



I Create Reality - Beyond Visualization

How to Use Holographic Creation to Manifest Your Desires

By

Christopher Westra

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About Christopher Westra

Christopher is also the author of

Medicinal Herbs of the Mountain West

How to Live the Aloha Joy Raw Food Diet, found at www.IncreasedLife.com.

Realms of Joy – Time of Light: How to Live in Holographic Time for Extreme Wealth and Peace www.icreatereality.com/time.html

How to Potty Train Your Child in Five Hours www.icreatereality.com/potty.html

He holds a Degree in Psychology from Brigham Young University. He has studied mental and physical health for over 20 years. He received his Doctor of Naturopathy Degree from the Clayton School of Natural Healing.

He holds a Black Belt Degree in the Martial Art of Kyukido.

He lives in Gunnison Utah with his wife and four boys. He enjoys gardening, running, reading, and writing.

One of his very favorite books is The Science of Getting Rich, by Wallace Wattles. It was this book (nearly a century old) that Christopher used to generate his motto “Increased Life to All”.

He first became interested in the power of visualization by reading Psycho Cybernetics. This was recommended reading for the High School Wrestling Team that Chris was on.

As a counselor, he came up with a “Ten Years in the Future” exercise in which people visualized in detail their

daily life ten years from now. He did this exercise with hundreds of adolescents, and later with prison inmates.

Chris wrote out his future vision along with the others, and over the years became convinced that there was a guiding power at work. Item by item the detailed images became reality (life in the country, a house built into a hill, his own business, a black belt degree, knowledge, books, promotions, bonuses, mentors, opportunities, amazing health).

Chris invites you to create your reality with the detailed plan in this book.

Chapter 1. The Benefits You Will Receive in This Book

No Man is Free Who is Not Master of Himself - Epictetus

My intention in writing this book is to provide you the easy to understand tools you need to identify and create your desires in every area of your life. With these detailed instructions you will no longer be a victim of circumstance. You will be the master of your life.

Even if you have only ten minutes per day these effective HoloCreation Sessions can jumpstart major changes in your life. Most likely once you get into the flow of creation you will want to spend more than ten minutes each day.

Star Trek and the Holodeck

For those of you who may not be familiar with Star Trek, let me explain the Holodeck. In this science fiction series, the Holodeck is an advanced piece of technology that creates Holograms. This device can create a perfect simulation of anything and any environment.

The Star Trek crew use the Holodeck for recreation and adventure. They can visit any land, and actually touch and interact with the created objects while in the Holodeck.

In researching material for this book, I read some about the Holodeck. One website said that we humans have no way of projecting holograms like they do in Star Trek

Of Course We Do! We are hologram creating organisms! We create and project holographic images into the universe on a nearly constant basis. Every time we desire, every time we fear, we are conjuring up events and objects that are real in some dimension, but have not manifest into physical existence.

Any hologram we consistently create, with emotion and expectation, will begin to materialize. We all have our own

personal Holodeck built into our wonderful spirit-bodies. The Holograms we create are real – they are incipient matter!

Effective Action

Most sports psychologists will agree that 80 percent of an athlete's performance is due to attitude and mental conditioning. Now, we aren't all athletes. However, we all do want effective performance in the physical world. Our results stem directly from our actions, and to get what we want we need to do the effective actions.

The process of HoloCreation greatly increases the effectiveness of everything you do. When the universe (and the greater you) has a detailed picture of what to create, then you are literally compelled to do the proper actions.

Follow the Success Blueprint

Successful people already use major parts of this HoloCreation process. Some have the natural ability to focus on the end result of what they really want to create, and others have learned the skill.

Through the ideas and practical exercises in this book, you too will be able to identify what you want, create detailed images of what you want, and receive your desires when they come to you.

Six Ways Holographic Creation is Beyond Visualization!

For many years now I have been using visualization to achieve what I want. I read my first books on visualizing more than twenty years ago. But after discovering the reality of the holographic universe I realized that the images I created were actually real in a different dimension.

Creating real “entities” that have power to grow greatly increases your faith in imagination. Matt Furey says that the strongest nation on earth is your imagi-nation.

In this book I often shorten the term “Holographic Creation” to “HoloCreation”. Here are five reasons “HoloCreation” is more powerful than Visualization.

1. Your intent is to create incipient matter, not merely to visualize an image. Thoughts, feeling, and images (HoloCreations) are made of matter, just a very subtle kind of matter. The term incipient matter describes it well.
2. You are involved in a present activity, not a future one. The present is your point of power. During HoloCreation you are doing something, not wasting time. If you don't accept this then you probably won't take the time to do this effective mental work.
3. You powerfully access other dimensions and frequencies. The entire Universe is made up of vibrations. Through HoloCreation you work at a higher level of vibration, opening the way for the crystallization of your images into physical (denser) matter.
4. You invoke the power of intention and expectation. There will be more later about the power of intention.
5. You create in an open, grateful manner (not craving or grasping). This relaxed open trust is made possible by knowing that your images have a real existence, and are growing. This leads to the next idea.
6. You launch your Creations into the soil of the Universe. With visualization, you run the risk of thinking that your images are real only as long as you are visualizing them. This leads to pushing too hard, or thinking that you must visualize all the time. With HoloCreating, you know that your image is now a real entity with its own existence. The image merely needs to be placed in the proper soil to grow and manifest for you.

The Daily Session Sheet

New ideas will only make a difference in your life if you change your actions. The Daily HoloCreation Sheet is essential to your success, and it's so easy to do. I will give you details about every part of the exercise.

You will see the benefits of these practical exercises in just days.

The sheet can be done effectively in just ten minutes per day. However, once you are into your creating session you will likely spend more time at the process than ten minutes. I generally spend from 30 to 45 minutes during a session.

After some practice you will begin to feel the effectiveness of this time spent on the creative plane.

Chapter 2. Getting Started: The Basics of Creating Your Reality

The Purpose of Life – Reality Sculpting

Either this is a universe with a purpose, or this is a universe without a purpose. This book is for those who know the universe has a purpose.

The purpose of life is to learn to create reality through our thoughts and emotions. We are to act, and not be acted upon. We are here to learn to be active creators of life, not victims of circumstance.

This Life is a School for Reality Sculptors.

This is not just a hobby, or a nice skill to have. Learning to create in this material existence is why we are here. The better creators we are, the better prepared we are for the next existence.

Controlling Mental Energy

The purpose of life, in the simplest way to put it, is to learn to control energy. Learning to control your mental energy comes from using your thoughts and emotions to create the physical reality you desire. You then live successfully with the matter and events that are formed!

By learning to guide and focus your thoughts in this way, your inner development is reflected in your outer physical world. We all participate in creating the exterior world, and this is essential for our growth and learning while in this dimension of existence.

HoloCreation is done by using your mental energy to imagine detailed future scenarios or objects.

The better your abilities at creating reality, the better you are able to learn, solve problems, build joyful relationships, and help others.

Getting What You Want – The Law of Attraction

You get what you want by attracting it into your life. Whatever you focus on grows. The law of attraction is that like attracts like. Thoughts of illness bring illness. Thoughts of health bring health. Images of riches bring riches. Images of poverty bring poverty.

In this dimension the element of time enters into the picture. What we continually focus on will materialize, or crystallize, over time!

Like is attracted by like. Evidence is all around us for the law of attraction. We are all magnets, attracting what we think. This ought to scare you, if you haven't been in the practice of choosing your thoughts!

The Law of Attraction is very exciting when you realize you can choose what you think 100 percent of the time.

Law of Abundance

When doing your Holograms, remember that there is enough abundance in the universe for everybody. We do not need to compete for scarce resources. Always create images in line with this abundance.

If you feel that getting what you want will take from others, this will slow or prevent the process.

The Three Parts of HoloCreation

HoloCreation is the process of:

- 1) Imagining detailed future events or objects.
- 2) With a full expectation that these will be manifest physically.
- 3) For the purpose of bringing increased life to oneself and to others.

Law of Intent and Expectation

When we imagine these detailed scenarios, we must do so with the full intent that these events and objects will materialize in our physical existence. The rest of this book will show how to do just that.

