

**HARNESS YOUR  
QUANTUM  
SPRITUALITY**

**AND MAKE IT  
WORK FOR YOU**

**LANCE ABRIMS**

# HARNESS YOUR QUANTUM SPIRITUALITY

And Make It Work For You

by

LANCE ABRIMS

Copyright © 2015, 2021 Lance Abrims

All rights reserved.

## DEDICATION

This book is dedicated to you, my fellow seekers.

## ACKNOWLEDGMENTS

The author wishes to acknowledge the great spiritual teachers of our time for providing the guidance and instruction that creates a conduit through which the Universe can deliver ground-breaking, life-changing understanding.

# ROADMAP

Dedication

Acknowledgements

Why This, Why Now?

Section One: Architecture

Time Frames of Reality

Time Wave of Experience Map

Local/Non-local Consciousness

Objective/Subjective Experience

The Ego

Grace and Karma

Structural Review

Section Two: Manifesting

Life Focus

Loving Relationships

Good Health

A Satisfying Career

Unleashing Creativity

Attracting Money

Is It Working?

Last Words

Other Books by Lance Abrims

Spiritual Coaching



## WHY THIS, WHY NOW?

The power of attraction and manifestation is a great topic of discussion around the world. And why wouldn't it be? The explosion of interest in how we can transform our health, wealth, and woes is only outmatched by the desperate situation in which 90% of the world lives.

But with all of that interest, discussion, movies, books, and tweets about the power of attraction, what is desperately needed is a science view in diagram and instruction. A resource that maps the core mechanics of the universe and that which fuels the power of attraction, creation, and manifestation.

*Harness Your Quantum Spirituality And Make It Work For You* drills into the nuts and bolts of the mechanics of the power of attraction. You will discover that the pragmatic, user-friendly tools presented here will empower you to implement the secret in your own life at a core level.

What is very different about this book is that it zeroes in on one single moment in time - now - and how we manage it to release the next incidence of now to more clearly reflect our desires. It is not enough to just focus on what we want, we must learn how to make the micro-adjustments to our understanding of the science of now.

As this understanding becomes a part of our daily nature, we are then equipped to release the power of attraction and creation with greater exactness. With this knowledge, we then have creation at the command of our thoughts; We then are the sculpture of our destiny each and every moment of our life.

The same as we would and should do with any text, audio, or video we encounter that presents new information, new ideas, and new ways of looking at the world, the benefit is best achieved

when we allow for the free flow of information within our thoughts.

A natural reaction for most is to interpret what they read through the lens of their current beliefs. But that would be counter-productive and hinder this exploration. As you read ahead, resist getting caught up in any one word, phrase, use of some words, or pre-determined beliefs or concepts presented here.

If what is expressed doesn't agree with your particular belief tradition, the experience of life, or even your knowledge of science, first give this author some space to express the concept fully. Read through to the end, then on reflection decide what parts of this, if any, you want to further explore or integrate into your practice, beliefs, or knowledge base.

The joy and benefit of learning are that often just one additional slice of insight or clarification can cause many other pieces of data in our amazing brain to reconfigure, find new pathways of processing, and often creates a complete paradigm shift. When exploring the science of the power of attraction and creation, you will have opportunities for these moments of new awareness.

Unfortunately, we are not socialized to be independent thinkers, dreamers, or to imagine our reality as pliable as the play dough from kindergarten. Just the opposite, we are instructed to conform, comply, embrace uniformity in dogma, knowledge, and belief. Therein lies the greatest challenge for most.

If the 11th-grade science teacher didn't say it is possible, then it just can't be possible. If the religious institution I've attended all my life doesn't understand it or incorporate the personal power of attraction or creation into their dogma, then it must not be possible or good, or even evil. It is time for us all to break away from narrow thinking and diminished dreaming. Such activities are a prison that keeps fantastic manifestation just a thought

away. How sad.

The great news and bright light ahead is that millions around the world are experiencing a spiritual re-awakening rarely experienced in such mass in all the time of history. By different names, various modalities, some familiar and others completely new, these soulful pathways to spiritual expression are being delivered to seekers globally. And those seekers are intuitively reaching out with open arms to the pathways to experience in ways that their souls are thirsting for.

For decades, I have been absorbing as much as possible from the who's who of forward-thinking leaders in all things spiritual. Through books, audio presentations, videos, and documentaries, the exposure to many philosophies, dogmas, beliefs, scientific principles, and brave new theories, my mind was conditioned to be open and ready for expressions of spirituality in ways not previously possible. What we find is that the more we seek, the greater our ability to consume and process unique pathways through which to walk our own seeker's path.

What you will also discover is that what at first comes to you as external moments of enlightenment derived from the presentation or experience of others or of your environment, soon begins to emerge from within you. Your sense of spiritual self begins to at times speak louder and with greater clarity internally than what you are receiving externally. In a sense, you become your prophet. And that is an exciting experience. And therein lies the origin of the details of this book.

Waking on an early January Friday morning in 2013, all that was in my consciousness was an image and the words *Time Wave of Experience* (See the diagram, also at [TimeWaveofExperience.com](http://TimeWaveofExperience.com)). Along with that image was a feeling that described all parts of the image and the entirety of reality as I *now* knew it. Truthfully, I was shell-shocked. I knew

with absolute certainty that this information of time and reality, which previously was absent from my mind, was not only my new understanding of reality but a universal truth. Not our usual morning experience.

About a year after the waking and revelation, I ran into Will, a friend who had moved to Florida and then returned. Before Will's moving to Florida, we spoke about life and I shared with him the *Time Wave of Experience* diagram. He looked at the diagram and listened, and that was about it.

But, this time when I saw Will, I was surprised to see him and asked what he was up to. Will made an up and down roller coaster motion with his hand. I asked him what he meant. He reached into his pocket and pulled out a folded-up piece of paper - it was the image of the *Time Wave of Experience* diagram I had given him a year ago!

At that moment, I realized that it was time. I've been speaking to others about manifesting with the wave and it's time for me to get the words down on paper. And here we are. I now find that I am in a place where I can describe to you the science of the secret of the power of attraction, creation, and manifestation as it was given to me. It is time for me to share with you *How God Works: Manifesting the Secret*.

And there were several others with whom I had similar experiences related to how this manifesting the secret had a significant positive impact on their lives.

What's primary about the philosophy of this knowledge is that it doesn't just say, "If you desire something, act as if it's occurring, and then it will occur in the future," or it doesn't just give us action techniques that some have shared, which are valuable, without giving us the mechanics of how science accomplishes it.



I am not diminishing the value of the techniques that individuals have shared to implement the secret or to engage the power of attraction. At the same time, what is missing is the painting of a picture of explanation and understanding of *how* it happens. This is worth all the rituals in the world combined!

Understand that once we get this “how” firmly rooted in our consciousness, and we begin to live out this science of the power of attraction and manifestation through this vision of the nuts and bolts of reality, we then have a visual reference.

If you are anything like me in terms of how you learn and how you apply knowledge in real life, when you have a visual representation of the science of each moment as it's created, each miracle moment, then you are better able to adjust your behaviors, goals, and nearly everything in your life. Once we are shown how we can adjust our behaviors and thoughts by our visual understanding of what will make all things change when the next moment manifests.

The beauty of the *Time Wave of Experience* diagram is that we only have to pick it up or glance at it on the wall, and we are immediately reminded of where we need to be in our mind – less Ego, more Spirit. We then want to drive ourselves down to that Zone of Awareness and into the depths of the bliss of the origins of creation.

The knowledge makes us want to be less conscious of our will and more aware of Thy will from out of which will spring our next miracle minute of manifestation.

We should ask ourselves, are we having a subjective or an objective view of my moment of reality? Are we full of gratitude for our Zone of Grace, and are we being conscious that in everything we do? Are we contributing to our Zone of Karma? Are we conscious that all things end and are brand-new in our

next moment of reality? That's what is important about this science of the power of manifestation.

This will radically change everything we do. It will change how we do it, and possibly why we do what we do. The knowledge and awareness will lead us to be more effective in creating every moment of our life, moving each molecule of our existence towards that which we desire. That is the purpose of this explanation of how God works. This is our handbook to our next moment of reality.

This can be a movement of understanding like few this world has seen. But why now? It is simply the right time chosen by forces much greater than myself.

As you move through this book, if you have questions or need clarification, you can reach out to the author at:

Facebook at <https://www.facebook.com/lanceabrimis>

YouTube at <https://youtube.lanceabrimis.com>

Email at [Lance@lanceabrimis.com](mailto:Lance@lanceabrimis.com)

Zoom at <http://lancezoomroom.com>

and

Visit his website at <https://LanceAbrims.com>

Be sure to join the mailing list for updates and new content!

# SECTION ONE: ARCHITECTURE

# TIME FRAMES OF REALITY

This chapter is foundational to all the other concepts explained in this book. I am about to introduce a concept of reality that will require us to stretch and bend our current understandings and beliefs.

Let me begin by stating that which you may have heard in the past, that nothing in this universe or that you experience, is permanent. What I know now is that the reality we experience is not even continuous. That is to say, each moment of reality does not “roll” into the next. Each moment of reality is singular in its existence. Instances of reality are individual happenings, like a traditional movie filmstrip.

What makes the movie pictures *seem* to move on the screen is that on the actual filmstrip, there is a series of pictures where each picture is slightly different from the one before it, and slightly different than the one after it.

As these pictures move quickly past the projection light and it casts an image on the screen, our mind interprets these passing images as a continuous single action. But what we do not “notice” or perceive are the black spaces or image breaks between the pictures that divide one picture from the next. It's an optical illusion.

We don't perceive those black spaces in between each singular image. But, we do see the brightness that comes through the images on the filmstrip. The black bar passing by our eyes does not register in our mind and we enjoy the moving pictures.

Hold on to your imagination folks, because I am here to tell you that that is *exactly* how reality takes form and dissipates. This is the basis of the true nature of reality. Reality itself only occurs in

segments, at the top of the *Time Wave*, and those waves come and go with precise timing.

For example, we throw a ball. The ball that leaves our hand is not taking *continuous* flight across the room. Although it appears to be one continuous happening, it is not. Instead, every moment of reality of the ball moving through the air is a separate and distinct happening.

At every point of that ball's flight, it is mass taking shape like a ball, then the ball ceases to exist, then it takes shape again, then it ceases to exist, then it takes shape again. The only difference is the perceived placement of the ball in the air.

Another example would be of you reading this book. You see the word, the entire universe including the book and you, ceases to exist, then it manifests again and you are looking at the word on the book, maybe the next one, then all matter ceases to exist, then matter again forms and you are looking at the book, etc.

These are snapshots of reality that are occurring so quickly that they seem as though they are continuous. When we sit and listen to ourselves breathe, it sounds like it is a continuous breath in, a continuous breath out.

Just as to hear our heartbeat. It is as if the heart just continues to beat, but it does not. Every moment of a heart "existing" comes and goes. Every moment of breathing is created and then dissipates to nothing. There is nothingness between every moment of manifestation.

The critical point here is that everything in this reality that we know, all mass and matter, sky, earth, universe, even the dimension in which all of this exists, is merely snapshots of reality. They are a string of momentary manifestations that occur so quickly that it "feels" and "seems" to be a continuous

existence of life. But it is instead one moment of manifestation after another.

We will explore what causes these moments of manifestation just a little later, but understand first that at a primary level, everything that we are experiencing as reality is not continuous but a series of momentary manifestations.

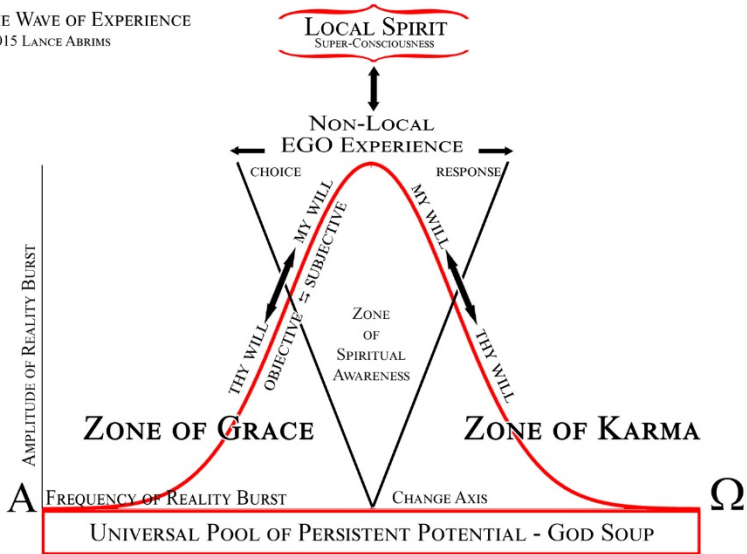
In between every fraction of a moment of reality, there is a time when nothing in this dimension, in this universe, on this earth exists. It is when all of *this* ceases to even have mass and form. Just as there are black spaces in between every picture on that filmstrip I mentioned earlier, there are spaces in between every moment of reality where at the fractional dimension level, there is nothingness.

