



Generate

your life....

A practical playbook

A journey of inviting more of what you love and would like to invite into your life....

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Start where you are, with what you now have

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A practical workbook for you to play with, over... and over ...



Gratitude & Acknowledgement

I am so grateful that you are choosing to play in this space. I wonder what we'll create together? May this tool contribute to you as much as it has, and still is to me and my life.

This exercise was created by Gary M Douglas, the founder of Access Consciousness, please visit www.accessconsciousness.com for more information on this body of work and a wealth of resources. These tools and processes have empowered me to change areas of my life that I had no idea was possible to change and exponentialise.

How it works...

This exercise will assist you to increase your ability to generate, not create. You already know how to create. This is about how you get to the energy, space & consciousness that generate your life. It is about tools to use to generate the life you would like to have.

"Generation is different from creation. Generation is an energy that continuously brings things into existence. Have you ever had one of those moments when you thought about something and it came into existence instantaneously? Or you were looking for something and it showed up immediately? Or you thought of someone and they called you at that moment? These experiences are different from creation. They're generation." (Right Riches For You - Gary Douglas & Dr Dain Heer)

We'll start of the exercise by defining the energy you would like to have as your life with a few play sheets and questions you will "answer".

Once you're clear on the energy you wish to have as your life, we'll do an energy pull exercise to assist you in getting clear on how to follow the energy to generate and choose what shows-up that will lead you to what you're looking for.

Let's play!



Generate Your Life Playbook

If there were no limitation on time, money or ability; if you could choose anything, what would you choose as your life?

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If there were no limitations, and you could do what you truly loved to do, what would you choose?

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Generate Your Life Playbook

What kind of people would you like to work with?

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What starting income would you like to have?

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Generate Your Life Playbook

What kind of impact would you like to have on the world?

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What "emotion" or energetic feeling would you like your life to have?

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Now, get the energy or feeling of what it would be like to have all the things you desire as your life.

You probably have no clue about how this is going to happen, that's fine, would you be willing to be aware that it always looks different from the way you think it would? It's important not to try think it through. Just get the ENERGY of the way it would feel to have all the elements you would like to have in your life.

Have the energy? Great!

Once you have the energy of what it would feel like to have all the elements in your life, put that energy out in front of yourself.

Maybe you'd like to see it as a big energy ball. Now pull energy from all over the universe. (How? Just ask "Energy Pull") Notice how your heart opens up when you do this. Continue to pull energy into that ball. You are pulling energy from the entire universe;

You're connecting to the entire Universe. Continue to do this for every three days so you continue to be aware of what the energy you desire feels like.

Now, let little trickles of that energy go out to all the people who are looking for you and everyone and everything that is going to help make it a reality for you. You don't have to know who they are or where they are. Just let the energy move out into the universe to reach those people.

Notice any opportunity that comes into your life that feels like that energy, and DO IT, whether it makes sense to you or not. The energy, YOUR space and YOUR consciousness of knowing what you desire will lead you to what you're looking for.

**YOU ARE THE SOURCE OF YOUR LIFE
IS NOW THE TIME FOR YOU TO GENERATE THE LIFE YOU DESIRE?**