A stylized landscape illustration. The background consists of several layers of wavy, horizontal bands in shades of blue and light blue, creating a sense of depth and movement. In the foreground, there are rolling green hills of varying shades of green. On the left side, a tall, thin black stem rises from a small cluster of orange and brown shapes, topped with a large, multi-layered flower in shades of purple and pink. The overall style is clean and modern, with a focus on organic shapes and a soft color palette.

# Creating Your New Reality

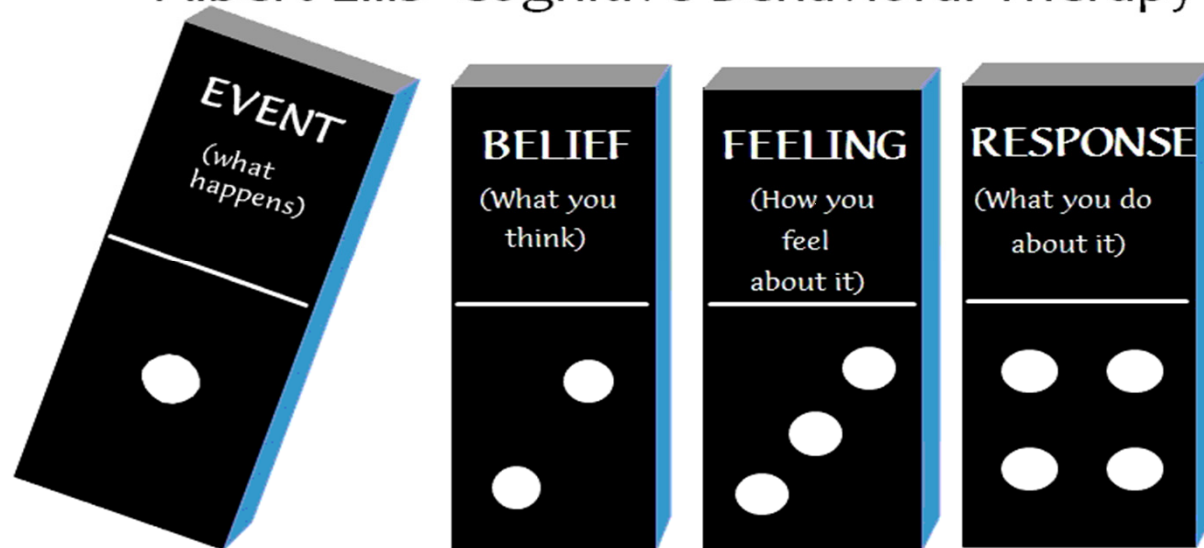
## The Mind-Body Connection



© 2007-2018 Jody Johnston Pawel, LSW, CFLE

# How To Intentionally Create Your Reality

Domino Sequence 1:  
Albert Ellis' Cognitive Behavioral Therapy

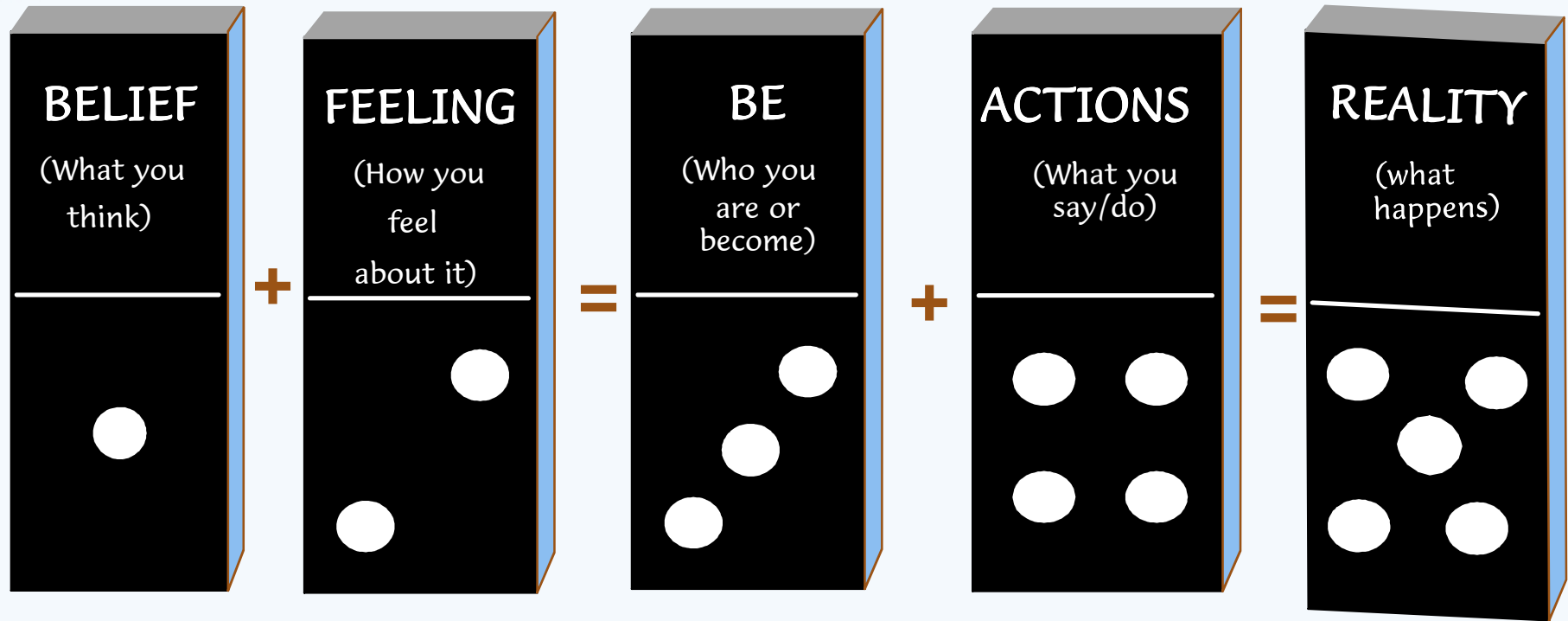


REACTING vs. RESPONDING TO EVENTS

Victim vs. Empowered Choice



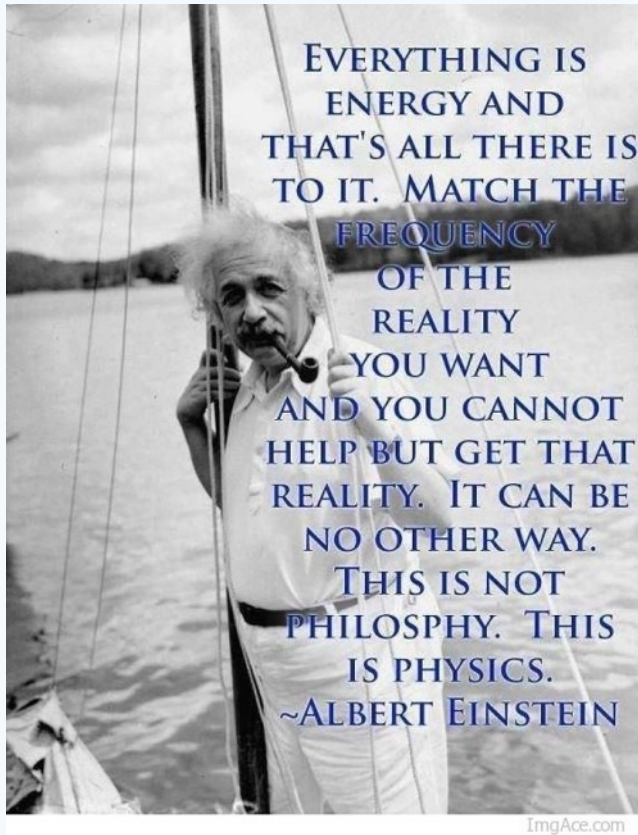
# How To Intentionally Create Your Reality