These moments of reality occur and then they disappear. They occur and then they disappear. In between the moments, there is nothing; not even a dimension, not even space or time. There is nothing except pure potential for the next moment. We might imagine this as the pool of God's everything-possible.

It is labeled on the diagram of the *Time Wave of Experience* as the Universal Pool of Persistent Potential or God Soup for short reference. The God Soup is the quiet space in between the moments.

# TIME WAVE OF EXPERIENCE MAP

TIME WAVE OF EXPERIENCE  
© 2015 LANCE ABRIMS



It's where all of the power of the next moment resides. In this space, there is no thing – nothing, zip, zilch, absolutely not a thing. The pure absence of matter, no manifestation, nothing, except potential.

The God Soup is the place where all potential for an unlimited number of possibilities waits for our super-consciousness, the grand architect, to cast our next desire and manifest reality. The power of all, the Creator, God, the God Soup, is waiting to respond and use our architectural instruction to create the next moment. Then, that moment is gone. Then, we cast in our architectural desires and another moment is created.

Later, we'll explore deeply where those architectural images are cast from. Not only that but how we can control the manifestation of each moment. And we will also look at the hand-off between that which is the source of all creation and our Ego. That handoff is the Thy Will – My Will construct.

But for now, let us continue to focus on the foundational concept that every moment that we are experiencing, every single instant, is a brand new moment. It is a brand new experience. It is created, we experience it as reality, and then it dissipates back into the pool of God's Soup where all love and perfection reside and there is nothing except the pure potential of the power of the next manifestation.

This gives us both great power and great responsibility. Now we have to stand up and say, "Every moment is of my making. Every action is of my making. If I am experiencing great joy and great pleasure, it is because I was the architect of it. By the Grace of the Creator, it was given to me according to my architectural design."

That is a difficult Truth to swallow, that moments of despair, difficulty, and pain, are of our making. We were the architect of



those moments. It would be easy to use an old-fashioned notion that the Devil did it, or that somebody or something did this to us, but that is simply not happening. That is not the reality of the universe, nor the nature of the dimension in which we experience reality and life.

Every moment is brand new and you are the architect. The first thing we do with this more complete knowledge is to take *responsibility* and make an acknowledgment that every molecule around us and in us, is our manifestation and at our soul's direction. Why? Because we were and are the architects of that and all previous and future moments.

The only thing left for any of us to say at any one moment is, "I give gratitude for this moment and if this moment isn't comfortable and joyful, then for what purpose would I put myself in this situation or create this moment? For what purpose could I create a reality like this where there is a learning opportunity and not just experiencing?"

"Is this just so I can experience what hell on earth is like? Is it to encourage me to wake up spiritually and realize that it can be all joy. It's all a wonderful moment of experience. What am I going to do with it?"

If the reality that we have manifested for ourselves is uncomfortable, that does not necessarily need to make us less joyful. An odd thought, right? But the moment should be greeted with gratitude simply because we have been blessed by the power of creation to have a moment of life.

And, if the reality we have created is not what we *actually* desire, if we do not like the design of that moment, then we have every opportunity to change it in the next.

Just as the movie *The Secret* and other movies, books, and tapes

tell us, we *can* change our reality. We can change everything around us. What you are going to learn here in this book is *how* to take snapshots of your reality, evaluate them from the perspective of you as the architect, then take full advantage of that quiet black space between the pictures on the film of your life to usher in radical change.

We do have the will and power to take full advantage of the quiet resting moments between every moment of reality to cast forward a new architecture, a new design. We can cast forward new plans so that when, by the Grace of the creative force and absolute power of all dimensions, delivers to us the next moment, we can manifest heaven on earth.

Our goal is to deliver a better set of plans that will meet our heart's desires, and by the Grace of the Creator, that moment shall be created. If we are lazy and sloppy and non-attentive, and we pass off plans back to our super-consciousness that represent a sloppy misdirected life, then we should not be upset at anybody other than ourselves when the creative force manifests that for us, over and over.

We can't hold anybody else accountable for our moments that lack joy, love, and expression, because we were not being deliberate with our architectural plan. Every next moment is our opportunity to have a more joyful and more beautiful life. That is worth repeating - every next moment is our opportunity to have a more joyful and more beautiful life.

So are we ready to take advantage of the spaces between our moments of reality, where the only thing that exists is the power of the God Soup? Are we ready to at least consider that this is how reality is wired, that this is how we experience reality?

In the following chapters, we are going to examine every part of the *Time Wave of Experience*. We can begin by examining the

diagram provided several times here in this eBook.

Notice the labels of each of the parts of the time map. Moving forward, we will explore each element of this diagram. The greater our understanding of each element of the concept, the more clearly we can manipulate each, leading to clarity and deliberate manifestation.

It is important that you visualize and understand this *Time Wave* so that we can architect every moment of our lives to be exactly what *we* want it to be. We then become the architect of the manifestation of the reality in which we live.

## LOCAL/NON-LOCAL CONSCIOUSNESS

Where does our soul reside? There is a common notion that there is a body and there is a soul or spirit, and the soul or the spirit resides somewhere inside this physical matter or manifestation of a body. We are going to have to adjust that notion quite a bit to understand how the *Time Wave of Experience* and the universe are manifested and works.

Let us look at another analogy, and that would be the one of a radio in our car. When we sit in our automobile and listen to Beyoncé singing through our radio, we know that Beyoncé is not *in* the radio. What we are hearing from that radio and speakers is a reflection of when Beyoncé the singer performed and recorded the music.

We are having an experience of Beyoncé while sitting in our car. It sounds real, feels real, just as if she was in the car with us, but she is not. We are having a non-local experience of Beyoncé.

Consider that what we are experiencing at this very moment, as we read or listen to this book, is also a non-local experience. That we *are* the radio, not the original broadcast. Think about this for a moment. Contemplate it. Imagine it. That you are not your original thought, that you are a reflection of “yourself” and that the original is somewhere else other than where you imagine yourself to be at this moment. You are a rebroadcast and manifestation of the original.

Yes, as we experience life, we are experiencing an image that's been manifested from an original spirit, just as the pictures are created on film for a movie. We are experiencing mass, matter, and energy which has and continues to manifest itself into singular moments that we experience as continuous. But if we are experiencing a replication of our original spirit or soul, then where does the original thought or architecture of every moment

come from?

Just like Beyoncé, the entertainer is not physically *in* the radio in our car, neither is your true consciousness in our body. Instead, we experience a reflection, just as Beyoncé singing through the radio is a reflection of the original act of singing. The reality that feels so real to us in this dimension is merely a local reflection and is called the non-local experience.

Then if this, our non-local experience, is just a broadcast of the original, then where is it emanating from? The original true originating experience of consciousness of the spirit is not only not inside this manifested physical body, but it is outside of this universe, and further, it's *outside this dimension* of reality.

Pause. Relax. Breathe. Consider. Contemplate. This is heavy stuff.

What you are experiencing and what I am experiencing as reality in this moment is a reflection from our super-consciousness. Our super-consciousness resides outside of this dimension, outside of the universe, outside of this experience of mass and energy and vibration.

Our experience here in this moment of reality is a reflection, a reflection of our actual spirit activity. We are having a non-local experience of our original experience which is in the spirit outside of this dimension. When I spoke earlier about the architectural design of a moment, that architectural design of a moment of reality originated outside of this dimension where our real, constant, true spirit and super-consciousness resides.

When our super-consciousness *projects* a design for a moment of reality into the Creators' pool of waiting omnipotent powerful energy, it *causes* a manifestation of a moment of reality. Then, we experience that manifestation as a moment of reality, just as we

are experiencing now. Huge concept, right?

Then, all ceases to exist after that moment of manifestation.

And for the next instance of reality, for the next moment to be created or manifested, our super-consciousness residing outside of this dimension, casts itself again into the pool of God Soup, that pure pool of potential, and manifests the next moment that we experience.

Then, for a brief time, after that moment and before the next, there is nothingness. Just like the picture on the filmstrip of the movie, everything ceases to exist briefly.

Just as there's a black frame in between each snapshot on a movie film, so too is there a moment, *a space*, of nothingness where even the dimension, not just the universe, but the entire dimension of matter, ceases to exist. There is no-thing, there is nothing except the potential of God and our super-consciousness which is ready to manifest the next moment.

Then, our super-consciousness reflects again towards that pool of God Soup, and out of that potential, a reflection of our soul, our super-consciousness, is created and manifests into another moment of reality.

This highlights the importance of the architectural design that our super-consciousness casts towards the God Soup for the manifestation of the next moment of reality. Now the super-consciousness from where the architecture of reality emerges is never ceasing. It is constant, but it is constant outside of this dimension, outside of this universe, outside of this world, outside of this body. And it is the *local* experience of consciousness.

For review, the local experience is outside this dimension and is represented by the never-ceasing super-consciousness, and the

non-local experience is the Ego consciousness that occurs briefly in time bursts.

That makes every moment of our reality brand new. Each moment of reality manifests out of the God Soup based on our projected architectural plan for the moment. The pure energy of God responds by manifesting those plans into matter. And what is cool about this is that it follows the laws of basic quantum physics. Nothing takes matter unless something “pays attention” to it and then matter manifests on probability waves.

That’s right. Nothing takes form until it is observed or measured, and not until our super-consciousness outside of this dimension casts itself down and observes the God Soup, is anything manifest. It is our super-consciousness which is the designer and the constantly willing Grace of the waiting God Soup the builder.

So in between every moment of reality there is nothing but God Soup. We can use any word you want to describe that space on the film, the absence of matter in between every moment of reality. But, no matter what word we use for it, it is where the pure potential and power of reality exists.

And thus arises a significant difference between the local experience or super-consciousness, and the non-local temporary experience, the Ego, that is our reality. The local experience outside of this dimension is permanent, it is continuous, it is everlasting. So then, what is the connection between the local and non-local consciousness and how do we purify the connection between the two? This is a seminal question because it is the key to our redesigning future moments. It is *the secret to the secret*.

The key is to establish a cleaner, clearer, deliberate line of communication between the local and non-local experience. What results from better communication is a more immediate

and exact manifestation of that which our non-local consciousness and local super-consciousness can accomplish within this dimension of our reality or Ego experience.

When we learn how that connection is created, is enhanced, and how we can give nourishing feedback from “here to there,” then our lives can then be manifested in greater ways than we desire. And not only greater control of manifestation, but a greater ability to be deliberate in the manifestation of the next moment. But we first need to get our mind around the concept of the local and non-local experience, which is which, including which is the influencer and which is the director.

Now that we know that this non-local experience of “us” is a reflection of who we are outside of this dimension, a result of the super-consciousness (the director) directing manifestation out of the God Soup, and we are simply experiencing a non-local experience called life (the influencer), we can get about the business of using the local/non-local awareness to manifest deliberately. It's a wonderful, wonderful thing to be able to experience life, and it is even greater to be able to influence the manifestation of the life we would *prefer* to live.

There is no time like the present to begin to bring clarity to the connection between your local and non-local consciousness. So close your eyes and begin to *feel* your connection. Begin to *feel* the essence of whom you are, that what you are here is merely a temporary reflection, and begin to feel drawn up into and connected to your super-consciousness. Make that connection with that super-consciousness your new primary directive. Make connecting with your soul, the permanent constant spirit, your every moment's goal.

Begin to communicate with that super-consciousness. It is us. This here that we experience on Earth is a shallow, shallow,



three-dimensional, simple image and reflection of the complex consciousness, so begin to make that connection and begin to feel and be aware of the difference of richness between the two.

Whether it be through prayer, through worship of God, or through meditation, find yourself being able to be yourself in your super-consciousness even in between the moments when reality does not exist. You will begin to know that you are becoming in touch with your super-consciousness outside of this reality when you can feel and become aware of the quiet space of nothingness in between the moments of reality.

This reflection of your spirit ceases to exist and is created brand new every moment, but your true consciousness that lives on lives on through those quiet moments when there is no reality, no universe, no dimension of mass and matter and energy.

In those quiet spaces in-between moments, our super-consciousness lives on. Begin to meditate and pray and find your quietness even amid all the turmoil of the universe. When you can begin to feel the in-between, those quiet moments when the universe doesn't exist, you will then be in touch with and closer to your super-consciousness.

That is where all change emanates from because that is the source of the architecture of every moment. Therefore, become aware of your super-consciousness. Strive to bridge the space between your local and non-local soul experience and work to make it feel more natural than being in the mix of this non-local conscious experience.

## OBJECTIVE/SUBJECTIVE EXPERIENCE

The subjective/objective experience of life is interesting and important. Becoming aware of, and capable of, identifying and shifting between these two views of our lives is the point where we will begin to see our current life more clearly.

Observing our current life more clearly is key to not only identifying how we would like it to be different but also drives us upward along the pathway between the local and non-local experience.

