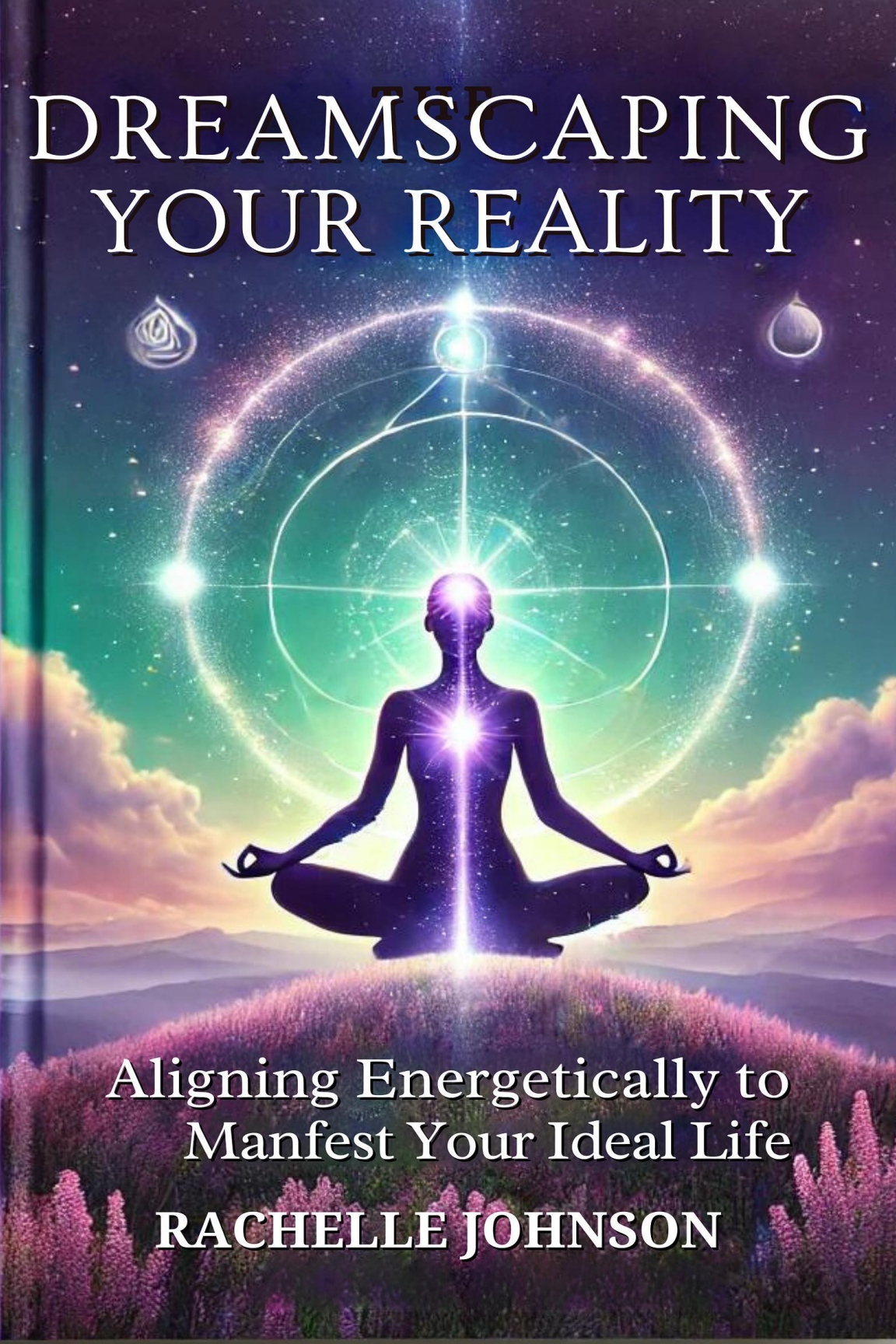
THE DREAMSCAPING YOUR REALITY



Aligning Energetically to Manfest Your Ideal Life

RACHELLE JOHNSON

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Dreamscaping Your REality

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One

Premise

In order to manifest what you truly desire you must be at an energetic match to the energy of what you want when it becomes available.

