

Self-Coaching-Quickies

2005 Frederick E. Dodson

The three Virtues of Reality Creation are:

Humor, Curiosity, Persistence

Self Coaching and Solo Coaching...

...will allow you to realize that you already have what it takes, what you want and the information you seek, WITHIN YOU. The YOUiverse within already has the information you need. You are not dependent on others for answers. You know better than anyone else what feels good to you. This page will provide you with some of the most enjoyable (because speedily effective) self-empowerment and self-realization tools on this Planet.

You are already an expert in Reality Creation

"Reality Creation" is not something you have to "learn", because you are doing it all the time already. You cannot "not" do it. You are already an expert in Focussing Energy. You are already an expert in INTENDING, THINKING, SPEAKING, FEELING, DOING. Its not something you have to learn. The only question remaining is, WHAT you FOCUS your intending, thinking, speaking, feeling and doing ON, because THAT is what you will ultimately manifest as your experiential reality.

Conscious and Spiritual living does not require "discipline"

Too many people think that conscious living, spirituality, success and self-empowerment require a lot of "discipline" and "consistency" and that these are not easily acquired. It is true that "Coaching Yourself", without any outside assistance requires a certain degree of persistence, willpower and interest, but these are, once again, not things you have to "learn", "rev yourself up to", because you are already persistent in many areas of your life. If you say that "discipline" means "hard work", "struggle" and "boredom", that is definitely NOT what is required of you. The question is if you focus your persistence on things that are beneficial to you, or if you focus your power on useless nonsense. Theres no difference. The energy and time required to create a life of negativity is the same amount of energy required to create a life in happiness. CHALLENGE can be joyful and exciting, if you know your power.

On this page you will find tools from Reality Creation Courses which can be applied "Solo", without outside assistance. They are given to you without much talk & theory because actually DOING them is SELF-EXPLANATORY. Repeating them will reveal their simplicity and power.

Well-Being is not the goal, it is the prerequisite

Most people do reality creation coaching because they want to feel better. Thats kind of amusing, because Well-Being is not actually the goal of reality creation, its the requirement for reality creation to even work! Magical Reality Creation **does not work** when you are coming from a state of lack, tension, neediness, confusion, fear. Thats quite unfortunate for some, because thats exactly what they use reality creation for: To overcome lack, tension and fear. But understanding this basic premise will free your mind in many, many ways. Only understanding this one principle will change your life. Most people not only do reality creation coaching to feel better, they do EVERYTHING in order to feel better. They want money, relationships, communication, travel, health to feel better. They buy products to feel better, they have teachers to feel better, they purchase books, cds movies to feel better, they buy cosmetics and vitamins to feel better. "Feeling better" is the prime motivation of every human. Everything that is done, every intention and goal come down to wanting to feel better. Probe anyone on WHY they want something, long enough, and they will reach the point where they say: "Well, I just want to feel better". Paradoxically, these things are much easier achieved, if you **feel better beforehand**. The Universe of Energy responds to what you are feeling, it responds to the vibrations you are sending of. Your life is a reflection of what you've been feeling. To say "I will feel better WHEN I have money", "I will feel better WHEN I find the love of my life", "I will feel better WHEN I loose weight" is putting things the wrong way around. And it is also making you completely **DEPENDENT** on outside circumstances, a slave to life, rather than a creator of life. It is MUCH easier to achieve these things if you vibrate well-being before the desired event, if you are independent and unneedy of the things you say you want. Being needy of something or

someone is a certain way of not getting it (and if you do get it anyway, you will not feel fulfilled with it).

That is why it is absolutely paramount to put Well-Being in FIRST PLACE, on TOP PRIORITY, before doing anything else. Otherwise your actions will be compensatory actions, driven by fear, not leading to ANY desired results. Otherwise you will be a ball being played by society, marketing, gurus, cravings and resistances. It is important that you re-align, re-lax into your natural state of well-being BEFORE you look for solutions, BEFORE you make decisions, BEFORE you jump to action, BEFORE you practice reality creation.

From a state of well-being most things flow into your experience effortlessly. You will need much less exercise if you are coming from a place of well-being. Well-being: Relaxation. Relief. Joy. Interest. Love. Fun. Enthusiasm. Fascination. Kindness. Serenity. Appreciation.

