

TOOLKIT FOR MAKING THE DECISION ABOUT WHO YOU ARE

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INTRODUCTION TO YOUR TOOLKIT

Throughout this entire book you are doing work, make no mistakes. The reading itself challenges your perspective. It is quite a lot of digesting and shifting. If you practice what it says, what may seem like theoretical reading is very practical. The ToolKit is simply where you are more active, really, and asked to be engaged in a more specific way. It will require some thinking, feeling, digging and tuning into yourself, as well as a pen and paper or device to type on.

The meat of this part is making the conscious decision about who you are (chapter 4). If you had read the other part or a portion of it, you know why you want to make this decision. If you decide to skip the *Values* section in this ToolKit, that's fine but don't skip the rest.

Trust. Your. Gut. And. Heart. When I work individually with people I can guide the process of making the decision differently according to each unique individual. In a book format, even though I did my best to allow maximum flexibility, the process leans toward "one size fits all". Therefore, I ask you to see the process offered here not as something you need to stick to meticulously, but as something that offers you a general guideline within which you are free to move as you feel.

The WORK SHEETS at the very end are what you will be working with once you complete this book. To them you may add your value sheets and your Noticing The Differences Diary, as well. All will be explained, of course. They will stay with you to support you in maintaining your preferred state of being.

VALUES

What you value - what you find valuable - is what you give your energy to. Knowing what you value is *extremely* helpful in getting to know yourself better. This chapter's purpose is to help us get clear on our values. Clarity is the result of bringing things to light. It comes about by being fully honest and transparent with ourselves. I find that when I am clear about who I am, about what I value, what I'm truly passionate about, what I am here to contribute - I know what my path is.

When things are foggy and unclear you may not be aware of whether you truly are on the path that is meant for you or not. The lines are blurred. We keep them blurred sometimes out of fear of facing our true calling. When there is clarity, you can no longer hide. It becomes clear whether you are living your true path or compromising.

When we're clear with ourselves, it means we're not hiding from ourselves, shrinking from our own path. When we're conscious about what our values exactly are, we can decide to consciously act on them. That's the point.

Part 1 - Values: Doing-oriented purpose

How much of your day do you spend acting *only* on what is valuable to you?

Quality-time is time spent doing what you value.

Doing-oriented values speak to what we came to do in this world. What is it that is on our hearts to do here while we're around?

These values exist on a spectrum from the personal level to the social (even global or perhaps universal) level. They are those activities we find purposeful. That can be, for example, being a loyal and supportive spouse and family member, acting on specific hobbies (like cooking, dancing, singing, BMX-ing), and at the same time helping children in need in a certain area of the world.

Touching Our Global Environment

Most if not all of us want to make the world a better place, or at least make other people happy. We are **social** creatures. That is a value most of us have because it is simply human, and it makes *us* happy. No one has ever made another human being truly happy and felt awful about it. Can you imagine that? Doing-oriented values are the *avenues* through which we aim to contribute, help, make happy, touch souls.

For one it can be through inspiring photography. For another through cooking. Yet for another through volunteering in a place with a purpose that resonates for them.

Touching Our Close Environment

Sometimes the people we want to make happy are our spouses and family. ('Close Environment' here isn't mean physically, but the people who are close to us). How do we go about doing that? Those are activities we value as well, whether it's keeping in touch (with family), doing things we know our spouse will appreciate, valuing good communication, etc.

What do you find valuable doing for you immediate environment?

* The people at your workplace would be considered as your global environment, unless you consider them close in one way or another, such as friends.

Touching Ourselves

All we do, we do for how it makes us feel. We all want to feel good. Through a particular activity we connect to that feeling, that state of being. That's what our **hobbies** are all about. So the activities that connect us to ourselves, to our joy - are valuable. Oftentimes our hobbies and our professions will overlap (like with the cook or the photographer, for

example). And then there may be hobbies like basketball, which we don't play at a professional level, but we value it because it allows us to express ourselves in a way that we love.

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Having covered these three types of values, now it's time to write down your doing-oriented values, knowing the list might grow (or change) with time. Once you have your values written down, you can look at the list and see if you really live according to what you value. In other words, are you acting on your values, or is there room for some improvement? If the latter, well great! Now you know! Clarity is always helpful.

You may re-visit this list now and again, and check with yourself whether you are acting on what you find valuable.

Personally, I refer to my doing-oriented list quite often, as I feel it acts as a wonderful reminder for what it is I wish to focus on in relation to my environment, what's important for me. It helps me be the person I wish to be - with myself, with those who are close to me and in the world in general.

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Doing-Oriented Example Sheet

Social/Global: To empower - close people, strangers, everyone (top value). To love, encourage and inspire.

Avenues:

*Conversations, books, workshops/talks, private sessions, on-stage 1-on-1, social media posts.

*Music: singing, positive lyrics, emotionally reaching the audience bringing forth the awareness of their inherent beauty

*Comedy: always lightening up, focusing on the non-serious aspect (nothing is fatal). Smiling. Laughing.

Close Circle: Same value - to empower - applied differently.

- *Create (be) a judgment-free zone.
- *Loving, encouraging, supporting (names of people).
- *Boundaries; being true to myself.
- **Showing* love and care to those I love. Making it known.
- *Humor; lightening up. Smiling. Laughing.

Personal: Same value - to empower (myself).

- *Writing *Nature *Exercise/sports *Coffee
- *Intimacy/connection: with myself (meditation, tub, imagination); with others/friends (honesty, openness, sincerity, integrity, genuineness).
- *Enriching myself through information (books, videos, etc). Being open to learn.

Uncovering Your Passion

If you are struggling with finding your doing-oriented values on the social or global level - the level of purpose in the world, this section may help. If you do know what your passion is, you still might find some encouraging and clarifying words here.

Surely, uncovering your passion is a topic that ought to be a book in itself. I will only be touching on it here.

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Quite a big revelation about ourselves may come from uncovering our purpose in the social or global sense. For one it may be educating people about the environment, while for another it may be health and showing others how they can thrive in that regard. Whatsoever you're passionate about is high on your values list. For me, for example, helping people — strangers or close — realize their power (as much as they will allow) is highest on my values list. I see my work as part of the process of a global revolution, and one that, as far I'm concerned, I am here to be amongst its leaders.

I would have never come to this clarity about my purpose in the world had I not followed and acted on my passion. For too many years I did not allow myself to really be clear what my passion is. I always felt that incredible feeling when someone expressed something that spoke to our creative potential that made me feel like I have the power of creation flowing in my veins, available at my fingertips. It *always* excited me! Yet I did not let it be obvious to me that I ought to pursue this direction of the dawn of my realization that we are not a product of our circumstances but the creators of them. I hadn't heard of anyone else doing it until later, frankly. Mainly, it wasn't a particularly acceptable pursuit or a fixed career path; not something that makes for an easy answer when asked, "so, what do you do for a living?" Perhaps I thought the people who loved me, and others as well, would think I'm a little bit crazy if I started talking about this stuff ("Hey dad, how was your day? Did you know the world is inside of you?"). Due to fear, I didn't listen to myself. I thought it would be easier to just be like everyone. The less you stand out and make noise, the less reaction you'll get, right? What a way to dim my own light!

And then... life, being as intelligent as it is, had forced me into a situation where I felt I *had to* explore this power within me, and to utilize it to create a new life for myself - a life that worked. The other option was not a tolerable or bearable one to me. I had always intuitively known that I - and all of us - have this incredible creative potential, and now I had come to a point where I had to meet my passion. I could suppress it no longer.

From this you might learn, surely, that it is crucial to acknowledge the things that make you feel excited, the things that when you read about or

hear someone talk about your eyes light up, and if you had a dog's tail - it would be wagging excitedly from side to side. Please allow yourself to explore those things. Don't suppress them.

When you're looking to uncover your passion and purpose, one way to do that is to see what your greatest challenge is. This is difficult because I am basically asking you to look at what you fear most.

For me it was engaging in life. I preferred to escape life for the most part. I judged the world and deemed it not good enough for me to be in. My greatest challenge was making room for someone like me in this world. My greatest fear was being all that I am, because I was terrified of the responses of all the people who would get furious at me for breaking out of our agreement to play the "we're losers together" game or the "*have to*" game (as in "you have to do things *this way*").

These are subconscious status quo. The people who are comfortable where they are kind of want you to stay where you are because if you begin to succeed or empower yourself, they are faced - through your example - with the possibility of leaving their comfort zone - and it is not comfortable. And the people who do only what's socially respectable live in a particular mold. When you break that mold, it makes them uncomfortable - you are breaking the rules of the game.

When I began to choose my empowerment, the environment reacted strongly to my choices. But I chose myself anyhow. I left my guilt and shame behind, knowing it's insane to feel guilty for being myself, and I let them deal with everything it had brought up for them.

Oftentimes after we transform our greatest challenge, we naturally find ourselves assisting others who are going through the same or similar challenge. When we've lived through something and came out the other side, we're often passionate about it, and also knowledgeable and equipped with the tools to help others in the same struggle. So whatsoever your greatest challenge is, you might be going through it in order to be a bridge for others, to help them cross to the other side of that challenge.

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Some people have no problem whatsoever finding their purpose. They just know, even as children. Some have talents that make it quite obvious that their purpose is to share that talent with others. Some are here to help with scientific breakthroughs, some with spiritual breakthroughs (the border between spiritual and scientific is becoming more and more dim), political breakthroughs. Some have as their purpose to live a simple and good life, demonstrating well-being to whomever crosses their path. (Not everyone has to have a unique job or exceptional story). Whatever it is you thrive and get lit up while expressing, is your purpose. Whatsoever gives you joy when you do it. It's really not that difficult.

Follow Whatever You're Passionate About Now

There is no big or small purpose, just *your* younique purpose. And whatsoever you're passionate about, is it. You don't have to know specifically necessarily. It is enough to have a direction, a general idea. The specifics will fill themselves in as you go along acting on your passion — and I mean as a moment-to-moment thing: in each moment there is something that calls you more than anything else. Heed the call. As you heed the *call* in each moment, your *calling* becomes clearer and clearer. This process of clarity doesn't really end, by the way. It expands as you act on it, and more dimensions are added to it. Passion is creative, it will expand and evolve.

When you have a general idea or direction, you don't need to know everything in advance. I didn't. The more I acted on my passion, the more it became clear to me what I'm about, what I'm doing, what my calling is, if you will. One thing leads to another, details reveal themselves, opportunities show up, and the picture becomes clear. The important thing is to *move*. As you move, you will learn what you need to learn in order to do what you need to do.

In that process of moving, I gave up a lot of ideas... ego ideas. I became more authentic. I became more connected to my heart, to who I really am and what I really wish to give and receive. So, you really don't have to

know everything in advance. You just need to start. Act on what calls you in each moment — now, and now, and now... and see where it takes you. Challenges await you on the way, but only to help you grow and clear out what you don't really need and doesn't really serve you.

You always have *something* your passionate about. Even if it is not something that at first glance seems significant, don't judge it. Who knows, you might be passionate about watching movies... and that might lead you to do something exceptionally creative one day. Or you might get inspired by a particular movie to undertake a particular project. We just don't know how things will come together. We can't plan these things. All we can do is follow our passion moment to moment, and let it lead us to magical places we never could have conceived of on our own. Don't overthink it. Allow yourself to acknowledge it, and pursue it. Trust your passion.

Looking back, my passion, at first, was a pursuit of knowledge - of the kind I am sharing with you in this book. Later it became about sharing the knowledge. The more I acted on that passion, the clearer it became to me that what I am essentially doing — what I am essentially fascinated with — is empowerment.

Passion feels a certain way in the body. Notice how it feels. Whatever it is that gives you that sensation - act on it. That way you are not heady about it. Listen to the feeling, the sensation.

Let it be a moment-to-moment adventure. You are heading out on a *quest*. All you need to know is that that sensation will guide you. So many discoveries await you, so much that you will learn and share. What an adventure! Enjoy your quest!

Passion and Trauma

Parts of us that are traumatized are essentially parts that have been mistreated and suffer from having their needs unmet. The #1 need is, of course, love. Not the idea of love, but love as an unconditional and

unwavering presence that really meets that hurt part. More on this in part II of the book.

