

Reality Creation Articles

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The Stream of Life

Life is a stream. This stream always flows. It flows whether you like it or not. Resist the flow and it overwhelms you. Swim with the flow and you can use it to your advantage. It was already flowing before you arrived into it. It always reaches the destination its meant to reach. This stream diverges into several different streams and converges from several different streams. Each stream represents a different reality.

You are sitting in a boat that is flowing with the stream. You have been given oars to paddle. With these oars you can try to go against the stream or paddle quicker with the stream. None of these two are necessary to reach the destination that is perfect and natural for you. Merely and merrily sitting in the boat will *suffice* for you to arrive exactly where life has ordained.

Paddling against the stream (upstream) is what most people call „life“. This type of resistance and struggle is ultimately a complete waste of energy and does not lead you to your most ideal and natural and happy destination. Instead it slows your progress to what is good and natural for you. If it has any benefit at all, then that is that it makes you stronger. The only reason someone would paddle upstream is because he does not trust that the river is taking him to the right places speedily and efficiently. He has lost his basic *trust* in life, the universe or „higher forces“ and feels the need to paddle elsewhere. Another reason for paddling upstream could be because he was taught that resistance will solve problems. This person will exert himself until he becomes so exhausted he gives in to the natural stream again. Many people believe that where the stream is taking them is not to their liking and that life must be struggle and fight. But most people are somewhere in between. While they go with the flow to some extent, they put on a lot of brakes with their oars because they don't want to go too fast. Going too fast they think they'd be unable to enjoy the current surroundings or they think that they would crash into a stone sticking out of the water.

Going with the stream does not necessarily mean going with the *mainstream*, with the stream everyone else is going. There are many streams and many other side streams of side-streams which diverge from and converge into each other. Going with the stream (downstream) means „teaming up“ with the life force that is more powerful and efficient than what you could do on your own.

It means to make use of the strong current *already there, already available, already accessible*.

From where you currently stand as the “normal human being” there are various alternatives to the half-crazed and hysterical upstream paddling widely practiced by society. People who use these “alternatives” (which are not really *alternative* but actually normal), are called “shamans”, “wizards”, “magic people”, “powerful people”. This is rather funny because its actually the other way around. Those who go with the stream are actually those who are behaving *naturally*. Those

who experience "miracle" after miracle are actually experiencing a normal part of life, while those who try paddling or even swimming upstream all the time are actually abnormal. One could go as far as to say that it is *they* who are the shamans or outcasts because they are exerting an unbelievable amount of energy. Understanding this analogy you know that leading a good and successful life does not cost any energy at all. You don't have to deserve it, make it, reach it, fulfill it, achieve it, create it. It is a given. A birthright. Normal. It actually happens by itself when you are your most natural self. You don't believe that? Then you are one of the crazies. But that's alright, most people are.

You have been taught that "action is what moves mountains" and "no pain, no gain". Contrast this belief by looking around you. Look at the trees. The stars. The mountains. Look at whatever you see outside of your window. The sun. The grass. The leaves. The sand.

Has any of this come about by your taking action?

Honestly. *Really*.

Take a minute to look around at all the things that *already exist* without you having needed to do anything.

Will you admit that almost everything that exists and is happening, just happened, without any deliberate involvement or work required from you?

Face the obvious. If I asked you to „create a plant“ would you start trying to glue and paste sticks and leaves together (work/effort) or simply put a seed into the ground and let the *force* take care of it? There is some type of *force* creating all of this, isn't there? It doesn't matter whether you view it scientifically (evolution, big bang) or religiously (God) or spiritually (the universe, the field). You can witness a *force* creating all manners of things with ease, beauty and elegance. How much effort would you have to exert in order to achieve only one single structure that this *force* produces by the trillions?

Do you think that if you learned more about this force, more about this *source* that would be more worthwhile than anything else? Would that make sense? Could you then perhaps „team up“ with this source/force to make your life a bit easier?

If this source can create entire galaxies it shouldn't have a problem creating the comparatively minor stuff on your personal wish-list, should it?

The "stream" we have been talking about is an energy-stream, not visible with the eyes but feel able with the inner sense. Feeling at ease is an indicator that you are going with the stream. Feeling at dis-ease is an indicator of going against the stream.

Lets now look at the different options and alternatives you have to the "fight of life".

One option would be to let go of your oars. This would mean letting go of all control and resistance. What happens? Your life speeds up and your arrival at good-for-you destinations is quicker. It is not you "creating" anything anymore, it is not you "doing" anything "in order to achieve something" anymore, it is full surrender and trust in the life force, in "God", in the universe. On a daily life basis this would mean that you trash your plans, trash your goal-lists, trash your to-do-lists, quit "trying to get" and generally just look at what feels good and right from *day to day*. While feeling good you would know that you are flowing downstream (with the stream) and when feeling bad you know that you are paddling upstream (against the stream)

again, and so you let go of the oars again (interesting isn't it? You let go of the oars but they are still hanging at the side of the boat, ready to be picked up anytime again! Nothing is ever lost). You would not use the feeling bad as a cause to paddle even harder (this is *the* most typical mistake the human makes) but as a cause to re-align with the stream, a cause to relax again.

For some, the thought of complete surrender is frightening. What these people don't understand is the paradox that loss of all control is full control. To the intellect this is a contradiction. Therefore I will not argue with you here. If allowing yourself to be washed away by the stream of joy, straight to where you belong in the nature of things is too frightening for you, you don't have to let go of the oars entirely. But you could at least loosen your grip on them a little bit, no? You hold them so tight that your knuckles turn white. More waste of energy. Let go of them for a minute. Take a deep breathe and relax.

You see? The oars are still there. And as you are lying around somewhere or sitting while reading this, you are not in a wild stream anyway, but currently floating down a gentle river. You don't have to hold on that tight. If you don't want to let go of the oars and follow the paths of least resistance and highest simplicity (the more simple and native and natural something is the more real and therefore effective it is) then you might at least stop paddling upstream. You don't stand a chance. You think you can beat the flow of things you will be disillusioned. Some people who come to practice "reality creation" in my courses are megalomaniacs who actually think that "reality creation" means getting to your destination despite swimming upstream. Others think it means building new artificial rivers...which might be possible with extreme exertion but is not even necessary to arrive at what you wish for.

Where do the rivers of life open out into? They flow directly into the vast ocean. In this analogy that would be the "sea of consciousness" or "ocean of energy", what some mystics call "enlightenment". But why do some wizards not actively seek out enlightenment? Because they know that's where they come from and that's where they will float back to naturally. This is why I do not teach "ascension" or "enlightenment". Trying to "achieve" these things presupposes separation from that ocean. It presupposes that this is not your native state, not where you come from and not where you are going anyway, no matter what you do. To me the countless books and retreats and gurus preaching ascension and enlightenment are superfluous. Why strive for something that is going to happen anyway? The only reason millions of people in history have been striving to be elsewhere or something else is out of the presupposition that the way things are, the way this planet was created is somehow "wrong" and that the natural order and harmony of things is somehow "disturbed". And so they start struggling upstream again. However, it is not "things" or "the universe" that is at fault. It is one's own view of things and behavior (trying to swim upstream in order to arrive at some goal) that feels bad. And thank goodness this behavior is designed to feel bad...without the bad feeling we wouldn't know wrong from right, effective from ineffective, life nurturing from life stifling.

