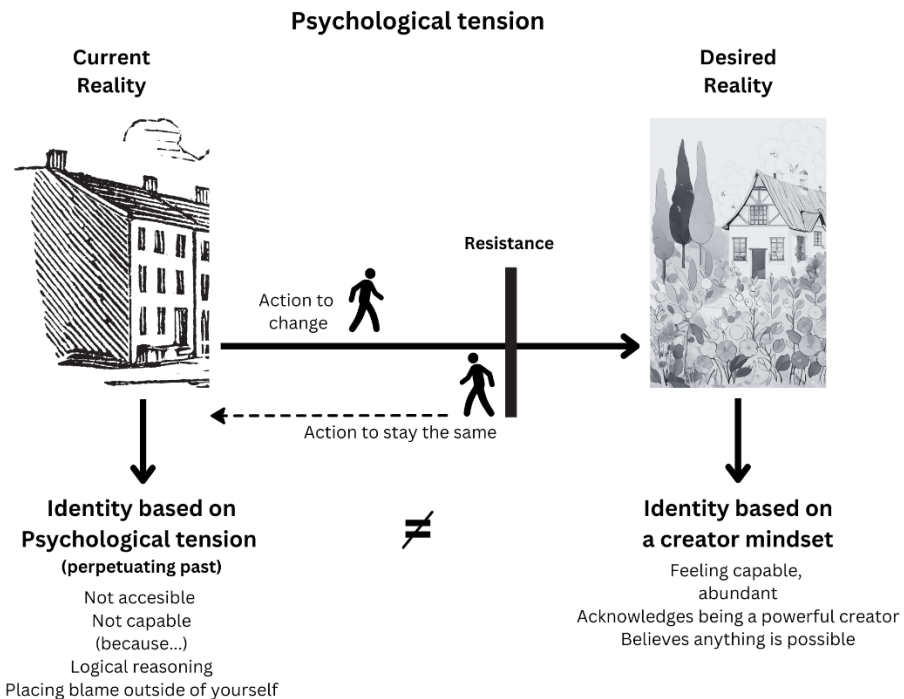
Without a conscious choice of what to create, and instead passively 'going with the flow' of life, no precise structural tension forms between your present and future, making manifestation a matter of chance, not intention.

When a desired reality has come to fruition, the tension resolves, equilibrium is reached, and momentum falls flat. To sustain creative tension, you must know what your *more* is. This involves choosing new goals and finding fresh inspiration, whether building upon your existing creations or embarking on new adventures. The key is to keep stretching the band of creative tension, preventing a return to the "hamster wheel" of the automated unconscious agenda.

## Tension Too High

A key challenge in utilizing structural tension is countering the pull of the past. This pull can manifest in various forms, such as fear of failure, comfort with the status quo, or adherence to limiting beliefs.

Invest energy and focus in envisioning your desired future with clarity and emotional conviction to counter this backward-leaning inertia. This vivid vision is an energetic beacon, keeping you oriented toward your True Choices and matching your vibration to that reality.



*Illustration: We aim for our ideal reality, for example, a fulfilling life or our dream home. However, because of running into significant resistance by orienting in problems, we get sent back to the familiar by the pull of the psychological tension connected to our Past. Our unconscious operates from our current identity, which is*

*different from who we need to be to have our Desired Reality. If our Current Identity differs from the Identity we would have in our Desired Reality, we can not get there.*

However, suppose resistance becomes overwhelming and stifles your ability to take aligned action, it's crucial to employ techniques to reduce it to a manageable level. We'll explore these methods in Chapter 7. Unchecked, the unconscious patterns from your past can trigger primal fight/flight/freeze responses, leading to self-sabotage.

Self-sabotage typically surfaces as a reflexive pull away from growth, back toward regressive tension rooted in past fears and wounds. However, resistance isn't the enemy - it's a guidepost making you consciously aware of what you *want* and *don't want* by presenting contrast. You can focus even when facing higher resistance levels by recognizing this contrast as feedback with minimal emotional engagement.

## **Signs of Creative Living**

Our orientation in life, whether a problem-solving or a creative structure, significantly influences our experiences and emotions. This orientation shapes how we perceive and interact with the world around us.

In a problem-solving structure, individuals often find themselves anchored to their past. They may speak frequently in the past tense or habitually focus on discomforts in both mind and body. This results in recurring undesired emotions and keeps them in a cycle of addressing and readdressing past issues, hindering forward movement. The problem-solving structure is characterized by focusing on what needs fixing before achieving what you desire.

In contrast, life in a creative structure focuses on growth and the desired reality. Here, attention is directed toward what you want to create. It's a forward-looking approach characterized by:

1. Clarity on what the future holds, paired with active steps toward it
2. Deeply caring about how you feel
3. Engaging in activities that evoke your desired emotions
4. Focusing on what goes well and what you want to create (while acknowledging the rest)
5. Speaking about what you *will* have or do in your envisioned reality.
6. Trusting your intuition and superconscious
7. Experiencing days that align closer to your ideal
8. Taking consistent, aligned action toward your vision
9. Feeling desired emotions becomes increasingly natural

Signs of creative living are direct manifestations of operating within a creative structure; they show your alignment with your desired reality, even when you don't have it yet, actively engaging in creative tension rather than problem-solving tension. How you show up in the world and take consistently aligned actions shows your behavior. It is crucial in the creation process, as it is the highest form of communication.

Living within a creative structure shifts you from a passive participant to an active creator of your reality. By understanding the principles of structure, harnessing creative tension, and recognizing the signs of creative living, you can break free from oscillating and stuck patterns.

As you progress in a creative structure, a flow forms, fostering resilience, courage, and determination. Like everything in nature that follows a path of succession, we too can grow into our most efficient and ideal stage by embodying the superconscious creator we are.

It's important to note that while problem-solving is often seen as creative in conventional thinking, it differs from the creative structure we're discussing. Problem-solving usually centers on fixing issues, often lingering on past events. In contrast, our creative structure is about envisioning and manifesting desired outcomes, regardless of current circumstances. It's a forward-looking, growth-oriented approach that transcends traditional problem-solving methods.

### **Exercise: Identifying Your Creative Structure**

(You can use the exercise note pages for this if you wish- page - 114)

Take a moment to reflect on your current life situation:

1. List three recent choices/decisions you've made. For each decision, ask yourself:
  - *Did this choice come from trying to fix or avoid something?*
  - *Was this choice made from a mindset of what you think was possible (limitation) or from a mindset of creative desire (limitless)?*
  - *Was this choice made out of pure love for it?*
  - *Did it align with your true desires or societal expectations?*
2. Think about your typical day. Identify moments when you:
  - Speak about your desired future with conviction
  - Engage in activities that evoke your desired emotions
  - Take actions aligned with your desired reality

3. Based on your reflections, *are you primarily operating in a problem-solving or creative structure?*
4. Write down one action you are going to take today to shift towards a creative structure.

## **Transcending Linear Time**

A key aspect of living in a creative structure is how it transforms our relationship with time. In a creative structure, we transcend the limitations of problem-solving. We embrace the flow of life, aligning with the superconscious. Here, the past, present, and future merge into a continuum of creation and are not considered linear. Every moment is an opportunity to manifest our deepest desires and visions. We no longer operate from the unconscious patterns of the past but from a place of conscious creation, guided by the wisdom of the superconscious. We acknowledge that memories can be made from the future, allowing us to let go of the past and reconsolidate memory based on our desired reality, which we then emotionally embody in what we consider the “now” or present moment.

## **Key Takeaways**

- The structure we orient ourselves in—problem-solving or creative—fundamentally shapes our experiences and ability to manifest our desires.
- A creative structure is a forward-looking approach focused on what we want to create, which is opposite to the backward-looking problem-solving structure that fixates on past experiences and limitations.
- Tension is essential for creation. Creative tension comes from recognizing the gap between current and desired realities, maintaining focus on what you wish to create while observing the present objectively.
- Managing creative tension involves balancing too-low (stagnation) and too-high (overwhelm) levels of tension. We can lower resistance through techniques discussed in Chapter 7.
- Aligning unconscious, self-conscious, and superconscious aspects by orienting in a creative structure allows us to manifest our desired life, transcending linear time. This process enables us to reshape our mindset and habits to embody the characteristics of our future best selves.
- Signs of living in a creative structure include focusing on what we want to create, speaking about the future with certainty, aligning with

desired emotions, and taking consistently aligned action towards our vision

This chapter establishes a foundation for conscious creation, setting the stage for Chapter 5's deeper journey into the realms of the shadow self. Here, we confront and embrace the concealed aspects of our personality, transforming our deepest wounds by discovering the superpower that lies within.

## **Chapter 5: Beyond the Past**

### **Living without A Past**

Jordan strolls to work in a quaint town cradled by rolling hills and rustling winds. Jordan's life feels like a mosaic of regrets and unhealed wounds, casting long shadows over present joys. Each day replays what once was, never what could become. But a sudden breeze stirs Jordan's wandering gaze toward an ancient tree, momentarily lifting her from her sea of thoughts. The sight of this magnificent tree stops her in her tracks—not because it's new to her, but because sunlight fractures through its branches, sending a cascade of rays dancing across the ground. A sight to behold. Jordan glances at her watch, realizing she'll likely be late if she lingers, yet something about the tree calls her name. Something nudges her to give in and admire this tree up close momentarily. Thinking, "Oh, what the heck—what am I even rushing toward anyways?" she veers off the path, quickening her pace toward the inviting scene ahead. Reaching the tree, she finds it more impressive than she ever realized. In total awe, she sinks into a wave of peaceful energy, sitting with her back against the beautiful giant. She gazes up at the rustling leaves and the speckled light moving through the holes left by the bugs, the moss growing on the ancient trunk, and the birds perched on its limbs, simply mesmerizing. Such a simple yet magical moment. Jordan's mind starts to drift into a place where no time seems to exist, and peace is the only remaining feeling. A peculiar symbolic message appears out of nowhere, effortlessly translated into words by the mind: "Focus not on the echoes of your past but on the melody of your future." Jordan has no idea where this came from, but she knows she can't ignore it based on how it makes her feel. The spark that has ignited this sudden state of peace and clarity marks the beginning of Jordan's extraordinary transformation journey.

As the days pass, this message keeps echoing in Jordan's mind, and she decides to follow its melody and finds the courage to take aligned action. Jordan learns to let go of the chains of the past, embracing the shadow that lingered silently within. In this courageous act of letting go and shifting her focus, Jordan discovered a hidden superpower – a unique ability to shape reality, not just react to it by embracing her worthiness and finding importance in how she feels. Instead of always putting others first and appeasing their needs so she could feel worthy, she now knows that her inner worth will come from attuning herself to her wanted emotional landscape by doing what she loves, inadvertently creating a space that lifts others up. Her gift is her emotional sensitivity, always knowing what others need, which she can apply to herself now. This newfound strength is a gift to self and a beacon of hope to

others. It's a force for good, transcending limitations and creating a life filled with purpose and passion as Jordan starts doing the things she loves daily. With each day passing, the tree serves as a reminder to stay focussed on what she wants to create, giving way to her superpower and trusting her intuition, as it tells her the actions to take to create her visions. Jordan's story is a testament to the power of focusing on the person you aspire to become, a journey of discovering one's superpower to create a life of limitless possibilities.

## **Breaking the Cycle**

In a world fixated on the past, constantly revisiting and trying to mend it, we risk losing sight of our innate power to create. Our past, with its myriad of experiences, becomes a lingering shadow, holding us captive in a reactive cycle rather than a proactive one. Now it's time to learn how to break free from that cycle, teaching the unconscious and harnessing the superconscious to reshape our lives.

The unconscious mind, our silent guardian, operates on the principle of survival. It clings to the familiar, to what has been proven safe (read, survivable), even if that safety comes with pain or limitations. It's a realm where logic holds little sway, where the known, regardless of its negativity, is preferable to the uncertainty of the unknown. This inherent mechanism, while protective, often leads us into a state of stagnation, constantly reacting to life rather than creating it.

We are creators, yet we forget this truth, trapped in the unconscious's safety net. The path to liberation lies in embracing a creative structure. This paradigm utilizes and integrates all aspects of our being. This is not about discarding the useful unconscious; relatively, educating it to feel safe in the new uncharted territories of our dreams and aspirations. As proven by science, no matter our age, we can form new neuro-connections in our brains all the time. Teaching our unconscious will do just that. Forming new connections so that our path of least resistance gets rewired and we learn to step into our desired future with little resistance.

The process begins with cultivating intuition and reconnecting with our innate innocence – the 'in no sense' or the unknown. This intuitive connection allows us to enter our Magnetic Oasis, where all possibilities are still alive and not smothered by our limiting beliefs. It opens the wizard's gate, and we see how we truly want to create our future.

## **The Power of Letting Go**

On our journey through life, we often carry the burdens of our past like a shadow, veiling the bright possibilities of our future. The art of letting go

invites us to live without a past, opening the gates to a realm where we are the architects of our life's creations.

**Exercise: Experiencing a Past-Free Perspective**

(You can use the exercise note pages for this if you wish- page - 115)

1. Think of something you'd like to create, something your heart longs for.
2. As you imagine it, notice what limiting beliefs come up.
  - *What stops you from creating that?*
  - *What logical justifications does your mind bring forward to argue?*
  - *Why you don't have it yet?*
3. Your time to observe, not needing to know why it is there, just acknowledging it is there.
  - *How does that feel?*
4. Now, imagine that you don't have a past. Close your eyes if comfortable.

Picture yourself as you, but without any past experiences or memories. You're just here right now.

5. Think about what you want to create again from this perspective -of having no past.
  - *How does this feel?*
6. Notice how it feels different without the weight of your past.

This perspective liberates you from the limitations born in your past. Combined with imagination, it creates a powerful tool for creation.

The future is not a mere extension of what has been but a fertile ground for what can be.

- *Who are you without your past?*
- *What would you love to do, to be, to experience?*

These questions ignite the spark of creation within you. Our natural inclination is to let our past experiences dictate our future actions. After all, it's what is familiar to the unconscious and what we compare our present to using our self-consciousness. However, true empowerment lies in making choices based on envisioning and consulting the future you, not the past memories you carry.

By doing so, you break free from the cycle of your unconscious trying to pull you back to what is familiar whenever you want to go for a new creation. When you attempt something new, feelings and thoughts of doubt, excuses, and rationalization often surface, sabotaging the path you've ventured on. This usually happens unconsciously, but you might very well be able to remember instances like this in your life. This is our unconscious patterning at play, and we can't problem-solve our way out of it.

Innocence, a state where the past has no place, is the essence of creation. Like children, unburdened by the weight of history, we can embrace living in a state of pure potential. We can't live entirely in that state all the time, as we wouldn't know to move out of the way of a passing truck when fully immersed in that state. That's why we need an alignment of all three levels of consciousness. Innocence proclaims that the past is over, and the seeds of new realities are sown in this void of 'not knowing'.

In its truest sense, our future is chaos – an uncharted territory devoid of order. Science, art, and all creation find their genesis in this unknown. To embrace this chaos, we must relinquish our grasp on the known and dive into the abyss of imagination. In this space of 'in no sense', our most profound desires and dreams take shape.

Freedom from the past brings with it the complexity of choice. When unshackled from obligations and expectations, deciding our path can be daunting. Yet, it is essential to rekindle our childlike imagination, the essence of creation. Dreaming, imagining, and envisioning a life of our deepest yearnings is not only permissible but crucial. As part of the 5-Step Creator Alchemy Code, this book guides you through this process to learn to navigate the river of desire.

## **The Pre-Sent Moment**

To live as if there is no past, we must perceive the present moment as a “pre-sent” moment – a junction where we can either echo our past or herald our future. Rooted in survival, our unconscious often clings to the past, drawn to its familiarity. But we can shift this narrative and pre-send the first glimmers of our future instead.

This shift requires powerful introspection: “*What would my future self do?*” Such a question can act as a guiding light, illuminating the path our future self is ready to walk. It's a journey of courage, stepping into the unknown, trusting in our superconscious, the part of us that transcends logic and fear and embraces possibility.

Embracing our superconscious means stepping into a world where actions are not governed by logic but by the superconscious, knowing the next action

step that gets us closer to our desired creation. It's about trusting our innate abilities to create and shape our future and being courageous enough to take actions that might not make sense to our self-conscious mind since we cannot yet see the path that hasn't formed. That's why our logical thinking wants to kick in; from an unconscious perspective, we always need to know how things are to determine if it is safe. Meanwhile, our superconscious aspect has access to all information.

Every creation known to mankind started in the unknown. Someone conjures up an idea that hasn't been created before. They don't know "how" to do it; they just want to try and create it.

Moving on from the past is not meant to suppress, ignore, or negate our past; instead, we learn from it and reconsolidate our memories. Our past traumas and conditions do not define us but foster powers that shape who we can become. By acknowledging them while living from a creative structure, we can integrate the intuitive superpower born in them, using them as fuel for our growth rather than chains that bind us to repetition and stagnation. In Chapter 7, you will learn the clear steps of the Creator Alchemy Code that will act as a beacon and fuel your journey with the clarity to keep going.

As we step into this new paradigm of living, we find that the past loses its grip on us. We begin to live in a space where creativity flows, where each moment is an opportunity to manifest our desired future. It's a state of being where we are no longer defined by what has been but by what can be. We become architects of our reality, painting our lives with the colors of our deepest aspirations.

As we embrace this pre-sent perspective, we're not erasing our past but transforming it. By viewing our experiences through the lens of our future self, we can turn even the most traumatic past experiences into the wisdom of intuition. Strengthening our unique creative abilities.

## **Finding Your Superpower**

Recognizing our inherent superpowers marks a profound milestone in personal growth. Alongside our natural creativity, we each possess unique strengths that often spring from deep-seated childhood wounds. Embracing our shadow selves—traits we may usually ignore or suppress—unlocks hidden abilities. Through this transformative process, we can turn our greatest struggles into our most powerful intuitive gifts, creating a clear pathway for growth.

By releasing the grip of our past, we diminish the power of our wounded parts, opening the way to discover and fully utilize our gifts. Gifts and wounds often originate from the same place, like two sides of a coin; by shifting focus

away from past hurts, we can embrace the side that serves us in adulthood as self-reliant creators.

Childhood is a formative stage, instilling patterns and beliefs that shape us into adulthood. Early emotional, psychological, or spiritual wounds are incredibly impactful, and they become the foundation of our sensitivities. Here lies the genesis of our unique superpowers. Once acknowledged and understood, these wounds can become a source of strength.

