

A Course on Living Deliberately  
and Creating Consciously

Mike Dooley's

Playing<sup>TM</sup>  
*the*  
Matrix



And Getting What You (Really) Want

## **Program Objective**

*Playing the Matrix and Getting What You (Really) Want* is a course on deliberate living and conscious creation, which is based on the premise that by understanding the most basic tenets of reality and knowing where we fit into the equation of its creation, anyone can begin to live the life they dream of.

## **Medical Disclaimer**

No attempt is made to offer medical or psychological advice. Nothing in this program is meant to replace or be an alternative to conventional wisdom or professional advice.

## **Course Premise**

That everyone's special, that every life is meaningful, and that among other things we're here in time and space by choice to learn that dreams really do come true. That our "thoughts become things" and that imagination is the gift that can bring love, healthy, abundance, and happiness into our lives.

## **Workbook Objective**

This workbook is designed to complement the live presentation and to supplement the related PowerPoint presentation. It is not meant to be an independent resource.

All lessons and content by Mike Dooley.

Photographs in this workbook and related PowerPoint presentation were used with permission/license from iStock, Mike Dooley, and Microsoft Corporation, unless otherwise stated.

All rights reserved, including the right to reproduce this workbook in any form without prior written permission of TUT Enterprises, Inc.

Printed in the USA.

© TUT Enterprises, Inc.  
Orlando, Florida, USA  
[www.tut.com](http://www.tut.com)



## TABLE OF CONTENTS

### ***THE GROUND RULES***

1. Understanding Miracles
2. The Matrix

### ***PLAYING THE MATRIX***

3. Knowing What You (*really*) Want
4. Getting into the Details
5. Taking Action
6. *Expedited* Delivery
7. The Time of Your Life

You can find a pdf copy of today's PowerPoint presentation at:  
[www.tut.com/other/ptm4](http://www.tut.com/other/ptm4)

# 1. Understanding Miracles

---

***Where you fit into the equation of reality creation.***

The number one thing that slows people down when it comes to living deliberate, happier, more rewarding lives is misunderstanding the absolute simplest truths of reality: who they really are, how they got here, what they can really do with their time in space and how to do it. And these truths can be summed up by understanding that we are the eyes and ears of the divine, come alive in the dream of life, to discover that we are creators by the very thoughts we think.

***“If you wish to make an apple pie from scratch, you must first invent the universe.”***  
Carl Sagan, 1934 - 1996



***You don't have to understand***  
*all that happens, figure out every twist in the plot, or even know why the winds sometimes blow as they do, to grasp that I do, I have, and that ultimately each and every story has a fairytale ending.*

*I wasn't born under a truck, you know.*

*Tallyho,  
The Universe*

# 1. Understanding Miracles

---

**William of Ockham's Razor, circa 1348:**

*Of two or more competing theories, the simpler theory is most likely correct.*



*When it comes to understanding yourself, life, and how to manifest change, don't connect more dots than necessary!*

*Fewer than half the dots connected revealed the identity of this Mystery Beach Animal! See online pdf for identity.*

***YOUR ATTENTION, PLEASE... YOUR ATTENTION, PLEASE...  
This... is the Universe.***

*Today I'll be recording your every thought and emotion, no matter how "good" or "bad," no matter how generous or stingy, and no matter how helpful or hurtful they may be. And everything I record...will be played back for you, as soon as possible, as some type of physical manifestation in time and space.*

*Thank you, that is all -  
The Universe*

# 1. Understanding Miracles

---

## Manifesting Change in the Dream of Life versus Digital GPS Navigation



### ***The Miraculous Mechanics of Manifestation:***

#### ***How to engage the system and arrive (create change):***

- 1. Define what you want in terms of the End Result.*
- 2. Start, take action, never stop.*

While understanding:

- 3. That the miracles of progress are usually invisible.*
- 4. We mustn't insist on the specific details, "hows," or people.*

The end result, in mind, forces the physical details—*thought forces circumstance*—predisposing you to life's so-called "accidents," "coincidences," and "serendipities."

# 1. Understanding Miracles

---

## LESSONS - The Easy Answers

1. You don't have to know all things, to know \_\_\_\_\_ and  
how to create \_\_\_\_\_.
2. You are of God; pure \_\_\_\_\_.
3. Your thoughts become \_\_\_\_\_.
4. You are now \_\_\_\_\_ you most wanted to be, challenges and all.
5. "Amnesia" ignites \_\_\_\_\_, inspires \_\_\_\_\_ and  
sparks \_\_\_\_\_.
6. For these reasons and many more, you are \_\_\_\_\_ *to succeed!*



### ***Ain't it grand?***

*Doesn't it boggle your mind? The harmony, the splendor, the beauty? The intricacies, the synchronicities, the staggering perfection? Do you ever wonder how it all came about?*

*Do you think I studied quarks, atoms, and molecules? That I drew schematics for the sun, the moon, and the stars; the otter, the Gila Monster, and the penguin? Do you think I painted every zebra, flower, and butterfly?*

*Or, do you think I simply imagined the end result?*

***And that's all YOU ever have to do,  
The Universe***

*PS - I hated school.*

# 1. Understanding Miracles

---

**EXERCISE - *What's the main reason you chose to attend this event today?*** What ONE THING was most on your mind as the MAIN thing you'd like to bring, change, or manifest into your life:

\_\_\_\_\_

List Up to 3 reasons WHY you "really" want it:



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## ***When I survey life's majesty:***

*The birds, the bees, and the African Tulip trees. And when I survey life's characters: the Abdullas, the Lilis, and the Kaylas. And when I consider life's tribulations: the setbacks, the losses, the fear. And when I consider life's abundance, its glories, its order. And when I . . . actually, I could go on forever literally.*

*Do you know what I love the most?*



**How real it all seems.**

*Wow,  
The Universe*



## 2. The Matrix

---

*Just do what you can with what's before you today...  
and leave "spectacular" to me. Cool? The Universe*



