

TheSpiritualCoach.com

## Understanding & Changing Your Reality



Workbook created by Jan Brouwer  
(Last update: January 9, 2012)

## Acknowledgements

This program is using the materials and information from many different sources, spiritual and non-spiritual. I would like to thank and acknowledge all of them, in no particular order.

- Zen DeBrucke ([www.smartsoulacademy.com](http://www.smartsoulacademy.com))
- Kelly Neill ([www.theobservereffect.wordpress.com](http://www.theobservereffect.wordpress.com))
- Mooji ([www.mooji.org](http://www.mooji.org))
- Darryl Anka, channelling Bashar ([www.bashar.org](http://www.bashar.org))
- David Icke ([www.davidicke.com](http://www.davidicke.com))
- John Kehoe ([www.learnmindpower.com](http://www.learnmindpower.com))
- Jonathan Wells ([www.advancedlifekills.com](http://www.advancedlifekills.com))
- Scott Young ([www.scotthyong.com](http://www.scotthyong.com))
- Michael Losier ([www.LawOfAttractionBook.com](http://www.LawOfAttractionBook.com))
- Esther Hicks, channeling Abraham ([www.abraham-hicks.com](http://www.abraham-hicks.com))
- Geoffrey Hoppe, channelling Tobias, Adamus and Kuthumi ([www.crimsoncircle.com](http://www.crimsoncircle.com))

## Introduction

Hi, this is Jan Brouwer and in this self study program I will take you through a number of video clips, articles, experiences and exercises that will help you understand and change your reality, if you so choose. The program will **normally take you 7 days** to complete.

To maximise the effects of this workbook I kindly invite you to:

- Take sufficient time to review the information and complete the assignments. You may want to reserve **30-60 minutes each day**;
- **Be honest** and clear with yourself at all times when you are asked to reflect on your own issues. There is no reason or benefit when you “beat around the bush”; on the contrary it may keep you from realising the changes that you want;
- **Be open minded**. Some of the information that is provided may challenge you. Remember, the changes which occur in someone’s life are often triggered by information that was either new, inspiring or confrontational;
- **Use your feelings** as a way to discern information<sup>1</sup>. As you will see in this workbook, your mind has certain limitations and prejudices when it comes to absorbing and understanding new information;
- **Not to judge yourself**, but to have compassion when you reflect on your own life. Often we have a tendency to judge the circumstances we are in and the way we act, think and behave. There are no good or bad things, just experiences, as you will soon discover for yourself;
- **Trust yourself** when you try to integrate the concepts and teachings that resonate with you. When we change our life routines it often takes a period of time before we see results;
- **Consciously use your breath** in order to help you move energy and release emotions and issues;
- Explore more information if you feel attracted to a certain source or channel. For example, there are hundreds of interesting video clips on YouTube that I didn’t use in this workbook which may be of great interest to you.

## How to use the Program

The best way to use the program is to **follow the daily assignments** as there is a particular and deliberate flow and sequence. You may be curious or interested to fast forward and take a peek at future days, but you may lose a lot of the effect from this workbook while doing so. And, later assignments may even make no sense at all for you if you have not reviewed and applied the information provided before.

You may also feel tempted to just listen or read the information and then disregard the assignments. Although you will benefit to some degree from just absorbing the information, the impact of the program will be much deeper and stronger when you **take the time to do**

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<sup>1</sup> If this concept of using your feelings is new for you, you may want to view this [introduction](#) with Zen DeBrucke about your internal guidance system.

**the exercises.** Having facilitated many transformational workshops it has become clear to me that real changes are only realized when people allow themselves to go through the experience.

In other situations you may feel an urge to skip information because you "already know it". Well, be alert because very often you may know the "theory" but have not been really applying it in your life. A good example is living in the now moment, a well known spiritual concept. Although many people know of this concept, few actually practise it. So, indulge yourself and still go through the information and the exercises.

When you feel time strapped, or when you feel a need to spend more time on a certain topic, for whatever reason, allow yourself that time. **Don't rush yourself** in trying to keep up with the daily schedule. This is not a race against time, nor will you have "failed" if you are not able to complete course within seven days.

Finally, and most importantly, **enjoy the program.** Often people take "spiritual courses" way too serious and forget what life is really about, i.e. to experience and to enjoy yourself. To lighten things up you will find a lot of humour throughout this mini course and whenever you find yourself going through a difficult moment, breath, look in a mirror and smile.

I hope the program will inspire you to make the shifts that you want in your life.

