



Exploring Laws of the Journey and the Science of Consciously Creating Briefing Doc

Main Themes:

- **The Nature of Reality:** This framework posits a multi-layered reality composed of:
- **Universal Truth Consciousness (UTC):** The highest frequency realm characterized by unconditional love and the source energy. UTC utilizes free will to create an eternal, limitless, and changeless REALITY.
- **Individual Consciousness:** A unique extension of UTC, co-creating its own reality (rEaLiTy) through free choice. This reality reflects the individual's chosen beliefs and their corresponding frequencies.
- **Collective Consciousness:** The combined frequencies of all individual consciousnesses, influencing the creations of each individual. This creates a "Symphony of Creation," experienced as the external world.
- **The Journey of "Remembering":** The central premise is that our True Self is an extension of UTC, and the goal is to "Remember" this inherent truth. This journey is without destination or distance because the truth is already within us.
- **The Role of Beliefs and Frequencies:** Our chosen beliefs generate thoughts and feelings, which in turn determine our actions and create our experiences. High-frequency beliefs align with Truth and lead to positive experiences, while low-frequency beliefs stem from ego and result in suffering.
- **Consciously Creating:** By understanding these principles, we can consciously choose beliefs that align with our True Self and create a reality reflecting peace, love, joy, and abundance.

Most Important Ideas/Facts:

- **"The Journey Has No Destination!"** and **"The Journey Has No Distance!"** - These statements emphasize that the journey is about inner transformation and remembering what we already are, not about reaching a physical destination.
- **"You Can't Make It!"** - This refers to the ego-self, built on untrue beliefs, being unable to achieve true fulfillment. Only by aligning with our True Self can we experience lasting happiness.
- **"The Goal Has Never Changed!"** - The goal is always to "Remember" our True Self. This remembering transforms our lives, impacts the collective consciousness, and contributes to the evolution of UTC.



- **Subjective Science:** This involves using a frequency scale to assess our internal state – our beliefs, thoughts, and feelings. Recognizing their frequencies helps us make conscious choices aligned with our desired reality.
- **True Forgiveness:** Defined as "simply letting go of a belief that is untrue." By forgiving, we release low-frequency beliefs and create space for high-frequency truth.
- **The Inner Guide:** Our emotional body acts as a guide, signaling whether we are aligned with or moving away from our True Self. Negative emotions indicate misaligned beliefs requiring attention.
- **Gratitude:** Practicing gratitude for the intangible aspects of life (peace, love, joy) aligns us with the abundance of UTC and attracts more positive experiences.

Key Quotes:

- "The Science of Consciously Creating states that the True You, your True Self is an extension of Limitless, Eternal Universal Truth Consciousness."
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- "You were Created as That which you seek, the Truth, your True Self. So stop seeking, which intimates that you don't have it."
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- "Your Inner Guide is connected to your True Self so it can Guide you back to "Remembering."
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- "True forgiveness is the seventh or top rung of the ladder and is distinguished simply as: Simply letting go of a belief that is un-true."
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- "Being Truly Grateful for the Intangibles is one of the main Ingredients in the Science of Consciously Creating."
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Overall:

The Science of Consciously Creating presents a comprehensive framework for understanding the nature of reality and our role as co-creators. By aligning our beliefs with Truth and utilizing tools like Subjective Science, True Forgiveness, and the Inner Guide, we can consciously manifest a life reflecting our True Self and contribute to the evolution of consciousness.

Laws of the Journey

This excerpt from the author's doctoral thesis, "Laws of the Journey," delves into a metaphysical framework for understanding consciousness and the journey of self-discovery. It explores the interconnected nature of Individual, Collective, and Universal Consciousness and introduces core concepts such as "Remembering" and the Science of Consciously Creating.

1. The Journey Has No Destination!

- Introduces the concept of the Journey as a continuous process of evolution and self-discovery, devoid of a fixed endpoint.
- Explains the three levels of consciousness: Individual, Collective, and Universal.
- Defines key concepts like Free Will, Free Choice, and different interpretations of reality (REALITY, rEaLiTy, reality).

2. The Journey Has No Distance!

- Emphasizes the idea that the true self is already present within and does not require physical travel to be found.
- Reinforces that "Remembering" one's true self is the key to personal transformation.

