



# Foreword

Hello and thank you for purchasing *The Secrets Of Manifesting Your Reality*. I'd like to begin by giving you a short overview of what I hope to help you achieve with this e-book. Now, my catchphrase for the jonpeeoh website is "Access Your Creative Potential". By "Creative", I don't simply mean creative in an artistic sense, I'm using the term as based on the root word create, or creator. My goal is to assist you in accessing your powers as the creator of your own reality. Now, "creating your own reality" has become almost a buzzword or cliché in and of itself. However, the fact is that it is one hundred percent true that you create your own reality - every second of every single day. Those who have learned to do this can not help but try and assist others in understanding the process, and so there is a lot of hype around the words these days. This is because it is a legitimate endeavour that can and will yield real, practical and positive results for your life. While you may not have found the teaching that best suits you, you must understand at least subconsciously that this is so, or you would not have attracted this e-book into your life. Hopefully I will be able to provide a teaching that will help you to further your understanding of this process and give you the tools to change your life for the better immediately!

Now when I say "Potential", I am not implying that you have the ability to create your own reality, but haven't learned how to use it yet. EVERYONE creates their own reality at all times. Potential is your ability to stop creating experiences and situations that you deem unpleasant or bad, and begin to create only good and wonderful things in your life. The purpose of

life is to create whatever you want, to be happy and have anything you wish for. The problem is that many of us are misusing our tools.

It's not our fault that this is so. We were never taught these things growing up. That does not change the fact that it is happening, nor does it change the fact that we can take control of it and manifest a reality of joy, wonder, and prosperity. Lack is a lie, an illusion that no longer serves us. This would include lack of control over our own lives, our own daily lives, and our very destinies... As we put the concept of "lack" aside and cultivate love in our hearts, we will see fear and pain disappear entirely. This is my goal - to help bring you to an enlightened state of what it is that you are, and what it is that you are doing, and how to control this ability to make your life into exactly what you want it to be.

My sincerest gratitude to you all for joining me on this journey. May your lives be full of joy, and may your every wish be fulfilled!

jonpeeoh

# Section 1: Who You Are

There are a few major understandings that I will assume that you have during the course of this e-book. My sales pitch should not have been misleading to you, but if you came here by reference then perhaps there are things here that do not resonate with you yet. That doesn't mean that this e-book can not be useful to you. If you find that you do not accept one or any of these initial assumptions, please read this e-book as an interesting piece of fiction. Then challenge yourself to suspend your disbelief just long enough to play with these ideas. The reality is that what I am telling you works, whether or not you believe it. All you have to do is try. For those who already have come to the conclusion that these initial assumptions are true, you are simply in for a much easier ride, as this process will fit easily into your current belief structure. Now, let me lay out these assumptions.

## **Assumption 1: God Is Everything**

Everything is God, there is nothing that is *not*-God. You are a piece of God, just as everything around you is. There could not be a creator separate from his creations, because logically that would imply that this God created out of something else, something other than God-self. If that were the case, then there must be a greater creator who created the dichotomy of God + something to create with. And so you spiral upward until you come to the inevitable conclusion that there can not be anything other than God. You can reach this conclusion by logic, or you can turn your back on logic and turn inward. You will reach this conclusion through your creative

side as well. It is not my place to bring you to this conclusion - it simply is what it is. However, in order to *fully* unleash your power as a creator, you must realize that everything, both tangible and intangible, is all one thing - God.

### **Assumption 2: Consciousness is Undivided and Present in All Things**

Since everything is God, naturally curiosity must turn to consciousness. All of God is conscious, and this consciousness is, at its root, only one consciousness. However, we perceive the world in a way that makes us seem as though our individual consciousness is separate from what we perceive as other individual consciousnesses. This is not so. There is no division in consciousness, which is the essence of God and energy itself. It is all one fabric that encapsulates many different forms, as well as non-form. The realization that you and everything around you are connected in the most intimate, possible sense, will allow you to create belief structures that will empower you to begin controlling the reigns of your existence as a creator.