Who you are Inside = Your Energy Vibration → Interacts with Universal Laws = to Create Your Reality



# Creating Your New Reality



## *Everything Is Energy*

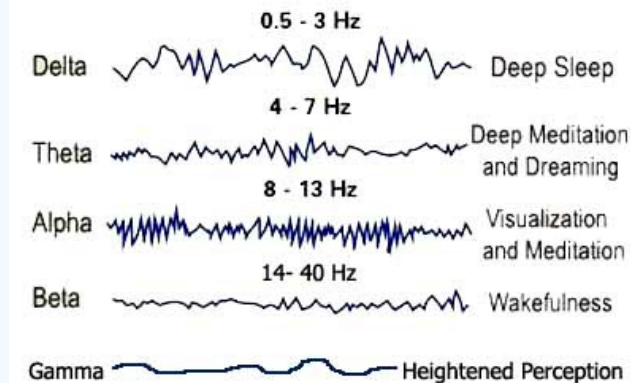
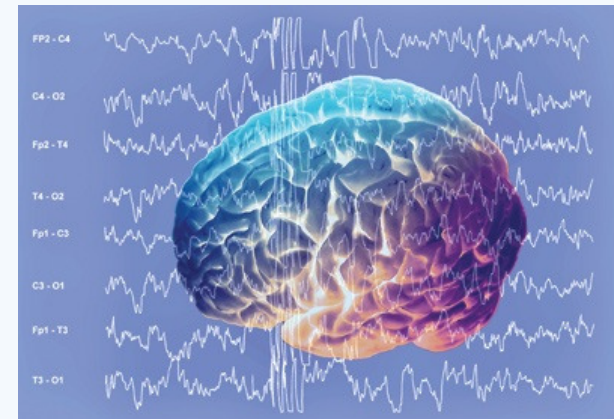
and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.

--- Albert Einstein



# The Power of Your Thoughts

- Thoughts are *waves* of energy vibrating at a resonance of the thought
- Sub-Conscious thoughts or programmed beliefs replay over and over. Age 0-6 beliefs are recorded without filtering.
- Conscious thoughts must be repeated and amplified (by emotions) to become stronger than the sub-conscious programming.



# Creating Your New Reality



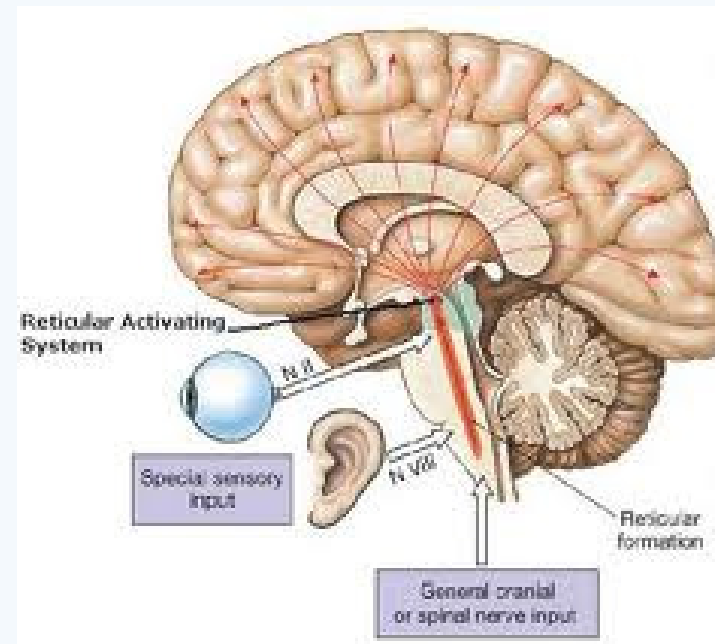
Beliefs are absolute, like being pregnant. Either you are or you aren't. You can't be a little pregnant.