Knowing the difference between a subjective and objective view of our lives is critical to manifesting the desired next-moment changes effectively. Having both views is vital if we are to make reflective signals for change back to our super-consciousness. So let's take a quick review of what *subjective* and *objective* life viewing is.

Imagine that you are walking barefoot on the pavement and a small sharp stone is felt under your foot. When you feel the pain of that stone, you yell out, "Oh, Ow!" What you are experiencing is a subjective experience of stepping on that stone.

You are the one stepping on the stone. You are the one feeling the sharp pain as the stone protrudes into your foot. You are the one who's giving the physical expression of pain and yelling out. That is subjective. You are the subject of the experience. Not the observer, but the subject of what is happening.

Objective, then, is the opposite of Subjective. Objective is represented when somebody sees you having that experience, you are the object of what they are witnessing. They are watching you, the object, have the experience. You are the subject. You are subjectively experiencing it. They are objectively watching you. They are having an objective view of your experience.

They can imagine what it would be like and they might even have had a past experience they can relate to the observation, but they cannot have the subjective experience of it, because it's not happening to them. They are observing it. They are the observer.

What we should all strive for as we consider the *Time Wave of Experience* is our ability to be able to experience ourselves and our lives not just subjectively, but objectively. This is how we become better architects of our moments of reality and manifestation.

If you are lounging on the couch listening to this audio or reading this book, can you close your eyes and in your mind's eye be objective and see yourself lying on the couch enjoying the book? If you are not experienced at this, it can be tricky and difficult to catch on to, but it is well worth the effort.

We go through life very, very subjectively. Children are super-subjective experiencers of life. They have a much greater subjective experience because they engaged more fully in the basics of living life – sleeping, feeding, exploring, learning the emotions, and being consumed with the emotional response. They do not have the mindset, knowledge, nor maturity to think objectively about themselves lying there as babies being babies. They simply can't “put themselves in another person's shoes.”

But, as we become adults, we gain an ability to reflect on and consider ourselves in the past and future objectively, but often with even more power to be able to experience ourselves objectively in the *present moment*.

For us to be able to experience ourselves in the present moment objectively, we need to be able to pull back from this local experience of consciousness just enough so that we can be conscious of ourselves being conscious. That we can view ourselves in our mind's eye as being ourselves and living our lives.

We can think of ourselves thinking. This is a very, very powerful position to be in.

To be in the objective view of your life is the power position because, at that point, you are traveling a starter distance back on that thread between this non-local and local experience of consciousness. That small amount of aware connection to your super-consciousness that you experience when being objective is just the practice you need to not only see your life as it is but to gain a “feel” for what it is like to move closer to your super-consciousness.

Consider for a moment that the only meaning of life is so that the super-consciousness can have a *subjective* experience of reality. Without the Creator giving up manifestation from the God Soup the matter and manifestation of a moment that was projected from your super-consciousness, then your super-consciousness would never be able to have a subjective experience of life. It would be like living a life as an architect but never seeing or experiencing any of the creations taking form.

But by the Grace of the creating force, we, our true eternal super-consciences, get to have a subjective experience of life. We get to love and touch and hurt and feel and make and create. We can be a part of this subjective life.

Therefore, the only way that we can effect a change here in this non-local experience of the manifestation of the architecture of our super-consciousness, or eternal spirit, is to be able to communicate spiritually back up that channel and order a shift in consciousness. How to open up a channel of communication between the Ego non-local experience and our super-consciousness outside this realm is another element of the secret to the secret. It is how our power of life-changing moments of reality can take form.

The way we begin to communicate up that channel is to begin to have an objective view of ourselves in this life. We begin to have an objective view with the knowledge and knowing that these moments of reality are merely a reflection, a manifestation, of the design cast down by the super-consciousness. With that awareness, we begin to objectively view our behaviors and our experiences and make orders for design change.

If you take a class in meditation, as they guide you into deeper experiences of meditation, they will say, "Be aware of your breath. Be aware of your heartbeat. Listen to your breath going in and going out." By doing that with you, they are beginning to introduce you to the objective manner in which view your life. You are objectively listening or viewing your breath.

Yes, you are subjectively having the experience of breathing in and out, but the objective experience is to see yourself, to know yourself, to hear yourself, to feel yourself, to be conscious from a super-conscious perspective outside of this dimension, to be conscious of the local experience you are having.

We can walk through life and never be objective. We can simply just live our lives and react to everything that's around us. We can exist in a very organic, human, animalistic sort of way, just to experience and react.

But that would rob us of ever objectively standing back and seeing ourselves, observing ourselves, experiencing, and having the contrast with which to make the change.

But doing so will not lead to manifesting our desires. Nearly from the moment when we begin to have an objective view of our subjective reality, everything begins to change. It naturally begins to change because when we are becoming objective, we've just become a tad bit closer to our super-consciousness and this *is*

the spiritual consciousness feedback loop.

This is the thread in-between the non-local experience and our super-consciousness outside this dimension. It is the only pathway to having a deliberate change in the next moment of our lives. It is the only way to *be* deliberate. For us to have a deliberate, by-design change of the next moment of our reality, we must be in touch with, or influencing, our super-consciousness which is the architect (designer) of the next moment.

The questions of, “Who am I? What am I? What is this about? What do I like? What do I not like? What is comfortable? What is not comfortable? What feels holy? What feels not holy? What feels sacred? What lacks a sacred nature?” we begin to ask ourselves. And when we observe the answers as they are lived out in our life, then we are being objective and self-informed.

When we view our life and our reality and how we interact with the matter around us, we are doing that from an objective view. Then we are becoming aware that we are aware, becoming aware that we *are*.

If we can manage to do just a little of what is suggested here, then we are on the pathway to enlightenment. We have just moved closer to our super-consciousness. The awareness is soul-full re-instruction. It is as if our super-consciousness takes an eraser or marker and slightly changes the next moment.

The change occurs because we are having an objective view of our experience which travels the feedback loop back to the super-consciousness. Then when the next architectural design of the next moment is cast down into the God Soup, it will then manifest the next moment of reality and our change order is made real.

This is why you should begin to become very connected and

aware that this is a non-local experience and the true you that feels like you do not emanate from this matter, not from this manifested experience, but rather from outside of this dimension.

For absolute sure, this moment shall pass. This moment shall pass and in the very next moment after the brief period of nothingness, a new manifestation of reality is created. You can have input on that next moment simply by being aware of the subjective/objective view of your life.

Find moments of objectivity. Become aware of who you are, what you are doing, what you are saying, what you are experiencing, and what you are hoping for. The more aware you are of yourself from a different perspective, you are then, by default, giving feedback to your super-consciousness. That is the beauty of an objective life.

When you begin to, in your mind's eye, in your spirit, from a spiritual perspective, objectively view your reality, you are then putting yourself in the driver's seat to make the change. You are putting yourself in a perspective where you can give feedback to your true soul, to your persistent super-consciousness, which is outside of this realm, so that then the next moment can be a greater design of *what you desire*.

That is true when you are living by design and not by default.

## THE EGO

For this next section, you are going to refer to the diagram of the *Time Wave of Experience*. The Ego experience is located at the center-top of the diagram. It is at the “crest” of the *Time Wave*. So now let’s talk about what the Ego is and the role it plays in manifesting the secret.

As we've learned in previous chapters, our experience of reality is not a continuous event. It is snapshots of reality that have been manifest based on the architecture cast down by our super-consciousness and up from the God Soup. Then, matter is manifested into reality that matches that architecture.

Using the diagram as a guide, imagine that there are two extreme states of the wave. At one extreme point when the wave does not yet exist, or is flat, there is nothingness. This is when only the God Soup exists, a pool of perfection and potential. Then there is the other extreme state of the wave, and that is when the wave is at the height of a moment of reality, or has risen to a crest of a full-wave. There are two extreme states of a flat, un-manifested *Time Wave*, and a full-wave of reality with the Ego at the top.

Just like a wave builds from the bottom and rises up, so too does a moment of reality. When that wave is at the fullest position or cresting, it is then at the height of the Ego experience. It is at the top of that *Time Wave* when we briefly have a moment of reality and we are fully human having a human experience. That's when the fullness of the moment of manifestation is occurring.

At the pinnacle of the *Time Wave*, at the top of the wave, is when our Ego has complete control. It's when God or Creator has turned over thy will (its will) to my will (our human free will). The plan or architecture of the moment was projected from the super-consciousness of our soul, into the pool of persistent potential or God Soup, gave rise to the *Time Wave of Experience*, and at the



height of that wave we have earthly consciousness in this dimension of reality.

So instead of your will, it's the Creator's will at the beginning of the wave building, the will of the Creator out of the pure potential of the moment at the beginning of the creation of the moment. Once your moment of reality manifests itself, at the crest, that is when it is your will with your Ego having the power to influence the moment. When you say, "My name is Sue, and I am me," you are speaking from and on behalf of your Ego. Your earthly awareness of existence.

During this brief period of manifested experience, our control can either act or react, create or tear down, love or hate. We are either going to be living in a moment of Grace and love or we are going to allow our deepest Ego animal instincts to take over. The only other power at play in that moment is the Karma vibration from a previous moment of manifestation.

Our personalities and dispositions, our feelings and inspirations, hopes and fears, are all manifested in that very moment. And which of these adjectives we choose to use to interpret our manifested experience is completely up to each of us. But our experience of this reality is represented as our Ego.

The Ego, our conscious experience of reality, can be busy or still. It can be experienced objectively or subjectively. Again, these are active decisions that only we can make as we have an Ego experience. But, the Ego can be expanded or reduced at will. And from the diagram, we can see that the more we reduce our Ego, the greater amount of Creator "Soup" will we pull around ourselves.

If indeed all of the power of reality and manifestation takes place as a result of the power of the Creator, and we are manifestations as a result of what our soul's instructions have passed off to the

Creator, then the more we reduce our Ego experience and surround ourselves with God Soup, then the more power we can experience and influence.

Conversely, the more we expand the Ego and live more as a pure manifestation of dust to dust, less connected to the spiritual realm, and more of a reactionary human being, then the less power we have to influence the next moment. We then are simply reacting to the moment and other manifested moments around us. The preferred position is to be less Ego and more rooted in the Creator's power.

We can see in the diagram that there is choice and response and a big "V" in the middle. On that V, if we can imagine the two sides of that V move side to side, pivoting on the bottom of the "V", then imagine how we can squeeze the Ego experience down to a minimal experience, where there's just a small amount of our control. Conversely, we can broaden out those sides of the V so that there's less of the God control, less of the creative energy control, and more Ego control, more Ego experience. Again, less Ego is a better state of manifestation.

I've heard folks say, "E-G-O. Edging God Out." Operationally, that is what's happening – a bigger Ego, less Creator influence and power.

When we live in greater Ego space, then we have pushed away and down two sides of that "V." This represents those moments when we have reduced our access to the ultimate power of creation and power in exchange for more of the me, me, me of the Ego. We've just "squished down" the will and control of the universe. And there is very little constructive power to influence the next moment's manifestation when living in an all-Ego no-creative force state.

Humans are supremely capable and willing to be Ego-centric and

muck up any moment, to make it dirtier, to make it less perfect. Yet, humans are also capable of a greater connection to the creative force by engaging in meditation and other practices, which bring those two sides of the diagram's V up, decreasing the amount of Ego experience.

This is *how* God works and how we use the power of the Creator to influence our next moments. By controlling the actions and influence of our Ego, we then more fully connect with the spiritual realm, the information highway back to the super-consciousness, re-write our manifestation instructions or architecture, of which then the Creator, by Grace, manifests our next moment. That is how we manifest the secret.

And it all begins with turning over control from the Ego, that very self-centered experience of the moment of reality, to the power of the universe. I would highly suggest that you desire to have a smaller Ego experience and to allow a larger experience from the universe. The universe has more power than you to be able to manifest a moment closer to your architecture and less by just chance.

The pure pool of potential, the God Soup, is where all the *power of manifestation* is. That power is going to submit itself to the architecture you create for every single moment of your life. That is your *power of influence of manifestation*. If you want to get a more pure sense of the moment from your super-conscious spirit, if you want to be more in spirit and less under the influence of reality, then you are going to want to pull your Ego in.

When we all seek to be closer to our local spirit, which is outside of this dimension, then we are in much greater control of our next moment. If we are living just as a reactionary event to what goes on in the world around us, living in pure Ego, we give up almost total control because we are busy just reacting, reacting, reacting. But when we pull our Ego in tight and keep our

consciousness more outside of the realm where the actual architecture of the next moment is going to occur, then we are in greater control of that next moment.

This is a real paradigm shift for most of us. I submit that the less we are experiencing our earthly boundedness, and the more that we are experiencing what is coming from our super-consciousness outside of this realm, the more spiritually communicative we are and connected to that super-consciousness.

As a result, the more effectively we can allow the manifestation, which is a result of the Grace and power of God, to match our consciousness. Because remember, we create the plan, the Creator then manifests our next moment following those plans.