What you have been reading up to now is only a nice sounding analogy about rivers, boats and oceans, right? Wrong. This metaphoric analogy is filled with very practical everyday down-to-earth usefulness.

Getting out of the boat to the side of the river and watching the stream go by is like taking a break or meditation. You are watching the stream of life pass-by but not taking part in it. This type of meditation allows you to consider your trip up to now, to determine which streams you would like to go down next (possibility of divergence). The "observation from outside" allows you to gain perspective rather than be caught up in the automatism of it all. It also allows you to take the desperately needed break from "fighting against the water", from upstream behavior. When you get back into the stream (finish meditation) it is more probable that you will then be flowing with the stream rather than against it. Why? Because you've taken that time out to see in which direction the stream is actually flowing.

The two helpful modes are therefore swimming with the stream or taking a break at the riverside. It is not helpful swimming against the stream. And it is not helpful to try to take a short-cut to another stream (reality) by carrying your boat across land. That would be more waste of time and energy. Nevertheless its how many people behave. They have to "reach a goal" or "create a reality" at once. In their impatience they drag the boat out of the river and try to find that stream on their own. Would they have stayed in the boat they would have come upon a crossing point naturally. And at this crossing point they could decide to switch life-streams, switch realities...effortlessly and naturally. Of course we can also see that arriving at a crossroads and not deciding will get us stuck in the middle land protruding in front of us. One who has trouble deciding which stream to go down is caught in the illusion that one stream is somehow "worse" than the other. They are, however, both water. They are both life energy. And they will both lead to good destinations. The only path leading to troublesome destinations are swimming or rowing backwards (against the stream) – through which you are exhausted and the scenery around you starts looking bleak and dangerous – or leaving the stream into the wilderness without a map. There are a lot of "lost" people wandering around out there. But sooner or later they too will come upon a stream and be given another choice to get back in. So in a sense, not even the two "bad" options are really "bad"...they are simply other experiences. The point of this analogy is not to define what's good or bad, but to tell you: If you are interested,, there´s an easier way to go about life. As most souls are not interested in the easier way but more interested in drama and struggle, this "with the stream" path will give you a sort of "advantage" over your fellow human beings by which you appear "magical" to them. I say this because the mind loves to calculate its "advantages" before actually applying something. The soul couldn't care less about "being better than others" though. Nevertheless, a life of *flow* does have its incentives for the mind also.

In contemplating the stream analogy there are thousands of things your mind can derive from it, of which I will only name a dozen or so. You can let the waters and winds lead you naturally. If you wish to change stream, only a little bit of steering is necessary. This "little bit of steering" is what I created the reality creation materials for. This "little bit of steering" is not hard work. Its only an alignment of attention and intention with preferred streams. Thus "Psychonavigation" or "Intention Lists". Doing intention-lists on a regular basis is actually the process of steering your boat in the general direction you prefer. The "feeling good" exercises of the course are not to steer but to make sure you are still flowing with the stream rather than against it. Why do I recommend you trash your to-do-lists, goal-lists and weekly-plans and diaries? Because the "goal list" is focused on a stream not present in the here and now. Steering according to another stream would make your navigation look awkward "Goal-lists" are based upon "I have to do X and X and X, and then I can be at that river". However, as you see in the analogy, you don't have to do anything to continue progressing down the river. You don't have to leave the river or struggle. Same with to-do lists. And diaries address what has happened before you arrived at this point at the river...which is irrelevant to today. In fact, being focused on the past will make your navigation look even more awkward If you are at a relaxed and silent part of the river and you are steering as if you were in the rocky area you were a month ago, this slows your progress and can even make your boat keel over.

The prime block to progress is making all of this too complicated and assigning too much importance to certain things. Assigning too much significance to various events such as rocks protruding from the water or events at the riverside, diverts your attention and makes calm navigation along the stream difficult. Assign too much importance / relevance to something negative and you feel yourself tense up and navigate improperly. Assign too much importance / relevance to something positive and the same thing happens. You become tense and unable to act. A beautiful mermaid pops up out of the river in the near distance. Beautiful yes, enjoyable yes. But if your assignment-of-importance is too strong you will loose your calm and attention and cause a boat wreck. Same thing for an ugly alligator swimming through the river. It is the assignment-of-importance towards that alligator that focuses you on it. So instead of steering clear of the alligator you move towards it. Thats just the opposite of what you wanted damn it! But you cant stop thinking of that alligator over there. You resist it, fight it...and all the while you

move closer.

It is therefore wise and wizardly to “manage your importances” or the *meaning* you give certain things.

The attitude is: If there is something on your trip along the stream of life that is not to your liking...it is very unimportant. Not significant. Not relevant to who you are. You see, you are not suppressing or ignoring it. You are simply not giving it any power over you. Yes..there ´s an alligator swimming over there. *But if I don't give him attention, he will not give me attention.* Deep in your heart you know this to be true. You knew it even better as a child. Remember playing hide-and-seek as a child and not being found by the others once you stopped giving them attention? And if there ´s something on your trip along the stream of life that is to your liking...it is important. But it is not *very* important. Its only important. If it is *very*important you become slave to it. Maybe we should even drop the word “important” and replace it with the even more neutral “interesting”. If you want to have something try also being OK without it. This type of non-neediness will make it so much easier to have it. You also know this to be true, perhaps from adventures with the preferred sex.

Assigning too much importance to your desires builds up pressure and expectation...two things that actually separate you from what you want. The wizard does not wish for, need, crave...the wizard only *intends*. And intending is as easy as taking the tiny action of steering the boat to the left or to the right.

Let me demonstrate this: Please raise your arm up into the air. That was intention. Now sit there and only “wish” to raise your arm up into the air. Or “need” to raise your arm up into the air. Or have the “goal” to raise your arm up into the air. You see? Nothing happens. Pure intention has no expectation attached to it. Has no waiting-for-manifestation attached to it. Has no doubts attached to it. If there are any doubts whatsoever about something, then that something is not an intention but only a wish. A wish has no power. Did you have any “doubts” about raising your arm? Not really. If you had any doubts that you could raise your arm you wouldn't be able to raise it. Doubts only arise when you start wanting things that are not within reach or start focusing on the how, when, where of a “goal”. This is why reality creation coaching teaches to either “begin at the end” (as if the goal where already achieved) or place your intention on closer and more reachable things, or write your intention-lists without any result-expectation whatsoever (in a playful manner). All of this is closer to pure intention.

