

5 MEDICREATION

“With your desire defined, quietly go within and shut the door behind you. Lose yourself in your desire; feel yourself to be one with it; remain in this fixation until you have absorbed the life and name by claiming and feeling yourself to be and to have that which you desired. When you emerge from the hour of prayer you must do so conscious of being and possessing that which you heretofore desired.” Neville Goddard

I like to call this “deliberate de ja vu” because you are mentally “rehearsing” your vision in your imagination. One of the trickiest parts of manifesting what you want is actually FEELING like you already have it. That said, it’s important to find the “sweet spot” every time you practice. The sweet spot is that space where you feel like you are REALLY experiencing whatever it is you are trying to manifest. Some may say this is when you’ve opened up your sleepy third eye. It’s when your imagination is so vividly intense that it seems more real than whatever you see when you open your eyes. This can take 20 minutes or an hour to find, but with practice, you can find it almost instantly (at times), and thus play with it several times a day if you’re able.

Relaxing your body and brain are prerequisites, so you can’t Medicate when you’re doing the dishes (although you *can* envision your vision and cause yourself to feel joy as you scrub your pans!). We have to cut ourselves off from our external worlds so we can create freely and with focus in our internal ones. This is your chance to paint your vision and then bring it to life. You can’t do that if the dog is licking your foot and the kids are watching *Sponge Bob* on television too loudly. Get headphones or have a dedicated private place; it really is that important. If you can’t make your mental imagery come to life to such an extent you feel it in your physical body, then all you are really doing is day dreaming, and it really didn’t get Walter Mitty anywhere, right?

“My brain is only a receiver, in the Universe there is a core from which we obtain knowledge, strength and inspiration. I have not penetrated into the secrets of this core, but I know that it exists.” Nikola Tesla

Simply put, Medicreation is a combination of imagination, meditation, and conscious creation that offers all the benefits of traditional meditation with a big fat shortcut and super cool quantum physics aspect that not only allows you to override negative neural programming, but also helps you consciously and subconsciously create what you want in your life. Was that a mouthful or what?

When we disconnect from the external world, slow our brain waves down, relax our bodies, create an image that represents our Ideal Outcome, and bring up the emotion of having that outcome already realized, we are *changing* our brains neurologically, our bodies biochemically, and the very reality we live in, quantum consciously.

Sounds simple, right? And it really is, however, since our skeptical minds tend to get in the way of trusting this concept, it helps to remember it is all based on science AND sacred texts.

What you’re really doing in Medicreation is taking your Ideal Outcome and adding in some positive emotions. Once you’re relaxed both mentally and physically, you’ll use your imagination in a way that convinces your subconscious mind (thus, your body and your brain) that you’ve already

achieved the Ideal Outcome you're imagining. In quantum science where there is no space and time, keep in mind that your Medicreation is more of a discovery than a creation. That same science tells us that if we observe it, we affect it, so your job is to observe your improved reality in your mind so it can show up here as solid matter (that isn't really solid anyway).

Of course, we'll use our powerful, positive emotions to biochemically flood our body with feelings of gratitude, too. This will all begin to override bad beliefs while giving you the fuel and courage to take important action toward your goals. That's basically Medicreation in a nutshell.

Before I break this down for you in simple steps, remember that reading about it is not the same as doing it. I cannot stress this enough. You may think you don't have time to set aside a few minutes every morning or evening (best times) to conduct your own version of Medicreation, but that is always a choice. Seriously, how much time do we spend playing with our hair or watching reruns? And don't get me started with wasted commercial time! No amount of action is going to help you create your vision as much as this. I'm sorry, I know you may love *Games of Thrones*, but that is make-believe and this is your life that you can make SO MUCH BETTER if you choose to. When done consistently and correctly, the rewards will show themselves. Remember, you are always creating your life whether you think about it or not...may as well think about it in the way you want it to be, wouldn't you agree?

D.I.C.E. is the acronym that will make this easy for you to remember. Here is the basic breakdown, and then a more detailed description of each step follows. Once you realize how simple this is, you'll be able to use it to reinvent any past programming that may be holding you back, as well as lay new neural networks that will (re)wire you to reach your goals. By the way, I came up with this acronym because of Albert Einstein's quote, "God doesn't play dice with the Universe."

"But, I nearly forgot you must close your eyes, otherwise...you won't see anything."
Alice in Wonderland

D.I.C.E.

First, BREATHE. Not surprisingly, slowing and deepening your rhythmic breath is probably the quickest key to getting your monkey mind to shut the hell up, and to also help your body calm the hell down.