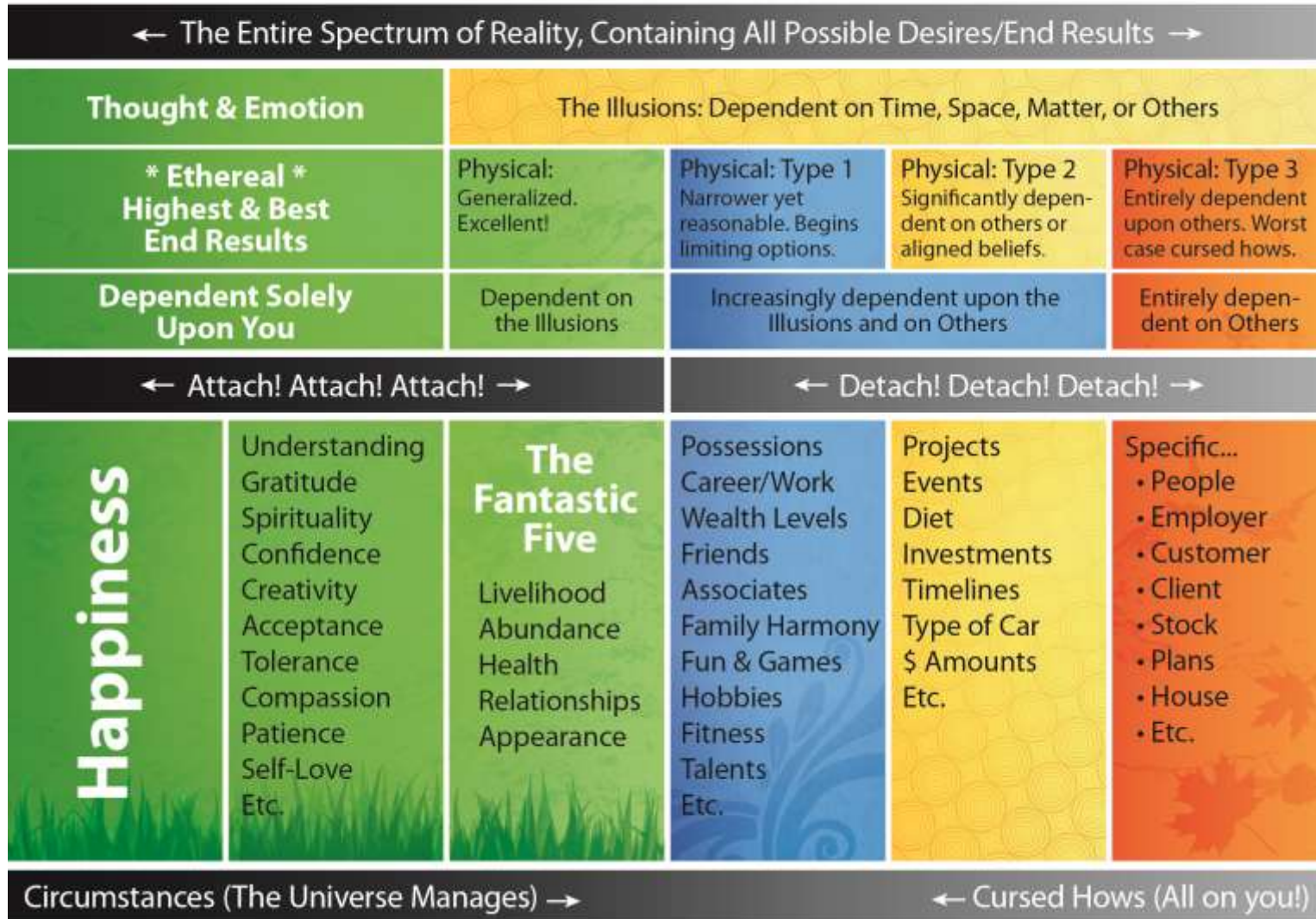
### 2 Main Reasons for Disappointing Manifestations:

1. Misunderstandings
  - ✓ *Our Power, Divinity, and Responsibilities*
  - ✓ *The FLOW of all Manifestations*
  
2. Contradictions
  - ✓ *Not knowing what you really want*
  - ✓ *Attaching to the Details*
  - ✓ *Messing with the "Cursed Hows"*

***The best way to find "love"...***

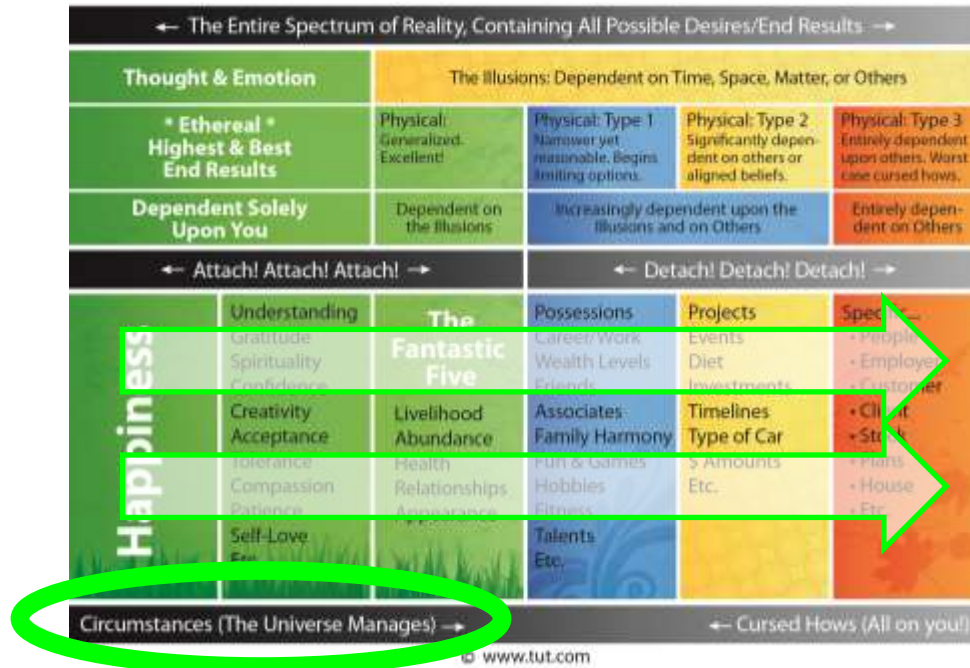
*which, incidentally, is just as true for finding money, is to focus less on these "by-products" of a life well lived and more on a life well lived.*

*Simple is as simple does,  
The Universe*



## 2. The Matrix

Thoughts become things; *the flow is from left to right*:



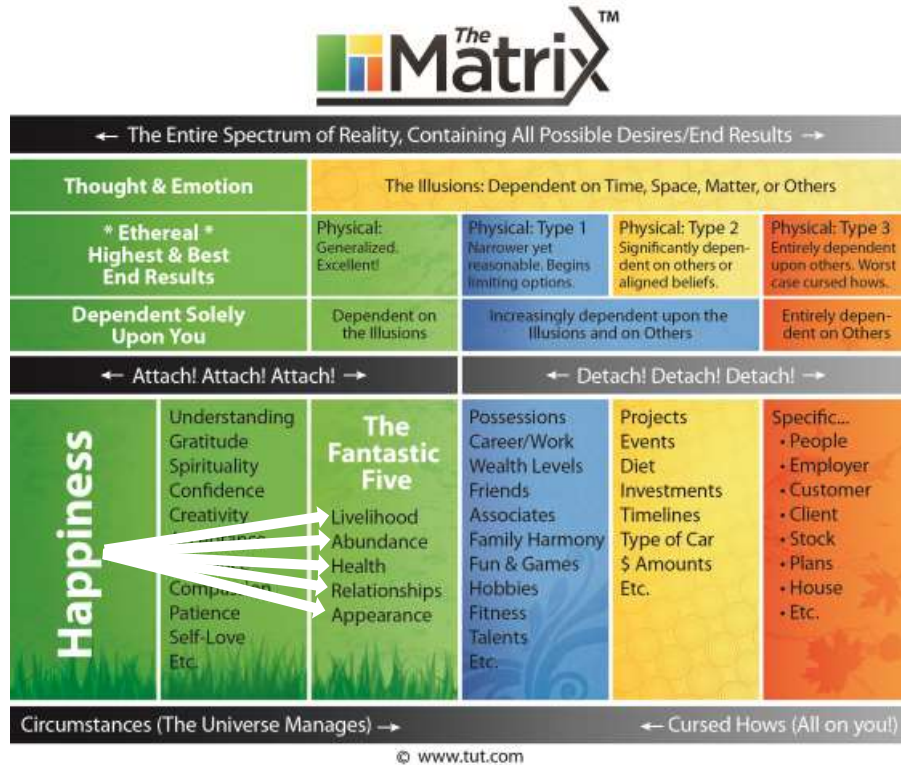
Things do NOT become thoughts; there is no flow from right to left:



**Dwell on the left; dabble on the right** - Focusing on left-side end results will automatically force the necessary (*and only the necessary*) elements on the right to appear at the perfect time, in the perfect place.

