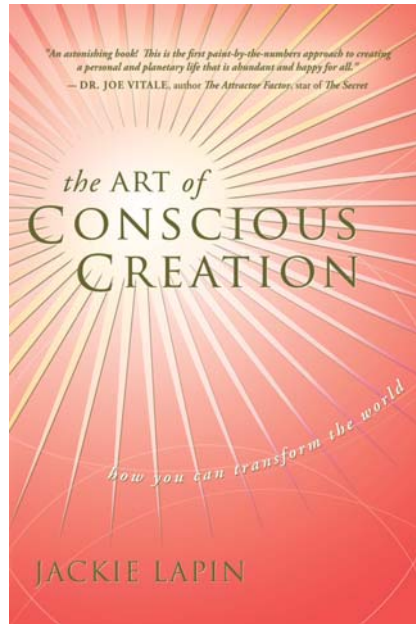


The Art of Conscious Creation Workbook



By Jackie Lapin

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Introduction

You are not yet a Conscious Creator--or you are, but want to become a better Conscious Creator.

For these reasons, the workbook for *The Art of Conscious Creation, How You Can Transform the World*, is an essential aid in helping you to become the incredibly powerful, consciously directed person that you can be. Here are exercises that will enable you to become a "high frequency flyer," the master of your own fate and a force for shaping the planet's future.

In using this workbook, the real value is in being honest with yourself. You must look deeply into your soul and write the truth--not what you would like people to see were they to stumble upon this document. The tasks here are to recognize your energy habits, change those that are not beneficial to your highest good and emphasize those that are. By honestly recording her thoughts, emotions, beliefs and assessments, you are creating the climate for alignment with the Universe and its infinite power. You cannot begin to raise your frequency without understanding where you currently are in the energetic calibration.

So use these tools as a means of self-revelation, to learn what you need to strengthen, to create positive new energy habits, to refine your thinking process, and to develop powerful Conscious Creation techniques.

You may want to take this slowly and try a new section each day or week. There's a lot to learn and practice in this workbook. This journey should be creative, fun and enlightening!

Welcome to the Amazing Life of a Conscious Creator!

Jackie Lapin

Are You a Conscious Creator Yet?

Many people are in denial. They believe that either their lives are not within their control, the world is out to get them, or they are doing everything right and still their lives are unsatisfying. Let's get down to seeing what negative energy habits you have that might.

Check "yes" when you recognize yourself in any of these statements or questions. We have also left space at the bottom of each table to add your own negative energy habits that may not be listed.

The Conscious Creation Quiz

Thoughts and Emotions

.Do you experience any of these Thoughts and Emotions once a week or more:	Yes	No
• Anger, resentment, feeling of betrayal		
• Guilt or shame		
• Jealousy or envy		
• Desire for revenge		
• General misery or depression		
• Hate, disgust, condescension toward others		
• Fear		
• Feeling of being unappreciated or unloved		
• Self hate, self doubt, self consciousness		
• Doubt, worry, anxiety		
• Impatience, frustration		
• Self pity		
• Insecurity		
• Victimization		
• Paranoia		
• Worry about what others may think of you		
•		
•		
•		

Attitudes & Behaviors

Do you find yourself holding these Attitudes or exhibiting these Behaviors once a week or more:	Yes	No
• You are better than someone else		
• You are less than others		
• You know better and must offer everyone unsolicited advice		
• You are compelled to tell everyone about your love life or your health problems in great detail		
• You think that life is a competition and you have to be first		
• You think that the world is against you		
• You think that nothing you do is right		
• You think that whatever someone else does is wrong		
• You think you are the ONLY one who can do it right		
• You think that there is only so much wealth in the world and you have to get yours		
• You think the world is a miserable place		
• You think that life is hopeless		
• You think that life is and always will be a struggle		
• You think other people are the source of your problems		
• You think your anger is justifiable		
• You are always distrustful of others		
• You think life will always be the same		
•		
•		
•		

Beliefs

Do you harbor any of these Beliefs?	Yes	No
• You believe that you are fat, ugly, unattractive, unappealing or unintelligent		
• You believe you are unworthy of love		
• You believe you don't deserve to be happy		
• You believe you don't deserve to be prosperous		
• You believe that you cannot be both prosperous and spiritual		
• You believe that life is just hard work and there is never		

enough time for play		
• You believe you are powerless to change your life		
• You believe you are powerless to change the world		
• You believe you are powerless in the face of such addictions as food, alcohol or drugs		
• You believe you are powerless to control your anger		
• You believe your life is the way it is because of your parents and you cannot change it		
• You believe that your depression cannot be lessened and eliminated without drugs		
• You believe that you'll never get out of the rut and drudgery of your job		
• You believe that your past deeds will forever haunt your future		
• You believe that love and prosperity will forever elude you		
• You believe that your health is a matter for doctors and that you have little or no power to manifest greater health		
•		
•		
•		