- **Disconnect**—this is where we disengage from our physical selves and our five senses that we are so dependent upon. It's impossible to connect to the 99.90000000000000% (that is 13 zeros!) of the quantum field or your subconscious self if you're tapping your foot, looking out the window and watching your neighbor take the trash out. You're engaged with your external environment and that won't work.
- **Imagine your Ideal Outcome**—this is your number one tool of all time. We covered its importance, so recognize that you'll use your imagination to "create" (or discover) your Ideal

Outcome in your mind's eye on a daily basis. This is using your conscious mind to let your subconscious mind know what you really want. Otherwise it wanders around like Little Nemo.

- **Connect** with the quantum field (the Universe, Infinite Intelligence or God)—once you've disconnected from the outer world and started imagining your Ideal Outcome, it's the perfect time to tap into that silent space that you'll come to know and love. Creating on this level is highly effective for a lot of reasons we will continue to discuss, not least of which is your mind's effect on matter.
- **Emote**, energize, and elevate your feelings—your emotions are very physical. When they are centered on joy and gratitude, the biochemical responses will flood your body, causing improved immunity and greater confidence, causing you to better attract the image in your mind. Your thoughts are electric and your feelings are magnetic and so is everything in the Universe, you little magnet you.

Disconnecting

Physical relaxation. It's imperative that the body be completely relaxed before you can even start with the mind. Assuming you are going to use this early in the morning, you'll hopefully be ready to relax right away, but this stage is critical and you'll want to spend a significant amount of time on it. People who consume lots of sugar and caffeine have a tougher time becoming relaxed. Do this before your morning cup of coffee. Sitting up with a straight spine is important so your entire energetic system is involved. Also, if you are doing it in the evening, sorry, but it has to be without wine (I know, me too). While we may tell ourselves that wine will help us relax, it also impairs our conscious functions, so skip the coffee and cocktails until after your practice is done.

I'm always amazed at how many people still don't meditate. Sure, I can understand a decade ago, but with the advent of mass information overload—compliments of the internet—there are certainly no shortages of articles, blogs, and university studies that support the myriad benefits from good old fashion meditation. The medical field now recognizes the effectiveness of meditation and promotes it as a stress reducer. However, because of that same information overload, people seem to have a harder time than ever reaching any kind of silence when they close their eyes. This is because their brains are in a high beta state. Or, as the Buddha folk call it, "monkey mind."

The good news is that we now have a useful solution that will help nearly anyone achieve quicker mental relaxation and help shut that drunk monkey up. This solution speeds up the process, thus, we are able to benefit hugely from a mere 20 minute (or so) daily practice. Of course, we're going for more than just the health and stress relief benefits, but those are very good benefits just the same.

Basically, recall our busy brains in our waking hours are usually in a beta state. Beta brainwaves enable us to focus, reason, and learn. Our beta brainwaves are usually where our ego resides. When we begin to relax or meditate, we enter the alpha level which allows us to bypass the busy, skeptical ego and communicate with the subconscious mind more effectively (remember we talked about mountain ranges?). There are varying degrees of both beta and alpha, but I'm just giving you the basic concept here. What's most important to remember is this: when you're in the beta brainwave,

you're focusing on your external world, but when you slip into a relaxed alpha, you're in touch with your internal world.

That's not to say that you can't be feeling all warm and relaxed (light alpha) when you're cozy on the couch with your honey watching Netflix, but rather, the depth of alpha you'll want to reach in order to activate your creative consciousness will require you to completely zone out of your outside environment. Eyes closed, period. I only emphasize this because it is indeed possible to be in your "zone" when you're gardening or painting or hanging out in nature. Some people may even think they are meditating, and in the slower brain waves, it can be considered a light *waking* meditation. But for our purposes—to create at a quantum level—all the senses need to be placed temporarily on hold.

There's also a deeper level of light sleep called theta, when lucid dreaming can take place and which, with time, you will become more familiar as you learn to Medcreate more deeply. Also, when people are in a super enlightened state, their brain waves go all gamma, but that's beyond the scope of this book. When you are in theta, you are your most creative. It's like that space between sleep and wakefulness, yet most of us fail to spend any quality, creative time there; we're either falling asleep or trying to wake up.

