

The Secret Reality Creation Technique

2010 Frederick E. Dodson

www.oceanofsilence.com

The Secret Reality Creation Technique is to help you to more effortlessly attract good things into your life. I have been using this technique in my "upper level" *Reality Creation Courses* but have been reluctant to share it outside of those Courses. Why the secrecy? So that I would have "new material" for advanced students and also because the technique is somewhat controversial and requires prior experience in Meditation. If you are not skilled in Meditation you best practice my regular "*Reality Creation Technique*" described in the book of the same title.

The following Image shows a Scale from **Desire** on one side to **Resistance** on the other.

Other words for Desire:

- Wanting
- Attachment
- Needing
- Longing
- Lacking

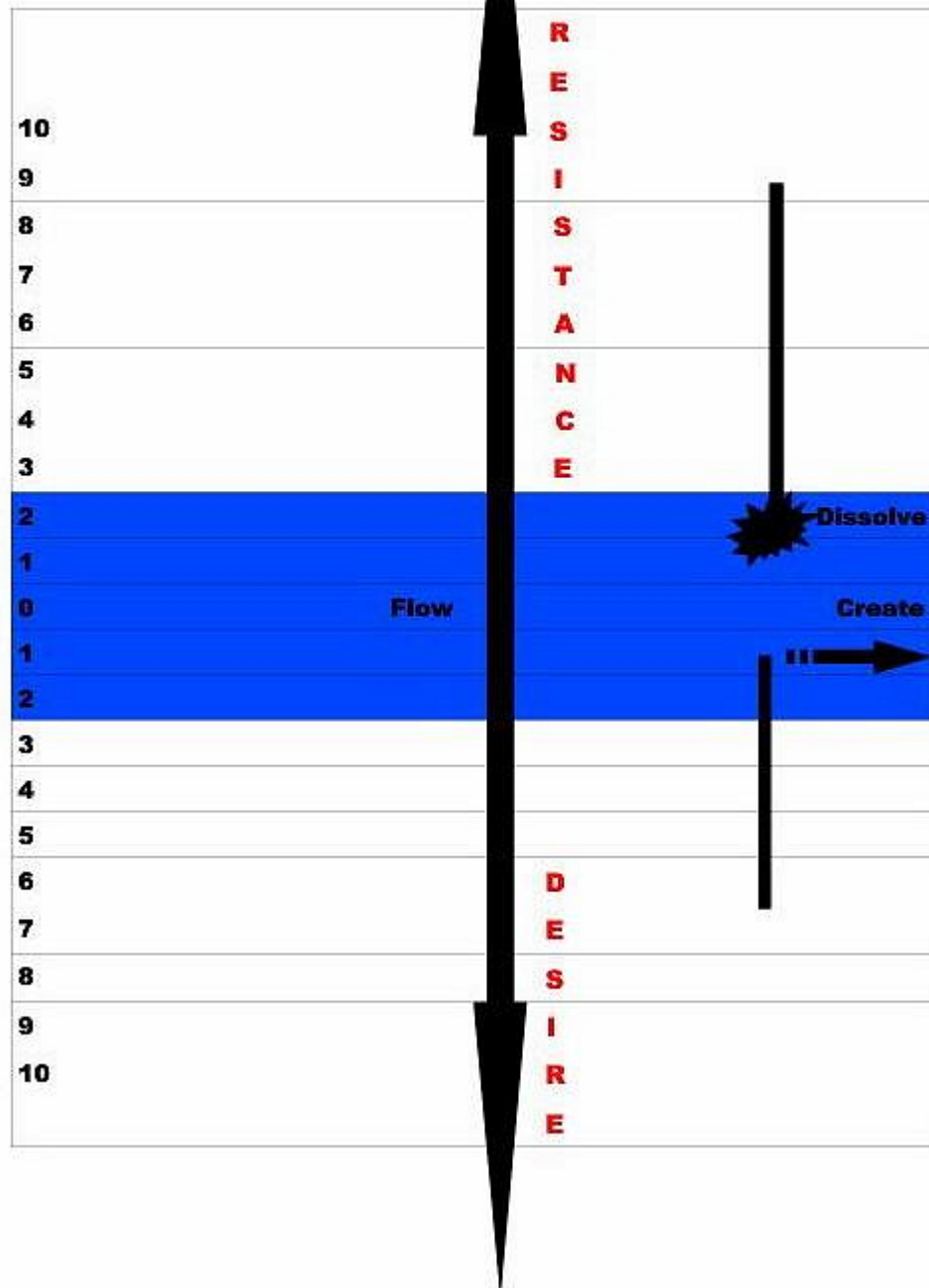
Other words for Resistance:

- Not Liking
- Having an Aversion
- Pushing Away
- Hating
- Terrified By

The Scale below shows levels of Desire and Resistance. The shaded area in the middle shows more neutral states. On Levels 1 and 2 of *Desire* one could say that one has a *Preference* for something whereas on Level 7 it turns into a painful longing and on Levels 8 or 9 the Desire becomes a full blown obsession, addiction, craze. On Levels 1 and 2 of Resistance one could say that one does *not prefer* something whereas on 7 it would be outright hatred and Level 9 is terrified to the core.

Desire/Resistance Chart

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The further up the scale you are on any issue, on either side, the more problems you will have in your life. That's one of the first secrets revealed here. The Buddha-like calm and peace toward the middle of the scale is a state of power and both out-of-control Desire at 5, 6, 7, 8, 9, 10 and out-of control Resistance at 5, 6, 7, 8, 9, 10 will wreck your life. Why? Because Desire implies and creates lack. Every time you say "I want" you are saying "I don't have". And just like you can't stand and sit down at the same time, you cannot "Want" and

"Have" at the same time. This does not apply to the softer *Wants* at Levels 1 and 2, such as "wanting a cup of coffee". These wants are easier to achieve because there is no dramatic energy push or pull associated with them. And regarding Resistance, your mind focuses on what you most resist so you will always eventually get everything you resist. The tragic comedy of life is that everything you fear and hate will accumulate and start showing up in your day-to-day life. So if you hate spiders, that would be a Level 7 Resistance and you can be sure that you will not only see more spiders than others do but that they will always be a problem when you see them. If your aversion is extreme you will even attract them as if by an energy-magnet. This does not apply to soft Dislikes at Levels 1 and 2 such as "I don't like coffee". Not liking coffee remains a non-issue; nobody will be forcing you to drink any.

That's why one of the main practices in the advanced levels of *The Reality Creation Course* (oceanofsilence.com) is to "Neutralize Energy" by reducing Resistances and Desires. Allow yourself to relax your Resistances and you are no longer preoccupied with negativity. Allow yourself to relax your Desires and you are no longer preoccupied with unfulfilled wishes. The result is free attention and free energy. That, in turn, opens spaces for more Power, Productivity and the ability to create what you prefer in life. In Buddhism and Hinduism this state is known as the one beyond Attachments and Aversions, a state of Equanimity, Bliss, Peace and Freedom of Choice.

The next secret I'd like to reveal is depicted in the two lines I've added to the drawing: One shows an arrow leading from Desire into the "Neutral Zone" the other shows a line leading from Resistance into Neutrality. What this means is: *Resistances that are led into Neutral-Zone dissolve. Desires that are led into Neutral-Zone manifest*. This then at last, is the Revelation of "The Secret", promised but never disclosed in the popular Movie and Book Series of the same name. This is where real "law of attraction" comes into play. This is where the real "you create your own reality" begins. Why? Because no longer needing means you radiate "already having". If you were a Millionaire, would you be "wanting money"? Not hardly.

The shaded neutral area also represents the state known as "Flow". A state you got into either by sustained focus and creative productivity or by releasing your preoccupation with Resistance and Desire. In the state of Flow it is as if things happen, appear and clear effortlessly and magically.

This may sound like a fairy tale at first. Why would the good stuff create and the bad stuff dissolve? The reason is, that life, or the Universe is One Energy, one thing, not two. There is actually no such thing as light or darkness, only different densities of light. There is only light. There is only consciousness. Light is all there is. Consciousness is all there is. When Consciousness witnesses something that it appreciates, that something grows. When Consciousness witnesses something that it does not appreciate, it disappears. Put differently, all "negativity" burns away in the Light of Consciousness while all "positivity" grows in the Light. Stare at a Demon and the Demon runs away. Stare at an Angel and the Angel joins you.