When it comes to passion, I find that often a person's passion is related to their trauma. Many times you will see people who suffered some form of abuse work either with other people who have suffered similar abuse. At times, if they really integrated their trauma, healed and found compassion, they will work with people who are similar to their abusers. Even though some of you may find this hard to believe, in these people's minds they are helping people who have been abused like they have by helping the abusers heal within themselves so that they never again commit their abuse.

Trauma doesn't have to be extreme for one's passion to be related to it. Wherever one has had a challenge in their life, they will feel close to that topic. In my life the challenge was finding power. I was disempowered and dependent, and obviously this caused me to seek empowerment and the freedom to do things my way. I ended up teaching this to others.

Reasons For Suppressing Your Passion

I hope by now you're feeling at least clearer about all of this. In order to further clarify, let us finish this section by listing some reasons you might suppress your passion. Of course, you may relate to more than one reason suggested here at the same time:

- 1) You don't think you can actually act on your passion, because it will create too much turmoil around you. Usually this is a fear of what others will think of you if you actually pursue your passion.

Please understand that your growth "drags" with it growth for others. The fact that others want you to go in a certain direction that you don't prefer, or the fact that they prefer that things stay as they are and you don't shake the ground, doesn't mean that's what **YOU** prefer. It doesn't mean it's ok with you and that you should live your life just to please them.

When you begin to allow yourself to be who you know you are inside, to follow that direction, people around you are faced with choices of how to respond to that. For me, I feel very fortunate that no matter how weird my decisions in life may have looked to my family and parents, they always chose love. Right after they chose drama... I say laughing out loud. They may not have understood my choices, but nevertheless they always came around to supporting me. When you allow yourself to stand behind your decisions and choices 100%, to be whole and complete with yourself, those who truly love you will sooner or later stand behind you as well. Even if they don't understand. It takes courage.

In time, however, you become so whole, and my experience is that when I have no problem with being who I am - rarely ever do I see anyone at all having a problem with it. On the contrary! Those people that do just evaporate out of your life. Once you stop treating yourself in a neglectful way, those who were reflecting that to you leave the premises of your reality.

Eventually, you are faced with a choice: Rot or grow, it's up to you. That's what it comes down to. Take into consideration that in your growth so many lives will be changed for the better. And I have no doubt you can do it. If I did, I wouldn't be a transformation teacher!

- 2) You don't believe you will succeed in what you want to do. So you think you'd better just deny that you want to do it at all. Maybe you've been taught that it takes more than you've got (you're not good enough, not cut out for it, others are way better than you'll ever be); that you won't make money from it; that you're not being realistic and dreaming too big.

I'm not asking you whether you think you will be successful at it or not: all we're looking for is just to admit that you want what you want. That this thing excites you. That's it. It doesn't matter if it sounds "out there", or if it's unprecedented or whatever. The first step is admitting that we want what we want. Will you allow yourself now to acknowledge it? It's ok to want what you want. Because it's more than

ok for you to be you. The world needs what you have to give.

Think of all the people throughout history who did something that nobody around them believed was possible. We would have been living in a completely different world had they not tried. Even if there are others doing something similar to what you dream of doing, if you feel passionate about it that's because you will bring something unique to the field.

Michael Jordan is known to have said: "I can accept failure, but I can't accept not trying".

Once you know what you want, you can't deny it. If you now live your life without at least trying, you will have to live with that feeling of having given up on yourself, which you will eventually try to numb out in one way or another. You owe it to yourself to at least try.

You might be surprised with the things you will discover about yourself along the way. And if you fail, remember that's no reason to quit. Every successful person knows that success is a result of perseverance. If you get up more times than you fall down, you will succeed. If you treat your mistakes as opportunities to learn and grow rather than reasons to beat yourself up, you will succeed. Forgive yourself quickly for your mistakes, don't dwell on them. If when you embarrass yourself you can laugh at yourself, you will succeed. Take it all lightly. And know it's not about the end goal - it's about the journey.

It's ok to dream. The universe will support you if you go. It never gives anyone a passion that is pointless. It will support you in ways you can't conceive of now. And the fact that there may be people around you who think it's a long shot doesn't mean you have to believe the same. You choose beliefs that empower you, and don't listen to anything that doesn't serve you. Listen to yourself. Trust yourself. You will either allow you to tell you who you are, or you will allow your environment and your past to run you. It's up to you. You can do it!

- 3) You don't know how to start. Well, just start! Make mistakes, be imperfect. If you're waiting for yourself to be perfect, well good luck! You are never perfect (what does that even mean?), and you only improve by *moving*. If you don't move, you don't grow, you don't learn, you don't improve... nothing happens.

It's strange to expect of yourself to be an expert from the start. This is a marathon. Your purpose is something that you grow in and with. You go through challenges, or shall I say you *grow* through challenges. Expect mistakes. But know it's ok, because you're learning, you're growing, you're moving in the direction you prefer - and that's all that's important.

The idea is to find your alignment. When I started doing 1-on-1 sessions and workshops, I was not fully aligned with my message... I wasn't entirely clear what my message was, in fact. But I had a direction. I was certain I had good knowledge to share. And that direction kept being refined and refined, like a diamond. I became clearer and clearer. Working with clients helped me by challenging me. I did the best I could with the experience I had, and by doing the most with what I had - I had more to work with. I grew. Surely, I wouldn't have become the person who can help *a lot* of people if I hadn't *moved*.

So, here is the permission you've been waiting for. The lights are green, and they won't get any greener if you wait. *Go!* Delve into it!

- 4) You have multiple passions. Your purpose is not necessarily in one area. Well, start where you can. Acknowledge those things that you love to do. There are many renaissance men and women out there. Some started with one passion that led to another. Others delved into a bunch simultaneously. In truth, all of us are passionate about more than one thing, surely. But not all of us are so passionate about several things that we will make a career out of each one.

Acknowledge each one and make an intention to act on all of them. Let them take you. One might be calling you more right now, and another

will be calling you more later on. In any given time, act on the one that calls you the most. Don't worry about outcomes. Dedication and persistence always produces those sooner or later.

- 5) It has not yet been revealed to you. Sometimes what we are most passionate about doing in life comes from our own struggle. Maybe you are still transforming your own struggle, and when you do you will help others do the same. I wasn't clear what my struggle was while I was going through it. Only looking back do I really understand what it was about and what it was for. Maybe there is a life-changing event that will happen in your life that will propel you in a certain direction. Or maybe it's something else.

Either way, the formula is the same for all: follow and act on what you find most exciting in every moment. Allow yourself to be yourself in every moment, best you can. By being yourself you cannot miss your purpose. Impossible. So be what is true to you at every given moment, to the best of your ability.

All for the Joy, Not for the Outcome

As a side-note, none of this means that while you're pursuing your passions you need to quit any other source of income you may have going for you. This section, let me remind you, has been about uncovering your passion and purpose. While it is likely to be what you wish to pursue as your career, don't put pressure on your passion by demanding an outcome out of it. Passion is something you act on because you are passionate about it. Period. It is *not* for the outcome, but for the joy of doing it, of living it. While I hope this book helps as many people as possible, I am writing it without any attachment to such an outcome. I am writing it because I am passionate about the topic.

Also, what has made me more successful as a teacher is knowing that I am an empowerment teacher whether I am getting paid for it or not. I share what I'm passionate about sharing because it's who I am - not

because it's a job.
My sole job is to be myself.

~

Beware of confusing the means with the end. Many people start off with their passion and then, without them noticing it, their journey becomes about money. Money is a means, not an end. The end is the joy of doing what you love while being of service to others. Money is part of the means you require to support you on this journey.

When you lose sight of the end - the purpose, you forget to enjoy the journey. You begin sharing in order to achieve a result, and not in order to express your passion. Then you start worrying and fretting about details and about the future, all because you've lost sight of *why* you're doing what you're doing in the first place.

The point is to do you. To do you is to simply be you. In the section *Integrating Doing and Being* we'll expand on this.

Fulfillment is that absence of gap between what you are doing in life and who you truly are. When you are doing things in your life out of an attempt to be someone you're not, you're acting against your own fulfillment. Simply put, being yourself *is* fulfillment. Many people are already living their dream but very sadly they don't realize it, because they are waiting for their bank account to (ap)prove (of) it. If it's not the bank account, it's something else. Either way, they are measuring their lives by how it *looks*, not how it *feels*. So, if you are able to express yourself in your life, if you are able to be yourself in your life - then you are 100% fulfilled. Nothing more *needs* to happen, for it is a joy to be and express your passion, however, more *will* happen, for the river flows and your being grows.

I'm not saying, by the way, that you shouldn't get rich from your passion - heck, by all means enjoy plenty of money, well and wisely spent. Only don't fall under the illusion that money in itself is ever fulfilling. It won't buy you happiness for the reason that if you expect it to you forget that happiness comes from *giving* - not *needing*. S/he who has something to give is truly the abundant one. S/he who tries to fill her/himself is the one

in lack. It's about being of value to others. Being yourself is the only way to do that. Being full and filled, you are always of value to others. It's when you're not being you that you withhold value from others.

I said before that the universe will support your passion, and I stand behind this. When you are aligned with your own purpose, your message... when you are authentically expressing yourself, to the best of your ability, of course - *the means you require will come to you*. This is my experience.

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Lastly, as you begin to act on your passion more and more, you will notice that your self-love and self-value increase. *Loving yourself, or valuing yourself, is acknowledging that you deserve to be ALL that you are*. Your passion leads you to all that you are, to your expansion. Therefore, following your passion and loving yourself truly go together. Following your passion is truly the one thing that leads to all things that your heart desires.

When you love yourself, you will love others as well. If acknowledging that you deserve to be all that you are is loving yourself, loving others is acknowledging the exact same thing about them: they deserve to be *ALL* that *they* are. Love, simply, doesn't see scarcity, but infinity. (See chapter Where Power *Isn't*, section Depending On Others For Power).

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Ok. Now let us focus on the being-oriented values.

Part 2 - Vibration: Being Oriented Goals

* I will be using the words 'trait' and 'quality' interchangeably.

In order to do what you chose to do on this planet, you need to BE that person. That person is the person who *lives their passion*.

Are you, right NOW, the person who lives your passion?

1) If not (and don't be afraid to admit it, because otherwise you'll miss what this book has to offer you), then what traits are you lacking that that person has?

2) Who are you when you are fully in your passion? Recall that feeling.

For example, you might come up with qualities like: confident, clear, inspired, and able to communicate clearly. You might feel joyful, connected and alive, loving and in the moment. Your worries are gone and you feel fully present (then write 'present' rather than 'my worries are gone').

The traits that you wrote down are valuable to you.

3) What can you take out of those traits (from 1+2) that you feel you can really act on and commit to? Is it being more present? Is it being more joyous?

Clarifying Vague Traits

In my personal experience, some traits are too general for me to really know how to be. For example, being joyous. I'm not sure what that means until I think about specifically what it means for me, which leads me to come up with words like laughter, lightness of being, appreciation and ease. So I take the traits that are vague for me and break them down.

The more clear you are with yourself exactly what you mean, the more successful you will be in the implementation of actually *being* the person you value being. Breaking unclear traits down turns them into other traits that you *are* clear about and can therefore commit to.

As an example, as opposed to using the term "joyous" which I feel to be too general and not specific enough for me - having an attitude of taking things lightly and laughing more (rather than being anxious and heavy and serious), being more playful and appreciative of things I come across throughout my day (rather than judgmental) - feels quite clear.

I can do that.

What makes a trait or quality clear is that you can feel its vibration, you can see yourself responding in that way. That means it is not merely mental or conceptual to you - not merely a word, but a state you can 'wear', if you will. It means that if you say, "Throughout my day I will respond with an attitude of laughter, lightness, playfulness, appreciation, ease and flow" - you connect to (or feel) this state.

In my being-oriented example sheet in the following page, the word 'alive' is vague and general to me. But when I picked those words that I feel I can commit to ('alive' was not one of them *because* it is vague), I realized that they constitute the sense of aliveness for me (meaning they already clarify it for me). The same goes for the word 'aligned' (which I used to describe the feeling that everything is in place). As it happens, the other traits I wrote down as ones I can commit to already are the breakdown, and they are 100% clear to me (which is why I feel I can commit to them). You might find this to be the case for you as well. The traits we feel we can commit to are usually those that feel clear, accessible and of course desirable to us.