This makes us the architect of every moment and every molecule that moves in our lives. We are the architects. We have control of *what, if, and when* a moment is manifested. God has the power to manifest all. God or the Creator is simply providing the *energy, power, and matter* to manifest that which our super-consciousness casts down into this realm.

The way we are going to change that instructive message that comes from the super-consciousness down into this realm and is manifested is to clear up the communication channel between our non-local radio broadcast of our super-consciousness and our Ego. Clear up the channel between our non-local experience and eternal spirit outside this dimension, and whatever we desire will be manifest. That is how we manifest the secret.

The only way to alter the experience that we are having here in this moment-to-moment manifestation of matter is to be more connected, more focused, and emulating more from spirit than Ego. If we are operating only from pure Ego, only feeling the feelings and consumed with the physicality of every moment,

then we cannot be in full connection with spirit. We cannot be effectively connected to the spirit of our super-consciousness. We cannot easily be fully in both states at the same time.

Although it is easy for me to say, yet takes much practice and commitment, everyone should desire to be closer to the eternal super-consciousness experience of our spirit outside this dimension, and less of the Ego in this manifested moment. This way, our super-consciousness can make the changes we desire, and sometimes instantly!

Let's look at an example of how this happens.

Some churches experience spiritual healings among their members. They will pray for somebody and there will be a healing. It is real. It happens. I've personally witnessed it a dozen times.

As a youth, my family attended a church where these healings took place. Folks without hearing in an ear from birth, or suffering from an acute internal issue or disease, or other maladies, came up to the altar for healing. When the pastor and others prayed for them, often the result was immediate healing of the infirmity. These things *do* happen in a highly spiritual environment. And here is how.

Since life as we know it is snapshots of the reflection of the spirit, we accept that every moment is brand new, and not a continuation of the previous. When faithful people gather together and they intentionally pray for the healing of themselves or for others, they are reducing their Ego to almost zero and focusing strictly on the super-conscious, supernatural experience.

It does not matter who they pray to, it is the act of praying and intention that is at work. It might shock you to hear that God is a dispassionate, disinterested participant in our reality. The

Creator creates – that’s it. And the Creator creates according to our intent and desires that we communicated to it.

The highly spiritual and intent-full prayer for healing is the *cause* of the changes, of the healing. It is the super-consciousness that then changes as a result of the prayer. Where in the super-consciousness there was an image of this imperfection, of illness or brokenness, as soon as prayerful individuals came together in a minimal Ego experience, the instructions to the Creator were re-written and there was healing.

Because of the opening of the spiritual channel and influence on the local soul outside of this dimension, and an intent-full vision of a healed desire was communicated “up the channel,” then the next moment was created *without* that previous brokenness. The following moments of reality were absent of the illness, without sadness, without whatever was not desired to re-manifest.

It is all about the Ego. When the prayerful folks reduced their Egos and meditated to connect with their super-consciousness point of view, change happened. They shifted to an objective view and vision of healing. When the next moment of reality was created from the architectural reflection that was cast into the realm by them, a change in manifestation took place which was absent of the brokenness. That's what's happening within a supernatural healing of somebody.

People will say it's God or the Creator. Well, it's always God. That is from where the power of manifestation of *every* moment of reality emanates. Whether we consider something good, bad, happy, sad, no matter what it is, it's all of the Creator's making because that's where all the energy comes from to create the manifestation of every moment of reality. But the instructions, the architecture of the moment come from our super-consciousness. It is quite the dance.

It all comes back to Ego, our moment of experience. It's about making that non-local Ego portion of the *Time Wave* experience shrink concerning spirit. When we shrink that non-local experience, we then have a greater connection with the super-consciousness. And the power to manifest the secret, to send instructions for manifesting that which we desire, is in this less-Ego connection.

You have control of your Ego experience. You have control at the top of that *Time Wave*. What you do with that control is completely up to you. It is 100% in your hands. I do not believe that God provides any design direction one way or the other that does not originate from us. We design every molecule that moves. The creator just does the moving and manifesting!

The Creator is the source and power out of which your moment is manifested, but you are the architect and you will make the decision whether the next moment's loving and full of your desires. You will decide whether the next moment is a healing one or a broken one, whether it is one of joy and peace, or whether you want it to be hell on Earth. That's all directed by your *Ego*, via your super-consciousness, to the Creator. And the Creator delivers.

How much Ego we experience, how little Ego we experience, and how much we are connected or not connected to our super-consciousness, will determine the direction of manifestation. It truly is all about the Ego.

## GRACE AND KARMA

Next, we will consider the zones of Grace and Karma. Again, I am going to direct you to the diagram of the *Time Wave of Experience*.

The zone of Grace takes a position on the front end of the *Time Wave* curve and the zone of Karma develops on the back end of the curve. The placement of these two zones on either side of the curve is not random. This gives a sense of what comes first and what comes second; what is primary, and what is secondary, which has greater influence over the other.

### Grace

Grace is the dispassionate, loving, nature of the giving of power to manifest, of God's energy, to us. The Creator is all energy, lacking the chains of emotions that are of the Ego experience. The pure, all-powerful, all-encompassing power of the Creator creates this dimension we know as reality and is desire-less save the expression of creation, of manifestation.

That is what exemplifies God and what may be the biggest thought shift for any reader to manage. From the time we are born, the concept of God being the “decider” of what happens in creation – what is created, why, for what purpose, to what ends – is the prevailing teaching.

In fact, for most all that believe in a singular omnipotent super-intelligence that reigns supreme, they without question accept that God is “in control” of all things. And, that God makes the plan and we are the willing, or not so willing, participants in God's plan.

But I am here to challenge that at the very root of understanding. Consider that what Grace represents is the unwavering



willingness of the Creator to create at *our will*, according to *our* spiritual design. God, with absolute Grace and consistency, is the manifestor according to the architecture that is cast into God's Soup or God's creative hand of awaiting potential for the next moment.

This way of considering how the Creator participates can be a little unsettling for many. But the more we take this concept to scripture, to prayer, to reason, and put it to work, the more clear it becomes. We have the power to manifest love or hate, peace or war, light or darkness. The traditional involvement of an elusive "devil" vanishes, primarily because it is unnecessary. The scapegoat Satan only served to distribute causation and has no place in the *Time Wave* philosophy.

As we apply the concept that God is the Creator, the manifestor of every moment of reality according to our spiritual direction, then the entire convoluted exercise of sin, Satan, dark forces, etc., as the initiator, influencer, or maker of unpleasant experiences fades into oblivion. This restores the absolute power of God the Creator over all dimensions, all time, and all space.

No more is there this super convenient temptation for an Ego to attribute its poor outcomes to some influence that has dominion over even the Creator. It has never made a bit of sense nor has it ever been respectful to the all-encompassing power of the Creator. To say that God is the most powerful but then sometimes, based on our notions of good or bad, turns over power to a dark angel, is and should be relegated to the story books.

God gives by Grace. God, the Creator, works on our behalf based on any design we present. If our super-consciousness delivers an architecture for a moment of love – then the Creator manifests that. If our super-consciousness delivers a plan of pure discomfort and misery, then by Grace, it is delivered unto us.

God is neither good nor bad. The Creator is potential, until such time that our soul delivers a very imperfect plan for a moment of reality, and Viola! we are experiencing that moment as an Ego moment at the top of that *Time Wave*. God was gracious in giving, we were just sloppy in architecting the plan for the moment!

Grace. Gracious. That is God. That is the Creator. That is from where all moments are manifested. And that is where all of the power of the universe, the reality of this dimension, resides. We ask, and by the Grace of God, it is delivered unto us. Therefore, it is time to caution our Ego that whatever the Ego is experiencing as life, it is of our choosing, our design and delivered once, twice, as many times as desired, by a God and Creator of Grace.

But there is one thing that can have an impact on the Grace of the Creator as the *Time Wave* builds out of the God Soup and is delivered to us as a moment of reality, and that is Karma.

## Karma

Karma can be thought of as the third force in the manifestation of a moment of reality. If the Grace of God the Creator is the primary force of manifestation, and our super-consciousness with the design for the moment is the second influencing or informing force, then Karma is the third force, one of influence.

All of the classical teachings of Karma apply. Consider Karma as a vibration or reflection of what we have done with the current and previous moments of reality. Karma is in essence the resulting bank account of pluses and minuses of good vibrations, bad vibrations; of good visions or bad visions, of a large or small Egoic life.

Karma is the result of the process of the moments of experience.

When we experience a moment of the *Time Wave of Experience*, and the matter around us manifests into an instance of reality, the result of how our Ego and non-local spirit conducts itself within this moment creates vibrational results which then will flow into the next moment and moments.

Another way to express Karma is understanding that it is a reflection or residual vibration of the trail of debris or love that we leave behind in every single moment. If we, in our Ego state, at the pinnacle of the moment of reality, are at total peace, totally quiet, completely connected to spirit, then positive Karma is maximized.

If while we are in our Ego experience, we create bad energy, then that's going to result in a huge amount of negative Karma, which then works against the other two forces to result in a manifestation not exactly by our spiritual design.

Again, remember that the primary force is the absolute power of the Creator to manifest that which we desire. That design that is communicated from our local, persistent consciousness outside of this dimension must meet Karma during God's manifestation of the moment of reality according to our spiritual design. And the quality of the Karma can enhance or disrupt the manifestation of the moment of reality, which is then experienced by the Ego.

Grace is always present. The Grace of the Creator of the power is always present. It can be present in and of itself contributing fully to our next moment with that peace and perfection of the next moment. Or, it can be muddied up with the vibrational Karma we have left from our previous moments.

But, unlike Grace, Karma is not a constant. Karma is ever-changing and moving like the tides. This third power can be thought of as an echo throughout all time and space. Karma can be the result of a singular soul's and Ego's activity, or it can be

cumulative as a result of many moments, in many times, in many dimensions, from many soul experiences.

Many individuals speak of “generational sin” or “generational Karma” which speaks to the timeless nature and the multi-experience contribution of Karma. But there does seem to be a direct link between an individual’s experience of life at one moment, and the Karma that results, and the impact of that Karma on the next moment of reality.

Karma is not linear. That is to say that Karma can create impacts positively or negatively in both forward and backward directions. Any action of the Ego in this moment of reality can and will impact all past Karma vibrations as well as future Karma vibrations. Likewise, there is much discussion and thought that we can change our past as readily as we can change the future by how we impact our overall Karma vibration.

This is where our choices of thought, of action, are all culminating to create some type of Karma. There's always Karma. There's always going to be some residual vibration. It will either be very minimal or it will be very great. Karma will either have a positive or negative impact on the pure Grace that precedes every moment.

### Partner forces

Grace and Karma, the first and third forces, are always present and always at work. The difference is that Grace is an absolute, consistent, all-powerful force. And Karma is an all-present, inconsistent, fluctuating intermediary force that our Ego has had a great hand in creating. No moments of reality will manifest without the action and interaction of both forces.

The good news is that every moment we experience reality, every moment of our lives, our Ego can conduct itself in a manner that

enriches Karma. That enriched Karma then gives focus to the design that our super-conscious is sending down to God for manifestation.

This means that if we desire to manifest our desires, just as the secret directs and encourages, then it follows that we must conduct our Ego affairs in a way that creates positive vibrational Karma. Simple thoughts of peace, of love, and acts of peace, love, compassion, and selflessness all make immense deposits of positive Karma.

A word of caution – we want to be careful of how we conduct ourselves when we are having our moment of experience. We can either choose to have a positive reduced Ego moment or just be responsive and reflective to whatever is around us, good or bad, which both result in some Karma vibration. It is much better to be a deliberate Creator of positive Karma rather than sit back passively and hope for the best.

Creating great Karma begins with objectively watching our life, observing ourselves living, and objectively feeling our feelings.

Then, make the personal assessment asking, “Is what I am hearing myself say, seeing myself do, think, or act going to result in positive Karma, or is it going to result in negative Karma?”

Since Karma is simply consequences, the consequence of our thoughts and actions are going to intersect with the next moment of Grace out of which the moment of reality is manifest. If we spiritually work towards positive consequences, then we can expect the desires of our hearts to manifest the life we desire.

# STRUCTURAL REVIEW

In this first section, we explored the fixed laws and forces of manifestation:

The Pool of potential, or God Soup (the power)

The Super-consciousness designer (influencer 1)

And Karma (influencer 2)

Those fixed laws include the *nature* of reality, where everything in the universe is a waveform, a vibration, a particular frequency, and reality is made manifest by the Creator, and that *Time Waves* occur in sync with probability waves.

We explored how time and space are temporary and then cease to exist, and then come back into creating the next moment manifesting from the God Soup. And that the God Soup, our local super-consciousness outside of this dimension of reality, and Karma are the only “things” constantly present.

Further, we have in place the understanding that there is a local and non-local spiritual connection that *architects* our moments of reality. And we learned that the eternal soul is not in this body, just as the band is not in the radio. As our car radio reflects us something that occurred somewhere else in a studio, so too is our consciousness that we experience here on earth merely a reflection of our super-consciousness outside this dimension.