When you apply “identifying with a version-of-yourself for who something is already real” (called “The PURE Technique” in the RC Materials) what happens in context of our analogy is the following: Your body starts making the right moves with the steering device of the boat or the paddles *automatically*. Your conscious mind doesn't really know whats going on or why your hand suddenly twitched which caused the boat to diverge to the left lane and into another river. But it just happened because there is a “pull” to that destination. Why? Because your soul and mind are already at that destination. Its only your physical body that requires a time-span, and it is thus pulled in that general direction. How long will it take to get there? As long as you have already created a reality within and are happy with that reality (believe in it), it doesn't really matter how long it will take. Asking “how long will it take” is presupposing that its not already real anyway. Its an expression of distrust towards your inner power and belief. Whatever you desire..it is yours once you claim it (intend it) within. And as it is yours to keep forever, it becomes totally irrelevant when it comes, when it happens, how it happens, from where it comes, etc. *Instead,*

enjoy the scenery as you float along the river. The river is taking you there automatically and naturally. Enjoy the scenery, whether it has something to do with your desire or not.

"Identifying with the version of yourself for who something is already true" also causes your body to notice things it wouldn't have noticed before. This is why this specific visualization exercise of the RC materials works so rapidly. "Omens" and "signs" and "coincidences" appear, showing you which streams to choose. These "omens" are mostly "omens" of stepping stones towards the final destinations and not indicators of the final destination itself, by the way. Often there are several stations you arrive at before the intended reality becomes manifest. Its all a matter of how comfortable you are with a chosen reality. Once the chosen reality becomes very comfortable, familiar, known...it can fall right into your lap. My job is to visualize, feel and embody. Life will do the rest. The river will do the rest.

Navigating the stream of life is strictly speaking neither control nor total loss of control. It is soft control. With total control you will not move anywhere on the river but only make your life miserable. With absolutely no control you will move quickly, but there is no telling where you will end up (except that it will not be too bad of a place as all rivers lead to enlightenment). The reality creators way is exercising just a little bit of control, a soft touch to the general direction of the boat.

The only thing more important than this slight steering (which is done either through the intention-list exercise, see File "Intention-List") or through the PURE-Technique (see book "Parallel Universes of Self) is staying in alignment with the stream, floating downstream rather than upstream. The way to do this is to bring yourself back into alignment with the stream when you notice you are out of alignment. What helps you notice if you are in or out of alignment is your internal navigation system: Emotions, Feelings, State, Mood. The many psychological, spiritual, motivational books that are telling you to "get rid of" a bad feeling or "overcome it" are wrong. Well, not entirely wrong, but they only understand half the equation: The bad feeling is very, very, very, very welcome because it is showing you that you are out of alignment with the stream and putting extreme brakes on your path to fulfillment. Without this low-down feeling you 'd be even more lost. In other words, you don't want to feel good about jumping into the alligators throat. This behavior is in misalignment with the stream. So when that fearful or angry or depressed or sad feeling arises it serves you as an indicator to remind you to get back into alignment with the ever-flowing stream of goodness. It is an indicator that you have turned your boat around and are now paddling against the stream. Thats why it feels so bad. Extremely bad feelings are an indicator that you are not only paddling against the stream of life (which is essentially positive energy. There is no duality of "bad and good energy, there is only one energy and thats the stream) but have gotten caught up in a swamp like part of the river or a sinister suction whirl of the river. And...as you know...the more you struggle within that part of the river, the more it drags you in. The way to get back into alignment with the stream is either to relax completely or to choose thoughts or intentions or activities or surroundings that *currently feel a little bit better* to you. This is the purpose of the exercise "looking for better feeling thoughts". Mis emotion is an indicator of either some thought or some plan or some surrounding or some person or some intention not being in alignment with the stream (warning: also some so-called "positive" thoughts are in misalignment with the stream). The solution is to deliberately find the thought or action or surrounding that feels better. Example: Does it feel bad to give up a project? Alright. Either your thoughts about giving up the project or the your planned actions (giving it up) must be changed. So you 'd either not give up the project (and if that feels better you've found alignment with the stream) or you 'd make a list of thoughts that feel better until you find one that really does feel right. And if "Giving up the project will open me up to new possibilities" does not give you relief, continue the list until you find a thought that *does*. Its really as simple as that. Do that and you 're back on the stream for awhile. Flow, look, enjoy, navigate...until you

come upon the next block causing you to turn your boat in the wrong direction. With some practice, in time, you will no longer be turning your boat around every time something looking slightly troublesome comes up. That's why people start going upstream in the first place: They see rocks coming up in the river. Rather than navigating around the rocks or speeding up to jump over them...with self-confidence and joy!...they turn around and struggle upstream. In Self-confidence and expertise however, you see that you will confront the rocks either way...whether you waste energy by going upstream and *then* crash into the rocks or whether you go for them right now...and put them behind you. If you go for them right now, you will have the energy to jump over them or navigate around them.

Nobody is forcing you to choose extremely fast streams. Nobody is forcing you to put on no paddle brakes on those fast streams. You can choose more calm waters and you can choose to put in a few brakes. Following the context of this analogy you can see the danger of going at extreme speeds. Extreme speeds are best left to expert-wizards. In other words, if you are a beginner at reality creation and you are visualizing like crazy on a daily basis, your boat speeds up. Not being accustomed with the various parameters of navigation and the life stream you can crash into rock or land. Had you gone a bit slower, the crash wouldn't hurt you. You'd be back into the stream again within minutes. Having gone much too quick, because your ego is impatient to finally "prove" his worth and "get" the money or whatever it is, the crash could injure you and the boat. Or in other words: If your state/mood is level 5, you don't get into a wild level 8 river. Instead you choose a level 6 stream.

So go easy on yourself. Never give anything too much importance (in any case, define your importances yourself) and keep guiding your attention to the beautiful, the enjoyable and the simple.

The stream analogy does contain everything required for a happy and effective life. But *you* can also extrapolate the metaphor to find out more things, other aspects and even well kept world secrets. A metaphorical story is a tool from which you can gain answers to many different things. That's why I set the template with this stream analogy: So that you can do some further thinking and gain further insights on your own. I will finish with this song refrain:

Row, row, row your boat gently down the stream. Merrily, merrily, merrily, merrily, life is just a dream

Practical Reality Creation

Definition of "Reality Creation":

To specify a desire (goal, outcome, dream, wish) and focus your energy in a way that the gap between your identity, belief, intentions, attention, thoughts, imaginings, emotions, words, writings, behaviour and actions and that the reality of that desire is closed. Reality Creation (RC) teaches that consciousness is not the effect of the world (as taught by science and religion) but the cause of it.

Definition of "Reality":

The five senses we most use perceive less than 0.1% of the Infinity of Reality. In light of this fact, purporting to know what's "real", "factual", "realistic", "possible" or even "probable" is hysterically ridiculous. From our viewpoint Infinity (all realities, all-that-is) consists of energy. Energy is manifest in different forms, different dimensions, different densities, different vibratory frequencies. The physical universe, matter, bodies and objects you can see are solidified, densified, compacted energy, whereas thought, emotion, spirit are more subtle, etheric energy. But they are essentially the same energy albeit in different vibratory frequency ranges. An analogy: Ice, Water and Steam are basically the same thing manifesting in different densities. You can only perceive and experience realities you are vibrationally attuned to, you can only perceive what you believe in and are focussed on or represent vibrationally.

Definition of "Focussing Energy":

Using consciousness to create a reality is simply a matter of focus. You are equipped to focus attention or energy in the following ways:

Visually, by looking at something, seeing something, staring at something, viewing something, observing something, concentrating on something with your eyes.