Namaste,

Jan Brouwer

### **Important Notice**

The program uses articles and YouTube video clips that are freely available on the Internet. Although all links have been checked when publishing this self study program, it cannot be avoided that sometimes certain links are disabled or removed. Please notify me by sending an email to [jan@thespiritualcoach.com](mailto:jan@thespiritualcoach.com) if you happen to come across a link that doesn't work anymore so I can update the program.

Thank you.

## **Day 1: What is Reality?**

Before considering how you can change things and circumstances in your life, you first need to understand what “reality” actually is. Don’t be surprised that when looking at reality more closely, your beliefs will be challenged.

But before you start with the very first assignment of this mini course, I invite you to take a few moments to reflect on how you feel right now. Take a few deep breaths, really deep breaths, slowly exhale, relax and then notice how you feel. Do you feel tense or restless? Is your mind racing with all kinds of thoughts? Or do you feel peace and quiet? The most important thing, that we will emphasize throughout the next few days, is not to judge yourself, your thoughts or your feelings, but to just observe. So take a few moments here. How do you feel right now?

Once you are done, start with your first assignment.

### Part 1

Please reflect on the following questions. Note that there are no “good” or “bad” answers:

- What is reality?
- Does it exist outside yourself?
- What or whom creates reality?

Please write down your thoughts.

### Notes:



Please, take a short break before you start with the next part of today’s assignment.

## Part 2

Have a look at the following video clips:

- [A Conscious Universe - The Observer Effect](#) (3:56)
- [Everything happens in your head](#) (7:23)

How do you feel after watching these video clips? Do you feel surprised or confused what “reality” is? Or, is this information confirming what you already knew or believed about reality?

Please write down your thoughts, observations and feelings.

## Notes:



Finish today’s assignment(s) by taking some good deep breaths, relaxing yourself and then completely letting go.

## Day 2: Who creates your Reality?

Today you are diving deeper into your reality and you will be looking at the things that are not working well. Who is responsible for that?

Before starting with today's assignment however, I invite you to take a few, good deep breaths.

### Part 1

Write down the things or circumstances in your life that you don't like. Next, who do you blame for this, if anybody? Note: be totally honest with yourself...

### Notes

You can create a schedule like below to make your notes. Keep your sheet once you have it finished because you will use it again in the days to come.

Things I don't like in my life	I blame... for this			
Issue/circumstance: e.g. lack of money, relationship issues,...	My family, my partner, my boss, my children, myself			



Please, take a short break before moving on to the next part of today's assignment.

## Part 2

Have a look at the following video clips:

- [You Create Your Reality](#) (7:41 min)
- [David Icke - Creating Your Reality](#) (6:17)

When you realize that you create your own reality, how does that make you feel about the things you don't like and the people that you may perhaps have blamed for it?

Please, write down your thoughts and feelings.

Notes:



Finish today's assignment(s) by taking some good deep breaths, relaxing yourself and then completely letting go.

**Day 3: Understanding the Reality you Created**

Yesterday, you were invited to consider that you are the creator of your own reality, something spiritual teachers have been trying to remind us of over and over again. The big question is of course that if you create your own reality, why on earth would you create problems and challenges? And, is a “problem” or a “challenge” not just a matter of perception?

Please, take a few, good deep breaths before starting with today’s assignment.

Part 1

Please read the following article:

- [Do You See Blessings in Your Challenges?](#) By Jonathan Wells
- [Bashar Fate and Free Will](#) (6:30)

Now have another look at the sheet you prepared yesterday with the things and circumstances in your life that you don’t like, but apparently created yourself.

Can you see the blessings or higher purpose of these circumstances or “themes” that you are experiencing? How it will make you wiser or stronger? More conscious or compassionate?

Write down in the sheet you prepared earlier the blessings that you see in your challenges.

Notes:

Things I don’t like in my life	Higher purpose or “blessing”			
Issue/circumstance: e.g. lack of money, relationship issues,...	-learning to trust myself instead of money or other persons, -learning to choose for myself, etc.			



Please, take a short break before moving on to the next part of today’s assignment.

## Part 2

Until this point you have probably used your mind to try put your problems and issues in some logical (spiritual) perspective. Did it work? Are you completely satisfied? Were you able to put everything in a “higher” perspective?

Have a look at the following video clips:

- [The Door to your Self - Mooji in Brixton](#) (5:41)
- [Bashar - The Physical mind](#) (9:46)

How do you feel after watching these clips? Do you feel differently now about your circumstances and problems? Look back in your life for situations where you were really challenged. What did it bring you? Did you grow from the experience? Can you see how your higher mind plays a role in your personal growth that may not make any sense, at first glance, to your logical mind?

