



From: *Dr. Robert Anthony* **To:** *You!*

5 Steps to Deliberate Creation

(Plus the Question that will CHANGE YOUR LIFE)

By Dr. Robert Anthony



The question I get asked most often is, “*HOW do I become a Deliberate Creator?*” and with that in mind I put together this simple but effective 5 step process.

The 5 steps of Deliberate Creation:

1. Know what you *don't* want.
2. Choose what you are truly passionate about changing or creating.
3. Align your Conscious Desires with you Subconscious Beliefs.
4. Suspend Disbelief.
5. Let go and take *inspired action*.

Sounds simple right? It is, but knowing the steps is only the beginning. It's applying this into your daily life that's important.

Now let's go deeper into each step...

STEP 1: KNOW WHAT YOU DON'T WANT.



This is a great place to start. When I ask client's "What do you want?" they often reply "I really don't know what I want". I tell them the easiest way to find out is to make list all the things you DON'T WANT. Logically if you don't want these things in your life, the opposite is what you DO WANT. Easy! Let's move on...

STEP 2: CHOOSE WHAT YOU ARE TRULY PASSIONATE ABOUT CHANGING OR CREATING.



After you have reversed this list, the next step is to choose one or more things you are *passionate* about changing or creating.

What difference would it make in your life? What difference would you like to make in the lives of other people? [What would you like to achieve?](#)

One of the reasons most of us spend our lifetime without ever finding our passion is we don't know how to ask the RIGHT QUESTION.

The Question That Will Change Your Life



The question I am going to ask you next is something that has given me more perspective than anything else I have encountered in my quest to find my passion. This is the question that has shown me my [true passion](#) without any effort at all. I am going to show you how to find your answer as well.

Unless you already know what your passion is, chances are it will take a little time before the answer starts to surface, but it will show up in a very short period of time.

When we talk about our *passion* it's interesting how *money* immediately comes into the picture. When thinking about our passion we use money as a filter. Most of us focus on how much money we would like to earn, or we say "I wish I could win the Lotto." Then we say, "If I won the Lotto or I had a lot of money I would live my passion and do this and that" etc. But what you will discover right now about your passion is *it is never about the money!*

Interestingly, most people really DON'T KNOW what they would actually DO with their life if they did have all that money.

What do I mean by this?

To find the answer I am going to ask you a very important question, but before I do, to get the best possible results, please take a moment to do the following steps.

Remember, this question has the potential to change your life! So follow these next few instructions very carefully.

1. Take a slow deep breath, exhale, and relax.
2. Take another slow deep breath, exhale, and relax.
3. Take one more and relax slow deep breath, exhale, and relax.
4. Take a moment and to clear your mind of all mental clutter.
5. Now think of ANYTHING that makes you feel happy. It doesn't matter. All we are doing is changing your emotional "state" for the moment.
6. Now, just relax and enjoy that feeling.

Okay, after you have done that (and please DO it) you are ready to continue.

If you are not ready or capable of doing this right now for whatever reason, **DO NOT continue to read what follows.** Come back to this later and then move on.

Ok, assuming that you are ready, **The Question That Will Change Your Life** is on the next page...

And the question is.....

**If you had 50 billion dollars,
what would you do with your TIME?**



Think about this for a minute. 50 billion! Not 50 million, but *50 BILLION!*

That's more money than you can ever spend no matter how foolishly you spend it. That's more money than your family or your grandchildren can spend.

Back to my question –

If you had 50 billion dollars - what would you do with your TIME?

I want you to take a minute and use your imagination and [really feel that you have that money!](#) It's very important that you do this. Just tap into the feeling right now that somehow you just came into this massive amount of money.

Imagine you went into a second-hand shop and were attracted to a decorative chest that was over 100 years old. You decided you liked it so much, you purchased it and brought it home.

The first thing you wanted to do is clean it up. Before you started, you removed the small lining inside the bottom of the chest. When you did, you came across this old piece of paper that turned out to be a treasure map.

The map has been lost for over 100 years and it shows a location of a big sunken ship full of gold.

You check it out and the next thing you know you are on a boat to that location with some deep sea divers that can check it out. After the divers have gone down into the ocean, sure enough, all that gold is in that exact spot on the map and now *you are the richest person on earth*. 50 billion dollars worth of gold - unbelievable, but true. Really get into this!



However, everyone is sworn to secrecy and nobody knows about your newfound riches, so you still have your privacy and you can do whatever you like.

Okay, now you have 50 billion dollars in gold. You cash it in so you can spend it. Let's say you are a generous person and because you have so much money, you give a lot of it away to charity.

You have always wanted to travel so you go on a world tour on your private jet or yacht. You get carried away and buy yourself five houses in different parts of the world.