You either believe it or you don't.



# What You Think About, You See. What You See, Becomes Your Reality

- The mind always wants to be right, so it looks for validation.
- The Reticular Activation System (RAS) decides which bits of information get in and which are ignored. It's your mental radar. It lets in whatever you are interested in or looking for.
- The RAS is a powerful focusing tool. When you *aim* it, you will see (and receive) more of what you are focusing on.
- Intention + Focused Attention → the RAS lets that information in = creates the reality we see.



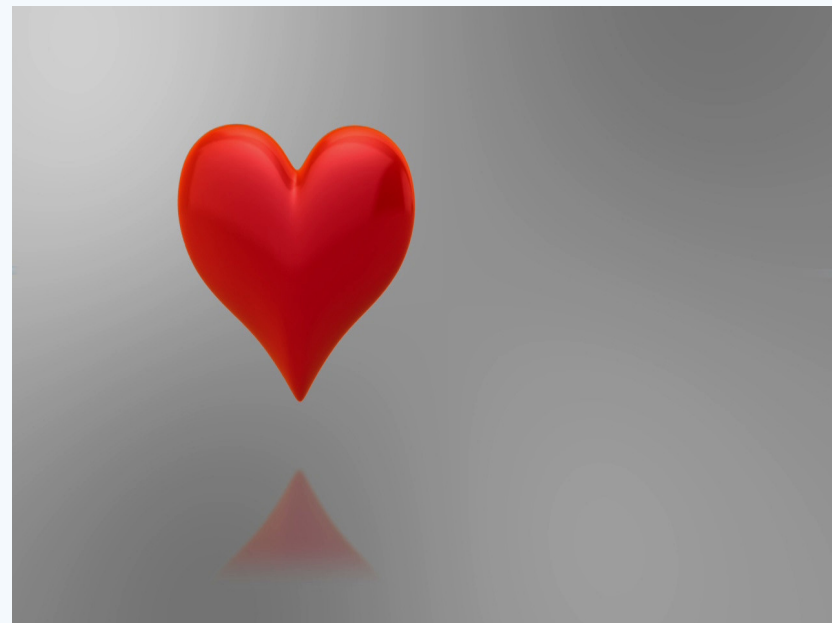
[Reticular Activating System – 4:13](https://youtu.be/QCnfAzAlhVw)  
<https://youtu.be/QCnfAzAlhVw>



# The Power of Your Emotions

Emotions result from the thoughts we think and amplify the energetic frequency of the thought wave.

It is your emotions, more than what you *see* or visualize that give power to your thoughts.