Which is the more powerful statement of the two below?

I want to go to Hawaii next year.
I intend to go to Hawaii next year.

Intention has all kinds of meaning – purpose, aim, plan of action, apply with strength, to have in mind, to expect. To intend something has much more power than merely wanting something.

Intention includes Hope, which includes expectation. My favorite definition of Hope is a full expectation of desirable things to come. With HoloCreation you can put Hope back into your life!

Chapter 3. How to Know and Create What You Want

The secret of achievement is to hold a picture of a successful outcome in the mind.

Thoreau

Examples of What People Don't Want

You can learn to focus on what you want, rather than what you don't want. This is such a simple idea. You will be able to see immediately that it is true. But you would be amazed how many people really do focus on what they don't want!

Even when you ask them what they want, here is what they say:

1. I don't want to be sick.
2. I don't want to fight with my wife (or husband).
3. I want to stop procrastinating.
4. I just want to get rid of this weight problem.
5. I want to get out of this job.
6. I don't want to be insecure.
7. I want to junk that old car.
8. I don't want all those weeds in my garden.
9. I'm tired of being tired all the time.
10. I don't want to feel trapped.

You can see from the above ten examples that even when you aren't using the words "don't want", you may still be focusing on what you don't want. Saying you want to get out of your job, and visualizing being out of that job, may just get you fired. You'd better be creating the job you want.

I was making this very mistake for a while. Just because I've written this book doesn't mean I don't still make mistakes. I was actually imagining leaving my old job, and having my coworkers say goodbye. Then I realized that I needed to use HoloCreation to imagine a job doing what I love to do. I needed to imagine giving value to all my customers and maintaining an ample income.

How to Turn “Don’t Wants” into “Wants”

So now let’s turn the above ten examples into positive desire statements.

1. I want to be healthy and radiant and alive.
2. I want a close supportive relationship with my wife (or husband).
3. I handle tasks when they need to be done, and love the freedom this gives me.
4. I want to be slim and graceful, and confident around others.
5. I want meaningful enjoyable work in a job that makes a difference in the world.
6. I want to feel loved and secure.
7. I want to drive a vehicle that is comfortable, reliable, and matches my personality.
8. I want a garden that is neat, organized, and fun to work in.
9. I want to have the energy and vitality to achieve my goals and dreams.
10. I want to expand and grow and develop my talents and interests.

What You Focus on Will Grow: Faith or Fear?

What you focus on, grows. Every once in a while check your HoloCreation lists and make sure you are visualizing what you want. Think for a moment on the definitions below.

Faith is believing that what you cannot see will come to pass.
Fear is believing that what you cannot see will come to pass.

When you are full of hope and faith and enthusiasm, it is because you are imagining future scenarios. When you are fearful or in despair, you are also imagining future scenarios. It all depends on what you are imagining! To eliminate fear from your life, stop imagining fearful future images.

Hope or Despair: What Are You Expecting?

These are the best definitions I have come up with for Hope and Despair.

Hope is a full expectation of desirable things to come.

Despair is a full expectation of undesirable things to come.

What do hopeful people do that others do not? They are natural positive HoloCreators. They regularly imagine desirable things to come. Learn this skill and change the way you view the world! Hope is one of the essential ingredients to a happy life, providing energy and enthusiasm in all your activities.

Ten Specific Ways to Want What You Want

- 1) Want it, but don't need it. Be grateful for what you have, and welcome more. A spirit of contentment and acceptance of where you are will create more flow into your life.
- 2) Harbor a relaxed sense of ease when using holographic creation, rather than an attitude of compulsion.
- 3) Always be open to the idea of 'something better'. Don't limit your requests. Be specific and detailed but then always add the thought 'or something better'.

- 4) Be happy without it. If you can't be happy without it, you are 'grasping' and desiring in a pressured way that reduces the flow of creation.
- 5) Trust that there is a power that knows what is best for you. Be humble. Surrender to these higher forces in the holographic universe.
- 6) Know why you want what you want. Ask yourself "For What Purpose"? If you know why you want something, state this out loud and list it on your daily HoloCreation sheet. This gives the universe the option of giving you what you really want in a more creative way.
- 7) Ask yourself, "What are the benefits?" The more reasons you have for wanting what you want, the more likely it is you will have the emotion and expectation to bring it to reality.
- 8) Be grateful for progress! Any small step in the right direction moves you closer to your desires.
- 9) Use patience and consistent action at the same time. Incremental progress eventually creates monumental changes!
- 10) Remember always that you are worth it. Get over your inferiority complex that nearly every human being has! You are lovable and capable, and you are worth it. Look in the mirror and tell yourself this over and over until you believe it.

Chapter 4. The Daily HoloCreation Sheet

Think you can, think you can't; either way you'll be right.

Henry Ford

Seeing yourself being able to accomplish something greatly increases the chances you will actually do it. The Daily Sheet will help you focus your image creation in the most productive areas.

This chapter introduces the actual 1 page Daily HoloCreation Sheet. Take a look at it. This will bring up some questions about how to fill it out. The following chapters will take each area of the sheet and explain it in detail.

The Seven Major Areas of the Daily Sheet

- 1) HoloCreation Category
- 2) Thanks For
- 3) Image Detail
- 4) Emotion
- 5) Action Items
- 6) HoloCreation for Others
- 7) Extreme HoloCreation

Wholeness – The Basis for Holographic Creation

You may have heard of the word Holistic, as in Holistic Health. The prefix “Holo” means whole, looking at the whole picture as opposed to just the parts. The HoloCreation process as presented in this book is whole in two ways.

First, the detailed images you create are whole pictures. When you image future scenarios, make them complete. Make the pictures holistic, using not just pictures but complete with sound, smell, taste, and lots of emotion.

Second, in HoloCreation you also use the resources of the whole of what you are. To be the most successful, understand

that the real you is much much greater than what you currently see in the mirror in this physical dimension.

What you commonly think of as you (inside your body) is only the proverbial tip of the iceberg. When you create and release your detailed whole images, this greater part of you works to bring the image into physical existence.

The part of you that exists in other dimensions (and is connected to the entire universe) will guide and steer you. You will receive impulses to do what needs to be done for the materialization of your images.

Daily HoloCreation Sheet

Date _____ Time Started _____ Time Completed _____

Note – This sheet may be copied, used, and given to others, if source is left intact.

1 HoloCreation Category _____ Thanks For _____

Image Detail _____ Emotion _____

Image Detail _____ Emotion _____

Image Detail _____ Emotion _____

Action Items _____

Notes

2 HoloCreation Category _____ Thanks For _____

Image Detail _____ Emotion _____

Image Detail _____ Emotion _____

Image Detail _____ Emotion _____

Action Items _____

Notes

3 Others - HoloCreation Category _____ Thanks For _____

Image Detail _____ Emotion _____

Image Detail _____ Emotion _____

Image Detail _____ Emotion _____

Action Items _____

Notes

4 Extreme HoloCreation Category _____ Thanks For _____

Image Detail _____ Emotion _____

Image Detail _____ Emotion _____

Image Detail _____ Emotion _____

Action Items _____

Notes

Chapter 5. HoloCreation Categories (What Do You Want?)

Ideas First – Details Later

When filling in your idea or category, it is OK to be general and even vague. The detailed images will come later. This simple step helps so many people because they have trouble getting directly to the concrete images.

Dozens of Categories I've Actually Used

Just to help you brainstorm, I've gone over many of my Daily HoloCreation sheets and listed many of my categories I use for detailed imaging.

Happiness, connection to God, perfect digestion, having abundant high quality food, hair growth, close relationship with wife and boys, time for family, promotion, customer feedback, book sales, beautiful yard, higher energy, new computer, pictures I wanted, running enjoyment.

Increased muscles, solving certain problems or obstacles, giving compliments, participation with others, meeting mentors, needed books, acceptance, love, closeness to nature, dream vehicle, vacations, living location, titles to books.