Even though your family does not know how much you are really worth, they know you are rich so you buy a house for each member of your family or pay off their mortgage. And, you also give each one \$100,000.

And after all of this you still have almost all your money left because the interest on this money at 5% is almost a HALF MILLION DOLLARS PER DAY! Even with all this spending you still have most of the 50 BILLION DOLLARS you started with.

Let's say you travel around the world in Six Star luxury for two years straight. As much fun as this sounds, trust me, eventually you will get tired of the travel.

When you have finally seen enough of the world, you come back to your own mansion (the biggest one!) and now you are bored. You own every gadget, automobile or anything else money can buy. You don't need to DO anything to earn more money. At a HALF MILLION DOLLARS PER DAY in interest, it just keeps piling up.

However, you are energetic and you know [your BEING is here on this Earth for a purpose](#). You decide that since money is not an issue, you want to make a contribution with your mind, your intellect, your heart and your personality - not just with your money. You have already given away millions of dollars.

When you get up in the morning there is nothing to buy, no place you want to travel to, no reason to earn more money – SO HERE IS THE IMPORTANT PART OF THE QUESTION...

What would you do with your TIME - for the rest of your life?



When you know the answer to this question, you will have found your *true passion*.

And here is something else you will discover - you will realize that when you design your life around your passion, regardless of your financial situation, you don't have to chase after money anymore - [money will be attracted to you like a magnet](#).

When you live with passion, there is no difference between work and play, every day is a holiday, every night is a party night, every morning is the beginning of a day filled with love, happiness and joy! Sure, you will run into obstacles, but your passion is bigger than any obstacle you will ever encounter. [You have a reason to LIVE rather than just EXIST.](#)

Now there are some people for whom the answer is readily available. They know exactly what they would do. These are the people who have already found their passion. If you are one of them, congratulations! This journey will be much easier for you. But if you need some help on finding the answer, read on. You are very close now.

Create a ‘favorite things you feel passionate’ about list:

First, I want you to think about this scenario. You have worked all day and you come home tired. You really don’t want to do anything but rest or go to bed. However, your mind feels like doing something or you keep thinking about something that is interesting to you.

What is it that you feel like doing or what is it that you enjoy thinking about *even when you are tired and exhausted?*

What is it that when you start doing it or thinking about it, you seem to lose track of time and the time just seems to pass by.

Whatever your answer is, write it down on a piece of paper.

That should give you a good start, but if you need more help and cannot focus on just one thing, take a few moments to write down 5 things that you really love doing. It can be anything, watching movies, reading, outdoor activities, traveling, writing, automobiles, working with your hands, meeting new people, dancing - whatever. It can be anything as long as you REALLY ENJOY IT.

Do not put anything on the list that you just *casually* enjoy doing *sometimes*. For example, I like going to the races and watching the horses run, but I wouldn’t put that on my list because it’s not something I’m *passionate* about. It’s an occasional entertainment, I love it when I go to the races, but I’m not *passionate* about it.

Okay, write down your 5 things now.

Create a ‘things you could do for the rest of your life and never get bored’ list:

Next, compile a new list of 5 things that you could do for the rest of your life and not get bored. This is the part that a lot of people seem to have a problem with. If you don’t know what these 5 things are, don’t worry. You can come back to this later, but be sure to spend some time and really think about it when you create this list.

As you do this, a picture will start to develop. You will begin to get some ideas about your passion. Perhaps as you are doing this you will find it is difficult to come up with a list and think, “Maybe I’m someone who doesn’t have a passion”. That’s also okay. Just take your time and carefully think about the times when you daydream about things and time seems to fly by. Be patient and persistent. It will soon come into your mind.

Now, combine your 5 *favorite things you feel passionate about* and your 5 *things you could do for the rest of your life and never get bored* and begin to think about how you could earn a nice living doing them. Think about how you could create a product or service of genuine value (not for the money) that you could offer to the world using one or all of them. In other words, *this is the way you would spend your time IF you did not have to think about the money.*

Take this combined list of 10 and narrow it down to your top 5. Really take your time with this selection part of the process.

Once you have found what this is, [you have found your passionate livelihood.](#)



Here is what I had found for myself after doing this process. It took me a little while to figure it all out, but I persisted and this is what I came up with.

When I first asked myself the 50 Billion Dollar Question, I realized I, like most people, was under the illusion that money was the only thing that was holding me back from doing what I was passionate about. But the truth is after asking the 50 Billion Dollar Question – **What would I do with my TIME if I had 50 BILLION DOLLARS**, *I had no idea what I would do all day long* after going through the usual stuff most people would do with that much money.

I ran myself through this exact same process. I would travel around the world; I would buy myself a house or two in different parts of the world, give money away to help others, blah blah blah... *but then what?* At some point that would get old and then what the heck am I going to do?