Auditorily, by hearing something, listening to something, concentrating on something with the ears.

Emotionally, by feeling something, sensing something, experiencing energy in the body

By thought, by thinking something, imagining something, visualizing something, remembering something, recalling something, dreaming of something, fantasizing something.

By Intention, by intending something, by willing something, by deciding something.

By Behavior, by acting like something, by body movement, by character and mannerisms, by physicalizing something, by acting as-if-something were so.

By Words, by speaking something, by talking about something, by saying something, by writing something.

By Action, by doing something, by acting upon something, by working.

By Location, by being somewhere, by going somewhere, by showing up, by being in the vicinity of something, by putting yourself among someone or something.

Tactily, by touching something, by caressing something, by handling something, by placing your hands on something, by direct physical contact with something, by tasting or smelling something.

How Reality Creation Works

Before creating any reality in a "magical" way, you have to choose a reality you want to create, something you want to experience, something you'd be willing to focus on. While this step may sound "obvious" or "easy" it is the step where the first problems arise. Infinity contains so many options and possibilities that one doesn't always immediately know what to focus on, what is wanted, what is desired, what is to be manifested. Not having decided on what you want is a certain path to not succeeding with Reality Creation Technique. If you have not decided what you want, your focus will constantly shift...from here, to there, to there and back to there again, and in the end you will not have created much of anything. Since magical Reality Creation is "simply a matter of focus" you have to CHOOSE WHAT to FOCUS ON. The choice is yours. Once you understand how Reality Creation really works, you can focus on just about anything and let it come true. So, what is it you actually, really want? Is it a general idea, like financial prosperity, career progress, vibrant health, a fulfilling relationship or more energy? Or is it a specific desire like losing weight, getting a certain job, meeting a "soulmate", out-of-body-travel, making a record, selling a house, overcoming insecurity? Once you have decided what you want, we can start on the process of reality creation.

Once you've finally chosen what is really important to you, the next step is to **Synchronize** with that desire. This means closing the gap between desire and belief, between wanting and having. While wanting is a necessary prerequisite, it is merely the first step and still implies a lack of what you want. If you remain in merely desiring something you will actually not manifest or achieve your desire but create feelings of lack and separation from what you want.

To Synchronize means to focus on the object of desire to such an extent and in a style so that you melt with it, become it, feel it, bathe in it, act-as-it, see it, do it, hear it, merge with it, become energetically aligned with it, physicalize it, intensify attention on it, love it, claim it, breathe it, play it, work it, radiate it, speak as it, behave like it, swim it, drink it, unite with it.

You can only perceive or experience what you already are. "It takes one to know one". "You can have anything you want as long as you already have it". "You have to **be** the change you want to see in the world". You have to **shapeshift** into the **version-of-yourself** that is **already** experiencing that intended reality. You can only magically manifest something you are in vibratory alignment with. The mirror will not smile before you smile. You have to demonstrate being it before life can reflect the truth of that reality. You have to believe before you can see, give in to it and trust it **before** it's actually physically visible.

One of the best analogies to Reality Creation is that of a Television: The Television does not actually have to "create" the program. It merely has to tune its frequency to the desired channel

in order to **receive** the desired program. The program **already exists**. It does not have to be "created" in that sense. As far as vibrational frequency is concerned, your mind-body-system is similar to the TV. You do not have to "create" the reality you desire, you have to tune your frequency to the right channel. Your frequency is determined by what you display in thought, emotion, focus, and action.

Now lets say you are experiencing a TV-Program you dislike. Would you start fightging the TV-Set? Would you start punching against it or plot to go to the TV-Studios and destroy their stage? Probably not. You would simply switch the channel. So, lets rewind for a second here:

The first step is to decide what you want. The second step is to focus on what you WANT, rather on what you DO NOT WANT. This "little" intermediate step is a challenge in itself. You will find that there are many many many individuals who claim or think they are "focussed on what they WANT" when in reality they are focussed on what they DONT WANT. Being focussed on what you DONT WANT means you will be getting more of what you DONT WANT. This is one of the main reasons people take so long in manifesting what they want and its one of the most elusive ones too. If you were given the choice between vanilla ice cream and choclate ice cream, and you actually wanted vanilla ice cream but kept saying "I dont want choclate ice-cream", "I CERTAINLY DO NOT WANT CHOCLATE ICE CREAM", you´d be putting your focus on what is unwanted. What you put your focus on first becomes more important, more familiar, easier to focus, more meaningful, then it becomes more solid, more real, more habitual. What you focus on becomes familiar. What becomes familiar is what you trust in. You may find the choclate ice cream example to be silly, but unfortunately its how most people still behave when it comes to their goals and desires. It is ok and natural to recognize what you DO NOT WANT initially...but you´ll eventually have to make that (for some GIANT) step of shifting your focus to what you want INSTEAD, what you PREFER INSTEAD. And then you´ll have to stick to it, without constantly revolving back to the unwanted, because everytime you do that, you neutralise the energy that is summoned by defining what IS wanted. "I want a new car." (energy of what is wanted is summoned). "Because my old car sucks" (energy is neutralised). "So, I really want this new car" (energy summoned). "I mean, look at it, this car of mine really sucks. Its been causing me nothing but trouble" (energy is neutralised again). "So, what I want is this BMW I saw the other day." (energy is summoned). "I want to get rid of this old piece of crap" (energy is neutralised). When you know what you WANT, why do you keep focussing on what you DONT WANT?

The reason for do many of us focussing on the UNWANTED is, that we´ve been taught to believe that what we see in front of us (echos of what we created in the past) is more important or real than what we see in our minds (our desire). Unfortunately this is not how Reality Creation works. Most people base their worldview on "Seeing is believing", meaning they will only start believing it when they see it. However, in the Reality Creation Paradigm, BELIEVING IS SEEING. You cant get the mirror to act before you act. When you say "I believe THIS because I experienced THAT" you are basing your vibrational energy on past and present patterns instead of on what is desired. It is absolutely paramount to become a better dreamer of what-could-be than an observer-of-what-is. Where your attention goes is where your energy goes is where your reality goes. The barometer for you to know if you are focussed on the WANTED side of something rather than the UNWANTED side of something is how you FEEL about it when you THINK about it. More on this later.

So once you have decided on what you want and you are willing to keep your focus on what is WANTED (thus automatically away from the unwanted), you´ll have to SYNCHRONIZE with that which is wanted. Because "wanting it", while being a huge step in the right direction, is still not being totally IDENTIFIED with it, not totally BELIEVING it. "Wanting" is still a form of lack. If you totally and completely believed in it, you wouldnt be WANTING it anymore, but rather enjoying the BEING and EXPERIENCING of it.

This is yet another tricky step which many books on "reality creation" fail to point out. Synchronizing means focussing, but not just any kind of focussing, but focussing with the intent

of coming as close to the "real thing" as possible. To give you a feel for the MAJOR DIFFERENCE between merely "wanting" and completely SYNCHRONIZING with it, lets present a few examples.

Tom wants to get rich, so he goes out and buys a book on "how to get rich".

Ruth wants to get rich, so she goes out and buys a book by someone who is already rich.