The moments of manifestation that we experience as life, or reality, are simply a conduit through which our super-consciousness is represented. The moments of reality are a picture, a reflection, a manifestation of a moment designed based on an architecture that *came from* our super-consciousness spirit outside this realm.

As a moment of reality is drawn up and out of the God Soup,

the wave takes form and so too does our Ego at the pinnacle of every wave. The Ego, the momentary consciousness inside the moment of manifestation, exists in every moment.

Our earthly manifested experience derives its power out of the amount of capacity we claim to shrink or expand the Ego. During the Ego experience, we can expand the volume of peace and positive God Soup energy that fills our *Time Wave*.

That is where our *will* takes place, deciding how much of this moment of reality is Ego or Creator-filled Grace is *our will*. Our will is flexible, God's will is absolute. The Creator's will is a constant, unceasing giving of all that we choose to manifest. The Creator is dispassionate and disinterested in the content of the moment we manifest. Our Ego, along with Karma, are the forces that influence reality content.

We explored how in every moment of manifestation, an Ego consciousness can take on a subjective and/or objective perspective. We can either exist in a purely subjective state, objective state, or dance including both. And that the power of self-reflection, the objective assessment of our lives, is the first step to harnessing the power of manifesting the secret. It is the awareness that our experience can be different, and the contrasting change that we desire which nourishes the positive feedback loop to our super-consciousness.

We can be totally in the moment of the manifestation, or draw ourselves out from the physical manifestation into the spiritual realm, by simply being objective. If in the mind's eye we can observe our actions, even *seeing* our thoughts, we are being more spiritual. When we act and think in more spiritual ways, we are then speaking the language of our super-consciousness which is the architect of the next moment of manifestation.

Synchronicity is absolute and fixed. There is synchronicity in all

that happens because all that happens is by pure design of our super-spiritual architecture. Synchronicity is always present, it must be present, because, without synchronicity, there is no manifestation of reality. Nothing in our manifested experience of reality can be by chance. That is simply not possible because synchronicity is a built-in feature of our experience.

When we meet somebody, we have created the architecture for that meeting to happen. If somebody loves us, it's because we created that moment out of the architecture from our super-consciousness. If we feel that nobody loves us, if we are not experiencing love, it is only because we, through our architecture from the super-consciousness, created that moment.

And lastly, Karma. Karma is that echo from the past, present, and future, that is a primary influencer of how each moment of reality is manifested out of the God Soup and based on our super-conscious architecture. Our Ego experience is the key to altering the Karma impact on the future, or even past, moments of reality.

It is an experience and a spiritual bank account. Overdraw the account, and create a negative Karma and suffer the consequential results as Karma influences each manifested moment.

This is the framework of reality. We cannot change the structure of how a moment of reality takes form. But we *can* influence them. And the key to that positive or negative change rests with our Ego experience during the moment of manifestation. Ego influences Karma and Karma acts as a lens to clarify, or muddy up, the manifestation of the moments of reality as architected by our super-consciousness.

It then comes down to choice and response. Choice and response are actions of the Ego and do affect what happens in the next moment of manifestation. We will either choose our moments or



we'll be reactionary to our moments. These are the very flexible actions and reactions that we can control via our Ego experience.

This framework review points out one absolute truth – if we control our Ego, we can manifest deliberately and live out the promise of the secret. Live absently-mindedly, completely within the manifestation and without soulful thought, and the result can be chaotic and unpleasant – or worse.

Which will you choose?

As a reminder, if you have questions or need clarification, you can reach out to the author at:

Facebook at <https://www.facebook.com/lanceabrim>s

YouTube at <https://youtube.lanceabrim.com>

Email at [Lance@lanceabrim.com](mailto:Lance@lanceabrim.com)

Zoom at <http://lancezoomroom.com>

and

Visit his website at <https://LanceAbrims.com>

Be sure to join the mailing list for updates and new content!

# SECTION TWO: MANIFESTING

## LIFE FOCUS

One of the greatest challenges of applying the principles of manifesting the secret and effectively using how God works is to calm the manifested mind. The power of manifesting that which is desired, the secret in action, is found in the ability to set the stage for a clear channel of communication between the manifested mind and the super-consciousness.

For most of us, there are plenty of distractions in our lives, some that we can control immediately and some that over time we have to weed out of our daily conscious reality. This is why some practice of spiritual focus is critical to deliberate manifestation. This spiritual focus practice aids in clearing the plate of the mind so that we can more exactly and accurately place on that plate those things which we want to manifest in life.

If we are involved in many, many things, and our attention is super-busy and cluttered, then the ability to send targeted feedback from our local spiritual consciousness to our super-consciousness is limited. What we want to avoid is sending more noise than deliberate instructions. If unsuccessful, our next moment created contains exactly that, just a lot of noise, a lot of activity, and lacks focus.

A great place to begin a spiritual quieting practice is to objectively examine what we are doing and thinking. This personal manifested and spiritual reflection allows for an assessment of what is noise and what is deliberate living.

You may have run into people who say, "Well, if I am not doing something all the time, I feel like I am wasting time?" Some folks feel like if they're not doing something every moment that they are awake, then they must be just wasting their life or wasting

time.

When in fact, it's just the opposite. Having moments of space in between activities to spiritually focus and to be more deliberate about what we want to do or be in each future moment leads to more deliberate manifestation and living.

Here is an example:

There are people in our lives that we call “jacks of all trades.” These are amazing individuals who can do so many different things, some at the same time, and do them well. They can take any subject or any idea and morph it into something creative. Maybe they have gone to college for a long time, or just have loads of skills. If somebody asks them to do something, or they get an idea to do something, they can just run right out and do that thing and do it quite well. Sure, we’ve all know folks like that.

The problem is that throughout most of their lives, they have been doing so much all the time that they get little *completely* finished. Oh yes, they will get some done, get a few things fully accomplished, but, they rarely ever give 100% focus to any one thing to make it fantastic. They do so much well that they do fewer things great.

Alright, so I am telling on myself right now. But thank goodness, I have enjoyed wise and accomplished friends who with a few words, sparked an awareness in me that has had profound effects.

Several years ago, while driving down the Dulles Toll Road in a pick-up with a friend, a friend by the way that enjoys a high standard of living because of her profession and wise choices, she changed the subject of our conversation and nicely asked me what I was doing. She was asking me why didn't I have plenty of money at this point in my life. Of course, it was a rhetorical question because she knew in advance I was smart enough to

catch her meaning.

She wasn't being rude, she was wondering why I do so many things so well, like a project I had accomplished for her, but with all my skills, knowledge, and creativity, was living three paychecks short of broke. She had a great point, I had always been wondering that myself! Maybe you ask yourself this question once in a while.

Yes, I was doing many, many things well and I was making money doing many. It wasn't like I did not know how to make money, but that is *all* I made money for. And she saw that in me and lovingly called it out. Good friends do that.

Nothing in my life was the same after that moment. What I woke up to (and doing so from an objective view of my life) was that the noise around me was catching my every attention, I had a life-long case of "shiny object syndrome." That refers to someone like myself who is easily distracted and excited by new things, new projects, new ideas. Also known as the noise.

The problem with having shiny object syndrome is that anything new seems fantastic, but then over time, often a short time, the new thing gets tiring and results in lost interest. There's a psychological component to this but generally speaking, it's just a result of not narrowing what we focus on in life and a lack of a practice of penetrating spiritual objective review. It is an overloading of the plate of life.

Getting involved in a lot of things outside of our spiritual manifested lives, such as Facebook, Twitter, organizations, working hard to get others to like us, and "helping" others to the point where our own life productivity and focus suffers, all contribute to the noise. Before we know it, we are so distracted by what we've surrounded ourselves with, we lose ourselves in the noise. Until alerted by a friend, that is what I had done to my

life.

You will see from what follows that doing the opposite, focusing intently on a narrow list of life objectives, tasks, or outcomes, can be very rewarding. Again, part of the *secret of the secret*.

As a wedding officiant or minister, I provide a service to the community by being the master of ceremonies for their wedding day, for the wedding ceremony. For nearly 20 years, I used my website to create a place for couples and wedding planners to find and book me for this service.

The more inquiries and bookings that manifested, the more couples I could serve. Being as humble as possible here, I'd say I am one of the best wedding officiants in the Washington, DC metropolitan area. But without them visiting my website and submitting an inquiry, there were few weddings. It was an important part of the business process.

One day I “woke up” to something very, very interesting. I noticed that when I would tinker with my website, as opposed to the twenty or so other websites I maintained for others (distractions), I would get a flood of inquiries. And when I would give more focus to other things in life not related to weddings, the inquiries would taper off, sometimes to zero over a couple of days.

But, when I *gave attention* to my website, that one project, my wedding inquiry website, then the inquiries for weddings would flood in and I'd get some bookings. At the time I did not analyze it this way, but what I was doing was manifesting those inquiries and bookings by giving my attention to the idea and feeling of marrying individuals.

All of the tinkering with websites to “help” others was scattering my focus. As a result, from what we know from previous

chapters, my diffusion of attention to one desired outcome prevented a solid communication path for manifestation back to my super-consciousness. All of the life noise was interrupting the deliberate manifestation process.

But when I did focus on my wedding business, that path of communication was strengthened and as a result, what manifested was more inquiries, more weddings, and more revenue. A straight forward simple concept, but one which escapes our awareness very, very easily.

This personal example is a clear and convincing example of how the *Time Wave of Experience* works, of how the manifestation feedback loop functions. I am certain you can examine your own life and discover that there are those issues in your life that, when you pay attention to them, you get more of. And this applies to those we consider good or bad, for sure. Manifestation is not selective!

Begin right now to look at your own life, and do so objectively. How many things are you doing? How many things are you trying to do? What is your mind focused on? Are you addicted to Facebook or other social media? Is email your addiction? Is the noise around you dictating what you should focus on? A self-inventory and self-examination, both manifested and spiritual, is the first step towards clearing your spiritual plate.

I don't know whether most of us realize this or not, but television, social media, and some types of music are telling us what to think. Every time we look down at our smartphone application, what we are doing is opening up our mind and spirit to that application.

We are inquiring about that application, "Tell me what to pay attention to; tell me what to think about; tell me what to focus on." It does an extremely good job of keeping our minds so busy thinking about what it wants us to think about, that we don't have

the focus and energy on what we want to manifest.

We may want to put ourselves on an electronic and social media diet and say to ourselves, "I am only going to look in social media three times a day for 5 minutes." I don't use Facebook daily. I only use it to support a mentor, but that's it. It's only used as a tool to communicate specifically with one group of people for a very specific purpose. It does not rule my life. Does it rule yours?

I never looked at the wall, nor do I even really know completely how it works. It's just that I am not interested in all the other mundane and silly things people are saying. Typically, it's a lot of people's problems. Instead, I am interested in focusing on those things which I want to manifest and there's very little on Facebook that I want to manifest!

How about you?

If we are working to manifest a new reality for ourselves, is social media, television, or masses of email what we want to be feeding back to our super-consciousness? You now know from what has been covered here that you communicate massive amounts of information back to our super-consciousness.

And it is that information that contributes to the architecture for our next moment of manifestation. Is what we are taking in from social media a clear representation of what we want to manifest in our next moment of life? If so, great. If not, then we should change what we are focusing on.

And then there is the cell phone, which has become a central part of our daily activities. Do you answer your cellphone as soon as it rings? Have you ever asked yourself, "Do I need to answer that call?" Because likely you do not. Try your very best to stop answering your cellphone every time it rings. If it's important, the caller will leave a message. Then in your own time, according to



*your* desires and needs, you can listen to those messages.

Try turning off the ringer and other notification sounds of your cell phones for the afternoon. We will slowly retrain those in our lives to call and message less. Instead, work towards more in-person face time. Over time, our phone won't ring as often, and our message notification will not ding as often. Folks will come to know that we are *no longer a slave* to our cell phone. We can get our spouses and our significant others reconditioned so that they don't expect us to pick up that phone.

In this way, *we* will determine the architecture of our next moment. We will cease allowing other people, advertisers, and companies to determine what's important to us.

Likewise, though, don't expect them to pick up their phone every time we call or text, that's quite a self-centered egotistical selfish way to look at the world. If we want to contact somebody, then we should send a text or make a call. If they don't answer the call or text, we know they're going to see it on their notifications. Let's let our Ego be satisfied with that.

The bottom line, if we want to clear our plate and make room for the deliberate manifestation of the desires of our heart, then we will need to remain focused.

We must eliminate the static in our lives and our world so that we can be more centered with a smaller Ego, right?

We should all strive to be in closer cleaner contact with our super-consciousness. Let's keep the feedback to it as clean and as clear a message of desires as possible. This is the way God works and how we will manifest the secret. This is how we ensure a deliberate manifested life.



