



# Keys to Shape Your Reality



Relaxation is key.

Nice and easy does it.

- Don't be concerned with details and means; simply relate to the end result.
- The happy outcome should be felt as happening *now*, not in the future. In the guided process (Shaping Your Reality), you are mentally creating the moment when what you want has just happened .
- Feeling is the touchstone for this experience. So, imagine the happiness and freedom you feel at having succeeded at achieving this outcome.
- Don't entertain negative judgmental or competitive thoughts. If they arise let them pass.
- You might find your intellect getting in the way with pessimistic thoughts. Hold the intention to persist in a simple childlike curiosity that's willing to explore something magical.