If you feel you can commit to all of the traits you wrote down, then choose the words (or feeling you get from the words) that excite you or speak to you a little more than others. You won't be missing out on the traits you leave behind. The ones that excite you most are simply your entry gate, if you will, into your passionate self, where you are being *all* of the traits you find valuable.

There is no need to come up with many words. It's not about the quantity but about finding those traits that connect us with being who we value being. Writing down several words is good to help your vibrational wheels to turn and really tune into who you are when you are in your passion (question 2). Choosing the ones you feel you can commit to or that excite you most (question 3) is the process of distilling the vibration. Overloading ourselves with words will not help our clarity. Our aim is, in fact, accuracy.

~

Come back and revisit your being-oriented values from time to time just as you revisit your doing-oriented values. They serve as re-minders of the qualities you wish to have and be. Visiting them is like checking up on your

progress. It is most interesting (and usually pleasing) to check-in on your being-oriented values some time after you've made the decision about who you are, which we are about to make in the following chapter (chapter 4). You will find that living your new decision supports the qualities you have written down, and that each time you have a glance at your being-oriented values you will feel more and more the satisfying feeling that you truly possess those qualities.

Also, you may incorporate your being-oriented values directly into the decision you will make in the next chapter. You will then really focus on being this person that has these traits. However, the process that awaits you in the next chapter might make you want to focus on other qualities. Don't worry, though, because your being-oriented values will be included as what we call *Rays* (chapter THE APPLICATION, section Sun and Rays). They will be of great service to you, as you will see.

~

Being-Oriented Example Sheet

- 1) Traits I lack:
 - * Ease (which means to me: the feeling that things come to me easily).
 - * Being more giving.
- 2) Who I am in my passion:
 - * Happy * Alive * Expressive * Value myself / Know my worth
 - * Available/Open * Present & Engaged * Intrigued/Interested/Involved * Aligned
- 3) Traits I feel I can commit to:
 - * Happy * Valuing myself * Present & Engaged * Expressive (expressing myself with joy, excitement) * Ease. * Giving
 - All of these together make me feel alive, as well as aligned.

Part 3 - Integrating Being and Doing

The traits you value are traits you value *at all times*. The idea is to be able to say: I do what I am, and I am what I do. In other words, having no gap between who you are and what you do means that you express yourself fully through your career, hobbies, relationships and absolutely everything you do, so that whatsoever you do becomes an avenue for you to express yourself.

For example, if being loving is a trait you highly value, you ought to be in an occupation that allows you to express that. However, you will creatively find ways to express it in whatever you do. Then, what you do and what you are, are the same: You be/do loving.

What would be the point in not being yourself at all times, only sometimes.... Whatsoever you do, bring yourself - who you really are... who you choose to be - into it.

I don't empower people only when I'm coaching or sharing as a spiritual figure. I *am* empowerment (empowering). It's in every little conversation throughout a day, including on social media. Because of who I am, what I do is look for ways to always find the bright in people, to see them in the most positive light and hopefully have them see themselves the same way.

Integrating your being-oriented values with your doing-oriented values simply means focusing on being the person you need to BE in order to DO what you need to do. **Embody** the person who lives their passion.

If you are going to a party, you dress and act like the person who is going to a party. If you are going to a business meeting, you dress and behave as the person who is going to a business meeting. Your destination determines your state of being. So, in the same way, *be and behave (be & have) as the person who is going to do what you are going to do*. What state of being is that person in?

Take a look at your doing-oriented values and then at your being-oriented values. Are the latter describing the person you need to be in order to do what you value doing?

It is highly likely. You can see how having those traits supports everything you wrote in your doing-oriented values.

If your answer to the above question is “not completely”, that’s ok as we have yet to reach our central decision about who we are (in the following chapter). This decision will surely support in becoming who you need to be in order to do what you wish to do.

~

You won’t get to where you are wanting to get to by doing alone. Our western society is extremely doing-oriented. Action is incredibly important, and in fact nothing really happens without it for we are all living a *physical* reality. However, doing without being is powerless. Being in the right state of being will make your actions fruitful. It will lead you to take the right actions, and at the perfect timing. We all know the feeling of flow. When you’re doing things out of the flow, the results are weak and the way is difficult. But not so when you’re in the flow. So getting into our preferred state of being is where we begin our flow. And our preferred state of being is being who we were meant to be. No fear of shining.

THE PRESENT OF THE PRESENT

Creating reality is not something you're doing at a certain time but not at other times. It's a verb. An on-going unstoppable stream of creativity.

It doesn't matter what you did. It doesn't matter what you will do. It only matters what you're doing **NOW**.

Only NOW are you ever doing. And by "doing" I am referring to what you are doing *vibrationally*. Are you putting out the vibration you prefer to be putting out? Simply, are you vibing how you like to vibe? Because what you put out, you get back. What you type into the universal computer is what's printed out. It doesn't matter how you vibed up until now, it matters only what you're doing, vibrationally, **NOW**.

HERE & NOW is your point of power, for it is the place of creation. **HERE & NOW** we begin the journey of creating your reality according to preference, as you take back your rightful place as the arbiter of your experience.

MAKING THE CONSCIOUS DECISION ABOUT WHO I AM AND THE REALITY I PREFER

We've reached the central part of our work: making the decision that will change the direction of our lives. Hopefully, addressing our values (particularly being-oriented values) in the previous chapter has helped us become more clear about who we are, and this will assist us in formulating our decision about who we consciously choose to be and what is true for us.

It's time to be the person you prefer to be.

By the way, the version you prefer to be is truly your *natural self*. That is what we are un-covering, digging up and out from within you. As I have mentioned throughout the book in one way or another, we all simply want to be who we naturally are. While we believe we are waiting for permission from others or from the world, it is only our own permission we require. Deciding to be who you desire to be is no different than allowing yourself to be your true natural self. Let me spell it out clearly, if I may: who you want to be is who you already really are. We are merely allowing you out of the cage.

~

We've said that decision gives you direction. Deciding who you are is deciding what vibrations (or what realities) you wish to associate yourself with. Another way to say this is that who you are being depends on where you see yourself going. If, for example, you have it in your mind that you are going toward success, you will hold your head up high - at least higher than if you (unconsciously) have it in your head that you're going toward failure. Whatsoever your perceived destination, you will (energetically) dress up and behave accordingly.

Your decision about yourself is how you think about yourself - and that's *everything*. It determines how you flow through situations.

You are already thinking of yourself in a certain way, and several of those

thoughts are not conscious. Patterns repeat themselves until we have the awareness that we have a choice - to do or respond differently. When you start thinking of yourself in a new way, by making a new conscious decision about yourself, you will find yourself in the same situations (at first), but new choices will occur to you. You will suddenly see the possibility to respond differently.

When you make a new choice you begin a new creation. When you respond differently - you are a different person, a different version of yourself - the version that responds *this* way and not *that* way. If you can accept that you are a *new* person, and that your new decision is registered, you understand that the old pattern - the old reactions - are now no longer in control. You are a new person with new responses. Now, as you keep reinforcing those new responses, you are calling forth a new set of circumstances.

~

In formulating the conscious decision about who you are, you are choosing to define yourself rather than be defined by others or by your circumstances.

You want to formulate your decision as clearly as possible. If you formulate your decision without complete clarity, don't be surprised when you feel not completely clear as you attempt to apply it. Clarity and empowerment go hand in hand. When you're clear you move without what I call 'the vibration of hesitation'. You broadcast a sense of wholeness.

In essence we are defining the vibration of the reality we wish to experience. How does it feel? What feelings do you wish to connect with? What descriptive words would you use? How do you, in your ideal version, think of yourself?

Think about it before reading on. Feel it.

As an example, you might prefer to think of yourself and see yourself as successful. Perhaps joyous too. Perhaps thriving and connected, healthy and abundant. Perhaps giving, blessed and trusting in your path. You can

choose several descriptions of your preferred state of being. Do not lean on my examples. Really think and feel for yourself. This is YOUR decision. Make it *your own*.

See in your mind's eye how your preferred version responds to particular situations. Feel free to choose challenging ones, and envision yourself responding in the most empowered way that occurs to you. Allow yourself to feel what your empowered self feels.

Taking the time to actually do this will pre-pave new paths for you that seemed blocked off before or did not even occur to you. You know what they say - "if you can see it you can be it". So take a moment to see it.

See yourself saying "no" where you were afraid to say "no" before. Saying "no" to what you don't prefer is saying "yes" to what you do; it makes room for it. See yourself no longer feeling responsible for how others are feeling, allowing yourself to be guilt-free. See yourself feeling fearless where you were anxious and worried before. Allow yourself to see what you *want* to see.

Having begun to pre-pave a new way to be for yourself, you are now allowing yourself choice. In every circumstance you will either react as you always have, or you will re-call your new vision - your new version - and respond as *that* person.

It is important to allow ourselves to acknowledge the alternative to our habitual way of being. We can always take a moment when we have one to consider what would be the best response in a particular situation.

Now that you have become clear regarding the atmosphere you desire to experience and the attitude you prefer to have, it's time to put everything we've come up with on paper.

Powerful Ways To Connect With The Person You Prefer To Be

We are looking for descriptive words or short concise phrases (descriptive of particular states of being) to include in your decision about who you prefer to be that truly resonate deeply with you. The previous section has

warmed us up, but now we will connect deeper, through these powerful ways to *tune in* to the version you prefer to be. If the previous section asked you in general what you wish to create for yourself, this section gives you specific guidelines.

We want to go deep and make this decision from a truly connected place. You can choose 1 or more of the 5 ways offered below, according to what resonates for you.

*If you find this difficult to do, come back to it at another time when you are feeling better. It's not hard, but when we are not in the right space it will seem hard.

Ok, let's get to work. Here are some ways to tune into who you (really) are:

1) Recall a moment when you felt powerful, in the zone, tuned in, alive, invincible, inspired. Or a moment where everything felt right and you were in a state of joy. A moment in which you felt no gap between who you really are and who you were being there and then, and you just knew "this is who I *really* am". A moment in which you expressed and lived your truth.

Take any moment or moments that you wish, and describe the person you were. Take your description and extract from it the key descriptive words (like strong, connected, appreciating life, knowing my worth, confident, compassionate, free to express myself, etc). We will use these descriptive words and formulate them into a statement in the following section.

2) Think of people who have inspired you throughout your life. What was it about each person that attracted you to them? Write down those traits.

These are aspects of yourself that you wish to call forth. You see them in others only because they are in you. No longer must you attribute them to others and see them outside yourself, because you can *be* them.

The aspects we admire and are inspired by in others, are our own true selves calling us toward who we really are. If you did not contain those aspects within you, you would not see them in others. Those are traits you are interested in experiencing yourself, otherwise they wouldn't ignite you.

So you want to find them within yourself, to develop and embody them. Therefore, incorporate them in your statement.

3) Refer to your being-oriented values (from the previous chapter). In this section we focused on who you are when you live your passion. You can use all of these traits to formulate your conscious decision, or you can pick a few that really resonate with you and pick some others using the other ways suggested herein.

4) See what you think you are lacking. If you have interpreted your wanting as “I am lacking this”, here is your opportunity to change it around and see that wanting is simply telling you what you are ready to begin to call forth from within yourself.

I love this particular way of tuning into my true natural self. Lack feels unnatural, have you noticed? That’s why we automatically try to get rid of it. In the section **Wanting** in the theoretical part of this book, I have redefined wanting thus:

Wanting is *not* telling you what you don’t have, *it’s telling you what you **do** have within you, and that you are simply desiring to now begin to call it forth!*

Practically speaking, if you feel you are lacking abundance, then re-call that aspect of yourself forth. It is already within you! *Tune into it*. Focus on it. Connect with it. Really bring it forth, even if it feels like a little effort at first. It’s like getting something you haven’t used for years out of your storage room. It’s dusty and you may have to move things around to reach it. But really it is a matter of allowing the desired aspect to come forth to the forefront of your consciousness. For a moment or three allow yourself to completely disconnect from your current reality and connect with this new reality in which you feel abundant. What does it *feel* like to be abundant? Let it wash over you and take over your reality.

Your head was turned one way, focused on a particular reality - now you have turned another way, where you see a different reality. And that’s all there is to it: both realities already exist - it is just a matter of which one you are choosing to look at. That’s the one you will see.

Write down every aspect you feel to be lacking your life, and do this exercise of calling it forth with each one.