## Notes:



After you finished this assignment you may want to take a break for a walk outdoors, sit in nature besides some trees or water and do some more breathing and reflection on the issues and circumstances that you experience in your life. Why are they there?



Finish today’s assignment(s) by taking some good deep breaths, relaxing yourself and then completely letting go.

### Day 4: Accepting your Reality

In the past few days you have been exploring what (your) reality is, how it is created and its purpose. Today is an important conclusion of this part of the reality discussion, i.e. can you accept your reality, even if you don't logically understand or like everything that is happening? Initially this may feel unnatural, but allow yourself to feel this complete surrender to what is. Just take a few moments here to imagine that feeling.

Before moving on with today's assignment, I invite you to take a few, good deep breaths.

#### Part 1

Please read the following article:

- [Accepting Reality](#) by Scott Young

When you look at the list that you prepared yesterday, do you feel resistance accepting certain issues or circumstances, and, can you specify where and why you feel the most resistance? Please write down your feelings and observations.

#### Notes

You can use a schedule like below to make your notes.

Things I don't like in my life	Do I feel resistance?	Intensity	Observations	
Issue/circumstance: e.g. lack of money, relationship issues,...	Yes, no, I am not sure	High, medium, low		



Please, take a short break before moving on to the next part of today's assignment.

## Part 2

When you feel resistance in accepting your circumstances and the things that are happening around you, you may want to use a certain tool that Tobias is suggesting in the following article:

- [Accept All Things As They Are](#), Tobias in lesson 1 of the Creator Series (please note that you may have to register to access the Crimson Circle channel library for free).

How do you feel after reading this article? Do you feel that “standing behind the short wall” can help you in accepting your reality? Please, write down your thoughts and feelings.

### Notes:



Exercise: From now on, when you are confronted with situations that challenge you, become very aware of your feelings, take a deep breath, stand behind the short wall and just observe. Try to detach yourself from judging the situation. If you feel emotions coming up, allow them to flow through you and just observe. Play with this as often as you can and see how it starts to change your reality.



After you finished this assignment you may want to take a break for a walk outdoors, sitting in nature besides some trees or water and do some more breathing and reflection on accepting the issues and circumstances that you have created in your life by standing behind the short wall.

Note: don't try to figure everything out in your mind. Instead, go into your feeling. Feel if you can accept your reality, even if your mind still doesn't understand or like what is going on. Remember, you are God also. You create the perfect reality for you at all times to experience and expand yourself as a spiritual being.



Finish today's assignment(s) by taking some good deep breaths, relaxing yourself and then completely letting go.

## Day 5: Responding Differently to Your Reality

Before starting with today’s assignment, I invite you to take a few, good deep breaths.

In the past few days you have been looking at what reality is, how it is created, and why certain problems and challenges occur. Yesterday, you were invited to accept your reality by standing behind the short wall. Not always an easy thing to do, especially if we don’t understand or like why certain things are happening. However, usually it is our physical mind (or ego) that doesn’t understand or like what is going on. But, at a different level, you know now that everything serves a purpose.

Now, even if your mind doesn’t understand what is going on in your “reality,” the one thing you can do is to start responding differently to the challenges and problems that are occurring in your life.

### Part 1

Please have a look at the following video clips:

- [Law of Attraction – Responsibility](#) (2:22)
- [Bashar - Circumstances Don't Matter Only State of Being Matters](#) (9:25)
- [Abraham Hicks - Find Any Reason To Feel Good](#) (7:39)

How do you feel after watching these video clips? Do you feel you will be able to respond differently to the things that you don’t like (see your schedule)? Do you feel able to look for the things that make you feel good and happy, even if the circumstances as such don’t look positive?

### Notes

Things I don’t like in my life	Can I respond differently now?	Observations/feelings		
Issue/circumstance: e.g. lack of money, relationship issues,...	Yes, no, I don’t know			



Please, take a short break before moving on to the next part of today’s assignment.

## Part 2

Later during the program you will hear more often that choosing your “vibration” is the key to change your reality and to attract the things that you want in your life. Now, at first glance this may not make any sense to your physical mind. It sounds too simple, i.e. that you can attract good things by just choosing to feel good.

Here we touch again on the limitations of our physical mind. Contrary to your higher mind, it is highly influenced by belief systems, social conditioning and fears. Have a look at the following video clip to better understand how your higher mind can guide you to respond differently to your reality.