## 2. The Matrix

Only the end result of HAPPINESS forces all other areas of your life to fall into the right place at the right time. Of course, taking action is necessary, which is covered later.



**Ever notice how**  
*when someone dreams of happiness, fulfillment, abundance, health, romance, or friendship, they never have to wonder if it's in their best interest?*

*But when someone dreams of a specific house, employer, love interest, deadline, dollar amount, or diet fad, they often end up contradicting themselves?*

**Keep your "end results" general, everything else is just a how.**

*To the big picture,  
 The Universe*

## 2. The Matrix

---

### The Matrix – An Overview

1. The Matrix represents the entire spectrum of reality as we know it from within time and space, from the ethereal (thought and emotion) to the material to other people and their thoughts and emotions.
2. Overall, while you can *attempt* to manifest change in ANY of the columns, including Physical Type 3, the more general your choice the freer the Universe is to move on your behalf and the faster the change can manifest.
3. The Matrix flows from left to right. And because in the mechanics of every manifestation the “END in mind” forces the circumstances and details necessary to bring it about, choosing from items on the left, will automatically force the necessary (and only the necessary) manifestation of elements on the right that are required for your change to happen.
4. Choosing from the right, makes your choice a HOW to get the bigger and more important elements to its left. But the Matrix does NOT flow from right to left!
5. Physical Type 1-3 details should be seen as consequences of larger dreams coming true, rather than "how" to make them come true and rather than as "end alls and be alls."
6. Visualizing details and using a Vision Board or Scrap Book is HIGHLY recommended when the big picture is kept in mind; imagine all the Physical Type 1-3 details to get excited about the big picture and major overall life changes, but do not attach to these details. The old adage “Never attach to outcomes (the end result)!” applies only when your end result is a Physical Type 1-3 detail, meaning it isn’t even necessary for overall happiness and success within the Fantastic Five.
7. Of course, you can still visualize owning a new Mercedes, closing on a particular deal, earning a sales quota, or a hot date with a particular person, just never lose sight of the big picture. Don’t “insist” or attach to the details; leave the door open for something even better. And realize that none of these details, on their own, are essential for you to have an outrageously grand life, nor, should they manifest even exactly as you like, will they ensure your overall wellbeing. Therefore, you would ideally simultaneously play the Matrix on numerous other fronts, particularly in the areas of the Fantastic Five and/or happiness!
8. Unless carefully stated, of the Fantastic Five, generally, only LIVELIHOOD furthers the journey, and is not merely a destination. Again, *simultaneously* play the Matrix on numerous fronts – meaning, have more than one area of your life that you’re improving.
9. Only HAPPINESS will appropriately arrange ALL other life conditions and manifestations in perfect ways. It will even place certain people in your life that will add to your happiness, health, abundance, etc., however *you* cannot state who those people will be in advance, you must let the Universe choose.

## 2. The Matrix

---

### ***PLAYING THE MATRIX (in 3 STEPS):***

**1. CHOOSE A GENERAL END RESULT.**

Identify the General Areas of your life that you'd like to deliberately manifest change, usually the Fantastic 5 (or Happiness).



**2. GET INTO THE DETAILS without attaching to them.**

Considering the FLOW of the Matrix, beginning with your life priorities for change, define your desired END RESULTS by listing the anticipated detailed consequences of your successful change.

**3. TAKE ACTION without messing with the “Cursed Hows.”**

Considering the FLOW of the Matrix, beginning with END RESULTS in mind, work across the Matrix to give yourself an idea of where your paths and baby steps may begin.

### **LESSONS - Ideal “End Results” When Playing The Matrix**

1. Be \_\_\_\_\_ - \_\_\_\_\_; you can't play the Matrix for others.
2. Ideally each furthers the \_\_\_\_\_;  
and are not just \_\_\_\_\_.
3. Should make \_\_\_\_\_ and feel good.
4. Should not depend on specific \_\_\_\_\_, \_\_\_\_\_,  
or \_\_\_\_\_.
5. Should usually not be \_\_\_\_\_ other dreams will come true.
6. Keep them \_\_\_\_\_!

## 2. The Matrix

### EXERCISE - Understanding Your Motivation

**Considering “What brought you here today?” (from Section 1)**

1. Were YOU the primary beneficiary? Yes / No
2. Does it enable a journey/adventure or is it mostly a destination? Yes / No
3. Do you feel comfortable with it in your heart and your mind? Yes / No
4. Does its manifestation depend upon specific people or time lines? Yes / No
5. Are other dreams of yours dependent on this dream first coming true? Yes / No
6. Was it GENERAL? Yes / No



← The Entire Spectrum of Reality, Containing All Possible Desires/End Results →					
<b>Thought &amp; Emotion</b>		The Illusions: Dependent on Time, Space, Matter, or Others			
<b>* Ethereal * Highest &amp; Best End Results</b>		Physical: Generalized. Excellent!	Physical: Type 1 Narrower yet reasonable. Begins limiting options.	Physical: Type 2 Significantly dependent on others or aligned beliefs.	Physical: Type 3 Entirely dependent upon others. Worst case cursed hows.
<b>Dependent Solely Upon You</b>		Dependent on the Illusions	Increasingly dependent upon the Illusions and on Others		Entirely dependent on Others
← Attach! Attach! Attach! →			← Detach! Detach! Detach! →		
<b>Happiness</b>	Understanding Gratitude Spirituality Confidence Creativity Acceptance Tolerance Compassion Patience Self-Love Etc.	<b>The Fantastic Five</b>  Livelihood Abundance Health Relationships Appearance	Possessions Career/Work Wealth Levels Friends Associates Family Harmony Fun & Games Hobbies Fitness Talents Etc.	Projects Events Diet Investments Timelines Type of Car \$ Amounts Etc.	Specific... • People • Employer • Customer • Client • Stock • Plans • House • Etc.
	Circumstances (The Universe Manages) →			← Cursed Hows (All on you!)	

© www.tut.com

### 3. Knowing What You (Really) Want

---

*Do you know what "unlimited" means?  
It means you decide everything. The Universe*

**Never again  
doubt,  
second guess,  
or quit!**



### 3. Knowing What You (Really) Want

---

#### LESSONS - Knowing What You (Really) Want

1. You \_\_\_\_\_ exactly what you want  
when you keep it general.
2. When you keep it general, you shoot past your  
known \_\_\_\_\_.
3. When your End Results are general, you never have to:  
\_\_\_\_\_, \_\_\_\_\_, or  
\_\_\_\_\_. "Failure" becomes impossible.
4. The more general your end results, the \_\_\_\_\_ and \_\_\_\_\_  
they'll manifest.
5. Let your highest \_\_\_\_\_ for change  
help you choose where to begin.



