

Twelve Ways to Consciously Create What You Want in 2007

By [Apryl Jensen](#) and [Christopher Westra](#)

Three Important Notes from the Authors

1) This report is a free report and you are welcome to pass it on to anyone you like. Think of people you know who may benefit from creating consciously, and send it on! All we ask is that you leave the whole report intact.

2) To receive the following from Apryl and Creating Consciously:

Free e-course on Releasing our Unconscious Creations

Free mp3 Audio on Creating Your Beliefs

Learn how creating works in Your Everyday Life

Useful Resources to Support You in Creating Consciously, and
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Visit: CreatingConsciously.com

3) To receive the following from Christopher and Light is Real:

How to Use Holographic Creation to Manifest, and to

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Thanks very much. Enjoy these twelve ways to consciously create!

Sincerely,

Apryl and Christopher

1. Realize Your Innate Wholeness and Goodness

Each person that comes into this world is filled with goodness and light. To what extent we choose to continue in this state of goodness and light is entirely up to us. We have come into this world to learn. We have needs and desires and we seek to remember our wholeness.

Surely you can think of a moment in your life when you felt this connection, this goodness. Perhaps you were witnessing the beauty of a sunset, the quiet of nature, or an act of kindness, love or compassion between human beings. At these moments, we often feel something resonate within us, something that reminds us of love or beauty. At these moments, we are connecting with our goodness and light, we are remembering our wholeness.

We are created to experience joy. Think about any of your desires—I'll bet at the heart of each of them is some way to increase the amount of joy you are experiencing in your life. This is good, this is our true nature. Creating consciously is learning to follow these desires, to connect with the goodness within us.

2. Discover that our Emotions are Teaching Us

In harmony with our true nature, we are hardwired for joy and success. This is why we feel such discomfort when things are *not* going the way we would prefer. If pain and misery were our natural states, then we'd be content experiencing them. Since they are not, we seek to experience more joy in our lives. Yet, we can learn powerful lessons from our emotions—even the negative ones. Our emotions help us to understand which things we do or do not want. Learn to be aware of your emotions—what are they trying to tell you?

Each of us is born with an emotional guidance system. As a conscious creator, you will use this emotional guidance system as you carefully consider “What do I really desire?”

As you ponder this question, it can be helpful to simply *notice* what you *don't* want. You certainly won't want to *dwell* on these things, but do

approach them with a casual curiosity. Notice that thinking about things like not having enough money, being frustrated with a person close to you, waiting in traffic, and so on, tend to change the way you are feeling. You may notice some feelings of irritation or sadness. This is your emotional guidance system saying, “I don’t want this.” Use this information to your advantage.

Notice how your emotional guidance system responds to the thoughts you are thinking. What makes you feel more joyful? What doesn’t? Often simply becoming aware of what we don’t want can tell us much about its opposite—what we *do* want.

3. Align Yourself with the True Nature of our Universe

Just as a fish is immersed in a sea of water—and is likely completely unaware of the substance that has always surrounded it—so are we immersed in a sea of unseen knowledge and communication, one that we are only beginning to understand.

I remember once sending some photos from our computer downstairs over the Internet to my wireless computer upstairs. Picture after picture would appear—the information was transferring perfectly. This is now a commonplace occurrence—something we rarely think about because it is so usual. Yet, as I watched my wireless USB cable blinking rapidly as it does when it is downloading information, it struck me as amazing and significant. Somehow, those pictures were literally leaving my computer downstairs, and flying through the air all around me, and my wireless computer was picking up this signal and recreating the photos before my eyes. I couldn’t see the little particles, I couldn’t see the minuscule bits of information that were traveling at great speed. Yet they were there, and I could see the blinking of the cable, and the files being created on my computer. I could see these results of the unseen.

What else has an existence that we have not yet discovered? What else have we been unaware of? How often do we remember these particles or waves of information traveling all around us?

Learn to be okay with not seeing with your eyes, and not touching with your fingertips. Learn to be comfortable working with the unseen—wireless companies and quantum physicists certainly are!

Wallace Wattles called this sea of knowledge and information the universal substance, and it is a thinking, conscious substance that wants to manifest. It needs a shape to manifest in and we provide that shape (form) through the images of our thoughts. We literally live in a universe of “Ask and Receive.”

"What is essential is invisible to the eye", said The Little Prince.

The world of the seen manifests from the unseen world, and the known comes from the unknown. Those who create reality on a conscious level know the power of the inner world and an awareness of the truly miraculous nature of our universe.

4. Understand of the Power of our Thoughts

Did you know that we can choose our thoughts? Thinking is not simply listening to a script running in our head—we are controlling those thoughts, we are choosing them. To create consciously, we need to choose them wisely.

Each time we think a thought, we are controlling energy, we are offering a blueprint to which energy can form and in time, become tangible matter.

When creating consciously, we understand that everything is made from this sea of information, this one thinking substance, and this substance wants to be crystallized into reality—it wants increased life.

In order for it to manifest, it simply needs some guidance from you as to what form it should take. Your thoughts send out vibrations that communicate with this conscious substance and the universe molds itself into the shape you determine.