For instance, a child who feels neglected or misunderstood develops a heightened sense of empathy, growing adept at understanding and nurturing others. The superpower enables a deep connection and healing of oneself and others.

Personality typing offers an insightful framework for exploring this concept. Each personality type correlates with particular childhood wounds and coping mechanisms. Such wounds often prompt the emergence of "sabotaging" sub-personalities, which initially served as defense mechanisms. Most of us harbor several dormant sabotaging "part-time" personalities, which surface when triggered. For instance, that little voice that tells you, "I am not capable" or "I am not worthy." That imaginative being on your shoulder, telling you not to go for something you'd love to create. They were formed based on the past and haven't upgraded as you have grown older and integrated with your main personality. Yet, on the flip side of these sabotaging personalities lie hidden superpowers – qualities that can be harnessed for personal growth and creative expression.

For example, a Type often termed the Helper might have developed a strong sense of empathy and a desire to be needed due to feelings of worthlessness in childhood. When channelled positively, this sensitivity becomes a superpower of compassion and the ability to foster deep, meaningful relationships.

Integrating the shadow self involves acknowledging and embracing these darker, often repressed aspects of our personality. It's about seeing the value in our sensitivities and the defences we've built. This process is transformative, allowing us to access the latent strengths that have been overshadowed by our wounds.

A key to this integration lies in adopting a creative structure. Living creatively means focusing not on fixing or dwelling on past wounds but building and nurturing what we truly desire for our future. This shift in focus from a problem-solving orientation to a creative one changes how we interact with our shadows.

In a creative structure, we're encouraged to imagine, dream, and envision a life aligned with our desired emotional landscape and aspirations. Here, we're

not bound by the limiting beliefs and patterns ingrained from our past experiences. Instead, we're free to explore and express our innate talents and abilities – our superpowers.

This structure allows us to use our pre-dominant intuition, born out of our sensitivities, to navigate life more effectively. It empowers us to transform our wounds into wisdom and fears into courage.

As you learn to live within this creative structure and embrace your shadow self, you'll experience life differently. Your days align more with your ideal vision; you find joy and fulfillment in expressing your unique abilities. The sensitivities that were once sources of pain become your guiding light, your superpower, illuminating the path to a life of embracing your true nature and purpose.

## **9 Personality Types**

Everyone has an array of part-time personalities. These personalities come into our active awareness when triggered. Otherwise, they can lay dormant for a long time before getting activated. These part-time personalities conflict with the primary personality we have formed.

We all experience moments when one part of us wants something and another doesn't. These parts all have good intentions; they were formed to protect us as a child. However, most cultures no longer have an initiation ritual, transitioning us into adulthood. We grow up holding onto our unconscious protection mechanisms, but they no longer serve us as independent adults. These parts cause resistance and can be the reason for ending up in an oscillating or stuck state while trying to move towards our wanted reality.

While we have many, some are more dominant than others. These are the ones that also harbor your intuitive superpower! Yet, traditional self-development focuses mainly on fixing the parts that cause you challenges in life rather than embracing the superpower that was already there but has mostly been ignored as our focus brought the side to light that we experience as unfavourable.

We always have the option to choose. Where we put our focus might just be the most crucial choice we make every day. What we focus on grows. Concentrating on your superpower and letting that grow acknowledges that part of you can be invited to join the prominent personality more beneficially. After all, we are way more powerful if all parts want to join the leading personality and act as one. You can see it as an upgrade. Ultimately, all parts wish to do the same thing for you; they have just gained different perspectives on what that looks like. That part doesn't have to be fixed, nor die, but it will

simply receive an upgrade by you putting the focus on the superpower you have created through that part. This way, we can teach our unconscious that it is safe to make this change.

If you don't already know your superpower, you might be able to find out now! You likely recognize yourself in one or even a few. Knowing your "type" is unnecessary, as this is just used for illustration purposes. As the learnings of this book start to settle and by following the 5-step Creator Alchemy Code, your truths and your powers will soon reveal themselves if they haven't already.

Next, you will find an illustrative example of 9 personality types. While everyone possesses a unique blend of traits, understanding these nine common personality types can provide insight into our superpowers and core beliefs.

**1. The Perfectionist (I am not Perfect)** - Priya, a meticulous school teacher, wrestles with the belief that she must be flawless to earn love and respect. This inner turmoil makes her excessively critical, not only of herself but also of those around her. Behind this lies the intuitive grasp of what excellence looks like. Foresight that is not given to everyone.

**Core belief:** I am defective/internally flawed in some critical way, and I need to be perfect to be loved and seen.

**Superpower:** Their intuitive power enables them to detect the most subtle injustices, and they have a fantastic intuitive grasp of what excellence looks like, helping them to set high standards for themselves and those around them with the ability to create incredible/beautiful things, processes and businesses.

**2. The Helper (I am not worthy)** - Javier, a compassionate nurse, feels unworthy unless he is indispensable to others, seeking love and appreciation through self-sacrifice. This mindset often leads him to neglect his needs, hoping to earn value by helping others. Despite this internal conflict, Liam's true power lies in his empathic abilities. He has an innate sense for understanding others' needs, often before they even express them. His emotional intelligence and ability to harmonize relationships make him a pillar of support.

**Core belief:** I must meet the needs of others to be loved and validated.

**Superpower:** Sharp intuitive radar for perceiving the (unsaid) needs and desires of others, emotional intelligence.

**3. The Achiever (I am not enough)** - Sophia, an ambitious entrepreneur, believes her worth depends on her achievements and public image. This perception fuels her unyielding drive for success, often at the expense of authentic self-expression. Yet, Sophia's true superpower emerges in her strategic vision and adaptability. She possesses an intuitive grasp of what it

takes to succeed, allowing her to easily navigate complex business landscapes. Her ability to present herself effectively in diverse scenarios is a testament to her dynamic personality, making her a force to be reckoned with in the business world.

**Core belief:** I must achieve a lot (it's never enough) and succeed to be worthy of love and respect.

**Superpower:** Intuitively know the road to success, how to present themselves, and how to adapt to their audience and the market.

**4. The Individualist (I don't belong)** - Remy, a highly sensitive artist, often feels an acute sense of alienation, driven by his belief in his unique emotional depth. This sense of isolation fuels his creative pursuits as he seeks to express his intense inner world through art. Julian's superpower is his authenticity radar. He has an innate ability to discern genuine emotions and experiences, which he channels into creating profound and original artworks. His intuitive understanding of emotional depth allows him to connect with others deeper, bridging the gap he often feels separates him from the world.

**Core belief:** I must always express my individuality, creativity, and emotional landscape to be appreciated.

**Superpower:** Recognizing authenticity in others and knowing when something is genuine. Understands their own intricacies and can guide others through theirs. Very creative and produces original art, music, or literature.

**5. The Investigator (I am not capable)** - Nina, a brilliant but introverted scientist, fears being overwhelmed by the world. She compensates by seeking knowledge and self-sufficiency. Nina's superpower lies in her analytical mind and ability to synthesize complex information, becoming an expert in her field and guiding others through the intricacies of her discoveries.

**Core belief:** I must possess knowledge and self-sufficiency to feel safe and competent.

**Superpower:** Great intuitive capacity for grasping complex ideas, concepts, and nuances. Ability to break them down into understandable insights.

**6. The Loyalist (I am not safe)** - Marco, a dedicated security officer, is plagued by anxiety and doubts, constantly seeking safety and reassurance. His gift, however, is his exceptional vigilance. Marco's intuition for sensing danger and his ability to assess risks make him an indispensable protector, keeping those around him safe and secure.

**Core belief:** I must seek safety and guidance.

**Superpower:** Extraordinary ability to sense potential threats and anticipate dangers. Good at analyzing potential challenges and risks and intuitively knowing who they can trust.

**7. The Enthusiast (I am not allowed to be sad)** - Zara, a vibrant and energetic adventure blogger, struggles with an underlying fear of missing out and experiencing discomfort. Despite this, her zest for life leads her to explore a world of possibilities. Amelia's superpower is her spontaneous and optimistic spirit, allowing her to see opportunities for joy and excitement where others might not, adapting enthusiastically to new experiences.

**Core belief:** I must seek pleasure and avoid pain to feel free and content.

**Superpower:** Intuitive opportunity spotter, identifying exciting prospects and turning visions into reality. Adapt well to new situations and navigate change swiftly.

**8. The Challenger (I am powerless)** - Mikhail, a strong-willed community leader, often feels he must guard against vulnerability and weakness. His natural leadership skills, however, emerge in his ability to assert control and stand up for others. He has an intuition for understanding power dynamics and influencing others, protecting and empowering those he cares about with a fierce determination.

**Core belief:** I must exert power and in be in charge to feel respected and secure.

**Superpower:** Highly intuitive in understanding power dynamics and influencing others, sensing when their loved ones need support.

**9. The Peacemaker (I am nobody)** - Imani, a mediator, struggles with a deep-seated fear of loss and separation, driving her need for peace and harmony. Her superpower is her innate ability to sense disharmony and to bring people together. She detects conflicts and tensions, guiding those around her towards tranquillity and cooperation, restoring balance.

**Core belief:** I must maintain inner and outer peace to be valued and loved.

**Superpower:** Intuitive sense for detecting underlying conflicts, tensions, and disharmony. The ability to bring unity to a situation and restore tranquility.

## **Key Takeaways**

- The Past is where our limiting beliefs and sabotaging patterns live. Letting go of the past and focusing on the person we aspire to become in this pre-sent moment is crucial for creating a life of limitless possibilities.

## *You Are Sovereign*

- Our superpower lies hidden in our core wounding. We can find our greatest intuition when we integrate that shadow and let our superpower shine.

Join Chapter 6, where we embrace the power of intuition and learn to navigate life's journey with greater purpose and insight.

## Chapter 6: Cultivating Intuition

Skye found himself at a crossroads, drawn to a new office job that gleamed like a tempting lure. His mind was excited about the compelling prospects: higher pay, a swankier office, and a long list of logical reasons this job was the “right” choice. Beneath the self-imposed enthusiasm, Skye felt a subtle but steady unease. It wasn't a feeling from his heart but a tightness in his throat and a knot in his stomach that wouldn't release.

### *Desire vs. Reality*

Though easy to ignore, this unease lingered in the background always, when he paused to notice. His body was signaling a deeper misalignment with this path, whispering in the language of physical discomfort.

While his mind clung to the narrative of the office job, his body painted a conflicting picture. It was as if his gut and throat tried to voice what his heart already knew, a truth his mind refused to accept. Deep down, Skye wanted to pursue his passion for sustainable building.

He dreamed of crafting structures from natural materials. These creations would blend with nature and speak to the imagination and soul. These bodily cues remind us of the profound connection between physical sensations and deeper truths. They served as a compass, guiding him towards what he genuinely wanted, even when his conscious mind was swayed by the unconscious agenda, external pressures and rationalizations.

### *Inner Struggles and Societal Pressure*

Fear of financial insecurity and societal expectations muffled his inner calling. A voice in his head insisted he play it safe and stay on the well-worn path of job security. These were the voices of perceived realism, the echoes that drowned out his true desires. As he prepared to become a father, these voices grew louder, urging him to conform and demonstrate his worth through conventional success.

### *Misalignment and Reflection*

Swept up in this whirlwind of expectation, Skye convinced himself that the office job was the right choice. He felt an exuberant but fleeting sense of accomplishment when he landed the job. But the joy was short-lived and faded in a few months, replaced by a gnawing emptiness and a cycle of unfulfilling days. In a moment of introspection, Skye wondered where he'd gone wrong.

## ***The Call to Action***

He recalled a day filled with unexpected moments that now held significance. A spontaneous urge to check the mailbox led him to read an article over his morning coffee about a person who had built a breathtaking structure from natural materials. The embodiment of his dreams and the creator lived just a short distance away. He could feel a momentum building in his body and mind. An excitement nudging him to his next action aligned with his inner calling. His car refused to start as he prepared to leave for work, and he realized he'd be late. Inside, he wanted to just go back in, pick up the phone and call this inspiring person, whom he never knew lived so close to him. His intuition was speaking, yet he held back, succumbing to the rush of the morning and the pressing demands of his job.

This is the subtle yet powerful influence of our unconscious beliefs and patterns. They steer us away from our inner truth, creating resistance that obscures the path to our true desires. That day, Skye's intuition tried to guide him into taking action toward his true nature. Still, his self-conscious mind, driven by limiting beliefs and a survival agenda, took the reins.

## ***Missed Opportunity and Realization***

In retrospect, Skye realized the significance of that day. That article wasn't just exciting reading. The joy and warmth he felt upon recalling it were unmistakable signs of his intuition, guiding him toward his genuine passion. But he didn't make the call, his mind overtaken by doubts. One inner voice warned him against trying; it claimed he'd only be left feeling envious, his dream of building like this person unreachable.

## ***Learning from the Experience***

Skye realized this passion wouldn't leave him, no matter how much he tried to ignore it. He eventually set foot on a path of self-discovery, which led him to recognize the importance of listening to his heart and the wisdom of his body. By tuning into these signals, he learned to trust his intuition, setting him on a path aligned with his true aspirations and values. He chose to venture on the less trodden path, knowing it might not be the easier road but all the more fulfilling.

## **The Story of Skye**

Skye's story captures the inner conflict between logic, shaped by unconscious beliefs and intuitive guidance stemming from the superconscious. Even as his rational mind pushed him toward a conventional office role, his true passion called him toward sustainable building. A seemingly 'serendipitous' encounter with an article about someone living his dream was a

precise nudge from his intuition. Yet, Skye's limiting beliefs and unconscious resistance held him back. This moment highlights the importance of noticing our intuitive cues and trusting the subtle guidance from our superconscious. This chapter will uncover more about intuition and how to cultivate it. Combined with the other steps in the Creator Alchemy Code, it will give you precisely what you need to turn a story like Skye's into one where you get to walk out of the repetitive cycle and into the creation of a life that you do not need a vacation from.

## **The Role of Intuition in Conscious Creation**

In conscious creation, intuition is pivotal yet often misunderstood or underestimated. So, let's explore the essence of intuition and its significance in our journey towards aligning with our true selves and creating our best lives.

Intuition serves as an inner compass, surfacing as subtle bodily sensations, insights, or an unmistakable sense of knowing. It's the communication channel between our conscious selves and the Superconscious, transcending the limitations of our physical senses and logical reasoning. This intuitive wisdom offers insights and guidance from a higher perspective. It is crucial for clarifying our desires and aligning them with all levels of our consciousness—Unconscious, Self-conscious and Superconscious.

Harnessing intuitive power starts with alignment. Intuition shifts from a subtle whisper to a clear guiding force when aligned with our higher self. This alignment is achieved through the steps of the Conscious Creator Code, which fosters a deep connection with our inner being and aligns all levels of our consciousness.

As we orient ourselves in the right structure and cultivate our innocence – a state of openness to the unknown, our intuition begins to illuminate our path. It guides us towards our next aligned action step, a concept further elaborated in the 5-step Creator Alchemy Code. It's essential to distinguish between mere action and aligned action. Aligned action stems from our intuitive understanding and is in harmony with our broader perspective and inner desires.

## **Intuition vs. Logic**

Intuition offers a broader, interconnected understanding of reality, often guiding us along paths that align closely with our deeper truths and desires. Logic and reason are valuable tools that should complement rather than overshadow intuitive guidance. Our rational mind can help us implement the insights received through intuition. Still, it shouldn't be the primary driver of our decisions in conscious creation.

Often, we aren't led to our significant goals in a straight line due to internal unconscious resistance. This resistance manifests as self-sabotaging beliefs, undermining our sense of worth and capability. However, suppose we heed these gentle nudges for seemingly minor actions. In that case, they can serendipitously guide us to the next necessary step in our journey.

We often dismiss these small, inconspicuous intuitions as mere thoughts, reasoning that if they came from our higher self, they'd feel grander, more divine, or vitally important. This misconception ensures we keep missing out on cues that reach us through our intuitive nature. The Superconscious nudges us with these subtle impulses, choosing paths that encounter the least resistance. But for this to be effective, we must listen.

Chances are, you might often overlook these gentle prods. Embracing them is a practice of paying attention and affirming their guidance. It's about rebuilding trust with our Superconscious. By learning to reduce resistance and trust in the wisdom of our superconscious, we become more receptive to intuition. This, in turn, guides us more efficiently towards realizing our creations.

Trusting our intuition requires courage, especially when it challenges our rational mind. When aligned with a broader perspective, these inner nudges and feelings lead to actions that create greater harmony with our desires and life path. In the context of conscious creation, intuition is a powerful ally. It helps us navigate through the complexities of life and aligns our actions with our deepest intentions. By listening to and trusting our intuition, we can create a fulfilling life and a true reflection of our innermost desires and aspirations.

While logic speaks in clear, structured thoughts, intuition communicates subtly and variedly. Understanding how this "voice" of intuition manifests is crucial for honing our ability to recognize and trust it.

## ***The Voice***

Intuition is often called "the inner voice," a phenomenon transcending mere words. This subtle guidance is communicated not through audible voices but by impulses, images, and symbols that resonate deeply within us. Our mind often translates these subtle nudges into familiar forms—such as words—that may echo the guiding voices of a parent, teacher, or spiritual figure. Ultimately, the form this inner guidance takes matters less than its personal resonance and truth for the individual.

Whatever form it takes or name it bears, embracing this inner voice is a profound step towards self-understanding and personal alignment. When encountering these symbolic messages, the key is to ask their meaning internally rather than seeking external validation. Trusting these answers as personal truths is vital, as intuition is unique to each individual.

Intuition is the language of the Superconscious, a field in which we are all connected, the non-physical part of ourselves, which we use to receive guidance and insight beyond our physical senses and logical reasoning. It's a natural outcome of aligning with one's inner or higher self. When individuals align, their intuition becomes an apparent guiding force.

This alignment is fostered through the Conscious Creator Code, enabling us to tap into this intuitive guidance. As we orient in the creative structure and cultivate our innocence, we are more naturally tuned to our intuition, which guides us toward our next aligned action step.

## ***Physical cues***

Our bodies play a crucial role in how we experience intuition. Awareness of these subtle physical cues helps enhance your ability to recognize and trust your intuition. By paying attention to how your body responds when recalling past decisions, you can start to identify your unique physical "language" of intuition.

### **Exercise: Tuning into Your Body's Intuitive Signals**

(You can use the exercise note pages for this if you wish- page - 116)

To truly sense distinct differences in your body, start by imagining a choice you made in the past that clearly wasn't serving you. Then, you can repeat the exercise with a choice that proved perfectly aligned with something you wanted to create.