Words

Do find yourself saying or doing the following:	Yes	No
• You must say whatever that comes into your mind, no matter how hurtful to some else		
• You are compelled to criticize your spouse, lover, partner, co-worker, colleague or friend		
• You must correct other people or point out their errors, and you do it with little regard to their feelings		
• You feel the urge to gossip		
• You feel the need to talk over others, or make your point to the exclusion of allowing others their opinions		
• You diminish others by quickly disregarding what they have to say		
• You feel you must force your point on your lover, partner, co-worker, colleague, friend or the clerk in the convenience store		
• You talk instead of listen		
• You shout instead of using a controlled or level voice		
• You elect to choose words of anger, when conciliation or kindness would probably be more effective		
• You accuse rather than ask		
• You choose words that disrespect yourself or others		

• You must speak, when perhaps silence would be better served		
• You believe someone else's words about you, even if you know them to be untrue or unkind		
• You let other's opinions of you take precedence over your own values		
• You choose words of defeat and failure about yourself		
•		
•		
•		

Deeds:

Do you see yourself in any of these Deeds:	Yes	No
• You repeatedly blame others		
• You lie or do something unethical to get yourself out of a difficult situation		
• You are often selfish, unkind or thoughtless		
• You often withhold compassion or empathy when people are in need of kindness		
• You are not willing to share or are hoarding what you have at the expense of others		
• You are dishonest or unethical in your dealings with others in business or personal life		
• You choose not to yield to others in the right of way		
• You fail to share in the joy of others and their successes		
• You do not show your appreciation for what others do for you		
• You do not appreciate your own gifts and continually downplay or diminish them		
• You always put the needs/desires of others before your needs		
• You don't take care of yourself, your needs or your body		
• You procrastinate or avoid instead of dealing consciously and wisely with your responsibilities		
• You fail to follow your passion, or give yourself time for joy, relaxation, spiritual pursuits		
• You continually make sacrifices		
• You continually inflict your misery onto others		
• You refuse or don't seek help when you need it or when it is offered		
•		
•		
•		

Scorecard:

- If you say “yes” to five or more in any table, you are not yet a Conscious Creator. You are blocking your manifesting ability with these words, beliefs, thoughts, emotions and deeds.
- If you say “yes” to only two on any table, you have a good head start on becoming a Conscious Creator.
- If you say “yes” to one or zero on each of these tables, you’re well on your way to being a Conscious Creation!

More importantly, this little quiz should have awakened you to areas that need your attention so that you can begin to clear your energy. We will look more closely at ways to do that as we progress in this workbook.

What We Think We Create

Name six occasions when you deliberately wished for something and it came true almost exactly as you dreamed or desired it.

1.

2.

3.

4.

5.

6.

Name six occasions where you thought something negative or feared something that ultimately came true almost exactly as you feared it would.

1.

2.

3.

4.

5.

6.

Name six things you have done in the past year that have contributed to the world's positive evolution and love:

1.

2.

3.

4.

5.

6.

Name six things you have done in the past year that may have contributed to the world's unhappiness or decline:

1.

2.

3.

4.

5.

6.

Name six personal desires you have for this year that you would like to achieve.

1.

2.

3.

4.

5.

6.

Name six visions for the planet that you would like to help manifest.

1.

2.

3.

4.

5.

6.

Surfing the Love Vibration!

Describe what it feels like when you are “in the flow” or “surfing the love vibration.”

Describe what it feels like when you are out of the flow.

Who in your life would you like to catch in the “love net?” Which people--who have given you grief in the past--would you wish to bring into your loving vibration, and make them your allies?

- 1.
- 2.
- 3.
- 4.
- 5.

Who else your life would you like to catch in the “love net?” Think of people that you may have yet to encounter but you need their support going forward in your life?

- 1.
- 2.
- 3.

What 10 things can you do to create more love in your life and the world within the next 30 days?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Name 5 occasions when you clearly felt the Universe's love.

1.

2.

3.

4.

5.

Everything is Energy: The Power of the Vibration

For the next week, let's use the Frequency Yardstick to plot your emotion/thought graph. Watch how your energy begins to impact your life and the people around you. Use a different color pen or pencil for each day of the week. Make 7 copies of this graph.

[illegible]

As you are out in the world this week, notice how different people's energies effect you, how you sense them. Keep a daily journal for a week.

Day 1.

Day 2.

Day 3.

Day 4.

Day 5.

Day 6.

Day 7.

Set an intention each day for seven days for the kind of energy you desire to project.

Day 1.

Day 2.

Day 3.

Day 4.

Day 5.

Day 6.

Day 7.

Universal Guiding Principle 2:
Everything is Inter-Connected; We Are All One

In Cosmic Bumper Cars, we each impact others through our energetic emissions. Name 5 occasions where your emotions and actions set off a chain reaction.

1.

2.

3.

4.

5.

Now name 5 actions/emotions you can implement which will create a positive chain reaction.

1.

2.

3.

4.

5.

Describe a time when you intensely felt connected to the Universe.

What do you think you can do to enhance or re-experience that connection?

Note when do you feel most “alive?”

- o When in nature?
- o With family and friends?
- o Do something athletic?
- o Expressing love?
- o Being loved?
- o Being artistic?
- o Other?

Do three things this week to enhance your “aliveness!”

1.

2.

3.

