

Laws of the Journey Module 1.0 Transcript

This is a transcript of an AI podcast called a Deep Dive produced by Google's NotebookLM. The Deep Dive is produced as dialog between a male and a female host. The transcript is produced as a one paragraph monologue, which accounts for the unusual verbiage. Regardless, the profoundness of the concepts is very clearly reported. The sources for this Deep Dive were the essay, Laws of the Journey and a Glossary Index for the Consciously Crating Course.

Welcome back everybody to another deep dive this time we're looking at this doctoral thesis that calls itself the science of consciously creating It's pretty interesting stuff. Oh, yeah, it really brings together all sorts of ideas. Yeah science metaphysics and Psychology to create this. Yeah, it's really out there in a good way Like it makes you think and we're gonna deep dive into all of it starting with These four laws of the journey it lays out So law number one the journey has no destination, right? What do you think? What even is progress when there's no destination? Well, yeah, it's not like your typical idea of a journey You know, we're not talking about arriving at some specific place Yeah, it's more about a state of being you know, like a constantly evolving consciousness, but it's not about achieving something It's more about becoming exactly. Yeah, and it all starts with this idea of connecting to what the thesis calls Universal truth consciousness or UTC. Okay, that sounds Pretty intense break it down for me. Yeah, think of it like, like pure love and awareness Like the source of everything, you know, okay like a giant ocean of consciousness. Hmm, and We are each like individual waves in that ocean So we're all like connected to this one big. Mm-hmm. Exactly and each of our individual consciousnesses, you know They're unique and all but they're all part of that same ocean So that's where free choice comes in like we each have the power to choose our own path and stuff Yeah, and the thesis makes this distinction between reality with all caps as it's known by UTC by the universal truth consciousness and then reality as We each experience it individually. Okay, so is it saying there's no such thing as like objective truth? No, not exactly. It's saying that objective truth that a reality does exist But we each experience it through our own lens our own unique set of beliefs and perceptions It's kind of like we're all watching the same movie but with different subtitles. Oh, okay, I get that But if we're all creating our own realities, what about our connections with other people? You know and the world around us and stuff. Yeah. Well, that's where collective consciousness comes in You know the combined frequencies of all of our individual consciousnesses It's like we're all part of this giant orchestra and each of us is playing our own instrument We all contribute to the overall sound Wow So you're saying that like our choices not only affect our own personal reality But they also contribute to this collective reality. We're all a part of yeah, that's kind of a big responsibility, huh? It is and it's about recognizing that by raising our own frequencies Choosing beliefs and



actions that are more aligned with love and awareness Okay, we can contribute to a more harmonious reality not just for ourselves, but for everyone It's like that saying be the change you want to see in the world. Yeah. Okay, so that's law number one The second law is the journey has no distance What does that even mean? Like can we just snap our fingers and suddenly be enlightened or something? No, it's not quite like that Okay, it's saying you're already there. It means that everything we're searching for that sense of wholeness that connection to our true selves It's already within us. We just have to remember it But if we're already there, then why do we feel so lost all the time? Like why are we always searching for something more? The source material says it's because of all the untruthful beliefs We've picked up along the way. It's like We've put on these blindfolds and those limiting beliefs. They stop us from seeing what's right in front of us Oh, so it's like we're standing in front of a treasure chest But we're so busy looking for the map that we don't realize we already have the key Exactly, and that's where the science of consciously creating comes in. It's all about You know recognizing those blindfolds and removing them. It's about uncovering our true nature. So how do we like actually? Do that, how do we get rid of the blindfolds? That's a great question And that's something we'll explore further as we delve into the other laws of the journey But before we do I'm curious what you think about this whole you're already there thing Well, it's definitely a new way of looking at things It's like comforting in a way to think that we don't have to search endlessly for something outside ourselves Mm-hmm, but it's also a little daunting It's like well if I'm already there then what's stopping me from experiencing it? Like what do I need to do to I? Don't know access that part of myself. Yeah, it's definitely a challenge to Really internalize that idea. Mm-hmm, but it's a powerful one and I think it's worth exploring further. Okay, I'm ready for more Let's move on to law number three. You can't make it. All right, here we go Now this, this one sounds a little discouraging right like are we all doomed to fail before we even start what's going on here? I know right? It sounds kind of paradoxical. Yeah, but I promise it'll make more sense as we dig deeper Okay, I'm intrigued lead the way so this third law this you can't make it. It's a bit of a head-scratcher Yeah, it sounds kind of like we're setting ourselves up for failure But I'm guessing there's more to it than that. Oh, absolutely. Remember how we were talking about reality versus, you know, little reality, right? Well, this law is all about that difference. Yeah, it's not saying that you can't grow or learn or change Okay, but it's pointing out this kind of misconception about well who is doing the making it? Okay. I'm listening Explain it to me. So think about it like this There's the real you the true self, okay connected to that big universal truth consciousness Yeah, and then there's the you that you identify with every day Yeah, the one with all the thoughts and worries and to-do lists Yeah, and this law is saying that that you the everyday you that's the one that can't actually make it So you're saying the part of me that's always striving always trying to get somewhere, right? That's not really my true self. Exactly. The thesis calls it the I am identity. I am identity Okay, and it's not who you really are. It's just this collection of beliefs and stories that you've picked up over time, you know Okay But if it's not really me Why does it feel so real