1. Think of a specific past decision you've made.
2. Close your eyes and vividly recall the moment of making that decision.
3. Pay attention to your body's response:
  - Does your body tense up or relax?
  - Do you feel a sense of expansion or constriction?
  - Notice any other physical sensations and where they arise in the body.
4. Repeat this process with a different decision, preferably with a contrasting outcome.
5. Compare the bodily sensations between the two decisions.

You might notice distinct differences in your body. This is where you can learn what your body tells you, even when your mind says something different. When following intuition, feelings often emerge around the heart area, but they can manifest in various body areas. Learning to distinguish these sensations

allows us to discern whether we're being guided by intuition or hindered by limiting beliefs.

## **Cultivating Our Intuitive Wisdom**

Cultivating intuitive abilities requires harmonizing the mind, heart, and body. By learning to access and trust our inner wisdom, we can enhance our decision-making and align more closely with our true desires. The following concepts describe potent ways to nurture and strengthen our intuitive faculties.

### ***Connecting to Heart Wisdom***

One of the most direct pathways to accessing our intuitive guidance is connecting to the wisdom of our heart space. With its own energy field, neural network, and intuitive intelligence, the heart sends signals often overridden by the cognitive mind. By learning to quiet the mental chatter and tuning into the powerful heart space, the gateway to our superconscious, acknowledging the subtler feelings and knowingness arising from our heart center, we can receive intuitive insights and direction more clearly.

### ***The Power of Conscious Breathing***

Conscious breathing provides an incredibly effective tool for enhancing this heart-brain coherence. Bringing focused awareness to our breath This embodied presence allows the mind to settle as we let go of mental chatter. The simple act of bringing consciously following the breath creates a physiological state that deactivates the stress response and opens us up to higher intuitive awareness.

### ***Heart-Brain Coherence***

With practice, we can learn to use our breath to enter this intuitive space at will. Even just 5-10 deep belly breaths can initiate the process of entering a more intuitive state of consciousness. Longer breath work practices working with different patterns and ratios of inhalation, retention, and exhalation amplify this effect. The breath acts as an anchor, helping us remain centered in the heart while quieting the turbulence of the thinking mind.

We can tune into intuitive knowing versus the minds' analytical reasoning from this open awareness. We begin receiving intuitive hits as bodily sensations, images, words, or a deep sense of knowing. The more we practice connecting to this space, our intuitive abilities become stronger and clearer.

Establishing heart-brain coherence by *dropping in* at the start of the neuro-emotional meditation, which is part of the 5-step process, is a way to get into a state of innocence, where intuition can easily be accessed, and the meditation becomes more effortless. This practice, utilizing the breath, is included in the

guided meditation, and the next chapter goes deeper into breathing as a tool to restructure and lower resistance.

### ***Our Intuitive side***

Intuition taps into a broader, interconnected understanding of reality, contrasting with logic and reason's linear and often restrictive nature. While logic is another vital aspect of our human experience, intuition can lead us down paths with less resistance, aligning us more closely with our true desires and life's purpose.

To fully harness the power of intuition, we must rebuild trust with our Superconscious. Practices, as found throughout the next part of this book, are key in lowering resistance and enhancing our receptivity to intuition. This helps us discern between the whispers of our higher self and the noise of our limiting beliefs.

Intuition, often shrouded in mystery, is a natural and accessible resource for everyone. It bridges our human experience and the super consciousness, guiding us towards a life of purpose and alignment.

### **Key Takeaways**

- Intuition is our inner guidance system, manifesting as gut feelings, subtle bodily sensations, sudden insights, or deep knowing, and it plays a pivotal role in conscious creation that goes beyond the limitations of logical reasoning.
- Cultivating intuition involves creating an open, receptive state where you can access the wisdom of your inner being, tuning into the subtle guidance arising from within, expressing itself as abstract messages, an inner voice or physical cues of your body.
- The heart plays a crucial role in intuitive wisdom, with its energy field and neural network. Regular practice of intuition-enhancing techniques, such as meditation, conscious breathing and heart-brain coherence, can significantly improve our ability to access and trust our intuitive guidance.
- Trusting your intuition, even when it challenges your rational mind or seems illogical, is essential for taking aligned action. Overcoming the dominance of logical thinking can be challenging but is crucial for accessing your deepest truth and purpose.

As we journey through the Creator Alchemy Code, intuition illuminates our path toward becoming the creator of a life we truly love. In the next

## *You Are Sovereign*

chapter, we will explore the 5-steps in detail, guiding towards aligned actions in our journey of creation.

## **Chapter 7: DARMA, the 5-step Creator Alchemy Code**

A powerful art known as Alchemy awaits discovery by those seeking freedom, true success, and fulfillment. This ancient practice holds the key to transmuting the ordinary into the extraordinary. It can reshape one's life into a masterpiece of purpose and joy.

Alchemy is not the stuff of mere legend but a real and potent force accessible to all who dare to embrace it. At the heart of Creator Alchemy lies a formula, the 5-step Creator Alchemy Code. The key to opening to its wisdom lies in a single, potent word: DARMA.

DARMA is more than just a name; it is a sacred acronym, with each letter representing a crucial step in the alchemical process. More than a method, DARMA reflects the very essence of your being, a reminder of your true path and unique purpose in this world. Just as the dharma of fire is to burn and give off light, DARMA allows truth-seekers to live their unique purpose and follow their true North Star.

Philosophers spoke of a creation stone—the philosopher's stone—and some seekers eventually understood this stone was none other than their Imagination. With this powerful tool, they could transform the base materials of their lives - their thoughts, beliefs, and experiences - into the gold of their dreams.

### **The Path of DARMA**

The path of DARMA isn't for the faint-hearted; it requires an openness, a willingness to set aside old beliefs, and a readiness to be amazed. It demands trust, a deep surrender to intuition, and the courage to take inspired action.

The five steps of DARMA act as a map, guiding you through the uncharted territories of your potential. Each step is a crucial ingredient in the alchemical process of conscious creation:

## **Explaining Each Step of DARMA**

**Define your True Choice:** As alchemists carefully select the purest materials for transmutation, you must clarify your deepest, most authentic desires.

**Align the Experience Emotionally:** By fully embodying the feelings of your desired reality, you set in motion a powerful chain reaction.

**Restructure and Recode:** Akin to the alchemists who use arcane symbols and incantations to direct their transformative processes, you must reshape your beliefs and patterns to support your new reality.

**Momentum through Aligned Action:** As alchemists stir their mixtures with great intention, take inspired action to keep your creative process moving forward, ensuring continuous transformation.

**Alchemize Your Reality:** In this final step, apply your SCRIPT to fully master your story. **Self-honor, Courage, Re-focus, Imagination, Play and Trust.** This book will guide you in staying within the creative structure and show you which steps to take. Still, you must be willing and ready to contribute fully, owning your role as the powerful creator of your life.

With each step of DARMA, dear seeker, you become the alchemist of your own life, wielding the power of your Imagination to create a reality that's nothing short of miraculous. You witness the lead of your limitations transmuted into the gold of your most cherished dreams and feel the fire of your purpose ignite, burning away the doubt and fear.

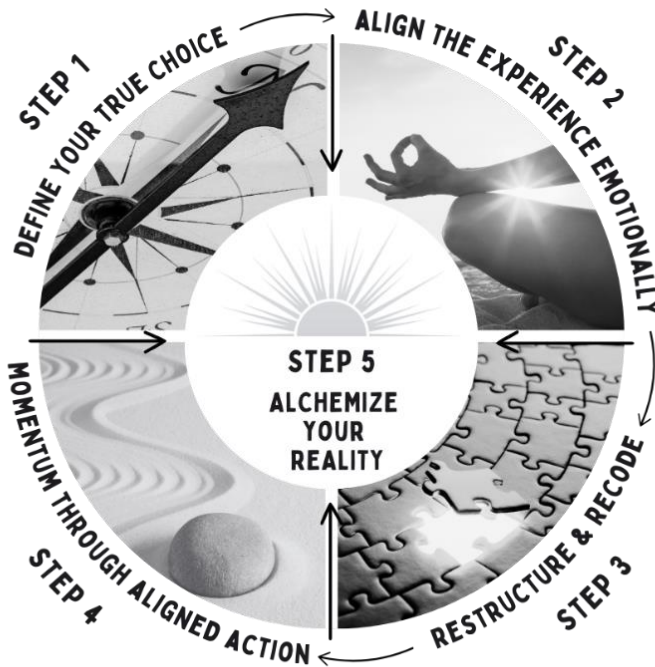
The magic of DARMA lies not just in the formula but in the transformation it sparks within you. This work doesn't just change your life; it changes you. It invites you to step into your power, trust your inner wisdom, and begin a journey of purpose, passion, and unbridled joy.

Now, dear one, the invitation is extended to you. Will you take up the mantle of an alchemist? Will you embark on the transformative journey of DARMA and discover the gold that lies waiting within you? The choice is yours, and the rewards are beyond measure. Step into your power, trust your magic and let DARMA guide you to a life of purpose, passion, and joy. As you walk this path, you will discover that you hold the key to alchemizing your life into the reflection of your true self.

We'll begin by thoroughly exploring each step's significance and inner workings, providing you with a comprehensive understanding of the process. At the end of the chapter, you will find clear, concise instructions for the five steps, preparing you to begin your practice using the Workbook Journal.

Get ready to embark on a life-changing adventure that will reconnect you with your true nature & purpose and help you manifest a life of your fullest expression. Let's dive in and explore the transformative world of DARMA!

## THE 5 STEPS OF DARMA



## **7.1. STEP 1 – DARMA: DEFINE Your True Choice**



*~ Craft your heartfelt vision*

The journey of conscious creation begins with defining your 'True Choice'—a desire rooted in your essence, untouched by fears, external pressures, or imposed limitations. It's about embracing what you genuinely love and letting that intention be the sail that propels your journey.

Many people unknowingly base choices on their hidden, unconscious agenda. Here is how that was true for me. I went from job to job and didn't like any of them. I then decided I wanted to start my own business so that I could get away from the dread of a job. I started exploring how to earn money online. Yet, I never got that business up, as so many limiting beliefs held me back. I didn't realize it wasn't a True Choice as I was focused on a problem - wanting to escape from my job.

My life transformed when I began focusing on what I truly love, allowing that energy to expand. Instead of running from dissatisfaction, trying to fix that problem, I embraced what brought me joy. At one point, I realized that what I would love to do was right under my nose, which became my business idea, born not from a desire to escape a job but from a genuine love for it.

Despite my intuitive nature, I had initially overlooked this path due to deeply ingrained limiting beliefs. These unconscious barriers had prevented me from seeing this passion as a viable source of income. I couldn't shed these self-imposed limitations until I learned to harness my intuition through a structured process.

A choice is true when you make it, just for the love of it, without limitations or conditions. Conscious creators need True Choices, as life is an ocean, and you're the captain of your sailboat. Making True Choices sets your sails and gives direction towards your goals. Without choices, you're adrift without sails, at the sea's mercy, ending up somewhere by chance, not by choice.

In the journey of self-discovery and creation, the foremost step is to 'Choose' – to embrace a True Choice that resonates with your innermost desires and aspirations, which is about accepting and focusing on your genuine desires rather than merely seeking solutions to current problems or playing into the narrative that you believe you have to be a part of. This choice is not just a fleeting whim but a deeply rooted desire, chosen for its alignment with your genuine love and passion, untainted by external influences or limiting beliefs. You align with your ultimate goals, moving forward with clarity and excitement toward the future you envision. Let's explore this pivotal step in detail, understanding its nuances and how it sets the foundation for a transformative journey.

## **Understanding True Choice**

**What is a True Choice?** A True Choice is an authentic desire that emerges from the core of your being. It's not influenced by societal expectations, fears, or external validations. It's a choice made purely because it resonates with what you truly love and are passionate about.

Recognizing a True Choice demands deep introspection and a commitment to being fully honest. It involves asking what truly makes you happy and fulfilled, irrespective of external opinions or perceived practicality. The best way to do this is from a space of innocence, the childlike wonder untainted by beliefs, assumptions and labels. Meditation helps cultivate that state of openness and non-judgment, allowing your deepest desires to surface unencumbered. Guided meditations specifically designed to assist you in connecting with your heart's callings can be accessed through the link in the workbook journal section of this book.

## **The Four Core Orientational Choices**

In the initial stages of practicing this process, achieving a general alignment that affects all areas of your life and being is essential. For this reason, there are four core orientational choices to start with. These choices benefit everyone and help establish an orientation in the creative structure. As you progress, you can add more specific, personalized choices.

1. **I choose to live a Life I Love:** This choice invites you to envision a life brimming with joy, excitement, and fulfillment in every area. Here, you get to feel the emotional states that you want to feel every day as you imagine all the things that you truly love.
2. **I choose Health & Vitality:** Aspire for complete physical, mental, and emotional well-being, understanding that good health is the foundation of any fulfilling life. Your body is your temple; health should be on anybody's priority list. It enables you to live life fully. What are all the

things that you would do and experience when you are in complete health and vitality?

3. **I choose being the Primary Creator of my life:** This choice empowers you to take charge of your life and actively shape your reality rather than being shaped by circumstances. Here, you imagine what you would do and who you would be as the creator of everything in your life. You see yourself as a sovereign being capable of making choices and giving direction to life. A powerful question to ask is: Where do I give my power away? This reveals aspects of your life where you find yourself in victimhood. Yet, you are responsible for your creations and the emotions aligned with it. No one else is going to take responsibility for your actions. Are you ready to fully embody being the creator?
4. **I choose the end result of My True Nature and Purpose:** This involves connecting with and choosing a path that aligns with your true self and your unique purpose. Our true nature is to be a Creator, and our purpose is to create and manifest the things and experiences you truly love into this physical world. What shapes, shades of color, and sensations appear when you tap into your true nature? What is the attached purpose to that? What are the things you are here to do and experience just because you love them? Don't tell the story of what you think the purpose is supposed to be; feel into what your heart wants to create and experience. It could be something very simple or something huge. As long as you truly love it, anything -material- or immaterial- is valid.

Imagining these choices will evoke emotional states that you want your unconscious to get used to and experience as normal. These orientational choices are broad yet specific enough to provide a clear direction. Initially, they help set a general course, which can be refined with more personalized choices over time. Your aim should be to practice these daily in visualized meditation, which we will cover in the next step. At first, you will only focus on these four choices; later, you can create more specific choices.

## **Meditations**

Three guided meditations, designed to enhance your experience and guide you through the neuro-emotional process, will be available through the link in the Workbook Journal section of this book.

In the Magnetic Oasis meditation, you step into innocence and let your superconscious aspect show you all the possibilities in your heart's field. This helps you clarify what lives in the core four choices for you and will later be of value when compiling a few unique and personal true choices. You can revisit

your Magnetic Oasis whenever you like. Choices can change and evolve. You also want to keep adding new ones once you have made manifested your initial choices.

## Avoiding Ineffective Choices

Formulating and committing to a True Choice requires honesty and vigilance, as we are often subconsciously influenced by factors that do not serve our heart's desires. We automatically want to write it off as "not possible". You will undoubtedly run into this. Recognizing these patterns of ineffective choice-making is crucial to align with what you genuinely want to create. Resistance will come up from the unconscious, kicking and screaming like a baby. That's why you must follow through with the 5-step process and not try to work it out logically. You simply LET IT GO and stay committed to the steps in the process.

Ask yourself if this choice is made out of pure love for the creation of it or if there are limitations, conditions, control, or other aspects involved.

If you can commit to being completely honest with yourself, you will be able to recognize an ineffective choice. A True Choice will serve your highest purpose and ensure the 5-step process is highly effective.

1. **Choice by Limitation:** Making choices within self-imposed constraints or perceived barriers rather than staying open to limitless possibilities. These choices are made based on our limiting beliefs and don't let us go for what we truly want.

*Example:* I choose to do an in-country camping trip. (Versus the True Choice: I choose to travel the world and visit ultimate destinations)

*Narrative:* Emily dreams of traveling the world and visiting some destinations she has always wanted to explore. She believes it's impossible and will never have the means. Therefore, she edited down her dream and chose something she deemed possible instead.

2. **Choice by Indirectness:** Choosing in a roundabout way that doesn't directly address your desires.

*Example:* I choose a highly-paid career to provide my family with a good life (versus the True Choice: I choose a happy, balanced life for my family).

*Narrative:* Tom feels very responsible for his family and wants them to have the best life, but instead of holding that picture, he chooses what he thinks will lead to a happy family. He isn't choosing the career for the love of it and is, therefore, not following his true essence.

3. **Choice by Elimination:** Deciding based on what's left rather than what you truly want.

*Example:* I choose the job with the best benefits and the least downsides. (Versus the True Choice: I choose a job I'm deeply passionate about and excited to do every day)

*Narrative:* Sarah needs to choose a career path. Instead of focusing on what she's passionate about, she eliminates options based on negative aspects that will lead her to settle on a job she's not excited about, but that has the fewest downsides from her perspective.

4. **Choice by Default:** Settling for options without actively making a conscious choice.

*Example:* I take a job as it comes (Versus the True Choice: I choose the end result of a job that fully aligns with my deepest interests)

*Narrative:* Kale doesn't actively seek out a job that aligns with his interests, effectively making a passive choice to stay by default. Believing that he doesn't need goals in life. This won't get him the life he truly desires, as there is no tension between the now and his desired reality, creating a void that will be filled. Not being an active creator usually means becoming an element in other's ambitions.

5. **Conditional Choice:** Basing decisions on specific conditions or external factors.

*Example:* I choose a fulfilling relationship with my husband that looks like ... (fill in the blank) (Versus the True Choice: I choose a heart-centered, passionate and connected love relationship)

*Narrative:* Jane has a husband and wants to build a more fulfilling love relationship. True Choices aren't conditional, which means trying to exert control over *how* you get your end result. Involving a specific person is a condition. If you truly want the end result (a fulfilling relationship), you will be happy with however it turns up.

6. **Choice by Reaction:** Making decisions in response to external events rather than internal guidance.

*Example:* I choose to go to the gym daily to lose weight. (Versus the True Choice: I choose Health & Vitality)

*Narrative:* Jay feels overweight and wants to change that. He doesn't know how or where to begin, so he chooses the gym, even though he has never enjoyed going to the gym.

The focus is on the unwanted, which gives away power. Just because you want to lose weight doesn't mean you want to go to the gym.

Reacting to the negative means that is where you put your power instead of having power in creation. You are not ready to do what it takes to make it happen, and your motivation will likely fall flat.