Universal Guiding Principle 3: Transmutation of Energy

Let's practice transmuting your energy today. When you feel a negative energy, transmute it with a positive one. Do one of these things when you feel a negative cloud coming on:

- o Change the thought in your head. Think good thoughts.
- o Do something to change your mood.
- o Focus on something that makes you happy or someone you love.
- o Relive a happy memory.
- o Take a break and do something physical.
- o Other ideas: _____
- o _____
- o _____

Now let's transmute someone else's energy! What can you do when someone is walking around with a black cloud over his or her head?

- o Offer a smile and a warm greeting.
- o Give a hug.
- o Offer to give them some help to lift their load.
- o Offer a compliment.
- o Be pleasant and gracious in the face of anger or frustration.
- o Listen when they need to talk.
- o Provide positive reinforcement.
- o Point out the path of positive Conscious Creation—ways he or she can manifest a better day ahead
- o Other _____
- o _____
- o _____

Universal Guiding Principle 4:
I Love Myself, I Love Myself, I Love Myself

Let's be honest. How do you really feel about yourself? Let's look closely at this. What do you perceive about yourself and what is most likely the reality? How close are they? Aren't you being far too critical of yourself?

	Perception	Reality
Intelligence		
Appearance		
Physical Shape & Condition		
Emotional Stability		
Confidence and Self Worth		
Self Love		

Worthiness To Receive Unconditional Love		
Ability to Give Love Unconditionally		
Reliability		
Integrity		
Career Performance		
Other		

Let's begin by making a list of your many attributes...Really think about what makes you special. What 25 things are wonderful about you?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.

You didn't know you were so terrific, now did you?!?

Here are some of the suggestions from the book that you may want to implement:

- Stand in front of the mirror every day and proclaim: “I Love Myself, I Love Myself, I Love Myself.”
- Remember that you are part of the perfection of the Universe. If you believe in God, you are part of God, so you must love who you are.
- Tell the Universe how grateful you are for your attributes and the gifts you have been given.
- Think about your words. Change any thoughts in your head or words about to come out of your mouth that diminish you.
- Focus on the image of your perfect self. Then imagine yourself that perfect self. Tell yourself that you are that perfect self.
- Ask friends and family what they love about you. Write these down and stick them on your mirror.
- Every night when you go to bed, ask the Universe to bring you the peace of self-love and self-respect.
- Meditate. Go inside yourself and sweep out any negative thoughts and beliefs that keep you in the animated suspension of self-loathing. Envision a little broom or paint brush sweeping them away.
- Do physical exercise that makes you feel good in your head and your body. Anchor this feeling. Tell it to transform the other feelings.
- Treat yourself like you are worthy, whatever you do. You are your own best friend. How would you treat your best friend?
- Forgive yourself for whatever you did or felt; it’s in the past. Your unblemished and happy future is ahead. Make each day count.
- Start your day every day in the shower or tub with a healthy round of self congratulations and self love. Tell yourself what you will do that day to feel good about yourself. Water imparts high frequency energy. You are doubling your high frequency transformational capacity.

Affirmations play an important role in helping you to become the person you want to be. Each day for the next two weeks, complete these affirmations with the words of your choosing and repeat them daily. Make sure that you reach down deep inside and feel the emotion of the words you speak.

I am beautiful/handsome and...

I am loved and...

I am releasing...

I am now attracting...

I am deserving...

I am worthy...

I am fulfilled...

My body is healthy and ...

I am embracing...

Continue to create your own affirmations by choosing key words, feel their emotion and envisioning yourself as the person you are affirming.

List them here:

Universal Guiding Principle 5:
The Universe if Knocking, Open the Door!

Name 5 things you have been doing to block the Universal Goodwill from coming forth? Consider such factors as your need for control, your negative thoughts, assuming the worst instead best in any situation, filling your head with doubts and questions about your abilities, choosing to ignore important messages and signs, etc.

- 1.
- 2.
- 3.
- 4.
- 5.

Now name 5 things you can and are doing to blow that door wide open!

- 1.
- 2.
- 3.
- 4.
- 5.

What are you passionate about? The Universe responds to your highest vibrations, the things that give your life zing! List 5 things that you love to do, experience, express.

1.

2.

3.

4.

5.

Now list 5 ways that you deny or repress your hopes, desires, and passions and what you are going to do to give them life! Follow your bliss!

1.

2.

3.

4.

5.

Universal Guiding Principle 6:
The Universal Magnet: Watch Out! Here it Comes!

Let's look at what you are focusing on in your personal life and what are you attracting or likely to attract. Think hard and fill out each box with insight about how the Universal Magnet is operating in your life. Are these good consequences or could they be better?

What are you focusing on?	What has it attracted already?	What is it likely to attract in the future?	How could you change your focus?
Self?			
Work?			
Relationships?			
Family?			
Home?			

Neighborhood?			
Other?			
Other?			

Watching the news can be depressing. Focusing on the world's misery and calamities—despite your empathy—may not be what our planet needs. Let's observe what are you focusing on in the world that may, in fact, be attracting more of it?