5. Choose your Thoughts Consciously

Once you realize your mind is a powerful source of creation, it's important to learn to follow this one simple guideline:

Keep your mind on the things you want, and off the things you don't want.

One of the best explanations of this is called Developing One-Pointed thought. Ghalil, of Professional Dreamer, describes our thoughts as arrows being sent out into the direction of our desires. One-pointed thought, to me, means to keep your thoughts all pointed at the things you *want*.

When we are still creating Unconsciously, we are in the habit of sending arrows of thought out in every direction. We vacillate, we change our minds, we follow a whim for a few days, then decide we want something else. This is not an effective means of creation.

Unconscious creators tend to spend much of the time thinking about things they don't want. What do you suppose they are getting? That's right. Things they don't want. How fun is that? But when you understand how to direct your arrows—how to consistently think about the things that you DO want—well, that's when the magic begins.

Keep your mind on the things you want, and off the things you don't want. Pay attention to what you are thinking about. Certainly be kind to yourself along the way, but notice where your thoughts are. Are they on something you want? Or are you simply ruminating over all the things you'd like different in your life? For the Conscious Creator, the time of "Mind on Auto-Pilot" is over. Grab the reins and begin to experience the life YOU choose and desire.

It might be helpful to think of yourself as foreman over a huge construction crew. Each time you think a thought, the crew responds and begins to build the construction of your thought. You say, "I want a large house of brick" and the crew begins to gather the materials together. Perhaps you think this thought often, and crew is happily underway. Then you say, "No, I think I prefer stucco, and I'd like it to be on the lake front—actually over the

water.” So the crew changes plans and begins work on the lake house. “No, maybe a mountain cabin, in the shape of an A-Frame.” Again, the crew stops what it has been working on, and begins preparation on your mountain home. Let’s say you keep sending out these commands for a long time. Can you imagine the chaos? Pretty soon you are complaining, “Where is my house? It’s been long enough to build a house, where is it?” By now perhaps your crew has started and stopped work on 1200 different houses! They’d probably like to actually get ANY house build, but you are the foreman, and the crew simply follows your orders.

Our thoughts are like these orders, these arrows we send out. Connect with the creative nature of your thoughts, and use them wisely and with focused intention.

6. Decide what You WANT to Create.

To be a conscious creator, it’s important for you to understand your desires. What is it that you want, and why do you want it?

How good are you at knowing what you want and why you want it?

After working with hundreds of people I'd guess most people are about 25 percent effective at knowing what they want. For those that really have decided on what they want, only about 10 percent have the clarity to know why they want it.

Anyone can improve this skill with practice—do it right now! Fill out this little sentence anytime you want to get clear on why you want something.

I want _____ because I THINK that getting this will make me feel _____ and _____.

That's it. For example:

I want to live in a beautiful home because I THINK this will make me feel happy to be surrounded by beauty, organized, and in control of my life.

I want A New Four Wheel Drive Vehicle because I THINK that getting this vehicle will make me feel powerful and in control.

I want a Relationship with So and So because I THINK that being in this relationship will make me feel secure and connected.

7. Discover your Desires through a Quiet Mind.

In our universe of “Ask and Receive,” we can also ask ourselves questions, and the answers will come to us. As you practice the exercise above, give yourself some time to know the answers. Learn to quiet your mind. Since our natural state is joy and goodness, simply quieting our thoughts puts us more in connection with this state.

Too often we are thinking of what is wrong in our lives, what we don't want. It's a step up to simply quiet the mind, and not be thinking these thoughts. When we are thinking thoughts that do not bring us joy, we are getting in the way of our natural state. We *naturally* want to feel good, and we *will* feel good if we don't get in the way of the process.

Simply sit for a few minutes and let your mind be quiet. Some people really struggle with this because they are used to thinking constantly—I know I did. In the beginning, just let your thoughts “hum” or sing little “ah's”—anything that's not *words*. It sounds silly, I know, but the idea is to break up the stream of thoughts, to stop thinking in so many directions.

Make room for quiet, for simply *being*. I know when I began meditating, I was thrilled if I could go 5 seconds without thinking a thought. So I simply tried to increase the time between each thought. Let yourself be relaxed about this. There is much wisdom within you, wisdom that will often come to the surface as little bits of inspiration. Learn to give your mind time to simply be quiet and connect with this inner knowing.

8. Trust your Desires and Inspiration.

The chatterbox mind is largely directed from the left side of the brain. The left brain likes to think and analyze and figure. But it often does so in a way similar to standing too close to a picture in a museum. While its strength is figuring, its weakness is not being able to see the “bigger picture.” Your right brain is more likely to see things holistically. It tends to comprehend the bigger picture and is a center for insight, for connecting with the sea of knowledge and information in the universe. The right brain delivers information to us in quick bursts of insight and ideas.

When we create consciously, we make use of both sides of the brain, and we learn to trust what we are desiring. We remember we are essentially good and whole, and we have these desires for a reason.