Independent income, successful teaching, office environment, organization and focus, relationships and dealings with many different specific people, abundant energy, referrals to Internet Mentoring, emotional breakthroughs, success in new position, Anniversary, important phone calls, an abundance of time, audio tapes, service to others.

Traveling, specific vacations, newsletter creation, future planning, book cover, 100 goals identified. Trust in God.

I hope they give you some ideas!

The Seven Areas of Life

To stay balanced in life, include in your daily HoloCreation practice detailed images from these basic areas of life. Of course, there is much overlap between these areas.

A creative and joyful life really can't be divided up into categories. These are just ideas to help you expand on what you really want in life.

1. Health and Fitness

The Health category is a huge one for most people. We all want to be healthier, and most of us want to be thinner. You may want to include visual images regarding nutrition, grace, endurance, agility, poise, balance, energy, vitality, exercise, performance, and much more.

In all these areas, it is essential to visualize what you want, and not what you don't want.

2. Relationships

This category includes all your relationships, with your spouse, children, coworkers, neighbors, mentors, etc. You may not be able to create detailed images of a "relationship", but you can create images of specific events and situations.

3. Finances / Employment

Finances and Occupation are tied together for most people. You can visualize this area any way you desire. Specific situations to create are pleasing and meaningful work, promotions, job successes, or new opportunities.

When you create images of financial abundance, don't always focus on money. Money (green dollar bills) is not a very detailed image, and it's not what we really want anyway. What we really want are the things that money can buy, which leads us to the next category.

4. Material Items

Most people have no trouble imagining what they want in this category. In fact, when daydreaming of what they want, some people limit themselves to only material items.

This is why I've included this list here – to encourage you to expand your vision to include anything you really want.

You can create Holograms of homes, clothes, food, vehicles, books, and any other objects we need for a full and abundant life.

5. Connection to Universe / Nature

A sense of connection is so satisfying and fulfilling. So many feel unconnected and empty. They seek to fill themselves with food, drugs, sex, material pleasures, but these never really establish a permanent satisfaction.

This category includes feeling connected to other people, enjoyment of plants and animals, and a meaningful understanding of life.

6. Community and Nation

We are social beings and have a natural desire to live in social environments. Very few of us would be happy being a Robinson Crusoe! However, some of the areas we live in, the communities and the cities, are not exactly what we desire.

I just watched Lost Horizon a few nights ago with my family. Remember that old movie about Shangri-La – the ideal community high within the protective peaks? Eventually we can create an ideal community, but we will do so by imaging and creating one concrete picture at a time.

You can visualize community events, excellent relationships with neighbors, nations at peace, tolerance and cooperation, and much more!

7. Personal Growth

What do you desire to be, to have, and to do? What legacy do you want to leave behind you as you pass into another realm of existence? What do you want others to remember about you? What are your deepest longings for knowledge and purpose?

People who have goals, dreams, and a passionate mission in life are the happiest of all people. What do you need to learn, or read, to achieve your mission in life? What do you want to achieve?

In some respects, knowing what you want in the personal growth category guides all the others!

More Categories - Sixteen Things Everybody Wants

In my counseling work over many years I've discovered that people want basically the same things. These sixteen ideas pretty much fall into the seven categories above. They are simply expanded ideas that I hope will spark your imagination! People really want to:

- Have Financial Abundance - Make Money or Save Money
- Live Your Dream - Freedom to do what you want to do when you want to do it.
- Be Happy - Have peace of mind, joy.
- Save Time - Have more real time for life.
- Develop Talent or Skill - Feel competent in the many areas of your life.
- Obtain Increased Health - Have more energy, less pain, more vitality.

- Have Comfort and Leisure - Avoid overwork and frenzied lifestyle.
- Increase Sense of Purpose - Meaningful work, Connection to the Universe
- Live in a Clean, Beautiful Environment - Have a neat, ordered living space.
- Be Honored and Respected - Gain praise, popularity and admiration.
- Gain Control Over Your Life - Be the captain of your ship, guide your life.
- Feel Good About Yourself - Know who you really are, confident in abilities.
- Develop Your Full Potential - Grow in knowledge and ability.
- Enjoy Loving Relationships - Sexual satisfaction, close family and friends.
- Create Beauty - Be involved in art, crafts, dance, hobbies, etc.
- Have Hope in the Future - Have a full expectation of desirable things to come.

There you go! With all these ideas, you should have no trouble coming up with categories for your Daily HoloCreation Sheets

Chapter 6. Thankfulness – The Creative Mindset

Being grateful does something to your mind. The conscious exercise of gratitude puts you into a proper space where flowing and receiving are more effective. Make sure you include this as part of your daily sessions.

Law of Equal and Opposite Flow

You've all heard about equal and opposite reactions. If there is a force directed one way, there is also an equal and opposite force directed the other way. This is why we get a 'kick' into our shoulder from a shotgun.

It's naturally easier to receive a flow of abundance (what we want) when we are also extending a flow of gratitude to others and to the universe and to the Creator. This dynamic of equal and opposite flow is how I visualize gratitude!

Besides, being thankful simply makes you a happier person, and the world a better place.

Acceptance or Resistance

Thankfulness also creates a spirit of acceptance about where you are right now. If you are unthankful for conditions as they are, then you set up a resistance to receiving more.

With electrical lines, resistance in the system always decreases the flow of power. In your personal flow of abundance resistance does the same thing. Be thankful for all things to keep your universal abundance system operating at full flow!

Practical Gratitude – What to Write on the Daily Sheet

So, how exactly does this translate into what to write on your Daily HoloCreation Sheet?

What you do is find something you are thankful for within the category that you are visualizing. For example, one category I

put was 'Beautiful Yard'. The weeds had really gotten away from us this year, and our yard was looking less than excellent.

The first idea I had was, "I want to get rid of these weeds". That was a negative picture (getting rid of something rather than creating something) so I changed it to what I wanted. I wanted a beautiful yard.

Then next on the sheet comes the "Thanks For" space – what should I put there? I wasn't grateful for the weeds. However I quickly came up with three things. I'm grateful that I actually like working in the yard (even pulling weeds). I'm grateful that the mornings are beautiful and a perfect temperature for working outside. Finally, I'm grateful that I have hard working boys to help me in the yard!

That's how you do it! I started the flow with gratitude, and the flow of creation will return to me. Then we move onto the Image Detail spaces.

Chapter 7. Creating Detailed Images

Nearly everyone can come up with some ideas of what they want in various categories. But not very many naturally make the jump to creating specific pictures of these desires. This is why so few people actually get what they want!

Developing detailed pictures is easy when you follow the Daily Session Sheet.

Move From Vague to Specific – Eleven Examples

If your goal is to make enough money to quit your job, what holograms can you create?

1. An image of a specific coworker telling you goodbye (and how lucky you are).
2. Feel your confidence and enthusiasm as you walk out the door for the last time.
3. An image of your bank statement with your monthly income highlighted.
4. See yourself obtaining the health insurance you will need.
5. A picture of yourself enjoying your own schedule.

Let's say another goal is a brand new Hummer. You can create these holograms.

1. Imagine a test drive at the dealership.
2. See yourself driving off the lot with your family.
3. Four Wheeling up in the mountains.
4. Feel the success and confidence you desire.

5. Feel the freedom as you imagine driving anywhere you want.
6. See your friend's reactions as you show off your new Hummer!

Create Holographic Events, Not Just Objects

When I do my HoloCreation Sheets, about 90 percent of the time I create holograms of events rather than objects. This is what is important to me. You decide for yourself. This is simply a reminder to expand your vision to include what you really want.

Most people desire love, acceptance, belonging, and peace much more than they really desire expensive clothes and fast cars. In fact, the reason they desire the clothes and the cars are because they think they will bring them love and acceptance and confidence.

Later in this book I'll show you how to find out the reasons underlying what you think you want.

We Provide The Pattern

To help you to create detail, imagine that there is a power in the universe that will grant you whatever you picture in your mind. If you give this power a picture of a half formed house, it will grant you a half formed house. Picture this power asking you for more detail!