Through technology, science has discovered that certain sound frequencies can cause our brains to reach different wave states. My favorite method is to use isochronic tones (binaural beats work too). These can come in a variety of sounds from actual music to what some might consider "white noise," with the sound of rain or ocean waves. But don't be fooled by these seemingly empty sounds, as they are helping your brain waves slow down and reach a certain level of coherence. When that happens, you are able to temporarily forget about your external world and all the things you have to do after work so that you can enter a deep enough state where you are able to effectively interact with your subconscious mind and the quantum field. And the way you will do that is through your imagination.

I find listening with headphones is the most effective, and required if you use binaural beats. You can find boatloads of free meditation music on YouTube or you can do a google search and buy some. The science of sound is some pretty trippy stuff. In fact, it's said the whole Universe is sound. I know that sounds crazy, but we've already established the fact that the whole Universe is vibration, right? Well, sound is actually vibration too. The most recent discoveries are saying that a certain Megahertz (the 528 hz is said to be the "God" frequency) is the best to listen to when you meditate, so play around with what sounds help you relax the best.

The ultimate goal with Medcreation is to reach a deep alpha or ideally, theta level of brain state. This is generated through the thalamus. Other parts of your brain that are affected are the parietal lobe and the precuneus. While all these names are not important to understand (and pretty hard to spell), it's vital to know that science now shows us that our neurology *does* control our lives, our health, and even our ability to "attract" things into our lives. In effect, the so-called law of attraction has more to do with neuroscience than anyone once understood.

"Imagination is more important than knowledge."

Albert Einstein

Imagine

When Olympic coaches started using mental rehearsal and visualization techniques on athletes, science had not yet understood the biological or neurological levels of impact. Studies now show that a repeated thought, particularly with high emotions (chemically-related), can actually create new neuropathways in the brain. These new neural networks result in new behaviors, thus outcomes. It's also important to note that the subconscious mind cannot tell any difference between imagined scenarios versus true memories, and that both examples can be installed in the hippocampus. Evidence shows that by simply mentally rehearsing an event, the brain and body will show "evidence" as if that event had actually taken place.

Since the subconscious mind operates with images and emotions, your imagination is vital to your success. Whatever Ideal Outcome you write down for yourself must be more than words. You'll want to paint a real picture with it; an image that you can burn into your brain until it becomes a memory (as far as your cortex is concerned).

I am a big fan of creating a mental movie because it adds an extra layer of reality if you incorporate your senses and movement. While you can begin playing with this immediately, please be sure your Ideal Outcome is well thought-out and meaningful to you. It's important to keep in mind that ten people with the same goal will have ten different images that represent their own unique outcome.

Now this next point is key, so please consider it. If you just had your image and didn't create a movie, you'd still have something to work with and feed your subconscious mind, but I want you to see what the movement and detail will do. Add as much detail, sound, and excitement as you can. Recall we talked about your 5-sense self? Well what you're kind of doing is taking that self on a field trip (to the quantum field, so pack light).

The mind remembers everything. When you review a movie in your mind and then recall the snapshot that represents that movie all throughout the day, your mind is going to assign all the excitement and energy as if you sat there and played the whole movie over again. Compare it to a movie you love. All you have to do is hear the theme song and all of a sudden you recall the entire film. This is kind of like that. You'll have a moving mental movie, but you'll also choose an image representing that your Ideal Outcome has already happened.

Simply put, when we apply our mental and emotional energy to a desire—one we can "see" in our mind's eye—that image becomes etched upon the subconscious mind, as if it already occurred. That being the case, the subconscious mind introduces you to all sorts of opportunities and ideas that will help you along the right path. This is not to say taking action on your dreams is unnecessary, but rather that mentally rehearsing your Ideal Outcome causes more opportunities and more enthusiasm to take the inspired-by-intuition action that's necessary to achieve them.

Super important: in addition to seeing yourself in a scene third person, it's essential you are IN the scene. This is what Neville taught that so few teachers grasp. For instance, you are not just seeing yourself in your swim suit admiring the crystal clear water, celebrating your new position as "big boss." You are actually, in this moment, lying on that beach, waiting for the cute lifeguard to rub sunscreen on your belly. In other words, you are not sitting in your kitchen chair with your eyes closed; you are sitting in a chair at the beach. Tricky, I know, but that's why so few people manifest what they want. Just work with it and over time, it will become easier to do.

Connect

The key to this facet of the D.I.C.E. acronym is to connect with the part of you that is not worried about paying the bills or getting eaten by a saber tooth tiger. In other words, your higher self.