7. **Choice by Consensus:** Letting the opinions of others dictate your decisions.

**Example:** I choose to become a corporate lawyer to make my family proud. (Versus the True Choice: I choose a creative career path that allows me to express my artistic talents.)

**Narrative:** Despite his interest in arts, Mike chooses to chase a career as a lawyer because his family and friends believe it's a more secure and respectable career path, allowing their opinions to dictate his decision. This type of choice is all too common and means giving your power away. This can be deep-seated and more subtle as well, in that 'others' can be what you believe society expects of you, driven by unconscious fear of not belonging and losing "safety".

These choices can appear rational or safe but don't truly resonate with one's deeper aspirations or true full self. In all cases, the power is being given away. When you make choices based on limitations, you're reinforcing the identity you're trying to change. To be an actual creator, you need to become the person now who creates what you desire in the future. How to do this will be covered in the next steps. You can imagine that aligning with a choice that doesn't come from our heart's truest intentions will perpetuate an identity based on the past, rooted in "knowing how things are". It is essential to realize that this 5-step process will not have the desired outcome when working with ineffective choices. Getting to your True Choices might take some practice, but don't worry. This is just as much a journey of self-discovery as creation. The different elements in the 5-step process ensure you gain more clarity and alignment just by repeating the daily practice.

## Science of True Choices and Quantum Physics

Quantum physics reveals that atoms—and all matter—exist as potentiality, or a "probability wave," until an observation occurs. In other words, they only assume a definite form once an observation is made. This concept, known as the "observer effect," implies that our choices and intentions interact with the quantum field of possibilities around us.

When you make a true choice, you set yourself up with a powerful combination of intention and observation. The clear intention of choosing what you want to create sets the direction for manifesting your desired outcome (you measure what you want it to be). At the same time, through the vivid, multisensory visualization meditation (the next step of the process), you

observe that choice as if it were real, which helps to collapse the probability wave of all the potential outcomes into a definite state.

As you continue to focus your intention and observation on your true choice, you are repeatedly collapsing the probability wave of potential outcomes in favor of your desired state. This process is similar to how, in quantum experiments, the act of observation can cause a particle to manifest in a specific location or state.

This underscores our existence within an interconnected field, a space influenced by forces like electromagnetism, where every element interacts through energy waves. We are integrally connected to the universe's vast energy network.

Understanding this profound interaction, we recognize that by choosing a "True End Result" aligned with our heart's desires, we harness the field's potential, shaping our reality through focused intention. In defining our True Choices, we use our imagination to tap into the potential of this holistic energy field.

## **The Power of True Choices in Relationships**

To illustrate the transformative power of making true choices and focusing on what you genuinely desire, let's consider a personal example from my own life.

My husband and I used to have a recurring pattern of triggers and fights in our relationship. We both wanted a better dynamic, but despite our efforts to find solutions and let go of those behaviors, they kept repeating themselves. It felt like taking two steps forward and then three steps back—we would experience an initial breakthrough only to find ourselves right back where we started.

It wasn't until we discovered the power of making true choices that things began to shift. We committed to the 5-step process, focusing on the kind of relationship we genuinely wanted to create rather than trying to change or control each other.

It's important to note that a true choice cannot be conditional upon a specific person. Our focus was on the experience of the relationship we desired, not on fixing or keeping the relationship with this specific person at all costs. By orienting ourselves in a creative structure and consistently focusing on the desired relationship, we began to see significant improvements.

However, this process can also lead to the realization that a relationship may no longer align with your true path, and you will notice a further drifting apart. Sometimes, the aligned action may be to let go, allowing both

individuals to pursue their genuine desires. The key is to remain committed to your truth and trust the unfolding of your journey, even if it means making difficult decisions.

## **Discovering What You Love**

Uncovering what you genuinely love and yearn to create forms the foundation for your conscious manifestation journey, directing each step forward. Without this clarity of heartfelt intention, your subsequent efforts lack the potent guidance of an authentic vision pulling you forward. By courageously defining your True Choices, you initiate an unstoppable chain reaction - for as you'll discover in Step 2, attaching emotional experience to your chosen desires is what breathes them into palpable reality. It's the beginning of a transformative journey where you take the reins and become the primary creator of your reality.

## **7.2. STEP 2 – DARMA: ALIGN the Experience Emotionally**



*~ Feel the desired reality within*

Emotions serve as the subconscious' language, acting as a bridge between our thoughts and our physical reality. We align our emotions with our desired outcome and create a powerful resonance that attracts experiences matching that frequency.

Growing up, my heightened sensitivity allowed external events to easily sway my emotions, leaving me constantly wondering, 'How did I lose my joy?' A valuable lesson was learning to care about how I feel—something that initially seemed obvious, almost a given.

This realization prompted me to recognize that my behavior needed to realign with my desired emotional state. How could I allow myself to experience unwanted emotions for an extended period if I genuinely cared about how I felt? I learned that failing to consciously learn from my feelings sabotaged my joy and allowed resistance to dominate my experience.

Embracing this insight transformed my focus. I began nurturing and magnifying the desired emotions by choosing experiences that would elevate my emotional state. This aligned with the Law of Attraction's principle that we attract what we focus our energy on. This journey of emotional attunement was just the beginning.

A significant turning point came when I grasped the concept of creative structure. By centering myself in this mindset and engaging in neuro-emotional meditation focused on a True End Result, I experienced a profound sensory immersion in my desired reality. This targeted focus proved transformative, creating an emotional landscape that bridged my 'future imagined state' into my 'now', akin to a quantum leap. Understanding how this reality felt allowed me to refocus on this emotional setpoint whenever I strayed from it. My behaviors and thoughts began to shift, external influences diminished in impact, and those that did penetrate could be released more easily.

Neuro-emotional meditation allows you to create new emotional setpoints based on the personality that matches your desires, rather than the personality you need to fix. This opens the door to abundance and new opportunities. This sounds great, doesn't it? And it truly is! However, it may not be for everyone. You must want to create a life you love for yourself and be willing to let go. Choosing and maintaining focus can become increasingly challenging as you create more significant changes. Having this knowledge and process as a tool will be there for you to power through and build resilience as a creator.

## **Individuation and the Power of Emotions**

Step 2 of the creation process—emotionally aligning with your True Choice—is a pivotal stage where we transition from mere thought to the embodiment of our desired reality. Emotions are not merely reactions; they are powerful catalysts that either propel us toward our goals or pull us away. We fully immerse ourselves in our desired outcome's emotional landscape during this stage. Emotions are pivotal in manifesting our goals as the bridge between thought and reality. This is where the power of visualization meditation becomes instrumental.

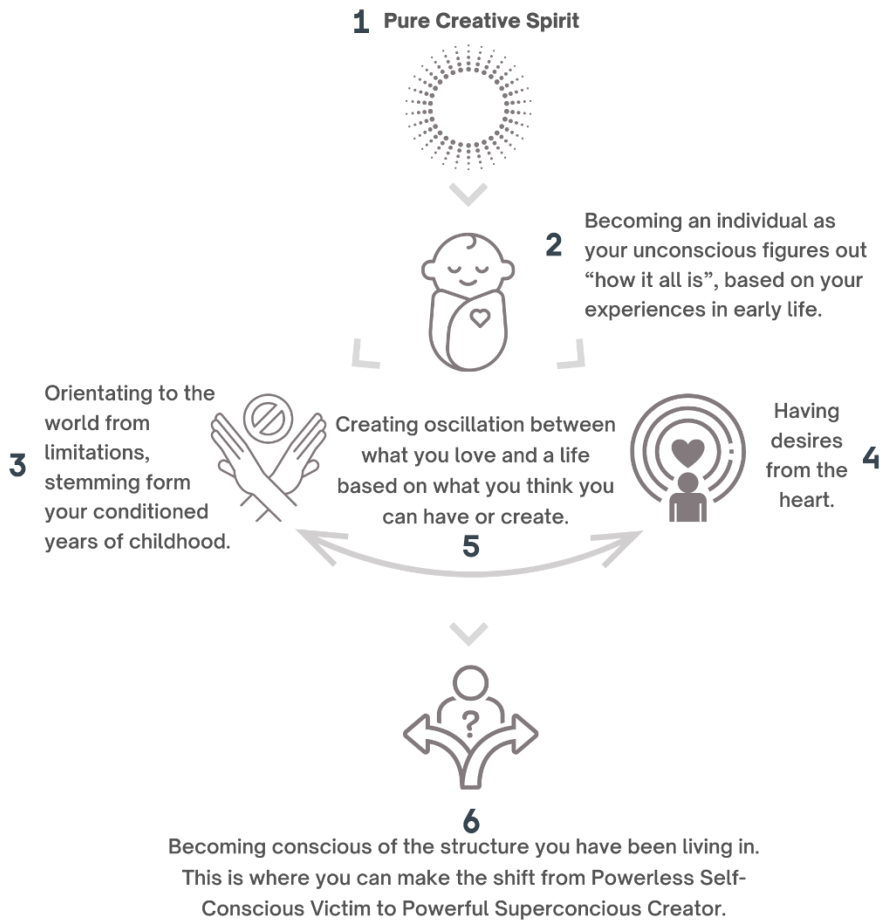
Embodying the emotion of your desired outcome is more than just wishful thinking; it is about aligning your emotional state with your goals. When you embody the joy, satisfaction, or peace associated with your goal, you're not just imagining the future but preparing your mind and body to live it.

Emotions represent a formidable creative force. Our emotional state directly influences the manifestation of our desires. By aligning our emotions with our intentions, we create a magnetic pull that attracts the reality we seek. Here, the principle of "like attracts like" from the Law of Attraction becomes relevant. Positive emotions attract positive outcomes, whereas negative emotions can yield the opposite effect. It's crucial to recognize that merely focusing your thoughts on what you desire to create and visualizing alone isn't sufficient to manifest your desires. These practices must be paired with aligned action, which will be discussed in Step 4. *Understanding the Law of Attraction*.

The principle of the Law of Attraction—a fundamental natural law of our universe—may appear straightforward but often presents significant challenges, especially when viewed through the lens of early childhood. During our formative years, particularly the first seven, we establish core beliefs while highly dependent on our parents. This period, marked by limited freedom and a tendency to mimic the behaviors of those around us, lays the foundation for our future. Our unconscious shapes our perception of "how things are" as we go through our individuation process ~ the process of embodying this human existence, coming from spirit ~, and we take this image of how it is with us into adulthood. The imprints or conditioning from this

## You Are Sovereign

phase are formed without the complete freedom to choose, leading to a life shaped by these early experiences. As we grow and gain autonomy, we may unknowingly resonate with beliefs that hinder us, attracting experiences contrary to our desires.



*Illustration: The oscillation that follows the initial individuation process at birth. Once you become conscious of the problem-solving structure you’ve been living within, you have a choice. You can either allow your unconscious to dictate your actions, remaining stuck in oscillation, or you can choose to reconnect to your superconscious and become the creator of a life you love.*

This understanding clarifies why many find practices such as affirmations or positive thinking less effective. These techniques can be transformative only

when individuals deeply integrate them into their emotional being and take aligned action. Conversely, it explains why dwelling on problems, traumas, and inadequacies often proves counterproductive. ***Worrying is essentially using your imagination to conjure up something undesirable.*** By focusing on these negative aspects, we reinforce an emotional setpoint that aligns with the undesired, inadvertently teaching ourselves to resonate with those frequencies. We often move away from what we truly love while attempting to move towards it. Recognizing this pattern is crucial for breaking free and aligning with more empowering beliefs and experiences. We must *believe* it to feel it and *truly feel* it to BE it.

For example, Sophie has always dreamed of becoming a professional artist but has convinced herself that it is an impractical path. Rather than visualizing herself thriving as a painter, she dwelled on fears of instability and rejection, resonating with insecurity. Unsurprisingly, her life mirrored that negative state.

In contrast, Miguel clearly desired an exciting, adventurous career. Although he wasn't certain what form it would take, he immersed himself in visualizing traveling the world while engaging in meaningful work he loved. His positive emotional resonance opened doors to opportunities that ultimately led him to become an acclaimed travel photographer.

To make the Alchemy of Creation effective, we must incorporate all vital ingredients; focused thoughts alone are insufficient to bring our deepest heart's desires into physical, creative manifestation. To manifest his reality, Miguel had to maintain creative tension and take aligned action, which will be covered in the following steps. Sometimes, we naturally move through that process, while at other times, we must make sure we consciously maintain this structure; as in Sophie's case, she gave away her power by allowing her limiting beliefs to prevent her from maintaining creative tension.

## **Neuro-Emotional Visualization Meditation: A Full Sensory Experience**

One practical and highly effective method for achieving emotional alignment is visualization meditation. This practice allows you to channel and amplify these emotions. This technique involves creating a vivid, multi-sensory experience of your desired outcome in your mind. By involving all senses—visual (sight), auditory (hearing), and kinesthetic (touch and feel)—you deepen the immersion and make the experience more real. It's not merely about visualizing the goal in your mind's eye; it's about experiencing it with all your senses so that your unconscious perceives it as lived reality.

## **Understanding VAKST (Visual, Auditory, Kinesthetic, Smell, Taste)**

To effectively utilize visualization meditation, it's essential to engage all of your senses - visual, auditory, kinesthetic, smell, and taste (VAKST). Each person has a dominant sense through which they perceive the world most vividly. However, incorporating all five senses creates a powerful, multi-dimensional experience.

1. **Visual:** This involves richly picturing the details of your desired outcome—the colors, shapes, surroundings, and intricate scenes you would encounter. For instance, if you desire to live in a beach house, visualize the structure, the color of the walls, the view from the window, and the sunlight filtering in.
2. **Auditory:** Envision the sounds connected to your vision—voices, music, nature sounds, or any other audio cues that enhance the experience's realism. In the beach house scenario, this might include the crashing of waves, the calls of seagulls, or even the laughter of family and friends in the space.
3. **Kinesthetic:** Experience the sensations in your body through physical feelings like textures, temperatures, and movements. Imagine the sun's warmth on your skin, the cool breeze, or the sensation of sand beneath your feet.
4. **Smell:** Vividly imagine any distinct aromas accompanying your vision to heighten the realism. Consider the scent of the ocean, the flowers in bloom, or the familiar aroma of your home.
5. **Taste:** If relevant, conjure the flavors you might experience, whether from foods, drinks, or simply the taste of the air itself.

Here's a demonstration of how to envision your end result in a full sensory way, based on the above True Choice example of living in a beach house: *To immerse yourself in the embodied experience, envision waking up in your beautiful beachfront sanctuary (Visual). The warm morning sunlight dances through the sheer curtains (Kinesthetic and Visual) as you hear the gentle rhythmic crashing of the waves outside (Auditory). You feel the cool tiles beneath your feet as you walk toward the glass patio doors (Kinesthetic). As the doors glide open (Visual), the revitalizing scent of salty ocean air envelops you (Smell). You step outside (Visual) and feel the cool, soft sand between your toes as you step onto the beach (Kinesthetic). You take a sip of your freshly blended smoothie, savoring the rich strawberry banana flavor alongside the refreshing taste of the ocean breeze (Taste). A profound sense of peace and gratitude washes over you in that moment.*

Each person has a dominant sense through which they engage with the world. Some individuals may find it easier to visualize images, while others may resonate more with sounds or physical sensations. Recognizing your dominant sense can enhance your meditation experience. The more vividly you layer all five senses, the more tangible and emotionally impactful your visualization becomes. Engage all your senses for a complete multi-sensory immersion that evokes the emotions you wish to experience.

Be as detailed and vivid as you can. Start with your dominant sense and gradually incorporate the others. Create a dynamic scene rather than a static image. We must realign our entire system—both conscious and unconscious—with the creative structure we aim to embody.

Although emotional alignment is powerful, deep-rooted limiting beliefs and unconscious patterns can sabotage manifestation efforts if left unaddressed and unprogrammed. The next step reveals how to establish creative tension and identify and reprogram limiting subconscious beliefs, recoding your mind to maintain your established creative structure and emotional resonance. This pivotal step is essential, as it offers crucial processes for updating your unconscious patterning harnessing powerful forward momentum toward your desired reality.

## **7.3. STEP 3 – DARMA: RESTRUCTURE & RECODE**



### *~ Update limited beliefs and patterns*

*I harbored limiting beliefs about money and career fulfillment for years, which trapped me in dissatisfaction. I convinced myself that financial wealth could only come from hard, often unpleasant labor, dismissing the notion of earning money doing what I loved as a mere fantasy. This narrow perspective blinded me to the incredible value and creative potential of pursuing my passions in that area of life.*

Whenever I sought to pursue my deepest desires, the psychological tension I experienced would only push me back into old wounds and limiting beliefs. I perpetuated my current reality in that area of my life, driven by the conviction that I could never truly break free. I drifted from job to job, earning a bit more money each time, yet naively believing that the next transition would finally bring me satisfaction. I was merely distancing myself from my true nature, relinquishing my power.

Having gained valuable insights, I no longer view that period negatively. I hold gratitude for the person I was back then, as that journey ultimately led me to where I am now, albeit through a winding path. Now that I have grasped the Power of Structure, I realize that emotionally embracing my desired outcome while objectively recognizing my current reality—without attempting to "fix" anything—creates a productive structural tension. By integrating my envisioned future into my present moment as an embodied emotional state, I can redirect that tension to naturally propel me toward my goals instead of away from them. Rather than being mired in constricting psychological tension, I am anchored in creative tension and the transformative structure it fosters.

## **Effectively Lowering Resistance**

As you establish structural tension, resistance is a natural by-product. The bigger the gap between your current and desired reality, the more the imaginary rubber band stretches between the two points and the more resistance you may experience. This results in a bigger contrast observed in our outer world and an activation of our psychological tension as our unconscious wants to keep us safe. Our goal isn't to eliminate resistance but to lower it to a level that allows continuous, aligned action.

Here are four powerful ways to lower resistance:

**1. Neuro-Emotional Repatterning:** One of the most powerful ways to lower resistance is to practice daily neuro-emotional meditation. This involves vividly imagining and feeling your desired future. By doing this regularly, you can:

- Overcome ingrained patterns of lack, fear, and limitation
- Teach your unconscious mind that it's safe to experience new positive emotions
- Reshape your brain's neural pathways
- Replace old, limiting memories with new, empowering ones

Think of it as creating 'memories of the future' that align with your goals.