The Aversion List

For the Technique to work it is important that you familiarize yourself with the various nuances and levels of Resistance/Aversion and Attachment/Desire. Begin by writing an Aversion-List. That is a list of everything you dislike, despise, try to avoid, hate, resist. If you want you can start with Level 1s and work yourself up to the highest levels of Resistance. This is an example of what the list might look like from bottom to top:

- Smelly Socks
- Dirty Public Restrooms
- My spouse interrupting me at work
- Crying Babies
- Traffic Jams
- Taking out the Trash
- Boredom
- Weather too Hot
- Weather too Cold
- Decay
- Fatigue
- Stupid People
- The negativity at work
- The negativity on the news
- The shape of my body
- Lack of Money
- Liars
- Noise early morning
- Insects
- Careless
- People
- Fanatic
- People
- Dementia and Ageing
- Violence

Psychosis

The list could be shorter or longer, even significantly longer. It could contain completely different items than these examples. You have some unique Resistances that nobody else has (and you also have some Resistances that everyone else has). Add whatever comes up to your list over time. You will notice many more things in everyday life so be sure to add them all. Even the subtle things such as your neighbour creaking on the stairs or whatever makes you even in the slightest reactive. You should also get a sense of where each item is on the scale compared to others. Some things have more emotional “charge”, some less. Generally if a subject is more loaded then it is higher on the Resistance scale. (In some exceptional cases something is so high in Resistance that there is no feeling at all, just

numbness. It may take some practice before that frozenness thaws out and becomes an Emotion). If there is something that keeps forcing itself into your mind, something you keep thinking of while gritting your teeth, that subject is at least on a Level 5 Resistance, for example. Level 1 to 2 Resistances are nothing to be concerned about. They are normal, natural and even healthy levels of Resistance. Trying to get rid of even those shows a misunderstanding of what buddhic equanimity is all about. These lower levels of Resistance do not effect your energy-field adversely.

The Attachment List

The next step is to write a List of Desires, Likes, Wants, Preferences, Longings, Cravings, and Attachments. What follows is an example, from bottom to top:

- Nice and clear spring days
- Chocolate
- Better hair growth
- Food
- Cleanness
- Wide open spaces
- Freedom
- Nice cars
- Winning at Tennis
- Approval from my Boss
- Serene Places
- Money/Income
- Living in a better neighbourhood
- A successful Business
- Finding a Soul-mate
- Finding my perfect vocation
- Sex
- Adventurous Travel
- Cigarettes

High States of Energy

The list may be shorter or longer, even significantly longer. It could contain completely different items than the examples I gave. Add whatever comes up over time. You will notice many more Desires small and big, specific and unspecific in everyday life. Capture all of them for your List. This practice alone will shift your energy beneficially. Dissolving some of your more superficial desires will eventually reveal deeper-seated, more essential Desires which you then proceed to neutralize with this method. For example, there is nothing wrong with wanting nice cars. But once that Desire is dissolved it might reveal a deeper desire that had been covered-up, such as the desire for recognition, novelty or glamour. Dissolving the

desire for Cigarettes many reveal for example the deeper desire of a longing for spiritual experiences. I have been practicing the Technique one and off for over a Decade now and must say it is liberating to know that there is no Emotion or State that can dominate you.

You do not really get what you strongly Desire, despite the promises of the advertising-industry, despite what motivational speakers keep saying. And in the rare cases that you do get it with lots of effort, it's not fulfilling, you don't feel whole and complete after getting it. But that is not to say that strong Desire is entirely unhelpful and without purpose. In cases where you desired strongly, once you finally let go, fulfilment manifests more quickly and deeply than one might expect. The strong Desire was like stretching a rubber band and letting go has a much stronger positive effect than if the Desire was soft to begin with. In other words, the further down in Hell you were, the more delighted you will be about Earth and Heaven. So that is at least some benefit to strong Desire right there. But should you remain in that state in general and on specific issues throughout longer periods of time the longing and lacking will eventually turn into negativity and very undesirable states of Emotion. It will dominate your mind rather than your mind dominating it.