You know what thoughts, activities, things, people add to your well-being. You rarely focus on them, because you've been taught that they may not be "productive". Now you are being told that positive emotional energy is more powerful and effective than anything else on this planet.

The Formula that is killing you and this planet...

...goes something like this: "In order to experience X, I have to do Y".

Some examples of this Formula:

"In order to get money, I have to do a job I don't like"

"In order to keep my partner, I have to be someone who I am not"

"In order to grow, I have to suffer"

This all comes down to the basic Formula that is killing us:

"In order to experience something I want, I have to do things I don't want"

or simply "I have to do things I don't want".

Further cutting this Formula down, we arrive at:

"To get something good, I have to do something bad".

In short we have:

"Good = Bad" or "Bad = Good".

It is on this **utter nonsense** that the lives of most people are based. It's not logical, it's not effective, it's not working and will never work.

The alternative Formula...

is "Good = Good". Make sense? Do good, you get more good. Think good, you get more good. Feel good and you get more good. I bet that makes sense. But it might sound a bit unusual if we examine the **implications** of this:

If something feels good to you, it IS good for you. If something does not feel good to you, it IS NOT good for you.

Simple as that. Life is not really more complicated than that. Another way of putting the same formula is:

What you give is what you get. What you put "out" (emotionally, mentally, actively) is what life will reflect back to you. That's how the Universe of Energy works. So actually, the Formula: "In order to get money, I have to do a job I don't like" will not work. You can't get something good from something bad. Doing what you LIKE WILL make you money though. More than you can spend. Giving love and attention to others (rather than expecting, demanding, needing it from others) WILL have you experience receiving more love than you've ever experienced.

That's why what you are feeling must become Priority No. 1 if any of this reality creation stuff is to really work. That's why you will no longer be utterly dependent on other people and things in order to feel good. You will have become a self-determined, spiritual being.

Silence: The most basic technique

The most basic technique of our coaching-system is Silence, Stillness, returning to zero-point, pure awareness, nothingness, a soft, non-reactive, non-labeling, non-judging state of simple observation and inner peace. Becoming soft, non-resistant and still, closing your eyes and retrieving attention from the world of "facts", "issues" and "problems" for awhile, stopping to do, want, need, should, could, must, have to, try, etc, gradually releasing label, judgement and reaction is the first step advised to **any** type of reality creation practice. Why? Because in this way you fall back into your natural self. In this way many "issues" dissolve by themselves...before you even needed any specific technique, in this way insights, solutions or even manifestations happen naturally and effortlessly. Before consulting anything outside of yourself or any of the techniques on this webpage, become silent and clear.

The 1-Minute-Attention-Guiding-Technique

This powerful meditation technique may be supported by having a sound-tool or a stopwatch that counts every 60 seconds.

The exercise consists of simply switching the focus of your attention every 60 seconds. You lie, sit, stand or walk and focus on something. After 60 seconds you focus on something else. After another 60 seconds you focus on something else and continue in this way for five, ten, fifteen minutes or even longer.

Attention is focussed in a soft, gentle, receptive manner (rather than in hard concentration).

Attention may be focussed on the inner (thoughts, memories, fantasies) and the outer (objects, people, plants), things in your surroundings and outside of your immediate surroundings.

Attention is focussed on the negative, the neutral and the positive. When deliberately focussed on the negative, it is done a) in a soft, accepting and non-resistant way (confrontation + relaxation) in in alteration (after 60 seconds) with something neutral or positive. When attention is focussed on something positive, it may be done with a sense of identification (melt with, go into).

Example for something negative to focus on: A problem at work, an unpleasant emotion.

Example for something neutral to focus on: A desk. A lamp.

Example for something positive to focus on: The imagined fulfillment of a dream. A nice fantasy.

The purpose of this exercise is to become good at guiding your attention according to your will (rather than the will of outside forces). The purpose of deliberate focus on the negative is de-sensitizing. The purpose of deliberate focus on the neutral is relaxation. The purpose of deliberate focus on the positive is increase of energy. All three - negative-positive-neutral are interesting and of value. In later advanced versions of the technique, the negative is only deliberately focussed on when a problematic issue arises on its own. If that is the case, it is focussed on several times, in alteration with the neutral and positive.