What are you focusing on?	What has it attracted already?	What is it likely to attract in the future?	How could you change your focus to be an asset to the Earth?
Your neighborhood			
Your city/community			
Your state			
Your Nation			
Your Continent			

The Planet's People			
The Planet's Environment			
The Planet's Abundance			

Universal Guiding Principle 7: What We Think is What We Create

We now know that emotions are a large part of the vibrational field. Have you really explored your emotions? Can you correlate their physical symptoms when you experience them? Spend an hour today, remembering various emotional experiences, and listen to what your body tells you when you recreate them.

- Do you experience fear by a tightening in your stomach, a racing heartbeat?
- How does anxiety feel?
- Where do you feel love—just in your heart?
- How does joy resonate in your body?
- Where does sadness reside in your system?

These are important messages that will tell you that you are or are not in alignment with the Universe, and when you need to begin exploring alternative thoughts, emotions and life choices.

In what circumstances do you now see that you can be a Conscious Creator? Site specific situations, places, experiences where you can deliberately begin implementing Conscious Creation. Cite at least 10.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Universal Guiding Principle 8:
What We Say Is More Than Just Words

Let's first look at the words that have played a prominent role in your life.

What is the most wonderful thing anyone ever said about or to you?

What is the most hurtful thing, something that has stayed with you throughout your life?

What is the most thoughtless thing anyone ever said to you?

What did someone say that made you feel beautiful/handsome/worthwhile?

What did someone say that took the wind out of your sails?

What did someone say that made you feel most appreciated?

What did someone say that limited your outlook and aspirations about life?

What is the worst thing you have ever said about yourself to others?

What is the best thing you have said about yourself to others?

Now let's turn the tables and let's look at what you have said to others!

What is the most hurtful thing you have said to someone else that scarred that person for life?

What is the most thoughtless thing you ever said to someone?

What was the most recent hurtful remark or criticism that you said to someone?

When was the last time you gossiped about somebody and what did you say?

What have you said to a third party that injured the prospects of another person?

When have you said something to a person that helped limit that individual's outlook and aspirations about life?

What did you say that took the wind out of someone's sails?

When was the last time you told someone how much you appreciated them?

What did you say that made someone feel beautiful/handsome/worthwhile?

What is the most wonderful thing you have said to someone else?

Did you tell someone today that you loved him or her?

How Can You Say Something Better In the Future? Become more aware of your word choices.

What Phrases can you Substitute for:

I want you to...

Do this...

You aren't...

You did (accusatory)

You did this wrong

I don't like...

Other

For yourself:

I'm not any good at

You wouldn't want me

Why am I always wrong?

I'm not as good looking as

I'm not as smart as

I should/ought to

I can't

Other

Universal Guiding Principle 9: Abundance Awaits

You must train yourself to think in terms of abundance and not lack. Here are exercises to do that.

- When you pay your bills or spend money, thank you Universe for giving you the money for the expense and then bless the money as it goes out. Ask the Universe to ensure that it helps someone else in need—feed the hungry, gives shelter, helps someone get well—and that it come back to you having spread its goodness.
- Each day visualize lots of extra zeros in your bank account.
- Imagine yourself a money magnet and see money flying at you from all sides. Magnetize your energy body using your imagination and visualization. Do this every day for a month.
- Give a small amount of your money away each week to someone who needs it. Perhaps it's a fundraiser for your child's school, a few coins in the Ronald McDonald bin, or a personal gift to a friend, etc. It will come back to you.
- Be joyful with money. Enjoy spending it, earning it, sharing it. Joy attracts more joy. Joyful money attracts more joyful money.
- Take a moment to appreciate each paycheck or fee paid to you.
- Feel wealthy. Just meditate or put your mind in the place of feeling abundant and wealthy.
- Plant a tree and call it your money tree. Watch it grow and imagine that it is growing dollars with every leaf. As it grows abundant, you grow abundant.
- As you spend money, positively charge it with your good thoughts.

Now list 10 ways you feel abundant today.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Now list 10 ways you can add to the Earth's abundance:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Universal Guiding Principle 10: What Goes Around Comes Around

- Select three actions that you will do this week that are designed to create positive consequences for someone else.
 - 1.
 - 2.
 - 3.
- Review your recent actions that were hurtful to someone else and make amends.
- Now go right an old wrong. Or create a new action that will be of benefit to the wronged person.
- Practice careful, thoughtful evaluation of your decisions and words before implementing them. Count to 10 before you speak if the consequences involve others -- and use that time to think forward to the ramifications of your deeds and words before acting. Record five instances over the coming weeks where you have done this:
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.

Universal Guiding Principle 11: Moving Into The Light

Let's explore your belief system. Very carefully examine what it is that you actually believe about yourself and your world. Most people are surprised at what they learn from this exercise. List everything that comes to mind in each category...and don't stop for space limitations! Then determine if your belief is really truthful. You will find most to be false. When you are ready to let go of the false belief, check it off in the "Let go" column. You may also want to begin creating positive affirmations that reflect and manifest the fullest potential of who you really are.

What do you believe about these things as they pertain to your life:

Love and Relationships:

True/False? Let Go

Work, Career, Your Professional Skills:

True/False? Let Go

Money:

True/False? Let Go

Health:

True/False? Let Go

Self-Judgment:

True/False? Let Go

Emotions:

True/False? Let Go

[illegible]

Let's start a Useless Self-Talk Journal! For the next 30 days record one thing each day that your mind chatter focused on—something that is negative, fearful, in the past, in the future—something counterproductive to your evolution as a high frequency spiritual being.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.
- 26.
- 27.
- 28.
- 29.
- 30.