Tom is still focussed in the WANTING energy-field, which is OK (much better than being focussed on the UNwanted), but Ruth is already focussed in the BEING Identity Field. She understands that she will get more of the "Rich-Vibrations" by spending time with someone who IS rich, than by spending time WANTING to get rich.

Tom wants to get rich, so he starts working harder in his current job.

Ruth wants to get rich, so she starts looking for a job she would find more enjoyable than her current one.

Tom is behaving like someone who WANTS to get rich. Ruth is behaving like someone who IS ALREADY rich. Because...if she were ALREADY rich...what would she be doing? She 'd be doing things she ENJOYS. While Toms approach WILL eventually create the desired reality, Ruths approach will do so quicker because she goes directly for the energy-field of prosperity.

Tom wants to get rich, so he starts talking about it with a friend of his.

Ruth wants to get rich, so she starts talking to rich people.

While Tom is still in soft-reality-creation-mode, Ruth is once again going straight for the real thing, putting herself into the ENERGY FIELD of prosperity. Because she is PHYSICALIZING the real thing, coming as close as possible to the real thing, it will only have to fall in her lap when it finally manifests, without much readjustments to her mind-body-system. She is SYNCHRONIZING her BEING with that of prosperity.

Tom wants a new relationship partner, so he goes to register at an online-dating-forum.

Ruth wants a new relationship partner, so she starts preparing her apartment as if she would get that special visitor tonight, and she starts dreaming and behaving as if he were very near her.

Tom will eventually have success. But what Ruth is doing is inviting the new mate energetically, because she is lining herself and her reality up with her desire.

While wanting and then focussing on the wanted are very powerful reality creation tools, focussing and then completely SYNCHRONIZING and acting-as-if-it-were-already-true are magically powerful.

When you want something and feel the energy of that desire in your body, it is like you are sending out an order to the Universe. When you synchronize with something, it is like you are

putting yourself into a receptive mode to receive what you have ordered. Until you become and vibrationally feel that desire, the wanted reality will wait in a time-loop on the subtle plane for its manifestation.

Why many new age techniques dont work

Many teachings within the new age, metaphysics, spirituality and human potential movement know that consciousness creates reality, but many of the techniques and tools offered contradict the "law of correspondence" or "the law of attraction" which states that you will not get what you want (lack), but what you are fully synchronized with (really believe, really already feel). Using affirmations as in "I am rich, I am rich, I am rich" for example, might work to a certain extent in a similar way placebos work, but repeatedly spouting "I am rich" is a far cry from what someone would do who is already experiencing a desired reality. Another example: Most people visualize their desires "in order to make something happen later, out there in the world". If you understand anything about the law of energy attraction, you will understand that this is a sure path to failure. **If you use imagination and visualisation for creating a reality, then dont use it "in order to make something happen later, out there", but in order to enjoy the reality of it right now, feel the embodiment (rather than a mere mental image) right now, believe in it right now (rather than labeling it as "only imagination"), already have it right now (rather than projecting fulfillment into the future).**

When you properly synchronize with the intended reality, you also no longer concern yourself with waiting on it, hoping for it, needing it, asking for the how, when and where of it. Since you are properly aligned as the version-of-yourself that is already experiencing it, you no longer need any outside "evidence" for it. That is true belief that will move mountains and work miracles.

The final ingredient to succesful and magical reality creation lies in the way you REACT to things, events, people, places, thoughts, emotions that are seemingly not what you wanted, not what you ordered, things that seemingly contradict the vibration you are putting out. Your REACTION to these doubts and obstacles, the way you judge, evaluate, label them is of high importance. The question to ask yourself is: Are you reacting from a viewpoint and attitude of your old reality or from an attitude and viewpoint of the new reality you want to be synchronized with? When you emanate an energy, radiate a vibration with the intention to create a brand new reality, this brand new reality is created with a time-lapse, a buffer. This time-lapse allows you to mold, change, become confident about your creation. If you did not have a "buffer of time", everything you think would immediatly manifest...and thus create chaos in your life. Once you synchronize with something, you start vibrating in sync with it, and start magnetically attracting things similar to it...like attracts like. You start attracting people, events, objects, thoughts, emotions which are in alignment with your new reality. "Coincidences" (Synchronicities) that are beneficial to your desire, start popping up. The whole universe starts conspiring to make your dream come true. However, because of the echo of your old vibrations, your old beliefs, your old habits, your old energy offerings, your old identifications, many things from the former reality will still be coming up. It is in how you react to these, that determines how quick your new reality will manifest. If you react to them from the viewpoint of belief in your new reality, you would not see them as obstacles or proof of the unreality of your desire or problems, but simply as reminders of your new reality or as helpful tools to become stronger and more ready to receive your new reality, or simply as passing rest-events of your old reality. You would not be giving them much credence. If you react to them inappropriately, allowing them to make you believe your new reality "is not true afterall", you will have neutralised your desire and return back to the old vibrational pattern.

The Basic Reality Creation Technique

This Technique is designed for people passing by this website wanting quick results. If you can hold the focus or feeling created by this technique for about three days you will experience rapid changes come your way, "coincidences" that correspond to your new choice will pop up and prove to you, beyond doubt that there is indeed a connection and correlation between your mind/emotions and what happens "out there".

Preparation: Looking at it

1. **Define** or Choose a specific or general desire you would like to experience. Rephrase this desire in the "I am" form (rather than "I want", "I will", "I have" or "I intend")
2. Voice this statement as an irrevocable, irrefutable **Decision** there is absolutely no alternative to, as something you will remain **loyal** to.
3. Practice your Focus. In the beginning and days to come, remain aware of how your attention still wanders to unwanted things and practice shifting each of these "attention-units" to what is wanted instead. Practice shifting your focus in thinking, feeling, remembering, writing, looking at pictures, talking or any other means.

Immersion: Looking AS it

Once you have prepared, meaning you have specified what you want and gained some familiarity with it, you are ready for immersion.

4. Go into deep **silence**, zero-point, stillness, peace. This involves closing your eyes and retrieving attention from the outside world, from "facts", reactions, judgements, labels. Dwell in silence until you feel at peace. This may take a few minutes for some or a few hours for others.
5. In this nothingness, allow a somethingness to arise that represent your desire. This is not so much a concentrated effort but more **receptive**imagining. Look at yourself already experiencing the reality. Then, enter that version of yourself, enter the **viewpoint** of that person and look **as**that person. As that person, **daydream** and fantasize your Vision as if it were just as real, **important** and **solid** as your current surroundings, or even more so. Do not only visualize but **embody**.
6. Fill your Vision with the emotion of gentle **Euphoria**, Joy, Love and**Relief** or whatever you would be feeling in the fulfillment of that reality. Gently activate and magnetize your thoughtform.
7. **Release** the Vision and this part of the exercise. If you have wholeheartedly taken on the viewpoint of the person for who it is already real, you can release it, because its "already happened". Something that has "already happened" you no longer wait for, long for, no longer ask how, when, where, no longer seek evidence for. Although it may seem as if "it hasn't happened in the outside world yet", the inner feeling of it will have to suffice as evidence for now. You have enjoyed fulfillment within so much, that outer manifestation becomes irrelevant. You can't be believing in fulfillment and at the same time expecting it at a later date. After the exercise, you simply continue your day in a normal way, including your normal daily activities.