The Low-State-Repair Process

Feeling low? Feeling down? Exhausted? Overwhelmed? Nervous? Uneasy? Angry? Tired? Unappreciative?

Feeling low means you will attract things into your life that correspond to that low-ness. Feeling high, eager, appreciative or calm means you will attract things into your life that correspond to THAT.

One (of many) uncomplicated ways to get out of your low state is to practice gentle but massive attention-drills to the nice, beautiful, good and intended in written form. This is done, until you feel your resistance lifting, your body relaxing and better feelings and states to come in. This can take a few minutes, a whole hour or even a few days of daily writing.

What to write about? Generally you make massive and long lists of things you like, appreciate, are grateful for, already are, already have, can already do, and things you intent to experience as reality. BUT: You do this without any expectation of anything manifesting or fulfilling. You do this without the pressure of "I hope it will come true" or "I have to do something about this" or "Circumstances have to change before I feel better". You are doing this for the sake of improving the quality of your thought and emotion...for the fun of it. EXPECTATION implies that something is not true YET and separates joy from the present moment, projects it into the future. Be playful, without expectation.

In some instances you can write about whats bothering you or what limiting beliefs you hold, but never be focussing on these things more than 15% of your time. You may start writing with something like "OK, alright...so whats actually BOTHERING me?" or "Whats been keeping me preoccupied?" and then answer that. But once your resistance has been identified, do go on a "rampage of appreciation" (as esther hicks so nicely puts it). You might upscale the negative beliefs you have found by writing down what beliefs you want instead of that (and what you could realistically believe)...or you might just skip the whole thing and go straight for the positive. This depends upon your current needs.

Here are some examples for LISTS you can write in order to drill your thought-world and attention toward higher vibrations and energy.

The "I like" List. The heading of this list is "I like". In it you write down all kinds of things, details, people, places, situations that you like, appreciate, admire, etc. Its not "I want" (implies lack) but I LIKE. Do this until you feel an obvious shift in energy.

The "Positive Aspects of..." List. Here you write down positive aspects of things that are already in your life. If for examples you are having a hard time with your spouse, write down what you like ABOUT her. Re-juvenate the good times with her. Remember. If you feel bored by your job, find as many positive aspects of it as you can. Cant find more than 3? Stay with the exercise until you find 30 more!

The Intention-List. This list contains all kinds of things you`d like to experience as reality. This is not done as a "goal-list" as the idea of "goal" implies that you are separate from it, lacking it or need to go to work in order to "achieve" something. You are just writing down all kinds of small and big things that you desire (but not AS Desire, AS Intention...the label makes all the difference). Do this until you feel really really inspired and refreshed.

The Gratitude List. In this variation you write down what you are grateful for.

The Honesty List. In this variation you write down what is honestly happening in your mind, heart and life and what you would prefer instead.

And so on and so forth. No matter what type of method you use, its all about writing yourself into a higher state that the one you began with.

The Prosperity Technique

1. Make a list of Jobs or Professions that would **excite** you. If you cannot find such careers, then take something you are **strongly interested** in and think about how one could make an occupation or **service** to others out of that.
2. From this list, **choose** a profession you'd be **able** to start with **already**.
3. Look at the Here and Now and notice how the **Resources** (Material, Supplies, Objects, Knowledge, People, Equipment, Information) **to start** doing that profession are **already available and accessible** but may have not been clearly noticed or **used** up to now. Surprise, surprise. List all possible Resources you already have. He who makes the most out of the little he has or what he has already been given, will soon get more and more with less and less effort.
4. In doing your new vocation or job (in the beginning **maybe alongside** your old job), **habitually give** people more than they paid for. If you give people more than they paid for, you will soon be paid for more than you did. Reduce "neediness", "desperation", "wanting to receive", "needing proof", "wanting to take" to an absolute minimum and increase **giving, persistence** and **gratitude**.

Alternative Reality Creation Technique

1. Specify something you would like to experience
2. Rather than asking "how, when, where", ask yourself why you want this and **why** you believe you can experience it and list your answers in written form.
3. Finally, write a detailed and specific script (like a movie script containing scenery, dialogue) describing the desired reality as if it has already happened, in the past tense, as if it were a **memory instead of a fantasy**.
4. Forget about the whole thing for a few weeks by focussing on other things.