Two

Introduction

The world is based on logic. The logic comes from how the world was created and when you understand the world and its logic then you can create everything that you wish, including your own personal paradise here on earth. The reality of earth is that it was created from the elements of earth, air, fire, water, and ether. If you can imagine the properties of each element and how they work together, then you can imagine a world where you can put all of the building pieces together into a wonderful masterpiece. The list of things that you can imagine is only limited by your own imagination. When you can put your imagination to work, the world becomes your artistic masterpiece.

When you begin the process of focusing your intentions on your truly desired reality, you must start by working on the images of where you are and then work towards the images of where you wish to be. The work is on identifying all of the pieces of your life and how you have been living in each day, week, month, and year. When you can identify all of the aspects of the dream you have been living, then you can begin to work through the aspects of each part of the dream in order to change them into the reality that you desire. We would encourage you to use a workbook to put together each piece of your life and identify the aspects one by one that you wish to keep, and those that

you wish to change.

Three

Phase I: The Self

We start here with the image of your truly perfect life. What is it that you look like in this life? Where are you living? Where do you spend your time? How do you spend your time? What do you eat? What do you drink? What do you wear? How do you act?

When you have imagined who you wish yourself to be in your perfect dream, then you can begin to imagine the other facets of the dream reality you wish to live. Here we would progress to focus on the other aspects of the self. A good thing to keep in mind is how you are able to maintain your reality. Wellness is a large part of our health and fitness imagination, so we must remember that keeping ourselves in a state of healthy mind and body is a large part of what we manifest and the reality that we create. Imagining yourself as a healthy body, with normal aspects, a healthy weight, and a normal movement routine is key to success in any dream reality.

After you have recreated yourself energetically in the image that you prefer you want to do your best to align yourself with that version of yourself. How does that person act? What do they do? What do they wear? How do they go about life? How do they respond to others? How do they feel? How do

they feel about their life? How do they feel about their experiences? How do they feel about their day? When you can sit down and imagine your perfect image of yourself going about their perfect day and how they feel and express themselves then you are well on your way to your perfect life.

After you have dreamed the perfect you into existence, play with that for a while. Play with how it feels to be living that life. What does it feel like to wake up as your new self? What does your new self do in the morning? What does your new self eat? How do you dress? How do you do your hair? How do you do your make-up? How do you eat lunch? How do you go about your day? How do you dream? How do you feel after you sleep? How do you feel about your energy levels? How do you feel about your waking time? How do you feel about what you have dreamt up until this point? Do you feel like you have imagined all that you want to feel? If not then go about dreaming every aspect of your life until you do. If you feel like you have reached your energetic rainbow then go on to make up the next aspects of your life.

Four

Phase II: Abundance

The next part of yourself that you want to focus on is your abundance. When you think about the term abundance it can include a myriad of things. The first of which is your desire for monetary wealth. This can mean a number of things including a dollar amount in your bank account, and the number of things you possess. Overall, abundance is a mindset in which you have in your possession all of the things which you desire. The things can be money, or actual physical things. The number of which is not important, but the frequency of which is incredibly important. When you think about things, think about the importance of them in your life. How is it that you see the things in your life? Do you truly even like the things in your life, or did you just accumulate things? If you look at the things in your life and don't like them, then get rid of them. If you do like the things in your life, then keep them. That is the essence of selection when it comes to the physical aspects of your life.

When it comes to abundance we must separate out how we feel about money as the soul aspect of abundance. Abundance is truly the manifestation of what we want and desire in our daily lives. When you are living in what it is that you truly desire day in and day out then you have reached your

ultimate abundance. If everything that you are experiencing in your life is truly adoration for the experience of life, then you have reached the ultimate experience of abundance. If, however, you are still finding ways in which you wish to experience the greatness of life, then therein lies the work of dreaming and believing it into existence.