The more you are aware of it, the more you can stop it! Clear your mind when these thoughts come and focus on your joyful, happy and successful day. By the end of 30 days, you will have hopefully begun breaking the habit of useless mind chatter!

Universal Guiding Principle 12:
Ask and You Shall Receive; So What Is It I Really Want?

Now that you know you have the ability to create your future, you must become very specific about what it is that you want to manifest. Think carefully, meditate, evaluate what is really important to you and construct a list in order of priority of the key desires that you want to manifest in your ideal life.

My ideal life includes the following 10 elements:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

We'll get into greater detail about this later, but for now just paint a wide picture.

Universal Guiding Principle 13: The Balance of Masculine and Feminine

Many people have never acknowledged the dual characteristics that exist within them. They identify with one sex, but fail to appreciate their beautiful balance of what are generally considered male and female traits by traditional society. Together these traits make a healthy, well balanced individual. Let's analyze and appreciate your unique blend. Take 5 traits from the male list and 5 from the female list that you possess and put them in the center.

Male	You	Female
Courage and Bravery		Tenderness
Emotional Strength		Compassionate
Motivation, Persistence		Nurturing
Analytical		Intuitive
Success Minded		Emotionally Giving
Capable and Effective Under Pressure		Communicative
Discerning		Trusting
Results-Driven		Optimistic, Hopeful
Sexual		Sensual
Risk-taking		Collaborative, Consensus Building
Leadership		Mentoring, Teaching
Work-centered		Home-oriented
Adventurous		Curious
Assertive		Passive
		Altruistic

Universal Guiding Principle 14:
'Tis Greater to Give Than Receive, but Receiving Is
Pretty Nice, Too!

When you give you, you can give in many ways—time, resources, money, labor, counsel, a safe space, etc. Look at your life and see what you have to give and then decide to whom you will give it.

Who are you going to help:

Today?

Next Week?

Next Month?

How Can You Be of Service to the Earth:

Today?

Next Week?

Next Month?

Universal Guiding Principle 15: Claiming Your “Stuff”

What 5 things have other said about you that is truthful and you believe you should change?

1.

2.

3.

4.

5.

What 5 things have others said about you that you believe has no validity and you should disregard, because you know the truth.

1.

2.

3.

4.

5.

What 5 things have others done to draw you into their drama that you need to let go, and recognize is “their stuff.”

1.

2.

3.

4.

5.

Universal Guiding Principle 16:
Being All Three: Judge, Jury and Convict

Write a 1 or 2 page essay on how you have judged others harshly and why this judgment has hurt both of you. Cite specifics.



For the next three days, consciously recognize when you are judging someone else—for their deeds, their education level, their looks, their dress, their sex, their race or their intellect. Bring awareness to your judgments and then start dismissing such thoughts from your mind. Start the process of accepting people as they are.



Let's look at how you judge yourself. List 10 critical things that you think about yourself.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

How do these thoughts make you feel? Wouldn't your time be better spent creating positive feelings about yourself that can manifest a new reality and attract a great future?

Start accepting yourself. For the next 30 days, state each day, "I accept myself and honor the incredible person that I am. Every day I am getting better and better and am embracing my humanness and my Universal soul with equal joy."

Universal Guiding Principle 17: Making Friends With The Present

Put a check mark in every column for each hour that you manage to stay in the present, instead of drifting into the future or the past. If you can pull back into the present within 30 seconds and stay there, it's OK to mark a check in that box!

	Monday	Tuesday	Wednesday	Thursday	Friday
6 a.m.					
7 a.m.					
8 a.m.					
9 a.m.					
10 a.m.					
11 a.m.					
noon					
1 p.m.					
2 p.m.					
3 p.m.					
4 p.m.					
5 p.m.					
6 p.m.					
7 p.m.					
8 p.m.					
9 p.m.					
10 p.m.					
11 p.m.					
midnight					

Universal Guiding Principle 18:
Actions Speak Louder Than Words...Just Visualizing

Cite 5 circumstances where you have supported your vision with action:

- 1.
- 2.
- 3.
- 4.
- 5.

Cite 5 circumstances where you intent to support your vision in the future with action.

- 1.
- 2.
- 3.
- 4.
- 5.

Universal Guiding Principle 19:
Constant Education: Oh Those Tests!

Re-evaluate 5 negative experiences in the past where you failed to see the message or learn the answer. State now what you believe to be the lesson that the Universe was offering you.

Experience	What you now see as the lesson

Begin a journal of experiences going forward where you compel yourself to see each experience in light of what lesson is to be learned.

<u>Experience</u>	<u>What you now see as the lesson</u>

Universal Guiding Principle 20: Perfection Exists: It's Buried Here Somewhere

Begin to see your life and the world in the context of the perfection that exists. You just need to call it forth and to stop obscuring it! Choose to allow the perfection to manifest in your reality. Let it unfold.