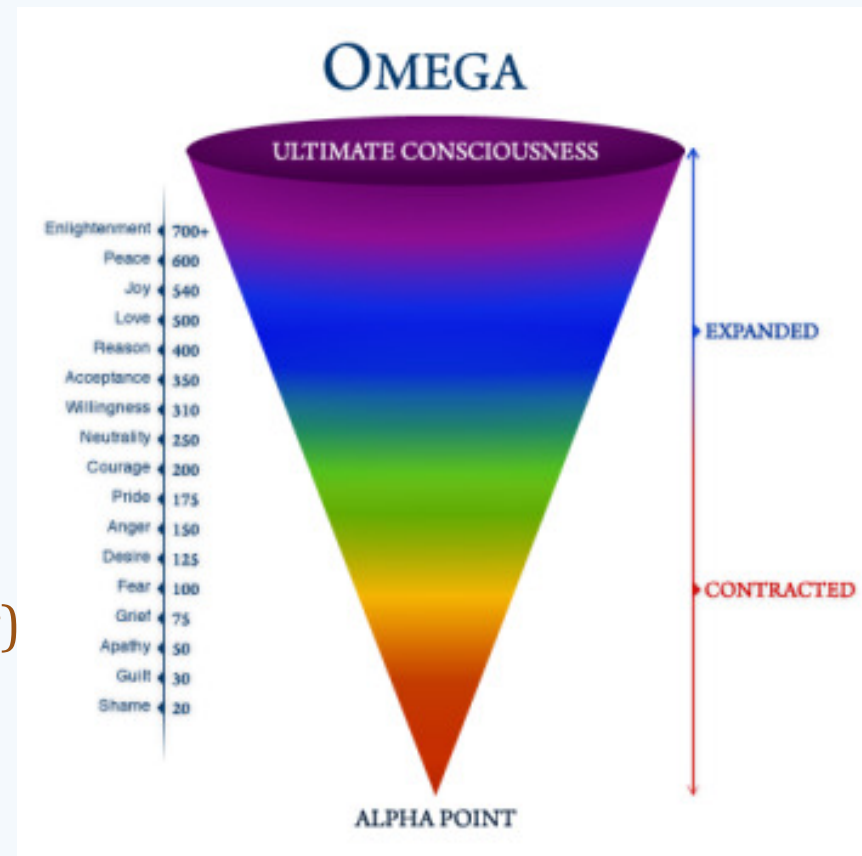


# The Vibrational Rates of Emotions

Energy vibrates at different wavelengths

Lower/more dense = physical manifestations (physical disease)

Higher/faster/less dense = non-physical creation, releasing physical manifestations (healing)

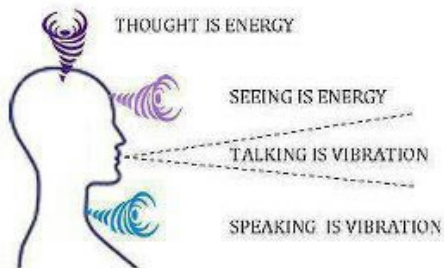


# The Power of Thoughts/Emotions/Words

## YOUR VOICE COMMANDS YOUR MIND, BODY & SPIRIT

Learn the true meaning of each word, the root and the original intention. Find the cousins to each word, say it, feel it, which one will move you forward in your own life?

**ENERGY + VIBRATION = MATTER**



**THOUGHTS + VOICE = REALITY**

Help the self by Walking the Absolute Truth of your own life, Meditate & Pray...Keep thoughts, actions & words positive...Be self empowered and use the tools presented in a good way

*Made with unconditional love:  
Barbara M. Moreau, Angel who dances on the Clouds  
Frank J. Austin, Manwhorses (Teacher)*

<b>I can't</b>	=	• Will literally stop growth
<b>I won't</b>		• Will literally put a block in your way
<b>It's hard</b>		• Can not is a command to self
<b>I Don't Believe</b>		• Will literally stop you from achieving anything in your life
<b>I'm a skeptic</b>		• Is a taught behavior that is a conditional to hold a person back
<b>I don't like it</b>		• Stops a person from learning
		• Stops a person from gaining intellect (IQ)