Start by imaging the things in your daily life. What do you see when you wake up? What do you see when you go to sleep? What do you see when you are preparing for your day? What do you see when you leave your home? What do you see on your way to your destinations? What does the world around you look like? What does the time you spend away from home look like? What does the time you spend at home look like? Where are the things in your life that bring you the most joy? Where are the things in your life that are not bringing you joy and can you remove them from your reality? If there is a chair that you do not desire then why is it there? If there is a life pattern that you see in your reality that you do not desire, then how can you change it? If there is a life pattern that you have that you do desire then how can you expand upon it and bring it into a greater focus in your life?

Five

Phase III: Money

If your abundance is already in perfect form and you are enjoying life to the fullest then phase three is about appreciating what you have in every aspect of every day in every way. If however, there are still aspects of your life that you wish to be in better alignment with what you truly desire then the next phase is about looking at your life patterns in terms of how you are going about making money or having the things that you want in your life. The true pattern of abundance involves thinking what you want into existence. If your current reality involves a pattern of going into an office or a place of work then is that what you truly desire. There is nothing wrong with enjoying the company of others while you bring about a greater sense of joy in your life.

If you go to a place of work and enjoy what you do, then what is it that you enjoy about what you do? Are there aspects of what you do that you would like to be different? If so, what are they? How would you go about changing your role, title, or experience in your day to day life? If you wish for something to be different then, feel into how it feels when that way is present in your day? How does it feel when you have a different title? How does it feel when you have a different role? How does it feel when you act differently in your day? How does it feel at the end of the day when you return to your

place of solace after having spent your day in your field of work? How do you feel about the work you accomplished? How do you feel energetically? Do you wish to feel differently? If so then, feel into how it is that you wish to feel at the end of your day.

As you go about living your life and making money, how does making money feel? Feel into the energy of the word money. What does money truly mean to you? How do you feel about the amount of money you see in your bank account? How do you feel about the amount of money you see leaving your bank account? Feel into the whole of it. If you feel less than loving about the flow of money around you, then where can you make adjustments. If you feel yourself saying I spend money, I know I do, but where does it all go, then it may be time to take a look in detail at where you are spending all of your money, and see where it is that you may feel as though a shift to another area may feel better.

Take the time to examine all of the areas where money is flowing to. What does it flow? Is it flowing to health, wellness, and daily rituals that make you feel better, or are there ways in which your money is flowing that you could adjust to flow in a different way so that you feel better about the daily flow of money and how it is flowing around you? Feel into how your money feels as it flows around you and where you feel as though you could make adjustments to feel better about the flow of money in your life.

Six

Phase IV: The Stage

The greatest part of living on earth is the ability to witness the amazing stage that earth has to offer. When you are put into a 3D physical body and can experience life through a physical being aspect then you have the true ability to manifest whatever you desire in a real way. As you are working through the process of examining your reality it is important to look at the stage you are working on. The stage as we refer to it are the aspects of your life that you experience the most. This would include your elements of shelver, travel, and the environments that you surround yourself with.

As you think about the stage of your life, where do you sleep? Where do you eat? Where do you rest? Where do you play? Where do you find things that you desire for your own experience? These are all elements of the stage? The stage is also things like your home, your car, and the places that you go like the grocery store, the mall, and the convenience store. They are all a part of the sage. When you go to each place in your reality where is it that you feel joy and contentment or even joy? If you go to these areas and feel a sense of peace, wellness, and joy then the stage is wonderful. However, if you go to these areas and feel a sense of unease then that is where the work begins.

If there are elements of your life that represent the stage that feel as though they are less than peaceful then why are they feeling that way? What about these places makes you feel at a state of lack of ease? Why do you go there? Is it necessary to keep going to a place that does not bring you a state of ease? If so then how do you begin to dream a new reality that brings about a stage that brings forth a greater sense of peace and ease in your life? How does this stage bring about peace now and how could a better stage be felt into and brought into reality in order to bring you a greater sense of ease?