because it's what you're used to right you spent your whole life building up this identity, right? Reinforcing it with every thought and action, but here's the thing UTC that universal truth consciousness. Mm-hmm. It doesn't even recognize that I am identity Really? Yeah, cuz all based on limitations. Yeah, UTC only sees your true self, huh? So it's kind of like I'm trying to climb a ladder Yeah, it doesn't even exist exactly or running a race with no finish line. Okay? Yeah, that makes sense But how do we like start to see through those limitations? How do we know which parts of ourselves are real and which parts are just ah, yeah, that's a good question And that's where this whole science of consciously creating comes in It gives you these tools to sort of examine your beliefs Okay, figure out which ones are holding you back and then you know replace them with ones that are more aligned with your true self So it's about being more intentional with our thoughts Exact choosing the ones that like resonate with our true selves Yeah, and as you do that your frequency starts to shift you start to align more with that universal truth consciousness It's like we're cleaning the lens. Yeah, so we can see things more clearly exactly and that brings us to the fourth and final law Drum roll, please. Okay, hit me with the goal has never changed The goal has never changed. All right, leave it on me. What's the big goal? Remember? That's it. Remember? It's about remembering who you really are Reconnecting with that pure limitless essence that's already inside you Wow. Okay, remember there's a lot packed into that one word But it's also a little overwhelming. Like how do you remember something that you've never even you know consciously known? Well the science of consciously creating yes program. It gives you a framework for that. Okay? It's not about having some big mystical experience, but more about Just becoming really aware of the thoughts and beliefs that are running your life So it's a process not just a one-time thing exactly and as you choose those beliefs that are more in line with your true self Yeah, things start to shift you start to experience your reality differently So it's about like taking control of our thoughts and our beliefs and then those things start to shape our reality. Yeah Yeah, and it sounds a little out there. Yeah, but when you actually start to play with it, you see how powerful it can be Mmm, it's pretty amazing. It's like we become conscious creators exactly and those laws of the journey Those are like the ground rules, you know, they remind us that we're not separate from that source of creation, right? We are creators. Yeah, but that raises a big question, doesn't it? What's that? If the goal is to remember and that true self is, you know already perfect and whole Then why do we need to go through all this? Yeah, that's a good point Why do we need a program or a process if we're already everything we need to be it's a good question and It really gets at that whole paradox of you know being human our true selves Might be perfect, but we're experiencing everything through this human lens With all its limitations and illusions, right? So it's not that we need to fix anything that's broken But more like we need a way to kind of navigate this whole human experience. Exactly It's like a training manual for our human minds. Yeah, you know helping us bridge that gap between our limited perceptions and The unlimited potential of our true selves, okay So what would you say is the most important takeaway from all of this? The most important thing I think it's that the journey



is the destination It's not about getting somewhere or achieving something outside of ourselves, right? It's about you know that continuous process of remembering who we are. Okay, but before we wrap up I want to circle back to that consciously creating program. We keep mentioning, right? How does that fit into all of this? So the laws of the journey those are kind of like the foundation right that consciously creating program Takes those laws and gives you actual like tools and techniques. Yeah to apply to your life So it's like a toolbox for becoming a better creator Exactly. It shows you how to you know, shift your beliefs align your energy with your intentions all that stuff Okay, that makes sense. But if the goal is to remember who we really are and That true self is already, you know, perfect. Then why do we need a program? Yeah, that's a good question And it goes back to you know, the fact that we're human The program isn't about fixing something that's broken. It's about giving us a framework for Navigating this human experience in a more conscious way. So it's like training wheels for our minds Until we can remember how to ride the bike on our own. Yeah, exactly It's about learning to use that free choice. We talked about but using it wisely Okay, that makes a lot of sense, but it's also like a little overwhelming. Where do we even begin start with awareness? Just pay attention to your thoughts and beliefs and notice how they're shaping your experience So just like notice when we're thinking negative thoughts or believing things that are holding us back Exactly. The more aware you are of those thoughts and beliefs the more power you have to change them It's like we're cleaning the lens right so we can see things more clearly Yes, and as you keep going on this journey of conscious creation be patient with yourself. It's a process it takes time That's a really good point. It's easy to get caught up and wanting things to happen overnight Yeah, but real change takes time it does and remember you're not alone in this There are resources out there like a consciously creating program right to help you along the way This has been an amazing deep dive I feel like I have a whole new understanding of like reality and my own role in creating it me too And it's pretty empowering to realize that we're not just passive observers. Yeah, we're active participants co-creators of our own experience And to everyone listening, thanks for joining us on this journey. We encourage you to Keep exploring these ideas sit with them for a while. See what resonates with you What if the you you think you are isn't really the whole story? What if there's a? Deeper more expansive version of yourself just waiting to be remembered think about that and we'll see you next time for another deep dive