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CREATION

An Instruction Manual

GREGG BRADEN

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THE 15 KEYS TO CONSCIOUS CREATION

AN INSTRUCTION MANUAL

by Gregg Braden

Booklet by Dr. Traci Vujcich

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“You must make your future dream a present fact...by assuming the feeling of your wish fulfilled.”

– Neville Goddard

In this “instruction manual” we’ll explore the 15 keys of conscious creation—our programming manual of consciousness. Individually, each key is fascinating. When we take them all together, however, they begin to tell us a story. It’s a story of who we are and how we function in this malleable reality of our world and our bodies. Ultimately the keys that we’re about to explore are a reminder of our power to create. They are the software that our consciousness computer uses for our reality making, our belief-ware, if you will—the code for change.

Just as it is with any computer code, there is an exact sequence. The keys that we'll share are in the order they are in for a reason. Just as we need to have all the ingredients already in place before we prepare a really great meal, our reality keys work only if each step is already available and if it already makes sense to us when we use it.

Consider the following sequence of keys one at a time. Allow each one of these 15 keys its own merit as a powerful agent of change all by itself. Work with it until it makes sense to you and then look even deeper than its face value. When we put these keys together, all of these steps become our consciousness code for changing our self and the world.

KEY #1:
A FIELD OF INTELLIGENT ENERGY
BATHES THE UNIVERSE AND CONNECTS
ALL THINGS.

“I am tomorrow, or some future day,
what I establish today.
I am today what I established yesterday
or some previous day.”

– James Joyce

The first key, key number one, simply says to us that there is an intelligent field of energy that connects everything—a Divine Matrix—that permeates our lives and bathes the entire universe. If you can think of this field as being a really big blanket—one that covers everything we know and experience, from the people in our lives and our homes to our cars, jobs and relation-

ships—everything we know is occurring as fibers of that blanket. This analogy gives us the sense that the field is part of us, rather than being beyond us. We aren't separate from that field.

It's The Divine Matrix that provides the *container* that holds the universe, the *bridge* between everything that happens inside of our bodies and the things that happen beyond our bodies, as well as the *mirror* that shows us in the world, what we've created in our beliefs. This is the first key, key number one; the field is what makes us part of everything.

*How do you envision
the Divine Matrix
in your life?*

KEY #2:
EVERYTHING IN THE UNIVERSE IS
CONNECTED TO EVERYTHING ELSE.

“You can have anything you want if you will give up the belief that you can’t have it.”

– Dr. Robert Anthony

Everything in the universe is connected to everything else by virtue of the Divine Matrix. Now that we know about this field, its existence makes perfect sense. Within the context of this connection, the implications are vast.

The field implies that there is no separation between *here* and *there*. *Here* and *there* simply don’t exist; everything *is* in this moment, and this moment is *now*. *Now*

is all that there is, within the context of the Divine Matrix.

Recall the examples of remote viewing of how an individual can be in one place in time and can access any other point physically in another location—energetically that point is with that person.

If there is no separation between here or there, no past or future, what does this mean for you, your memories, and the loved ones in your life?

KEY #3:
IN ORDER TO MAKE CHANGE, WE HAVE
TO SEE OURSELVES AS PART OF THE
WORLD, RATHER THAN SEPARATE.

“The outer conditions of a person’s life will always be found to reflect their inner beliefs.”

– James Allen

The third key simply invites us to recognize that in order to unleash what the ancients called the greatest power in the universe, the power of our belief, we must first see ourselves as *part of* that universe rather than *separate from* it.

And it makes perfect sense. If we go back to our metaphor of the blanket being the field and us experiencing our existence within the fibers of the blanket,

doesn't it make more sense to see ourselves as creating change from within those fibers rather than standing somewhere else and looking at that blanket from a distant location and trying to create that change? We must see ourselves as part of the world rather than separate from our world. This is key number three; we must see ourselves as part of, rather than separate from our universe.

How are you connected to the world's events?

KEY #4:
ONCE SOMETHING IS PHYSICALLY
JOINED, IT'S ALWAYS CONNECTED.

“Everything is connected...
no one thing can change by itself.”