## LOVING RELATIONSHIPS

For most human beings, the most important experience of our lives that gives a foundation for happiness and joy includes solid, enjoyable, loving relationships. And even more importantly, those that involve intimacy, not only physical intimacy but spiritual, intellectual, and emotional intimacy.

Too often we find ourselves in relationships where we are unhappy or dissatisfied, and we tend to attribute that unhappiness or dissatisfaction to many causes. But the fact of the matter is that most all dissatisfaction with relationships boils down to how much we feel we are in control of, or being controlled by, the relationship.

The good news is that from what we've learned from the previous chapters of this book, we are in absolute control of not only our relationships but our entire manifested reality. We may still be the victim of an abusive partner, parent, or sibling, but that does not mean it must continue. We manifested it, we can manifest an alternate future!

Whether our circle of relationships are less than what we would want them to be, or conversely, they are fantastic and we simply want more, in either case, we are spared of the blame game. Since the way God works is that we re-architect our reality and the Creator makes it so, who is to *blame* for the lack of joy or takes credit for the joy becomes a meaningless point. It matters not what changes to improve the situation, only that it manifests the way we desire in the next moment.

That being the case, manifesting relationships with more love, understanding, patience, and joy is the same as manifesting more income, better health, or any other desired outcome. As long as we can imagine what the desired outcome should be, and convey that desire to our super-consciousness, then something

will change to make the next moment of manifested reality better match that which we desire. Instead of detaching from the outcome, detach our expectations from the *way* it will change and focus only on the desired outcome – more love or whatever our desire is.

Now, I am under no illusion that in many circumstances, this is not an easy thing to do, at least at first. We get entrenched in our relationships, the dynamics, and cycles – good and bad – that make them tick. But, remember that every moment of reality is a snapshot of a spiritually preconceived state of being. And as soon as we adjust, even ever so slightly, our vision of what we want, then instantly a change is put into motion.

If our spiritual line of communication between this non-local experience of reality and our super-consciousness outside of this dimension is open and clear, then the change we desire will manifest more quickly.

Alternatively, if we are caught up in all the noise and bull crap of the world around us and spiritually asleep, then change will be slow, clunky, and possibly non-existent. Therefore, our desire for change or improvement *must* be accompanied by a harmonious spirit.

It's hard for one to admit, "I have brought this situation into being. I manifested that behavior. I manifested the dynamic of the relationship." But for radical, deliberate change to begin, one or both of the parties must take sole responsibility for the state of the relationship. It all begins with being accountable for that which we experience, because everything we experience, we have been the architect of. Completely, fully and without question.

Personal spiritual responsibility is what we have to get our minds around. This requires a real paradigm shift to discontinue having the notion that it's someone else's fault if they disappoint us. No

one sets out to have a broken or less than a loving relationship. We start on our best behavior. But we slip and without a clear self-spiritual exam, it is too tempting to blame the world around us for a less-than-satisfying experience of life.

When we think about it, when a relationship is new, we pay attention to the little things – how we walk, talk, dress, the works – and then over time, we often get sloppy with the details. We seem to expect less of the relationship. Following the laws of manifestation outlined here, that is exactly what we get – less of a relationship.

We find that those couples who lead super-spiritual, selfless lives full of gratitude and awareness abundance, typically have rich, loving, nurturing relationships. This is because they *know* what they have and they focus on each other, clearly, with passion and an absolute desire to have more of the good. They rarely focus on the negative or what they do not have. As a result, they manifest more of their happiness and loving outcomes.

But be prepared! The pathway to what we desire may be and usually is, an unexpected route. When we set our intentions into action, feeding that information back to our super-soul, the change may be so immediate and radical that instead of changing what we have, we may end up in a completely different relationship. Therefore, hold tight onto the *feeling* of what you want, and not the *person* you want.

God the Creator is all-powerful. And once we cast the vision and communicate that to the super-consciousness, once the new plans for the next moment of manifestation come down and the Creator manifests, nothing can get in the way of that manifestation. And if we try to manage the pathway to that manifestation, we can cause ourselves a world of missed opportunity and possible negative outcomes. Therefore, do not *question* how God works to move us towards our desires, just have

*gratitude* that the Creator is working on our behalf.

This entire concept should be quite liberating for all who take it in. Now we know we have control of our manifestation. We don't have the power, but we do have control. If we feel like we are in a situation where we have no control, then we are just not spiritually aware of how our super-consciousness, our non-local consciousness, and God all work together to create our next reality. You have complete power – accept that and manage it well.

Now, when I say power, I mean power to be the architect, not the power to make it happen. Since everything emerges out of the God Soup, that's where the power is. God has all the power, but we are the designer, we are the architect of the next moment which gives us a partnership in creation.

One can have the best architecture, even have the best plans, but if we don't have the power to make it happen, it's worthless. That's the beautiful partnership between our super-consciousness, our local spiritual reflection, and the Creator. Our influence is in how we manage our Egos and contribute to a more positive, desire-filled next moment.

We can draw a new plan for our relationships and life. This is living by design, and not by default. When we live by design, we are doing exactly as they describe in the movie and the book, "The Secret," and other similar writings. (Make sure you take a look at the list at the back of this book.)

We must take accountability for every molecule that moves in this universe because we do create our reality, moment by moment, by the architecture that is cast down from our super-consciousness. God simply delivers what we ask for, exactly what we architect. At that moment where the relationship is not what we desire it to be, then we begin first to be accountable.

Then, imagine the way you want it to be. Even amid somebody yelling at us, we can immediately imagine what this moment *could* look and feel like if it were pleasing to us.

Remember the *objective* you. If standing above the two of you, what would this look and feel like if it manifested in a way that would make you happy? What would lead you to feel satisfied and loved?

How would the words be different? Even as the words are coming out of that individual's mouth that we feel do not contribute to a loving relationship, draw yourself up into a state of spirituality as much as you can, escaping out of your Ego. Don't get angry about it, don't be upset about it, don't even react to it. Instead, refocus and revision the outcome.

We should go into our super-consciousness and surround ourselves with more of the energy that we imagine would be the God Soup. We should feed our super-consciousness with thoughts and pictures of how the situation would be different at that very moment. You are going to find that when we do that, we will transform the moment and the next moment and the next moment because we are changing the architecture of our reality.

Will we have greater relationships immediately? That depends on how well connected we are spiritually to our super-consciousness. The greater our skill at reducing our Ego and surrounding ourselves more with the God Soup of creation and less of the chaotic world around us, the more immediate the change can be experienced.

A pathway to greater, more loving relationships, is found in an immersion in the spiritual examination as well as for deciding what we want if we want something different than what we have. Rejoice in the existing opportunity to live.

Give gratitude for where you are and where you are going to be. Vision and revision of your desired outcome and feel it as if it were already real. Your super-consciousness and the Creator will do the rest!



## GOOD HEALTH

One of the most controversial issues of this book is health. Since we are the architects of every moment of our reality, if we find ourselves ill, then we have to take responsibility that we crafted that moment of illness. Likewise, if we are enjoying a healthy life, we can take credit for manifesting health. So how do we use the secret and *Time Waves* to sustain or improve our health?

It begins with accepting that under all circumstances, we are the designers of our body chemistry as the body is manifested every moment. As miraculous as the human body is, if we create a moment of manifestation where some part of the human anatomy is off-balance or out of synch, then that creation occurred as a result of our rebroadcast of brokenness from our super-consciousness.

Making a plan for manifesting improved health begins with deciding three things. First, making a decision that we want to be healthy. Second, believing that our balanced state of being is one of health. Then thirdly, meditating and communicating that information back to the spiritual mother-ship, our super-consciousness that resides outside of this reality dimension.

Making a decision that we want to be healthy may seem like a no-brainer, but the truth is most of us rarely even think of our health until it is so screwed up that it interferes with our daily plans. By that time, the health issues have begun to impact our lives to the point that we don't know where the physical, mental, or spiritual disease begins and ends. Therefore, good health begins with being attentive to good health.

This is a clear example of why simplifying one's life is critical to deliberate manifestation. As stated earlier, we only can maintain a focus on a limited number of issues in our lives. And if we are to pick the one issue that should be placed at the number one

priority spot of our lives, it would be health.

Making a decision that we want good health to be a part of our every moment of manifestation, and having the clarity of attention and mind to focus adequately on our desire to be healthy, is where manifesting good health begins.

Next, after the decision is made with a clear mind, we must acknowledge that any brokenness in our manifested body is a result of a faulty architecture or plan emanating from our super-consciousness. That is the only way broken health can manifest.

Without the intervention or influence of some belief or other static between our non-local temporary spirit reflection and our super-consciousness, our health would manifest perfectly. So what is making us sick – physically or mentally? Therefore, accepting that the brokenness emanates from our super-soul is the first step to healing.

Karma is the third power with the ability to distort the focus of the architecture of the next healthy moment of reality. And if Karma is what is driving our illness, then we'll need to amp up our positive Ego experiences to drive positive Karma into our life stream. I believe we can overcome illness that results from a negative Karma influence, but we'll have to do that using the other primary influence on every moment more effectively, and that is our Ego informed super-consciousness.

For us to use our super-consciousness as the primary source of manifesting improved health, then the feedback loop from here to there, non-local spirit back to local spirit outside of this dimension, must be crystal clear and powerful. That is only possible through meditation, faith, clarity of purpose, and focus of our desire on the true outcome. If we are ill, we'll need to set aside nearly everything in our lives and be “in spirit” as often, as deep, and for as long as it takes to restore our health.

That is the third part of manifesting good health. As will all other manifesting of the secret, it must include a spiritual practice of blocking out all distractions and opening a clear spiritual channel of communication with our eternal, sustained soul. Whether it is prayer or meditation, or any other act or ritual, we must engage in practice in equal proportion to the severity of our disease, illness, or brokenness.

Good health can be manifested and maintained over the long haul if we give it room and give it attention. I am not suggesting that we not engage in traditional and non-traditional healthcare routines, we must. But, if along with those treatments and practices we place a routine of spiritual focus and deliberate manifestation, health will return or increase in our reality.

Lastly, be aware that since we create our reality, if there is someone in our life that is not healthy and we would like them to enjoy better health, then we should begin to communicate to both our and their soul, the visions, desires, and expectations of good health. That's right, have a super-consciousness conference call of sorts.

There seems to be intense power in our selfless desire for another person's experience of life to be healthier. It carries with it a power that allows our spirit to more readily accept that outcome of health. Both empirical and scientific studies have shown that two or more people praying, meditating, or other focus and agreement on a third party's improved health does result in improved health.

Even in the church, where we can pray for ourselves and others can pray for us, it is routine in some religious environments for healings to take place, sometimes instantly, when one's improved health is sought through group prayer. This supports the individual with the illness in their attempt to focus on good health

and seems to lead to the communication of wholeness of health up to their super-consciousness so that in the next or future moments, their body can be manifested whole again. It is like a spiritual jump-start.

So whether we meditate or pray for our good health, or we engage in the loving act of praying for others to manifest good health, it is, by all means, necessary that our Ego accept that good health is the natural state. And anything other than good health is a result of a broken vision making its way to the Creator.

And the way to healing is through a deliberate vision of health being communicated to our super-consciousness, which ultimately makes its way to the Creator resulting in the next moment of healed manifestation.

## A SATISFYING CAREER

How sad it is that many people get up every morning and go to a job that they just don't like. They do that day after day after day and they'll bitch and complain about how they don't like the job or how the job doesn't pay what they wished it would pay them, but they don't seem to do much about it.

I guess there's a sense for most people that this is what they've got, it's the best they're going to get, and it's going to take way too much energy to change it or they're too afraid to change it. But the job dissatisfaction is usually not very different than their health or their relationships or any other thing within their reality.

They just need to change the messages they're sending from this non-local experience back up to their super-conscious spirit and redesign the next moment and, no surprise, the job gets better.

Even their satisfaction of life improves immediately. Once one determines and realizes that they are in control of every moment of their life, even if they don't notice an immediate change, just knowing that they have the power can make the next moment more bearable. Even if they are still at that job or still unhappy with what's going on, they do know deep inside that it can and will change, quickly or slowly, it will change

Of course, there is something more at the root of this solution than just saying I want to enjoy my job more, I want a better job, or I want to be able to make more money at my current job.

This comes down to what most people rarely ever deeply contemplate, and that is, "What do I want to do for a career?"

As the Creator delivers that which is desired and what we architect, it only follows that we need to be keenly aware of what is it that we *really* want to do.

While working with a national veterans organization, I have the fantastic opportunity to talk to often to veterans and provide career advice. One of the first questions I ask is, "What do you do, what do you want to wake up and do each day of your life?" And kiddingly, "What do you want to be when you grow up?"

It is shocking, but it's not surprising anymore that I get back a response, "Well, I don't know."

More often than not, nearly all of the time, that is their answer. So we can see that even our nation's bravest who have had countless hours thinking while waiting in dangerous situations, have not asked themselves this seminal question.