Seven

Phase V: The Theater

As you are working through your life and the ways that you are living, where do you see yourself as playing the perfect role? Are you currently playing the perfect role or does that role still need to be dreamed into existence? If you were to play the perfect role in your perfect life, what would it be? How does it feel? Who is there with you? What do you have around you? Where are you visiting? How do you feel about the things that you see around you as you play the role of your perfect life? How does it feel to be around the people, places, and things that you are experiencing? Do you like the idea of vacation? If so, where do you go and how does it feel? Can you imagine a perfect dream vacation? What does it feel like? How do you feel when you return home from your dream vacation?

The theater of our lives involved the people around us. When you look at the people around you, how do they make you feel? How do you feel when they are not around? How do you feel when they are around? Examine all of the main players in your life. This will likely include things like mothers, fathers, sisters, brothers, co-workers, friends, family, foes, and even the occasional acquaintance or person you pass by briefly in life as an onlooker to you. Wherever they are and whoever they are, where are the people and how do

you feel when you are interacting with them? If you feel anything other than neutral, then why are those people still a part of your life? What are the belief systems keeping them there? What are the other parts of your stage that are keeping them there? How do you feel when you can adjust your reality to include only people who you feel neutral or good about?

If you already feel good about all of the people in your life, then please share your experience with others and help them understand how to get to where you are. If you feel as though some of the people in your life could use an adjustment, then what would you change, how would you change yourself to be able to see a better reflection of the people around you in yourself? If you look at someone and see an aspect that you do not wish to see then where is it that you see this reflection in yourself and how can you acknowledge and shift that reflection so that you are only seeing that which is truly desired by you.

Eight

Phase VI: The New Earth

The concept of the new earth is the ability to be able to focus on that which you truly desire and bring it into reality now. When you have done all of the aspects and focused what you want into reality, and you can feel into what it is that you truly desire your life to feel like, then you are doing your part to bring about the new earth. Each aspect of the new earth must be focused into reality. It must include all of the aspects of the self, abundance, the stage, and the theater.

When you can truly feel what it feels like to be in a utopia here on earth, then the new earth must manifest.

Nine

The Process

When you want to attract a new reality, you must dream it into existence. This is done through taking what you know and making it into what you want. When you know what you want then you must focus on the emotion of having what you want. Let's begin with a workshop.

Start by feeling into your body. How does your body feel?

Are there any places where you feel pain? If so, feel into the pain, and acknowledge its existence. What is it that you need to gain from this pain? If nothing then what is this pain here for? Is it brining you anything that you desire? If not then acknowledge the pain fully, however you need to feel and acknowledge all aspects of the pain in your body and then release all of the pain from all aspects of yourself in all ways.

Are there any places where you feel tension? If so they feel into the tension. Why is it there, what is it reflecting in your mind, that does not feel good? Why do you feel the resistance? Feel into the resistance and what it feels like all over your body. How does the resistance feel emotionally? How does it feel to your body and its ability to move? Acknowledge all of the ways that

you feel resistance in your body and how it feels, and then have the intention to release all tension and resistance in your body in all ways.

When you can feel into your body and what it is trying to tell you then you can acknowledge what your body is telling you, and let go of all of the energy that is less than neutral or loving in your body.

You can use this same process for every aspect of your life. How does it feel when you feel into your thoughts about money? How does it feel when you feel into your thoughts about your career? How does it feel when you feel into your thoughts about the people around you? For each aspect, acknowledge how you feel, release that feeling, unless it is neutral, and then reach for a better feeling about it. Keep doing this until you reach the feeling of joy.

Ten

The Dream

When you wish to manifest something, it is important to focus on the reality that you are living in and see what parts of your reality are not in alignment with what it is that you wish to manifest. If you want to see a change in your reality, look at the things that are not in alignment. Then, think about how you want them to be. That is the basis of creating the image of what you want. You can be as specific as you want. However, if you don't want to be specific you can have the image be a general image.