There is a power that will grant you your images! There is a universal spirit that desires to be born in flesh! This universal substance needs a pattern in order to manifest in material existence. We provide the literal pattern by creating the detailed holograms out of subtle matter, which are then clothed with denser matter.

Five Ways of “Visualizing” – They All Work

It's not essential that you literally "see" all the images if that is not your way. Some people can see in their imagination very well, and others have more of a feeling or a desire.

Think of a time when you really wanted something. Whatever you were doing when you were 'wanting' that thing or event, that is the way you 'visualize'. Here are the five most common ways of giving your "picture" to the universe. Some people:

1. See in their mind's eye – visual images inside.
2. Project a picture "outside" themselves.
3. Experience themselves in the imagined event – as if looking out from their own eyes.
4. Feel the emotion and energy and desire but don't see much.
5. Use verbal descriptions of events or objects.

All of these are OK. Most of us use a combination of them. Don't get hung up on not being able to "visualize" the way some people do. You don't even need to think of the word "visualize". All you need to do is to let the universe know exactly what you are wanting, with emotion and with the expectation that you will receive it.

Here is another test to see how you "visualize". Think of the last time you were very anxious or afraid. All fear comes when we imagine that something undesirable is going to happen. We imagine detailed future scenarios. Which of the methods above did you use to imagine the feared event?

Include All The Senses

We are very visual beings, and tend to limit the use of our other senses. When creating our Holographic Images, expand to include as many senses as possible. Smell the interior of the new car. Feel the freshness and spray of the ocean on the

beach. See the color and style of the clothes you are wearing. Taste the high quality food available to you. Hear the cheering of the crowd.

All of this may take a little practice but with the help of the Daily Sheet you will get better and better.

Even more important than the senses, include the emotion that you feel associated with the event or object you are imaging. This leads us to the next chapter.

Chapter 8. Emotions to Launch Your Creations

Now that you have the detailed images written down on your sheet, it is time to add the emotion. Thinking of details gives the “outline” of what you want, but the emotion adds the power. The emotion behind the image is what “fleshes it out” and gives it life.

Emotions Create the Power and Energy

When you do your Holographic Creation with emotion, this emotion “launches” your hologram into the universe.

My counseling work has shown me that most people are very poor at identifying their emotions. They don’t even know what emotion they are feeling at any given time. Some are very limited, recognizing sad, mad, and happy but little else.

The more positive emotions you can feel and create and resonate with, the more successful you will be at HoloCreation!

Quick Emotional Exercise

There is a lot of discussion currently about emotional IQ. Emotion is powerful, and here’s a quick exercise for you. How many emotion words can you list in sixty seconds? Ready, Go!

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

How did you do? If you had some pauses during the minute, then you need to improve your emotional IQ, and HoloCreation can help you.

Every day during your sessions you will list several emotions. Use the following expanded list to push you to learn, recognize, and create more emotion in your life!

Expanded Positive Emotion List

Able	At ease	Cherished
Absolved	Attached	Clean
Abundant	Attentive	Clear
Accelerated	Attractive	Collected
Acceptable	Authentic	Comfortable
Accepted	Awake	Comforted
Accepting	Aware	Committed
Accomplished	Awesome	Compassionate
Accountable	Balanced	Complete
Achieving	Beautiful	Composed
Active	Believing	Comprehending
Adaptable	Blessed	Confident
Adequate	Blissful	Congruent
Admirable	Bonded	Connected
Admired	Brave	Conscious
Adored	Bright	Constant
Affluent	Brilliant	Content
Agreeable	Calm	Cooperative
Agreeable	Capable	Courageous
Alert	Captivated	Credible
Ambitious	Cared For	Daring
Amenable	Careful	Decisive
Amused	Caring	Defended
Appreciated	Cautious	Delighted
Approving	Centered	Dependable
Assertive	Certain	Desirable
Assured	Cheerful	Dignified

Discerning	Gentle	Kind
Disciplined	Genuine	Learning
Distinguished	Gifted	Liberated
Dutiful	Glowing	Light
Dynamic	Good-natured	Lighthearted
Eager	Graceful	Loose
Easy-going	Gracious	Loved
Ecstatic	Gratified	Loyal
Edified	Grounded	Lucky
Efficient	Growing	Magnetic
Elated	Guarded	Marvelous
Elegant	Happy	Masterful
Elevated	Harmonious	Mature
Emancipated	Healed	Meek
Empowered	Helpful	Merciful
Encouraged	Heroic	Methodical
Energetic	High	Mindful
Energized	Honest	Modest
Enthusiastic	Honorable	Motivated
Euphoric	Honored	Neat
Exceptional	Hopeful	Noble
Excited	Humble	Non-judgmental
Exhilarated	Humorous	Observant
Experienced	Important	Open
Expressive	In control	Open Hearted
Exuberant	Included	Organized
Faith	Independent	Outgoing
Fantastic	Infatuated	Pacified
Favored	Influential	Pampered
Firm	Innocent	Pardoned
Flexible	Inspired	Passionate
Flowing	Intelligent	Patient
Focused	Interested	Peaceful
Forceful	Invigorated	Perfect
Forgiven	Invincible	Persevering
Fortified	Invited	Pleasant
Fortunate	Jovial	Pleased
Free	Joyful	Popular
Friendly	Jubilant	Positive
Fulfilled	Judicious	Powerful

Praised	Selfless	United
Precious	Self Reliant	Unselfish
Prepared	Sensational	Upheld
Present	Sensible	Valiant
Productive	Sensitive	Valuable
Proficient	Serene	Valued
Progressive	Settled	Virile
Prosperous	Sharing	Vital
Protected	Simple	Warm
Prudent	Skillful	Wealthy
Punctual	Smooth	Willing
Purified	Soothed	Wise
Purposeful	Spirited	Wonderful
Qualified	Splendid	Worthwhile
Quick	Stable	Worthy
Radiant	Steadfast	Yielding
Rational	Strengthened	Zealous
Reasonable	Strong	
Reassured	Successful	
Receptive	Supported	
Recognized	Sustained	
Redeemed	Tactful	
Regenerated	Teachable	
Relaxed	Temperate	
Release	Tenacious	
Reliable	Tender	
Relief	Thankful	
Relieved	Thoughtful	
Remembered	Thrilled	
Replenished	Tolerant	
Resolute	Tranquil	
Respected	Triumphant	
Respectful	Trust	
Responsive	Trusting	
Restored	Unbiased	
Revitalized	Understanding	
Rewarded	Understood	
Rooted	Undisturbed	
Satisfied	Unhurried	
Secure	Unique	

How to Use the Emotion List

Use the above list to identify your emotions and to list them on the Daily Sheet. But also use them in your own life, in your interactions with others. Using new words will literally increase the range of what you experience!

No need feel good when you can feel wonderful. Be brilliant rather than just smart! Do you feel loved, or is precious a better way to describe it? Feel and experience being blessed, worthwhile, or wealthy.

Access the Emotions Underlying Your Desires

Here's another benefit to learning about your emotions. We desire things for emotional reasons, not for intellectual reasons. Try to figure out why you want what you want. You will learn about yourself! Sometimes what you say you want is only a clue to what you really want.

For every desire, ask yourself "for what purpose"? For example, someone may want a brand new Hummer as their dream vehicle. Well, for what purpose? It may be different for each person.

To prove to myself that I am deserving of an expensive vehicle.

To prove to others that I am successful.

To create a new image of being bold and daring.

Because they are not common, and this vehicle will make me stand out.

Because I like four wheeling and the Hummer is a useful powerful vehicle.

People will get out of my way (physically and emotionally).
I'm using it as a symbol of success.

I'm not judging any of these reasons. In fact, I own all of them to some extent. But I did have to do a little digging to come up with them. My point is this. If you do the same exercise for all of your desires, you will gain two benefits.

Benefit #1: You will learn about yourself and your true reasons for wanting what you want.

Benefit #2: You may be able to identify what you really want (love, acceptance, recognition), and find a shorter or more effective means of getting it.

List More Than One Emotion

The emotions are what give life to your detailed images – your holograms. I usually list two emotions on each line on the daily sheet, trying to come up with new ones every day.