So **what would I do with my TIME** if I didn't have to think about the money?

To be honest, I had no clue. I consider myself to be a person who tries to be conscious about his life, but this proved to me that I had no idea what I wanted to do with my TIME. Actually, as a conscious person I felt pretty surprised that I did not know the answer.

So I asked myself, what are the things that I really love doing? What do I think about or what keeps my interest even when I am tired? What are the things that make me lose track of time? What are the things I could do for the rest of my life and never get bored? And after a lot of *concentrated thought* I created my final list of 5. And they are as follows in this order:

1. I love to acquire knowledge. This can be anything; a new language, a breakthrough idea, hypnosis, spirituality, magic, dancing, whatever. As long as I am learning something new, I am entertained. I can come home at the end of the day and I am still interested in learning something new by reading a book or watching a video on any of these subjects.
2. I love romance. I love the experience of getting to know my partner and getting to know what she has to share mentally, physically, spiritually and emotionally. There are so many ways to express this that it would be impossible to list all of them, but romance is on the top of my list.

3. I love to travel, especially to large cities such as London, Paris, New York, Bangkok, Manila, Berlin, Melbourne, etc. I was raised in the city and I love the action of a city. Unlike some people who prefer camping or going to a secluded spot on a tropical island, I prefer a city. I also enjoy being comfortable. My idea of 'ruffing it up' is to stay at a 4 Star hotel. In short, I love to travel in style but at the same time explore new countries and especially the major cities in those countries and meeting new people.

I also love freedom from owning and maintaining a lot of "stuff". In other words, to live well but not accumulate a lot of stuff I have to take care of after I purchase it. I have the best of everything, a nice car, a very nice place to live, clothes, food, etc. but only what I need for my day-to-day living. My security does not come from owning anything. The less stuff I own, the freer I feel. The freer I feel, the more I enjoy travel because it does not require having a lot of my stuff around me to make me feel happy.

4. I love to help people by teaching them new things either one-on-one or in groups. I have always tried to help people around me in any way I can. More than anything else I enjoy teaching them through my books and programs and doing one-on-one change work so they can empower themselves. I'm a natural teacher and find great joy in transforming lives by teaching new things. I also have a strong compassionate nature and I will do everything in my power to improve the lives of people all around me.
5. I love to entertain. I never realized how much I enjoyed this until later in life. In my programs, seminars, and one-on-one sessions, although I am "serious" about my work, the presentations are also highly entertaining. I love making people laugh and also giving them an amazing experience. This is an important part of my teaching style and brings me amazing joy.

Okay, back to reality!

When I finished my list of 5, I started thinking, how could I turn this weird concoction into a passionate livelihood? Guess what I found? **THIS!**

I found that this is what I loved doing most. I teach people how to change their life for the better, find their [ultimate purpose](#), materialize their dreams, and become all that they want to become. And in the process, I travel

around the world, meet new people and have fun doing it in both a serious and entertaining way!



You know what the beauty is here? Every bit of this is **pure passion** for me! This is what I do best. I am highly skilled at helping people to see things about themselves they have not noticed before, understand the power of their mind and then show them how to make changes. However I didn't think that I could turn this skill into a passionate livelihood or lifestyle until I went through the process I just shared with you. This process has allowed me to live my other passions that I included on my top 5 list.

Once you have found your passion the next step is to create a marketable service or product that you are truly passionate about. You may need to get help with this, but there are plenty of good resources out there. Then [believe in it with all of your heart and go for it](#). Follow what you have learned in this report. Do not wait. Waiting takes away the magic, motivation, boldness and courage. DO something now. Take that first small step.



Remember, energy follows thought, and the stronger the thought, the stronger the energy. When you truly follow what your heart desires (and often times not what your brain thinks is a good idea) you are automatically coming closer to [the blueprint of your personal destiny](#) – what your BEING is here to experience. When you find out what truly makes you happy and follow that dream, you automatically leverage all your inner assets that were given to you as a perfect combination to achieve what you are truly destined for. However, you cannot do this unless you know what you truly and passionately desire.

With that in mind let's go to the next step.

STEP 3: ALIGN YOUR CONSCIOUS DESIRES WITH YOUR SUBCONSCIOUS BELIEFS.



I have discussed in depth the concept of conscious and subconscious alignment in past reports and in all of my programs, but I will make this key point once again. You **MUST** not only **CONSCIOUSLY** desire what you want, but your subconscious must agree to let you have it. This can be a sticking point for many people, a battle between what you **KNOW** you want and what your subconscious will allow. You can win this battle, easily and effortlessly by clearing out the “negative trances” that no longer serve you and by [aligning your subconscious and conscious minds](#).