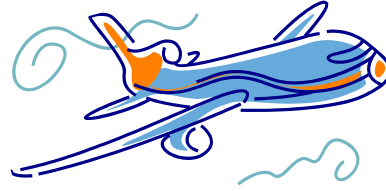
### 3. Knowing What You (Really) Want

---

**EXERCISE - What are your highest *general* life priorities – end results (these are what you *really* want)?**

For Mike they were:

- ✓ *Wealth and Abundance*
- ✓ *Creative Fulfilling Work*
- ✓ *International Travel*
- ✓ *Friends and Laughter*



Keeping General and working on the LEFT side of the Matrix, *creatively phrase up to 5* of your most prized “End Results” choosing words that suit you. Or, feel free to use the above.

*Possible Avenues for Change (choose words that have meaning to you):*

- |                        |                            |
|------------------------|----------------------------|
| ☺ Education            | ☺ Healthy                  |
| ☺ Creatively Fulfilled | ☺ Slim & Gorgeous          |
| ☺ Socializing          | ☺ Friends                  |
| ☺ Dating               | ☺ Professional Recognition |
| ☺ Family Time          | ☺ Happier! Having FUN!     |
| ☺ Free Time            | ☺ Spirituality             |

***Other possibilities, using your own words, suiting your own style and preferences:***

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

### 3. Knowing What You (Really) Want

---

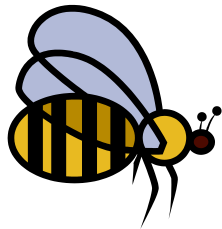
***Bees can fly 12 miles without getting lost.***

*Albatrosses, 25,000 miles. And flying insects, without eyes, have no trouble whatsoever finding their "soul mates."*

*Imagine what I can do for you, when you stop worrying about the HOWS, and begin listening to the voice within.*

*Tallyho,  
The Universe*

***Voice, not voices.***



**Step 1 of  
Playing the Matrix:  
Knowing What You Want**

## 4. Getting Into the Details (without attaching to them!)

---

*Do not insist upon the path, the players, or the details  
but upon the overall change you wish to experience, which will, in turn,  
summon the path, players and details for you. The Universe*

### The Chaos Theory

Wikipedia - "A branch of mathematics which studies the behavior of certain dynamical systems that give the impression that the system is behaving randomly..."

"This happens even though these systems are deterministic, meaning that their future dynamics are fully determined by their initial conditions *with no random elements involved....*"



Scientists at UC Santa Cruz found chaos in a dripping water faucet.

Scientists believe that 20<sup>th</sup> century will be known for only three new theories:

- 1- *Relativity*
- 2- *Quantum Mechanics*
- 3- *Chaos*

***To clarify, the primary roles of LOVE  
are not to heal, fix, or mend. Not to soothe, cure, or ease.  
Not even to refresh, rejuvenate, or restore. Hardly.***

***The primary roles of LOVE,  
are to "Yahoo!" "Yeehaa!" and "Whoohooo!"***

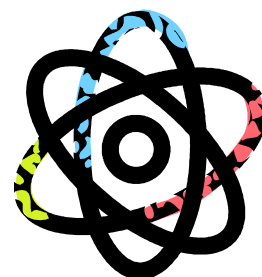
***Get your love on,  
The Universe***

***You were born to love, no matter the cost, no matter what  
someone else said, and no matter how the past once played out.***

## 4. Getting Into the Details (without attaching to them!)

---

### LESSONS - Getting Into the Details (without attaching to them!)



1. The details are visualized to get you excited about your \_\_\_\_\_, not to be your \_\_\_\_\_.
2. There's always more than \_\_\_\_\_ right answer, path, possibility, nuance, or answer – so insist upon none. Lots and lots more!
3. When you insist on details, you exclude a virtually infinite number of \_\_\_\_\_.
4. When details become end results, you're actually messing with the \_\_\_\_\_.
5. Make your \_\_\_\_\_, imagine all the juicy details, just don't attach to them.

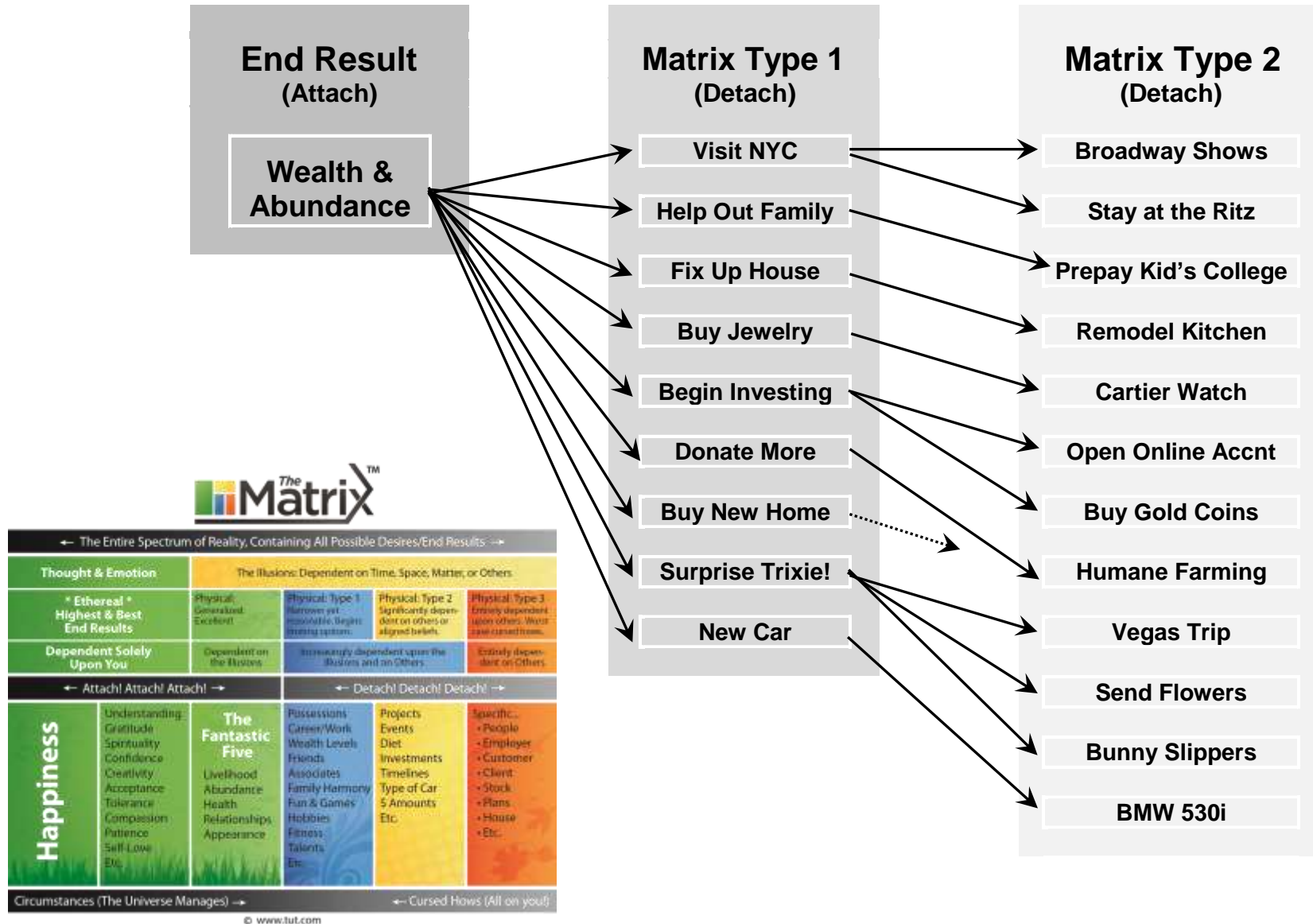
***In all things, always and forever,***  
*simply wish the best for all involved, without stating what you think that is.*