Spend a matter of ten to fifteen seconds actually feeling the emotion as you imagine the scenario or image you are concentrating on. Here is the list of emotions I put on my daily sheet yesterday.

Joy with family, forgiving, at peace, settled, free and loving, awe, connection, focus, progressive, achieving, free, light, transparent, trust, aware, compassion, love, achievement, creative, giving, relaxed joy, unlimited potential.

Chapter 9. Action Items

Receiving Impulses to Action

During your Holographic Creation time you will start to receive guidance about things you need to do. Jot these down on the “Action Item” line. Write the idea down even if it is a very small or simple thing to do. Write it down even if it seems unrelated to the images you are creating.

Through the day or week other action items will come to you. It is up to you to act on these impulses when you receive them.

About Doing Things Differently

To create a different reality than you have been creating, you have to do things differently. This is the only way to materialize your holographic creations in the physical world.

If you do what you’ve always done, you’ll get what you’ve always got. This kind of makes sense, doesn’t it? This is your chance to do things differently. It pays to be different!

Personally, I don’t want the results that most people are getting. I want extremely different results physically, mentally, and financially. So, I’d better be doing extremely different things. And believe me, I do!

Chapter 10. Holographic Creation for Others

On your daily sheet, the third HoloCreation Category is to be about others. This is to get you continually thinking about increased life to all, and not just for yourself. Create and see great experiences of love, joy, relationships, and wealth for specific people you know.

Bless Your Enemies

Sometimes your HoloCreation will be for a person in your family, sometimes for a friend or coworker, and sometimes for an “enemy”. By enemy I mean anyone for whom you are holding anything against. Visualizing blessings for someone you resent will be a powerful healing process for you.

Group Realities

You don't have to visualize specific people, but it helps. You can also create blessings and events and realities for groups of people.

See children in your neighborhood making excellent long-term choices. See them treating each other kindly. See people in your community giving up grudges or banding together to help others. See your Nation's leaders working for peace and passing good laws.

Visualize yourself working personally to bring about some of these creations.

We are All Connected

All of us create this world together, and to make massive changes we must work together. You can make a difference. Never let anyone tell you that you won't make a difference. We all make a difference!

That which you send out to others in the form of service, blessings, time, love, and material items will flow magnetically back to you in a free and natural stream.

Chapter 11. Extreme Holographic Creation

Whatever you can do, or dream you can, begin it... Boldness has genius, power, and magic in it.

Goethe

The Power of Being Bold

Be bold in your desires and your creations! I live on 100 percent raw food. One of my heroes in the raw food world is David Wolfe, who wrote The Sunfood Diet Success System. He says that being bold has a powerful magnetic quality to it. If you are bold, the universe will conspire to help achieve your dreams!

I have found boldness to be so magical that I always make extreme HoloCreation the final step in the HoloCreation session. Always make your final hologram an extreme hologram because they are so powerful. Extreme holograms expand your limitations and enlarge your possibilities.

Definition of an Extreme Hologram: A ridiculous enlargement or extension of one of your regular goals.

Two examples of Extreme Holograms

You choose a Hummer for your dream vehicle, and create the usual holograms. For the Super hologram you start taking the image of a Hummer to extreme proportions. What if you owned an entire Hummer dealership? For me, I love Hummers, but I don't like the gas mileage they get.

So I start expanding my vision again. What if I developed a fleet of natural gas powered Hummers? No, even better, what if I invented a magnetic motor for my Hummer fleet, or created solar-powered Hummers? See the image, and more importantly, feel what it would be like to own a fleet of energy efficient vehicles. It feels great to visualize making a positive change in the world!

For a second example, let's take the goal of wanting to live in Hawaii. Taking this to extreme, ridiculous proportions, you could picture yourself purchasing an entire small island. In fact, picture yourself buying a medium size island somewhere, and starting your own country! You could then design the government the way you want.

In order to be expansive enough, do the Extreme HoloCreation in two levels like I have done in the examples above. Stretch a goal to extreme proportions, then enlarge it again to ridiculous levels.

This expansive type of thinking, done just once a day, will create major changes in who you are and what you are willing to dream!

Some of the silly, ridiculous Extreme HoloCreations you created will one day be realities that benefit millions of people.

Chapter 12. How to Clear Emotional Blockages

Accepting Emotions or Blocking Emotions

Anger and other negative emotions (resentment, disappointment, etc.) are very instructive for us. These emotions teach us what we don't want in life. If we listen, we can learn.

Then we can look to the opposite of what we don't want, which nearly always is what we do want! So look at these negative emotions as wonderful gifts to us.

We created the conditions of our life that led to these negative emotions. Certain lessons need to be learned and then we can rise above these emotions into more positive ones!

Unfortunately, this often isn't what we do. We deny and suppress the emotion out of fear and misunderstanding, and this leads to emotional blockages. These blockages are real and affect us physically, mentally, spiritually, and socially.

The Only Time You Should Focus on What You Don't Want

There are times that you do need to realize and even accept what you don't want. This is when you have a negative energy or a blockage that you need to clear. If you try to block what you really feel, and suppress your emotions, you will not be as successful at HoloCreation. Your energy will be divided, or not flow properly.

How do you know if you have a blockage? When you feel really stuck on not wanting something, you need to release. When you feel a grasping sense of urgency to get out of a situation, you need to release. When you are fearful and frustrated, you also need to release. When you are taking things personally, you need to release this energy.

When you have the above feelings, let yourself feel what you feel. Recognize that you don't want this particular situation or

event. Ask what it means for you. This questioning will lead you to your beliefs. Some of your beliefs may need changing.

Write down your feelings and beliefs on a sheet of paper. Let yourself fully feel what you feel, even if you feel sad, inferior, stupid, guilty, or trapped. Feel this with the purpose to let it flow, to let it release. Emotions are in motion, and will change into something else if you let them flow rather than blocking them. Then after a couple of minutes, release it. Take the sheet of paper and burn it or shred it.

Then go ahead with your HoloCreation Session, focusing on what you want. What you don't want has been released!

Expanded Teaching Emotion List

Instead of "Negative Emotions" we will call these the "Teaching Emotions" for that is what they really are. They are gifts to help us learn our lessons while in this existence. Anger, fear, and resentment let us know that we need to make changes. They let us know that our present beliefs and actions aren't working for us.

Abandoned	Antagonistic	Beaten Down
Abused	Anxious	Befuddled
Accused	Apathetic	Belittled
Adrift	Apprehensive	Belligerent
Afraid	Argumentative	Bereft
Aggravated	Arrogant	Betrayed
Aggressive	Ashamed	Bewildered
Agitated	At Fault	Bitter
Agony	Attacked	Blaming
Alarmed	Avoiding	Bleak
Alienated	Awful	Blocked
Alone	Awkward	Blue
Aloof	Bad	Boastful
Ambivalent	Baffled	Bored
Anguished	Banished	Brokenhearted
Animosity	Barren	Bugged
Annoyed	Bashful	Burdened

Burned Up	Debased	Discredited
Captive	Deceitful	Disgraced
Careless	Deceived	Disgusted
Cast Off	Defamed	Dismal
Censured	Defeated	Dismayed
Chagrined	Defensive	Disorganized
Chaotic	Defiant	Disparaged
Chastened	Deficient	Dissatisfied
Cheap	Defiled	Distant
Cheapened	Deflated	Distorted
Cheated	Degenerate	Distressed
Childish	Degraded	Distrust
Clingy	Dejected	Distrustful
Clumsy	Dejected	Disturbed
Competitive	Demanding	Dominated
Compromised	Demeaned	Doomed
Compulsive	Demoralized	Double Minded
Conceited	Dependent	Doubtful
Condemned	Depraved	Down
Confined	Depreciated	Downcast
Conflicted	Depressed	Drained
Confounded	Deprived	Dread
Confused	Derided	Dreary
Contemptible	Desecrated	Embarrassed
Contentious	Deserted	Embroided
Contradictory	Desolate	Empty
Contrary	Desolate	Enraged
Controlled	Despair	Envious
Covetous	Despair	Estranged
Cowardly	Desperate	Exasperated
Cranky	Despondent	Excluded
Crazy	Destitute	Exhausted
Crippled	Destroyed	Exploited
Critical	Devalued	Exposed
Criticized	Devastated	Failure
Cruel	Difficult	Faithless
Crushed	Disappointed	Fatigued
Cursed	Discarded	Fearful
Cut Off	Disconcerted	Feeble
Cynical	Discouraged	Filthy

