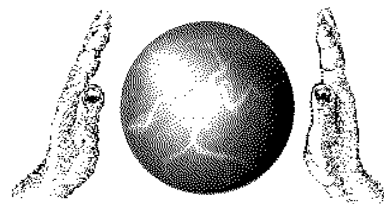
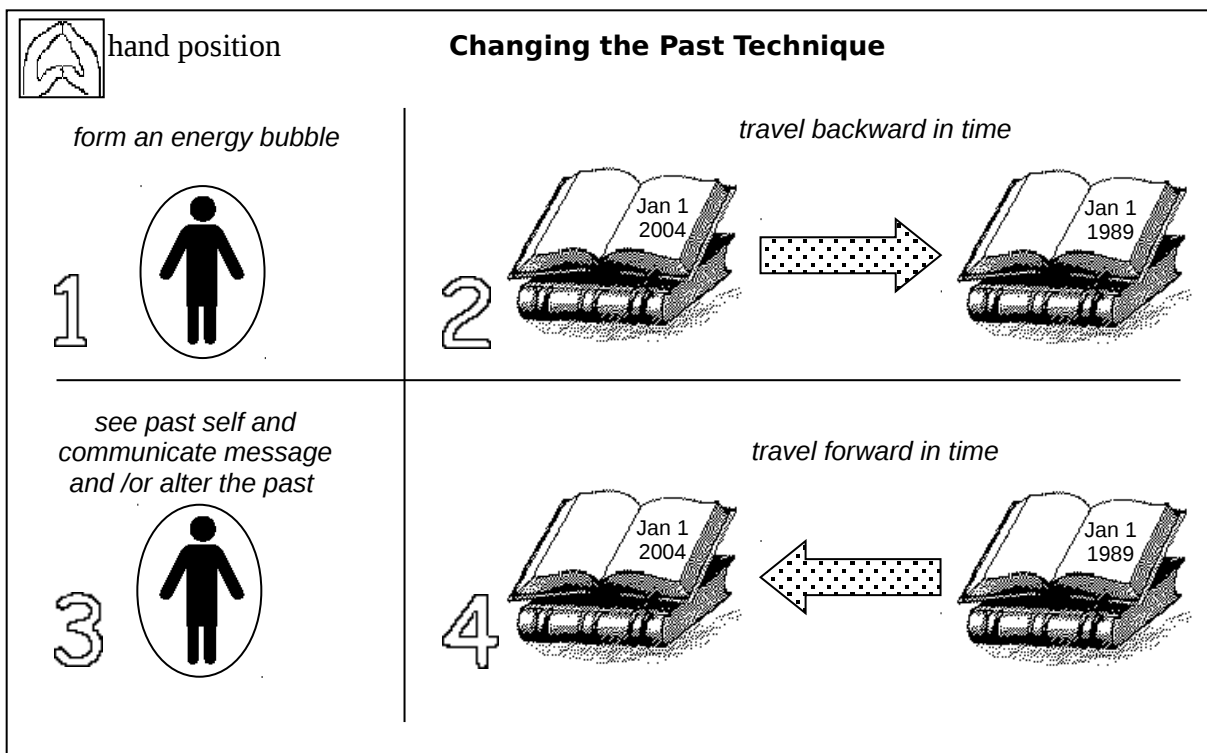


# Reality Creation

## Changing the Past Technique



Use the exercise below to make changes in your past that will affect your present and help improve it to something better.



1. Place your fingertips together without letting your palms or your adjacent fingers touch each other.

Finger Position



2. Start taking slow, easy breaths. After about a minute, try to feel yourself floating within a warm, cozy bubble of energy.
3. Think about the past self you wish to contact. Picture that person in your mind.

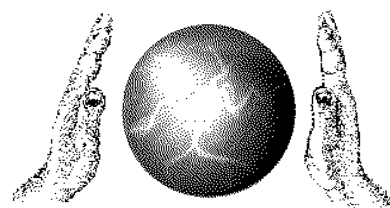
4. Now visualize a calendar in front of you. This calendar should start with today's date. Begin turning the pages of the calendar backward, faster and faster, glancing at the dates as they go by. Stop when you reach the approximate period you want.
  5. See that past person clearly in your mind. Tell that person the advice you came to share.
  6. Now travel forward in time: a day, week, month, or a year. Visualize that past self following the advice and watch the new outcome.
  7. Now you may return. Picture that imaginary calendar flipping forward and stop when you reach your time and reality. Take some deep breaths to center yourself. Open your eyes. The technique is complete.
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Notes:

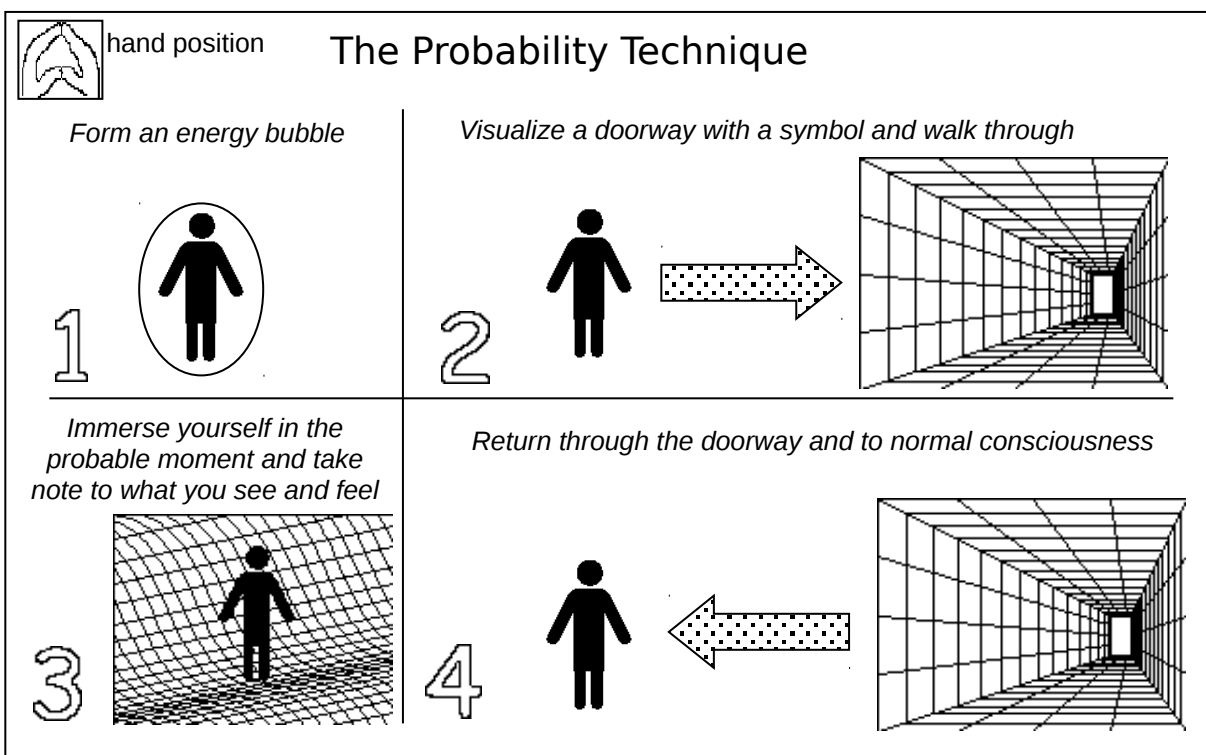
- The whole process should take no longer than ten or fifteen minutes. Try to do the exercise once or twice a week until you get the knack of it.
- To use the procedure for contacting your higher-self, visualize your calendar flipping into the future, beyond time and space. Then communicate your question and wait for a response. Return to the present.

# Reality Creation

## The Probability Technique



Use this technique to change the outcome of some future event. You can change events not yet manifest and thus decide what probable version of the event you want to experience.



1. Get a pencil and three index cards. Think about the dilemma facing you: the situation containing the various probable actions you wish to investigate. Try to come up with three possible resolutions to the situation. Draw a small simple symbolic picture to represent each course of action. The symbolic picture you draw is just a focal point for your consciousness.
2. Find a comfortable place; take a moment to relax and pick-up one of the pictures. Take a look at it for a few moments. Now, put down the picture and close your eyes.

3. Place your fingertips together, without letting your palms or your adjacent fingers touch each other.

Finger Position



4. Start taking slow, easy breaths. After a minute, try to feel yourself floating within a warm, cozy bubble of energy.
5. Visualize a door. Think of the first picture you drew that is connected to the probability you want to explore. Visualize this picture on the door.
6. In your imagination, walk out of your energy bubble, open the door, and walk into the other room.
7. See where your imagination or feelings take you and make a note of them.
8. Walk back through the door and into your energy-bubble. Open your eyes. Take your picture and jot down what you saw and felt on the back of the card.
9. Do the same procedure (above) for each card, then go on to the next step.
10. Pick up the card that holds the probable action you prefer. Do the technique again with this card. Jot down what you get this time. After entering the room several times with this probable version, you may have enough information to put together what could occur, or at least a deep feeling as to where that course of action will bring you, should you choose to manifest that probability. If, however, you can't figure out the information, don't worry. At least if you feel that this particular version is the version you wish to manifest, you are one step ahead of where you were.
11. Finally, when this situation comes up or comes to mind, think about the symbolic picture you drew indicating the desired probable version. The act of invoking this mental image will connect you to that probable course of action, even though you do not know exactly what that action is. You will unconsciously and consciously pull that probable event out of the probability pool and manifest it.

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Notes:

- Each of these probability sessions should last no longer than thirty minutes.
- Try to do only one probability search for one particular event in any one sitting.