Here's a list of some aspects to help you out: intimacy, self-respect, security, support, courage, vibrancy, health, lightness of being, silliness, amusement, laughter, humor, mischief, confidence, assertiveness, connectedness, sexuality, compassion, forgiveness, good communication, connection, free expression, peace, relaxation, creativity, carefree, simplicity, playfulness, seeing life as a game, etc.

When we formulate the decision about who you are, the aspects that you have now called forth will become your new reality.

5) Perhaps as you've been reading this book, certain words such as "abundant", "healthy", "joyous" have resonated, causing you to feel a 'YES! *That's what I want to be true for me!*' echoing within you.

Those words that excite you are quite possibly vibrational realities you prefer to create. Recall those words that jumped out of the page for you. Write them down.

Sorting

You don't necessarily need all of the words you have written down. Whatever descriptive words came up for you, make sure you know what they mean to you (perhaps you wouldn't have at all written them down if you didn't know what they mean to you). The less vague you are, the better you will be at applying your conscious decision and being a deliberate creator. So, firstly, let go of any words that feel vague. Secondly, see which ones excite you the most, and keep those. Thirdly, see if some of the words you wrote are very close vibrationally - if so, see if you can choose one "vibrational representative".

Lastly, if you have words or phrases which are negative, like "not afraid", you might want to shift them into the positive. The reason this is important is because "fearless", for example, still has fear as its focus. It still gives energy to fear. The positive might be "in my power" or whatever you

exactly mean by “fearless”. Then your focus is on being in your power rather than not being afraid (focus on *power* versus on *fear*).

However, often using the word that describes what we don’t prefer (in this case *fear*) and then using a negative (*less*) sometimes gives us the exact state we prefer, by contrast. “Non-serious” may put us in a humorous state, and “weightless” may put us in a light state. We know whether to use “humorous” or “non-serious”, “weightless” or “light” by seeing which one *feels* like the state we prefer.

It’s only important you are focusing on *what you prefer* not on what you don’t. Therefore the words you use should point toward *that*.

Formulating The Conscious Decision About Who I Am

Formulating the conscious decision about who you are is coming up with a statement. When we formulate our decision, we begin with the being... you: I Am. Then we describe the state of your being, or the *statement* of your being - *always in present tense*.

As I mentioned earlier, we want to be utterly and totally clear about the decision we are making. I will explain now how to formulate the decision and demonstrate the level of clarity I am speaking of. We need to know *exactly* what we mean in our decision. Every word you use is a possible way to be, so make sure you are not just using words but understand the state of being or the feeling that the words points toward. I know I have emphasized this already, but it makes the whole difference.

As an example, I will share with you the statement I made about who I really am at one part of my journey. It has changed since, as the journey is one of growth and it simply occurs to us every once in a while that we would like our statement of being to be focused slightly differently, and therefore we re-create it (=re-create *ourselves*), using different descriptive words. What occurred for me is that living my decision raised my frequency, and at my new frequency I found different words to resonate for me. Our (vibrational) needs change as we grow along, according to where we are and what we re facing.

That aside, here is the example:

Statement: *I am a thriving, relaxed and joyous being, who revels in wonderful connections, and enjoys health and a constant flow of delightful surprising presents on my path, that I get to unwrap.*

The aspects I had chosen to incorporate into my statement of being were: thriving, being relaxed, being joyous, good connections/relations, being healthy, having a positive attitude/response toward whatsoever flows my way. These were formulated into the statement above.

You have, at this point, a sorted or distilled list of the aspects you wish to experience. It is a matter of getting to the essence of who you are. You are ready to formulate your statement.

Each of us must find the perfect wording and formulation for themselves. For me, the word “thriving” included the sense of abundance and having everything go my way (which is why I didn’t include the word ‘abundant’ - similar vibrations). However, since to me, personally, this is a very energetic vibration, I felt to add the word “relaxed” immediately after. The vibration I was going for was energetic yet at ease. Otherwise it would have felt too hyped for me, too intense, overwhelming.

I placed the word “joyous” in my statement as a reminder of the vibrational state I wish to be in in relation to whatever occurs. I liked having it right after the word “relaxed”, because they go together for me. Relaxed and joyous.

At the time of formulating this decision I felt connection was lacking in my life (see #4 in Powerful Ways To Connect With The Person You Prefer To Be). So I called this aspect forth and included it in my decision about who I am: “I am someone who revels in wonderful connections.”

Very quickly after incorporating this aspect in my statement I began to notice that it is true. It felt like it had always been true but I simply never focused on it. Now that it was incorporated in my decision and brought to the forefront of my consciousness, by preference of course, I began to see

it. I began to appreciate the connections I already had and to see how wonderful they are, and I also noticed this with every single new connection whether it lasted 2 minutes or turned into a lasting one.

Health was another aspect I felt somewhat lacking in my life at the time - lacking enough for me to want to create more of it. I wanted to do this by connecting to the sensation of health, the vibration of health, and simply allowing myself to enjoy that.

By incorporating this aspect in my decision I was reminded frequently that I associate with health. We always associate with one thing or another, one vibration or another. I remembered frequently throughout each day to enjoy and appreciate the feeling of being healthy. Surely, in time, this feeling became more and more dominant in my life. I began to think of and see myself as healthy.

I will address the last part of the example statement in the following section, Unexpected and Unknown.

As we've just seen, the order in which you place the words that describe who you declare yourself to be should feel good to you. It's like you're creating a magick potion - a vibrational potion - and your aim is to produce with the most accuracy the desired atmosphere for your life.

Another little tip: personally, when formulating my statement I like to first use those words that are easy for me to match vibrationally, and that allows me to be "ready", so to speak, to vibrationally meet the other descriptive words as I read my statement. For example, if I use the word "light" (as in "I tend to respond to situations with lightness of being") before I use the word "joyous" it already sets me up for that word, making it easier for me to vibrationally embrace it, to accept and allow it.

Go ahead and play around with the words you have until you find that formulation that feels like the jackpot.

Most of all, *enjoy!* You are birthing yourself anew!

~

Be creative with your statement for you are creating. And what I find exhilarating is that you are creating ***yourself***, as you *truly* know yourself to be - and not how you were taught to be.

If it takes time, let it take time. Leave it and come back to it several times if you need. If it's difficult to find your statement, let it be a little difficult - in a moment of inspiration it will just be there.

If you end up changing the words in the last second, who cares - it only matters that it feels right to you. Our process was to bring you to the space where your statement occurs to you. Let go of the process and listen now to your inspiration.

Soar! Eventually it is not the words that matter, but your connection with your preferred state of being.

In the end, your statement of being should be quite simple and concise.

~

Your statement, when it truly resonates with you, truly hits home, has incredible power. It really is magick. When you are clear about who you choose to be, nothing is going to stop you.

You are a flawless creator. Whatsoever you have created in your life you have done so flawlessly, whether it was perfect misery or perfect joy. But now you are consciously creating. You know what you are doing, what you are putting out. You are conscious. You are back in control!

Unexpected and Unknown

Leave room in your statement for the unexpected and unknown. The unexpected and unknown are a huge part of our lives. Without them nothing would ever change and we would never grow; everything would just repeat itself. But the unknown holds our expansion, and the unexpected is where the road takes a turn *toward* our expansion. By incorporating a positive attitude in our statement toward unexpected occurrences, we are preparing ourselves to see those occurrences as delightful surprises in the direction of our expansion, growth and fulfillment - rather than annoying interruptions. Hence I incorporated in my statement that “I enjoy a constant flow of delightful surprising presents on my path that I get to unwrap”.

At the time of incorporating this into my decision it wasn't true for me. I wasn't experiencing my life in this way. Yet I wanted it to be true and decided to make it true. By incorporating it into my statement of who I am and what's true for me, it very quickly became true. Again, it is the simple mechanics of focusing differently.

I began to notice that it is true that I live in a constant flow of presents - present moments. The unknown is always flowing into the known, we do not know what the next moment will bring, and the next, and the next... until we experience it. I like to say that the future is only known when it becomes the present, so if you want to know the future - be in the present.

It occurred to me that if I know that I don't know what the next moment will bring, why am I so surprised when there is a surprise?

I seemed to have accepted the obvious: surprises are an inescapable part of life. They arrive in a reliable and constant flow until they day we croak.

Of course we all love certain surprises and strongly dislike others. Being proposed to by the man of your dreams, and at exactly the right time, is a fabulous surprise, of course. Hearing that a dear friend of yours is in the hospital is a surprise you may feel you could have done without. When I wrote the statement above, my intention with the word 'surprising' was to mean 'exciting', as in “delightful exciting presents”. I was thinking of the

positive side of being surprised, as the adjective ‘delightful’ indicates. I wanted to be pleasantly surprised by life.

You could say this was my way of declaring “I am open to receive”. However, often we place conditions upon how things should come to us. Sometimes a really amazing surprise can seem pretty terrible at first glance. We are quick to judge things as good or bad. Sometimes when we take the time to look back we see that a “bad” surprise ended up being really great for all involved. Maybe the friend at the hospital was having relationship difficulties with his spouse, but when she’d heard he almost died she suddenly realized how petty their arguments were and that she was actually incredibly grateful to be with him. Life has a way of making us see what we need to see. Usually if we are not stubborn, the messages we need to receive will find us in magickal and inspired ways, not so much in earth-shattering ways.

Here is a story I love that just might get us to stop before we instantly judge something as good or bad and admit we don’t know. I believe it is Taoist in origin.

~

A farmer and his son spent their days growing crops, with the aid of their horse.

One day their horse ran away. The neighbor came to the farmer’s home: “I’m sorry you lost your horse, it’s terrible”, he said sympathetically. The farmer replied, “Possibly”. The neighbor left not quite understanding the farmer’s response.

A few days went by and the horse came back, and along with him half a dozen wild horses. Seeing this, the neighbor rushed over to the farmer’s home to celebrate. “What great fortune!”, he said. “Possibly”, replied the farmer.

The following day, while the farmer's son attempted to tame one of the wild horses, he fell off and broke his leg. The neighbor came over: "I'm sorry about your son, what a misfortune." The farmer replies: "Possibly".

A few days later there was a knock on the farmer's door. It was the army. They were passing through the village to recruit all able-bodied young men for the war. The son was spared due to his broken leg. The neighbor came over to congratulate the farmer on his great fortune. Was it a great fortune? Possibly.

~

No event is inherently good or inherently bad.

~

What I never did prior to making the statement we are discussing was consciously develop a positive relationship with those direction-changing events called surprises. My tendency was to see them plain and simple as a pain in the butt. I felt they were taking me out of my way, not knowing they were my way.

After having incorporated a positive attitude toward the unexpected into my statement of being, when something unexpected occurred I associated it with being a delightful present rather than an annoying interference. This really changed everything. I was now excited to see where this turn in the road leads!

This book states many times in many different ways that what you give to the situation - the situation gives back to you. Hence, by simply allowing myself to know without a doubt that it leads to something positive (that serves me), I was open to receive something positive from it. I've been referring to this as trust throughout our book. By expressing positivity toward the unexpected event, I experienced it positively.

Today I find it incredibly strange: if we are always faced with the unknown, how come it never occurs to us to develop a loving relationship with it? This determines almost the entirety of our experience! One of the most important questions to ask yourself is: *Is life a gift or a punishment?* This

really is a question about how you see your past as well as your relationship with the future, which is always unknown. If you are open to seeing that everything is for your best, you live in wonderful excitement, eagerness or positive expectation. If you expect punishment, you live in fear and guilt.

You may include anything in your statement in relation to the unexpected turns or plot twists that feels good to you. Examples: “I respond to the unexpected with excitement, eager to unwrap the gift it holds for me”, or “I love knowing that life is always in my favor and everything always works out in the best way possible”, or “I love knowing that when something unexpected happens it’s time for me to get excited for my next level (my expansion) is right around the corner!” Or... whatsoever flows from within you.

Whether it’s small unexpected things or big events, they are both a part of the way and not an interruption.

