

New perspectives and inspirational plans to create lifestyles through Divine Love. Author abundance and inner peace proactively by acceptance of stewardship as the creator of your life experiences and external world. Learn to establish Calibration Links and manage the God Stuff.

Create Perfect Moments Condensed

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Create Perfect Moments Condensed

Emerald Hart

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INTRODUCTION

Creating our actions and behaviors should be done with awareness and the experience of inner peace, no matter what. Your current reality is a temporary appearance of your past thoughts – thoughts do become things. All of your external world experiences are the projections and reflections of your inner world. You created it yourself.

We cannot escape the fact that we all function through basic universal laws and principles. The *God Stuff* has its characteristics, just like everyone and everything you know.

This book presents ideas about the Law of Attraction and more, and the "Lesson of Mirrors". There are two basic emotions: love and fear. We are either in a state of love or a condition of fear, regardless of how we might otherwise like to interpret our feelings, circumstances, relationships, or situations. We invented our perceptions; concepts and degrees of emotions; and various degrees of this, that, and the other things.

We must responsibly generate abundance-centered thoughts. As an example of the contrary, poverty consciousness demonstrates recklessness with ourselves as creators. More is gained through actions of generosity than any other way. Giving is indeed receiving.

Think about what you want, embrace it, believe in it, and be in the relaxation of knowing it as your experience now. How badly do

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you want change? What are you waiting for? Start where you are right now. Love yourself more.

Change your mind – Change your life. Create perfect moments.

How To Use This Booklet

Create Perfect Moments Condensed is a composite of helpful ideas and thought systems, western and eastern philosophies. This handy booklet is the condensed, summarized version of the book, *Create Perfect Moments*, and is intended to be a useful resource as a quick reminder of the details within the book itself, or alone to assist you with making changes in your mind and life. The order in which you read the topics is not important, because they do inter-relate.

The principles encompass wisdom and age-old principles that have been successfully practiced for thousands of years. After all, truth is true and wisdom is knowledge.

Anyone from anywhere can use these suggestions and ideas, regardless of culture and location, religious and nonreligious preferences. It does not matter. Words or phrases that are capitalized refer to the Divine aspects in significance and meaning.

An easy substitution of your favorite words and phrases will work with the principles presented. It is your intentions that matter the most, and you should use the words that enrich your life and empower you. The phrase, "Divine Dear Ones", can be substituted with phrases that refer to the God(s) and Deities of your understanding and preferences.

You will be directed to write a "Manifestation List". When doing so, utilizing yellow paper and writing with red ink is best, all things

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considered. But if they are unavailable to you, any paper and writing tool will work.

Writing a list is beneficial to you because it helps to organize your thoughts in a way that completes the details of your intended outcome. If your manifestation materializes differently than you might have hoped, change your mind immediately. You can always tell the Universe, "Nope that is not what I had in mind. I am not accepting that for myself. What I meant was . . ." Then shift your focus to be centered on what you really wanted to materialize in the first place.

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Belief, Faith, Knowledge

The *Cosmic Gel* – *The God Stuff* – *Sea of Knowledge* are terms for essentially the same thing. It is available to everyone all the time. How could that not be true? We live within It. It is all around us, within us, and every living thing is composed of It. Everything imprinted into the *Gel* is a part of every living thing, in one manner or another.

All the experiences of everyone who has gone before us are recorded in the One Great Divine Mind – The Cosmic Gel – The God Stuff. When we wish to know detailed information about something in particular, it is as simple as resonating with the vibration of the knowledge to access *All That Is* – in the *Sea of Knowledge*. The subject content of one topic is no more complex or difficult to acquire than that of another, regardless of mankind's tendencies to understand through contrasts and opposites, degrees of difficulty, aspects and intervals, segments and hierarchies. Complications arise because of human-kind's perceptions of importance.