- [Bashar - Key To Higher Mind - June 14, 2008](#) (6:51)

Bashar is making some important points here. First, he describes how your higher mind can see things from a different perspective and guides you towards the best way forward, or the path of least resistance, with certain suggestions and ideas. These are communicated through your imagination (e.g. through hunches).

Secondly, the easiest way to know that you are on the “right” path is through the feelings (vibration) of excitement and passion.

**Question:** did you ever experience a situation where your mind ran out of options or solutions to a problem, only to find yourself, all of a sudden and out of the blue, with an idea that solved the problem? Or, that you gave up looking for a solution, only to find that after some time, in some strange way, things got solved without any effort on your part?

Have another look at your list with issues and problems. Do you feel able now to simply allow them for what they are, release them and trust that you will receive appropriate guidance that will allow you to respond differently, with more joy and excitement, to what is happening?

Please, write down your thoughts and feelings.

## Notes:



Please, take a short break before moving on to the next part of today’s assignment.

### Part 3

In conclusion of today's assignment, please listen to the following clip:

- [Abraham: Life is in the crack](#) (7:44)



After you finished this assignment you may want to take a break for a walk outdoors, sit in nature besides some trees or water and do some more breathing and then reflect some more on this question: do you feel you can respond differently now to your circumstances and the things you don't like in your life and thereby change your reality?



Finish today's assignment(s) by taking some good deep breaths, relaxing yourself and then completely letting go.

## **Day 6: Setting your Vibrational Tone**

Yesterday you were invited to start responding differently, more consciously, to situations in your life and thereby create a different reality. In the words of Abraham: the most important thing to do, is too feel good. In the words of Bashar: “circumstances don’t matter, state of being matters.”

The easiest way to change your reality is to be aware of and consciously set your “vibrational tone”. But how does this work exactly?

Before starting with today’s assignment, I invite you to take a few, good deep breaths.

### **Part 1**

Please watch the following video clips:

- [Abraham – Create positive expectations](#) (7:42)
- [Bashar – The Now, Vibrations, Realizing](#) (8:26)

After these videos, do you have more clarity on how to set your vibrational tone and how this creates the reality you want, using the “law of attraction?”

Please write down your thoughts and feelings.

### **Notes:**



Please, take a short break before moving on to the next part of today’s assignment.

## Part 2

Please listen to the following clips with some more guidance from Abraham on consciously setting your vibrational tone:

- [Abraham – Feel Good Now, It’s Important](#) (8:39)

Let’s do a little exercise now and test if you are able to shift your vibration in whatever direction you choose.



Take a few, good deep breaths and be aware of your “vibrational tone.” How does it feel right now, “high” or “low?” Now consciously start to play with this feeling, trying to raise and lower your vibration by changing your thoughts to positive or negative things. Just pick a few thoughts that make you feel bad and replace them with thoughts that make you feel really good, e.g. receiving a large amount of money in your bank account, or getting a promotion at work, and then observe.

Do you see how you are able to consciously change your vibration by simply shifting your thoughts?

From now on, when your vibration feels low, make a habit of taking a few minutes to play with it and refocus on things that make you feel good.



Finish today’s assignment(s) by taking some good deep breaths, relaxing yourself and then completely letting go.

## **Day 7: A Day to Make a Choice**

In the past week you have been exposed to a lot of information and doing a lot of (energy) work. Perhaps you felt challenged on various levels and still have doubts if you are really able to create the reality you want. That's okay and fully understandable in light of the many years that you have been "programmed" with the beliefs about reality that are dominant in our society. That's why I have included two more videos, with Bashar and Abraham, to help you deprogram yourself some more...😊

Please, take a few deep breaths and when you feel ready start with the first video.

### **Part 1**

In this video clip Bashar provides a perfect summary of their teachings regarding the creation of reality.

- [Bashar – How do we design our reality](#) (14:57)



Please, take a short break before moving on to the second and final video.

## Part 2

Before you start this final video please take a few deep breaths, relax and then listen.

- [Abraham-Hicks~Setting Your Vibrational Tone](#) (10:03)



After you finished watching this video clip you may want to take a walk outdoors, sit in nature besides some trees or water and do some more breathing.

Now you know how reality is created, you have a choice. Do you continue to follow the path that most people follow, i.e. using hard work and effort to create your reality, or do you use your vibration and focus on feeling good to allow the reality you prefer to come into your life?

Look around you, enjoy the beauty and just smile and then make a conscious choice of how you want to live your life from now on.

Whatever you choose, know that you are God also and that you are blessed!