Write down what perfection means to you so that you can begin attracting the energy that will draw it forth. Make a list of the attributes of:

Your ideal relationship with yourself

Your perfect healthy and body

Your mate, partner or lover

Your ideal home

Your perfect work situation

Your perfect pet

Your perfect balance of work and leisure

Your ideal family relationship

Other

By concentrating on the ideal, it transforms your energy into a positive magnet to attract what you desire, instead of focusing on what is wrong with your life—which in turn repels your desire. Focus on Perfection and you might get something close to it!

Universal Guiding Principle 21: Learning to Trust and Surrender

Let's bring forth the Trustmeter. For each incident when you experience fear, anxiety or concern for the future, start evaluating whether you can let go of the need to control. Begin rating your level on the Trustmeter. Are you currently at a 10 (trust the Universe to bring forth what is in your highest good) or are you a 0 (you have no trust in the Universe...You have to take care of every detail yourself and you cling to your fears that it won't be successful without your diligence, worry and anxiety.)

Project/Activity/Relationship	Emotion	Current Trustmeter Reading (10 high/0 low)

Practice letting go and surrendering! Start with small things and work up to the big ones!

Universal Guiding Principle 22: Gratitude: The Universal “Juice”

How are you going to make gratitude an ongoing “energy habit?”
Name 10 ways that you will show, state, express your gratitude to the world and to others. You can start with your gratitude journal.

1. Start a gratitude journal!

2.

3.

4.

5.

6.

7.

8.

9.

10.

List those things for which you are grateful today! Take extra paper if you need it!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.

Universal Guiding Principle 23: The Power of the Person

Think back and remember when you made a difference, when your action manifested something positive for others or for the planet. Cite a time when you effected change:

In your relationship:

With a friend:

With a member of your family:

At home:

At work:

At play:

In your community:

In the world at large:

Cite your intentions for effecting change in the future:

In your relationship:

With a friend:

With a member of your family:

At home:

At work:

At play:

In your community:

In the world at large:

Universal Guiding Principle 24: Why Are We Here?

How are you evolving spiritually and emotionally? Cite your goals and your progress.

Universal Guiding Principle 25: Humanity is Underrated

Who are your heroes? Who would you like to emulate?

1.

2.

3.

Now image your own power! What can you do to change the world?
How will you start your world changing campaign?

Your Energy Body

Let's explore your energy blockages. Go into a quiet or meditative state. Breathe deeply. When you have relaxed into a quiet mind, begin asking each part of your body where you have pain:

- What is the message in the pain
- What is it holding onto
- What memory is associated with that pain
- What thoughts will help release the pain

These answers might not be immediate, so be patient. When you have your answers, express your gratitude to the pain for pointing out your need for clearing. Then apply your mind to:

- Releasing the emotional pain or fear that is entrenched there
- Accepting, forgiving, acknowledging so the blockage can dissipate
- Allowing the energy to flow freely



To improve your overall mind, body and spirit health conduct a chakra clearing regularly. This is like vacuuming out the dust bunnies in your energy system. You can do this individually by allowing your mind to work its way up from the root chakra to the crown, or you can utilize any number of excellent spoken word chakra-clearing CDs. There are also many health practitioners that offer a variety of ways to clear energy blockages, using light, minerals, oils and more.

Activities That Increase Your Frequency

What are you going to do to raise your frequency so you can become a High Frequency Flyer?

Today:

This week:

This month:

Making Science of It All, The Interface

List any recent experiences you have had that may have pierced the veil between your reality and The Zero Point Field?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



What can you do to increase your Intuition?

Some areas to watch for:

- Your “gut feelings”
- Same repeated messages in signs, music, word of mouth, books
- Feeling an urgency to respond to a mental image or message you feel you are receiving
- A sense of “knowing”
- A sense of connectedness with someone or some situation
- Synchronicities

Vision Power, The Creation Care and Feeding of Your Vision, Your Environment

Describe your sanctuary, where you will create a practice for visualization. Where will you do your visions and what will be a part of that environment?

Location—Indoor, Outdoor

Position—Sitting on a chair, on the floor, laying on a bed or couch

Time of Day

Music/Silence

Candles

Incense

Minerals

Other notes: Turn off the phone, etc.

What other locations might be conducive to visualizing in the future?

Calling Forth Your Energy

Visualize yourself as an energy being.

Now do your grounding. Imagine the cord extending from your tailbone into the Earth and one reaching upward toward the sky from your crown, each with a beautiful ball of golden light feeding back into you.

Send all negative emotions, fears, anxieties down the grounding cord or outside the energy body, captured in a balloon shot toward the horizon.

Do a chakra clearing...from the red root chakra, upward to the orange second chakra, the yellow third chakra at the solar plexus, the green fourth chakra of the heart, the turquoise throat chakra, the indigo third eye chakra and the purple crown chakra.

What energies do you wish to call forth today? It's always a good idea to start with the pink light of love. Some of the other choices include:

- green for balance and healing
- purple for peace
- lavender for serenity
- light blue for inspiration
- ice blue for calm
- vivid blue for artistry
- silver for perception
- gold for wisdom and courage
- orange for vitality and motivation
- red for energy and passion
- white for purification and protection

Feel those colors wash over you like a waterfall.