3. You Can't Make It!

- This section playfully points out the paradox of seeking the self as a separate entity.
- Explains that the ego, based on untruths, hinders the process of "Remembering."

4. The Goal Has Never Changed!

- Identifies "Remembering" the true self as the unchanging goal of the Journey.
- Highlights the transformative power of self-realization for individuals and the Collective Consciousness



Glossary of Terms in the Context of the Science of Consciously Creating

This excerpt acts as a glossary, providing definitions for key terms used within the "Science of Consciously Creating" framework. It expands upon the concepts introduced in "Laws of the Journey" and further clarifies their meaning and application.

1. Foundational Concepts

- Defines Universal Truth Consciousness (UTC), Individual Consciousness, Collective Consciousness, and the Symphony of Creation.
- Explains Free Will, Free Choice, and different interpretations of reality.
- Introduces the concept of Truth and its relationship to the True Self.

2. Key Distinctions

- Defines the True Self and the un-true self (ego) and their respective roles in Consciously Creating.
- Differentiates between True Thought, True Communication, and True Relationships.
- Explains the meaning of True Integrity and the concept of "un-truth."

3. Frequency and Resonance

- Defines Frequency and Resonance in the context of Consciousness.
- Introduces the Subjective Science Frequency Scale and its application to beliefs, thoughts, and feelings.
- Differentiates between High Frequency and Low Frequency states and their corresponding emotions.

4. Laws of Creation and Inner Guidance

- Outlines the four Laws of Creation, linking beliefs, thoughts, emotions, and actions to the creation of personal reality.
- Defines the Inner Guide as the emotional body and its role in guiding individuals back to their True Self.
- Explains the role of the ego in interpreting emotions and its potential for misinterpretation.

5. Consciousness and the Subconscious



- Defines Consciousness through the lens of Quantum Physics and its relationship to the Collective and Individual levels.
- Explains the Subconscious/Unconscious as a mechanism for dissociating from un-true beliefs.

6. Realms of Existence

- Differentiates between the Tangible Realm (physical world) and the Intangible Realm (non-physical, emotional world).
- Explains that each realm operates under its own set of laws.

7. Understanding Key Processes

- Defines Acceptance as understanding the truth of a situation without resignation.
- Explains the concept of Inward Condition as the sum total of beliefs, thoughts, and feelings.
- Defines Gratitude as a state of Abundance and its importance in manifesting desired realities.

8. Distinguishing Events and Experiences

- Differentiates between Events (external happenings) and Experiences (internal happenings).

9. Recognizing Negative Emotions

- Explains negative emotions as signals from the Inner Guide indicating the presence of un-true beliefs.
- Emphasizes the need to analyze and address these beliefs through Subjective Science and True Forgiveness.

10. Defining Science

- Laws of the Journey offers a clear definition of science and its role in understanding the world which it gets from Google. "Science is a systematic discipline that builds and organizes knowledge in the form of testable hypotheses and predictions about the universe."



Science of Consciously Creating Study Guide

Short Answer Questions

Instructions: Answer the following questions in 2-3 sentences each.

1. According to the "Laws of the Journey," why does the journey have no destination?
2. Explain the difference between REALITY, rEaLiTy, and reality.
3. What is the significance of "Remembering" in the context of the Science of Consciously Creating?
4. Why is it stated that "You Can't Make It"? Who is the "you" that can't make it?
5. What role does Free Will play in the Science of Consciously Creating, and how does it differ from Free Choice?
6. Describe the relationship between Individual Consciousness and Collective Consciousness.
7. According to the glossary, how does the Science of Consciously Creating view the concept of "Consciousness"?
8. What is the role of the ego, and why is it important to understand its function?
9. Explain the distinction between an "Event" and an "Experience."
10. How does the Science of Consciously Creating define True Forgiveness?