When we remain in Holy Oneness with All That Is, we are Knowledgeable and there is no need for belief, faith, or perceptions. Perceptions involve living within a body. When we incarnate into a body, we accept life in a parallel reality that resonates at a vibration varying from that otherwise. As a result, we then appear to be separate from each other, and from our own selves in co-existence.

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We develop misperceptions and distortions about ourselves, everyone, and everything else too.

Until we realize there is no separation from All That Is, we will continue to experience our “animal mind” and our “higher consciousness” as viable components of our existence that are always in a contest of opposition with each other: “good and bad”, “light and dark”, “right and wrong”, and so forth. Being incarnated into human form means having an animal body and therefore having an animal mind. It is unavoidable. But we can do our best to stay aware every moment, realizing when we are out of Love, and correcting our thinking to again be One with All That Is, in Love.

By being aware, we awaken from the sleepiness of separation from the Divine. We then understand that we have been apart from Knowledge. Perception is composed of exchanges and translations that we refer to as “consciousness”: it is a function of being embodied. Perception involves exchanges – interpretations – which Knowledge does not require.

Those interpretations then provide a conduit for you to perceive the body as yourself in an attempt to escape from the oppositions you have induced. This makes Spirit nearly inaccessible to the mind and entirely inaccessible through the body. We correct distortions by withdrawing our belief in them. By uniting our will with that of the Divine, we naturally remember Who we are and what we are not. We can then function in Divine Oneness.

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Knowledge is Truth and therefore eternal in nature. All facts are present and accounted for. Knowledge never changes; it is not open to interpretation and delusions. All applications governing perception do not apply to Knowledge because partial knowledge is impossible – there are no separate parts.

Perceptions are illusional and subjective, rendering them temporary in character. Evaluation is a fundamental aspect of perception because judgments are necessary in order to be selective and segregational. If there are no hierarchies assigned, partial awareness becomes impossible. Partial awareness is the result of distortion and delusion is the end result.

Divine Communion is our natural state of being, not separateness. Divine Oneness is communion. When in that state, there is no need for prayer or supplication because Wholeness is no longer perceived as an external event. Knowing Yourself is Oneness with Knowledge. Love yourself more. There is then, no requirement for belief or faith. The relationships between belief, faith, and knowledge appear to be subtle, at first glance. However, belief and faith are elements of separateness. Knowledge is not.

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Emotions: Love or Fear

At first, the idea that there are just two fundamental emotions may bring pause. Because we have a body of flesh while we are in human form, we also have an ego – “the animal mind” – that is the inventor of our fear-based thinking. As startling as that may seem, it is unavoidable.

Love is the Divine Aspect that is present within All That Is. When we are in a Love-state, we experience inner peace and joy, and all those pleasant feelings that we associate with positive thinking.

When we are in a condition of fear, we think about and feel everything that is unlike Love. We are then experiencing ego-based thoughts of separateness from Divinity, those that perpetuate harm: we hunt for targets to blame, to judge harshly or even abuse – including ourselves.

The idea that there is truly One Great Divine Mind, and that we are not separate from one another, was not attractive to us following the appearance of embodiment. Our self-identity became that of our bodies, and we abandoned our true identities of Oneness or Wholeness in Love.

Uniqueness, specialness, and competitiveness were the idols created out of fear and separation by our wily egos. We then created false self-images to replace the Divine-Self, and we were attracted to pain, sorrow, guilt, and everything unlike Love. Ego-beliefs are founded on comparisons, and cannot survive without judgment.

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Develop the habit of engaging the Divine. Be alert; catch yourself the very moment that you are – out of Love.

You are not a body,
You are free.
You are still as,
God created Thee.

Change your mind – Change your life. Love yourself more.
Create perfect moments.

Inner Peace, Your Responsibility

Continue creating new thoughts and ridding yourself of old habits that no longer serve your purpose. Change your thoughts – Change your mind – Change your life.

Love is the only thing that can be divided without being diminished. Center yourself, be decisive and deliberate with your intentions. Be on purpose with everything you say and do.