*And then, whatever does happen, no matter what happens,*  
***know that it was.***

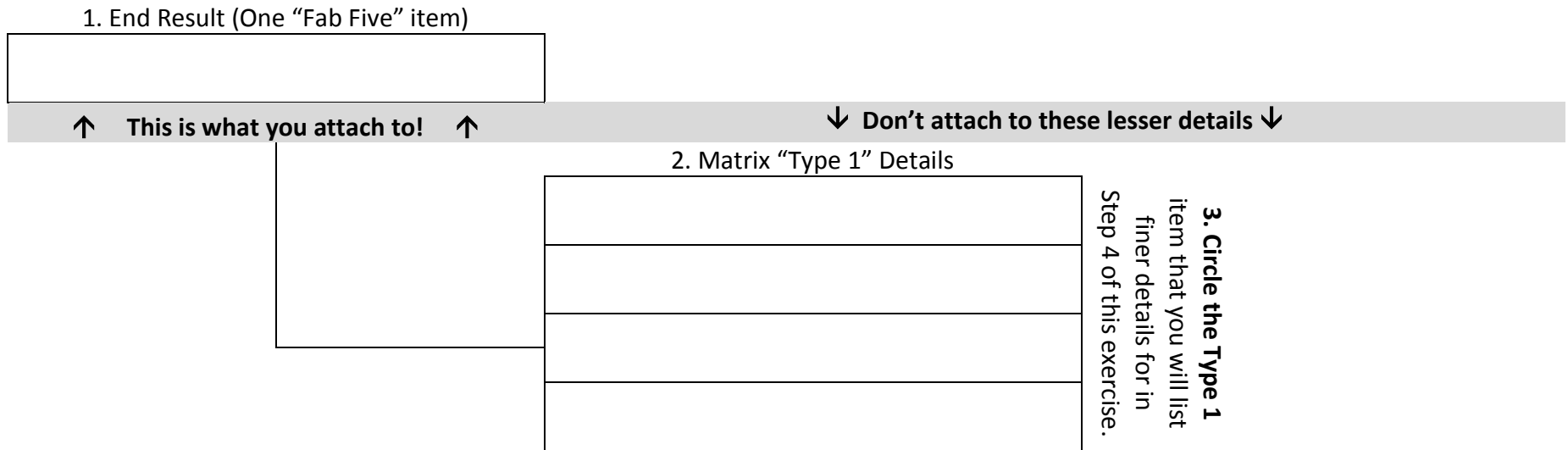
*All the best,*  
*The Universe*

*PS - You're always heard, and the best for everyone is my only speed.*

## 4. Getting Into the Details (without attaching to them!)



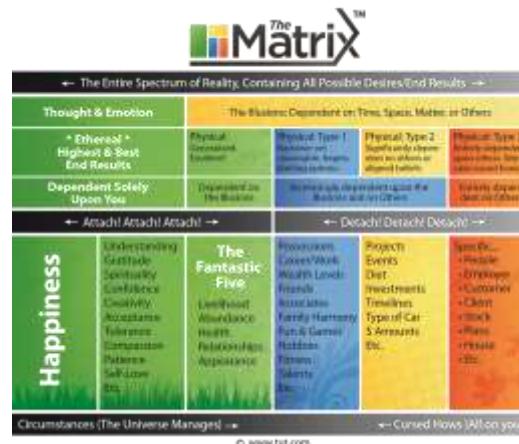
## 4. Getting Into the Details (without attaching to them!) - EXERCISE



1. Enter just one of the "End Results" that you'd like to manifest change in.
2. Then, *taking into account your preferences and tastes*, get more specific with changes you'd like to have/experience in your life.
3. For this exercise (time being a factor), circle just ONE of the Type 1 generalities that you will list greater details for in Step 4.
4. Then, again *taking into account your preferences and tastes*, list even finer details you'd imagine your dream life would include within the overall End Result category first chosen.

For ONE only, choose finer details.

### 4. Matrix "Type 2" Details

## 4. Getting Into the Details (without attaching to them!)

---

### BONUS TIPS – Empowering details for the Fantastic 5 and Happiness

**Livelihood** - Not necessarily what you will do, but the byproducts of doing it.

- ☺ Type of creativity
- ☺ Type of work: mental or physical
- ☺ Types of people you'll do it with or for
- ☺ General skills used
- ☺ Compensation: volunteer, salary, commission
- ☺ Fringe benefits
- ☺ Type of travel
- ☺ Helping others
- ☺ Etc.

**Abundance** – Not how much, but the byproducts of already having abundance...

- ☺ What you can now afford
- ☺ Where you travel for fun and business
- ☺ Describe the free time you have and how you use it
- ☺ Where you store your wealth
- ☺ The type of investments you have
- ☺ The kind of places you live
- ☺ The type of friends you have
- ☺ The type of car(s) and “toys” you own
- ☺ New hobbies you're enjoying
- ☺ Etc.

**Health** - All that your fantastic health makes possible.

- ☺ Enjoying long walks or trekking
- ☺ Running or participating in fitness routines
- ☺ Enjoying high altitudes
- ☺ Playing favorite sports
- ☺ Camping, vacationing, taking long flights
- ☺ Enjoying longer days with more opportunities
- ☺ Keeping up with kids, Acting like a kid
- ☺ Making kids
- ☺ Etc.

**Relationships** - Not who, but the results of having a new or an improved relationship.

- ☺ Romance, and all that it means to you
- ☺ Physical characteristics of your partner
- ☺ Behavioral characteristics of your partner
- ☺ Shared interests: travel, reading, sports...
- ☺ Enjoying an expanding circle of friends
- ☺ Meeting family of your companion
- ☺ Presents you will buy and receive
- ☺ How you will spoil and be spoiled
- ☺ Where will your next vacation be?
- ☺ Sharing chores, which are yours?
- ☺ Etc.

**Appearance** - Not diets, time lines, and body weight, but the effects of being pleased with yourself.

- ☺ Proud of accomplishments
- ☺ Shopping for new sizes
- ☺ Improved health
- ☺ Receiving compliments
- ☺ Pleased with your reflection in the mirror
- ☺ Enjoying a new level of self confidence
- ☺ Enjoying favorite foods
- ☺ Helping others achieve as you have
- ☺ Etc.