### **Assumption 3: You Can Create the Reality That You Want**

It really is not important to believe this yet. What I will teach you will allow you to prove this to yourself. If you already believe it intellectually, it will make it that much easier to manifest this assumption into action. Through what I teach you, whether or not you believe it at first, you will be able to achieve practical results that will assist in bolstering your faith, allowing you to take bigger and bigger steps each time.

Faith itself is a misunderstood and mistaught concept. You can not simply *have* faith. Faith is developed

incrementally, step by step. As you create something which affirms your faith, you gain a little more faith. This allows you to create something bigger to reaffirm your faith, which in turn gives you a little more faith. And so on and so forth.

And so I do not ask that you have faith in me. I only ask that you listen to what I have to say. If you decide that you would like to take control of your destiny, then try the techniques I will give you. As long as you really give them a chance, they will work for you. Ten years ago I suspended my disbelief just long enough to try something new. At the time I did not truly believe anything would come of it. Ten years later, happier, and creating the life I want, I look back and realize how far I have come, all because I suspended my disbelief just long enough to give it a go. Give this a try with an open mind and a hopeful heart, and it will work for you too.

From these assumptions you know that you are part of God, and that you have the creative potential of God. You know that you are no greater or lesser than any other creation or consciousness. Now let me show you how to take control of this and develop yourself into the masterpiece that you truly are and that you want to be.

(Note: I will no longer speak of "God". That is because, due to there being nothing that is *not*-God, the concept of God lacks a contrast. Without a contrast, it ceases to be a relevant concept. Therefore I personally find the term to be useless once these assumptions have become your belief.)

There are four primary creative devices of the human mind. These are: intent, thought, emotion, and the word. You must understand how to use these together to get the results that you want.

First let's look at your life, your reality, as it is now. We must make a starting point for change if we are to gauge our

progress. Honestly assess your life. What are you happy with? What are you not happy with? What brings you joy? What does not bring you joy? Are you free? Are you in a perpetual struggle? We do not want to give negative things our energy, but we must look at the things that are and admit to ourselves that they are. Until we accept what is, for what it is, we have not empowered ourselves to change it.

I want you to perform a simple exercise. Take out three sheets of paper. Being as broad or as specific as you would like, make a list of all the positive elements of your life on one sheet, and a list of all the negative elements on another.

Go ahead. I'll wait.

...

OK. Now set the positive list aside for a moment. Let's focus on the negative list. Find a way to re-word each item in a positive light. What I mean by this is, convert things that you are against, into the opposite things that you are for. If you are against war, write down peace. If you wrote something like "I hate being broke", write down "I love being rich". Word all of your positives in the present tense, and remake your negative list into a positive list on the third sheet of paper. Here are some more examples, from my own list that I created:

#### **Negative**

- 1) I hate being broke
- 2) My children drain my nerves
- 3) I am bored with my job
- 4) George Bush is an evil man who angers me

#### **Alteration**

- 1) I love being rich
- 2) My children bring me joy
- 3) I love working with people I like
- 4) I am excited at the prospect of a new president in office soon

That last one took me a moment of thought to twist around, but I found a way. Find a way to alter all of your negatives into some form of positive. Then take your negative list and destroy it. Crumple it up. Throw it in the trash.

The first secret to creation is this:

Whatever you think about, you give energy to create.

This holds true for anything, whether you consider it positive, negative, good, bad, something you want, or something you don't want. The universe doesn't care - whatever you think will be attracted into your life. So changing your negative thoughts into positive ones gives you a better focus for creating positive elements in your life. You absolutely do not want to focus on, give energy to, or rally against the things that you do not like and do not want. As Carl Jung said, "What you resist, persists." This is because whatever you give your energy to will manifest. So the harder you push against something, the more you will create it in your life and in your reality.

The primary reason that people do not seem to be creating the reality they would enjoy is that people are thinking and focusing on what they don't want, rather than putting all of their energy into focusing on what they do want. This is also a creative act, and brings unwanted effects into your reality. Just tune out and ignore that which you do not want, and focus only on what you do want. That alone is one of the most powerful secrets of creating the reality you want that I can possibly offer you.