We are not talking about just the 22 or 23-year-old soldiers. Some of these men and women are well into their 40's. They've been in the military for 25, 30, or more years and now they're retired. The same question faces them that faces us, "What do we want to do with the rest of our lives?"

The point is that neither me as a career coach nor the Creator of the next moment of our reality can advise nor create that which they don't even know they want for themselves. And this is where manifesting an amazing career starts – with the foundational question of all manifestation – what do we want?

Until each of us has an awareness or a least a thought of what we actually want to be doing, there is no way that the universe can deliver to us that which we don't know. If we don't know it even in this temporal manifestation of this moment, how in the world are we going to integrate that with our super-consciousness outside this dimension? How can the next moments be architected if we don't even know what it is we want?

My grand appeal here is that while we consume this information and learn how to manifest the secret by knowing how God works, that we take the time to ask ourselves, “What is it that I would want to wake up and do every day of my life? Since I have the choice, in my wildest dreams, what would I be doing for a living?”

We do have a choice. We have many career options.

We've already established in this book that we are designing every moment of our lives. We design the good, the bad, the pretty, the petty, the comfortable, and the unbearable. We are designing every moment and the next moment and the next moment. It also follows with our employment situation.

We can say to ourselves, “I will meditate on my job being better, or on having more job satisfaction of where I am at.” What is the Creator to do with that? God is not making choices for us, we are. And if we dish out chaos and mixed messages, then that is what the Creator will, with Grace, manifest for us.

Or we can give what the universe functions best with, clear vision and desires. God is completely prepared to hear specific details of what we want. Therefore, we must be deliberate. We must be exact and reach for the stars. It's no big thing for God.

Ask yourself, and imagine for a moment, what you might desire as a career. Do you want to be in forestry? Do you want to be a game warden? Do you want to be a singer? Do you want to be a chef at a little restaurant of your own? Do you want to be a painter? Do you want to be the best car salesman even though you've never sold a car and you've never hardly walked onto a car lot in your life? Your wish and desire and vision are the Creator's pleasure to manifest.

Maybe what we are doing now is what we want more of. Maybe

we desire to just do a better job at it, have it provide more recognition or income, but for 95% of the people or more who read this, they want to be doing something completely different than what they're now doing. But unfortunately, they have simply accepted that what they're doing is what they *must* do, and they resign themselves to that false fact.

That sucks.

So don't be a victim of non-action. Now is the time in our lives to ask ourselves, many days in a row, "If there were no limitations, what is it that I would do every day of my life as a manifested human being in this reality. What would I enjoy and what would bring me joy and satisfaction?"

To fully explore this question, it will demand that we go into a meditative and quiet state. We'll need to escape our Ego enough to connect purely with spirit, to enable us to swim a clean spiritual channel between our non-local experience here and our local experience of our soul where our soul resides, outside of this dimension of reality.

The more concise we are about what it is we truly would like to do as a manifested soul here on this earth, the more precise and with the most detail can then the universe (God) manifest. Remember, our super-consciousness must reflect these details over and over and over again to the Creative force of reality. The more often and the more precise our explicit details for manifestation are, the more deliberate and precise the manifestation in our life will occur.

We must take responsibility for whatever our current state of employment is. If we are in a crappy job, we architected that crappy job. We create those moments of employment that we don't care for. And we can make the most of whatever the situation is by asking, "What am I going to learn or take away



from this, what can I learn from this since I am already in it.”

At least then we will have a better idea of what to change in the next moments, whether it be an immediate transformation out of the shop into another one or a slow transition to whatever we desire. There is never a need to wallow in despair in a poorly manifested moment. Instead, we can use each unwanted moment as an opportunity to clarify that which we do want.

Then, we redesign what we do want in our minds, using the lessons of the past, and create the positive feelings deep in our gut, that are ultimately cast back to our super-consciousness and then delivered to God as new instructions for life.

The bottom line here, we must examine where we are and what we have. We must be precise as to what our idea of a satisfying career would be, and then continually send those messages through words and thoughts and drawings and pictures and songs back to our super-soul. We must continue sending those visions and feelings back to our super-consciousness and expect results. By the Grace of the Creator, we shall have that exciting career.

And it all starts with knowing what we want. Dream baby, dream!



## UNLEASHING CREATIVITY

So much of our life experience involves our creative powers. For some of us, our daily lives involve little to no creativity, and for others, creativity is foundational to much of what they do each day. But creativity touches more than our daily tasks of mundane living in the Ego.

Creativity, the synthesizing of known ideas into something unique or new, is not only a powerful force in making “stuff” just for the sake of earning a paycheck, selling them, or personal enjoyment. Creativity is a critical element in manifesting that which we desire. It is the one activity that without it, we’d never manifest anything deliberately. All manifestation around us would be reactionary and disjointed.

The act of creating a different vision of what *is* into a new vision of what *can be* is where the rubber meets the road in manifesting the secret. This is learned from most individuals who speak of the power of attraction and the laws of manifestation. Exercising our ability to revision our current state of manifestation, or our current state of life as we are experiencing it, is the initial state of attracting or manifesting our desires.

We can look towards those who are known for their creativity such as songwriters, painters, sculptors, and actors, to see an example of creativity in action. Painters are about the best example we could use. They are creating from the moment they even think about a new painting, all the way through to the last brushstroke, the last drop of paint, that goes on the canvas.

Of particular power is their ability to paint an entire image, then, as they feel is appropriate, make changes to that painting. The changes might be minor or major, subtle to dramatic, based on their internal vision of what should be in contrast to what is

currently on the canvas. Manifesting richer lives for ourselves, and others is much like the painter in front of that canvas.

As an analogy, let's equate our living the reality around us with that of a painter working a canvas to create a masterpiece. Think of our life as the canvas and our intentions as the paintbrush that will change the surface of the canvas. The subject of this painting will be us and our life.

Painters begin with a mental vision and a visceral feeling about what should be represented on the canvas. The initial strokes of the paintbrush might map out some basic shapes or give foundation to the background of the subject. It is a dance between the painter's imagination and the available paint, brush, and canvas that leads to the creation of a wonderful painting.

The painter paints, thinks, visions, and maybe even observes a subject that will be represented on the canvas. As we begin to deliberately manifest our life, we are exactly like that painter. We look at our subject, in this case, it would be our life, and we think about how it might be different. But instead of putting a paintbrush to canvas, we communicate those changes to our super-spirit so that with the Creator's help, a new moment in life is created.

In our example, the Creator is the paintbrush of reality that responds to our vision for a different life. What is manifested as our life is the canvas. Where the painter might have a beautiful sunset as the subject, we have our lives as the subject. And where the painter may want to change how the light is represented on a hillside, we may be visioning how a particular blessing is represented in our life.

Our imagination of how our life can be different is communicated to our super-consciousness outside of this dimension, which is then communicated to the Creator, the hand

of God that creates the next moment, and the change that occurs in our life. Then we stand back and observe our life and make an assessment of whether we have manifested exactly what we desire. If not, then we again imagine how it would be different and the process repeats.

The primary difference is that the painter is both the visionary *and* the hand painting on the canvas. In our case, we are the mind of the painter but the Creator is the hand that does the painting, with the intermediary between our earthly non-local consciousness and the Creator being our sustained soul that remains sustained separate and apart from the canvas of our life.

Another major difference is that the canvas of the painter is constantly added to. Our lives completely cease to exist in between brush strokes of change. The canvas for the painter is a static foundation on which they build, build, build. But our lives are super-brief manifested moments where matter takes form out of the unlimited potential of the Creator's realm, the God Soup of all possibilities.

That makes our lives 100% creativity in action, which is good news. Because one thing we have absolute control over is our thoughts and our creative capacity. If we want to have an earthly experience different than the one we now are experiencing, we can grab a piece of paper and a pen and begin to draw what we do want. Our Ego's creativity can reformulate what kind of life we do want.

Just as we have the absolute ability to imagine what we want to draw on paper, in the same way, we can imagine what we want to change on the canvas of our lives. Unlike the painter, we don't have to have the skills to draw or paint that which we imagine. We are only the visionary and not the artist. It is the Creator or God that has the skill to manifest that which we desire or vision. God does the drawing, building, and delivery through

manifestation. How amazing is that?

The power that takes our vision to a different moment and manifests it has no limitations. The only place imperfection resides is in our ability to give clear feedback to our super-consciousness. But once we master that, the Creator has the absolute ability to manifest anything, anytime, in any way we desire. If we want more love, then we create a vision for that in our mind, send that up to our super-soul, then stand back as the Creator manifests that which we vision.

We might ask why our next moments of life do not match what we create in our minds? It is a matter of clarity of the channel between our non-local spirit and our permanent super-consciousness. If it is clogged with Ego driven distractions or blurred by a Karma that is negative, then the speed and accuracy of the vision being manifested will suffer.

Thus to unleash our creativity, we begin with a dedicated ongoing practice of clearing up our spiritual connection between here and there. The more spiritually pure the connection is between our earthly, temporary non-local spiritual self and our permanent super-soul, the more exactly that which we experience as a manifested life and our visions will match.

So the lesson of this chapter is that to deliberately manifest a moment in our lives, to live out the secret, we have to first know what it is that we want to create, then engage the creative force of our mind to see the difference between that and what we want to occur, then spiritually transmit those visions to the master painter, God, via our sustained spirit.

Sure, this might sound complicated, but actually, it simplifies what has been terribly over-complicated by ignorance and spiritual dogma. The Creator is not “doing” something to us, but instead, manifesting something *for* us. God has no human

“desires” in the process, but instead by Grace is delivering anything we can imagine in any way we can imagine.

It is squarely up to each of us to be creative and imagine what we desire and keep our spiritual shop clear of debris so that the Creator can represent those visions in our lives. So let the creative force flow!

## ATTRACTING MONEY

The topic of money and the manifestation of wealth has been left until the end and done so purposely. Why? Because money is like oxygen. Like oxygen, cash is all around us. But our body only takes what it needs and can handle. We don't necessarily need to purposely accumulate it, because the Creator uses money in our lives more like oxygen and less like the human accounting of success.

Money, in and of itself, can be an odd thing to desire to manifest. We don't sit around thinking we have to manifest oxygen, so why would we need to work to manifest cash? Money is a tool of society to accomplish tasks. It is not the end game, it is a means to an end.

If we have a desire for a vehicle that costs more money than is personally available, then casting the image and the feeling of driving that car is what will lead our super-consciousness to manifest the car. If money is required, like oxygen, money will be made available.

When one manifests bountiful amounts of money, I guess they then could buy bountiful amounts of material things. But, one can only have a narrow range of feelings about having a surplus of money. Either there is a bank balance of a certain amount, or not. But it is *not* the money that evokes the deepest feelings.

Conversely, if the house we are living in now is cramped and uncomfortable – two very distinct feelings – and we desire and can imagine a different home, one that feels spacious and comfortable, then there is no point in manifesting money. How the universe, how the Creator, how God *works* to manifest the home which provides the feelings we are imagining, may or may not include more money in our life.



Keep clear that our task here in this moment is to be creatively imagining with great detail that which we desire, including the feelings those things evoke. None of those tasks involves thinking of more paper dollar bills. But it does require a laser focus on what we desire the outcome to be. From that point, we pass those clear images and feelings on to the super-consciousness.

After that, it is the dance between our ever-persistent soul and the Creator, filtered through Karma, to make the molecules in our next moment of reality manifest a reality closer to that which we desire. Whether we win it by lottery, a new unexpected job, through inheritance, a cash windfall, or falling in love with someone that will provide it – do we care how it is manifested? No.

Going back to the oxygen analogy for a moment, if we desire larger upper body muscles, I seriously doubt we would even think about the additional oxygen needed to build those muscles, but instead we would exercise. And we would be looking in the mirror and imaging the desired outcome. Without thinking about air, but instead concentrating on certain muscle groups, we will develop the upper body strength we desire.

Same with any other thing in our lives. Think of money as a tool of the universe, just like oxygen is a tool of growth, and allow it to have its place in life as necessary.

Back to the house example, we imagine how it feels to smell the deep woods off the back deck, we imagine watching the deer out in the field in the morning as they feed, and we imagine hearing the rain in the trees. We create the entire experience in our imagination, then *allow* the Creator to map the pieces of reality together to make that happen for us.

If we desire to have a wonderful vacation on the French Riviera,

then instead of focusing on how to manifest money to buy the trip, instead we imagine walking along the water's edge, feeling the water come up onto our toes, hearing the different languages people speak around us.

We imagine feeling the sun on our shoulders and our face. We imagine feeling our backs touching the lounge chair that we are laying on. We can even imagine how wonderful the authentic French food tastes. And then, we allow our super-consciousness to absorb all of that.

Once absorbed, it then projects what we are feeling or imagining to the Creator who will create the next moment of reality in a manner that makes all of that possible. Sure, it may include money, but money is not what we desire to manifest, it is all those wonderful feelings.