Finished	Hostile	Isolated
Flighty	Humiliated	Jealous
Flustered	Hurried	Jittery
Foggy	Hurt	Joyless
Forgetful	Hypocritical	Judgmental
Forgotten	Hysterical	Jumpy
Forlorn	Ignorant	Lacking
Forsaken	Immature	Laughed At
Fragmented	Immobilized	Left Out
Frantic	Impaired	Let Down
Fretful	Impatient	Limited
Friendless	Impotent	Listless
Frightened	Impoverished	Livid
Frigid	Imprisoned	Lonely
Frustrated	Impulsive	Lonely
Fuming	In a Bind	Lonesome
Furious	In a Quandary	Longing
Furious	Inadequate	Lost
Gloomy	Incapable	Lousy
Good for nothing	Incensed	Low
Grieved	Incompetent	Mad
Grim	Inconsiderate	Malicious
Grouchy	Inconsistent	Maligned
Guilty	Indecisive	Manipulated
Gullible	Indignant	Manipulative
Harassed	Ineffective	Materialistic
Hardened	Inefficient	Mean
Harsh	Inept	Melancholy
Hasty	Inferior	Minimized
Hatred	Inferior	Miserable
Haughty	Inflexible	Miserly
Haunted	Infuriated	Mistreated
Heartless	Inhibited	Misunderstood
Helpless	Insecure	Misused
Hesitant	Insignificant	Mixed Up
Hindered	Insincere	Mocked
Hopeless	Insulted	Moody
Horrible	Intimidated	Mortified
Horrificed	Irresponsible	Mournful
	Irritable	Muddled

Naïve	Put Down	Slandered
Narrow Minded	Puzzled	Slighted
Nauseated	Rattled	Slow
Negative	Rebellious	Small
Neglected	Regretful	Smothered
Nervous	Rejected	Smug
Obnoxious	Remorseful	Sorrowful
Obsessed	Remote	Spiteful
Obstinate	Reproved	Stagnant
Obstructed	Repulsive	Stifled
Offended	Resentful	Stingy
On Edge	Resistant	Stressed
Opinionated	Responsible	Stubborn
Opposed	Restless	Stumped
Oppressed	Restrained	Stupid
Outcast	Restricted	Suffering
Outraged	Ridiculed	Suicidal
Overlooked	Risky	Superficial
Overwhelmed	Rotten	Superior
Overworked	Ruined	Suspicious
Pained	Rushed	Tactless
Panicky	Ruthless	Tearful
Paralyzed	Sad	Temperamental
Paranoid	Sarcastic	Tense
Peculiar	Scared	Terrible
Perfectionistic	Scattered	Terrified
Perplexed	Scoffed At	Thoughtless
Persecuted	Scorned	Threatened
Perturbed	Seething	Thwarted
Perturbed	Self Conscious	Timid
Pessimistic	Shaky	Tired
Phobic	Shallow	Tortured
Phony	Shameful	Trapped
Pitiful	Shocked	Troubled
Powerless	Shot Down	Turned Off
Prejudiced	Shunned	Unable
Pressured	Shy	Unappreciated
Punished	Sick at Heart	Uncertain
Puny	Sinful	Uncomfortable
Pushed	Slammed	Undecided

Undesirable	Unsure	Violent
Undisciplined	Unthankful	Vulnerable
Uneasy	Unwanted	Washed up
Unforgivable	Unwise	Wasted
Unfriendly	Unworthy	Weak
Unfulfilled	Upset	Weepy
Unhappy	Uptight	Whipped
Unimportant	Used	Withdrawn
Unmindful	Useless	Worried
Unorganized	Vengeful	Worthless
Unpleasant	Vexed	Wounded
Unprotected	Vicious	Wounded
Unreasonable	Vindictive	Wrong
Unsettled	Violated	Yearning

Being Clear with Your Emotions

As you write your thoughts and feelings during a clearing exercise, be specific! Our language has so many words (listed above) to describe emotions because each one has shades of meaning.

Yes, there is a lot of overlap between emotions, but being specific will help you know yourself. Feeling criticized is much different than feeling defiled. Feeling merely unfulfilled is not the same as feeling worthless.

Try to target the intensity of the emotion you feel also, and find a word that describes what you are feeling. Feeling anxious is much less intense than feeling terrified.

Emotions in Motion

As the name indicated, emotions are actually in motion. They will flow into other emotions if we let them. Do not be scared of your emotions, or this will block and suppress them.

Finding the proper name for your emotion, whether it's abandoned, abused, or accused, is the first step. This is so important, and from my counseling work I know that most

people are very unskilled in identifying and naming what they feel.

Once you can name your emotion and accept it, then you can learn from it. When you understand the situation and why you responded in that way, then the emotion will flow easily into a more positive emotion.

Chapter 13. Receiving What You Have Created

In God We Trust – The Motto of the United States

Remember that Hope is defined as a full expectation of desirable things to come. Having a full expectation that your creation will be materialized requires trust in God.

In 1864, for the first time, the United States put the words “In God We Trust” on a coin. In God We Trust was first minted on the two cent coin. This was during the trying times of the Civil War, and people were yearning for a spiritual and religious connection. Then in 1956 In God We Trust became the national motto for the United States.

It’s your choice what manner of God you trust in. I trust in God. You and I don’t know how our holographic creations are materialized. We can’t force reality creation! We can visualize what we want, but we can’t bring it about through sheer effort and action.

Yet there is a higher power who does know exactly how to flesh out and materialize what we image in great detail and launch with emotion. In order for us to harness this great power, we have to trust, to yield.

The Element of Surrender

There is an element of surrender in truly trusting God. Most of us do not implicitly trust God, and therefore fail to take full benefit of the universal power of creation.

Holding what we desire in a grasping craving way creates tightness and constriction in the flow of creation. Releasing what we desire into the universe in an open yielding surrender increases the creative flow.

Be truly thankful for what you have and be content in the perfection of the present. Yet have a welcoming hope and expectation of what you desire at the same time!

Using the element of action and the element of surrender at the same time is a major key to creating what you want in life. When you forget how to do this, simply pull out of your pocket a United States Coin and read the motto “In God We Trust.”

Don't Prepare With the Mind, Simply Open the Heart

Another way to use trust in holographic creation is during the process itself. Don't prepare intellectually for your HoloCreation Sessions. You may have three or four ideas of things you want, and some holograms you wish to create. This is fine, if you are ready to follow your heart once you start the process.

Let me tell you my experience. When I am really in the flow, and resonating with the universe, **I am always led in a different direction than I thought I should go.**

I start with my first image, and the connection with the other dimensions is so strong I am compelled to form holograms that I never thought of when I started. If I did have some other ideas when I started (which I usually do), I never get to them.

Remember – Lead from the heart and go with the flow! Again, this requires that you trust that the flow will lead you right. It will.

Increasing Resonance and Flow with Relaxation

Here's how to improve your resonance and flow with your holographic creation. Imagine being in a water fight on a hot summer day. You have some little squirt guns and some buckets and everyone is wet. Finally you decide to pull out the hose, and turn it on full blast! However, there is a kink somewhere in the hose, and the water just seeps out.

What went wrong? Tightness and grasping always decreases the natural flow of anything. If you want to excel at harmonic creation, then learn to be relaxed and receptive to the harmonies of the universe. When performing the steps you

should be in a very relaxed (non-forceful, non-busy) state. It's even OK if you feel almost ready to fall asleep!

Often you may need to consciously stop your busy activities and slow down to the creative plane. Deep breathing, relaxation, and any form of meditation that works for you may help in getting into the proper relaxed state. The relaxed state is effective for creating, and for receiving what you have created.