Now that we're done with that exercise, let me lead you through the creative devices of the human being and how they interact to create the reality you are sitting in at this very moment.

## **Creative Device #1: Intent**

Intent is the basis of everything that exists. You do not move a single muscle in your body before having an intent to do so. Nothing is created without an underlying intent. Nothing is done, said, felt, or even thought without an underlying intent. So the first thing you must do as a creator is to intend for yourself what you want. Set your intent very strongly and use that as the basis for all of your doing. This intent should be something along the lines of, "I am the creator of my own reality, and as such I intend that I will only create beautiful, joyful experiences that I want and that are worthy of me." Something simple and positive. Make sure you do not use negatives, such as "I intend that I will not be broke anymore." That gives energy to the thought of being broke, which in turn creates the reality of being broke. Keep it positive, and make this intent the backbone for your entire life.

## **Creative Device #2: Thought**

Thought is the most powerful of your creative tools. Thoughts become things - this is a major secret of people who are conscious creators. Thoughts are not weightless, massless things that have no tangible existence in everyday life. Thought is the essence of energy which CREATES physical reality. Does this mean you have to control every thought that comes into your mind? Of course not! The brain is like a radio that picks up frequencies. Thoughts are frequency transmissions. Not every thought you have is your own. They come from all over. You perceive them as your own because as your brain picks them up, you believe they are yours. Probably no one has taught you that the brain is a transmitter/receiver. You have most likely been taught that the brain is only a thinker. This could not be further from the truth. The brain

can organize these thoughts and present relevant thoughts to you pertaining to your needs. It can also present you with absurd and harmful thoughts that have no use for you other than to create emotional poison. What you do need to do is begin selecting carefully which thoughts you linger on - which thoughts you perpetuate. These are the thoughts that will form your reality.

As you focus more on positive thoughts that lead toward your desires, your frequency will change, and those other thoughts in your head that don't seem to match will not come through anymore at all. Like tuning a radio to a different station, they simply will not exist for you anymore.

Another powerful form of thought control is visualization. Sit down and just daydream, or visualize, how you want your life to be as though you were living it right now. Always visualize your desires in the present tense, in order to bask in the feeling of having what you want. This brings us to the third creative device.

### **Creative Device #3: Emotion**

Your emotion is formed primarily through the thoughts that you hold. For purposes of simplicity, we will label all emotion as being either good or bad. You can call each shade of emotion by a different name if you like - hate, anger, jealousy (bad) or happiness, excitement, gratitude (good), but it all boils down to whether it feels good or feels bad. The emotions are not something that control you as a human, although many of us are taught that this is so. Emotions are actually a tool to assist you in navigating reality. When you feel good, you are in alignment with your desires. When you feel bad, you are out of alignment. Instead of lamenting feeling bad, you must use that as a signal that you need to change your thoughts in order to change your feeling.

You see, the real trick - the real nut-buster if you will - that many people miss, and that lead many people to the belief that they can not actually create their reality, is that thought itself does not create. Thought causes emotion, and emotion is what creates reality. If you feel good and happy, feel joyful, loving, excited - then you are drawing more of that to you. When you feel bad, sad, unhappy, angry, or depressed, you are creating an attraction to more of that. You must find a way to keep yourself feeling good and happy at all times. Whatever brings you joy, do it. You can change your mood very quickly using music, visualization, daydreaming, or doing anything you love. Think about someone you really love, or a moment in your life that made you feel wonderful. Continue until your mood has risen and you feel good again. This will bring you back into alignment with your initial intent, which is to create the reality that you want.

*What you feel is what you create more of.*

The specifics, "I want a new car, I want a new house, I want to be financially secure", are thoughts that when combined with positive emotion, create these wonderful specific things. However, all you really need to do to change your reality is to feel good. Cause yourself to feel good and you will create more things in your life that make you feel good. If you take care of your happiness, everything else will fall into place perfectly.