Basic Emotional Clearing Technique

1. Eyes closed, become **silent** and resistanceless. **Breathe** softly, slowly and deeply.
2. **Focus** on the **Emotion** or Feeling you wish to release.
3. Let it come up, well up, get **bigger**, **allow** it to fill your body, fill your being.
4. Detect which Thoughtform or Belief or Memory or Mental Worry creates this feeling. What thoughts do come up when you fully feel this?
5. Focus on the Thought and Emotion and **breathe them in**, fully and completely.
6. **Hold your breath**, while **holding the issue**, the focus, the thought for some seconds.
7. Breathe out sloooooowly, sooooooofly, while relaxing your body and simply being.
8. Gently place your right hand on your heart and your left hand on your forehead and ask yourself: What would happen to this Emotion if I completely accept, **love** and honour myself?
9. Repeat the entire steps 1-8 a few times or until you've gained a sense of peace, acceptance or well-being. Then:
10. Write down a thought or belief you would like to experience **instead** of what you've been experiencing. Have this positive thought or belief be something you can easily believe, you can authentically and easily feel, something **realistic** and common sense enough that it doesn't take much to **feel the truth** of that. Something a part of you **already believes**. Then, **focus on a mental image**, a representation of that thought and **feel it**. Once you have a clear understanding, **familiarity** and feeling with that thought, finish the exercise and go about your day.
11. Advanced Variation: Mentally **switch back and forth** between the old thought and the new thought **several times**, until you can easily feel both sides and choose which of them you prefer, without automatically going back to the undesired thought or until the undesired thought no longer evokes any feelings.

Viewpointing

1. Choose any object in your surroundings. Look at it in a relaxed manner, without expectations.
2. Transfer your awareness into that object, become that object, melt with it, be it, feel it, feel as it, and then **look as** it.
3. **As** that object, look at **another** object. Then transfer your awareness into that object, take on that viewpoint, feel yourself as that object.
4. As the new object, look at another object. Continue the process with different objects, people, plants, animals, spaces. After awhile you may also look at and look as things that are not in your visible surroundings.

Example: I look at an apple. I go into the apple, become the apple, look as the apple. As the apple I look at a tree. I become the tree. As the tree I look at a person. I become the person. As the person I look at a car. I become the car. As the car I look at some building in china. I become the building. As the building in china I look at some chinese salesman on the street. I become the chinese salesman. I feel what he is feeling. I see what he is seeing. As the chinese salesman I look at the sun. I become the sun. And so forth and so on.

This is the **most powerful exercise** that we are making available to the public. It is to be done in a soft, gentle, non-effort, non-hard-concentration manner. The purpose of this exercise is to shapeshift into different things, different vibratory frequencies, different viewpoints...an activity that the soul has been doing since the beginning of time. The difference is that you don't completely lose yourself in the viewpoint (as you have done with your current Self and Incarnation) and you don't stay in long enough for it to become your dominant reality. Were you to remain in a viewpoint it would become your reality. You do this for exercising your ability to shift into all things. This ability is the prerequisite for magical reality creation.

High-Vibration-Meditation

1. Create a list of things, people, places, ideas, objects, fantasies, activities, events, you feel excitement, exhilaration, appreciation, fascination or love about. This is your "energy-list". The items on this list will provide you with energy everytime you look at them, think about them, remember them.
2. Meditate on each item of that list. Dont know how that works? Well sure you do. Consciously think about each item on the list.

Re-aligning your Trust

1. Determine into what you already place trust. What are you 100% certain of? What are you absolutely sure will happen today, this week, this year? Notice how you already fully trust certain things.
2. Determine what you would like to trust instead of these things.
3. Mentally focus on an item from List 1 until you feel the belief/trust. Then, take this feeling and project it to an item of List 2.

Belief/Trust is created by concentration.

Defragmenting a confused mind

1. Make a list of questions you ´ve been asking yourself. Add questions you ´d like answers to.
2. Now answer the questions yourself. Use a good mix of common sense and intuition to come up with answers. If there are some answers you are not content with, re-form the question to get a better answer.