This process harnesses the profound connection between our unconscious, emotions, and Soul. The unconscious, the realm of emotions and past experiences, is the level at which our Soul operates. According to some, our Soul acts as a gateway, connecting information from the Superconscious (the infinite information field) to our unconscious through the language of emotions. As we engage in neuro-emotional meditation, we're allowing our Soul to funnel new information from the Superconscious into our unconscious, creating new emotional setpoints that support our desired reality while retraining our brain. The more you inhabit and experience the emotions and sensations you'll feel once your dreams are realized, the more your unconscious mind perceives and acts from that forthcoming reality. This soul-level communication through emotions is key to transforming our deep-seated patterns and aligning our entire being with our true desires.

**2. The power of the breath:** The breath is a powerful yet often underestimated tool for lowering resistance. By focusing on our breath, we can:

- Activate the parasympathetic nervous system, promoting calm and clarity

- Reduce resistance and reactivity
- Transform challenges into opportunities for growth
- Connect to our heart space and cultivate intuition

Breathing is part of our autonomic nervous system, which controls functions essential for survival. You don't have to think about many processes in the body managed by the brain while awake or asleep. Breath, however, is unique in that we can control it intentionally.

The process of breathing is much more than an essential function of your physical body. It is the flowing of greater consciousness to you and through you (the part of you that never ceases to exist). That is why when the focusing of this consciousness through your physical body ceases, your breathing also stops. By focusing on our breath, we tap into a source of energy to help us overcome mental and physical barriers.

## **Intentional Breathing**

Intentional breathing allows us to release resistance, facilitating relaxation and openness. Intentionally aligning our breath with our focus on our desired reality, we can create more clarity and turn moments of dealing with challenging resistance into growth.

Breathing in your True Choice, envisioning that desired reality while making your exhalations longer than your inhalations, activates your nervous system's rest and digest state, evoking feelings of peace and calm. On the other hand, bringing more energy into your choice by taking on a deeper, more invigorating but rhythmic breath (equal inhale and exhale), facilitates embodying feelings of passion, excitement and joy. The conscious interrelation between your breath and imagination is an extremely powerful alignment tool. Focussing on the breath helps you get your focus off the psychological tension, giving space to reset and refocus.

## **Cultivating Intuition**

Intentionally working with the breath can connect us to our heartspace and cultivate intuition, as discussed in the previous chapter. It's also a powerful tool to lower resistance by bringing us back to a calm and clear state, activating the parasympathetic nervous system, from where we can reconnect with our heart, refocus on our desired reality, and tune into our intuition. Focused breath creates space in the body and mind, directs energy to the part of the body that is being focused on, and can positively influence our nervous system.

## **Reducing Resistance**

The conscious art of breathwork is a profound tool to reduce resistance and reactivity. When we encounter challenges that activate the body's fight-or-flight stress response (the sympathetic nervous system), conscious breathing allows us to intentionally shift into the calming rest-and-digest state (the parasympathetic nervous system) and bring us back in connection with the heart.

## **Box Breathing**

Simple practices like box breathing—inhaling for 4 counts, holding for 4, exhaling for 4, holding for 4—immediately bring our physiology back to equilibrium. This can be done occasionally, when needed, or integrated as a regular practice, incrementally increasing the number of seconds and time of practice to reach deeper levels of relaxation and alignment.

### **Exercise: Box Breathing**

(You can use the exercise note pages for this if you wish- page - 117)

This exercise can be done for a minute, 3 minutes or however long you want to take. You can either do this exercise seated with your eyes closed, walking or standing in line at the grocery store. It can be done wherever, whenever.

1. Notice your current breathing pattern and set an intention for relaxation.
2. Inhale for 4 counts in a relaxed steady flow.
3. Hold for 4 counts and relax the body
4. Exhale fully for 4 counts in a relaxed steady flow
5. Hold for 4 counts and feel spacious in the mind
6. Repeat

Note: don't proceed if the exercise makes you feel too uncomfortable or lower the amount of counts to 3 or even 2.

The power of conscious breathing extends far beyond momentary centering. Committed practices can fundamentally rewire our nervous systems' default stress responses over time.

## **The Power of Committed Practice**

Putting our body in a challenging position in an intentional and controlled way, such as combining breath exercises (pranayama) with a dynamic or static

posture (such as a Kundalini kriya), creates tension that makes our nervous systems want to activate the sympathetic state. In our overstimulated society, most live in an almost perpetual fight-or-flight state from being constantly active and busy. However, by working with the breath, we can influence the body to activate the *parasympathetic* nervous system. This relaxed rest-and-digest state used to be our natural default. Meeting intensity with conscious breathing patterns imprints new psychosomatic associations—the body's innate intelligence begins recognizing challenge as an invitation to remain relaxed and open rather than constricted and reactive.

Kundalini yoga and other such modalities teach us to naturally return to this state when facing challenges by strengthening the nervous system and restructuring our stress response. Suppose you're interested in incorporating this powerful tool but are new to it. In that case, box breathing is an excellent starting point that you can apply anytime, anywhere, for as little or as long as you wish - As you extend your practice time, the results become increasingly profound. For more advanced techniques, such as Kundalini yoga, there are many resources to be found online and in-person teachers and coaches.

**3. Belief Mastery:** So often, psychological tension arises not from constrictive beliefs we hold about who we are and what's possible. To thrive, we must audit and upgrade disempowering beliefs that stem from our unconscious belief systems, such as "I don't deserve X" or "Dreaming big is unrealistic."

Belief mastery allows us to:

- Recognize that all beliefs are simply thought patterns, not innate truths
- Understand the self-perpetuating nature of our thoughts
- Reframe limiting beliefs to align with our desired reality
- Cultivate empowering beliefs that support our goals
- Transform our perception of emotions like fear and nervousness

## **Our Thought Process**

Our thoughts have a self-perpetuating nature. The thought we think attracts more evidence, reinforcing that thought and causing us to think about it even more. It's a cyclical process. When we hold an expectation or dominant belief, the Law of Attraction ensures that our reality continuously reflects and delivers experiences congruent with that mental pattern.

We then mistakenly conclude, "I believe this because it's true." But the real reason we believe it is simply because we've practiced that thought so persistently. A belief is essentially a thought we've replayed and reinforced

through habit. The more we think about it, the more evidence appears to support it, further solidifying the belief. Our beliefs shape our realities because we relentlessly reinforce the thoughts behind them.

## **Embodying New Beliefs**

This is why it is important to ask, "What do I believe about myself, others, and the world?" when establishing structural tension. Acknowledge the discrepancy in the outcome of those questions concerning you're asking: you in the now versus the future who has already created your desired outcome. You will recognize that the 'you' in your desired reality holds different beliefs and operates at a different vibrational frequency with a distinct emotional setpoint. By embodying this future self's emotional state and beliefs during neuro-emotional meditation, you introduce this new setpoint to your present reality. Repeat repetition teaches your unconscious mind that this new state is safe, effectively lowering the resistance that typically hinders aligned action.

## **Reframing Unwanted Emotions**

It's natural for fear to surface as we approach our desired reality - this is our unconscious trying to protect us. Fear isn't there to hurt you; it was once useful but is often taken to extremes by the unconscious in its pursuit of survival. Armed with effective strategies, we can rewire the unconscious to harmonize with our other levels of consciousness.

Fear is courage becoming known.

Reassessing our perspectives on experiencing various emotions helps lower resistance. Feeling nervous is common and can even feel paralyzing for some. It's essential to recognize that nervousness is often interpretable as excitement, as these two emotions are two sides of the same coin. This duality allows us to reframe our perception, transforming apprehension into a positively received, preparatory state for the challenges ahead. So next time fear or nervousness surfaces when taking action toward your true desires, change your perspective and realize that what you perceive in your body is actually helping you by optimizing certain physiological processes, readying you to step into new territory.

**4. Daily Routine:** Incorporating these practices into a daily routine, especially as part of a morning ritual, can amplify their effects and help manage resistance more effectively. A consistent daily practice can:

- Enhance the power of neuro-emotional meditation
- Improve your ability to center yourself quickly
- Help you adopt the emotional setpoints of your future self

- Synergistically align and restructure your levels of consciousness

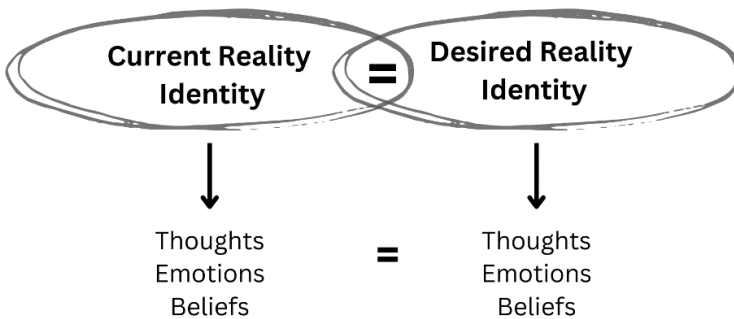
Incorporating these practices into a daily routine, especially as part of a morning ritual, can significantly amplify their effects in lowering resistance and restructuring your consciousness. By consistently practicing these techniques together, you create a powerful synergy that aligns your levels of consciousness and rewires unconscious patterns over time. We'll explore establishing and maintaining a daily practice in Chapter 7.4.

Over time, with the given tools and 5 step process, you'll develop the awareness to rewire unconscious patterns, harmonize your entire being, and flow more gracefully through resistance toward the desires and visions that are in your highest good.

## **Identity**

Creating and managing structural tension is a dynamic and ongoing process. It requires acknowledging your current state without judgment, a vivid - emotionally embodied - vision of your desired future, and the resilience to stay the course. By embracing this creative tension within a structured framework, you embark on a path that leads to achieving your goals and facilitates personal growth and transformation. You have become the person you envision, now.

### **Creative Tension**



*Illustration: if you can stay in creative tension, letting go of the past by recoding resistance and practicing the 5 steps, you start to embody the emotional setpoint that matches the you who has it all. By bringing that into our current reality, identities in the now and future match, and we will not be pulled back into psychological tension.*

This means that when the moment arrives to step into and live that desired reality fully, you are exactly the same person - your unconscious does not register a shift, because your identity did not have to fundamentally change to

attain what you wanted. If this is a new concept, you may realize that suddenly achieving something big that you haven't had before often feels like a significant internal change, usually accompanied by a different behavior. This can trigger the unconscious agenda and risk being pulled back into psychological tension or a problem-solving mindset. The idea of being the same person when reaching your goal seems mind-blowing to the self-conscious living outside a creative structure, as most assume you will significantly change when finally getting what you dreamed of. But the key is already becoming that person, embodying who you wish to be before your choice manifests physically.

## **The Science**

The science of neuroplasticity reveals the brain's capacity for reconfiguration through new neural pathways at any age. It enables neurons to adapt to environmental changes, recover from injuries, and overcome diseases. Learning new skills initiates fresh synaptic connections in the brain, solidifying with sustained practice, like strengthening relationships through continuous interaction. Repetitive practice cements these connections, creating neural "superhighways" for automatic responses. The brain's adaptability means that learned behaviors can be unlearned, allowing the dismantling of old neural circuits associated with past selves and beliefs and making room for new pathways. Focusing on new objectives engages the brain towards those goals, establishing new neural circuits that align with our aspirations. This literal "mind change" lays down the neurological framework for desired experiences. It illustrates how focusing on a future goal and bringing it into the present creates structural tension that propels us forward.

## **Navigating Tension in the Creative Structure**

As you journey through his process, embrace the changes and growth that come with it. It's not just about reaching your desired goals; it's about the transformation that occurs along the way. Each step forward in this journey reshapes your understanding of yourself and your capabilities, allowing you to experience less pain and more and more joy, satisfaction, peace & happiness.

Navigating tension requires courage, but remember that we need tension to create. Tension is good, and by focusing on our desired reality, we ensure we set the tension up within a creative structure.

By consciously managing this productive tension through tools like neuro-emotional meditation, breathwork, and belief restructuring, you develop the awareness and skills to harmonize your unconscious, rewire limitations, and gracefully navigate growth.

## *You Are Sovereign*

Step by step, you reshape your mindset and habits to naturally embody the characteristics of your future best self, allowing your greatest desires to manifest with the least resistance.

Setting yourself up in the creative structure and managing structural tension can be the hardest part of this process to understand initially. Give yourself time, keep practicing the process, and re-read this information as you go along, reaching new clarity levels through direct experience.

Restructuring lays the foundation to harness creative tension as the driving force behind the continual expansion of a life you love.

## 7.4. STEP 4 – **DARMA: MOMENTUM** through Aligned Action



*~ Propel your journey with inspired steps*

Recall a moment when you acted purely on intuition, sensing it was the right thing to do. If you maintained that flow, you likely noticed how one action naturally led to another. Before long, something—big or small—manifested without the usual worries.

### **The Importance of Aligned Action**

Taking action is pivotal in turning dreams into reality, yet discovering the right path and sustaining momentum can often be challenging. In pursuing heartfelt desires, I faced some crossroads—either paralyzed by resistance, unable to follow my intuition, or misled by excessive logical reasoning. Neither path drew me closer to my true desires. Even meditation, while valuable, wasn't enough on its own - my hoped-for outcomes didn't simply materialize out of thin air.

*A personal example:*

I was raised to analyze everything thoroughly, especially financial decisions. Once, while house-hunting, I visited a century-old property and instantly felt aligned. The seller had set up a same-day bidding process with no inspections or typical buyer protections. Despite my rational mind flagging numerous risks and my logical brain trying to intervene, conjuring up roadblocks and reasons to hesitate, I chose to silence that voice and trust my intuition.

In retrospect, I'm grateful I did. Though not without its challenges, the decision proved immensely rewarding. I fell in love with living there; it sparked a new passion and offered profound, deeper insights into my heart's life intentions. Later, when a strong intuitive nudge prompted me to leave the country, the property sold rapidly at a significant profit only three years after purchase.

Where many may let such opportunities slip away, choices guided by intuition allow you to ride the wave of your creative vision's momentum - if you dare to trust your superconscious. Trusting that inner knowing opens doors to experiences and growth that logic alone might never uncover.

You may wonder: how can you discern the right course of action from intuition?

I discovered the solution through a 5-step process, offering a clear and practical way to identify the next steps. As I became more attuned to this method, distinguishing the source of insights became second nature. I learned that tapping into the field and trusting one's intuition is a skill anyone can master.

### ***The Bridge between Vision and Reality***

This step of taking aligned action is the crucial bridge between the visionary realm of intentions and the tangible reality of lived experiences. It underscores the principle that our actions, when harmoniously aligned with our true desired outcomes, create an unmatched positive momentum, removing the fear of "getting it wrong." Behavior is the highest form of communication. Our actions manifest our innermost desires and beliefs, both conscious and unconscious. Yet, many spiritual and personal growth modalities overlook the indispensable role of aligned action. While meditation and visualization are potent tools for clarity and focus, they are the precursors to taking aligned action steps. Without these actions, the life we aspire to remains a distant dream, never transitioning into reality.

Aligned action is not merely about doing; it's about doing what resonates deeply with our core intentions. It involves discerning how to act in perfect harmony with our True Choices. Aligned actions ensure that our energy and efforts are not scattered or diluted but are channelled toward our envisioned future. These inspired steps act as a precise compass, guiding you through any confusion or forks to keep you advancing consistently toward your desired reality.

### ***Accessing Intuitive Guidance***

The process begins in the sacred stillness of visualization meditation, where we immerse ourselves in the vivid imagery of our chosen end result. While experiencing the end result, we reflect on our present, acknowledging the creative tension between our envisioned future and our current reality. At this juncture, we engage in a silent dialogue with our higher self, posing the question, "What is the next obvious action step?" Allow guidance to emerge, which might present as a symbol, picture, or sensation that may or may not

translate into words. If its meaning isn't immediately clear, simply inquire within: "What does this mean?" Trust in the significance of whatever you receive. These messages come from our higher self, designed to flow effortlessly into our consciousness, adhering to the natural law that we gravitate towards the path of least resistance. Even if the guidance seems illogical, trust it and embrace the courage to act!

### ***Consulting Your Future Self***

When faced with decisions outside the stillness of meditation, an empowering practice is to consult your future actualized self. Ask: "What would my future self, who has already created and is living this desired reality, do in this situation?" This transformative question bridges any perceived gaps between your current reality and the certainty and clarity of your chosen vision. It instantly realigns your present choices with your highest motivations. This future you, already living the life you are working towards, becomes a beacon of wisdom and clear guidance. When you ask what your future self would do, you are choosing to embody that person now, intuitively adopting the behaviors and mindset of that version of yourself who has manifested their vision.

This practice is more than a mental exercise; it's a call to action, urging you to live in alignment with your highest aspirations. It challenges you to step into the shoes of your future self, making choices that resonate with the life you envision. This method fosters a profound connection with your future identity, encouraging you to act with the wisdom, courage, and insight of the person you are destined to be, becoming it now.

### ***The Form These Actions Take***

Aligned actions embody both feminine and masculine energies. Feminine actions are intuitive, nurturing, and receptive, such as creating emotional setpoints, self-care and meditation.

In a healthy dynamic with the feminine energy, masculine actions create a safe space for the life force's energy to be held and freely move in the right direction. Masculine actions are assertive, goal oriented and expansive. Both energies are essential and must be embraced according to the context of our intuitive guidance.

Aligned actions can be grand or subtle, yet all are equally divine. Our superconscious communicates through simple, everyday signs that we often overlook, expecting grandiose gestures or revelations. It's crucial to honor the simple messages, understanding that the superconscious works through the path of least resistance, guiding us towards our desired reality in a way it

knows offers less resistance. Our goal is to follow *one aligned action* after another; eventually, it becomes clear that they guide us in the right direction.

Regular practice is essential for becoming adept at identifying and taking aligned actions. Incorporating visualization meditation into a morning routine sets a positive tone for the days up in the right structure. It enhances our attunement to our superconscious guidance. Over time, this practice will bring you back to embodying and trusting your natural intuitive nature. Over time, this practice becomes second nature, making the identification and execution of aligned actions more fluid and intuitive.

### ***Sustaining Momentum through Consistent Practice***

Although aligned action arises from an intuitive place, sustaining that creative momentum requires an intentional, ongoing practice since we get so easily distracted. This is where establishing transformative habits becomes essential.

From a yogic perspective, 40-day practice can break negative habits that hinder personal growth. Continuing this journey for 90 days solidifies a new habit within both the conscious and unconscious realms, facilitating profound transformation. Persisting for 120 days cements this new state of being into your psyche. If you extend your dedication to 1,000 days, you achieve mastery, allowing you to summon it at will.

Conscious creation isn't just an occasional endeavor but an ongoing practice. Solidifying these practices while shifting from a problem-solving mindset to a creative orientation is essential, aiming to rewire your neurobiology for continuous progress toward your aspirations. This journey should be enjoyable, enriched by the immediate benefits you'll begin to notice.