For example:

- Mate: If you wish to have a new mate, then you can imagine a new mate with the character traits, physical aspects, and general personality that you desire and have a strong working image of what this mate will be and look like. That is the basis of creating the image for what it is that you desire.
- Car: If you wish to have a new car, then you can imagine the image of the new car and which car it is that will be. If you have a specific car that you desire, that works well. However, if you just wish to have a new car then you can imagine the image of a vehicle in its generic form.

Eleven

The Specifics

When you have created your dream image then it is time to modify what you have been attracting. When you have been living many lives there are many things that you have dreamed and actually lived and continued to see the images of. Therefore, it is necessary to go back and rework the specifics upon that which you are attracting. This can be done by looking at the aspects of the dream and all aspects that you have imagined as well as experienced in life.

Think about each aspect of the dream and that which you liked and that which you did not like. This is where you start being specific about attracting a different kind of reality. If the reality you have been living is wonderful then you can keep focusing on the reality that you are living. However, if the reality that you have been living is what you wish to change, then you must think about and redirect your specific image into being what it is that you truly desire.

For Example:

- Mate: If you wish to have a new mate, we shall call this one a man, and

you have had experiences and are living around men in different aspects of your life, then you must look at all of the character traits, physical traits, and personality aspects that you have been experiencing and identify that which you desire and that which you do not desire. You must clearly state to the universe what it is that you truly desire. This becomes more important if you have been attracting aspects from men that you do not truly desire. The more direct and outward you can be about your true desire, the better.

Twelve

The Emotion

When you know what you want, then you must focus on the emotion of having what you want. This is done through the true emotional set point being adjusted through what you had been seeing in your life, into what it is that you truly wish to experience in your life.

For Example:

- Mate: If you had been living with someone who was not meeting your true desires then that is the set point that you have been living in. It is then necessary to adjust your set point to the emotional set point of the relationship that you wish to desire. This is done through thinking about the emotions that you have while living the reality of your life with your new mate. Think about all of the fun you will have, the love making you will do, the dancing you will do, the exciting ways you will interact with one another, how you will love one another in new and exciting ways, and how you will live together both in play and relaxation, and how you will communicate together. The list goes on and on, but the more that you can focus on the positive aspects of the relationship that you desire, the more of those positive aspects that you will attract from the new

people coming into your life.

- Mate Detach: Another one you want to focus on is how you will detach. If you had times in your life where relationships ended in ways that you would have preferred to have gone differently, then you will want to focus on how it is that you detach. This means that when you leave one another perhaps you imagine a loving embrace, or while you are apart for a period of time that you imagine that you are communicating every day in a loving way, or that when you return to one another that you talk about your experiences in between the last time you saw one another honestly.

Thirteen

The Work

When you have identified all of the areas of your existence that you wish to focus upon, then the work becomes living and breathing into the life that you truly desire. It means focusing less on what is happening around you, and truly becoming an objective observer of your own life.

How do you become an objective observer of your own life? Start by observing what is going on and taking a step back to feel into what it is that is happening, not to respond, but to feel the actual emotional responses that you are having to your life. When you can take a moment to feel into your own emotional response and release any aspects that you do not enjoy, then you can begin to focus into what, in each experience, you wish to feel. That is the process of releasing your old reality and jumping into a new one.

As you begin to take time throughout your day to recognize each experience and how you feel, then you can begin to look at it in a more objective way and start to form the emotional response you wish to have, rather than an emotional response to the reality, you can create the emotion you wish to have in your reality. The goal of manifestation is in the feeling in which you have in each experience of your life. When you can imagine feeling good all

the time and feeling good no matter the outcome, and feeling good no matter the way you have been taught to feel, then you can have the reality you truly desire.

For Example:

- Imagine that you were going about your day and witnessed an accident on the way to work. This accident caused a delay in you arriving on time, as well as causing you to see things that were less than desirable. The work here is to see the image and acknowledge how you feel.
- Did you feel as though you wanted to cry? Did you feel angry? Did you feel upset? Did you feel pain? If so, then where is that in your body and how can you acknowledge it? Once you have acknowledged it in your body then you will want to release the energy that you feel in your body in all ways.
- If you felt grateful that you were still able to have a peaceful day and in gratitude for those that were helping the ones who had been in the accident, then you are well on your way to creating your own utopia here on earth.
- After you have acknowledged how you felt, then you can focus on how it is that you wish to feel. Do you wish to feel better about that experience? If so, what aspects can you focus on and then release and find a better feeling about? It is about releasing the denser emotions and finding a better emotion and therefore a better thought.