– Paul Hawken

Remember the experiment with the one photon that was divided into two? The two were sent in opposite directions. When one had an experience in a place in time 14 miles away, the second photon acted as if it was the one having the experience because even though they were physically separated, energetically they were still linked.

We were all once physically connected as the stuff that birthed our universe. And even though that physical connection no longer exists, the energetic connection

does still exist. We are all joined energetically; we're made of the same stardust that once connected everything at the beginning of time.

*What are you still connected to,
even though you are no longer
physically joined?*

KEY #5:
THE ACT OF OBSERVATION IS AN ACT
OF CREATION UNTO ITSELF.

“...we make things happen by wishing them,
because we are not only the observer of what
we experience but also the creator.”

–Vilayat Khan

Key number five is the central theme in the mysteries of quantum physics against the mechanical and Newtonian physics that existed for more than 300 years. The act of observation is an act of creation unto itself. The act of simply focusing, placing our attention on a point in space and time and focusing on that space, changes the behavior of the matter in that space.

Remember the experiments on the stuff our world is made of—the photons and electrons—in which their characteristics literally changed in the presence of an observer, a laboratory technician, or a scientist simply watching them. The act of watching, consciousness, is a creative act in and of itself.

From this perspective, there are no observers in our world. It's impossible to be a passive observer. We are all active creators as we experience the power of our creations. We are like artists experiencing the art that we are creating.

*Can you imagine that reality is
created by your observation of it?*

KEY #6:
WE HAVE ALL THE POWER WE NEED,
TO CREATE ALL OF THE CHANGE WE
CHOOSE.

“Live your beliefs and you can turn the world
around.”

– Henry David Thoreau

We’ve all heard in the past that we create the reality that we experience in our lives. What does that really mean? How much power do we really have?

Well, from the perspective now of everything that we’ve learned about the way our world works and our relationship to the world and the power of our beliefs, we can say with absolute certainty that we have all the power we need, to create all of the change we choose.

It's all about what we believe the limits or the freedom of our power to be.

*What beliefs have limited
you in the past?*

KEY #7:
THE FOCUS OF OUR FEELINGS,
AND OUR BELIEFS ABOUT OUR FEELINGS,
BECOME THE REALITY OF OUR WORLD.

“One must marry one’s feelings to one’s beliefs and ideas. That is probably the only way to achieve a measure of harmony in one’s life.”

– Napoleon Hill

Key number seven says that the focus of our feelings, the way we feel about our beliefs, becomes the reality of our world. In our hearts, we create the coherent experience of feeling and emotion regarding the beliefs that we’re experiencing in our lives.

Feeling is the prayer, and our creative feelings happen in our hearts. We're not creating from our minds. We're not creating from the ego of our minds or the separation or the judgment in our minds. Our creations happen in our hearts, where the feelings about our lives originate. The focus of our feelings, and our beliefs about our feelings, become the reality of our world.

*Which of your beliefs evoke
the strongest emotions?*

KEY #8:
TO SIMPLY SAY THAT WE CHOOSE OUR
NEW REALITY ISN'T ENOUGH.

“Miracles happen to those who believe in them.”

– Bernard Berenson

To simply say that we choose a new reality is not enough. If we just *say* that we believe in the healing of our loved ones, or the healing of our own bodies, or we simply *say* that we choose peace in our world, but our belief doesn't change us so that our lives support our choice, then it's an empty statement. This is the caution that comes with this particular key. To *actually believe* is more than the statement of our belief. While the statement is a first step, it must be followed by our willingness to allow our new reality to permeate the very essence of our existence.

If we simply make the statement that we choose healing, for example, without following through with the way of life that supports our choice, and then we stop the conventional ways of dealing with a medical condition in our bodies, for example, that's where we may find ourselves in trouble. Our claim of belief must be followed by the actions that support it.

Key number eight reminds us that to simply *say* we have chosen our new reality is not enough.

What actions can you take to support your choice of a new reality?

KEY #9:
FEEL AS IF YOUR GOAL IS
ALREADY ACCOMPLISHED,
YOUR PRAYER ALREADY ANSWERED,
YOUR WISH ALREADY FULFILLED.

“The thing always happens that you really believe in; and the belief in a thing makes it happen.”