Holographic Creation Works Outside of Time and Space

You have a part of you that exists outside of time and space. Some of you call it your Inner Being or your Higher Self. I've also heard the term Super-Conscious. For a few of you, this may be a new idea. In order to access our higher self, we must again use trust.

This higher part of you knows much more than your conscious mind does. The process of HoloCreation naturally connects you to your higher self. When you are open to your higher self, you are led into what to create, and the universe responds.

You Will Get Better With Practice

We all have the ability to create reality, and we all use it. It's just that we create our life very haphazardly because we are unskilled. We create some positives in our life and many negatives also that we have chosen to focus on.

You created your reality last year just like you did the year before. If last year was much the same as the year before (it is for most people), this is because you expected it to be the same. You actually intended it to be the same, and created thousands of Holograms that were then manifest. But now, with the power of HoloCreation, you can choose to expect differently!

We just haven't used this power very purposefully or consciously because it hasn't fit our view of reality. Start now to

engage in purposeful and focused creation of what you want!
The detailed steps are provided here.

Like anything else in life, you will get better at HoloCreation with practice. Here is one of my very favorite quotes:

That which you persist in doing becomes easier to do.
Not that the nature of the thing itself has changed, but
that your ability to do it has increased!

Ralph Waldo Emerson

Just as with any other ability, you will get better at creating detailed images with practice. When you become more experienced you start to be able to feel the images growing. You know they are coming to you. The images are crystallizing.

The Importance of Writing – Use the Daily Sheet

Filling in the Daily HoloCreation Sheet will focus you. This focus will improve your results dramatically. The process of writing crystallizes your thinking, and in this case helps crystallize your holographic images into physical reality.

So I strongly encourage you to make lots of copies of the Daily Sheet and to use it every day. I actually use the sheet as a journal of sorts, writing thoughts and goals and such on the top and bottom and sides. My sheets are very well filled out!

Letting Go Has Two Meanings

- 1) Not thinking about or visualizing the goal any longer. Spend some time creating, and then go about your day. Release your HoloCreation to the universe and go on, acting on the impulse items that come to you.
- 2) Yielding to the Creation Process and Trusting (not grasping or forcing). This second meaning is even more important than the first, I believe. You may need to work

on trust for a while before you feel OK yielding to a higher power than your own mind.

Holographic Creation Is Magnetic Resonance Imaging

Most of you have heard of an MRI scan done at hospitals. MRI stands for Magnetic Resonance Imaging, and I think those three words are a very helpful way to describe HoloCreation.

Magnetic Resonance Imaging is very important to do, and you don't even have to pay thousands of dollars to do it.

When you create and launch a hologram, the process is 'Magnetic' because you are attracting the resources, people, and physical matter necessary to crystallize your hologram.

HoloCreation uses 'Resonance' because you have to resonate with the universal principles of creation.

'Imaging' also fits because you are using detailed images (in your 'imagination') to create your incipient matter.

Chapter 14. Helpful Hints About HoloCreation

Overcoming the Three Obstacles to Daily Practice

There are three major attitudes or habits that get in the way of doing your daily session sheet. There is a remedy for each one.

1. The Hurry Habit: We are so used to action and doing that it takes some reframing to learn to slow down. The remedy is simply to slow down. It helps to continually remind yourself that creating on the reality level is the most important work you can do.

2. Beliefs about Imagination: Most of us have been taught that daydreaming is a waste of time. The focus is on action, and being busy and “productive” all the time. We have been taught since children to “get busy”.

We have been taught to distrust our imagination. This is one reason why meditation and visualization aren’t practiced more in America.

To remedy this and start changing beliefs, remind yourself that dreams, visions, and imagination are the essence of all creation. Einstein said that imagination is more important than knowledge!

Everything must be created as an image (incipient matter) before it manifests as denser matter in the physical world. What you are really doing is creating baby holograms that will grow up and become bigger holograms on the physical level! This is not a waste of time, it’s one the most fun and essential activities of life.

3. Laziness: Wallace Wattles (Science of Getting Rich) said that sustained mental effort is the very hardest work there is. This is why so few people actually do it. Especially in these days of TV and Nintendo, many of us are mentally undisciplined.

The remedy for this is to plan the time each day you will do your daily sheet. Minimize distractions, put the sheet in front of you, and fill in the date and time. Once you start, the energy will flow and it will be hard to stop! Try it and you will know this is true.

I find it easiest sometime to get away from my desk. At your normal place of work it's too easy to keep doing and acting. Instead, slow down to the effective work of creating detailed images of what you want.

Be Patient – Things take Time

**Put up in a place where it's easy to see.
The cryptic admonishment T. T. T.
When you feel sometimes how slowly you climb.
It's well to remember that Things Take Time.**

The above quote is from Piet Hein, the author, poet, mathematician, and inventor of the SOMA cube (one of my favorite puzzles).

I believe that in other dimensions of reality, what we think (imagine in detail) is created immediately. A major part of the learning in this life is to learn patience. We need patience and faith because what we focus us (imagine) is not manifest immediately.

Even though there is no such 'thing' as time, we still have an experience of time. There is a natural incubation and growth period while creations come about.

Some Creations Take Longer Than Others

If you are mentally building a new home, or a new business, realize that this will take time to manifest. When I built my home, the actual construction took six months, but the mental creation started a year before that.

However many Creations can be manifest that day. Many times I create holograms of specific events or meetings I will have that day or the next. I imagine the details and feel the emotions of exactly what I want to accomplish during the time ahead.

One example of an image that manifested quickly was with an old van we had on our country property. The transmission had gone out and it had been there for over a year. We kept thinking that someone would want to put a new transmission in and use it so we didn't junk it.

We had been wanting to get rid of it for many months but I was not focusing on it, just waiting for my wife to make some phone calls. Finally she turned it over to me, saying "Will you just take care of it." I said I would and created a simple holographic image of someone wanting the van and the van being gone off the property.

Within a week, I ran into a friend and he asked if I still had that Ford Aero Star. I told him I did and that he could have it for free. He actually had another Ford Aero Star of the same year, and wanted to use it for parts. He came and took it away a few days later. Ironically, he got it running and actually drove it off the property!

HoloCreation On The Run

HoloCreation is something you can do anywhere and anytime.

Use HoloCreation while waiting in line, while driving, or even in a boring meeting. You won't ever be in a situation when you are 'wasting' your time because you can do these constructive exercises. You will even become a more patient person when you use spare moments in this way.

When you practice HoloCreation while waiting for someone or while driving, use this practical technique for focus. Simply close all your fingers into a fist, and then extend one finger for each detailed Hologram you create and release into the

universe. This little discipline will keep you on track when your mind tends to wander.

Continue creating until all ten fingers are extended. I also use this method when doing HoloCreating as I fall asleep (though I usually fall asleep before I reach ten

The Daily sheet really does help you focus, so you can also carry a HoloCreation Sheet with you. Time otherwise wasted can turn out to be a great blessing.

Four Reasons Morning is Best for HoloCreation

1. Your energy and focus are at their highest during the first part of the day.
2. The mental discipline sets the tone for the entire day.
3. You will set the universe in motion toward manifesting your mental holograms, even that very day.
4. When you put it first, you will do it. Otherwise, you may 'get busy' acting and not take the time and effort later.

Repetition is OK with the Daily HoloCreation Sheet

There are periods of time when you may be working on one or two major projects in your life. It will be beneficial to place these on your daily sheet every single day.

If you have a relationship that you are actively working on (and it is very rewarding to actively work on relationships), then list the relationship on your daily sheet every day. However, use different image descriptions as much as you can to convey the entire desired picture of the relationship. Also use different emotion words to launch your images. Use the emotion lists in the emotion chapter to increase your emotional quotient – Your E.Q.

The same is true for a major project. List the project each day and then explore different image details and different emotions as much as possible to strengthen and nurture the overall holographic creation.

Don't Step on Growing Things

Your holograms are very real yet are young and tender when first created. For their materialization they must reach maturity and become crystallized.