## **Creative Device #4: The Word**

Finally, perhaps your most powerful creative device is your word. Your word is the way that you take all of these internal things - intent, thought and emotion - and unleash them into the physical world. Your word is a very powerful creative device which can make or break your reality in a heartbeat. Every word that you speak is in effect a magick

spell that alters your reality. If you only use your word to say positive things that are in line with what you desire to create, you will quickly restructure your reality into a perfect reflection of what you desire. As you speak negative things, or gossip, or pass judgment, so you will bring negative things into your life that much more quickly. While you do not have to control every thought that comes into your mind, you should begin making a dedicated, conscious effort to control every word that escapes your lips. Intent, thought and emotion create in a very nice manner in perfect time. The word can very quickly negate everything positive that you have been internally trying to create. In the same sense, the word can cause your desires to manifest much faster. This concept is the basis for using chants, mantras, spells, and other such forms of magick.

Speak positively of yourself, and speak positively of others. If we all just took Thumper's advice from Bambi - "If you can't say something nice, don't say nothing at all" - we would create our ideal life astoundingly fast.

The next section is going to give you practical ways to use this knowledge to alter your reality according to your desires. These tactics are what is generally labeled as magick. Magick is simply a way to use these ideals to manifest the reality you desire. Magick generally implies methods that are not scientifically understood, but in truth, quantum physicists these days have come to the very conclusions offered throughout this e-book. Because that sets them so far apart from the usual scientific fold, they are not considered valid by the others. This is ridiculous. Therefore, magick, to me, is also a system that *is* scientifically understood to a great extent by many quantum physicists.

## Section 2: Making Magick (The Art of Creation)

Now let's begin to apply these understandings in a practical sense. We want to use our intent, thoughts, emotions and words to create the reality of our choosing. So how do we actually go about this?

I am going to teach you four primary methods that I have found useful for the manifestation of desires. These four magickal methods are: visualization, mantras, spells and rituals.

Each of these addresses basically the same thing from slightly different standpoints. Each is effective on its own. Combined, these are incredibly powerful. However, choose what works for you and what you are most comfortable with.

These should not be a chore. In fact, if they are a chore, then you are not using them properly and are not going to manifest your desires with them unless you change your attitude and approach.

### **Magickal Practice #1: Visualization**

This one is easily the most fun and the most productive of the four. What you want to do is take an almost child-like mentality into your visualization. Before I get ahead of myself, allow me to clarify one major common misconception:

Misconception: Visualization is hard!

Not true! Visualization is incredibly easy *and* fun. In fact, everyone visualizes every single day! The problem is that the word "visualization" itself has become misunderstood.

Visualization is *not* the ability to see something in your head as though it were real, as though viewing a television in your mind. Visualization is nothing more than daydreaming – imagination. When you daydream, you imagine being somewhere, with someone, saying certain things, doing certain things, etc etc etc. This *is* visualization! So don't let the word throw you – visualization is as natural to you now as the last daydream you had, which was probably somewhere between the last two or three paragraphs...

Anyway, what you want to do is to find a quiet, comfortable place free from distraction, where you can submerge yourself deeply into a daydream about your desire. Whatever it is that you desire to create, visualize yourself as though you already have it or have accomplished it. Imagine it as though it were happening right now! Be silly! Have fun! The important thing is that you want to get your emotions stirred up. You want to feel excited and exhilarated! Focus on it until you feel as though you are done, and then close up shop and go back to your daily life.

If you want to be rich, then imagine yourself in your new mansion, going out to the swimming pool overlooking your large spot of private beach. Imagine the wind in your hair, the sun setting over the ocean. Imagine your loved one with you, and feel the joy that this brings you.

If you desire a new car, take it for a mental drive. If you desire a new job, imagine being in a new wonderful job that you love. This is the way to begin creating this in your life.

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**WARNING: Potential Creation Ruination**

Once this is over, as with any of the following magickal techniques, keep in mind that your thoughts/emotions can undo the work that you have done. Just trust that what you have done will work, and then release it to the universe. The universe will do all the work. You go play while that's happening.