Duality-Surfing

Contrary to wideheld opinion you cannot "get rid of" certain beliefs and thoughtforms in the sense of non-existence. You contain all "positive" and "negative" always and forever. What you can do though, is focus on thoughtforms and beliefs you prefer instead, which will make the unwanted thoughtform less and less important or effective. Its not a question of "getting rid" of something but of choice. What part of reality do you choose to focus on? As an analogy: If theres a TV Programm you do not like, its much easier to switch the channel then to attempt to change the TV Programm. This excersise will increase your ability to a) Discharge emotions attached to an unwanted belief (the only reason you focus an unwanted belief in the first place are attachments of importance, emotion and meaning) and b) Focus on the Thoughtform you want instead.

1. Focus on a Thought or Belief you dis-prefer.
2. Focus on the exact opposite of that Thought or Belief...one you prefer.
3. Switch back and forth between the two several times, until you are attached to neither, can easily focus both, can easily switch focus, no longer invalidate the "negative" and can easily hold the positive.

Decide & Focus

1. Decide what you wish to focus on next.
2. When you've decided, focus on that.
3. Repeat 1 & 2 many times in succession with objects, plants, people, animals, thoughts, memories also varying the time-span of focus.

This exercise is a powerful awareness-booster, decision-making-booster, concentration-booster and reality-filtering-booster in one.

Deliberate Laziness

There is a major difference between being lazy as a reaction to the apparent pressure of the world or being lazy because you are energyless and deliberately taking a time-out to relax. Doing nothing deliberately will increase your ability to DO something deliberately. The better you can relax, the better you will be able and willing to work. Many problems people have arise from the ability to "Stop the World", to do nothing for a certain time-span. This "Nothingness" can be practiced in many different ways. It can be done by sitting silent, by lying down, by fooling around or getting hypnotized by television. If you take on the perspective that your soul is infinite and immortal, and there's really nothing you "must" do, it will be easier for you to dwell in Nothingness. In this Nothingness lies the potential of new creativity, new thoughts, which then again turn into new actions which you do after your phase of non-doing. "Stop the World" once in awhile and reflect on it, yourself and the here and now. Relax.

Copying Thoughts

1. Gently close your eyes and observe your stream of thoughts.
2. Copy each thought intentionally. Each thought that comes up, think it again.

This little magic meditation will ease the mind and give you a sense of increased handle over your mind.

Reality Breaking

1. Suddenly do something completely unexpected, crazy, funny or bizzare. Break the Routine-Pattern you are into at the moment radically.

This type of magical practice sends off the message: "Reality does not have to be what it was up to now. Reality is what I decide it is now"

Presence

1. Fully Focus on a person or a group of people.
2. Fully Breathe him/her/them in
3. Relax your body on the outbreathe
4. Repeat until you feel completely comfortable with others and appear to have gained a certain presence.

This exercise is especially effective in holding presentations in front of groups or in flirt-situations.

Turning "wants" into "give"

1. Note down a few things you've been wanting recently.
2. Find a way to give these things to others.

The psycho-spiritual effect of this is that your chances of receiving the wanted thing increase by a million. "Wanting" is alright but still implies a kind of belief of lack, of "not having". Giving implies a belief in abundance, in "i have enough of it, so I can give it".

Basic Lucid Dream Induction

If you call yourself a "beginner" in this, you might want to go to ebay and acquire some "Melatonin" (preferably with added Vitamin B) which is sold as a natural "sleeping aid" but can have the effect of boosting dream awareness.

1. First thing when you wake up in the morning, remember or focus your thoughts and try to re-run, re-trace what you dreamt at night. Then, by all means, write it down.
2. At night, while falling asleep, go into a full 3-D phantasy and remain fixed there. While in that phantasy, voice the following statement loudly into the silent night: "Everytime I dream like I am dreaming now, I will remember that I am dreaming like I am remembering now". Remain focused in the same phantasy, falling asleep with this phantasy.

These two items might need quite an amount of repetition, but they should lead to lucid dreaming (knowing you are dreaming when you dream and thus being able to play with the dream) sooner or later.

Relationship Re-Start Button

This one may be used if you wish to relight some of the Fire of a Relationship that has become boring, difficult or otherwise undesirable.