In the three weeks thereafter

It does not take more than three weeks for "coincidences" and events to show up that reflect your new energetic blueprint. You needn't do anything specific towards your desire in these three weeks, as the ego's actions actually tend to slow the process by which Infinity orchestrates events on your behalf. Infinity is more efficient than your actions. If, however, you lack belief in imagination or you lack confidence in your ability, you may add the following technique:

8. **Roleplay it.** Do the things you would be doing if it were already real or you were sure that it is in the process of becoming real. Go the places you would be going, behave the way you would be behaving (do this without detriment to your integrity or social stability). To help you with this you might want to write down things the person would be doing, handling, touching, seeing, saying that is **already** living in the fulfilled reality. Physicalizing a reality is helpful for people who believe in the authority of physical actions. But rather than "working in order to become", you are acting in a joyful emulation of already being.

Enjoy

Everything is a concept

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What we do not have any conception or idea of, we cannot experience. This can be an advantage or a disadvantage. A little child has no Concept or Definition of the idea that the oven is hot and can touch its plates without burning its hand. This is especially so if the child has already touched it several times when it was cold and therefore "knows" that it is not hot. If you repeatedly teach the child that it is "hot" and that this is connected to pain, than your well-meaning words will be transferred to the child. If the parent says them with enough conviction or anger and fear, they will be engraved into the child and soon it will be able to experience what "hot" means. This however, is not a bad thing at all because what would life be like if you couldn't experience cold & hot? Rather boring I'd say.

Still, in the course of our education and self-education billions of concepts are created, perhaps a bit too many. We talk and talk and talk and talk, and when we are finished talking a worldview has been created we experience as reality. Some concepts have to be re-affirmed the next morning to really sink in because some kids "just don't listen". That's why it's a "good idea" to talk about them again right after we wake up. Repeat the concepts and then repeat several concepts that require other concepts to be true before that new concept can be true. Have you ever gotten angry when someone said something that is only true when presupposing other things? Something that is only true if one has accepted other things to be true without questioning them? Once we have established a certain amount of basic concepts, basic beliefs, we can automatically **derive** other concepts from these "fundamental truths".

An example: In order to take the feeling of sadness walking around a cemetery for granted or as something natural and normal, we would have had to learn several other concepts previously: That the biological death of the body may be the final death, that being freed from this life is something tragic, to postulate that we will never see the deceased again...those are only a few definitions that have to be fixed before we can experience walking around the cemetery as something sad or serious. But all these concepts are arbitrary, indoctrinated by society and often accompanied by compulsive behaviour and cultish acts. One could also define concepts in which death represents a freeing and has to be celebrated. That would be a more joyful illusion.

An interesting question for study of anything would be: "What concepts have to exist before so that "concept x" can even exist? An example on the level of physical matter: What has to exist before a car can exist? For a car to exist, thousands of concepts must have existed before that. The concept that it would be desirable to get from place A to B quicker, the concept of wheels, the concept that you can take use gasoline as a drive, the idea that you can get gasoline from oil, etc.

Every word that comes out of your mouth, every word that is typed into an email presupposes certain concepts. Most of these concepts are hidden from your immediate awareness because you don't want to examine everything that is running just fine on automatic. But just by looking at the words you use, you can find out what you really believe about reality. By questioning the concepts your words are based on, you can **discover, release and replace** your beliefs.

Since you cannot experience anything without a concept (belief, knowledge, definition), it can be very beneficial to become stupid and naïve towards realities and things you don't want to

experience...to an extent where you really become so stupid about a certain reality you don't know anything about it. Not knowing about something protects you from certain experiences. This is something different than ignoring something, for if you ignore something, then you already know about it. Before you can believe and fear something, you have to know about it first. As strange as it may sound: If you don't know about it, it will not happen to you. If you know a lot about it, it will happen to you. Some of my "wow-experiences" on this:

On travels in Africa I was once stung by an insect of which I later found out that the sting is "deadly" if not treated immediately. But since at that time I did not know about that and was "stupid" enough not to get vaccination, I did not even fall ill. I simply wiped the bug off my arm and continued my trip. As my girlfriend insisted I should get examined, it turned out that "I could have died".

Some time ago an acquaintance of mine sold a car worth about \$2600 for \$15 000. Not because he was being deceitful but because he did not know that the car isn't worth that much. Had he spoken to me before, I would have "drawn his attention" to the "fact" that he "cant" sell the car for that much. I am glad that he was spared my "knowledge".

On my 2006 vacation I was sitting in hotel palm-gardens looking out at the Indian Ocean every morning for breakfast. I had already sat there every morning for a few days without noticing any squirrels, because in my world squirrels did not exist on a tropical island. According to my mind they only existed in north America and Europe. It was only when my girlfriend talked about how many squirrels there were, me making fun of her, and she reinforcing her statement that I began noticing them everywhere. Scurrying across the floor, beside and on tables, running up trees and even nibbling on the sugar beside the coffee machine...they were everywhere, and not just a few of them. This incident really got me thinking. I have been teaching "beliefs filter reality" since ten years, but still I was stunned. I hadn't seen a single squirrel all those days. Once I learned there were squirrels I saw them all over the place.

When talking about "Beliefs" in my reality creation coachings, I am not talking about some deep, hidden patterns, but about all these simple concepts that we presuppose and take for granted on a daily basis. My opinion that there were no squirrels on the island was not some "deep, traumatic, self-sabotaging, subconscious pattern" but simply something I saw so self-evident and normal that I would not question it. And that's how I experienced an entire reality without them. I had been living in a parallel reality.

Concepts are tools for creating reality. If you want to experience success, then gather very many useful concepts about success, your abilities, and loose your knowledge about failure. You don't need to know anything about failure, you don't have to learn anything about it, you don't have to prepare yourself for it, or have someone "teach" you about it in order to "protect yourself from it". The issue may become a non-issue, completely irrelevant. This may go as far as not even understanding someone who is talking about failure. What he is saying sounds distant, alien, strange, improbable. Someone talking about failure sounds like Science-Fiction. "What is he talking about? Interesting, but I can't relate to it." "I would like to understand it, but I don't. It sounds so very foreign to me" Even the word "failure" may sound like a foreign language word. If I say "Xoxolkyczeresz" to you, you do not associate any concepts with that do you? And you do not react emotionally either (except perhaps with a laugh). You can take this as far as becoming unable to think about failure, unable to move and cope in the area and environment of failure. When it seems all too easy for you to understand or imagine something concerning failure, you are still very connected to that level of energy. "Failure? Yeah! I know exactly what you mean! You know what happened to me last week...". Instead be an expert on success: „I am very

familiar with that. Yes, I understand what you mean. I can tell you a lot about that.”