I like to think of ourselves as musicians in the orchestra of the universe. Our desires are our instruments and the music we long to play. I believe part of us can easily communicate with the universal substance, and if we learn to listen to and examine our desires, we learn our part that gives us joy and harmony with all of the universe.

9. Find your Place of Gratitude

As you examine your desires, you begin to understand *why* you want what you want. You most likely want these things because you’ve experienced something similar in the past, and you loved the feeling of joy it gave you. Remember these feelings. This is your place of gratitude. Know that your requests will be granted.

Sometimes I like to think of it this way. I imagine I have a wealthy relative that just adores me. He loves to give me gifts and see me happy. I sometimes imagine I’m asking *this person* for my desire—I know he will give it to me. This helps me to feel that feeling of knowing my request is heard and granted. When we create consciously, we remember that the answer to our requests is always YES, or something better! When you connect with the truth of that statement, gratitude seems to pour right out. Ask with this sense of gratitude.

When you are creating consciously, it's likely you'll run into others who create consciously as well. And you'll often find, we are some pretty happy people. Life regains its excitement. We become as little children, EAGER to start the day, HAPPY to be awake and alive, and full of WONDER for what this new day will hold. This process is exciting - it never loses its thrill. It brings great joy when we create consciously. Connect with your place of gratitude and know your requests are heard.

10. Develop Trust in the Process

When you have decided what you desire and spent some time asking for it through your thoughts, emotions, and images of receiving that desire, let it go. Don't insist that it come to you in a certain way. It's likely you can think of several ways the object of your desire could come into your life. But the truth is, the universe can come up with infinitely more!

The universe has access to all knowledge over all time and space. It can certainly come up with a good solution to your request. Be open to the possibility of your desire showing up in a way you haven't even considered yet, because often, this is the way it will. Take heart that you can probably think of several possible solutions with only your finite view of the bigger picture. Imagine what solutions the universe with infinite knowledge has access to!

My favorite way to think of making a request is to remember how I used to place books on hold at the library. When I lived in a large city, our library system consisted of at least 10 different libraries, and we could access books from any of them.

At home, over the Internet, I could request any book I wanted, and then within a few days or weeks, I'd get a little notice telling me my book was ready, and I could come and pick it up at the library close to me. It was so simple. All I had to do was ask for the book. I didn't have to worry about which library the book was in, which librarian would find it, or even make sure there was a librarian working that day! I didn't have to know how they would move the book to my library, which truck was going to make the delivery, or even what shelf the book was on. That was the library's job.

And thus it is when we make a request of the universe. Trust that you will receive your desire—or something even better—and feel the joy and gratitude this trusting creates. If particular actions are required on your part—like picking up the book from the library—you will know. You will be inspired to action.

11. Acknowledge your Conscious Creations

As we begin to notice our conscious creations, we are in gratitude. This feeling of joy and gratitude makes it easy to ask again, and to look forward to the manifestation of our desire with joy and gladness – not worry or concern about whether our request will be answered. Help your belief to grow by keeping a close record of your experiences. No manifestation is too small.

I like to keep a journal or record of the things I am desiring and always write down the ways these desires have manifested. When you make the decision to create consciously, you have decided to pay close attention to your life. You have started on a wonderful journey that will continue to grow and expand your beliefs and possibilities.

Each time you recognize how another miracle has come into your life, your belief in the process grows even stronger. You'll be more motivated to consciously create again, to understand this power. It's a great world of experiments where YOU get to be the scientist, and YOU get to read the results firsthand.

Each time I receive something I ask for, I feel incredibly loved and intimately cared about. I experience this over and over again, but each time it happens, I feel the joy as strongly as I did the first time I saw that I was answered. I want to remember each and every special moment, and keeping a small journal is a great way to do so.

12. Understand the Cyclical Nature of Creation

Creating consciously is actually a very simple process. What we think about grows. When we create consciously, we are careful to harness our

thoughts, and teach ourselves to think about the things we do want to experience in our lives. Through introspection, we examine our desires, learn why we are desiring them. In the quiet of our mind, we step into the desired scenario, as if it were real. We imagine and examine each emotion we are wanting to feel, as intensely as we can experience it. And then we bask in the joy of knowing we will receive our desire.

This knowing, joyful state is where our desire is answered and received. As we receive our desire, we move on to the next conscious creation. And thus we create the world around us as one that is constantly becoming better—upward and onward to improve life for all.

I hope you've enjoyed this report on consciously creating what you want in your life. I've presented this process as points to keep in mind, but rather than these twelve points being steps, they really describe a conscious way of being.

Creating consciously is understanding the “Ask and Receive” nature of our universe, and being aware of how to direct the process. By nature and by birthright, you are a powerful creator. I hope these points of awareness have encouraged you to create your life—consciously!

The Beginning -

P.S. We hope you have enjoyed these twelve ways to consciously create what you want in your life.

You may want to continue your consciousness raising. Increasing awareness is certainly a lifelong process for all of us!

Please feel free to pass along this report to anyone you like, and we'd love for you to come visit our websites. Come see us!

[Apyrl Jensen](#) of [CreatingConsciously.com](#),
and [Christopher Westra](#) of [LightisReal.com](#)