

Spiritual Life-Design

Living a Fully Conscious Life

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Introduction

For the last 10 years, Debra Ruth Miller has been engaged in what she has called “design work”: work that has its roots based in a spiritual source and inspires the confidence that we each have a say in how our reality is created.

For most of these years, Debra’s design work has been purely experiential, with very little being put into writing to discuss or describe its practical or theoretical perspectives. Here in this mini-workbook, *Spiritual Life-Design: Living a Fully Conscious Life*, Debra is taking her first steps to teach the full spectrum of her design work. This has been made possible due to the partnership and support of her husband William, who has listened to her concepts and experiences and has assisted her in putting the essential essence into written language.

With this workbook you can delve right in, using it to guide you through your own Journey of consciously designing your life.

Debra is thankful to have your presence and participation in living a conscious life and looks forward to flowing with you along the way!

Purpose of Spiritual Life-Design

The purpose of Spiritual Life-Design is to be fully conscious in each present moment, in a practical, light, fun, and simple way.

Spiritual Life-Design provides the mechanics, the “how to” for living a fully conscious life. It follows the same path as creation: source creates the universe and then all of its individual components.

Spiritual Life-Design is a universal Model and Journey that can be used by anyone of all ages, all cultures, all belief systems, and all spiritual perspectives.

Spiritual Life-Design is an experiential process and must be put into practice in everyday life; therefore, theoretical, intellectual, and philosophical perspectives have been kept broad and brief.

Principles

Spiritual Life-Design in and of itself is just a design, continually evolving over time, based on practical experience and results. This design is by no means “the only way” to view consciousness; it is simply a way that is broad and expanded enough to be effective, yet easy to explain and easy to use.

There are many theories and practices for understanding spiritual and human consciousness; the nature of Spiritual Life-Design respects all of these teachings and paths and works together in a complementary way with them.

The Universal Principles that Spiritual Life-Design operates from are:

- It is our inherent nature, our dharma, to be fully conscious; therefore, it is available to and possible for anyone.
- Consciousness is made up of three distinctions: source, universal, and individual consciousness.
- Source consciousness is an infinite, eternal, permanent, non-changing consciousness, while universal and individual consciousness is temporary, impermanent, continually changing and evolving.
- Our true identity is source consciousness; universal and individual consciousnesses are temporary, passing illusions.
- Our individual and universal consciousness is a reflection of our source consciousness.
- The nature of consciousness is that it radiates, vibrates and generates in all three distinctions of consciousness: source, universal and individual.

Natural Results

Spiritual Life-Design is a journey of both design and discovery. As you design from the wisdom and guidance of source consciousness, you naturally discover the essence of who you already are. As you design the contexts, thoughts, and energy you want to manifest in your day-to-day reality, you naturally discover your capacity to create this reality.

If you are engaging in Spiritual Life-Design properly, you will notice these results that naturally occur.

- You have a written and naturally-evolving life design for all areas of your life as a practical guide for your day-to-day activities.
- Your everyday realities as well as past experiences begin to make sense in a way that leaves you enlightened with new wisdom.
- You are aware of thoughts, words and deeds that are incongruent to your true nature and have the strength and clarity to shift them.
- You witness and observe your life and your surroundings from a calm, clear perspective.
- Your personal and professional growth activities are meaningful and fruitful.
- You can shift any circumstance in your life, no matter how stuck or difficult, with ease and grace.
- Your consciousness will flow from individual to universal to source with ease and clarity and can be maintained simultaneously.
- You continually gain enlightened perspectives and wisdom about past and present world events.
- Your experience and understanding of spiritual, esoteric, and inspirational teachings deepens.
- You will feel as if you have peeked behind the wizard's curtain to discover what creates your everyday reality.

There is no need for you to focus on accomplishing these results; they will come forth in the normal course of your journey as a natural unfolding of becoming fully conscious.

The Model Overview

The Spiritual Life-Design Model (see page 9) gives shape and structure to your Journey of living a fully conscious life. It has three fundamental components:

- Distinctions of Consciousness: Source, Universal, and Individual
- Nature of Consciousness: Radiating, Vibrating, and Generating
- Design Inquiries

The Model gives you an opportunity to view each component from a high level perspective before you begin to work with each one in more depth; just the way you would look at a map to see the general layout before you plot your specific course.

The Model Distinctions of Consciousness

The most fundamental component of the Model is the three distinctions of consciousness: source, universal and individual.

Source Consciousness

Source consciousness manifests and vitalizes the universe. It is an infinite, eternal, permanent, unchanging reality that exists beyond the mind/material phenomenon that we are most commonly aware of in our daily lives. In source consciousness there is no time or space.