After a while of living my decision to enjoy the constant flow of delightful gifts on my path, I had suddenly noticed that those gifts *had been there all along*. Life was always helping me, never against me. Even when things were really hard, looking back I can see the reason and what I learned from it. Now I began to see just how supported I am. We naturally associate receiving presents with being loved - and that’s how I began to feel, knowing there would always be presents to receive, and feeling utterly taken care of. I also automatically knew that this is true for everyone, whether they care to see it or not. Each stage of our experience includes preparation for the next one. While we want to just receive certain manifestations, we don’t seem to consider that we must grow toward them - we must be prepared and ready to live them. Surprises - even those that come in an ugly wrappings - are gifts. If we trust that every single experience belongs to our path, we will always know that everything is perfectly in place.

THE APPLICATION

I want to remind you that I didn't always experience this (what I just described in the previous chapter), but when I decided to make it true for me, it became my experience. When I first made the decision I admittedly didn't know at all where it would take me. It took me far beyond where I thought it would. We can't quite know how big the change we will experience once we make a conscious decision. Life responds and begins to give us the experiences we need in order to re-adjust to our new chosen way of being. We don't often understand the process of re-adjusting until we're pretty much on the other side. Many of the times (if not all, I don't remember...) that I had made a conscious decision / statement of being in my life, things quite immediately started going in an unexpected way. My first thought was that my decision-making was utterly powerless and didn't work at all, because the way I thought the decision would become my way of being and my truth, and the way it actually happened - were *completely* different.

Life, or our higher self, is like a genie: you make a wish, but you don't exactly know how the genie is going to make it come true. All I can say is that after making a conscious decision, you are given the exact perfect experiences that teach you how to embody it. You might not at all see the connection between the experiences you are living and the decision you made. But one day soon, without even realizing it, you will effortlessly be the person you decided to be. You will think back to the decision you made and go "wow, I really am thriving, relaxed and joyful, reveling in marvelous connections, enjoying superb health, delighting in surprises as they come and flowing with my presents".

Each part of your statement of being may take you on a journey. For instance, if your health is not superb, you will go on a journey from being that person to the person whose health *is* superb. The kind of journey it will be depends on the level of resistance you have to health and everything that comes with it. Whatever ideas you have that are not in accord with your health will be shifted through synchronicity as you become the healthy version of yourself. What that means is that you will begin attracting information, experiences and whatever is relevant or

necessary for you to shift your ideas. Perhaps this book is part of it, for instance.

It is the same with every aspect you are shifting into. If we take abundance, for example, then you will morph into the person who is abundant. In that process of morphing you will lose all of your resistance to everything that is incorporated in the experience of being abundant. So that could be morphing your beliefs about what abundance is, for example, thereby no longer making it something that is “over there” and beginning to acknowledge that the vibration of abundance is already 100% available to you right here, right now.

Simply, every idea/belief you have that doesn't agree with your new statement will be challenged and eventually thrown into the “thank you, but your services are no longer needed” bin. You can't hold two contrary truths simultaneously. So understand that by committing to your new decision, your old decisions about what's true will be parted with.

As this happens, we often think something has gone wrong. We don't understand the extent of the change we are asking for. But the genie (life) does. *While things seem to be going contrary to your new decision, they are actually shifting you into your new decision.* Remember this! Trust the process, and don't doubt that your decision is taking place.

~

I let go of controlling the *what* and the *how*, delegating it all to my most trustworthy genie, while I do my job which is to trust that I am being shown how to be the person I chose to be.

~

Having formulated your conscious decision through the process offered in the previous chapter, applying it will be quite natural and easy. You've formulated it from your being, not from your head. Our process really included intention, not wishful thinking. It was a process of tuning in, finding what you prefer to experience and honoring that by bringing it to the forefront of your consciousness, then formulating it into a statement of

your being, declaring who you are, in a way that is crystal clear (to you) and resonates perfectly. Your statement is fine tuned.

Isn't it fun creating yourself?

When you make a new choice you begin a new creation. When you respond differently - you are a different person, a different version of yourself - the version that responds *this* way and not *that* way. If you can accept that you are a *new* person, and that your new decision is registered, you understand that the old pattern - the old reactions - are now no longer in control. You are a new person with new responses. Now, as you keep reinforcing those new responses, you are calling forth a new set of circumstances.

Preferred state of being

|

Conscious responses in the NOW (rather than automatic reaction)

|

New set of circumstances

The paragraph above is from the previous chapter. It bears repeating for now is the time to accept that you are a new person - the person you've decided to be.

Opportunities

Having made your new decision, you will now receive opportunities to act on it. Every situation presents you with the question of who you decide to be in relation to it. You can't escape decision, and you haven't - you have made your decision, consciously and intentionally. Now you are called to *commit* to it. It's no big request of you because you will commit to one thing or another anyhow - either your old version or your new one. Every situation will give you the opportunity to commit to one or the other. Now you get to choose! And you choose you get to choose *consciously*!

When you are feeling that you are not living your decision, it means you are living another decision - one that you didn't consciously choose and perhaps one that you don't prefer. Stop, then, and re-align. Re-commit to your purposeful decision. Remind yourself of who you are. Remember the present of the present: if you forgot to be your chosen self - it doesn't matter, even if it was for a very long time - *NOW* is a fresh moment, a brand new opportunity to choose again.

Let's look at an example of re-aligning: If you see yourself reacting with drama when your new decision states you are now the person who responds with ease, that's ok. Don't decide now that your new decision isn't sticking. On the contrary, the current situation is *reminding* you "oh, right, this is my *old* version, I am no longer this person, I respond with ease." Now that the situation kindly reminded you, you are actually at ease. It reminded you of the vibration or feeling of ease.

There is no separation between mentally *thinking* "I am responding with ease right now" and actually *being* the vibration of ease. If you know what ease means (and we have made certain to choose only words that we know what they mean), then you can be it. The moment it occurs to you, you embody it - unless you include the idea of 'trying'. If you are trying to respond with ease, then you are in a state of effort. It is not about achieving the state sometime in the future, for it is available right now. It is simply a matter of choosing it.

The universe will give you plenty of opportunities to implement your new decision. Remember to see those situations as opportunities. If you see them this way you will be eager for the next drama-inducing situation to already occur, for you will be eager to implement your new way of being: you will be eager to choose ease.

~

You don't have to remember your statement by heart. This is not about repeating it. This is not a mental exercise. Again, the process in which we chose the descriptive words - the aspects we want to focus on - was one in which we connected to those aspects. That's all creating really is: calling forth dormant aspects to the forefront of our consciousness. It all already exists, it is merely a matter of allowing those preferred aspects to surface and become our focus. Since you have connected with those aspects, they will come into your thoughts.

The Environment Doesn't Decide — It Reflects

Now you will find that the vibrations you included in your statement will come knocking on the door of your consciousness throughout the day. If, for example, you included the word/vibration "relaxed", it will suddenly occur to you in a particular situation or moment of the day that you can choose to be relaxed. That is because you chose it, you chose to incorporate it in your experience. That is the power of your intention. The more you now allow yourself to choose it as it knocks - meaning to *feel* relaxed, the more it will come knocking. Every time you choose it you are giving it energy. Now, having incorporated it into your statement, you have opened the door to have this aspect become a part of the way you are.

Don't be surprised if soon people start to say "(Name) is so relaxed (or whatever aspects you chose)". When I began making conscious decisions about who I am, my environment responded always. People around you will see it. Strangers too: when I incorporated the word/vibration 'happy', which called me and resonated for me, everyone I met reflected back to

me - “wow, you are so positive, you are so happy”.

The environment doesn't decide anything, it reflects your decision back to you.

You didn't know this before because your decision about yourself was not conscious. Until you decide, consciously, intentionally and clearly, you seem to allow everything around you to decide. Having made your decision, you have disempowered your environment (which never really had any power but that which you gave it) and re-empowered yourself. You can now be and respond as you've decided. Every single word/vibration/attitude that you included in your statement, you've intended, you've decided to be that. Our process was one of *feeling* our way, not merely writing words down. Hence in the process of creating the statement you already felt your new way of being. You've exacted your statement and now you will live exactly that state, and receive its reflection.

As your new statement of being gets expressed through you in your reality, you will notice that it doesn't really matter what is happening. That is to say that you will find that you have the ability to feel as you choose to feel regardless of the circumstance.

Your responses are no longer determined by the circumstance, but by your decision. You know how you want to be, and you have become totally *clear* about who you are. Crystal clarity is all it takes to regain control. When you are clear with yourself you are at ease.

Your statement is between you and yourself. You know that you are not affected by others; *you* choose how to be, feel and respond. You have such a clear guideline now for making that choice. One that you have created for yourself, according to preference.

Now, allow your statement to infiltrate you, your life. *Use your* situations as opportunities to be the way you have decided now to be. Your statement is not an affirmation that will one day be true, it is *already* so. You are now *being* this person. You have paved a new way to be for yourself. You affirm it every time you be, feel and act as the new person you have just decided to be.

~

I've had many clients whose normal reaction to many of life's situations was to freak out. During the process of making their conscious decision, all of these clients reported that it had occurred to them that the word/vibration/state "relaxed" was an aspect they wanted to choose to incorporate into their experience. They *saw* themselves in their mind's eye responding calmly and feeling at ease within. They *connected* with that aspect of themselves. Then they incorporated it into their statement. Now when things that would normally freak them out occurred, they weren't phased. They would write me explaining what had happened and how they would have reacted in the past, and that now they just feel no need to react in that way.

Being *clear* about another possible way to respond to our life's situations is really all it takes for us to choose that other way. It becomes especially easy when we are clear that only one of those ways serves us. If I asked any of my clients whether freaking out is a reaction that serves them none would say yes. Then why did they keep on doing it? Because they couldn't see the alternative. Sure, they could intellectually understand that they might prefer to respond from a relaxed state of being, but they didn't see *the possibility clearly*.

One has to really become aware of the possibility, the vibration of being relaxed, the feeling. Once it is known, it can be chosen. Otherwise it is but mental.

This is why the point of this book (the practical part) is not merely to make a decision, but to really connect with those vibrations that we prefer, those states of being.

Specifics

So far we've focused on the general state of being of who we are, as that is what matters. As it begins to matter, to formulate around you, to reflect back to you - specifics begin to occur to you. In other words, as you enjoy

being who you prefer to be and watching yourself respond as *THAT* person, gradually specific ideas and actions begin to enter your awareness. Act on those ideas, take those actions. Reality is manifested from the general to the details. It can be an urge to make a phone call to someone you just met, an idea popping into your head to ask for a raise, an urge to change your diet... it really can be anything... but it comes with a sense of “rightness”, like “this is what I need to do”. It feels right for your growth.

It might take a little courage, but you’ve come all the way to the door - surely you’ll open it now. Since you’re a vibrational match to the reality on the other side of the door, the ideas you act on are likely to yield great results for you. Even if some don’t yield immediate results, they will be planting something for yet your *next* level... by acting on your excitement you’re always sewing seeds, and when it’s time, you harvest.

In the section Re-Fresh I will expand a little on how to manage the anxiety that appears right before the arrival at the next level of you.

Specifics also show up through all sorts of synchronicities. You will simply receive the right information and meet the right people that will help you make your statement of being into your natural and effortless experience.

Sun and Rays

Your statement of being is what I refer to as the Sun. If you feel to add “sub-decisions” or *Rays* to your Sun, by all means do. Your Rays are decisions that support your central decision (your Sun). They are phrases, short sentences, that help you remember and connect to your chosen statement of being. You can write them underneath your statement or literally draw a Sun with Rays shooting out of it. If you choose the latter, your central decision will be written inside the Sun and your sub-decisions along your Rays. What’s important is that you write it down in whatever way feels good to you and makes your Rays accessible and easy to read.

Here we come back to your being-oriented values. I highly encourage you to make them into Rays. So, if one of the qualities I value is being present & engaged, I can incorporate it as a Ray by simply stating: “I am fully present with and engaged in whatsoever I am doing or whosoever I am talking to”, or just: “I am present and engaged in what I do”.

If another quality is valuing myself, I can state: “I value myself. What others may think of me does not affect (or determine) my value”.

If yet another quality is happiness, I can simply state: “I am happy”.

The short sentence “I respond to situations in a relaxed manner” supports the central decision we have worked with as an example - that “I am a thriving, relaxed and joyous being...”. Even though this statement of being already contains the word/vibration ‘relaxed’, we might feel that stating specifically that we choose to respond in a relaxed manner *strengthens* this aspect of our statement, our Sun.

Any aspect of your statement that you wish to enhance, phrase it simply as a Ray.