**Happiness** – Not why, but your life as it will be with even greater happiness.

- ☺ Self confidence soaring
- ☺ Free time
- ☺ More creative
- ☺ No worrying
- ☺ Attracting fun circle of friends
- ☺ Can just be yourself: always, everywhere
- ☺ Sense of always having “done enough”
- ☺ Better manifesting skills
- ☺ Etc.



## 5. Taking Action (without messing with the cursed HOWS!)

---

*Baby steps spark miracles. Miracles do not spark baby steps.  
Ungawa, The Universe*



***You don't take the "baby steps" . . .  
for the distance they cover,  
but to put yourself within reach of life's magic.  
Just like you don't hoist your sails to move the boat,  
but to put yourself within reach of the wind.***

*Hoist, baby, hoist, baby, 1, 2, 3, 4 -  
The Universe*

***Just like you don't sing in the car to be heard... Why do you do that?***

## 5. Taking Action (without messing with the cursed HOWS!)

---

### LESSONS - Taking Action

1. Taking action summons \_\_\_\_\_, emboldens \_\_\_\_\_, and avails you of \_\_\_\_\_.
2. For every step you take, the Universe \_\_\_\_\_; sometimes knocking on one door often forces \_\_\_\_\_ to open.
3. \_\_\_\_\_ you do is not as important as that you do it.
4. By trying many paths, you automatically navigate around \_\_\_\_\_.
5. Never \_\_\_\_\_ asking for help, trying new directions, responding to conditions, innovating, \_\_\_\_\_.
6. The more you \_\_\_\_\_ and can \_\_\_\_\_ what you do, the more \_\_\_\_\_ it can become.
7. Always consider your unique strengths, \_\_\_\_\_ and \_\_\_\_\_.



***It's not just that when one door closes, another one opens.***

*When one door closes, choirs burst into chorus, orchestras orchestrate, bugles bugle, marching bands march, dogs catch Frisbees, cats 'chow, chow, chow,' pigs fly, and 10,000 new doors open.*

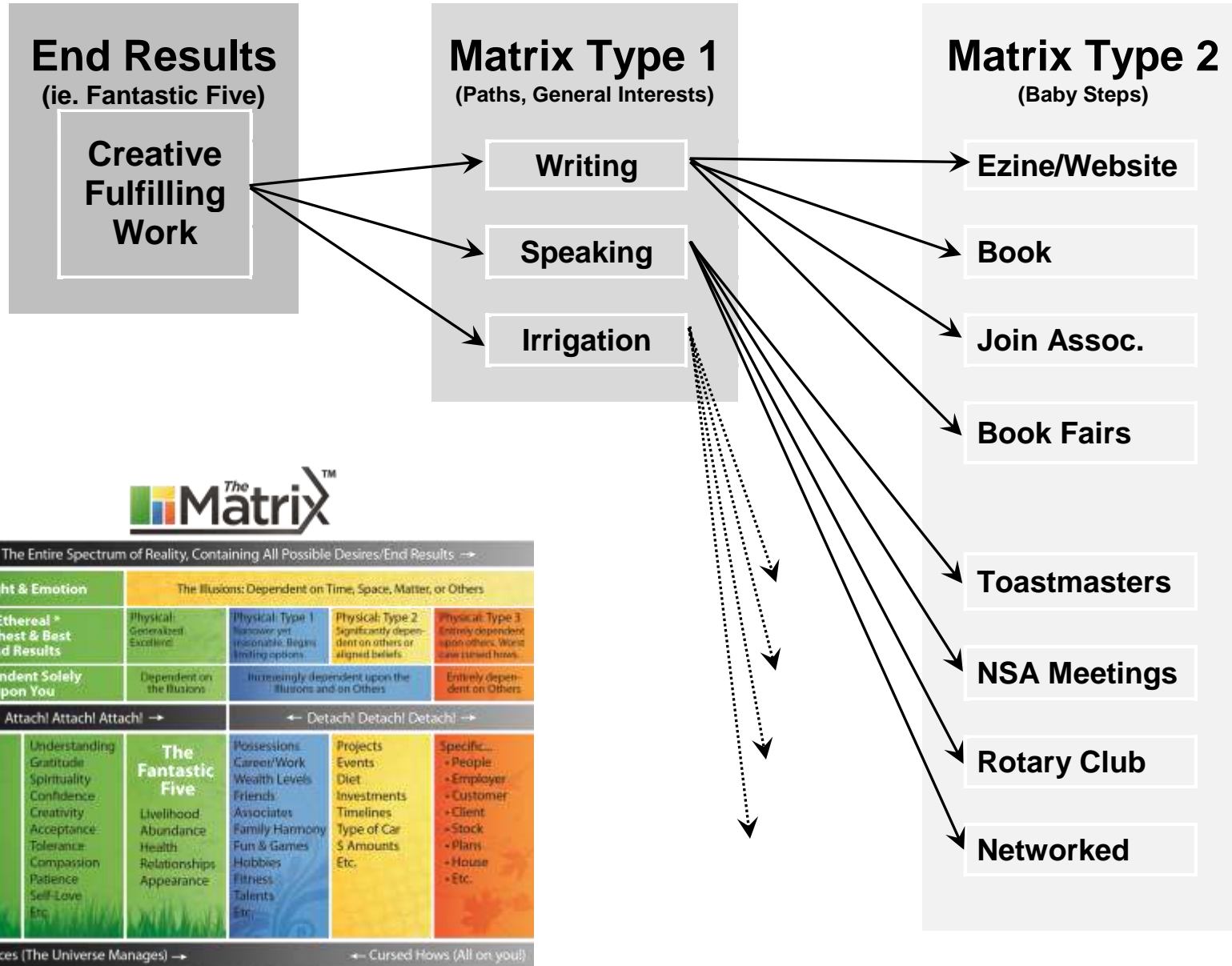
***Kind of makes you want a door to close, huh?***

*The Universe*

*"Another one opens"... good grief!*

***10,000!***

## 5. Taking Action (without messing with the cursed HOWS!)



← The Entire Spectrum of Reality, Containing All Possible Desires/End Results →

Thought & Emotion		The Illusions: Dependent on Time, Space, Matter, or Others		
* Ethereal * Highest & Best End Results	Physical: Generalized Excellent	Physical: Type 1 Inevitable, Begins Finding options	Physical: Type 2 Significantly dependent on others or assigned beliefs	Physical: Type 3 Entirely dependent upon others, Worst New Cursed Hows
Dependent Solely Upon You	Dependent on the Illusions	Increasingly dependent upon the Illusions and on Others		Entirely dependent on Others
← Attach! Attach! Attach! →		← Detach! Detach! Detach! →		
Happiness	Understanding Gratitude Spirituality Confidence Creativity Acceptance Tolerance Compassion Patience Self-Love Etc.	<b>The Fantastic Five</b> Livelihood Abundance Health Relationships Appearance	Possessions: Career/Work Wealth Levels Friends Associates Family Harmony Fun & Games Hobbies Fitness Talents Etc.	Projects: Events Diet Investments Timelines Type of Car \$ Amounts Etc.
			Specific... • People • Employer • Customer • Client • Stock • Plans • House • Etc.	
Circumstances (The Universe Manages) →		← Cursed Hows (All on you!)		