Be fully present and aware in every moment. Recognize and accept what does not matter, acknowledge what does matter. Appreciation is the greatest gift to share.

You are not at war with yourself. The tree branches do not fight amongst themselves. They are parts of the tree itself, in Oneness and harmony with each other. If you are not loving and appreciating yourself, then you are attacking yourself. There truly is no in-between, no “degrees” of appreciation: either you appreciate you, or you do not.

There is no separation of us with others. There is no gap or space between us, other than through our perceptions and desires of separateness and specialness, generated out of fear. We perceive our bodies to be compartmentalized units. We are all of one mind, the One Great Divine Mind.

If you are not in Love, you are in fear. Remember that, when you are playing the old internal movies. If you don't like the pictures, change your mind – realize that you are out of Love. Bridge yourself back to Oneness and Love.

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Chanting the mantras provided in this booklet will get you started with that very thing, and you will create other ways of thinking. Singing happy words out loud stirs joy in the heart. Sing as loudly as you can. Make up the words as you go. You will be wearing a smile and become energized.

Thoughts do become things. You are in charge. You are always orchestrating your experiences through the Law of Attraction and your feelings. Think grand thoughts. Peace and joy are the natural state of a loving Universe. As a Divine Child, you create your own experiences – your own reality. When you refuse to accept littleness about yourself and all others, you go free. Start where you are right now. Love yourself more. Be alerted to situations and relationships that no longer serve you.

Others' behaviors and actions are not about you – they are about the actor – the other person. You are not responsible for them. What is about you, is accepting accountability for *your* thoughts, words, and actions.

If *it* is not about you, then do not make it about you. Do not take anything onto yourself, which you do not own. It is not personal. It is an ego function to make yourself the center of attraction when that is not your purpose in the moment. It is a circular trap.

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Energy: The Law of Attraction

Water seeks its own level, and so does energy. Whether it is through relationships or life experiences, the Law of Attraction is always operating: it is not suspended because you are asleep.

The human science of chaos has thus far discovered four basic "chaos attractors" that balance entropy, thereby redirecting order from what appears to be chaos. What is then known as the, "strange attractor", is actually the observed basis for self-organization. Within Nature it functions as the expression of directed will or intention.

When your conscious attention is focused on nothingness (nothingness) – the zero point within what seems to be universal chaos – the *God Stuff* – you are then enabled to organize yourself and experience self-realization through the affects established with your focused intention. In other words, your world materializes into physicality – the "third dimension" – just the way you planned it to be.

Set yourself up to be like an anchor that resonates with your intended outcomes, so these energies can locate you. That way, regardless of what life activities you are actively engaged in performing, there is a point of reference – a ground zero – for the outcome to occur through you; as you, as your life experience. You are the referring source of its creation: its nature is to find its source.

Offer to others what you want to receive because it is drawn to – attracted to – itself through the electromagnetic events of Nature. If you want to receive money, give money. If you want to receive love,

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give love. When you want Love, you will see nothing else in life or relationships. Giving signifies willingness. Willingness is the state of receiving. Read the chapters, *The God Stuff*, *Calibrations*, and *Manifesting*.

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Your Worlds: Internal and External

New thoughts produce new self-images, and new images result in new lives. External experiences are the direct effects of your thoughts, the causation. Cause and effect operate through the Law of Attraction. No other outcome is possible.

What in the world is going on, we wonder. Take the mystery out of it, there is no mystery. You are the architect of your reality. You are living what you are feeling and thinking about.

Thoughts do become things. Your outer personality and lifestyle are directly proportionate to your inner world, a cumulation of everything you thought before now. What you are living now, is what you thought, not who you are. Your life is the natural outcome.

Passion is power. Power is the decision to take action. When you take action, you intend the outcomes – and out it comes – your external experiences, your life. *Your* mind created it all.