Fourteen

Training the Mind to Feel Better

The work of being a human is in learning how to create the life that you wish to live. When you can experience life and be an objective observer of your own lovely life, then you can learn how to focus in a way that brings you the life that you truly desire. Start your day by being in a state of gratitude. Then, keep that state of gratitude as long as possible. Then, try to focus each thought into a better thought until you have felt as though every time you think a thought it is an amazing powerful positive thought leading you towards heaven on earth. This is done through each thought being a better version than the one before. The more that you can recognize each thought and the power behind it, the more that you can begin to shape your thoughts into what you wish to be experiencing.

Let's start with the thought of awakening. When you awaken, what is the first thought that you have? Let's say the first thought is, oh man, it's morning, what am I supposed to be doing now? After that, say oh, I have a few minutes, let's start off on the most positive path possible. Choose each day to go on a positive rampage about your life and the things, people, and places in it. Find a way to be thankful for as many things as possible in your life. Then, start your day and try to remain thankful even after you get out of bed and for as

many things that you experience as possible.

Say, I am so thankful for my bed, I am so thankful for you home, I am so thankful for my health, I am so thankful for my aliveness, I am so thankful for my sustenance, I am so thankful for the water I drink, I am so thankful for the roads I have in and around me, I am so thankful for the beautiful scenery all around me, I am so thankful for the people who make like interesting, I am so thankful for my own beautiful life.

Then, as you start your day it may go something like this. I enjoy the ability to brush my teeth and the invigorating actions and how it makes me feel. I enjoy the process of showering and how it makes me feel. I appreciate the food that I put into my body and how it allows me to have wonderful energy to go about my day. I appreciate the way that I have built out my day and have come to a marvelous setting within my home, my work, and my daily environment.

The more that you can start your day focusing on the positive aspects, and then carry the idea of focusing in and being in a state of thankfulness for the aspects of your life that you appreciate, the more that you can begin to cultivate a greater frequency within yourself. That in turn, will drive forward the path that you wish to be on and the things that are manifesting all around you.

Fifteen

The Workbook

The workbook is about scripting out what it is that you wish your reality and your true desires to look and feel and be like. Take the time to really feel into and imagine what it is that you wish to have in your life. Start with how you envision yourself to be. Then, move on to how you feel, how you experience, how you move around, and then add in the other people, places, and experiences to build out your perfect reality. The more time that you spend writing about, thinking about, and feeling about your true desires, the more that they will come into your reality.

Sixteen

The Self

How do you feel about yourself? _____

How do you wish to feel about yourself?_____

How do you feel about the way that you look?_____

How do you wish to look?_____

How does it feel when you look like the ideal version of yourself?_____

Where do you live? _____

Where do you spend your time?_____

How do you spend your time?_____

What do you eat and drink?_____

What do you wear?_____

How do you act?_____

How do you respond?_____

How does your body feel?_____

What does it feel like to be at your ideal body weight?_____

What are you doing when you are at your ideal body weight?_____

Do you exercise? If so, what do you do? How does it feel?_____

How do you respond to the people in your life?_____

How do you feel about your experiences?_____

How do you feel about your day?_____

Imagine the perfect image of yourself going about their perfect day and how they feel?_____

How does the perfect image of yourself going about their perfect day express themselves?_____

How does it feel to wake up as your new self?_____

What does your new self do in the morning?_____

What does your new self wear?_____

How does your new self spend their time getting ready? What do they do? Hair? Makeup? Accessories?_____

How do you go about your day?_____

How do you dream?_____

How do you feel after you sleep?_____

How do you feel about your energy levels?_____

How do you feel about your waking time?_____

How is your health?_____

How is your well-being?_____

How do you have fun?_____

How do you feel about the new self you have created? Do you feel that you have dreamed enough aspects of your new self into existence? If so then move on. If not, then keep workshopping until you have brought the new most truly desired version of yourself into reality.