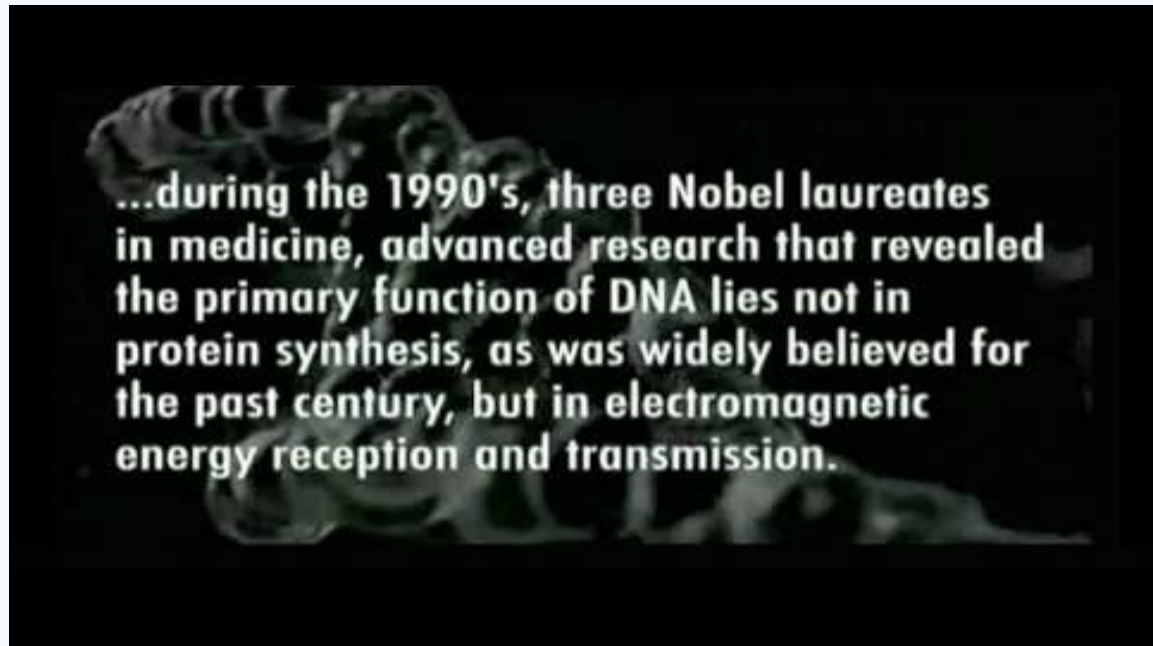
<b>Try</b>	=	• Try and you will do it over and over and over never get to the end
<b>Trying</b>		• Puts a block in your way
<b>I can try</b>		• Try is a command to self
<b>I'm trying</b>		• Try and trying is a taught behavior that is a condition to hold a person back
<b>I will try</b>		• It has very little or no results
<b>I will attempt</b>		• It is like running a race with no end
		• It is never ending
		• It is repetitious

<b>I can</b>	=	• Literally promotes growth
<b>I am</b>		• Can is a command to self
<b>I believe</b>		• Allows your wants, needs and desire to come true
<b>It is done</b>		• Is a behavior of using good words
<b>I can do it</b>		• It is unconditional and moves a person forward in life
<b>I can do anything</b>		• When you know inside you can do it your body needs to hear it
		• Your body reacts to key words



# The Heart is Your Strongest Electromagnetic Output Device

- Feelings are the strongest electromagnetic vibration you create.
- Not coincidentally, Your Heart is Your Strongest Electromagnetic Output Device.
- It is also has it's own brain, called heart intelligence.
- It is responsible for sending the electrical signal to the brain that triggers our emotions and which bio-chemicals to produce.



HeartMath 1:21 minutes  
<https://youtu.be/tHNtwLDEZAU>



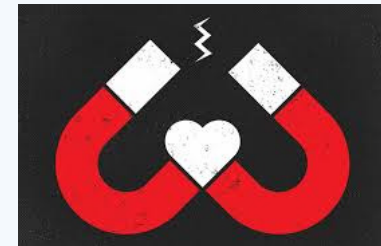
© 2007-2018 Jody Johnston Pawel, LSW, CFLE