Practice visual motor rehearsal: see it, smell it, know it as your experience now. Your mind cannot detect an imagined experience from an experience actually performed through your body. NASA and Olympians have practiced visual motor rehearsal for years. It is simple.

If you want to ski down the Matterhorn, envision yourself doing just that – standing at the top of the mountain, see the trees below, push off, feel yourself swishing your way down, feel the snow spray on your face, see the crystal prisms glistening in the sunshine. Live it and feel it as though you are performing the activity right now. Your mind

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does not know the difference between actual performance and imagined performance, according to studies.

If you want to install new carpeting into your home, smell it, feel it under your feet as you cross the room, see that new color as you look around the room, appreciate how good it feels. Live it now, see it as the actual carpeting in the rooms. Your internal world becomes your external world. If you focus on what you want to replace – the old carpeting – your focus will perpetuate its continued existence because you replay – relive – the experience of accepting the old carpeting. Read the chapter, *Mantras*.

The possibilities are endless. Envision what you want. Feel passion, picture every detail, and perform the actions through your body, as you rehearse having it now. Focus only on the end result, concentrating on what you want the outcome to be (never think about what you do not want – fear is powerful). Visualize only the end result as your present moment experience (regardless of temporary appearances that are on the way out of your realm).

Your job is to create the vision, supply the passion, intend it, and hold the vibration. Be grateful for everything, whether it has materialized into physicality or is yet on the way to doing so. The Universe will figure out the details, the how's, and the when's. Just know that the appearance will demonstrate itself. Hold the thought and resonance for as long as it takes. Be aware at all times because your manifestations will appear in what seems to be shorter and

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quicker amounts of time, with practice. Read the chapter,
Manifestating.

The Universe and the Law of Attraction are working every millisecond, endlessly – they never sleep. The Universe will duplicate your visualizations and feelings, and that will become your new life. Everything is in Divine and Perfect Order, and so are you. All you have to do is realize it. Here are a few favorite quotes:

“Imagination is everything. It is the preview of life’s coming attractions.”

– Albert Einstein

“Whatever the mind of man can conceive, it can achieve.”

– Emmett Stone

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Manifesting

Try this fun exercise as you learn to collapse the *appearance of time*. Imagine a world where there is no time: no clocks, no calendars, the sun rises and sets as a normal course of its patterns, but it does not affect you. You may prefer to sleep when you can see stars in a darkened sky, but there are always stars in the sky. When the sun is in the sky at the same time as the stars, the stars appear to be invisible because of the bright sunlight. For the moment, this will be the environment in your outside existence.

Now imagine yourself inside of a mirror-lined sphere: your eyes are closed, you are weightless and floating, gently turning this way and that, effortlessly rolling from side to side, head to toe, frontwards and backwards. It really does not matter how you perceive yourself to drift about or the position you may think your body is in. You are relaxed and connected with All That Is.

Each time you slowly open your eyes, you notice that the thoughts you were thinking, are visible on the mirrored lining of the sphere. Every thought you had is reflected from the mirrors back to your eyes and through your eyes to your brain. Your brain processed those reflections and for a moment, you thought your experiences were externally invented. And then you realize that what you perceived to be happening of its own accord externally from outside of your body was actually thought of by you in the first place: your experiences were created by your own thoughts. You know that to be

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true, because you remembered inventing them while you were floating when your eyes were closed.

Your mirror-lined sphere is also floating in the outside existence that you imagined earlier. The sun rises and sets and the stars are always there. You can change your experiences by changing your mind. There is no such thing as "time" so your new experiences will appear when you want them to.

Perhaps later on, you will not need to write out the details for creation of your new reality. But for now write a Manifestation List that contains an experience you want to have. There is no reason to include a deadline date or time of day, but you should include the intricate details of how you want your manifestation to appear, to organize and ground your thoughts.

Your reality will shift immediately, when you are clear about the details that you want to create as your experience. If you are unsure about the details and feel brave, add the words, "or something better" to your list. Universal Potluck can be feast or famine so maintain your sense of humor too.