I've created my own mountain running path and nothing grows right on the path I repeatedly travel. Why? Because the growing plants keep getting stepped on! We can learn from this.

Just like plants, holograms won't grow if they are continually stepped on. You wouldn't let anyone step on your kids, would you? So don't let anyone step on your newly developing images. Please note that this includes not stepping on your own growing dreams.

Who steps on the plants on my path the most? I do! Who usually steps on your budding ideas and kills them? You do!

Remember this idea: Growing things repeatedly stepped on finally stop growing. If certain people keep shooting down the positive changes in your life, telling you that you can't achieve what you dream, then stay away from those people.

If you keep doubting your own creations, then remember this famous line from Shakespeare:

Our doubts are traitors,
and make us lose the good
we oft might win,
by fearing to attempt.

What do we do with traitors? We execute them, hang them, shoot them – we destroy them in some way. If our doubts are traitors, and they certainly are, then they must be destroyed.

Creating Space for HoloCreation and Inspiration

The majority of this book came in the course of four hours as a massive inspiration from a higher source. The information flowed to me like it never has before in my life.

I don't think it would have come the way it did if I hadn't been on a business trip that day. In my usual work areas I am busy with the day to day tasks. It took a break, a space where I had nothing to do but think. These times are very valuable.

Create these 'spaces' in your life to maximize inspiration and connection to the higher dimensions.

Have you noticed that inspiration often comes at times when your body is busy but your mind is not? For me, it is in the shower or bath, driving, running, or mowing the lawn. Another time is the space just between sleeping and waking.

You will find that your actions will increase in effectiveness as you slow down and allow inspiration on the creative plane.

Open Your Channels

Imagine yourself out in the middle of the desert with a small but extremely receptive radio. You scan the channels and listen to various programs. You suddenly realize that all of these channels of information are present for you at once. The radio is limited because it can only focus on one channel at one time. All the channels are possibilities for you until you choose one. Then the others are closed off for a time.

Now imagine yourself right where you are, and imagine that there are hundreds of possible realities in addition to the one you are usually in. All of these (or at least some of these) are available to you. However, you are like the radio, except you

have a lock button on the channel changer. Out of habit and conditioning, you think that this is the only channel that exists!

I think it very telling that when people receive guidance and information from a being from another existence or dimension it is called channeling!

Use a Chain Saw, Not a Hatchet

When I was a teenager camping in the Uintah Mountains I decided to chop down a huge dead tree. All I had was a small hatchet. You can chop a tree down with a hatchet, but it isn't very efficient! The tree came down because of my persistence, but it took nearly the whole camping trip. A chain saw would have been much more productive.

I've also accomplished many other tasks with a symbolic "hatchet". This means I got what I wanted but it took longer than it needed to. HoloCreation moves you into a much more guided, effective level of action. It's like getting a chain saw to cut down the tree.

Chapter 15. Holographic Creation Consulting

For those who want or need one on one personal attention, I also offer phone consultations. You get expert assistance from the very first step.

Please see my website for current consulting fees.

You must read the book first. Send your name and phone number to consult@ICreateReality.com and I will call to arrange a time for the consultation.

Focused help can be so valuable. When I first wanted to learn how to sell my first book on the internet, I found a mentor.

She charged \$1000 for a six week Internet Mentoring Seminar, but it was worth every bit. My book sales have exceeded my expectations!

Benefits of Consultation

Services you will receive from the world's only Holographic Creation Consultant: You will receive one on one help on how to:

- Get into the thankfulness mindset.
- Move from vague desires to detailed images (essential for success).
- Pick the right emotion to “launch” your desires into the universe.
- Recognize which action items are the most important.
- Identify limiting beliefs blocking what you want.
- Understand the philosophical assumptions of holographic creation.
- Know how your holograms are real (constructed of light and sound).
- Be properly grateful to invoke the law of equal and opposite flow.
- Welcome what you want without grasping or craving.

- Be relaxed in body and mind to create the proper energy.
- Keep balanced in your image creation in all life areas.
- See your real desires underlying what you say you want.
- Learn more about your visualization style and how to use it well
- Use your Daily Sheet as a journaling tool.
- Know how to “get into” the emotion while visualizing/
- Clear emotional blockages through double page scripting.
- Identify what you really want in life.
- See exactly what action items will move you forward.
- Use Super HoloCreation to break limitations and expand possibilities.

I start right at the level you need! For most people this is identifying what you really want. We can also work on clearing a specific emotional blockage if you need to clear. I'll ask questions and guide you along.

Usually at the end of the hour you will have a well filled in Daily Sheet. Once I have guided you through a complete session, your effectiveness in doing the practice on your own will be greatly increased.

Chapter 16. Further Exploration in Creating Your Own Reality

All that we are is the result of
What we have thought.
The mind is everything.
What we think, we become.

Buddha

All the books listed below explore the truth that we are responsible for our beliefs and thoughts and indeed the very world we create. We actually 'realize' our world, meaning that we 'make it real'. Even when we 'realize' an idea we make it real.

Resource List

The Holographic Universe by Michael Talbot
Seth Books by Jane Roberts
Love Without End: Jesus Speaks by Glenda Greene
Beyond the Broken Gate by Charles Graybar
Spiritual Marketing by Joe Vitale
Creative Visualization by Shakti Gawain
Psycho Cybernetics by Maxwell Maltz
Feelings Buried Alive Never Die by Karol K. Truman
The Path of Least Resistance by Robert Fritz
Sunfood Diet Success System by David Wolfe
The Science of Getting Rich by Wallace Wattles

The Science of Getting Rich

The last book mentioned above deserves special consideration because it has had such a huge impact on me. In fact, this book, and my book on the raw food diet at www.IncreasedLife.com, would not exist without Wallace Wattles and his book.

I have much to occupy my hours, and it's a rare book that I get to reading a second time. This is even true for excellent books,

there are just so many other books I want to read! But this book I read (or listened to) nearly every day for months and months.

The first time I read *The Science of Getting Rich* I had shivers run up and down my spine due to the possibilities the words created for me. I knew what it was saying was true, and that it was just a matter of time before I would be a very different person.

I read the book at one sitting, wrapped up in my own sphere of rising consciousness. The book was written nearly 100 years ago but the words are just as applicable to success and wealth in any field as they were when written. The principles cut through my limiting beliefs about myself and inspired hope and enthusiasm for the future.

I started following the practices in the book, and certain hobbies, activities and interests fell out of my life. These were replaced by new activities, new focuses, and new interests. I was led, like I was along for the ride. I was certainly doing the acting, but I was led in the actions to take.

The book itself is free, and just Click [Science of Getting Rich](#) to go access it. If you are reading a printed version, you can go to the following address.

<http://www.1shoppingcart.com/app/aftrack.asp?afid=134030>

Rebecca Fine has created an entire business around this book (and she's doing well too!) I purchased the tape set of *The Science of Getting Rich* (read by Rebecca) and listened to it every morning.

There is value in repetition, and I would encourage you to read the book and then get the tape. Most of us have more time to listen than we do to read, while driving or working out, etc. The fact that I devoted 30 minutes a day six days a week to this book shows how much I think of it.

In fact, the title of one of my websites (Increased Life) was inspired by the book.

Rebecca says in the tape set that she is not a professional announcer, but she does a fantastic job. At first you notice someone reading, but after a while you forget that you are listening to a reader. It's as if the message goes right inside of you.

Chapter 17. Live Your Dreams and Manifest Your Desires

You can achieve your dreams! You can give increased life to the world by doing what you love to do. Dare to follow your passion in life. Be bold enough to imagine your desires in great detail, and hold to that vision with emotion and expectation.

I'm thinking of you now as I finish this book. I send to you this book on Creating Reality with all the intention and energy, hope and faith and expectation that I can generate!

Use the Daily HoloCreation Sheet and you will begin to work miracles in your life and the lives of others around you. You will make a difference in the world. You will fulfill your mission on earth!

With Energy and Hope, I pray for Increased Life for You.

Christopher Westra