When facing setbacks, maintaining perspective is essential. View challenges as feedback for growth rather than failures. Reignite your motivation by stepping into your true choices daily. Break down bigger visions (true choices that might be farther out) into milestones that are part of the whole to maintain a sense of progress and momentum.

Approach this practice not as a chore but as a deeply self-honoring and nourishing ritual that will deepen your connection with all levels of your being. It's a sacred time dedicated to you—a chance to sink into the essence that flows through you like a river, often neglected by the comforts of daily routines.

To facilitate momentum, this book includes a 90-day guided workbook journal designed to lay a strong foundation for your success by repetition of the 5-step process. I strongly recommend utilizing the guided meditations and journaling exercises, as they provide structure and accountability. During this

initial 90-day phase, you'll forge habits that make it easier to sustain the practice long-term.

Establishing a simple but powerful morning ritual is one of the most effective ways to build sustainable creative momentum from the start of each day. Even just 15-20 minutes spent in focused neuro-emotional meditation, vividly visualizing and feeling your desired realities, can initiate profound shifts when practiced consistently. Initially, you may need to devote some time to developing this skill, but the more fully you can immerse yourself in the sensory experience of your vision, the better the results.

You automatically anchor yourself in a creative mindset by beginning your day this way. You entrench the emotions and reference points you want to orient from rather than getting swept away by the currents of old patterns and unconscious reactivity. This metaphorically "charges your battery" and generates motivational fuel to take aligned actions throughout the day.

Beyond this initial 90-day phase, I encourage you to persist in this conscious creation practice long-term. Even for seasoned creators, the neuro-emotional meditation on true end results remains a core practice, generating sustainable momentum for each choice locking creative orientation into all levels of your consciousness.

Eventually, establishing True Choices in all areas of life is beneficial, ensuring holistic restructuring that aligns fully with your true nature and purpose. Rather than juggling too many choices simultaneously, prioritizing them sequentially allows you to remain centered in creative tension for each one while not overwhelming yourself. This approach will enable you to stay focused on necessary aligned actions, generating increasing momentum as you witness your True Choices come to fruition.

Remember that consistency yields compounding results over time for those struggling to establish these new habits. This lesson is drawn from the Fibonacci sequence, visible in natural growth patterns, illustrating that growth is exponential rather than linear. This means you must keep going at the beginning stages before noticing exponential results. You don't need to spend hours meditating - just 15-20 focused minutes can be transformative when diligently applying the five steps. Have grace as you develop this skill, knowing that the more vividly you can experience your vision as if already actualized, and the more power you imbue it with. Trust that you are retraining your systemic patterns through steadily repeating these practices.

This intentional, consistent practice allows you to solidify the intuitive muscle over time. The more you commit to the process, the more seamlessly aligned action begins to flow.

## **The Science**

Research indicates increased activity in the right hemisphere when engaging in intuitive thinking, processing information in a way that goes beyond logical reasoning. This insight, combined with the understanding of neuroplasticity—the brain's ability to form new neural connections—underscores the potential for intuitive action-taking. Neuroplasticity illustrates our ability to rewire our brains and adopt new behaviors based on intuitive insights, effectively merging intuition with action.

Taking aligned action is the culmination of a conscious creation process. It's about making choices that resonate with our true selves and ultimate goals, transforming our visions into reality. These choices come from a different place than the ones we take from our logical mind. Through consistent practice, trust in our higher guidance, and the courage to act, even in the face of uncertainty, we unlock the full potential of our creative power, leading a life that's not only imagined but truly lived.

## 7.5. STEP 5 – DARMA: ALCHEMIZE Your Reality



*~ Integrate on all levels to embody your truth*

Understanding the first four steps of this process offers a solid framework; however, without certain crucial elements, it's akin to trying to bake a cake without essential binding ingredients. This is why this isn't for everyone. While we all possess an innate creative essence and a superconscious core, embracing the responsibility of authoring your reality and following your intuition requires courage, focus, and trust. No amount of guidance can replace your personal readiness or the intensity of your soul's yearning for change. We are the alchemical ingredient that activates this code, imbuing it with transformative power.

My intention with this book was to comprehensively equip you with the wisdom and tools necessary to embark on this journey. Now, the responsibility lies with you to engage and apply these teachings. This final step highlights the essential aspects you must bring to the table to truly step into your desired life. This method isn't a fix for life's challenges, nor a practice to hide behind while convincing yourself you've tried, before giving up. It works if you're prepared to shoulder the responsibility of being the creator of your life and genuinely care about how you feel.

### **The SCRIPT Alchemy**

In this final step, the elements represented by the acronym SCRIPT serve as catalysts, transmuting your vision into tangible reality. By embodying SCRIPT, you take charge of your own narrative. Self-honor provides the foundation, Courage fuels action, Re-focus maintains direction, Imagination sparks possibilities, Play keeps the process joyful, and Trust ties it together. When applied in concert, these elements create a powerful alchemical reaction, transmuting the base metals of your heart's desires into the gold of tangible reality and lived experience.



## *Self-Honor*

Societal conditioning and pressure can exacerbate our feelings of unease. As we reorient ourselves and bring our identity into harmony with our true selves and choices, we may find ourselves consciously, and perhaps naturally over time, letting go of elements that don't resonate with our heart's desires. This evolution might involve distancing ourselves from certain media, disengaging from toxic relationships, or even reassessing familial connections. Such actions are often labeled 'selfish,' a term laden with a negative connotation for many.

The expectation that we conform to others' needs at the expense of our own well-being is pervasive. From childhood, we're conditioned to doubt our inner wisdom and defer to external guidance, shaping our responses and interactions. Many around us demand conformity of behavior to their expectations for them to feel good, condemning any deviation as selfish: "How dare you prioritize your happiness over mine?"

However, if your primary quest is to live a joyful, fulfilling life in alignment with your deepest truth, Self-honor—a form of 'healthy selfishness'—becomes not just permissible but essential. Despite its stigma, this alignment with our true selves enables us to forge deeper connections and contribute more meaningfully to the world. Unless you're 'selfish' enough to truly care about 'how you feel' and reach for that connection, you have nothing genuine to offer others.

When you unapologetically commit to what feels most aligned within you, you activate an undeniable driving force despite external resistance. This energy naturally propels you forward, aligning circumstances, opportunities, and synchronicities to manifest your dreams. Each self-honoring aligned action builds upon the last, and momentum forms like a snowball gathering mass rolling down a hill, allowing you to fully embody and share the profound gifts of your true essence wherever you go.

By releasing what isn't truly yours to carry, you free up energy to focus on your True Choices rather than leaking energy by over-giving to others' demands or expectations. You implicitly grant others permission to do the same by prioritising your truth. Your authentic self-expression ignites resonance in others, inspiring them to live more courageously from their core essence. This is how you participate in positive change - by embodying the transformation you wish to see.



The path of conscious creation requires immense courage—a quality quite different from what most consider pleasant or comfortable. Many think of courage as confidence, like puffing out the chest and proclaiming, "I'm brave enough to conquer this mountain!" Yet, true courage isn't that arrogant feeling before the climb begins; it's the continuation of taking one step after another when the mountain's peak disappears into the clouds, with no discernible path left, trusting that the next foothold will appear.

Turning back from that obscured path is tempting, letting excuses multiply like weeds choking your progress. Clinging to the illusion of safety painted by the logical mind and unconscious agenda, following the well-trodden path, is tempting. However, what if true safety is not found in logical reasoning or society's standards but in your heart's callings?

Courage driven by the heart's wisdom is a feeling to consciously summon, knowingly accepting that it's okay to experience the uprooting sensations of losing your former self. Losing yourself doesn't necessarily mean a *breakdown*. It can catalyze a *breakthrough*. It's deciding to heed your heart's callings and embracing the discomfort that may arise as you trust what lies on the other side of that transformation.

As you move in directions that defy logical reasoning alone, you go against mainstream society's prescribed notions of how to stay safe. Yet, this is precisely what the conscious creation journey asks of you - to have the fortitude to act from your deepest inner guidance, even when it doesn't make sense to the analytical mind. Courage is required to take those intuitive leaps of inspired action.

At the beginning of each new creative endeavor, when you ask yourself, "How do I get there?" you must summon the courage to step into the unknown and let go of the *'how'*. Focus simply on *'what'* your next aligned action step is, trusting your intuition.

During phases when your current self doesn't yet fully embody your desired reality, courage is your greatest ally. As you progress and make new choices, summoning the courage remains essential since your unconscious will always try to protect you from the 'unknown'. However, you might find it easier to summon the courage over time as you start seeing the results of your intuitive genius.

## *Re-Focus*

What we focus on and give attention to grows, whether we direct our focus consciously or unconsciously, shaping the reality inside and around us. Maintaining sustained focus on your choices is crucial to overriding unconscious patterns and effectively channelling your creative power.

When you focus on what you truly want to create, you harness the transformative power of attention and presence. By consistently refocusing on your true choice, you witness the transformative effects in your life. Like a magnifying glass intensifying sunlight to create fire, focus gathers and channels your energy in that direction.

When trying to fix something you think is broken (e.g. a relationship, your own perceived flaws, things that are wrong with the world), you focus on the problem. Stop creating momentum on the problem side of things, and start creating, acknowledging that you aren't broken.

You may realize certain people or situations no longer belong in your reality once you embrace your true nature. Taking aligned actions to live your deepest truth can sometimes feel daunting. It's crucial to intentionally re-focus on your vision when this happens so that you can honor your true full self, reminding yourself why you are walking this path. This 5-step process helps you create and sustain that laser-focus, even amidst seeming challenges.

## *Imagination*

Your imagination is the philosopher's stone of creation, holding the power to transmute thoughts into reality. It operates in the boundless realm where your dreams take their first breath, waiting to be exhaled into the world of form. Engaging your imagination entirely is not merely a fanciful indulgence but a crucial tool in the alchemical process of conscious creation.

### **Exercise: The extent of our imagination**

(You can use the exercise note pages for this if you wish- page - 118)

1. Imagine holding a fresh mint leaf between your fingers. Notice what it looks like.
2. Feel the slight ridges and veins that run through the leaf, giving it a unique, textured surface.
3. Now, gently rub the mint leaf between your fingers, crushing it slightly. Bring your fingers close to your nose and inhale deeply. Notice the powerful, refreshing aroma of the mint - a cool, invigorating scent that immediately awakens your senses.

4. Focus on the way the scent fills your nostrils and seems to penetrate deep into your nose, leaving a lasting impression of freshness and clarity. The aroma of the mint leaves you feeling energized and alert.

Were you able to see, feel, and even smell the mint leaf? This exercise demonstrates our potent ability to create experiences in our minds, an ability inherent in each of us, though it may require some practice to harness fully.

To harness the power of your imagination, vividly envision your desired outcome as if it were already manifest. Immerse yourself in the sensory details of your imagined reality, engaging all of your senses. See the colors, shapes, and textures of your dream life. Hear the sounds that fill the air, from the laughter of loved ones to the satisfying hum of your own contentment, the singing birds or the whispering wind. Feel the emotions that course through your being as you inhabit this space – the joy, the peace, the excitement, whatever gets your juice flowing. Allow yourself to taste and smell the flavors of your imagined world, anchoring the experience in your body.

The more detailed and sensory-rich your imaginings, the more their alchemical power becomes potent. When you engage your imagination with this level of depth and presence, you're not just fantasizing – you're sending a powerful signal to the universe that this is the reality you're ready to inhabit. Your imagination becomes the blueprint from which your physical reality will take shape.

But the power of imagination extends beyond just visualizing your heart's desires. It's also a tool for navigating the journey itself. When challenges arise, or the path seems unclear, your imagination can help you find creative solutions and new perspectives. By imagining possibilities beyond your current circumstances, you open yourself to inspiration and insight. For example, you can use your imagination to ask your future self what they would do in a given situation. Hand in hand with intuition, this creates a wise guiding force coming from within you.

Moreover, your imagination is a powerful ally in overcoming limiting beliefs and fears. When you imagine yourself succeeding, thriving, and living your dream life, you rewire your brain and shift your internal narrative. The more you practice inhabiting these empowering imaginal realities, the more your unconscious mind begins to accept them as truth, paving the way for their physical manifestation.

So, as you embark on the path of conscious creation, give yourself full permission to dream big and imagine wildly. Spend time each day luxuriating in the sensory details of your desired reality, allowing it to feel more real and visceral with each passing moment.

Remember, your imagination is the birthplace of all creation. It's the cosmic forge where your thoughts and dreams are alchemized into the gold of your lived experience. By harnessing the power of your imagination, you become the artist of your own reality, painting the canvas of your life with the vibrant colors of your deepest truth.

Trust in the magic of your imagination, and let it guide you on the path to your ultimate becoming. When you dare to imagine, you set in motion the forces of creation that will bring that very life into being. So dream on, dear creator, and watch in wonder as your imagined world becomes your waking reality.



### *Play: The Joy of Creating*

As you navigate the path of conscious creation, one essential element should be in the foreground of all your endeavors. Still, it can be easily overlooked in our adult life: *play*. Embracing a spirit of play is essential for maintaining a positive outlook and unlocking your full creative potential.

When we approach the creation of our reality with a sense of play, we tap into a childlike wonder and curiosity that opens us up to our innocence, embracing endless possibilities. We become more willing to experiment, take risks, and explore uncharted territories. This playful mindset allows us to detach from the fear of failure and instead focus on the joy of the creative process.

In play, there are no ‘mistakes’ or ‘failures’, only opportunities for learning and growth. Each challenge becomes an exciting way to innovate and express creativity in new ways. Each setback becomes a chance to adapt, learn, and try something different. By embracing play, we cultivate resilience and adaptability, knowing that no matter what happens, we can always create the next thing.

So, as you practice the Creator Alchemy Code, remember to approach it with the spirit of play. Imagine yourself as an artist, a mad scientist, or a magical being experimenting with the malleable fabric of reality. Smile at the unexpected twists and turns, and celebrate every step along the way. By making play a central part of your creative practice, you'll have more fun and unlock a powerful force that propels you towards your dreams with much more ease and delight.

Creating your reality is the ultimate playground, and you are the master of your own game. So let your imagination run wild, and enjoy the thrilling ride of turning your dreams into a living, breathing reality. After all, what could be more exciting than playing in the infinite fields of possibility and watching your most cherished, heart-felt visions come to life?



## *Trust*

When the peak of your mountain disappears into the clouds, what could feel more assuring than trusting the currents of your truest essence to guide you? Here, we learn to trust ourselves, not relying on outside circumstances or people for our sense of security and direction, but the inner compass lighting the way to our fullest expression.

The trust that your intuition, your superconscious wisdom, will safely guide you through the unknown. Restoring confidence in that part of yourself that can perceive the hidden patterns and attracted potentials that your self-conscious mind cannot.

When you take those vulnerable leaps, following your intuitive nudges into new terrain, you build an unshakable trust in your ability to create your reality. Each courageous step is evidence of this trust in action - a few inspired steps lead to increased creative momentum like a fractal multiplying your trust into the fabric of your dreams.

On the path of embodying your desired self in the present moment - aligning your current identity with your chosen reality - you'll find that once you fully step into that desired reality, you no longer lose yourself, for you've already become that version.

The more you practice this path, the more your trust grows exponentially in your ability to navigate the unknown - becoming comfortable in the space of not knowing how you will get there. With that trust as your anchor, summoning the necessary courage may become increasingly natural. You're no longer leaping blindly but guided by the wisdom of your experiences in consciously creating your reality. You open yourself to the miraculous, to experiences that eclipse the limits of logic, like an exploratory seedling unfurling through the nurturing soil. You can only get it right and no longer have to worry about taking the wrong action!

## 7.6. DARMA – CORE INSTRUCTIONS

*~ 5-step Creator Alchemy Code*

# THE 5 STEP DARMA

## CONSCIOUS CREATOR CODE

1 **D**EFINE YOUR TRUE CHOICE



2 **A**LIGN EMOTIONALLY



3 **R**ESTRUCTURE & RECODE



4 **M**OMENTUM THROUGH ALIGNED ACTION



5 **A**LCHEMIZE YOUR REALITY





## ***STEP 1: Define Your True Choices***

- **Start by focusing on the four core orientational choices:**
  - I choose the end result of a life I love
  - I choose the end result of Health & Vitality
  - I choose the end result of being the Predominant Creator
  - I choose the end result of My True Nature & Purpose.

**You can use the guided ‘Magnetic Oasis’ meditation to explore what lives in your field and gain more clarity.**

- When feeling comfortable in the process and with the core 4 choices, you can **create additional personalized True Choices** by writing everything down that comes up in the ‘Magnetic Oasis’ meditation and formulating choices from that information.



## ***STEP 2: Align the Experience Emotionally***

- **Practice neuro-emotional visualization meditation. Vividly imagine your True Choices**– You can use the free guided meditation provided with this book.
- **Create a multi-sensory experience: sights, sounds, textures, scents, and tastes. Imagine what it would be like to have that.**
  - What would it do for you?
  - Where would you be?
  - How would it feel?
  - What do you see?

- What do you believe about yourself, others and the world living this True Choice?

- **Deeply embody the emotional resonance of your desired reality.**
- **Be open to receiving your next aligned action step (step 4).**



### ***STEP 3: Restructure and Recode***

- **Acknowledge your current reality** from this meditative space (which you will be taken through in the guided meditation) notice the discrepancy between your now and your desired reality without judgment or analysis.
  - What is it like?
  - How does it feel?
  - What do you believe about yourself, others and the world in your current reality?

*You want to observe all the different feelings (wanted and unwanted emotions) and thoughts that pop up in your active awareness. In this space, you will start to notice the limitations you have put on yourself that bring up resistance and aspects that already align with your choice. **You have created structural tension, a crucial step in the Creation Process.***

- **Make sure to refocus on your desired reality** after acknowledging the gap between your Current Reality and Desired Reality.
- **Maintain this neuro-emotional meditation practice daily** to teach your unconscious that this new reality is safe.
- To actively lower resistance even more, you can integrate conscious breathing right before and after your meditation or throughout the day, such as focusing on slow, easy breaths, extending the exhale or box-breathing.
- You may want to write down any beliefs you notice that you need to change to align with your desired reality. This is especially powerful in the “I choose to become the primary creator in my life” choice.