What new aspects of yourself do you wish to bring into existence?_____

* * *

Seventeen

Abundance

How do you feel about money?_____

How do you wish to feel about money?_____

How do you feel about your possessions?_____

Do you have a lot of things? How do you feel about the amount of "things" in your life?_____

Do the things that you have bring you joy?_____

How do you feel about your home?_____

How do you feel about your car?_____

How do you feel about the objects in your home?_____

How do you feel about the world around you?_____

How do you feel as you have adventures?_____

How do you feel about your abundance? Do you feel that you have dreamed enough aspects of your abundance into existence? If so then move on. If not, then keep workshopping until you have brought the new most truly desired version of your abundance into reality.

What new aspects of your abundance do you wish to bring into existence?_____

* * *

Eighteen

Money

Do you go to a place of work? If so, what do you enjoy about what you do?_____

What aspects of your work day do you appreciate the most?_____

What is your role?_____

What is your title?_____

How is your work experience?_____

How do you act throughout your work day?_____

How do you feel at the end of your work day?_____

How do you feel about the work you accomplish?_____

How does making Money feel?_____

How does the word Money feel?_____

How do you feel about the money in your bank account?_____

How do you feel about the money flowing through your bank account?_____

How do you feel about your abundance? Do you feel that you have dreamed enough aspects of your abundance into existence? If so then move on. If not, then keep workshopping until you have brought the new most truly desired version of your abundance into reality.

What new aspects of your abundance do you wish to bring into existence?_____

* * *

Nineteen

The Stage

Where do you sleep?_____

Where do you eat?_____

Where do you rest?_____

Where do you play?_____

Where do you find things that you desire for your own experience?_____

Where do you live? Is it an apartment or a home? Where is it?_____

Do you drive? If so, what do you drive? How do you get around?_____

How do you get food?_____

How do you get clothes?_____

Where else do you go for things?_____

Where do you go for fun?_____

Where do you go for adventure?_____

How do you feel about your abundance? Do you feel that you have dreamed enough aspects of your abundance into existence? If so then move on. If not, then keep workshopping until you have brought the new most truly desired version of your abundance into reality.

What new aspects of your abundance do you wish to bring into existence?_____

* * *

Twenty

The Stage - The Career

What are your aspirations?_____

Do you work with others?_____

How do you work with others?_____

What role do others play in your aspirations?_____

What do you do for fun with others?_____

What do you create?_____

How do you feel about what you create?_____

What do you do for work with others?_____

How do you allow others to be part of your experience?_____

How do you feel about your career? Do you feel that you have dreamed

enough aspects of your career into existence? If so then move on. If not, then keep workshopping until you have brought the new most truly desired version of your career into reality.

What new aspects of your career do you wish to bring into existence?_____

* * *

Twenty-One

The Theater

Where do you see yourself as playing the perfect role?_____

How does it feel to be you?_____

Who is there with you as your perfect self?_____

What do you have around you?_____

Do you experience family life? If so, what is that like?_____

Do you experience a career? If so, what is that like?_____

Do you have friends? If so, what are they like?_____

Do you have other players in your life? If so, what are they like?_____

How do you feel when you are interacting with the characters in your life?_____

Where do you see yourself in your perfect reality?_____

Do you have physical aspects around you in your ideal reality?_____

How do you feel about the people, places, and things around you? Do you feel that you have dreamed enough aspects of your ideal reality into existence? If so then move on. If not, then keep workshopping until you have brought the new most truly desired version of your ideal reality into reality.

What new aspects of your ideal reality do you wish to bring into existence?_____

* * *

Remember that you create your own reality. It is up to you to dream the reality you wish to create into existence. Spend some time every day, as often as possible, dreaming about what you wish to truly experience in life. When you dream it and believe it, then it will start to manifest into reality.