Your Rays can be whatever you feel excited about, whatsoever you feel will support you in becoming the version you prefer to be. I find that Rays that remind me that I create my reality and that I am able to stick to the state of being I prefer are very useful. For example: “I have the ability to respond to any situation in the way that I prefer”.

More examples:

- * “I trust that life is in my favor” (this supports the aspect of the Sun that has to do with being excited about the unexpected)
- * “Who I choose to be already exists, I am merely allowing it in”
- * “I am willing to respond positively”
- * “I always have complete control over my response”

- * “Everything I see is a reflection of me. I am the creator of my reality. If I smile within, everything I see without will become bright. I choose to smile.”
- * “I am conscious of my state of being at all times. If I find that I am not in the state I prefer to be, I easily re-align.”
- * “My state of being is in my control. There is nothing else I need to control (including the responses of others).”
- * “I am who I decide to be. Who others decide to be has no effect on my decision. No one decides for me but me.”
- * “I remember to laugh often. Joy and ease are my way, every day”.
- * “I speak up when I need to. It’s easier to do this than to delay”.
- * “I have a playful and carefree attitude. Life’s purpose is joy”.
- * “I am centered in my being at all times.”
- * “I flow with ease, trusting I am the person I need to be to best serve every situation.”

Be creative.

Noticing The Differences

Noticing the differences between who you were prior to making your conscious decision and who you are after is a very important step in the application! I had mentioned in the section Unknown and Unexpected that before incorporating into my decision the statement that “I enjoy a constant flow of delightful surprising presents that I get to unwrap”, this wasn’t true for me. But having it come up for me in the mornings and throughout my days, it gradually shifted my thinking. *Noticing* how I was

thinking differently is what I mean by noticing the differences. Not only that, however, but noticing how I *respond* differently.

In my case, my thinking started changing when something apparently mundane would occur - like receiving a message in my inbox from someone - yet suddenly I would think of it as a surprising present. Before, I would think about it as something annoying because now I have another person I need to respond to, another person bothering me. So heavy! Now my thinking leaned toward the idea that there is a gift within the interaction, and I am eager to unwrap it!

This shifted my actual correspondence, of course, because I wasn't taking it for granted, but feeling grateful for it. I was honoring the other person, knowing that this experience is not out of place, not an interruption, and that no one I ever interact with is only there to take - for there is *always* something to receive, even if by contrast (meaning, by them showing me what I don't prefer, thus allowing me through the exploration of differences to align with what I do prefer).

This is only one little area within the aspect of delighting in the unexpected where I began to think and respond differently. With time I noticed so *many* differences, and the more I noticed them - *the more I empowered them*. In other words, the more I affirmed "this is the person I now am, the one who sees gifts everywhere". Now think about how my life changed in regards to this aspect alone (delighting in the unexpected), and then think about all the other aspects incorporated into my statement of being (thriving, relaxed responses, joy, connections, health). Can you imagine the change in the quality of my experience?

Noticing the change *anchors* the change. Make a note to yourself when you see your thoughts changing in a positive direction and yourself responding as your preferred version, that "I am a different person now".

I created a "Noticing The Differences Diary", where every few times or every time I felt like it, I would write down the differences I am noticing in myself. Of course, since writing is absolutely magickal, during the writing itself I would become even more aware of how I've changed as well as get all sorts of insights.

Here is an excerpt directly from my “Noticing The Differences Diary”:

“I am noticing that I value my connections more due to incorporating that into my decision. I appreciate each interaction more. At this point I am experiencing more energy coming into this focus (“reveling in wonderful connections”), meaning I am starting to be more aware of the exchange and beauty in each connection. I find myself becoming more present with people. I am more aware of how beautiful and loving they are, how precious this experience we are having *together* is, the gifts we give each other, unknowingly and without even meaning to. It’s all there, I just had never placed my attention on it before, at least not consistently.”

Other differences I’d mentioned in my diary, for example, had to do with noticing that I was slowing down, feeling that it’s ok to relax, becoming less doing-oriented and more being-oriented. Part of this was a result of responding to absolutely everything throughout my day in a more relaxed manner, but a huge part of it was due to the fact that I simply appreciated everything in my life so much more due to my new statement of being. How could I not when I began seeing the beauty in my connections with strangers and friends alike, when I started to see things as gifts or opportunities rather than interruptions, when I started to notice all the ways in which I am already thriving in my life (I wrote pages and pages on that in my diary)? When you feel your life is beautiful you stop rushing toward the future and begin to enjoy the present. When you learn to be relaxed, you can be present to enjoy the present. Every aspect of my statement of being seemed to perfect compliment every other aspect. I am certain a it will be the same with your statement. Let the universe show you some magick!

Later on the differences became manifested in form. I thought differently and therefore responded differently (they go together as one), and in time the outer began to shift.

As an example, I’d begun to attract really difficult people into my life. Of course I thought my decision wasn’t working because I had stated that I revel in wonderful connections - and my new connections may have seemed promising at first, but proved to be far from wonderful pretty

quickly. It took me a moment to understand that the genie (the universe) is responding *perfectly* to my statement for it is showing me what I have to stop doing in order to receive the connections I truly desire. Namely what I had to stop doing was overextending. I had a pattern of allowing myself to be sucked dry by certain people. The universe was bringing these difficult people into my life *for me to apply my new decision*. It was a wonderful opportunity and *necessary* for me to become who I chose to be.

A wonderful connection certainly is not one where one side is giving constantly and the other is taking constantly. The universe had provided me with an opportunity to place a clear boundary to each one of these people I'd invited into my life, allowing the other persons to decide whether they choose to respect it or not. Due to their own issues they decided (consciously or unconsciously) *not* to respect the boundary, so I'd decided that was the end of our connection.

For a short while this was a theme I was experiencing with one person after another. With each one I understood better what this was about. Of course it was between me and myself, choosing the aspects of myself I prefer to focus on, for I am a vibrational chooser. None of it was personal. The people the universe was sending me were there as reflections (of the aspect I didn't prefer yet was, apparently, choosing to experience). I find it amazing how perfectly the universe delivered this gift, how it guided me to understand through each person what I needed to do (to honor myself).

I did, and then "poof!" my reality shifted. I had noticed it had shifted because people seemed to be more respectful toward me, old acquaintances and new ones alike. It was a significant difference! Of course, since I'd decided to respect myself, reality could only mirror it. Now *all* of my enduring relationships improved - without exception, and the new ones that came were so delightful! Even quick interactions with strangers were different. Places or times of day where I used to run into difficult people, it's like they stopped existing for me. I always had superb and respectful interactions with people.

I'm not sure I could be writing about this now had I not specifically made it important to notice the differences in my life after making my new

conscious decision, and writing them down. I'm not saying the wonderful shift in reality wouldn't have happened had I not been writing, but I am saying that the writing helped *understand* the process that occurred, how the universe was accommodating my decision and what the situation was for (for me to say 'no' to what I don't prefer). Part of the magick of writing is that it helps you see things that if you just sit and think you won't see. So often your higher self joins you in the process, and that's why writing can be incredibly insightful. This is known as flow.

Noticing the differences most definitely helped me realize "oh, I am the person who has these great relationships and enjoys ease in relating in general". It helped me see that the old version of me is no longer.

Danger?! I Laugh in the Face of Danger!

Sometimes your circumstances shift smoothly, as in the example before, when you one day just realize that you have the wonderful connections you stated you have. Other times the manifestation might be accompanied by some fear, or even freaking out.

It's like when the girl or guy you have a crush on is moving towards you from the other side of the room, about to make a move on you. Your blood pressure goes up, along with your heart rate; you're nervous. And yet this is what you want. Indeed, you are afraid you might blow it. So *this is the time to own it!*

It's that time to turn the wall into a door, to tell yourself that you CAN do this and that you're ready. You ordered a new reality? Well, your delivery is here. Be sure you wouldn't have ordered anything you can't handle. You can handle a new level of success. You can handle more abundance. You can handle better quality people. You can handle more light and joy. You're ready to let go of the old circumstances and courageously step into the new.

The reason I know that you can handle it is obviously not because I know you, but it is because I know the universe. I know the universe has

prepared you. That's what it does when you ask or decide for something. It prepares you to receive. All *you* need to do as you step into your new reality is *be authentic*. That's all. As long as you don't believe that you need to be someone other than yourself in order to deserve the new reality that you've been waiting for, you'll be fine. You might be nervous at first, but very quickly you will ease into and soon you will barely remember that reality ever was different.

Remember this at the time of anxiety, when you are starting to feel that you just might receive that which you asked for. Deliberately taking out your statement of being and reminding yourself now that *this* is who you are, and *owning* that, might prove very helpful.

You either let fear make you quit, or you go ahead anyhow and fear quits on you. And even if the transition into the new reality isn't perfectly smooth but rather challenging, you know that you can trust the universe - it's supported you this far.

It is the old version that shrinks in the face of the new reality. The new one is a vibrational match to it, which means the new reality will be natural for it. But the old one might say s/he doesn't deserve more and better quality, and might be afraid to act on the inspiration that is coming its way to encourage it to take action that will allow it to move forward. Yes, the old you might respond that way. But how does the new you respond?

A thriving being, for example, is more likely to respond to a wave of inspiration with, "well, who knows if it will work or not, *but let's go for it!!!*" (Refer to *Fear of Failure* in the chapter NEGATIVE EMOTIONS ARE POSITIVE). It goes forth for the joy of being who you prefer to be, and not for the outcome. The new you responds with excitement. Rather than fearing the unknown, it looks forward to unwrapping presents.

~

In the section Specifics, I mentioned that at some point after making your conscious decision (maybe really soon, maybe later on) you might feel called to take certain actions - or to stop taking certain actions that no longer feel aligned. Heeding the call from within will result in new

manifestations. And so, the process is from making a decision regarding your state of being, then that beginning to be filled in with certain specifics - changing your actions, and then a new creation.

Outcomes? Who Cares?!

An outcome is always in the future. When we're talking about being your preferred version, it's always NOW. If you trust that the manifestation must follow your decision, that then allows you to not worry at all about the future. Your job is to enjoy being who you chose to be. As long as joy is present, you will not be concerned about the outcome. You will be too busy enjoying.

Joy is inherent in being the version of yourself you prefer to be. Therefore, you're not being who you prefer to be for the outcome - but for the joy it gives you now, already. To be your preferred version is all you ever need to be; it's all you ever need to do. All the rest will take care of itself. If you pay no mind to the outcomes and simply act on your joy, in each present, the best outcomes will naturally come to you.

Be present. Life is now.

Good Morrow!

One of the most efficient things you can do when intent on applying your new decision about yourself, is wear it first chance you get in the morning.

Remember, we are always moving in *some* direction, and in the morning it can take a moment to find the wheel and see through the fog (at least for some of us). Our thoughts do not wait for us, asking, "are you ready to begin creation mode, master?" We shift from the creation mode we call

dreaming, into a different (more limited) form of dreaming, but nevertheless we don't cease creating some experience or other. Our thoughts are on the go, shaping how we feel. Without necessarily noticing it, we are already deciding things - about how our day is going to go, for example, as well as about ourselves.

In other words, we are in *some* state of being, and we want to align to our preferred state of being, so that we can go through our day from an empowered space. We want to be the drivers and step out of automatic mode.

For this purpose you have a *Morning Wake-Up Reminder Sheet* at the WORK SHEETS part of the book, page #. You may use it every morning. Two minutes spent reminding yourself of your preferred vibration can significantly affect the entire flow of your day.

Your experience is 100% up to you. That's why it's good to own it right from the start of your day.

VISION and GOALS

If you wish, there are two more steps you can take to enhance the conscious decision you have made. I see these steps as optional, and it's up to you whether you wish to do them now, later or never.

The 2 following phases are:

- 1) Dream your life, and live your dream. Envision a day in the life of the you that allows you to be yourself fully.
- 2) Set Specific Goals.

If you ask me, I recommend doing the first (vision).

Are you excited about going into these? No, skip! Yes, let's do it!

1) Creating Your Vision (Dream Your Life)

We have completed the identity level (state of being) in making the decision about who you are, which is the most important part. What remains is to address the manifested (or physical) level. Put another way, we have addressed what it *feels* like to be the person we prefer to be, now we will address what it *looks* like to be that person. This will enhance the reality of the feeling.