### ***STEP 4: Momentum through Aligned Action***

- Ask for your "next obvious action step" at the end of your daily meditation.
- If you receive a symbol you don't understand, simply ask, "What does that mean?" and trust the information that flows.
- Take the inspired actions you receive, even if they seem uncomfortable or illogical.
- Throughout your day, ask, "What would my future self do?" to stay aligned
- Celebrate all "baby" steps toward your desires



### ***STEP 5: Alchemize Your Reality with SCRIPT***

-  **Self-Honor:** Dare to prioritize your own truth and well-being over perceived obligations. Boundaries allow you to fully commit energy to a life you love, which will also positively impact others.
-  **Courage:** Summon the bravery to embrace your true path, even when it means venturing into the unknown or facing challenges.
-  **Re-Focus:** Continuously bring your attention to your desired reality, maintaining concentrated intention on your creative vision. Sustained focus is essential to override unconscious patterning and to stop energy from flowing elsewhere.
-  **Imagination:** Harness the boundless power of your creativity to envision and manifest the reality you desire, remembering that your imagination is the key to unlocking limitless possibilities.

-  **P**lay: Infuse your conscious creation journey with the spirit of play to unlock a powerful force that propels you toward your dreams, even when the going gets tough.
-  **T**rust: Have unwavering trust in your intuition, the wisdom of your higher self, and your ability to alchemize your dreams into reality, knowing you are supported by your Superconscious every step of the way.

**Important Note: Steps 2 to 4 take place in fluidity.**

## Overcoming Common Challenges

As you practice the DARMA process, you may encounter various challenges. Here are some common objections and how to address them:

1. "I don't have time for this practice." Remember, you're doing this to create a life revolving around what you love. By investing time now, you're paving the way to phase out activities that don't serve your true desires.
2. "I keep getting distracted by daily chores and life's demands." Focus is a challenge everyone faces in today's society. This process helps you bring attention to what's truly important, gradually aligning your daily activities with your deeper purpose.
3. "I'm not seeing immediate results, so this must not work." Conscious creation is a process, not an event. Trust that each step, no matter how small, is moving you closer to your desired reality. Growth isn't linear but exponential. This means that in the beginning, you put in most effort without necessarily seeing significant results until you hit a turning point, and results grow exponentially. Don't give up; you are worth living your dreams.
4. "I don't believe I'm capable of creating the life I want." This belief itself is a creation. By consistently applying the DARMA process, you're proving to yourself that you are a powerful creator.
5. "My current circumstances are too challenging to overcome." Your circumstances are the result of past creations. By focusing on your True Choices and desired reality, you're setting the stage for new, more aligned circumstances to manifest.

Remember, the solution remains the same for all these challenges: return to the 5-step process. Consistently applying DARMA is the key to overcoming

any obstacle. Each time you cycle through these steps, you strengthen your ability to create consciously and move closer to your desired reality.

Approach this journey with patience, self-compassion, and an open heart. As you navigate the ups and downs of transformation, frustration and other challenging emotions may surface. And that is okay; it means you are learning! In these moments, gently remind yourself to return your focus to what you want to create and lean into the support of the Creator Alchemy Code.

## **Conclusion**

The DARMA process offers a comprehensive framework for conscious creation. You can transform your life from the inside out by consistently applying these steps and embracing the SCRIPT elements. Remember, this is not just a one-time exercise but a new way of living. Start small, be grateful for all the versions of you that brought you here, and watch as your reality begins to align more closely with your deepest desires.

The true magic of using DARMA unfolds not through a perfect understanding of this book but through lived experience. You don't need to grasp every nuance before taking your first steps. In fact, it's through applying these principles in your daily life that a more profound understanding will emerge.

As you practice, you'll find that each experience illuminates the teachings in new ways, helping you assimilate the book's content profoundly. This journey of conscious creation is iterative—each application cycle deepens your understanding and strengthens your creative power.

Don't wait for complete comprehension before you begin. The wisdom you seek is already within you, waiting to be awakened through experience. As you live these principles, you'll discover layers of insight that mere reading cannot reveal. Your life becomes the ultimate classroom, and your experiences become the most potent teacher.

Are you ready to step beyond understanding and into the transformative journey of living as a conscious creator? The path to your desired reality begins with a single, intentional step. Take that step today, and watch as the magic of conscious creation unfolds in your life.

This 5-step Creator Alchemy process will prove transformative if you are truly dedicated to living a life of your own choosing; that being said, reorienting to an entirely new creative structure demands perseverance - it can be daunting to navigate alone.

If you encounter obstacles or wish to accelerate your progress, seeking guidance from a coach and/or community well-versed in this work may prove invaluable. An experienced mentor and people with the same dedication can help lower resistance, keep you focused on what's important, provide accountability, and guide you toward sustaining momentum on your journey.

In my coaching practice, I blend ancient wisdom, alchemy, and neuroscience with an evidence-based technique called the Superconscious Rapid Recode, passed down to me by my mentor. This extraordinary process engages the superconscious field through specific commands, reconsolidating

past memories and upgrading limiting beliefs. Grounded in morphic field theory and neuroplasticity principles, it recognizes how systems reorganize themselves, influenced by habitual "memory" in energy fields. It is fast, gentle, and safe; it meets you where you are at and the level of letting go you are ready for.

Utilizing the Superconscious Rapid Recode isn't imperative to achieve results with the Creator Alchemy Code. Still, it accelerates the process significantly for those wanting a faster, smoother, and more direct path. Ultimately, this work celebrates you as a sovereign creator, here to empower you, not to make you dependent.

Implementing these steps makes the 90-Day Workbook Journal an indispensable tool. More than a mere repository for insights, it serves as a catalyst for cultivating empowering habits that will reshape your reality over the coming months.

Within its pages, you'll articulate choices to focus on, refine your vision, and take deliberate aligned action - not merely documenting your journey but actively creating. Let this workbook guide you as you navigate the path of conscious creation and personal mastery.

Embrace this process fully, and lead yourself to a life aligned with your highest truth.

## **Epilogue: The Infinite “Present” of Your Becoming**

When we are fully present, in the now moment, the essence of time falls away. In this presence, there is no past or future; there is only ever a continuation of the now. Throughout this book, I've frequently referred to the past and future because this aligns with our human, linear perception of time. Yet, time is simply an invented construct to help us understand and experience our reality in a certain way.

From a higher perspective, there is only an unfolding of successive "now" moments. On this level, you could say that this creation process is not about tapping into the future at all. Rather, it is a practice of engaging a level of your consciousness that you are not accustomed to accessing, your Superconscious mind, which contains the full information required to manifest in this instant, unencumbered by time.

The ultimate goal is to embody your full, true self in every moment. This process encourages you to step into that version of yourself – living fully in alignment with your heart's truest desires. It's about crafting your life as a continuation of "nows" that expand into more and more of what you love experiencing.

Being truly present means embodying the sovereign creator identity that currently may only exist in your imagination of the "future you." When you integrate that future self into your present energy, imagination becomes the philosopher's stone, infinitely transforming each 'now' moment. Your existence no longer separates your identity across a linear timeline but unifies it as an ever-expanding expression of your wholeness.

So, while on the surface, this process focuses on visioning and aligning with future outcomes, the truest mastery is being so fully immersed in your true full self that the concept of the future itself dissolves. In this state of presence, your life flows harmoniously with all that you are (including all the ebb and flow of life) - crafted by your conscious choice to embody your highest creative truth.













# Guided Workbook Journal

## Your 90-Day DARMA Workbook Journal

Welcome to your companion for the next 90 days. It's time to take action! By now, you should be excited to put into practice all you have learned so far. This journal is more than just a collection of pages; it is a structured pathway to weave the insights and practices you have discovered in this book into the fabric of your daily life. For each day, you'll find a page dedicated to your growth.

To support your journey through the Creator Alchemy Code, I have created three guided meditation recordings designed to help you align with your true choices and manifest your desired reality. You can access these recordings using the link provided below:

[wayfinderalchemy.com/youaresovereign](http://wayfinderalchemy.com/youaresovereign)

1. **Magnetic Oasis Meditation:** This meditation guides you into a space of innocence. Visit your Magnetic Oasis, where you can observe all the possibilities in your field. Use this meditation to clarify what you want to choose or explore the specifics of a particular choice, either in general or regarding a specific area of your life.
2. **Core Four Alignment Meditation:** This meditation is designed to guide you through the neuro-emotional meditation of all four core choices. For best results, practice this meditation daily, preferably in the morning, to align your energy and focus with your desired outcomes.
3. **Wisdom Meditation:** This meditation is designed to help you experience one of your specific choices and receive wisdom for your next aligned action step. Only use this meditation after you have significant experience with the Core Four Alignment Meditation, and you notice your everyday life changing accordingly.

By incorporating these guided meditations into your daily practice, you'll deepen your connection to your true choices, align your emotions with your desired outcomes, and receive intuitive guidance for taking aligned action. Enjoy the journey of discovering and manifesting the life you truly desire!

## How to Use the Workbook

You will find the **MAGNETIC OASIS MEDITATION** page to start with.

This is a dedicated page for notes to come to the essence of what your truth is around your choices. You can use the **MAGNETIC OASIS** meditation

to enter a space of innocence and visit your Magnetic Oasis, where all possibilities reside in your field. Set your intention to receive guidance on what you truly desire for all areas of your life or a specific (core 4) choice you want clarity on.

Write down everything that comes to you. From there, you can start to gain clarity on your choices and aspirations. You can revisit this meditation for more inspiration, to deepen your clarity around a choice, or to begin forming specific choices when you feel ready. This page will be repeated every 30 days.

You will utilize the Core Four Alignment Meditation for your daily practice, eventually adding the *Wisdom Meditation* once you add your personal choices.

**Filling out your Daily Page sections:**

**Section 1. Overall emotional state:** This helps you track your emotional journey and progress. Mark or draw an emoticon that depicts your overall emotional state. You can do this at the end of the day or fill it out based on the previous day. This is part of what you have created, your emotional state being a dominant indicator of how you are creating your life.

**Section 2. What have I created, and where do I need to refocus?** You can do this at the end of the day or look back on your previous day and realize what you have created – whether perceived as good or bad, feminine or masculine action, inaction, etc. Based on that feedback, determine where you need to refocus.

**Step 1: Define Your True Choices**

**Pick the choices you want to work with on that day.**  
(At the start, start by working with the core 4 orientational choices only)

**Section 3. I choose the end result of..:** Write down the choices you decided to work with today. The core 4 orientational choices are already mentioned at the top of the field.

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**Neuro-Emotional Mediation Practice**

**Step 2: Align emotionally**

Start the guided Core 4 Alignment meditation to step into the end result of each choice using all of your senses. When ready for your personal choices, you can utilize the Wisdom meditation. Remember to engage all your senses when visualizing your True Choices during meditation (Visual, Sound, Touch, Smell, Taste)

### **Step 3: Restructure and Recode**

Once you are at the peak of your emotions, create structural tension by referencing the “current reality” and noticing the gap.

### **Step 4: Momentum through Aligned Action**

Refocus on your desired reality. Ask for the next aligned action step. Make sure you write this down.

**Section 4. Insights & Aligned Action Steps:** Here, you can note any valuable insights from your meditation practice and the next aligned action step(s) you received from your superconscious intuition.

*Note: Make sure you start to unplug from the things in your life that do not serve your highest good.*

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### **Step 5: Alchemize Your Reality**

Remind yourself throughout the day of what you have learned. Ask yourself where your focus is, if you are choosing to put a life you love first and if you are summoning the courage and trust to keep going. Take step after step, remain consistent with your practice, use your imagination plenty and have fun with it!

This workbook journal serves as a daily testament to your dedication to becoming your life's creator. It acts as your guide, accountability partner, and mirror, reflecting your growth, challenges, and creations.

Remember, consistency is key. Even when you feel less motivated, engaging with your journal can help maintain your momentum and connection to your goals.

**Embrace This Process Fully** and let it lead you to **A Sovereign Life of True Success, Aligned with Your Highest Aspirations.**

# Workbook *Journal*

Become the Superconscious Creator of Your Life





BE COURAGEOUS ENOUGH TO GO  
FOR WHAT YOUR HEART WANTS

DAY 1



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

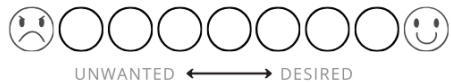
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2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



SUCCESS DOES NOT COME FROM  
EXTERNAL VALIDATION BUT  
INTERNAL PURPOSE

DAY 2



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

AWAKEN EACH DAY WITH THE INTENTION TO DO AT LEAST ONE THING YOU TRULY LOVE

DAY 3



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

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2

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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

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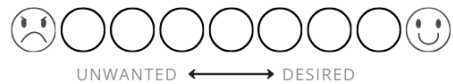
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**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



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EMOTIONAL SET POINTS ARE THE  
COLORS YOU CHOOSE WITH  
WHICH YOU PAINT YOUR FUTURE

DAY 4



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

YOUR TRUE NATURE IS TO BE A  
CREATOR AND YOUR PURPOSE IS TO  
CREATE WHAT GIVES YOU JOY

DAY 5



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

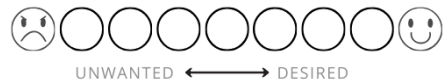
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



WHAT IS ONE THING THAT YOU CAN DO TODAY, JUST BECAUSE YOU LOVE IT?

DAY 6



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

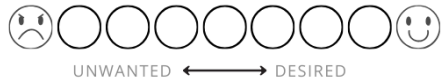
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



THE GARDEN OF YOUR UNCONSCIOUS  
MAY GROW WEEDS OF DOUBT BUT  
ALSO THE FLOWERS OF YOUR  
SUPERPOWERS

DAY 7



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

IN THE TENSION BETWEEN WHAT IS  
AND WHAT COULD BE, LIES THE  
POTENTIAL FOR ALL CREATION

DAY 8



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

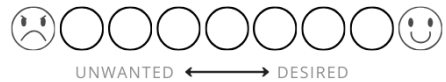
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



WHERE YOUR ATTENTION GOES,  
ENERGY FLOWS. WHAT ARE YOU  
FOCUSSING ON?

DAY 9



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

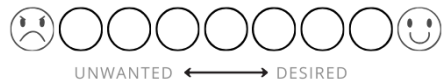
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



DO IT FOR THE LOVE OF IT, AND LET  
PASSION BE THE WIND BENEATH THE  
WINGS OF YOUR ENDEAVORS

DAY 10



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



CRAFT A "SIMPLE LIFE PLAN", CARE ABOUT HOW YOU FEEL AND TAKE ACTION IN THE IMAGE OF THOSE FEELINGS

DAY 11



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

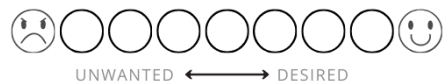
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



LET YOUR INNER COMPASS GUIDE YOU  
THROUGH CREATIVE TENSION  
TOWARDS YOUR DESIRED END RESULT

DAY 12



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



THE GAP BETWEEN NOW AND YOUR  
DESIRED END RESULT IS BRIDGED BY  
INSPIRED ALIGNED ACTIONS

DAY 13



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

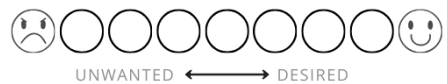
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



IN THE FIELD OF POSSIBILITIES, YOUR HEART'S DESIRES ARE SEEDS WAITING TO BE SOWN WITH THE WATER OF YOUR INTENTION

DAY 14



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

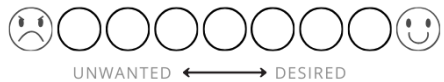
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



FOCUSSING ON ALL THAT FRUSTRATES,  
SCARES AND WORRIES YOU IS USING  
YOUR IMAGINATION TO CREATE  
SOMETHING YOU DON'T WANT

DAY 15



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

WHAT LIMITING BELIEF CAN YOU  
RELEASE TODAY TO MAKE SPACE FOR  
YOUR TRUE POTENTIAL?

DAY 16



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

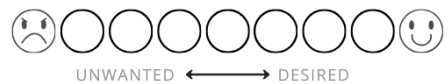
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



AS YOU VIVIDLY IMAGINE YOUR  
FUTURE, YOU LITERALLY BEGIN PRE-  
SENDING IT

DAY 17



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



DISCOVER A WAY TO FEEL GOOD, NO MATTER WHAT. YOU HAVE THE POWER, YOU HAVE THE ABILITY TO FOCUS

DAY 18



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

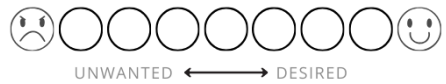
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



AT SOME POINT IN YOUR LIFE YOU  
DECIDED WHAT'S POSSIBLE

DAY 19



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

CONSCIOUS CREATION: FOCUSED INTENTION, INTUITIVE GUIDANCE, AND THE COURAGE TO TAKE THE NEXT STEP

DAY 20



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

SUCCESS IS NOT PERSONAL, IT IS  
STRUCTURAL

DAY 21



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



CREATING STARTS WITH NOT KNOWING THE 'HOW' BUT WITH A CLEAR INTENTION. TRUST YOUR SUPERCONSCIOUS TO GUIDE YOU

DAY 22



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

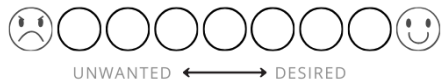
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



IN THE ALCHEMY OF LIFE, TRANSFORM  
THE LEAD OF CONVENTIONAL SUCCESS  
INTO THE GOLD OF PURPOSEFUL LIVING

DAY 23



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

YOUR VIBRATION IS ABOUT THE WAY YOU FEEL. CARE ABOUT HOW YOU FEEL AND START DOING THE THINGS THAT ALIGN YOU WITH THOSE EMOTIONS

DAY 24



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



IN THE RHYTHM OF BREATHING LIES  
THE SECRET TO DISSOLVING BARRIERS  
AND AWAKENING OUR LIFE-FORCE  
WITHIN.

DAY 25



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

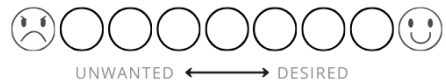
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**





**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

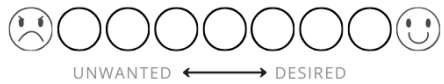
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



HOW CAN YOU INFUSE MORE PLAY INTO YOUR CREATIVE PROCESS TODAY?