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A couple more quick facts to aid in this process:

- 1) Positive thoughts are more powerful than negative thoughts. One positive thought can undo hundreds of negative thoughts.
- 2) You are not in charge of the HOWs of creation. Never concern yourself with the HOW. When you visualize or perform *any* magick, concentrate *only* on the end result. HOW is the universe's job. HOW is nature's job. Nature has no trouble finding a HOW for anything, and knows the quickest, easiest way to bring this about. Just trust in this process, and release your desire. Then put yourself in a state of mind to receive what you want when it is ready to manifest.
- 3) Be patient! Things do not tend to materialize overnight. What you want absolutely *will* come about, and it will seem as though the entire world has shifted to accommodate this change. That is the creative process. That is the very process of Life itself!

You never knew that your imagination was this powerful, did you? Think of the last time that you really, *really* allowed yourself the luxury of getting lost in your imagination. I bet it was a long time ago. The more involved you are, and the more real it feels to you as you imagine it, the more quickly it will manifest into your life.

## **Magickal Practice #2: Mantras and Chanting**

This one is very dear to some people, and highly disliked by others. You be the judge of whether or not you would like to do this. I can and will tell you why it works, though. A mantra is a carefully chosen word or phrase which is repeated

(chanting) ad nauseum to create total focus on an idea or thought. This is a means of focusing on your intent, and lends more energy to the carefully chosen thought which is spoken in order to create. A mantra can also be run through the mind as you go through mundane tasks. However, the added power of the word as that which manifests something intangible (thoughts/emotions) into something tangible (sound waves), gives a lot more power to your intention. I occasionally find myself using this subconsciously, but generally don't make a conscious practice of it.

If you choose to do this, simply be very meticulous about getting the word or phrase just right, as this will be what you are putting your energy and power into.

### **Magickal Practice #3: Spells**

This is where things begin to get really interesting. "Spells" are thought of in so many different ways that the word itself is very charged. All a spell is, is a way to take your intent and create a more long-winded expression of it. Often you are using symbols, metaphors, what-have-you that are meaningful to you. The purpose is that the more personal symbolism you can instill into your spell, the more powerful it will be as a creative device. The more clear a picture you paint to yourself and the universe, through the use of imagery, words, and symbols, the more emotion, passion, and energy you imbibe the spell with. Then you finish your spell, and send it off. This is once again where you turn your intent over to the universe to allow for the creation to occur. In the last section, I will give some examples of how to craft a spell. The power of a spell is not in the actual words themselves, but in the meaning that it has for the caster.

## Magickal Practice #4: Rituals

Rituals are basically an extension of spells. They take the concept of spells and then include physical action, symbolic physical objects and anything else that assists the magician(s) in giving highly focused energy, thought and emotion to their goal. In fact, many spells are actually rituals, and some rituals could be considered spells. There's no clear division between the two.

In a ritual, often there are items used such as a dagger, wand, cup and pentacle. These are representations, generally, of all of the fours found in nature – North/South/East/West, Fire/Water/Air/Earth, four archangels, and on and on. What these lend to a ritual is a sense of balance and power. You want to feel balanced and grounded during a spell-casting in order to affect the greatest change in your reality.

In a ritual, certain breathing techniques may be utilized, and certain actions may occur. These actions are once again generally symbolic in nature, further affirming your intent with your ritual. By creating internally, through word, and having external representations that cover your goals as well, you are using your skills as creator in the most powerfully focused manner. You have integrated all components – inner, outer, and the in-between – and created a focus of energy, thought, emotion and passion which causes your intention to manifest in your reality.

Now that we have covered some magickal techniques and how/why they will work for you as a creator, we will look at the actual creation of such mantras, spells and rituals. I believe that the visualization ideas I gave you above will suffice for that technique.

## Section 3: Personalized Magick

Some of you seekers may have bought magick books before. Some of you performed the rituals and had great results. Some of you found that most of these spells and rituals did nothing for you. That's because these spells and rituals were not tailored for you. One of the biggest unspoken truths of spells and rituals is that they should be personal! When you buy a spell book, you are buying a big fat book of spells that *are* personal and functional, but only for someone else! The trick is not to find a spell that accomplishes your goal. The *real* trick is that you must create a spell to create your desire.