Neutralizing the Energy

There are many ways to neutralize Aversion and Attachment. One is through various Meditation and Releasing methods such as I have been offering since years as Audio-Downloads (www.realitycreation.net). The Basic Method of Releasing is to view what you resist in your mind's eye and *accept* it. So you close your eyes and bring up something you have been trying to push away. For example a person that makes you angry. As you view that person, anger may come up. But by viewing you also *confront* and *welcome* whatever there is. You gradually release your reactive-ness and calm down. And as you continue to do so what was Resistance 5 will gradually drop to 4,3,2,1 and then disappear entirely. Once no more emotional charge is left you can simply view the image in your mind's eye and there will be no more anger welling up on it. You could use self-inquiries such as "*Could I let go of trying to change this?*" or "*Could I let go of trying to change him?*" or "*Could I let go of resisting this and just allow whatever is there to be there?*" Mental Observing of the issue without adding reactions and labels to what you see, will gradually dissolve it. Anything you shine your *light of awareness* on that is not good for you, dissolves. The same principles apply to things you desire. If there were a person of you'd like to have sex with, you would hold an image of having sex with that person in your mind's eye but would gradually let go of or relax the Desire-part or the neediness and instead simply imagine already having it or even better already *having had* it. These are the fairly well known ways of mediating on issues and releasing some the Resistance and Desire.

The *Secret Reality Creation Technique* applies a technique more intense and confrontational. It transforms the energy more quickly by *projecting Desire onto the things you Resist and Resistance onto the things you Desire*. The energy-flow is reversed. What you urgently want you temporarily hate and what you certainly don't want you temporarily crave. What happens as you flow Desire onto something you Resist is that it starts moving down the scale rather rapidly. Something is at Resistance 7, you project Desire on it and it goes down

to 5 within a minute, then 3 within another minute and down to neutral within 5 minutes (for instance – some issues, especially those you have been carrying around for years will take a bit longer). Then you stop. You project Resistance on something you Desire and it goes from 7 down to 1 within a few minutes. But you would have to stop the exercise once you reach neutral (0,1 or 2) otherwise you begin liking the stuff you disliked before and begin disliking the stuff you liked before.

An example:

Say you are addicted to Cigarettes. Cigarettes would then be a Level 8 Desire meaning you really crave nicotine, you crave sucking on the stick, you crave the smell and the sensation going through your body. You start projecting Resistance on this by closing your eyes and imagining you hate smoke, you despise cigarettes, you are disgusted by smoking effects, you can't stand black lungs, are absolutely terrified by smoking lounges. As you practice hating, pushing away, disliking and not wanting Cigarettes, as you practice being someone who is afraid of smoking or has a real aversion towards it, you will feel how the energy begins to shift. Visualize as long as it is needed to take the issue down to 7,6,5,4,3 and at least down to 2. You might want to take a break in between. You might feel that the issue is down to 5 and continue next day. Sometimes you only know the next day how far you managed to get the issue down. Temporarily it may feel neutralized but you only really know after a break.

Another example:

Let's say you are afraid of spiders. You have a Phobia, which is pretty high on the Scale, a Level 9 Resistance. So you would visualize a spider and imagine you are someone who likes spiders, wants spiders, thinks spiders are nice, furry, sweet, cuddly, lovely, funny, pet like, helpful, very smallish, household-gems, good because they clean up insects and dusts, smart, friendly, positive and you not only accept them but even more, you enjoy spiders, like spiders, are friends with spiders, want to have them crawl all over you. If the issue really was on nine you will feel strong energy-sensations in your body and being as you do this. These are discharges of energy that was previously stuck. If an issue is really loaded, as in a Phobia, I very, very much recommend you take it slow. It's quite a huge step if you took your aversion towards spiders from 9 (terrified) down to 7 (fearful). You can then later take it down to 5 (very much dislike) and 3 (dislike) and then settle in on 2 (not prefer). If needed you can allow this progression to be a matter of weeks rather than minutes. If something was as high up as 8 or 9 I recommend you stop once it is down to 2. Trying to get it down to 1 or 0 is too much asked and may overwhelm your body mind in a way that adversely effects your reality creation practice. This is because some of the things we hold on 8 or 9 really are inherently of a negative energy-field (in contrast to normal human experience) and bringing them to 0 would be unnatural. To put it more bluntly: The level of consciousness of a mass-murderer is not necessarily compatible with that of humanity and we are not meant to smile in the face of it. We are meant to feel uneasy about it. So keeping that at a 2 or even 3 is just fine.