Remember, we are beginning with the end, the destination. To create your vision is simply to envision. Therefore, with your mind's eye (physical eyes closed), allow yourself to now see the version of yourself that allows herself to be herself without holding back. What is s/he doing differently? What are things she's allowing herself to express that you haven't allowed yourself yet? What is she allowing herself to acknowledge that she deserves? Is she honoring herself more completely? Allow yourself to see her.

Now, if you wish, you can focus more on what activities your full self is up to by envisioning a day in his life. In other words, what does your fulfilled life look like? How does your life look when you are doing *nothing* but following your passion? *Dream your life, consciously, and live your dream.* You are welcome to get into details in your dream, such as noticing your surroundings: what kind of places do you spend your time in? Notice, also, how you carry yourself. Do you notice how much you are enjoying being you, even as you partake in so-called mundane activities like taking the trash out and doing the dishes? Can you feel how happy you are, how grateful and complete you feel?

See the version of yourself that you wrote down in phase 1. See it and know: **“This is me”**.

You may expand on and flow with this vision as much as you wish, as long as it feels good. You can envision every aspect of your life, from career to family, to saving the world if that’s your thing. For example, when envisioning your career (if you want to) or the career you want to have, you may see yourself reveling in the challenges and enjoying having an environment in which to express your skill set and full potential.

Let your imagination and creativity loose. I am merely getting your engine warmed up, but feel free to rev it up!

As you’re envisioning this motion picture, you are preparing a template, a model of your destination. You might find yourself in the next few days doing things differently - more like your preferred self. The *actual* way it will look in reality is likely to be at least somewhat different. The idea is *not* to insist on the exact details of what your life will look like, but just to create a template in and for your mind, letting it know that “we’re heading somewhere somewhat like *this*”. The universe (or your higher mind, if you will), is actually capable of bringing something much better... because your imagination is limited to what you know. That’s why I advised to leave room for the unexpected. There will always be surprises and discoveries.

Envisioning thoroughly and stalling on it (that’s what writing it down does, as well as allowing you to re-read what you wrote and thereby re-connect

with it later on), pre-paves the way, if you will. Helps conceive it. It now occurs to you what is possible for you.

You may not have been aware, but you anyhow had some template in your mind beforehand already, defining what is possible for you. We all have some idea of what we feel is meant for us. But now we are consciously carving it, taking the chisel in our hand and shaping our destiny.

To have a vision is important. It allows you to see. To see where you are going. Most of all it allows you to see what you **deserve**. Through the vision you allow yourself to give to yourself what you *truly* want. You start showing yourself that you deserve it. Why? Because it feels good and you need no other reason. Another answer: *why not?!!*

2) Setting Specific Goals

As the last phase of step 2, you are welcome to be even more specific, if you desire to. (Otherwise, feel free to move on). You may assign numbers and dates to whatever it is that you want. For example, you may write down a specific amount of money that you would like to earn by a certain date. You may even write down the number of quality friends you would like to have by a certain date. It's up to you. The only guideline is that it feels good to you. The suggested form here is to write it down as *if it already happened*: "I started making \$_____ before _____"; "I started creating many really fantastic friendships around _____". Speak these sentences as though you are telling someone the story of how you achieved your success.

Let the numbers and dates feel realistic to you. However, they're not so important. They're just there to help us have a more realistic feeling about our goals manifesting. It's not actually that the manifestation should occur in exactly the way you wrote it down. Not at all. Once again, it's about the vision; it's about paving the path. Your just building a template.

If you're not feeling it, without hesitation move on. This last phase, as I see it, is really only for those who feel passionate about it, those whom it

excites. The reason it is not so important is that as you apply your decision, *the specifics will come to you*. Therefore, there is absolutely no need to force them at this stage. Only if it flows for you.

By the way, the idea of talking about something that hasn't happened yet as though it happened already is very powerful. By telling a different story about the past, we create a different version of ourselves *in the present*. It makes us feel as the person who has already accomplished or received whatever it is we are wanting - and that's the whole idea.... *to be **that** person*.

FROM NEW DECISION TO NEW CREATION: Reminder of How You Create Your Reality

The most important component of our conscious and intentional decision is **who** we say we are, who we are deciding to be. Always the state of **being** will be the most important thing. It is the spring: contaminate the spring, the river that flows from it will not be the water you prefer to drink. The manifestation always follows your state of being. We defined the destination, and decided to live that beingness NOW. That is why the decision is in present tense. It's not who we will become later, but who we are NOW.

We are already always deciding to be *something* or other, so why not decide purposefully to be *this* that we prefer? We're taking control. And what does that mean? It means that if we are being *this* person that we prefer to be, we will respond as this person to our current circumstances. Because we are being who we prefer to be, our responses to our circumstances will actually be more conscious and more in accord with what we want. Responding more consciously, according to the reality we wish to create, will begin to draw to us circumstances that we prefer.

It's quite easy to see the logic of this. Think of a day you've had where you got into a bad mood (or woke up in one) and everything went downhill. How were you responding to everything on that day? With frustration and aggravation? You were acting tense and the environment reacted to your intense behavior. Action-reaction. It's no surprise when somewhere along that day a big fight with your spouse occurred, or you found yourself apologizing to a friend the following day for saying or doing something completely out of place.

Your responses flow out of your state of being, and the environment responds to their vibration (meaning, you can say wonderful words from an inauthentic place, but your reality will mirror your vibration not your words) . When you are putting out the responses you prefer, you are creating the reality you prefer. Over time, as you remain consistent, your entire reality transforms to match the person you are now being.

Your response is where your power lies. And it is always NOW. Remember that each moment is fresh, a new opportunity to respond as your preferred version. Your ability to respond in this way is your response-ability. With great power comes great response-ability. While unconscious you react to your environment and circumstances automatically. While operating from your conscious decision, you are being that person and responding as that person, and so your responses are now **conscious** rather than unconscious.

And the greatest and most empowering thing of all is that your responses are not really responding to the other person, or the bank account, or anything seemingly outside yourself.... No: you are responding *only* according to the version of yourself that you prefer to be, *only* in accordance with the reality you desire to create. What he said, what she said, what the bank said... none of that matters anymore! Because you are giving the cue now, according to your decision, rather than taking it from your circumstances. You are owning and expanding into your throne, the creator-seat. You are saying: **this is the direction reality is going**. With conviction and decisiveness. Now this is the game you're choosing to play. And that's final.

When we say that's final, it means we're really accepting that it's decided. Our mind's made up, there's no looking back. This is our song, our rhythm, our tune, our jam. This is what we hear day and night, what we feel, what we're all about. Being **THIS** person.

We're committed.

We're acting as this person.

NOW. And NOW. And NOW. And NOW.

That's applying the decision.

The other stages of the decision (how it looks and specified goals) are there for us to refer to whenever we wish. We can slip into the vision, remind ourselves what is possible, what is destined for who we have decided to be. We can remind ourselves of our more specific goals as well,

and begin to accept that reality IS going in that direction. Surrender to the current that you yourself sent out.

DRAMA OR EASE

Really I can sum up creating reality in two words: no resistance. That's it. The great secret of life and enlightenment. If you have no resistance, you are at ease. When you are at ease, everything you want comes to you. And it comes to you while you are enjoying yourself, rather than battling your way, *trying* to make it happen, forcing it. So dramatic of you!

Drama or ease is the choice. Drama, surely, includes all the ways you fret, worrying about how what you want will come to you. It's how you focus on what you want not being there. It's lack. It's focusing on everything that you actually don't want, and empowering *that*.

So, I'm asking you not to place your trust in drama, as you have been, but to place it in ease instead. You always trust something, you see. If you trust life is difficult and it's hard to allow the things you want to come to you, then that's fine. Ask yourself how that's working out for you. Just as you place your trust in that, you can also place it in the idea that it's easy to allow what you want to come to you, and yes, life is easy.

It really is easy when you give up battling. Where did we get this notion that battling things is what changes them? It NEVER works that way. Anything you battle remains in your reality. Don't battle against anything, just align to your decision - to your preferred version of yourself.

So, for example, if your preferred self is thriving and joyous, would it really be focused on battling someone or something? Doesn't sound particularly joyous... Joyous would be when you're on the road and a driver is shouting at you from their car and you just let it be and go on your merry way. Why should you match the vibration of stress of the other driver? Why should you give it energy? If you are at ease, the other driver's reaction might look funny to you and you might not be able to hold back your laughter while he or she are yelling at you, because it will look like such over-reacting to you, so dramatic. And when you're not participating in drama, drama looks funny to you because it seems totally unnecessary.

And thriving.. would not be being worried and fretting about your finances or other aspects of your life. It would be *trusting* that your job is only to be

you, and the rest is automatically taken care of. You thrive by being you, following your inspiration and your joy. You share that with the world. And you cannot help but thrive then. When you come from your heart, people can sense it, and you are happy because you are in touch with yourself. The state of being of thriving is knowing that you will thrive in all areas of your life because you have decided this is so. You don't have to do anything for it. The idea of trusting is that you now allow it. So *being* thriving and *trying* to be thriving are two totally different vibrations, states of being. To *be* thriving is to be at ease, whereas to *try* to be thriving is a struggle. It means you are *not* seeing yourself as a thriving being, and are actually focused on lack. That is counter to your decision.

Trusting your decision about yourself means knowing that now you are *being* it. Now that you are *being* it, you let go of trying to get there. That means you just allow it to manifest. No drama, just ease.

Where does this idea come from that we need to *do* so much to get what we want? Society has taught us we need to *earn* things. We need to *prove our worthiness*. Society is obviously far more focused on doing than being. But doing comes out of your state of being. And if your state of being is a disempowered or lack-focused one, no amount of action will create abundance and thriving for you. So it's much more important to be in an aligned state of being, than it is to do, do, do.

This idea of needing to earn things and prove worthiness comes from a sense of inferiority and lack of worthiness. It happens when we compare ourselves to others a lot. Since we believe we are unworthy we feel we need to prove our worthiness through hard work. We create a condition for ourselves in which we will allow ourselves to receive whatever it is we want once we have put in enough hard work.

This is merely a belief, and not the way things are. It is the way things are only for those who believe it. Before I continue I have to make it clear that acting on your passion and hard work are not the same. If you are acting on your passion 24/7 you are not doing a single ounce of hard work - you are being joyous 24/7. When we speak of hard work we are speaking of

forcing and pushing - which is what makes it hard. We are not speaking of flow... a flow of excitement, joy, passion that just urges you forward.

You don't need to work hard in order to deserve what you want. Things can come to you with total ease. When you no longer operate from a need to prove yourself, the things you want will come with ease. All you're trying to do is prove you're worthy of having those things. When you take that out of the equation - you can just have those things.

In other words, it's not about worthiness. Stop evaluating whether you are worthy enough to receive what you want or not. You are. Period. Get that out of the way. Then know that the things you want can just come to you. You needn't prove a single thing or get out of your way for it.

Funny enough, getting OUT of your way for something means that you are stepping off the trail. Being you is the way to everything you've ever truly wanted in your heart. So by stepping out of your way you are ceasing to be you (temporarily), losing your path, and you will not get what you want in this way. If you do, it will be through a tremendous struggle and no ease.

To be you means to NOT step out of your way. It means to remain in alignment. And that's your job. To become acutely aware when there is some resistance in you, and quit it, and choose ease. Re-align to ease. You don't have to do anything to get what you want, except flow with your flow. Be you. Express you. Share your heart. Don't force a thing. Remain in joy.

Every area in your life where you are not at ease, make a new decision. This is easy to do once you see the drama is not serving you. You may have been taught to worry and fret, but it has never produced any positive outcomes for you. It's never the worrying that actually brings a solution. It's that moment you get an idea, and you take action and you're being solution-oriented rather than problem-oriented.

THE PRESENT OF THE PRESENT II

We're incredibly blessed that it's always NOW. Many of us want a brand new start, and most of us fail to notice that the universe gifts it to us *every single moment*. THIS moment is a brand new moment. In it you can make a brand new decision. And this is true for *every* moment.

So if things went shitty, if you got off-track - that's ok. Stop. Breathe. Accept that what happened happened. That's crucial. Don't spend time trying to fix what's already over. You weren't being your preferred version? Ok. You know why it's ok? Because you get another chance now. And now. And now. NOW is the moment where you re-affirm your conscious decision. You say, "whatever happened previous to this moment is actually irrelevant; it doesn't matter". That's the truth. Unless you make it matter, it doesn't. The *only* thing that matters is what you're putting out NOW. What you're DECIDING now. WHO you're being now. It's always a fresh start as far as the universe is concerned. Always a clean slate, an empty canvas. That's because it's always the moment of creation.