If you are a spiritual person, you may choose to consider this as connecting to the Universe. If you are a religious person, you may think of it as connecting with God. It doesn't really matter, so as long as you are finding what I call that "sweet spot," of not being aware of the room you're sitting in because your mind is so relaxed, elevated, and completely freaking convinced you are IN the vision you're imagining.

You could simply consider it that place in deep meditation where you feel at peace. Remember, quantum science tells us there is indeed an electromagnetic field that permeates all things, which is comprised of energy. And of course, on a neurological and psychological level, no one can dispute the fact that our subconscious thoughts are just out of our reach, but in this altered state of physical and mental relaxation we can impress ideas upon and communicate with this aspect of ourselves. Remember Folsom Dam? The subconscious mind is the gateway to higher consciousness and certainly to the quantum field where all probabilities already exist.

So regardless of how you choose to address and approach the connecting part, it's perfectly fine to simply say you're "connecting" when you're in a space of inner peace and silence. This is important because when you hit that sweet spot where your imagination has become **more real in your internal world than any existing condition in your outer world**, you truly are changing the physical structure of your brain. And that's where the real magic begins.

Emote

Now, you've utilized your imagination to make your Ideal Outcome image so real that you should no longer feel like you're sitting wherever you are (and please sit up during your Medicreation so you don't close your eyes and go night-night). You should be feeling as if you are living in your Ideal Outcome, which is the goal of every session, by the way. If that's the case, then wouldn't it be natural to assume you'd be happy? Grateful, even?

I mean, let's think about this. If you've just envisioned your dream life and you've employed your imagination 100%, on some level, you are already there. Of course you'd be happy! Somebody would have to peel you off the freaking ceiling you'd be so excited! It is in this place when you want to truly bask in that joy. Remember gratitude is one of the highest emotions we have to work with. In Medicreation we give thanks for the Ideal Outcome *before* it has happened in our physical world, because by virtue of this practice, it already *has* happened in our mental world.

The thoughts we have when we "live" something new in our imagination cause new neural connections. Recall this activity is electric and our feelings are magnetic. The combination affects the electromagnetic field around you and is no different than the electromagnetic field that holds our Universe together or keeps our planet spinning in the sky (don't fall!).

Beyond that, it is also important to recognize that our emotions are a result of chemicals released in the brain. Certain neurotransmitters affect different regions of the brain that can cause us to feel happy or sad (or tired or wired). Thus, our positive feelings have a measurable impact on our physical bodies as well as our behaviors and ability to attract the kinds of futures we feel passionate about creating. Isn't that exciting enough to invest in every single day?

The image in your mind being so real that you feel it's actually happening now is the precise key that has always made visualization techniques by super stars and titans so effective. The idea of your vision actually being true is going to be exciting, right? Well, that excitement translates into the release of dopamine in your brain. *That's* the feeling you're going for every session.

When you feel the gratitude that would be a normal component to the experience realized, you'll be faster on your way to then experiencing it in the physical world. In simpler terms: **feel as excited and grateful now as you will feel when your image actually happens.**

Try to invoke as many senses as you can. Sound, smell, touch, will all help the imagined experience be all that more real. Making your vision as real as possible in the mental realm should not only make you feel good; it should leave you with a genuine sense of giddiness.

In summary, your Medicreation practice is when you close your eyes, tune out the external world, tune into your internal word, and envision the Ideal Outcome you desire. And since you will imagine it with such certainty and commitment, you will begin to convince your subconscious mind that it is true (poor little guy doesn't know the difference). From that point, you will intentionally flood your body with the gratitude, further convincing it that your Ideal Outcome has just come to pass. In all of that, you have tapped in to a higher part of yourself, and the quantum field at large—and it's a very big field.

Using Medicreation is like having a heat-seeking missile fuel your imagination. It will help you become the person who has that very experience. The greatest part of this will be the changes in your behavior, thus your actions, which will begin to seem almost effortless because they're being unconsciously (as well as consciously) carried out. Just IMAGINE if you could put good habits on auto pilot too (you can) and have an impact on the smaller things in life as well (you will), all by just tuning in every day and imagining your Ideal Outcome through the art and science of Medicreation (yay you!).

Remember too that thoughts in and of themselves are fast and wispy like a dandelion. It's when you add the intensity of emotion (good or bad) that you magnetize the heck out of them.

P.S.

This is not meant to be a one hit wonder. While discovering your big vision is important, remember it's really the *feeling of already having it* that you're after, thus, you will want to learn to live this way. Once you have in fact achieved your vision, find another one and then another one. When we learn to live in this blissful, life-is-freaking-amazing state, we never want to leave it.