Essentially the technique consists of not only accepting something but *thoroughly enjoying* it. Acceptance heals, joy heals even more strongly. It takes the idea of “it’s all in the mind” and “it’s all a matter of Imagination” to the next level. So Imagine another thing you dislike, some lack you perceive in your life, some fear. Now let that image and feeling come up. And let it come up more. And imagine you would like it to come up more; you would love more of that. So if you are afraid of poverty, then focus on, imagine that you want to be poor, you are addicted to it, can’t get enough of it. Imagine you suck it in, breathe it in, swim in it, lose yourself in that energy, are attracted to it, have an affinity to it. You would like more. You really, really, really *Desire* that.

See what happens? The heaviness “miraculously” lifts, the pressure dissolves, the energy transforms. The exercise makes many people laugh – a sure indicator that their attitude towards the “problem” has shifted. They laugh because they see how easy it is to change one’s mind about something and let go of worry, dread, fear, heaviness, grief, frustration and whatnot. Imagine something you Lust for. Lust is a Level 5+ Desire and indicates a belief that says “*I want but I can’t*”. There is a belief in ones inability to have it. Feel that Lust for a moment, and feel the “I can’t” inherent in it. Bring up that “I can’t” and on the out breathe relax it. Now, turn the energy around and imagine being someone who does not want that, does not like that, can’t stand it, has an aversion against it. While focussing on that item push against it. Try to develop stress, frustration, anger, fear, sadness, apathy, guilt, hate or shame towards it. This may be

the first method you have ever learned and will ever learn that makes positive use of “negative” Emotions.

And see what happens? You begin feeling lighter and less needy. And the moment you are less needy of something, that something starts running after you rather than you having to run after it. That is the magic of this technique.

Another secret I can share with you (which has been a secret only because you have kept it secret from yourself), something you may even have noticed yourself by now is that Desire is contained within Resistance, and Resistance is contained within Desire. The reason it's so rarely noticed is because we hide the other side of the coin from ourselves. So an unfulfilled lusting for a partner is not only a Resistance toward being alone but, as crazy as it may sound, a Resistance toward having a partner. A Desire for Freedom is not only a Resistance toward being confined and limited but also an actual aversion toward Freedom. You will notice that you already secretly carry Resistance towards your Desires and Desire of your Resistances within you. This sounds unlikely to most but it will become obvious during your practice. Consciously you say you want this and that, want money, sex, enlightenment and whatever. But if you were really *willing* to have those things, you would have them. Subconsciously you do not want these things. That’s why you Desire them...in order to keep them at bay, in order to keep them distant. The mere act of Desiring is like saying “I am separate from the Whole, I am separate from those objects”. And the things you resist you secretly want, otherwise you would quit resisting them. Resisting them is like saying “give me more of that”. You keep banging against the wall instead of focussing on more pleasant things than that wall. Why would you want those unpleasant things? I don’t know, but there is always some secret pay-off involved. Being a victim pays off for some. For others its being

able to maintain a “comfort zone of familiarity”. The reasons are endless. Two questions to help you think in deeper ways:

What is something you pretend not to want but could admit you secretly want? And what benefit could that “problem” have for you?

What is something you pretend you want but could admit you secretly don't want? And what benefit could not getting that have for you?

The things referred to in this article of Course touch the very core of your existence and reality. For some shockingly so. But wouldn't that be expected of something discussing actual *Reality Creation*?

Your next step in the process is the most important. Go through your Resistance-List, beginning at the bottom with the easy stuff and working your way towards the top. Neutralize each item or draw each item down the scale by projecting enjoyment, non-resistance and Desire onto the items. Afterwards go through your Desire-List from bottom to top and neutralize each item by projecting aversion, dislike and hatred onto them. Continue only until they neutralize and not beyond that (so that you don't *really* start hating ice-cream, so that you don't *really* start loving murder).