Re-align to the NOW often. In the NOW you are conscious - conscious that it's up to you what you put out. That's really all I want for you. I want you to surrender to the fact that you're in charge. I want you to be aware that you are not weak, because life happens *from* you.

No matter your circumstances, no matter how big and deep the hole you dug for yourself, it will always be NOW when you decide to change the direction of your path. And whatever decision you make and commit to, the circumstances will just *have to* yield to you. You are never stuck and never helpless - you are powerful beyond your dreams. Or shall I say... powerful enough to manifest them.

WORK SHEETS & TOOLS

Creation Sheet

Creation is what you do all the time and can't help but doing!

Once you write your statement of being into the creation sheet, you may refer to this sheet at any time, or to Your Morning Wake-Up Reminder (page #). The difference between them is that the Creation Sheet is for whenever you wish to make a new conscious decision / statement of being, or to refine the existing one. It includes the entire process of reality creation from beginning to end in one sheet. Use it. It is very convenient to have it to refer to. Also, you can of course refer back to any part of this book to help you in making a new decision refining your current one, like the section Powerful Ways To Connect With The Person You Prefer To Be (chapter 4), or any other part of the process.

Your creation sheet includes 5 easy steps.

Steps 1-3 are done at once. Step 4 is done later on, after you have begun applying the decision. You can do it beginning the day after, and you can do it as often as you like. Step 5 do when you feel that you are conveniently living your new decision, even if the circumstances hadn't physically changed (don't look different) but you *feel* completely different.

~

1) Whatever was up until **THIS** moment doesn't matter. I am creating my reality now. I am in this moment. Fresh canvas. (Read the chapter THE PRESENT OF THE PRESENT if you like; it's a very short and quick reminder)

2) Statement:

I AM

- 3) Remember: If I don't decide consciously who I choose to be - who I am, I will decide it unconsciously. It is easy to commit to my new decision when I understand I will commit to *some* decision anyhow, and I prefer to commit to this one (the statement I had just made). When I acknowledge that I prefer something, it makes it easier for me to choose it.
- 4) Noticing the differences. Make notes of the differences you notice in your thoughts, emotions, responses and environment since you have made your statement of being.
- 5) Affirm to yourself: Seeing how this works I now *know* I am in charge of my experience, and that what I give my energy to I see more of. I now know I can create any reality I choose - any reality I feel passionate about creating.

Your Morning Wake-Up Reminder:

- 1) I am in this moment. Here and now. This is where my power is.
Because this is where I am. I choose to be present.

Whatever I dreamt, whatever thoughts I had earlier this morning - it doesn't matter now. What matters now is the vibration or state of being I choose. To have the experience I prefer I need to be in the state of being I prefer. Let me now align to that state.

- 2) I create my reality. I am in charge of my responses. No one else is. I can be how I choose to be. I can feel confident in my being and enjoy myself today.

It feels good to be conscious of myself, and to be connected to my power. I am the master of my experience. I don't need to control the circumstances, because I don't need anything external to be different for me to be happy.

I trust that joy comes from me, when I respond to each moment as I prefer.

- 3) Read your statement:

I AM _____.

If you created Rays, have a glance at them as well.

If you want, have a glance at your values (doing and/or being-oriented) as well.

If you *feel* the vibration you prefer, wonderful - proceed to 4.

If not, sit with your statement for a moment. Type or write down things that come to mind that help you connect with it. If there is a particular *action* you feel to take that will help you connect to your preferred

vibration, act on it. Nothing gets us to start the day better than starting it off with something we love. By expressing yourself through such an action you connect with yourself.

Once you are connected, remind yourself (4):

- 4) If I don't decide consciously who I choose to be - who I am, I will decide it unconsciously. It is easy to commit to my new decision when I understand I will commit to *some* decision anyhow - I will be(have) *some* way or other, and I prefer to commit to this way (my statement being).

When I acknowledge that I prefer something, it makes it easier for me to choose it.

~

As you make a habit of connecting to your preferred state of being each morning, soon you become so confident in it, *knowing this is who I AM*. It becomes easier and more natural every day.

There Is Only You

You might find this sheet more useful once you are a little practiced in the art of *vibrational choosing*, meaning you realize that is all you are ever doing.

How to apply the wisdom that there is only you:

Take a situation that makes you uneasy, write it down, and apply the following steps. Be as honest and transparent with yourself as possible.

Situation: Henry practices his guitar all day long and in unconventional hours. I can't get any quiet time to meditate, or to just even think, not to mention to sleep at a normal hour.

- 1) What is this situation bringing up in you? How does it make you feel? Look at your attitude toward it. What kind of energy are you in? Remember: If you vent a little in your answer that's ok, but remember to keep it *about yourself*.

I feel like Henry loses all sense of boundary because he stops being considerate toward his environment. He stops respecting others' needs, and it scares me that he doesn't recognize my needs. I feel he's out of control, and that makes me feel out of control. I feel trapped. I'm afraid I can't put up with this.

I would have to say I'm not in an empowered attitude or energy toward the situation.

- 2) Remember: The situation is meant *for* you (not against you), as an opportunity to become clear on what it is you prefer, so that you can express *that*, and not what you don't prefer. It's not about the other person/s but *the aspect they are reflecting back to you*. Based on your answer to the previous question, what is the aspect you are focusing on? Ask yourself what is the feeling that is bothering you most, but this time remove the other person/s from the picture entirely. Make it about you alone now.

What bothers me the most is the feeling of being out of control with lack of a healthy boundary (namely playing at hours that respect others' needs and allowing more quiet hours in the day, maybe by playing with earphones). It's not about the other person... If I remove Henry from the picture and there is only me, then I am the one experiencing a lack of boundary. The reason I feel the lack of a sense of boundary is because I don't put it. And the reason I don't put the boundary is because I'm afraid Henry will not appreciate it... that he will see me as uncool, that he won't like me. I'm asking him to recognize my needs and respect them, but I am not respecting them myself when I don't speak up for myself. I am out of control (not Henry) because I am not exercising my control in this situation (which is to speak up for myself): I'm merely enduring it, believing there isn't anything I can actually do.

The aspect I'm focused on must be fear of being judged. This paralyzes me - it doesn't allow me to do anything about the situation, or to even acknowledge that there is something I can do.

3) Is this the aspect you wish to focus on and create more of?

Definitely not.

4) What is the aspect you wish to focus on and create more of? What action can you take that you didn't before? Or, what is it that you can do differently? What would be an empowered response to the situation?

Remember: The empowered response gives you a sense of relief and perhaps peace or strength, and that's how you recognize it. Employ your heart to *feel* your way toward it.

I wish to respect and love myself, by recognizing my needs and expressing them. The action I can take is to simply speak up and lay a healthy boundary. I don't have to fear Henry's rejection. Truly, I don't care. It is abusive toward myself to not acknowledge what I need for my own well-being. He's free to think what he will, I just need to honor myself.

* *Usually when you approach the other person involved in the situation **after** doing this work, their response to you is going to be positive. That's because you are aligned. You are not coming from fear, but from love - self-love. It's not about being against them, it's about being for you. That's a huge difference. It's not about them. They subconsciously sense it isn't personal and don't feel attacked and therefore a need to defend. You are filling your reality with love, because you are acting out of **that** aspect. The main point here is not needing them to like you, for that keeps you trapped. If, however unlikely it is, their response is negative, then that may show you that it's time to include people in your life who can and will respect your needs. Keep focusing on that aspect (respecting yourself) and make your decisions accordingly.*

In this way you are *using* your situations, your circumstances, instead of just being clueless, helpless and wishing they change so that you can feel better. You can feel better before the circumstances change once you ask these questions because they give you clarity and empower you to respond in the way you actually prefer to respond. They allow you to become clear about your negative belief and choose otherwise.

Using this wisdom completely takes the charge off the situation. It stops being personal, and also you stop feeding the negative energy (or beliefs) once you ask the questions. You stop feeling victimized and confused by the circumstances as the situation becomes clear and you now know how you wish to proceed.

Tool #1

To be or not to be... affected?

Read the following paragraph every morning and then commit to going through your day with this idea in your mind. Do the exercise for as long as you feel you need to.

Today I am committed to seeing that being affected is a choice.

Situations don't have any built-in meaning of their own. If everyone around me is seeing something as negative, that doesn't mean that I am obliged to that view as well. I don't have to be negatively affected by anything, for it is a choice in the moment. I will be more aware of the meanings I assign to everything that happens today, particularly the negative ones. I can catch myself and say, "Looks like I am assigning a negative meaning here. I don't have to do that. I choose not to be negatively affected by this. I choose to remain calm, in my center."

Tool #2

Checking your alignment

Ask these 3 questions when you are thinking to take a particular action and are not certain you are acting out of alignment:

- 1) Does it feel like the wrong timing? Am I being impulsive?
- 2) Am I thinking of the activity negatively?
- 3) Do I really need this? Is it truly relevant for me?

*A remark on question #1 — wrong timing: Remember to trust the unfolding of your path. Higher mind has a reason for the timing it chooses. For example, there may be certain factors that need to be introduced into your reality before its time to act. If you are wondering if it is the right time to go and buy some clothes, you might feel it isn't but you don't know why. The reason could be as simple as someone giving you a gift card in the next few days. Everything will work out for you. Trust. There is no need to be impulsive. Let things unfold without needing an outcome. However, don't stall either. If you are a perfectionist you may wait and wait and wait without ever allowing yourself to just *do*. Notice this. Let go. Don't be afraid to act.

Tool #3

The magick formula in every situation

- 1) Accept the situation as *it is*
- 2) Seek and find the most empowered response that occurs to you

Until you accept the situation that is occurring in your life presently, you cannot do anything about it. As long as you are busy fighting it, you are only sinking deeper in that which you do not prefer. In order to truly accept the situation you need to know that everything is okay: Even though things are not working out as you thought they should, that doesn't mean they are not working out. Trust that everything is working out for you because life is in your favor, *always*. It's always been so; you can look back and recall in order to help yourself come into *trust* again.

Now that you remember that everything is happening in your favor, you are automatically seeing the situation positively. Flow confidently on your path knowing everything works out for you. Everything that happens is serving you in some way. Be open to finding out what that way is.

I have seen countless times in my life and with my clients how things *appear* to be going in a direction that is "bad". Those things are part of a bigger orchestration. They end up being for the best. If something is not happening in the timing or way we expect it, we end up learning and growing from it, *and* what we prefer ends up happening in a better way than the way we planned. Or, we find our plans were prevented from occurring because, really, we were "saved" from going in a direction that isn't for us. Higher mind is always guiding us. We need to accept that we don't see the big picture, and that at times all we can do is trust the unfolding.

Tool #4

Decide in advance what you wish to find

Since you always find what you are looking for, why not decide consciously, purposefully and intentionally what to look for and find?!

What would you like your circumstances to be proof of? You are a creator, what do you wish to create?

If you decide to find beauty everywhere you go, you will, because you will set your mind and heart to look for it.

If you decide to find things to be grateful for, you will, because you will set your mind and heart to look for them.

If you decide to find joy in your circumstances, you will, because you will set your mind and heart to find it.

You get the point. Set your mind and heart to find whatever it is you want to experience. You will find it. Remember that you always find something. This exercise merely suggests you consciously look for and find that which you prefer to experience.

Tool #5

Attuning

Any situation in your life where you don't feel fully empowered, attune yourself. Take a moment to sit with yourself, calm yourself, and bring up the situation in your mind. See yourself responding to the situation in the way you prefer. Give yourself the permission to say what you need to say, or the ability to be quiet instead of reacting if *that's* what is needed. See *yourself in control, in such a way that the other person/s involved are unable to make you feel bad about yourself.*

In the process of finding your empowered response (which I have called "scanning" throughout the book), allow yourself to release your care about what the other/s think/s. Allow yourself to be and do as you truly prefer, without fearing the response of anyone else in the situation. Feel complete and whole with who you are. Validate your preferences, your desires, your way of doing things. Validate yourself.

Find *your* truth and abide by it.

#Tool 6

See life as happening form you an not to you