Now that you understand how important it is to align your conscious and subconscious minds, you're ready to move on.

STEP 4: SUSPEND DISBELIEF.



You must SUSPEND DISBELIEF and accept that everything is created in the non-physical quantum level before it shows up in the physical universe.

Your subconscious will take care of the details or the “how to” but you can help by truly visualizing and feeling that whatever you want has already been achieved.

However, here is something very important you need to understand about visualization: ALWAYS and ONLY visualize the END RESULT. Do NOT try to visualize the *process of how* you are going to achieve that end result.

The “how” is not in your realm of understanding. You do not have all the resources your subconscious has access to. Let your subconscious and the Universe (The Superconscious) work together to decide on the best, shortest and easiest route for you. When you learn to delegate the “how” to the Superconscious and your subconscious, you will be surprised at what follows. So always focus on and [visualize or imagine the end result](#).

If you want to increase your income, trust that the *opportunities* are already there for you; you just need to claim them. If you want a loving partner, believe that she or he has *already* fallen in love with you and is on their way. If you want a new house, believe that you already own it and the *opportunity* to obtain it is on the way.

Put in as much *emotion* as possible. In your mind, try to see it, feel it, touch it, and smell it. Make it as vivid and real as possible. When you are visualizing or imagining the end result with feeling and emotion, it will fill you up with a deep sense of joy! That's where you want to be.

The key is to SUSPEND DISBELIEF and truly believe without a shadow of doubt that whatever you want has been ALREADY been created on the non-physical level. I know this is not easy to do, but here is how it works....

Our subconscious cannot differentiate between what is vividly imagined and what is 'real'. That's why we get emotional and even cry when we see a truly heart touching movie. Even if we know that they are just actors, even if we know there is a director who is telling everyone what to do and none of it is 'real', it still fills our heart with sadness, anger, hatred, joy or happiness. We still laugh and cry. Why? Because our subconscious cannot tell the difference between what is 'real' and what is vividly imagined. Use this concept to your advantage and try to imagine the outcome or end result of your dreams as vividly as possible.

Remember, once we have definitely decided on something, it's already done, or as I like to say "It's a done deal". In the *field of plenty*, it has already been created.

Also, start living your reality NOW. Don't have the money yet? You will. [It has already started to manifest itself because you have planted the seed.](#) So go and choose that new car you are going to buy. You don't have to actually make a deposit, but go and make a mental choice, take a test drive if you can.

If it's a house you are going to get, start researching for it. Look at houses and get the feeling that it is on the way to you.

If your dream is to find your loving partner, make a list and check out all the places where you will take her/him once she/he comes into your life.

Get as many *physical representations* of your dream that you can all around you. If its money, get pictures of all things that you are going to acquire with that money. Get brochures, posters, collectibles or anything that will constantly remind you how wonderful it's going to be once you finally have your dream manifested into your personal physical reality.

Are you ready? It's time for the 5th and final step.

STEP 5: LET GO AND TAKE *INSPIRED ACTION*.



At some point you will have to take action. You cannot just sit around and think about your desire. However, you should take *no action* on anything until you feel no resistance and it feels like your *next action* or your next *step*, whatever it is, seems like the most logical step.

How can you know the next logical step?

If you focus on what you desire and feel overwhelmed or anxious, then you are not ready for any action.

You know you are ready when it feels like the next logical step is *effortless*. There is no effort, no strain, and no pain.

What we want to do is to use the *leverage of energy*, the same leverage of energy that creates everything in the universe. As you focus on your desire, you will know when it is time to take inspired action. And when you do, it will be effortless. Doors will open and [the entire universe will conspire to assist you in your desire.](#)

Now that you know the 5 Steps to Deliberate Creation you can begin your journey to live the life you have always desired. Here's a bonus step that can boost your manifesting and also keep you on the positive attracting path.

BONUS: KEEP AN EVIDENCE JOURNAL.



Start an Evidence Journal. Most people have “evidence” that things are not going their way. They tell their “story” of how things just keep getting worse. They pile up more “evidence” and eventually they fail to achieve their outcome because, as I have said so many times, you attract what you focus on. Do the opposite! Get yourself a nice Evidence Journal where you are going to record your amazing journey.

Make it a habit to write at least one large or small thing you did *to bring you closer to your dream* every single day. Write down what have you noticed, no matter how large or small that is giving you more and more “evidence” that you are moving toward your dream? This helps you maintain your overall perspective of the elaborate game that you have started to play.

Remember, we live in a Universe or a *field of plenty* that has everything you need and desire. This virtual reality game has been designed by you for your own purpose, and it can be changed by you. All it really takes is the belief that [you are a Deliberate Creator](#) and that you *can* and *will* reach your desired outcome.

Truly Caring for Your Success!

Dr. Robert Anthony