– Frank Lloyd Wright

Feeling is a language unto itself. The feeling that comes from our beliefs is the language that creates within the Divine Matrix.

When we choose to make a change in our world, we are invited to *feel* the change in our hearts, rather than think the change in our minds. When we feel as though

our goal is already accomplished, our healing has already happened, our prayer is already answered, or peace has already occurred, the Divine Matrix can mirror our change as an outcome, rather than looking at all the things that we have to do to get to that outcome. This is our ninth key; feel as if your outcome is accomplished, rather than engineering all of the things that must happen before your outcome becomes a reality.

*What can you do today to “act as if”
your prayers are answered,
your dreams accomplished,
your wishes fulfilled?*

KEY #10:
THE FEELINGS THAT CREATE INTENTION-
ALLY MUST BE WITHOUT JUDGMENT
AND EGO.

“When you learn not to want things so badly,
life comes to you.”

– Jessica Lange

While consciousness is a creative force, to create intentionally is something that happens in what physicist Amit Goswami calls a “non-ordinary” state of consciousness. The common thread that runs throughout the ancient Buddhist, Hindu, Tibetan, and Judeo-Christian traditions is that the feelings and the beliefs that effectively create originate with the absence of attachment to the outcome.

It is our attachment to the outcome—our strong belief of what should or should not be—that is manifest in our judgment and ego. And this attachment is precisely the force that may actually prevent our heart’s desire from coming to fruition in our world.

As we *assume* the feeling of our wish fulfilled and our prayer answered, we give the Divine Matrix the template of what will be mirrored back to us in life. Without bias or judgment of what we are offering, the matrix simply reflects our unattached belief back as the reality of life. This is key number ten; intentional creation comes from beliefs that are healed of judgment and ego.

What area of your life would benefit from your “letting go” of the outcome?

KEY #11:
WE MUST BECOME IN OUR LIVES WHAT
WE CHOOSE TO EXPERIENCE IN OUR
WORLD.

“What we are is God’s gift to us.
What we become is our gift to God.”

– Eleanor Powell

When we pull all of the ideas in this program together in a single sentence, that sentence simply suggests that we must *become* in our lives what we choose to experience in our world. It doesn’t say to **do** anything; rather it invites us to **be** the very nurturing, compassion, understanding, trust, and forgiveness that we long for in our lives. In the Gospel of Thomas, the master teacher Jesus reminds us of precisely this code of consciousness, inviting us to “ask and ye shall receive.” The

asking is done by *being* surrounded by the answer to our prayers and by *being* enveloped by what we desire, without judgment and ego, so that our joy can be full.

To become and to live from that place in our lives is the power of this subtle statement. We must become in our lives what we choose to experience in our world. This is key number eleven.

*What would you do differently if you became
the thing you desire to experience?
How could you become peace?
Abundance? Health?*

KEY #12:
WE ARE NOT LIMITED BY THE LAWS OF
PHYSICS AND BIOLOGY AS WE KNOW
THEM TODAY.

“Limitations live only in our minds.
But if we use our imaginations, our
possibilities become limitless.”

– Jamie Paolinetti

We can no longer say that we are bound by the laws of physics and biology—at least the way we know those laws today. This key says that those “laws” are relative laws only, and that when the conditions change, the laws change. Through our beliefs, we change the conditions.

The laws of physics say that we are limited in space and time, and if we're *here*, we can't be *there*, and if we're experiencing *now*, we can't experience the past or the *future*. And that while we are here, we're not connected to anything else, and that we have little effect on anything else that's happening anywhere in the world.

Now we simply know that these things are not true. In this program we have shared the scientific experiments, examples, case histories, and true life accounts of humans whose lives defy these laws as we know them today. If one person can do it, anybody can do it. We can say with certainty that we are free of the laws of physics and biology as we know them today.

*Which laws of physics and biology would you
like to experience the freedom from?
Time? Distance? Gravity?
Inherited traits?*

KEY #13:
WE ARE HOLOGRAPHIC BEINGS
IN A HOLOGRAPHIC UNIVERSE.

“All that we are is the result of what
we have thought.
The mind is everything. What
we think we become.”