© www.tut.com

# 5. Taking Action (without messing with the cursed HOWS!) - EXERCISE

1. End Result (One "Fab Five" item)

↑ This is what you attach to! ↑

↓ Don't attach to your Paths or Baby Steps, yet give 1,000% ↓

2. Matrix "Type 1," General Interests - Paths


3. Circle the Path that you will list baby steps for in this exercise.

1. Enter just one of the "End Results" from last exercises that you'd like to manifest change in.

2. Then, *taking into account your loves, strengths, hunches, and gifts*, enter possible directions/paths you could move in. Let these make sense in your head and heart.

3. For this exercise (time being a factor), circle just ONE of the "Type 1" paths that you can now take baby steps on.

4. Then, *taking into account your loves, strengths, hunches, and gifts*, list the actual baby steps you will take.

4. Matrix "Type 2," Specific Baby Steps


For ONE Path only, choose baby steps.



## 6. Expedited Delivery

---

*If you only knew how many miracles you've already performed, nothing would ever again overwhelm you, frighten you, or seem impossible. The Universe*

### LESSONS – *Expedited Delivery*

Let there be a coordinated application of your thoughts, words, and deeds assuring alignment and sparking faster manifestations.

#### 1. Thoughts

Visualize. It's the least you can do \_\_\_\_\_.

#### 2. Words

Choose your words wisely; they are your thoughts that will

\_\_\_\_\_ the soonest!

#### 3. Actions

Pretending changes \_\_\_\_\_!

#### 4. Go Crazy and Have FUN!

Getting \_\_\_\_\_ pays BIG dividends!

1. Write a "blue print" for your life.
2. Write a letter to the Universe.
3. Write letters/checks to yourself from admirers.
4. Digitally modify images and photos.
5. Fill in a mock calendar.
6. Have "pretend talks" with friends and family.
7. Scrap books and vision boards.
8. Overpay your revolving credit, car, and mortgage.



## 6. Expedited Delivery

---

### The Art of Visualization – 7 Guidelines

1. One time a \_\_\_\_\_ is all that's necessary.
2. No longer than \_\_\_\_\_ minutes at a time.
3. Imagine every \_\_\_\_\_.
4. Feel the \_\_\_\_\_.
5. Put yourself \_\_\_\_\_.
6. Dwell from the end result, \_\_\_\_\_.
7. \_\_\_\_\_!!!!



#### ***Anyone watching you?***

*Good. This is a double-secret exercise.*

*Pretend you just received a phone call with wonderful,  
mind blowing, life changing news!*

*As you put down the receiver,  
your arms fly up over your head with joy.*

*Pumping fists, then waving palms, like you just crossed a finish line before  
throng of adoring fans. You cover your face with your hands trying to  
contain the euphoria, but it doesn't work, so you reach for the sky again  
while shaking your head in disbelief.*

*You're grinning, crying, and just so happy!*

*Yes! Life is awesome, and you feel so grateful!!!!!!*

*Got it? The Universe xxoo*

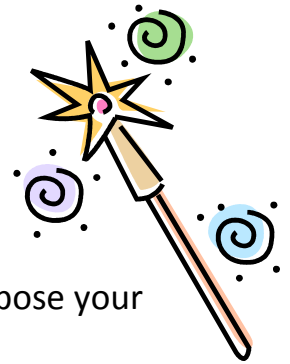
*PS - Now if anyone ever catches you doing this, just tell 'em it was your pet  
psychic who called, and they'll forget everything they just saw.*

## 6. Expedited Delivery

### EXERCISE – Pretending Changes Everything

Dream to Manifest: \_\_\_\_\_

PRETENDING this dream was *inevitably* about to come true or *has already come true*, list ACTIONS you can now take that either prepare the way for the inevitable manifestation of your changes, or that presuppose your manifestations have ALREADY come to pass:



Prepare the Way:	Acting "As If" your dream had already manifested:
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

***When in doubt, show up early.***

*Think less. Feel more. Ask once. Give thanks often. Expect the best.  
Appreciate everything. Never give up. Make it fun. Lead. Invent. Regroup.*

*Wink. Chill. Smile. **And live as if your success was inevitable, and it shall be.***

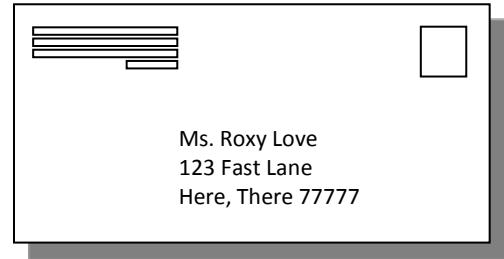
*Happy global domination!  
The Universe*

## 6. Expedited Delivery

---

### TAKE HOME EXERCISE – Write a 4-part letter

From the perspective of some point in the future, write a letter to an old acquaintance or family member telling them of your recent successes, as if you had *already* achieved the things and accomplishments you now dream of achieving. This is not meant to be mailed, yet...



PART 1 – A paragraph to reacquaint.

---

---

PART 2 – A paragraph or more on dream that has just come true.

---

---

---

PART 3 – Explain why “*this time*” achieving your dream was so easy.

---

---

---

---

PART 4 – Share what you’ll be doing next with your amazing life.

---

---

---



## 7. The Time of Your Life

---

*Without a doubt, right here and now, as you read these very words with eyes that sparkle, this golden day, amid your dancing manifestations, in a perfect world on an emerald planet, while your heart beats, your blood flows, and angels literally peer over your shoulder, I think you just might be... the "luckiest" person alive!*  
**Whoohoooo! The Universe**

### LESSONS – The Time of Your Life

1. This is it, as good as it \_\_\_\_\_. You will never again be as \_\_\_\_\_ as you are today.
2. Practice the art of \_\_\_\_\_.
3. \_\_\_\_\_ you are is never \_\_\_\_\_ you are.
4. If you want change, if you want \_\_\_\_\_, remember the \_\_\_\_\_!
5. The secret to living the life of your dreams, is to \_\_\_\_\_, to any degree you can.
6. Learn to be \_\_\_\_\_, even as you reach and stretch to become more than who you've ever been.