If you need help doing this process I have created the audio-program “The Secret Reality Creation Technique” that guides you through the exercise. If you have your own Resistance and Desire Lists to work on this audio-tool (available at www.realitycreation.org) is a good companion.

Some of you will have an aversion towards the exercise itself. "Loving murder? No way. That's horrible", they might say. To which I respond: Focussing on these things secretly or inadvertently is much more harmful. Someone who suppresses his thoughts of murder eventually becomes a murderer in real life. The feeling of guilt coupled with his Desire form an energetic vortex which spins and spins and finally materializes. You can do this exercise because a soul can imagine anything. Being unable to imagine something is a gross self-limitation, a denial of what happens in the Universe. Someone spending his whole life campaigning against perceived wrongdoers because he was victimized himself, has some stuck emotions to release. And I highly recommend he releases them so that he can free himself from his preoccupation with negativity and get on with his life. And this is exactly what makes *The Secret Reality Creation Technique* controversial and the reason I keep it and many other things to myself. Focussing on evil does not solve evil. Featuring them on TV or fighting them only gives them more Importance and more Energy. Energy flows where attention goes. Bad things don't happen by coincidence. But try introducing this level of Awareness to people and they get very angry. So it's best to keep it to oneself, hence *Secret*.

In any case, for the purpose of this Technique, if you have issues that are very, very touchy for you, then if you don't want to apply "Desire" and "Enjoyment" to them, at least apply *Acceptance* so that these issues do not dominate your field of awareness and you can go on with more pleasant aspects of life. Genocide for example, as bad as it is, represents 0.0000000001% of what is happening on earth and you are not forced to treat it as if it

represents 50%. Release your attention from such energy fields, they are not good for you. Inner Acceptance of a Genocide that has already happened does not mean being OK with the Perpetrators or not fighting them. Inner *Acceptance* means that these People do not control your emotional energy field. If someone abused you, you are not harming him or her by holding negative energy within yourself. You are only harming yourself. So let it go.

Once you have neutralized on all the items of your Lists, put the exercise aside and wait a few days or weeks. After such a period of rest you will see what energies you still harbour and can work on calming them. Basically all phenomena, all thoughts and all emotions are like spinning energy-vortexes. What makes them spin are three components: The thought, the observer of that thought and the energy (Desire or Resistance). Without one of those components the whole vortex falls apart.

One can trace all Resistances and Desires to these Essentials:

- Desire for Attention (Approval, Acknowledgement, Love) or Resistance of Love-Withdrawal (Criticism, Disapproval, Non-Attention)
- Desire for Security (Safety, Comfort, Knowing, Certainty) or Resistance of Uncertainty (Non-Safety, Not-Knowing, Discomfort)
- Desire for Control (Power, Dominance) or Resistance of Control-Loss
- Desire for Freedom (Specialness, Separation, Differentness, Leaving) or Resistance of Togetherness (Oneness, Sameness, Confinement, Imprisonment)
- Desire for Togetherness (Oneness, Sameness, Staying) or Resistance of Aloneness (Isolation, Freedom)

Once you're adept at the Technique you can trace any issue, any thought, any Emotion, any wish, any aversion to one of these items. Doing so may quicken the process of release.

On Manifesting new Realities

As a rule, new realities manifest more effortlessly in the Flow-Zone. In states of Frustration and Agitation you will less likely attract positive events. That's just the nature of the Universe. Many things that happen in Flow-Zone happen without your deliberate Intention, simply as gifts, pleasant surprises. That's because life is full to the brim with limitless energy and abundance and by freeing up previously stuck Emotions you no longer block the goods life has to offer. The Deliberate Intentions you do put out manifest more easily and quickly. Sometimes the state of peace and happiness that this Technique leads to lures you into a sense of no longer needing goals, achievements or reality creations. As someone very experienced in these matters I recommend you follow worldly goals and achievements you can be proud of anyway. They are a stabilizing factor. Without some earthly stabilization you will eventually space-out completely and drift up to the stars.

I recommend you wait for that until you are old and ready to part with earth :-)