We must allow the universe to architect money if it needs it. But only if it needs it. If a part of the manifestation includes money, then it will come and come easily, just as we open our mouths and the oxygen we need to live is given unto us. Living as we desire is what we should focus on, not making money just to have money.

It does no good to simply try to manifest money because I don't believe money can touch us as deeply as the emotions, and the feelings, and the desires, for the things that we may buy with that money.

So, that is why manifesting money was left for the end of this book. It is simply just a part of what makes everything around us function. Yet money, in and of itself, is not worthy of concentration to manifest.

Instead, we must allow our minds, our feelings, our emotions, our thoughts, our visualizations, our hand-drawn pictures, and

the pictures that we cut out and put on our vision boards, to be the focus. Money should be left as part of the bricks and mortar that God uses to manifest that which we desire.

Money. It is not that which we should desire. Let's just respect it in our lives, while it's doing the work to manifest that which we truly desire.

## IS IT WORKING?

How do we know if this manifestation thing is working? We know how we humans are. We want to be able to see some results when we are trying something new. So how can we have evidence that this is how God works and we are manifesting the secret?

Most of us love signs. "God, send me a sign."

Well, I think there are signs of God at work all around us, all of the time, that we often simply attribute to coincidence, good luck, or simply to our Ego's need to feel relevant and capable. But what a mistake it is to be so spiritually asleep and unaware that we don't recognize the constant array of signs that God is working.

I have found that if we pay attention, really are aware of our experience of this world, we see the signs all around us. People refer to that which "goes their way" as synchronicity or as coincidence. But, there is no coincidence and there is always perfect synchronicity. It's about being spiritually awake. Are we paying attention? How can we recognize that we are manifesting with intention?

Recall in a previous chapter how having an objective view is about having a view "above" our body, or in our mind's eye, watching ourselves as we think, live, and love. When we are engaged in observing our life in this way, to observe what's happening around us, it has a strong impact on our manifestation progress.

Maybe for the first time, we can notice what we think about, prayed about, meditated on, and other actions that lead to manifesting our next moments of life. But we can't notice those manifestation inputs until we pay more attention. And as readily as we notice what is needing a change in us, let us also notice the new positive manifestations as well.

Take for example déjà vu. What's déjà vu?

It's when we feel like we've done something or seen something or been in a moment before. Déjà vu is what we would feel more of if we remembered everything that we envisioned. It occurs in those times we reflect on what we thought of to make the current moment happen. Déjà vu is one of the first clear signs that we are deliberately manifesting our life. It is a natural state of great manifesting behavior.

Déjà vu is also the memory of an instruction that we sent from our non-local manifested consciousness to our super-consciousness, and then the instruction was delivered to the God Soup for manifestation. If we were manifesting purely, we would have déjà vu constantly. Let's revisit an example from earlier, the church healing experience.

One of the most lucid moments of manifestation expressing how God works and using the secret is during the powerful experience of spiritual healing. As mentioned earlier, Christians and those from other faith walks will gather around a person with a particular physical, mental or spiritual need. They place their hands on the individual with the need, pray in unison, and agreement asking God to correct the issue, and often instantly the desired manifestation takes place.

Others can discount such experiences (I don't), but if they had been exposed to it as much as I have, their appreciation for it would be greater. But it is real and makes for a perfect example of immediate manifestation and déjà vu. This is because the people praying for "healing" are laser-focused on what they want to occur, it occurs, and they recognize it and give thanks.

They don't see it as déjà vu because it is a natural part of their faith walk and it is fully expected. They did not struggle over

wondering how manifesting the secret works, over how God or the Creator works, or any other details. They visualized and verbalized that which they wanted God to manifest in the next moment and when it happens, they simply accept and give thanks.

How sweet is that?

Then why are we so resistant when we feel we've seen or experienced something before? We thought about it before. We have experienced it before in our minds. We experienced it in our super-consciousness, and now we are experiencing it again in the manifestation. Instead of questioning or claiming the moment to be a coincidence, how about simply giving thanks and gratitude that we got through to God in such a way as to display manifestation?

We will know we are manifesting that when we see things happening that are coincidental or whenever we have moments of synchronicity or moments of *déjà vu*. These are signs that we have tapped into our super-consciousness outside of this dimension.

Moments come together, connecting, advancing our desires, simply because there's a clean spiritual connection between our non-local manifested experience our super-consciousness. It's working. We are manifesting. We've tapped into how God works and we are living the secret.

From my own experience, just the other day I had a casual thought about something that I thought would be nice to see on my table in one specific place in my home. Within 24 hours, I looked down and there was that thing on a table in my home. Yes, it was the same thing that I had thought I'd like to see. But, it was on a different table in a different room. Did I deny that? Oh hell no! I immediately thought to myself, because I am

conditioned to do so, "Wow, I manifested that."

It was a thought about something that I thought I would like to see, and sure enough there it was just in the way I had imagined it. Not on the same table. Not in the same room, but 24 hours later, right there on the table, just what I had imagined. And believe me, this was something very, very, very specific and unique.

These kinds of experiences *will happen* more and more in our lives until we get to the point where we can manifest as a normal part of our lives. I've been using this for more than seven years to meet the kinds of friends that I would like to have, and I do! We will manifest relationships, opportunities, possessions, feelings, the meeting of individuals, and more.

I learned quickly that when I am close to the spirit and I am in a loving intent-full state of mind, imagining exactly what it would feel and look like to have a certain kind of experience with a certain kind of friend, then those friends were manifested into my life. To the point now where I just fully expect it.

For example, there have been times when I wanted to have a new friend in my life who likes to play disc golf. I don't go into detail as to exactly the age or the gender or any of that. But I deeply feel my desire to have someone to play disc golf with. I focused on the feeling of enjoying playing that game with that person. And of course, that person was then manifested.

I've used this with athletics, movies and entertainment, and all types of activities. Without fail now, they are manifested right there in my life. That is how I know deliberate manifestation is working.

Try it for yourself. Test to see how what I've explained in this

book works. Begin a vision right now of a person you'd like to meet for a specific purpose. Imagine yourself with that person. Feel yourself with that person. Feel what it would feel like to have that person near you. Imagine how you would feel at seeing that person, or meeting that person.

Then expect to manifest that relationship. And when it begins to manifest in your life, don't just say, "Oh, that was just a coincidence". Instead thank God for that deliberate manifestation.

Of course, it was a *coincidence* because you created it, you manifested it. Since every moment in the universe is brand new, then for it to even have happened as you imagined, or even close to how you imagined, it was a coincidence, you manifested it. It was a co-happening between what you thought and what you experienced. That is deliberate manifestation using God's power and your direction. Some call it the power of attraction, I call it the power of manifestation.

Be intent-full and be watch-full and notice. Notice what's around you. Be very observant of your life and your environment. You'll also see this in people.

But I caution you. Do not be selfish about it. Negative Karma can arise out of a very selfish, unkind event that you manifest, and it can be devastating. Since Karma serves as a lens of focus for manifestation, deliberately manifesting without a clean heart and intent can cause manifestation in ways in which you did not desire. It can have ramifications that you find completely distasteful.

Aside from that one caution, we should start this very moment using the power to manifest a richer life. We owe it to ourselves and every other soul around us to be using the power of the Creator in ways that bring the greatest joy, love, and satisfaction



to our lives.

Manifest it, believe it, and teach it.

## LAST WORDS

As I close out this book, my greatest desire is that the words and the concepts introduced will touch many in a way that makes them desire a world and a life fuller of the goodness that is possible. And further, that all will now know the pathway towards manifesting deliberately all that we desire.

How much more exciting could it ever be than to know that we have the power to *architect* a future greater than we ever dreamed possible and that everything we could ever want is right at our fingertips. That we don't have to have the power. Just create the design in our imagination.

We just have to master the connection that goes deep inside and connects our current experience with our super-consciousness, the greater constant spirit of ourselves. Then stand by and allow God to *be*. Allow the Creator to do what God does best, and that is create or manifest that which we desire.

If someone doesn't have love in their life, who's struggling, the message needs to be that this, too, shall pass. The faster and the more clearly we have an image in our mind and in our soul of what we would like the next moment to be, then that's how quickly whatever is dragging us down now will pass away, and we will be able to have all that we dream of.

Whether we have happiness and joy now or whether we are in a moment of despair, it makes no difference because in the next moment we can either have more of that joy or less of that sorrow. We now know that all is temporary and awaiting the next moment of manifestation, and within our power to design.

Join with me as we move forward exploring our souls, as we accept that the Creator is willing to deliver anything we desire, simply because the Grace of God gives us all we need and want.

We merely need to be the spiritual architects of our destinies. We only need to look deeply at ourselves and make the decisions. What do we want? Where do we want to be? What kind of a person do we want to be? What's the job look like that we so much desire? How do we want to be loved by those around us? How do we want to feel?

Because once we can identify what it is that we want for ourselves, what we *truly* want, and we desire it with feeling and vision, we leave Ego and go into spirit. Once out of Ego and into spirit, communication with our true sustained spirit that is outside of this realm takes place. Then, all that is left is to allow God to manifest the next new moment.

It is amazing how this simple equation can be the power of the making of the universe. Let us all live by design and not by default. That is how God works. That is the secret to manifesting our greatest desires.

If you'd like to know more about my spiritual, life, and family mediation guidance services, simply visit: [www.LanceAbrims.com](http://www.LanceAbrims.com) and be sure to join Lance's tribe of followers so that you can get notifications of his free Webinars and other great learning and sharing opportunities.

### **Learning More and Getting Answers**

As a reminder, if you have questions or need clarification, you can reach out to the author at:

Facebook at <https://www.facebook.com/lanceabrim>s

YouTube at <https://youtube.lanceabrim.com>

Email at [Lance@lanceabrim.com](mailto:Lance@lanceabrim.com)

Zoom at <http://lancezoomroom.com>

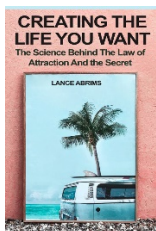
and

Visit his website at <https://LanceAbrims.com>

Be sure to join the mailing list for updates and new content!

## OTHER BOOKS BY LANCE ABRIMS

Other books by Lance Abrims. All are available on Audio, Kindle, and Paperback.

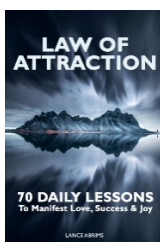


Creating the Life You Want: The Science Behind the Law of Attraction and the Secret

[Audio Book is available here.](#)

[Kindle is available here.](#)

[Paperback is available here.](#)

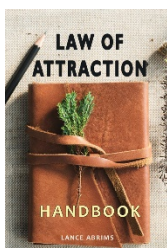


The Law of Attraction: 70 Daily Lessons to Manifest Love, Success, and Joy

[Audio Book is available here.](#)

[Kindle is available here.](#)

[Paperback is available here.](#)

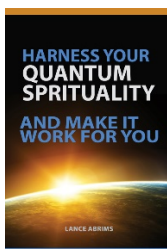


Law of Attraction: The Handbook

[Audio Book is available here.](#)

[Kindle is available here.](#)

[Paperback is available here.](#)



Harness Your Quantum Spirituality and Make it Work for You

[Audio Book is available here.](#)

[Kindle is available here.](#)

[Paperback is available here.](#)

Other books on the subject of Spirituality:

*A New Earth* by Eckhart Tolle  
*The Secret* by Rhonda Byrne  
*The Law of Attraction* by Esther Hicks  
*The Celestine Prophecy* by James Redfield  
*The Law of Success* by Napoleon Hill  
*The Power of Positive Thinking* by Dr. Norman Vincent Peale  
*Change Your Thoughts, Change Your Life* by Wayne Dyer

## SPIRITUAL COACHING

One of the greatest joys of this author's life has been in the services of spiritual, life, and family coaching. The value of having a trusted spiritual "outsider" work with you as an individual, together with your significant other or spouse, or as an entire family can never be overstated.

In years of family mediation, one of the most heartwarming experiences is to be in the middle of mediation for marriage dissolution and find the couple hugging, kissing, and crying together during a break. Time and time again, this has occurred and in nearly half the cases, resulted in reconciliation.

Families feel they are at the end of their rope when it comes to managing a teenager's attitude, behavior, and life challenges. As a family mediator, I can spend time mentoring both the parents and teens or young adults, discovering where the fears and roadblocks are, then make a plan for understanding and working together.

And it is great working with individuals who have escaped the feeling of being trapped in the mundane, unproductive cycle of an unfocused and unfulfilled life. They report back with stories of excitement and new accomplishments, that their lives are now more fulfilling.

Spirituality is at the core of all of these successes. And having a spiritual mentor and guide to assist one in discovering their power of manifestation, or a family to discover that they can manifest happiness and joy, is invaluable.

If you'd like to know more about my spiritual, life, and family mediation guidance services, simply visit: <https://www.LanceAbrims.com> and be sure to join Lance's

tribe of followers so that you can get notifications of his free Webinars and other great learning and sharing opportunities.

Namaste