

The Focus Creates Reality Exercise

Part A: Trying to Make a Decision/Resolve a Problem With Your Identity

- 1) What decision do you want to make or problem do you wish to solve?
- 2) What are you thinking about the decision or problem?
- 3) What are you feeling about the decision or problem?
- 4) How are you defining:
 - a. Yourself
 - b. Others
 - c. The World
- 5) What do you believe you need to do to make the decision or resolve the problem?
(What are you doing to resolve the tension?)
- 6) What reality will this create?
- 7) What beliefs are being triggered in your subconscious mind?

Part B: Tune Into What You Love With Your Intuition

- 1) Acknowledge your thoughts & feelings.
- 2) Choose to be in innocence.
- 3) Imagine your Sovereign Circle and choose to serve with your Love and Will.
- 4) Imagine the vision circle around you and imagine being one with the end result of what you love.
- 5) Choose to receive a symbol that will inform you of what you love.
- 6) Acknowledge you don't know, observe what's obvious about the vision of what you love and make it up until it rings true.
- 7) Make up from your symbol what obvious action there is to take to create the vision of what you love.