"Seeing it is believing it", is an untrue, worn out cliché. The correct version is, "Believing it is seeing it". Your reality *will* shift. Be sure you are providing the instructions. It is often said, "... whatever God has in store for me...." What God may have in Mind, is mastering the art of co-Creation. Indeed, your Highest Self may have goals. Work as a Team; ask for consultations from your Self, through Divine Love. Because I do not always know all of the facts and conditions

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about everything, I call upon the Divine Dear Ones to assist me from time to time, especially for clarification and additional perspectives.

Good intentions and desires, hopes and dreams, are wonderful. When you apply your intention and will to one of them, a seed is planted and your focused energy is increased to vibrate with the resonance of your planned experience. The more you can feel your experience, the more passionate you are about the feelings, the quicker the manifestation will appear as your physical reality.

First I plan my experience. Then I establish a *Calibration Link*, with Divine Assistance. Read the chapter, *Calibrations*. I mention to the Divine Dear Ones who love and support me that I want to create _____, or something better, if I am unsure of what is best. I ask for Their participation with me, to provide a bridge across the gap of separateness from All That Is – The Divine Universe – the Creator. I then rocket-launch my will-empowered thought into the *God Stuff* – the *Cosmic Gel* – while saying thank you for _____ (my creation and experience).

Often times we hear or read, “Hold the thought – it will become real for you”. Read the chapter, *The God Stuff*. We can become discouraged because we set ourselves up for failure by setting deadlines according to clocks and calendars. Should there be a calendar-related event on the horizon, we can affirm something like, “All of my bills are paid on time. I always have the cash needed”

What is more important is to think of you as *ground zero*. In other words, you are the target for the return of your thought-creation

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energetically, as the *God Stuff* appears in physical form through your manifestation. If you are wishy-washy about any part of the manifestation process your creation may manifest equally diluted, or not at all.

It is also possible that your manifestation will become someone else's reality because that person held a similar vibration more powerful than did you while attempting to manifest an identical experience – all your efforts may exponentially bless another, rather than appearing for you as your reality. While that may not be bad all things considered, your efforts were intended to better *your* life.

We also hear or read that setting goals and time frames is a good thing to do. I agree with that philosophy for some applications, such as paying my bills in the land of clocks and calendars. The more important focus is to resonate with the new experience as your current experience and to see it as your present tense reality through your eyes – broadcasting the reality outward as your vibration.

Experiment with an idea, such as, "I am loved and adored by everyone I know, everywhere I go." Circulate yourself through an unknown group of people, folks who do not know anything about you – a shopping mall could be just the place. Radiate the idea each time you look into a stranger's eyes. Keep that thought foremost in your mind while you walk about, just radiating the feelings the words might mean to you. Add a magnification thought, "I love and adore everyone I know, everywhere I go." (Note: "know" is rhetorical for the purpose of rhyming words in this example.)

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Give what you want to receive. One of the Universal Laws is reciprocity – the boomerang Law of Cause and Effect. We have heard about “as ye sow, so shall ye reap”. It is true. Just remember that by utilizing the manifestation technique written about here, and learning to collapse the appearance of time, you will experience *instant karma*. In actuality, there is no separation or “distance” between your body and the *God Stuff*– we live within It – just like a fish lives within a body of water. Read the chapter, *The God Stuff*.

Remain aware of your thoughts and stay attuned to Divine Love. If you fail try again, you will succeed. Love yourself more. God is Love. By being more loving, as a creator you more closely duplicate the Divine Nature. Allow God to operate through you, as you.

Life is like being a passenger in the rear seat of a stretch limousine. You can give instructions and directions to your chauffeur, and then enjoy the scenery passing by while you reach your destination. When you arrive, the doors open, you step out, and there is your new life experience. Enjoy the ride along the way, and remember to look out of the windows to appreciate the scenery now and then. Ah, you have arrived at last to the fresh destination you created as your new life experience.

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