So what I am going to do is create a scenario for desire, and then create a mantra, a spell, and a ritual that *I* would use to do magick. I do not encourage you to *use* my mantra, spell, or ritual. I encourage you to follow my technique for *creating* a personal mantra, spell, or ritual.

### Scenario: Creation of Money

Let's say that my desire is to create some money in my life. I would choose an amount – something that I can believe that I can create, otherwise I will likely undermine myself during the waiting process – and focus on creating a spell to bring that about. For this scenario, I will choose \$100,000. A million is a bit intimidating, but I can believe \$100,000. And if I manifest that into existence several times, I *will* have a million!

So let's begin with a mantra. We want something we can chant when we have a moment to focus on it, or something we can chant in the car on the way to work, or chant in the back of

our minds during a boring meeting, or what-have-you.

We want something very short and sweet. Getting tongue tied will not help us to focus. This should be an effortless process once we find the right word or phrase. Now for this one, I am asking something specific, so one word will likely not be the best thing. I will choose a phrase. First I will play with the idea until I dwindle it into something easy and manageable.

Once again, remember that using the present tense for your desire is of the utmost importance! If you speak of it in the future tense, then you create it as happening in the future. The irony is that there really is no future per se, just a never-ending sequence of NOW moments. So when you create something in the future, *it always remains in the future.*

- I have a hundred thousand dollars.
- I am enjoying my hundred thousand dollars.
- One hundred thousand dollars blesses my life.
- I am grateful for my hundred thousand dollars.
- One hundred thousand dollars makes me happy.

Now I'm going to take some concepts from each of these and add a couple of tricks. You want to enter the word "now" into your mantra whenever possible, as it further affirms that this is already present in your life, helping to create the desired result faster. Gratitude is a powerful emotion which is positive, and lends further emotional energy to the mantra. The more emotional energy you feel, the more powerful your mantra. I came out with this:

I am grateful for the hundred thousand dollars that now blesses my life.

It creates a pleasant rhythm for me, and I am able to memorize it very quickly and continue repeating it. It actually feels right

to go from the end of the sentence back into the beginning. If the mantra feels self-perpetuating to you, then you have done your job well. That will be a powerful mantra for your creative purposes.

Now let's look at creating a spell. I am basically going to be taking the idea of the mantra and making it more verbose, adding imagery that is meaningful to me.

For me personally, it is a good idea in this instance to place the primary goal at the end of the spell, but I can also see many times where it would be a good idea to repeat it throughout the spell.

I am the creator of my own reality.

I call upon the power of the mighty sea, the solidity of mother earth, the freedom of the wind, and the passion of fire to aid me in my purpose!

I am surrounded in life by love and support from all quarters, which aids me in my quest. Riches and wealth are mine for the taking, as money falls from the sky into my pocket.

The world is a place of plenty, and I desire one hundred thousand dollars which is rightfully mine.

I am grateful for the hundred thousand dollars that now blesses my life and allows me the freedom and time that I love.

Now, this would be good for me. First, "I am the creator

of my own reality”, immediately affirms to myself that I have the power and the right to manifest my desire.

The next section sounds a little esoteric: “I call upon the power of the mighty sea, the solidity of mother earth, the freedom of the wind, and the passion of fire to aid me in my purpose!” What I am actually doing is creating imagery that lends power to my spell. The image of the sea is very powerful to me. It gives me a feeling of power, of vastness beyond comprehension. The use of mother earth gives me a feeling of grounded-ness, of connection to nature, of connection to all things. The wind paints a picture of freedom and flight. I am attempting to gain freedom of my time and energy by creating more money. Therefore, this is an appropriate picture for me. And finally, fire is pure passion, and instills a sense of strength and emotion in me which is then spilled into the spell in the form of powerful, creative emotional energy.

“I am surrounded in life by love and support from all quarters, which aids me in my quest. Riches and wealth are mine for the taking, as money falls from the sky into my pocket.” Here I am affirming to myself that I am in tune with others and with all of reality, and by stating that love and support aids me, I am creating an easy, unblocked path for manifestation. The next sentence paints an emotionally stimulating image of riches. Money falling from the sky has a tendency to do that.