DAY 27



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

WHERE YOU HAVE BEEN GIVING YOUR  
POWER AWAY, SET THE INTENTION  
TO RECLAIM IT

DAY 28



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



IN THE DANCE OF CONSCIOUS  
CREATION, COURAGE LEADS,  
INTUITION GUIDES, AND TRUST  
FOLLOWS

DAY 29



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

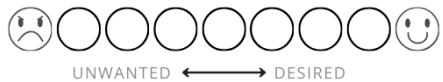
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



SAIL THE RIVER OF DESIRE WITH THE  
INNOCENCE OF THE HEART, FOR IT  
LEADS TO YOUR MAGNETIC OASIS  
WHERE INFINITE POSSIBILITIES AWAIT

DAY 30



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED



CONSCIOUS CREATION IS NOT ABOUT  
FIXING WHAT'S BROKEN, BUT ABOUT  
FOCUSING ON WHAT YOU TRULY LOVE

DAY 31



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

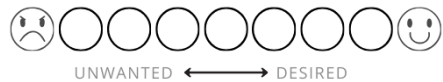
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



WHAT IS ONE THING YOU CAN DO TODAY FOR YOUR HEALTH?

DAY 32



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

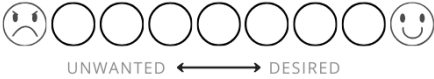
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



CONSCIOUS CREATION IS LIT BY THE LANTERN OF INTUITION, COURAGE TO STEP INTO THE UNKNOWN AND TRUST IN THE SUPERCONSCIOUS PROCESS

DAY 33



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



THE KEY WITH CREATING IS THAT YOU DON'T KNOW HOW YOU'RE GOING TO DO IT.. BUT YOU CHOOSE IT AND BECOME IT

DAY 34



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

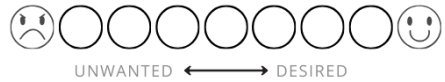
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



THE GREATEST TRANSFORMATION  
OCCURS WHEN WE REDEFINE SUCCESS  
THROUGH THE LENS OF OUR DEEPEST  
PURPOSE

DAY 35



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

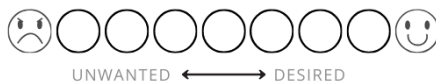
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



TRUE CHOICES ARE MADE IN THE  
REALM OF INNOCENCE, UNTAINTED BY  
THE ECHOES OF THE PAST

DAY 36



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

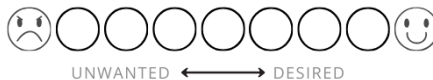
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



ALIGN YOUR ACTIONS WITH THE  
FUTURE YOU ENVISION, AND WATCH  
YOUR REALITY TRANSFORM

DAY 37



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

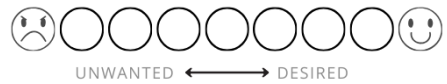
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



YOUR TRUE CHOICE IS THE BEACON;  
LET YOUR ALIGNED ACTIONS BE THE  
SHIP STEERING TOWARDS IT

DAY 38



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

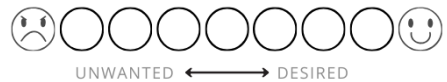
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



TRUST THE 5 STEP PROCESS, FOR EVEN THE MOST ILLOGICAL INTUITIVE ACTION STEP IS A STONE LAID ON THE PATH TO YOUR DREAMS

DAY 39



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

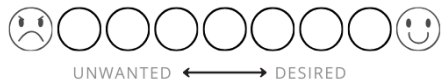
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



LIVE IN THE PRE-SENT MOMENT OF THE FUTURE, WHERE YOUR FUTURE SELF IS YOUR ADVISOR

DAY 40



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

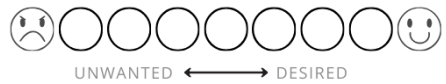
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



FOCUS ON THE BLOOMS, NOT THE  
POISON THAT KILLS THEM, FOR WHAT  
YOU FOCUS ON TRULY GROWS IN THE  
GARDEN OF YOUR LIFE

DAY 41



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

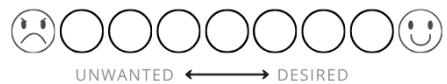
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



EMBRACE THE UNKNOWN, FOR IT IS THE CANVAS OF POSSIBILITIES, WHERE THE LIMIT OF YOUR IMAGINATION IS THE ONLY THRESHOLD

DAY 42



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

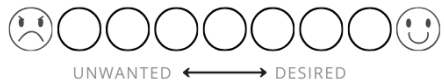
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



CAN YOU FIND AT LEAST ONE GOOD THING ABOUT A SITUATION THAT YOU RESIST?

DAY 43



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

STEP INTO THE FIELD OF YOUR  
POTENTIAL, WHERE EVERY POSSIBILITY  
AWAITS YOUR CONSCIOUS CHOICE

DAY 44



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

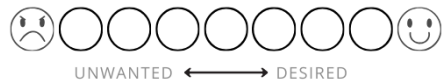
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



THE MAGNETIC MOMENT OF ALIGNMENT IS WHEN INNOCENCE AND IMAGINATION ALIGN,

DAY 45



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

WHEN WE CREATE FOR THE FUN OF IT,  
JOY BECOMES THE RHYTHM OF OUR  
EVERY STEP

DAY 46



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

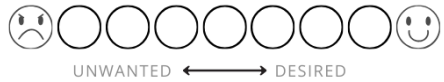
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



WHAT IS ONE THING THAT WENT RIGHT TODAY?

DAY 47



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

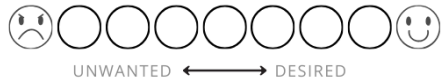
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



EMBRACE HAVING NO PAST AS A  
LIBERATION, A CLEARING OF THE SLATE  
FOR THE MASTERPIECE YOU'RE ABOUT  
TO CREATE

DAY 48



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

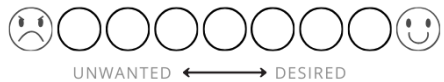
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



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THE POWER OF CREATION IS ONLY  
BOUND BY THE LIMITS OF BELIEF

DAY 49



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

CHOICES ALLOW YOU TO BE THE  
CREATOR OF HOW YOUR HEART  
WANTS THE WORLD TO BE

DAY 50



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

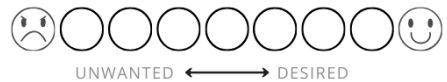
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



GO INTO THE SPACE OF NOT KNOWING, THAT IS WHERE YOUR GENIUS CAN EMERGE

DAY 51



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

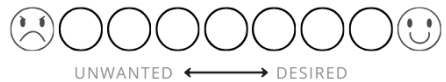
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



FIXING YOURSELF IS THE HIGHEST FORM OF DISFUNCTION. CHOOSE PERSONAL DEVELOPMENT CREATIVE DEVELOPMENT

DAY 52



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

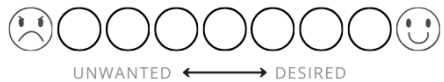
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



TRANSFORM SUCCESS FROM A GOAL TO  
BE REACHED INTO A PURPOSE TO BE  
LIVED

DAY 53



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

WITH EVERY MINDFUL BREATH, WE  
TAP INTO THE SUPERCONSCIOUS,  
LOWERING RESISTANCE AND ALIGNING  
WITH OUR LIFE FORCE

DAY 54



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

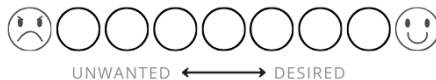
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



WHAT DRIVES YOUR MAGNETIC CENTER? IS THIS A DELIBERATE CHOICE, OR MERELY AN INVOLUNTARY REACTION?

DAY 55



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

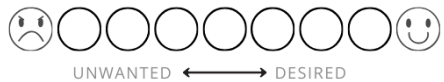
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



IN THE EYES OF INNOCENCE, THE UNKNOWN IS NOT A CHASM OF FEAR BUT A CANVAS OF ENDLESS POSSIBILITIES

DAY 56



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

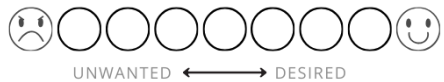
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



TRUE CREATION BEGINS WHERE SENSE OF CERTAINTY ENDS; IN THE EMBRACE OF THE UNKNOWN, INNOCENCE FINDS ITS PUREST EXPRESSION

DAY 57



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

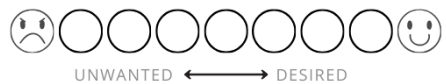
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



RESISTANCE TO A TRUE CHOICE IS A BELIEF THAT ONCE KEPT YOU SAFE BUT NO LONGER SERVES YOU

DAY 58



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

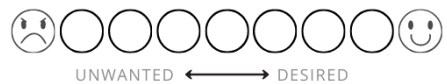
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



YOUR IMAGINATION IS THE  
PHILOSOPHER'S STONE OF CREATION,  
TURNING POSSIBILITY INTO THE GOLD  
OF REALITY

DAY 59



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

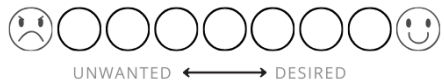
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



DIVE INTO THE DEPTHS OF YOUR  
SUPERCONSCIOUS, WHERE THE SEEDS  
OF A LIFE YOU LOVE QUIETLY AWAIT  
YOUR ATTENTION TO GROW

DAY 60



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

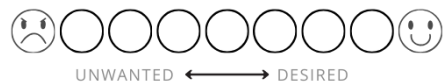
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**





IN THE RHYTHM OF BREATH LIES THE  
POWER TO DISSOLVE RESISTANCE AND  
AWAKEN CREATION

DAY 61



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

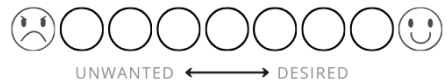
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



WHAT ASPECT OF YOUR TRUE NATURE  
ARE YOU READY TO EXPRESS MORE  
FULLY?

DAY 62



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

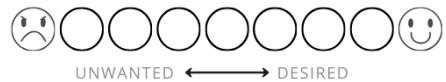
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



LET THE VOICE OF YOUR FUTURE SELF  
BE THE GUIDE IN MOMENTS OF CHOICE

DAY 63



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

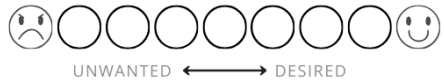
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



HOW DOES YOUR DESIRED END RESULT FEEL IN YOUR BODY? CAN YOU EMBODY THAT FEELING NOW?

DAY 64



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

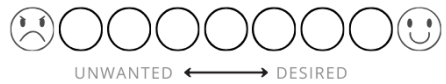
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



IN INNOCENCE, WE FIND THE FREEDOM  
TO DREAM WITHOUT BOUNDS, TO  
CREATE WITHOUT FEAR

DAY 65



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

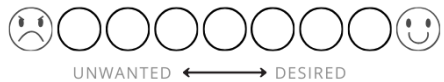
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



LIVE AS IF THERE IS NO PAST, ONLY A CANVAS WAITING FOR THE NEXT STROKE OF YOUR BRILLIANCE

DAY 66



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



BE A CONSCIOUS CREATOR, FOR THE  
WORLD IS CLAY IN THE HANDS OF  
YOUR IMAGINATION

DAY 67



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



BEING SELFISH IN NURTURING YOUR  
TRUE DESIRE IS THE FIRST STEP IN  
OFFERING YOUR BEST SELF TO THE  
WORLD

DAY 68



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

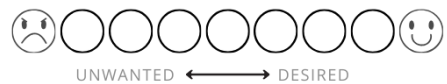
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



IN THE TAPESTRY OF LIFE, TENSION IS NOT JUST A THREAD BUT THE SPACE BETWEEN THREADS, GIVING SHAPE TO THE WHOLE

DAY 69



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

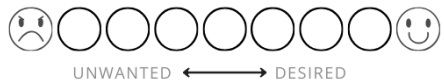
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



IN THE REALM OF THE UNKNOWN,  
EVERY STEP IS AN EXPLORATION, EVERY  
CHOICE AN ADVENTURE. HAVE FUN  
WITH IT!

DAY 70



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

WHAT WOULD CHANGE IF YOU  
APPROACHED A CHALLENGE WITH  
CHILDLIKE WONDER?

DAY 71



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

BREAK FREE FROM THE FIXATION ON PERSONAL DEVELOPMENT. EMBRACE THE PATH OF LIMITLESS CREATIVE EXPLORATION

DAY 72



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

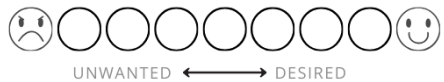
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



COUNTLESS OTHERS MAY OPPOSE YOU,  
YET IT WON'T IMPACT YOU  
NEGATIVELY UNLESS YOU RESIST IN  
RETURN

DAY 73



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

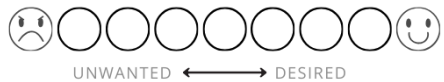
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



WHAT IS ONE THING YOU CAN DO TODAY THAT IS ALIGNED WITH YOUR PURPOSE?

DAY 74



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

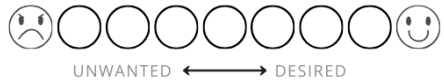
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



CREATING THE LIFE YOU LOVE IS  
CONSTRAINED ONLY BY THE SCOPE OF  
ONE'S BELIEF IN WHAT IS POSSIBLE

DAY 75



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

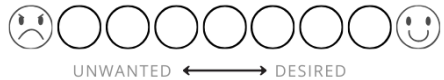
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



IN THE INNOCENCE OF NOT KNOWING,  
FIND THE JUICE TO SHAPE A REALITY  
BEYOND YOUR WILDEST DREAMS

DAY 76



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



EVERY INHALE DRAWS INSPIRATION  
FROM THE INFINITE AND EVERY  
EXHALE RELEASES THE LIMITATIONS  
OF RESISTANCE

DAY 77



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

HOW CAN YOU HONOR YOUR TRUE NATURE WHEN FACING A CHALLENGE?

DAY 78



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

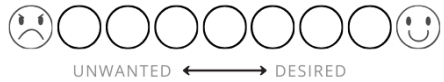
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



DARE TO DREAM BEYOND WHAT YOU KNOW. YOUR SUPERCONSCIOUS WILL GUIDE YOU THROUGH THE UNEXPLORED

DAY 79



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

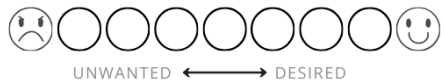
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



INNOCENCE IS NOT THE ABSENCE OF KNOWLEDGE, BUT THE PRESENCE OF WONDER IN THE FACE OF THE UNKNOWN

DAY 80



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

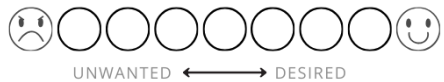
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



FOCUS IS THE WAND IN THE HAND OF IMAGINATION, CASTING SPELLS THAT CREATE ORDER IN THE TRUE CHAOS OF INFINITE POSSIBILITIES

DAY 81



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

COURAGE IS YOUR THE COMPANION,  
INTUITION YOUR GUIDE, AND TRUE  
CHOICES YOUR FOCUS

DAY 82



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

EACH ALIGNED ACTION STEP IS A  
STONE THAT LIGHTS UP ON YOUR  
SUPERCONSCIOUS PATH

DAY 83



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

BREATHING IS NOT MERELY AN ACT OF SURVIVAL BUT A GATEWAY TO OUR INFINITE ASPECT

DAY 84



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

IN WHAT ASPECTS OF YOUR LIFE ARE YOU FULLY CLAIMING YOUR CREATIVE POWER ?

DAY 85



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

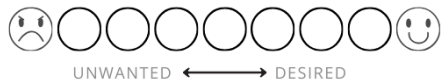
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



DARE TO BE SELFISH IN PURSUIT OF YOUR HEART'S TRUTH; IT'S THE MOST GENEROUS ACT YOU CAN OFFER THE WORLD

DAY 86



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

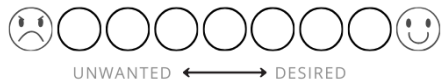
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



TO DEVELOP THE SUPERCONSCIOUS IS  
TO LISTEN DEEPLY AND ACT  
COURAGEOUSLY

DAY 87



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

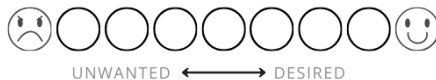
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



YOUR DESIRED REALITY EXISTS IN THE  
FIELD OF INFINITE POSSIBILITIES; FOCUS  
BRINGS IT INTO FORM

DAY 88



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

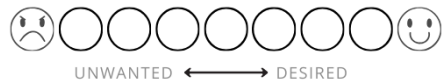
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



EMBRACE PLAY AS YOUR CREATIVE COMPASS, GUIDING YOU THROUGH THE LABYRINTH OF CHOICES

DAY 89



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

1

2

**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED & WHERE DO I NEED TO REFOCUS?**

**EMOTIONAL STATE TODAY**



UNWANTED ← → DESIRED

FROM SUCCESS TO PURPOSE, DREAMER TO  
CREATOR - IN 90 DAYS, YOU'VE EMBRACED  
THE ALCHEMY OF TRANSFORMATION &  
THE JOURNEY CONTINUES

DAY 90



**I CHOOSE THE END RESULT OF**

A LIFE I LOVE / BEING THE PRIMARY CREATOR / HEALTH AND VITALITY / TRUE NATURE & PURPOSE

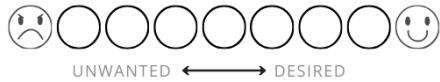
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**INSIGHTS / NEXT OBVIOUS ACTION STEPS**

**WHAT HAVE I CREATED &  
WHERE DO I NEED TO  
REFOCUS?**

**EMOTIONAL STATE TODAY**



## **About the Author**

Debby Van 't Voort has always been dedicated to exploring the intricacies of being and creating, managing to intuitively find her own unique way, leaving behind the past, and never giving up on her unconventional dreams, serving as an inspiration to family and friends. Through her personal journey of transformation, overcoming traumatic childhood and chronic disease, she has uncovered the missing puzzle pieces to creating a sovereign life filled with love and purpose. As a certified Magnetic Mind coach, Debby has further honed her innate skills as a coach and guide, helping others navigate holistic aligned expansion on the less-trodden path of superconscious creation. Her mission is to empower individuals to create a life from their true selves and manifest their deepest yearnings. She does this by using the same wisdom, principles, and techniques that have transformed her, offering a unique way of coaching that transcends personal development. In addition to writing 'You Are Sovereign', Debby offers online coaching services to those seeking to align their lives with their true nature and purpose and create a more beautiful world. She believes everyone has the power to create a reality reflecting their genuine being, and she is committed to supporting others on this journey. When she's not writing or coaching, Debby enjoys the beauty and peace of being immersed in nature, creating food alchemy, regenerative gardening, singing, dancing, breathing, free-diving, and spending time with her furry friends and closest loved ones. She lives by the motto, "Focus on what you want to grow," and is dedicated to living a life she truly loves. To learn more about Debby and her work, visit [www.wayfinderalchemy.com](http://www.wayfinderalchemy.com)