Because of my own alienation from concepts surrounding “failure”, my ability to be a reality creation coach, was somewhat impaired for a time. I listened to the words and could pick up some meanings, but I had no emotional connection to them. People talking about a certain federal law that limited their unemployment support sounded like the words of aliens to me. I didn’t know what they meant and didn’t even want to know. And still, while writing this, I can’t even recall the name of that federal law. But the person, who was telling me about it, knew very well what it was, because he wants to explain and justify his situation so that he can immerse his attention even deeper into victim-consciousness. “Don’t you watch the news?” he asked me. This is akin to asking me “Don’t you follow consensus-reality that teaches us all about failure?” Meanwhile I have learned to fragment my awareness so that I can relate to the failure-stories of my students without getting pulled into the abstract worlds of “what if…” and “poor me” myself. But if success is your intention, then cultivate an awareness in which you cannot really develop much interest for failure. Your interest, curiosity, eagerness to learn and explain shall flow to other directions. If there is an undesired reality you want to release, then:

Stop talking about it
Stop writing about it
Stop justifying it
Stop emotionally reacting to it
Stop feeling pity for people who are in the same situation
Stop wanting to find out how the situation was caused
Stop wanting to find out who’s fault it is
Stop explaining the situation
Stop trying to gain other people’s interest for the situation
Stop informing yourself about the situation
Forget what you think to “know” about the situation.

In short: Loose your concepts about the undesired situation and gain concepts, knowledge and interest-in things you want instead of that. Rather than pitying the failure, admire success. Talk about, write about, justify, explain, remember, enjoy success.

Priority Management

Dear reader: Let me advise the most serious consideration of what has been called "Priority Management" or "Attention Management" or "Selective Sifting"

As a participant in this society you are most probably living in a state of constant **overwhelm**. This is due to the constant bombardment of Information and attention-grabbing offers coming from all around you but especially from Television, Internet, the Press, Mobile Phones and Colleagues, Employers and Friends who have been influenced by such media. When you do not define what is important to you, on a near daily basis, what happens is that you, without wanting to, allow in any random type of information (vibration) You are then focussed on the immediate rather than the important. And because of the intense forms of multi-media, the "immediate" has become everything and anything that is happening in the world. Bombarded by too much information, choice and offers, you close-down, the mind shuts off, becomes hypnotized, you become numb and loose your ability to feel. Ocasionally some offer might come along that awakens your senses a bit, that seems interesting or inspiring, but because you are on overload, you rarely have the energy necessary to pursue it.

It is not an exaggeration to say that this numbing-down and dumbing-down of people by information-overload has already reached way beyond the advanced-stages with a majority of people. To such a degree has the overload progressed, that the personal Will doesn't go beyond "ok, just tell me what to think and do, and I will do it".

What you give your attention to will grow, but when you give your attention to too many things, your energy field is a muddled mix of randomness out of which nothing specific will grow.

The way out of this situation in which you most probably find yourself to some extent (as a participant of society) is to become a "selective sifter", an "options-manager", a "priority-hound", making decisions on what is important on a daily basis...or even segment by segment. The sad alternative is: The world making decisions for you. The world directing your attention.

One of the most major distractions to this type of life is the authority you have given others. Having become lazy in thinking for yourself (because of overload), you prefer the creative thoughts of others, rather than your own. This is how the minority of the world influences the majority.

By allowing yourself to define your **Importances** on a weekly, daily or even segmental basis and letting this become the same type of effortless habit that the hypno-trance you once called "life" was, you reverse your state from confusion, overwhelm, "feeling nothing", exhaustion to freshness, eagerness, loving-to-act and eventually regain complete creative control of your life.

May this writing serve to re-emphasize that a lot of **actual magic** can be regained by simple priority-management, rather than what many associate with the term "magic".

Spirit Skills

This article first appeared on the Spirit Skills Website (no longer active) and is dedicated to your higher abilities. It invites you to consider that you do indeed already have these skills and are already fully equipped to use them. For some this message will be an inspiration of higher possibilities, for others it may become a lifestyle.

Spirit Skills such as lucid dreaming, astral travel, esp will become more and more common as the 21st Century progresses. One day you may even find them taught in school. Sooner or later you will also discover these skills within yourself, not because you disciplined yourself to "train" them, but because they are a natural part of your evolution as a human. If you would like a glimpse of your abilities before that day comes, inner silence coupled with a clear intention is recommended.

Lucid Dreaming

Definition: The Art of Being aware that you are dreaming while you are dreaming in the sleep state.

Usefulness: Ability to consciously change your nightdreams, ability to travel dreamscapes, dimensional navigation, turning nightmares into healing experiences, exploring the subconscious, precognition, personal entertainment.

Scale of Dream Awareness

1 Totally Unaware

Upon awakening I dont even remember I even had a dream.

2 Unaware

Its only after waking up I remember I had a dream. The strangeness of the dream occurs to me after having awoken. The dream will soon be forgotten.

3 Semi Aware

While dreaming I might notice something is strange or different but I hardly question it any further.

4 Semi Lucid

I do notice the "Dreamsignals" (events indicating that it must be a dream). Something strange is happening and I do question it a bit but not to the extent of becoming lucid. The dream shifts back and forth between unaware, semi aware and semi lucid. The question "Am I dreaming?" may arise but is quickly forgotten. Occasionally a dream might also shift from Lucid (5) back to semi lucid and further down the scale. I might for instance be aware that I am dreaming but then start to dream that I am waking up (the so called "false awakening", thus forgetting that I am still dreaming. Dream memory upon awakening however, is slightly improved.

5 Lucid

Because of the dreamsignals/indicators or my heightened awareness or other strangeness/triggers I become aware of the fact that my dream is indeed a dream.

6 Very Lucid

A state of high clarity in which I notice the dreamsignals even more clearly. Also I realize that I can take influence on the dream. I begin to enjoy the ability to act and gain awareness of my role or mission within the dream.

7 Shining Lucid

Crystal Clarity and well-being in which I have full command over the lucid dream. This is the state from which an Explorers-Dream, Creative-Dream, Healing-Dream or even an Astral-Dream can arise.

8 Illuminating Lucid

Awareness of the deeper meaning of the dream. Not only do I know that I can do and experience anything I want, I also gain insight into what my specific task is. Intuitive Guidance, Contact to other Beings, healing of real-life issues, states of bliss and intensity are common in this mode.

How to Lucid Dream

Since Lucid Dreaming means becoming aware within your dreams it will be helpful to first become aware of your dreams in the first place. This would mean remembering your dreams in the morning, remembering them throughout the day, remembering your dreams while falling asleep...simply becoming more interested and more aware in what you are dreaming. Once you increase your awareness of what you are dreaming you will progress to become aware that you are dreaming while you are dreaming. So, to begin with you could do the following for awhile: Every morning, after waking up, before you get up, re-run the dream that you had in your mind. Re-run the whole story. If your memory is only vague, just take the first thought that pops up when you try to remember what dream you had. Even just a flash your picture is better than nothing. If you want to get even more professional about it, you may want to write your dreams down. There's much to learn from them (by the way: You yourself know best what your dream means, despite all the interpreters trying to offer advice). While you go about the day, remember your dream once in awhile. Keep awareness of it. While falling asleep, remember it once more. Become more and more aware of your dream world and you will soon become aware of it while you are dreaming.

Astral Travel

Definition: Leaving your physical body in full awareness (rather than in dream or imagination). Travelling and perceiving with your energy body which is independent of the restrictions of your physical body.