Answer Key

1. The journey has no destination because it is an eternal process of evolving consciousness. As extensions of Universal Truth Consciousness, we are limitless and eternal beings, and the journey is about continually "Remembering" our True Selves.
2. REALITY represents the Truth as known by Universal Truth Consciousness. Reality is how Individual Consciousness perceives and interprets REALITY based on their beliefs. Finally, reality is the ego's limited and often distorted perception of Reality.
3. "Remembering" refers to the process of rediscovering our True Selves as extensions of Universal Truth Consciousness. It is a journey of letting go of limiting beliefs and aligning with Truth, leading to a transformation of ourselves and the world around us.
4. The "you" that can't make it is the ego-self, the identity constructed from untrue beliefs. This limited self cannot attain the True Self, which already exists as a part of Universal Truth Consciousness.
5. Free Will is the ability to create in alignment with Universal Truth Consciousness, and it is attained by raising our frequency and aligning with Truth. Free Choice, on the other hand, represents our ability to choose between high and low frequency beliefs, shaping our Reality.
6. Individual Consciousness is a unique expression of Universal Truth Consciousness, while Collective Consciousness is the combined frequencies of all Individual Consciousnesses. Individual Consciousness contributes to the Collective, and the Collective influences individual perceptions and creations.
7. The Science of Consciously Creating views Consciousness through a quantum physics lens. Consciousness is the fundamental quantum field, with Limitless Truth as its ground state. The Collective Consciousness represents the shared wave function of the world, and Individual Consciousness interacts with it, creating unique experiences of reality.
8. The ego's function is to keep us safe and ensure our physical survival. However, when the ego interprets emotions, it often leads to fear, separation, and judgment. Understanding the ego's role allows us to avoid misinterpreting our emotions and to guide our lives from a place of Truth.
9. An Event is an external occurrence, while an Experience is an internal interpretation of that event based on our beliefs, thoughts, and feelings. The same event can be experienced differently by individuals based on their unique inner state.
10. True Forgiveness in the Science of Consciously Creating involves letting go of untrue beliefs that cause suffering. It is not about condoning wrongdoing but rather releasing the negative emotional charge associated with an event or experience.



Essay Questions

1. Discuss the four Laws of Creation as outlined in the Science of Consciously Creating and explain how they interact to shape our reality.
2. Analyze the concept of the "Journey Has No Distance" and its implications for personal growth and self-discovery.
3. Compare and contrast the concepts of "High Frequency" and "Low Frequency" in relation to beliefs, thoughts, and emotions, and describe their impact on Consciously Creating.
4. Explain the significance of the Inner Guide in the Science of Consciously Creating, and describe how it can be utilized to align with one's True Self.
5. Discuss the role of Acceptance in the Science of Consciously Creating and explain how it differs from resignation. Provide examples of how acceptance can facilitate personal transformation.

Glossary of Key Terms

- **Universal Truth Consciousness (UTC):** The realm of unconditional love and the highest frequency, the source energy and creative archetype that utilizes Free Will to create an eternal and limitless REALITY.
- **Individual Consciousness:** A unique extension of UTC, a co-creator using free choice to manifest a reality reflecting high or low frequency beliefs.
- **Collective Consciousness:** The combined frequencies of all Individual Consciousnesses, influencing the creations of each individual.
- **Symphony of Creation:** The collective frequencies experienced as the world, reflecting the combined state of all Individual Consciousnesses.
- **Free Will:** The power to create in resonance with UTC, attained by raising individual frequency and aligning with Truth.
- **Free Choice:** The ability to choose between low and high frequency beliefs, shaping individual reality.
- **REALITY:** The ultimate Truth as known by UTC.
- **Reality:** An individual's perceived and interpreted version of REALITY, influenced by their beliefs and frequency.
- **reality:** The ego's limited and often distorted perception of Reality.
- **Remembering:** The process of rediscovering and aligning with our True Selves as expressions of UTC.
- **True Self:** Our authentic essence as extensions of UTC, characterized by high frequency qualities like love, peace, and joy.
- **untrue self (ego):** An identity based on untrue beliefs, focused on fear, separation, and limitation.
- **Frequency:** The rate at which a particular aspect of the universe vibrates, influencing its resonance with other frequencies.
- **Resonance:** The phenomenon of two or more frequencies aligning and amplifying each other's energy.
- **Subjective Science:** A system for observing and analyzing our internal state (beliefs, thoughts, emotions) to gain self-awareness and facilitate conscious creation.
- **High Frequency:** Characterized by feelings of love, peace, joy, expansion, and alignment with Truth.