# The Heart is Your Strongest Electromagnetic Output Device

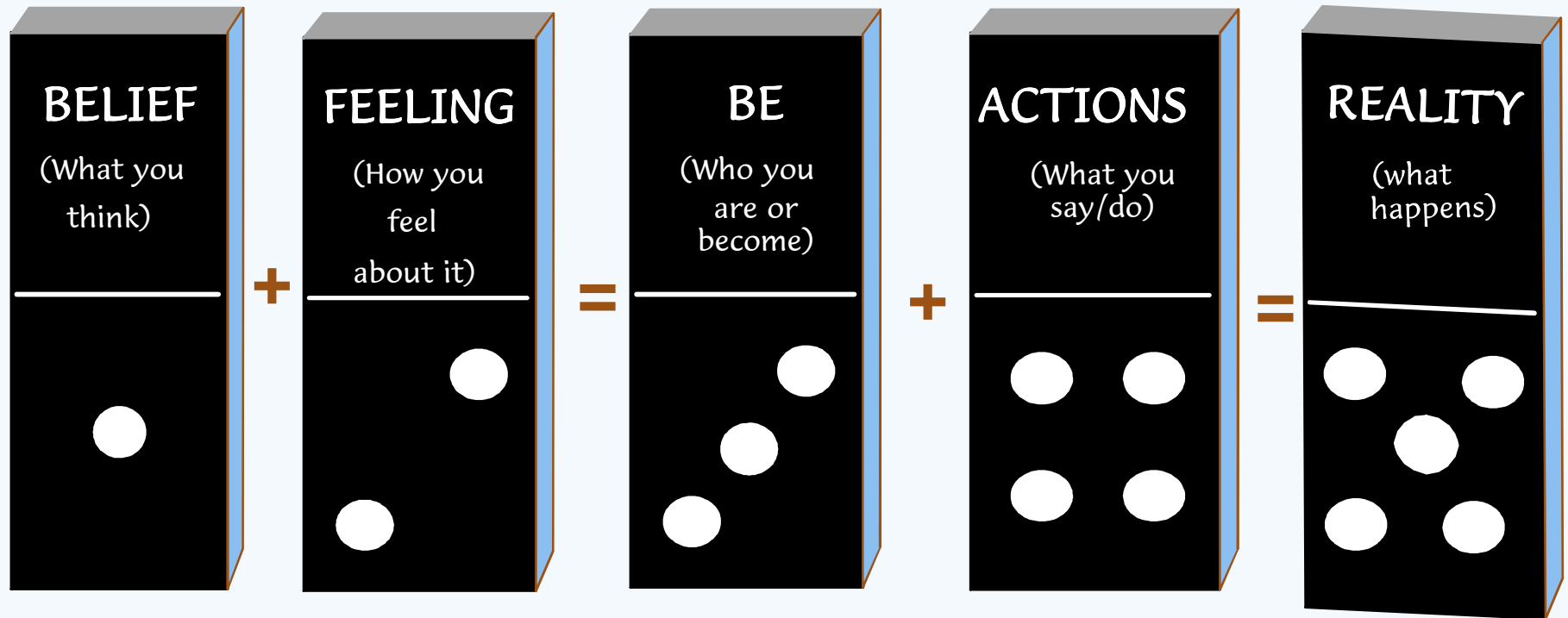
- The vibration you send out is what you will attract to you.



= Whatever you think, feel, act upon and focus on



# How To Intentionally Create Your Reality



Who you are Inside =

Your Energy Vibration → Interacts with Universal Laws

= to Create Your Reality



# Intentionally Create Your Day ... and Your Reality

I'm taking this time to create my day and I'm infecting the quantum field. If, in fact, the Observer is watching while I'm doing this and there's a spiritual aspect to myself then show me a sign today that you paid attention to any one of these things that I created and bring them in a way that I won't expect, so I'm surprised at my ability to be able to experience these things and make it so I have no doubt it has come from you. --- Dr. Joe Dispenza



From *What the Bleep Do We Know?* movie  
1:26 minutes <http://youtu.be/G5nqMjPJhIA>



© 2007-2018 Jody Johnston Pawel, LSW, CFLE

For More Information

**Movies:**

**What If? – The Movie**

**What the Bleep Do We Know?**

**Visit:**

**ParentsToolshop.com**

**Jody Johnston Pawel, LSW, CFLE**

**937-748-4541**

**[www.ParentsToolshop.com](http://www.ParentsToolshop.com)**



© 2007-2018 Jody Johnston Pawel, LSW, CFLE