Usefulness: Exploration of various modes of perception and levels of reality. Transcendence of fear of or belief in "death". Experiencing yourself as an infinite and eternal being.

How to Astral Travel

Generally a totally relaxed body and a totally relaxed mind while at the same time remaining

aware and awake will make astral travel more probable. Couple this state with a clear, unbending intention to exit the body (temporarily) and it becomes possible. Most people have experienced their astral exits "undeliberately" and have failed in producing it willfully because they either fall asleep in the process or become fearful and reject the experience when they start feeling their energy body vibrating (this indicates they are on the verge of exit). Inabilities of this sort hint to various parts of yourself that you are not yet ready or willing to confront or integrate...things you are protecting yourself from. Should this be the case, becoming more aware of yourself or some coaching in astral travel are in order.

Otherwise, simply relax, release your expectations, calm the mind and focus on your clear intention to exit the body. Enjoy the rush!

Extrasensory Perception

Definition: The Art of perceiving (seeing, hearing, feeling) things, events and people which you cannot currently perceive with your five senses.

Usefulness: Obtaining information beyond regular means, enjoying higher abilities.

How to do ESP

This is also actually quite simple and its also one of those abilities which increase with practice or increased sensitivity and interest. Pick a wall you cannot see through and of which you do not know what is behind it. Look at the wall in a relaxed manner. Then project your attention to being behind that wall, go "through the wall" so to speak. Remain on the other side of the wall with your attention and give up any type of expectation, tension, guessing and fantasy and simply wait what "flashes", "impressions", "images" or "feelings" come up while you rest over there. What are the things that come up without you having deliberately created them? Note them down...maybe you sensed colours, objects, people, feelings, forms or anything else. Then go to or gain access to that other side and check your results. Compare what you perceived with whats there. If you totally failed, fully accept that...it may happen many more times. If you got some true results, be happy about that. Once you've gained some understanding of how it works you may apply the ability to anything else by simply putting your attention to the place you want to find out about. When attention is "free", meaning without expectation or uncontrolled imagination, the ability becomes available to you.

Telepathy

Definition: The Art of perceiving what another person feels or thinks.

Usefulness: Increase of Understanding, Empathy and Communication.

How to do Telepathy

Ive heard some people call it "Telempathy" and this is certainly a more accurate name because Empathy, an inner connection and appreciation of the person your dealing with naturally leads to you "picking up" his or her thoughts and feelings. Look at a person, any person. Remove all expectations, labels and presuppositions. Appreciate him/her just as he/she is. Expand your full attention to that person. What do you perceive? You will most certainly know and sense what this person is feeling. Some of these feelings you might even be able to translate into specific

thoughts, though that's not really necessary, because the emotion is more fundamental. "Reading someone's thoughts" as in the classic spying-sense is probably less desirable than loving Telepathy. Whatever you project, whatever you label people as, they will react to it, consciously or subconsciously. When you remove the label of "who/what someone is" you will have an easier time connecting to them on a deeper level.

Time Travel

Definition: Perceiving Past Events, Future Events or Events of Parallel Timelines by means of Technology, Remote Viewing (ESP) or Lucid Dreaming

Usefulness: Research, Exploration, Entertainment

How to Time Travel

I cannot offer the technological way as seen in many movies to time travel with your physical body, however you can link your ESP and Lucid Dream abilities and also Astral Travel to visiting not only other locations but also other times by simply adding the intention about the time & location you are interested in.

Divination

Definition: The Art of acquiring Information otherwise unavailable intuitively, by means of "Higher Self" or the "Akashic Records" for Guidance, Decision-Making and personal Entertainment.

Usefulness: An additional source of Information and Communication.

How to do Divination

The Methods already widely known are Tarot-Cards, Pendulums, Crystal-Balls etc. Right here I'd like to introduce "Freestyle-Divination" in which the Tool and Method are chosen by you. Two examples:

1. I bought a wooden six-sided dice whose six sides were blank. I wrote my own words on each of the six sides, which were: WORK, PLAY/RELAX, MEDITATE, YES, NO and ? (QUESTIONMARK). I now occasionally ask a question, roll the dice and receive my answer. The rules I've set up for myself are to only roll once per question, and fully trust the answer.

2. I sometimes set my TV on mute, then ask a question, then turn the sound back on. The first statement I hear I take as an answer to my question. Besides being highly amusing it sometimes also reveals amazing answers.

Higher Self

Definition: The Part of you which is more expanded, wise, loving, humorous. A higher source. The inner Coach. Your Energy Being. Your original self. Your guardian. The Miracle-Maker.

Usefulness: The Higher Self can be useful for anything, anytime.

How to contact Higher Self

Your connection to Higher Self can vary depending on your level of awareness. On a low level of awareness Higher Self is perceived as an entity that is separate from yourself, an entity you can look up to and will always receive guidance from...an angel, a saint, God or even an Alien. On a higher level of awareness Higher Self is perceived as a higher version of yourself, perhaps one that views from the perspective of many lives. On this level Higher Self is your inner coach that gives you signals, messages, hints. Its powerful, humorous, loving and able to create miracles in your life. On the highest levels of awareness Higher Self is not something you communicate with, but something you communicate and act as. Since not very many people experience this level of awareness we will address the mid-level in which you re-connect to that part of yourself which always was, always is and always will be present and available to you.

1. Dialogue

One way to address Higher Self and regain a connection is to openly start dialoguing with it in the assumption that he/she is truly present and truly your best friend. My experience has shown me that Higher Self is more likely to react to the following modes of Communication: HONESTY, HUMOUR, APPRECIATION, DECISIVENESS.

2. Silence

For many people Higher Self is beyond the chitchatter of the noisy, tense mind. Calming the mind opens the gateway to many experiences...one of them being Higher Self.

3. Following Excitement

The things that interest and excite you the most are the things most in alignment with the thread Higher Self has laid out for your life. Following these will result in more resonance with Higher Self.

Doing what you love

There is only one instance when not much technique, meditation and exercise is necessary to keep a high level of energy, inspiration and success. And that is, when you are doing a job that you love and can immerse yourself in for hours and hours, forgetting everything else. One of my personal hobbies is music production, and when I produce music I couldn't care less about anything else. My attention becomes immersed to the point of neglecting all other tasks, realities, errands. Overdone, this is of course dangerous (unless I cultivate the belief that most things will take care of themselves!) but the results of this type of attention, love and eagerness are amazing. "Hard work" is not felt as "hard work" because it's an addiction, a passion. Waking up in the morning it is my first thought, going to bed at night it is my last thought. This is like being in love. Recall a time you were not in love and had to go to school in the morning. Your body felt heavy, breakfast was drawn out in time, you had no motivation to go to school. Your mum had to call you out of bed several times. Now remember a time you were in love with someone at school. Suddenly you were out of bed before your mum was even awake, you skipped breakfast and got to school as fast as possible. This is the energy available behind doing something you love. When you are doing something you love, you will lessen the practice in energy and consciousness because you are already full of energy to begin with. Lots of practice only becomes necessary when you have lost track of the path of your highest joy.