1. List things you dislike about your Partner.
2. List incidents in which YOU had those traits as well.
3. Close your eyes, focus on the first item of the list and ask: "Do I want to forgive my Partner for this?" Dwell on that for a few moments.
4. Keep your eyes closed, remain focused on that item and ask: "Can I forgive my Partner for this?" Dwell on that for a few moments.
5. Keep your eyes closed, remain focused on that item and ask: "When will I forgive my Partner for this?" Continue 3-5 for the complete list.
6. List things you like about your Partner.
7. List incidents in which you had these or similar traits.
8. Close your eyes and deliberately remember each item on both lists. Especially remember occurrences of these traits in the first months of the Relationship.
9. Spend some time thinking about what it could mean to Press a "Re-Start" Button on a Relationship.

Taking a Walk in Context

Taking a Walk in Context means to go for a walk with a specific purpose, exercise, perception-filter or intention. There are thousands of different ways to go for a walk and thousands of different perceptual, psychological, shamanic, spiritual, awareness, attention, affirmation and body exercises that can be combined with that walk. Make up your own creative context or purpose with which you walk and then walk until you've fulfilled that purpose.

The Belief-Transformer

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This tool will give you a **rapid** change of reality toward your desires. This exercise is meant to be done foremost in **writing**.

1. Define a reality you no longer wish to experience
2. Would might **someone** consciously or **subconsciously** (without knowing it) think, **believe**, hold true, judge, be convinced of in order to behave this way, feel this way or experience or **attract** this unwanted reality? What are you asserting "rightness" about? What are you defending? How can you **prove** these thoughts to be true? Create an **extensive list** of thoughts and beliefs that could be creating this reality.
3. Relax. Breathe. Have a look at your list and feel which of these thoughts **evoke emotional responses** or seem extremely true but non-beneficial. Feel what it feels like to think this way. Actually feel the emotional vibration within your body. Do not resist it. Allow the energy to flow. Examine your list and notice how assumptions over assumptions and thoughts over thoughts have built up and support each other.
4. **Downgrade** each of the thoughts on your list. For each and every thought on your list, **make it sound worse**. Write down the same thought in an even more negative variation. Exaggerate for the worse. If the thought was on "level zero" you are now making it "level minus one". Do so for each and every thought.
4. What **would you like to think** or believe instead of these thoughts? For each and **every** thought on your list, write down a "**one level up**" thought, not a "two levels up" thought. That means you choose a thought of your liking but one that you find realistic, only slightly positive, thoughts that come easily, are easy to believe. The old thoughts can only be replaced by things you **authentically** believe. Choose thoughts that "feel better", "feel real", "ring true". If you go "too many levels up" you will not feel the **relief**. The aim is to choose thoughts that relieve you.
5. What would you like to think or believe instead of these new thoughts? For each and every thought on your new list, the "one level up" list, choose a thought that is a second step up, a "**level two thought**". You will find this to be much easier now that you have been focussing on "one level up". Make the thoughts **one step more positive**, one step more optimistic. But still only choose new thoughts and beliefs that you can **easily feel**, imagine, buy into, that you can **authentically** say "yes, that's somehow true" to. If you cannot feel a thought or if it seems like "wishful thinking" to you, then drop it and write something you **can** relate to.
6. Sit or lie down with your newest list (level two thoughts). Form each of these thoughts in your imagination. Use your **imagination** to **focus** on each of these thoughts **mentally**, deliberately. See or Feel each of these thoughts a bit longer, and enjoy the feelings they evoke. If you can **feel** the emotion to the thought, you have **activated** the belief.
7. What would someone be doing that really believed these thoughts? How would he be behaving, where would he be going, what resources would he be applying, with who would he be associating? Make a list of **actions** that the person you saw in your imagination would be doing. These will be actions **toward**-your-desire as well as actions **as-if**-your-desire-were-already-manifest. Then, decide on a general time-frame in which you want to act these out. In acting out new beliefs, you ground them, physicalize them, give them a physical dimension. In this attractor

state you will begin to notice changes within your reality in only a few days. Coincidences will start popping up. New pathways, opportunities and ideas will start popping up. Do not set any expectation as to where, when, from who, but simply enjoy it.

Freeing Attention

1. Ask yourself: What **has** my attention been on? Where is my attention right now? Notice and acknowledge.
2. Ask yourself: Of the millions of options in life, what **could** my attention be on? Notice many other things.
3. Ask yourself: What do I **want** my attention to be on now, today or from this point forward? Look at, intensify.