- **Low Frequency:** Characterized by feelings of fear, anger, sadness, contraction, and separation from Truth.
- **True Forgiveness:** Releasing untrue beliefs that cause suffering and hinder alignment with our True Selves.
- **Laws of Creation:** Principles that govern how our beliefs create thoughts, emotions, actions, and ultimately our experiences of reality.
- **Inner Guide:** Our emotional body, providing guidance and signals about alignment with Truth through feelings.
- **Ego:** The aspect of self concerned with survival and safety; often misinterprets emotions and projects them onto external circumstances.
- **Consciousness:** The fundamental quantum field, with Limitless Truth as its ground state. Individual and Collective Consciousness interact to shape reality.
- **Subconscious/Unconscious:** Aspects of consciousness that hold beliefs and memories beyond our immediate awareness, influencing our experiences.
- **Tangible Realm:** The physical world, governed by laws of matter and energy.
- **Intangible Realm:** The realm of thoughts, emotions, and consciousness, operating under different laws than the Tangible Realm.
- **Acceptance:** Acknowledging the Truth of a situation without resistance, facilitating growth and understanding.
- **Inward Condition:** The overall state of our beliefs, thoughts, and feelings at any given moment.
- **Gratitude:** A state of appreciation for the abundance present in both the Tangible and Intangible Realms.
- **Event:** An external occurrence or happening.
- **Experience:** An internal interpretation and feeling response to an Event, shaped by individual beliefs and consciousness.
- **Integrity:** Alignment between our beliefs, thoughts, feelings, and actions, reflecting authenticity and resonance with Truth.
- **Negative emotions:** Signals from our Inner Guide that we are operating from untrue beliefs, prompting us to examine our Inward Condition.



The Science of Consciously Creating: FAQ

1. What is the "Journey" in the Laws of the Journey?

The "Journey" is the process of "Remembering" your True Self, an eternal extension of Universal Truth Consciousness. This journey is not a physical one with a destination, but rather an internal evolution towards a state of higher frequency and alignment with Truth.

2. If there's no destination, why is it called a "Journey"?

The term "Journey" is used metaphorically to describe the ongoing process of personal evolution. While there's no final endpoint, the Journey involves continuous growth, letting go of limiting beliefs, and aligning with your True Self. It's a process of transformation rather than reaching a specific point.

3. What does it mean that "The Journey Has No Distance"?

This concept highlights that what we seek – our True Self – is already within us. We are not separate from Universal Truth Consciousness. The distance we perceive is created by the illusion of separation caused by our un-true beliefs. The Journey involves dissolving this illusion and "Remembering" our inherent connection to Truth.

4. How does the Science of Consciously Creating relate to the Journey?

The Science of Consciously Creating provides a framework and tools for navigating the Journey. It emphasizes understanding the nature of consciousness, the power of beliefs, and the role of emotions as our Inner Guide. By applying these principles, we can become conscious creators of our reality and align with our True Self.

5. What is the role of "Free Will" in Consciously Creating?

Total Free Will resides in the domain of Universal Truth Consciousness. As we raise our individual frequency by aligning with Truth, our Free Choice transforms into Free Will. This means our creative power increases, and we manifest our desires more effectively.

6. What is the difference between "REALITY," "Reality," and "reality"?

- **REALITY** represents the absolute Truth as known by Universal Truth Consciousness.
- **Reality** is the reality perceived and interpreted by the Individual Consciousness, influenced by their beliefs.
- **reality** is the limited perception of the ego, driven by un-true beliefs.
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7. What is the significance of "Remembering" in the Journey?

"Remembering" is the core goal of the Journey. It signifies the process of awakening to our True Self, shedding limiting beliefs, and aligning with the highest frequency of Unconditional Love. As we "Remember," our lives transform, and we contribute to the evolution of Collective Consciousness.

8. What role do emotions play in the Science of Consciously Creating?

Emotions, or the Inner Guide, act as a guidance system. Negative emotions signal that we are operating from un-true beliefs and moving away from our True Self. Positive emotions indicate alignment with Truth. By understanding and interpreting our emotions, we can adjust our beliefs and consciously create a fulfilling reality.