#### ***The one thing all famous storytellers...***

*world class athletes, business tycoons, singers, actors, and celebrated achievers in any field have in common, is that they all began their journeys when they were none of these things.*

*Yet still, they began their journeys.*

*You are so poised for greatness,  
The Universe*

*One day, they're going to name something big after you! Like a statue, a college... or a hurricane.*

## 7. The Time of Your Life

*What would you like to do, that you could now do . . . that you aren't doing? Let's do it!*

- |                                  |                              |                           |
|----------------------------------|------------------------------|---------------------------|
| ✓ Take a cruise                  | ✓ Eat dinner out more        | ✓ Learn a language        |
| ✓ Rent a convertible             | ✓ Join dating website        | ✓ Go to airport w/out tix |
| ✓ Become big bro/big sister      | ✓ Take dance classes         | ✓ Take cooking class      |
| ✓ Learn to paint                 | ✓ Visit your local theatre   | ✓ Read more books         |
| ✓ Take up golf                   | ✓ Learn to belly dance       | ✓ Write your biography    |
| ✓ Volunteer                      | ✓ Relax & sleep-in more      | ✓ Learn to sail           |
| ✓ Learn gardening                | ✓ Join a club, any club      | ✓ Learn to scuba dive     |
| ✓ Redecorate home                | ✓ Go on a TUT WOW tour!      | ✓ Learn to fly a plane    |
| ✓ Write poetry                   | ✓ Have more 3-day weekends   | ✓ Open investing account  |
| ✓ Buy a home                     | ✓ Visit the Greek islands    | ✓ Study photography       |
| ✓ Buy second home                | ✓ Learn to give pro massage  | ✓ Buy a hot tub           |
| ✓ Parachute                      | ✓ Send flowers for no reason | ✓ Adopt a child, pet      |
| ✓ Travel around the world        | ✓ Make amends / apologize    | ✓ See a Broadway musical  |
| ✓ Purchase new wardrobe          | ✓ Study astronomy            | ✓ Buy a motorcycle        |
| ✓ Go on a shopping <i>spree!</i> | ✓ Sponsor a child overseas   | ✓ Join local sports team  |
| ✓ Throw a party                  | ✓ Watch the sunrise          | ✓ Buy season tickets      |
| ✓ Vacation alone                 | ✓ Ride hot air balloon       | ✓ Run for an office       |
| ✓ All-day spa treatment          | ✓ Buy new car                | ✓ Ask for a raise         |
| ✓ Go on an African safari        | ✓ Buy your dream car         | ✓ Start a non-profit org  |
| ✓ Join a book club               | ✓ Dress to (really) impress  | ✓ Baby-sit for a friend   |
| ✓ Sleep overnight at beach       | ✓ Give a gift to a stranger  | ✓ Read to a child         |
| ✓ Wake up 1 hour earlier         | ✓ Burn candles/incense       | ✓ Buy Smart Phone         |
| ✓ Write a book                   | ✓ Go back to school          | ✓ Join a club             |
| ✓ Meditate/visualize             | ✓ Design a t-shirt to sell   | ✓ Forgive a debt/grudge   |
| ✓ Travel Internationally         | ✓ Join Toastmasters          | ✓ Move to a new town      |

**In the space below, write down at least 4 more personal dreams that you can already BEGIN planning or doing, *and do 'em!***

1
2
3
4

## Appendix 1, Extended Program, POSTCARD EXERCISE

---

### Be the Universe to Someone Else (For LIVE, in person events only)



**\* \* Please do not begin until hearing the instructions. \* \***

Using your postcard, think of someone you feel *great LOVE* for, anyone, and following the instructions about to be given, write to them as their secret admirer, “The Universe.”

*After heading up your postcard as recommended, write one or two sentences, as follows:*

**Step 1** – Express your LOVE and its GENERAL reasons. Tell them how much you care.

***I love you so much, because... I admire how you...  
I appreciate that you... I love you for your... Etc.***

**Step 2** – See in them *what they do not yet see in themselves*. Praise a quality of theirs they may not be aware of.

***It makes me happy to know that one day you will  
appreciate your \_\_\_\_\_ as I do! It's a gift I treasure!  
(courage, integrity, sense of humor, wit, charm,  
creativity, compassion, good looks, wisdom, etc.)***

**Step 3** – ENCOURAGE them in 1 or 2 sentences. *Forecast their inevitable success.*

***I know you will soon \_\_\_\_\_! You deserve it! Perfect for you!  
(write a bestseller, start your own company, fall in love,  
spend winters in Florida, buy a new home, help others, etc.)***

***Sign-off, as The Universe, following the instructions given. Whoohoooo!!***

## Appendix 2, Maintain the Excitement; Being Grounded in Truth

---

1. After your live event, be sure to visit our Facebook page to connect with fellow adventurers, arrange meet-ups, and to keep the energy going. Once in Facebook, search: TUT in {Event's City Name}



2. Receive your **FREE, personalized daily Notes from the Universe**

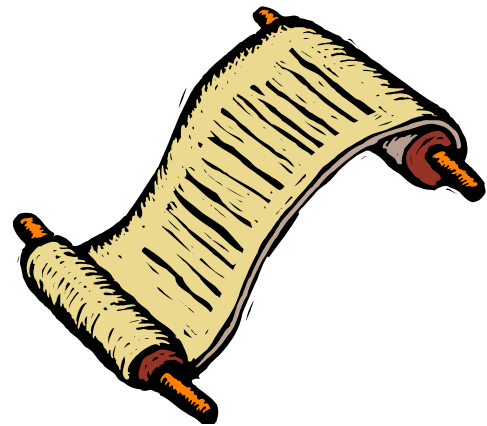
*Take the TUT Adventurers Club Oath, below, at [www.tut.com](http://www.tut.com) to receive brief emails that will help keep you centered in the truth about who you really are and all you can have, do, and be. All of the Notes shared in today's program were previously sent out to subscribers free of charge. Some are contained, with over 600 others, in Mike's 3 volumes of Notes from the Universe books.*

### TUT Adventurers Club Oath, at [tut.com](http://tut.com):

"In the face of adversity, uncertainty, and conflicting sensory information, I hereby pledge to remain ever mindful of the magical, infinite, loving reality in which I live. A reality that conspires tirelessly in my favor.

"I further recognize that living within space and time, as a Creation amongst my own Creations, is the ultimate Adventure, because thoughts become things, dreams come true, and all things remain forever possible.

"As a Being of Light, I hereby resolve to live, love, and be happy, at all costs, no matter what, with reverence and kindness for all. So be it!"



***You are adored!***





## INFINITE POSSIBILITIES TRAIN THE TRAINER

# Become a *Certified Trainer!*

## OUR WORK

We host 4 day training conferences for anyone wanting to teach the truth about life's magic and our power - coaches, facilitators, teachers, parents . . . this training event is for you!

- Deepen your knowledge of life's truths.
- Learn how to reach others wanting to learn.
- Find your audience and discover your voice.
- Enhance your presentation and teaching skills.
- Add credibility to your existing or future business ventures.
- Network, mingle, and get to know your present/future peers.
- Have FUN! Be HAPPY! Make FRIENDS!

We already we have Certified Trainers in the US, Canada, Peru, India, and the UK "reaching those who have not yet been reached," with the truth about life's magic and our power. Some are working in prisons and shelters, and others are using their training to *launch or compliment* their existing for-profit businesses of coaching and speaking – yet no one is placed under any pressure; there are *no* expectations placed on our Trainers.

## OUR BELIEFS

We believe that everyone's special, that every life is meaningful, and that we're all here to learn that dreams really do come true. We also believe that "thoughts become things," and that imagination is the gift that can bring love, health, abundance, and happiness into our lives.

**Visit [tut.com](http://tut.com) => Humanity => Infinite Possibilities Certified Trainer**



Notes! To Dos! I Love You!

Lined writing area consisting of 28 horizontal lines.