You are ready to begin your visualization.

Creating Your Opening

While we have created an opening scenario for you in the book, visualizing is really a very personal experience. So we encourage you to create your own “opening, ” a peaceful and wondrous vision that puts you at ease and creates a state of joy. Please write one or two different scenarios—in detail--here that you can refine as you become more and more comfortable in your visualizing experience.

Your Story

Here is the place to record your personal visions. Look back at page 43 where you selected and ranked your desires by their priority. Start with those 10 and begin creating your visions.

Create one big overall vision about your life and then individual smaller bit-sized ones to focus on certain aspects—love, family, home, work, etc. Record every detail—what you see, taste, smell, feel and hear. Remember that this vision must evoke wonderful, joyful emotions in order to have the power to manifest. Revel in those emotions!

Vision 1

Vision 2

Vision 3

Vision 4

Vision 5

Your Ending

Then as you come out of your vision, return to the place where you started it...in whatever mental imagery you created as your opening. To close, put in your own words:

- Your gratitude for the arrival of this vision, for the opportunity to live it already.
- Your gratitude to the Universe for granting this incredible vision.
- A pat on the back for yourself for being a part of the change.

Trust

Now go off and do whatever it is you are going to do today and trust the Universe!

Keep A Log Of Your Daily Visions

In order to really develop the habit of Conscious Creation, keep a log of your visions. This monthly log will encourage you to be an active Conscious Creator and will allow you to look back and see what you have manifested with your new focus and energy management.

[illegible]

Create Your Ideal World

In *The Art of Conscious Creation, How You Can Transform the World* we have listed the elements that we would like to see in an ideal world. But this is your vision, your world. So list here—in brief--what you would like to see in the world of your creation.

Create a Vision for the Planet

Now here is the place to get into details. Put together your world vision, incorporating the opening of your choosing, the content you have selected on page 72, and your closing. You may elect to do multiple visions if you would like to focus on specific aspects.

Create a Vision for the Planet (continued)

Becoming an Actionary

How are you going to exercise your “Actionary” muscle?

Below is a starting place to trigger your thoughts. When one of these ideas resonates, indicate who or how you will get involved and the timetable for your intention. Check off each one you have selected when you have initiated your involvement.

<i>Random Acts of Kindness</i>	Who/How	When
☐ with family		
☐ with friends or neighbors		
☐ with seniors or the disabled		
☐ with a stranger		
☐ with nature		
☐ With self		
☐ Other		
<i>Adopt Something!</i>		
☐ Adopt a village in a Third World country through a non profit		
☐ Adopt a stretch of highway and keep it clear of trash		
☐ Adopt a high school in a low income region and volunteer to create fun, motivational programs		
☐ Adopt a pet from an animal shelter		
☐ Adopt secretly a co-worker or neighbor in need		
☐ Other		
<i>Mentor Somebody</i>		
☐ Somebody you know		
☐ Take a friend's or neighbor's child under your wing		
☐ Become a Big Brother or Big Sister		
☐ Teach reading in a literacy program		
☐ Teach professional skills to young people looking to get into your line of work		
☐ Other		
<i>Become an Environment Supporter</i>		
☐ Recycle		
☐ Conserve water		
☐ Conserve energy and other resources		
☐ Walk, ride a bike, take a bus, use public transportation or car pool		

o Refrain from any activity that endangers the environment		
o Raise your awareness of how your daily activities either support or damage Mother Earth and think of ways to either expand or alter your behavior		
o Other		
<i>Get Active in Your Community</i>		
o Live responsibly daily in your community		
o Help with existing community initiatives		
o Go to your city council and propose a new initiative		
o Join with others in your neighborhood to make your community a better place		
o Other		
<i>Take an Active Role in a Cause or Issue</i>		
o Become knowledgeable about the issues		
o Determine where your talents and voice are best applied and then act		
o Join a committee or group, attend their meetings,		
o Volunteer to help in the office and administration		
o Participate in peaceful protests, publicity stunts and other organization functions designed to bring attention to the cause		
o Help with fund raising efforts		
o Speak about important issues to neighbors and friends to raise awareness		
o Participate in programs that directly impact the organization's constituency or cause (the homeless, the physically challenged, the financially disadvantaged, children, those suffering human rights violations, the environment, national parks, preservation of historic buildings, etc.)		
o Make a financial contribution		
o Start your own organization supporting a cause about which you are passionate		
o Other		
<i>Give Back</i>		
o Start your own foundation, non profit or organization designed to give back to society		
o Help fund scholarships or internships for others		
o Select individuals who can use your talents, counsel and wisdom and help them get a leg up in life		
o Volunteer with organizations providing services to the needy. For example if you are a lawyer, provide pro bono legal counsel. If a mechanic,		

provide services to seniors on a fixed income who need repair to their autos. Etc.		
o Other		
<i>Create or Participate in a Visioning Experience</i>		
o Establish time in your day to create a vision and communicate it to the Universe		
o Attend a unified visionary event, such as those sponsored by United World Healing		
o Participate in a United World Healing event online, or download one that you can enact at a time convenient to you		
o Get a group of your friends together to conduct visions specific to your lives.		
o Other		

My Reading List

As you begin to learn the techniques of Conscious Creation, you may wish to explore additional books on the subject. You can check out the titles on ManifestBooks.com to enhance your library and you may come across books in a variety of sources on the Internet, magazines, newspapers and other media. Here is a place to collect your “wish list” of books for future reading. Check off the ones you’ve completed as your list grows!