– Buddha

We are holographic beings, patterns within patterns within patterns—with each pattern a mirror of the universe we live in. What a powerful statement to make! Our holographic nature means that the entire universe exists within each of us. As the ancient axiom reminds us: “as above, so below; as below, so above.” The mirror works both ways.

The power of our holographic nature is that from our bodies and beliefs, to our world and beyond, every piece of a “something” contains the entire something, only on a smaller scale. This means that a little change in one place of our lives is mirrored throughout the entire pattern of the universe.

Every time we find a way to feel differently about what we’re shown in our personal lives, collectively, we all experience and benefit from that difference. In that way we are all very powerful in this universe. That’s why even a very few people can create a tremendous change. It’s the power of the hologram. We are holographic and we create holographically. This is key number thirteen.

*What small change can you make today
that you would like to see reflected in the world
— the universe?*

KEY #14:
THE INSTANT YOU CREATE YOUR PRAYER,
IT IS ALREADY AT ITS DESTINATION.

“Theoretical results about black holes suggest that the universe could be like a gigantic hologram.”

– *Scientific American*, August 2003

In our holographic universe, the instant you create your prayers and your good wishes, they are already at their destination. The reason is because in the quantum entangled holographic nature of our universe, there is not here and there. It's all happening on the energetic level in the same point in time and space.

What that means is that when we create the good wishes and the healing, the prayers for our loved ones, whether they're halfway around the world in the battle-

fields of a distant land or down the street or in the room next to us, it makes no difference.

When those experiences happen within us, they're already there; they're already with our loved ones. We don't have to spend any energy getting those prayers from point A to point B. And this is the power and the beauty of living in a holographic universe. This is key number fourteen.

*Offer a prayer for someone else,
and then practice knowing
that it's already arrived.*

KEY #15:
THE WORLD IS A MIRROR OF WHAT IS
WITHIN.

“Our environment, the world in which we live and work, is a mirror of our attitudes and expectations.”

– Earl Nightingale

The world around us is nothing more, nothing less, than the mirror of what we've become from within. If we go back to our very first key, key number one, we mention that the Divine Matrix, the field that makes up this universe, is a container and a bridge as well as a mirror.

That mirror is sometimes the most difficult one of these keys for us to look at. Because while our inner

creations are certainly not always conscious or even intentional, the mirrors are honest. They're an honest display, the output from our consciousness computer, if you will, of our truest inner beliefs. In this way they give us the ultimate feedback loop of what those beliefs really are and if we have the wisdom to recognize what that mirror is saying to us. We have the power to learn very quickly from our experience and to understand the kinds of beliefs from within that create the reality that we choose in the world around us.

*What is your life mirror showing
you about your beliefs?*

PRÉCIS

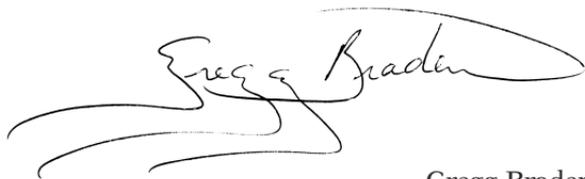
“Never doubt that a small group of thoughtful committed citizens can change the world. Indeed it’s the only thing that ever has.”

– Margaret Mead

These are our 15 keys. Individually, each one of them is interesting, fascinating. Put them all together in the order that we’ve shared them and they tell us a story. They build an internal technology—a technology so powerful the ancients say to us in no uncertain terms it is the single most powerful force in all of creation. Within each of us is the power to build and create simply from imagining within, and imbuing our imagination with life as the feeling that our prayers, dreams, goals, and healing have already been fulfilled.

The implications of these keys are powerful. In the hologram of consciousness there is no *here* and *there*; there's no *them* and *us*; there's a *we* and there's a *now*. With *we* and with *now*, a change made *anywhere* is mirrored *everywhere*. Even with a world of some 6 billion people, we all benefit to some degree from the choices of healing and peace and compassion that may be held by just a few.

The key is that the Divine Matrix can mirror in our world only what we believe to be true in our lives. As we shatter the old paradigm of false limits, what we once believed of ourselves is about to change! And this is the secret to our *Spontaneous Healing of Belief!*

A handwritten signature in black ink that reads "Gregg Braden". The signature is fluid and cursive, with a large, sweeping flourish at the end.

Gregg Braden

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