Now, I have strengthened my spell with a sense of power, strength, passion, connection, and freedom. I have then focused the spell in the direction of the money. Now I begin to focus down on my actual request: “The world is a place of plenty, and I desire one hundred thousand dollars which is rightfully mine.” Here I affirm once again that there is plenty to go around, and there is plenty enough in existence for me to have my desire. This also helps to clear the path of creation, making it easier for my desire to manifest.

Finally, here's a slightly expanded version of my initial mantra: "I am grateful for the hundred thousand dollars that now blesses my life and allows me the freedom and time that I love." What I added was the reason for my request, which reminds me that it is not money in and of itself that I am asking for, but rather the freedom of my personal resources – my time, my energy – that I desire. This helps my emotions to remain strong as I finish off the spell and release my desire to the universe for creation to occur.

This is the basic process of creating a spell. For the ritual, we will take our spell and add some ritual around it.

[Take three deep breaths to focus and relax, removing any bodily/emotional stress from your being to allow the focus of emotion and thought to be more clear and positive.] Then say:

**I am the creator of my own reality.**

[Raise arms up into the air and look to the sky, creating a feeling of reaching for the heavens.] Then say:

**I call upon the power of the mighty sea, the solidity of mother earth, the freedom of the wind, and the passion of fire to aid me in my purpose!**

[Lower arms and clasp hands in front of chest, at the level of your heart. Lower head to face straight forward.] Then say:

**I am surrounded in life by love and support from all quarters, which aids me in my quest. Riches and wealth are mine for the taking, as money falls from the sky into my pocket.**

[Stretch arms straight ahead of you, palms upward. Then as you spread them slowly apart in a horizontal motion, say:]

**The world is a place of plenty, and I  
desire one hundred thousand dollars  
which is rightfully mine.**

[Bring palms back together and rest arms with hands clasped in front of your heart again.] Then say:

**I am grateful for the hundred  
thousand dollars that now blesses my  
life and allows me the freedom and  
time that I love.**

[Remain still and silent for a moment, focusing on your desire and the emotion of having the money and your freedom of time and energy. Feel this until it begins to go away, at which point you are done. Take three deep breaths to reorient and ground yourself. Then go about your business. Creation is in the universe's hands now!]

This is a very simple ritual, and involves no objects. To involve objects perhaps I would have placed a dollar bill in front of me to look at during the ritual, but in this case I feel it is unnecessary. I created the gestures I did because of the feeling these movements inspire in me.

Raising my arms and face to the sky creates a very expansive, asking feeling in me. Arms down, hands clasped in front of the chest causes a stirring in my heart chakra, which helps give me a focused feeling-boost of love energy. The expansive motion of palms up spreading of the arms gives a feeling of declaration to me, of observing what is. Each of these motions created a little bit stronger emotion and purpose

to accompany the words I was speaking. And this works for me. It may be the stupidest thing you've ever read, but that doesn't matter. For me, it works. And now you should understand the process of creating your own mantras, spells, or rituals.

Get creative with it! Have fun with it! The more you get into the process, the more energy you are giving to the spell, and all of that energy is going to build and build and then be focused onto your desire. All of that energy and intent and thought is going to be released by your powerful word directly into the universe, which will immediately begin to find a way to make your wish happen. Now if you sit back and wait, having faith that what you have asked for will come to you, it will! That's simply all there is to it. Magick is so simple, and yet it can seem so complex from the outside. I hope I have helped to shed some light on the magickal process for you.

You now have the knowledge and some practical ideas for expressing your nature as the creator of your own reality, your own little world. Practice these ideas – ponder these ideas – give great thought to these ideas. Because even as you ponder them, unsure, you are lending energy to them. Your reality will begin to shift to show you how these things are true, and how they work. Your faith will build little by little, until one day you find yourself the complete and total master of your existence.

I wish nothing but Love, Light, and Happiness to you. Thank you for your time and attention. I hope you now have all the tools you need to take the reigns and become the all-powerful creator of your destiny.

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