[illegible]

Resources

- Conscious Creation Chronicle Newsletter (www.theartofconsciouscreation.com)
- Manifesting Messenger, Manifesting Tip of the Day (manifestbooks.com)
- Manifest Books, the Online Bookstore for the Conscious Creator (manifestbooks.com)
- United World Healing (unitedworldhealing.org)
- Vision of the Day (unitedworldhealing.org)
- Additional articles, ebooks and information sources from Jackie Lapin (www.theartofconsciouscreation.com)

Jackie Lapin

- Author of *The Art of Conscious Creation How You Can Transform the World*
- Founder of United World Healing—Leading The Way in Global Transformation
- Creator of ManifestBooks.com, Online Bookstore for the Conscious Creator

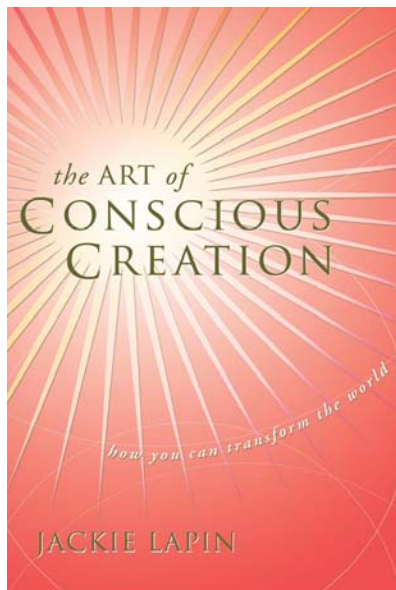
You could call her “Earth’s Cheerleader.” Jackie Lapin is a writer, speaker and visionary who is educating and uniting the planet’s people to manifest a better, healthier more peaceful and joyful world. She is revealing to humanity its ultimate power for global transformation and leading the call for synchronizing a vision for a new and better reality...just as a football cheerleader unites the stadium in a cheer for victory. In this case, the victory is our very own survival and happiness. She is motivating, urging, rousing and inspiring a unified call to action!



To accomplish this incredible mission, Lapin has founded United World Healing (www.unitedworldhealing.org), an international organization designed to unite millions around the world in daily acts of Conscious Creation, to impact the future of the planet. The non-profit organization hosts “Vision-Ins” around the globe, unifying thousands in specific visions of a harmonious, abundant, peaceful world. Science is discovering that thoughts are energy and they have a powerful ability to effect reality. Unified thought expressed in waves of energy has the ability to exponentially increase the power to create change.



Lapin has joined with a group of other like-minded visionaries to manifest and lead this movement for consciously-driven world betterment and to inspire people to become “Actionaries,” partaking in specific activities for world improvement that support their intentions. The first worldwide Vision-In is slated for Friday, November 9, 2007. Please go to the website for participation details.



In order to disseminate the knowledge and tools that will facilitate this mass consciousness shift, Lapin has written *The Art of Conscious Creation, How You Can Transform the World,* (www.theartofconsciouscreation.com) the ultimate guidebook to managing your personal energy frequency for the purpose of personal and global transformation. Lapin spent two years researching mind/body/spirit philosophy and practical wisdom, working with acclaimed spiritual leaders, healers, psychics and channellers, and reviewing the science of consciousness before

embarking on her book. Lapin's real gift is in synthesizing all of the information into a coherent action plan for world transformation, and in providing the content in such a logical, practical and common sense way as to appeal to the average day-to-day person—not just the already spiritually aware. She practices Conscious Creation in her life every day and is teaching the skill to others through lectures, seminars and private counseling.

Jackie Lapin's pioneering vision has always been the hallmark of her highly successful ventures. A graduate in journalism from the University of Southern California, she began her professional career as one of the nation's first women sportswriters at a time when there were just a handful of women in sports professions at all, working for such entities as the Washington Post, Detroit Free Press and Associated Press. Lapin segued to the media relations field and within two years had launched what would become the nation's foremost sports/entertainment/special events PR firm with offices on both coasts.

For 30 years, she was known as a leading media relations expert, nationally recognized for assisting companies with generating the publicity that has ensured their success. She was instrumental in launching the worldwide poker phenomenon, demonstrating the power of vision coupled with action. Always a leader, Lapin crafted one of her hobbies--collecting beautiful mineral spheres (polished round rocks)--into the creation of Sphere's To You, the first and preeminent company worldwide specializing in the sales of these remarkable specimens from the Earth. She closed that business in order to concentrate her energies on the founding of United World Healing and to create ManifestBooks.com, the bookstore for the Conscious Creator.



When not visioning, meditating, writing, speaking, reading or working with her fellow United World Healing members, Lapin can be found tending the 250 roses at her home, taking pleasure in her friends around the globe, traveling, photographing the world around her and enjoying nature.