There are many references that relate to source consciousness throughout our spiritual history and even today in our metaphysical and spiritual literature. In Spiritual Life-Design you will learn how to identify with this source consciousness and how to know that you are the creator of all of your universal and individual realities.

Since most of us spend our time in individual consciousness, the thought of identifying with or being source consciousness, in everyday life, may initially seem like an unreal stretch of the imagination. However, as you engage in the Spiritual Life-Design Journey, you will begin to realize how much this is a natural state of consciousness as well as a natural state of being.

For most of us, this requires a willingness to expand our consciousness. Source consciousness does not come from the mind, it gives the mind. It does not come from the intellect, it gives the intellect. It does not come from thoughts, it gives thoughts.

The Model Overview

	Nature of Consciousness	Design Inquiries
S O U R C E	Radiating... the "Is-ness" of Being	1. "I" is ...
	Vibrating... Awareness	2. "I" is the sound ...
	Generating... Creation	3. "I" is the Source of ...
U N I V E R S A L	Radiating... the "Is-ness" of Universal Context	4. "(__Life__) is ..."
	Vibrating... the Awareness of Universal Thoughts	5. "From this, we know ..."
	Generating... the Creation of Universal Energy	6. "Thus, our energy is ... with the qualities of ..."
I N D I V I D U A L	Radiating... the "Is-ness" of Individual Context	7. "(__Name__)'s personal nature is ..." 8. "(__Name__)'s personal role/purpose in (__Life__) is ..."
	Vibrating... the Awareness of Individual Thoughts	9. "(__Name__) confidently knows ..." 10. "Inside, (__Name__) hears (the sound/ the thoughts) ..."
	Generating... the Creation of Individual Energy	11. "(__Name__) has the physical sensations of ... and labels them as emotions of ..." 12. "(__Name__) naturally expresses his/her inner physical activities by ..." 13. "(__Name__) naturally expresses his/her outer vocal and physical activities by ..." 14. "(__Life__) reflects back to (__Name__) as ..."

Universal Consciousness

Universal consciousness is where we know our oneness with people and nature. We identify with, and speak on behalf of, the collective of humanity. This consciousness brings about a sense of unity with all humanity and nature and opens our minds to a global consciousness that spans across all cultures.

Most of us typically experience universal consciousness only through mind-expanding meditation or spiritual disciplines. Others experience it through compassion during global catastrophes, and still others naturally through an open heart and respect for all. Now you will learn how to become this universal consciousness in your ordinary, everyday life.

Individual Consciousness

Individual consciousness is where we act as individuals, each with our unique personality, purpose, and posture in life. It reflects a feeling that we are separate, unique, individual human beings, and that all we see outside ourselves is separate from us.

When we become fully conscious, we are aware of being source and universal consciousness, while experiencing our own unique individual reality. This naturally brings forth, at the individual level, a purity and unity of thought, word and deed.

The Model Nature of Consciousness

The nature of consciousness (see page 11) is that it radiates, vibrates and generates in all three distinctions of consciousness: source, universal and individual. Radiating is the subtlest form of consciousness, vibrating is the most expanding, and generating is the most visible, material form. Radiating gives an “Is-ness” to being, vibrating gives awareness in the form of wisdom and knowledge; and generating creates and energizes the world you experience everyday.

As you engage in the Spiritual Life-Design Journey, you will ultimately design and discover the nature of consciousness in your own terms. The descriptions here are like signposts to help guide you, rather than absolutes to tell you how it should be.

The Model Nature of Consciousness

	Nature of Consciousness	Description
S O U R C E	Radiating... the "Is-ness" of Being	Source naturally IS – pure being with no attributes, no language, no sound, no time, no space. Out of this fertile void, It reveals Itself by radiating.
	Vibrating... Awareness	Source vibrating stirs the attributeless into activity and contains the potential for all creation.
	Generating... Creation	Source generating creates the energy for the infinite to take the form of the finite, Oneness to take the form of the many.
U N I V E R S A L	Radiating... the "Is-ness" of Universal Context	Universal context is the container for universal thoughts and energy, as well as individual consciousness. It describes the way the universe works.
	Vibrating... the Awareness of Universal Thoughts	Universal thoughts are the first content in the universal context. They have a "we" perspective that describes the wisdom and knowledge applicable to all throughout the universe.
	Generating... the Creation of Universal Energy	Universal energy provides the basic underlying motion and movement for manifestation to occur.
I N D I V I D U A L	Radiating... the "Is-ness" of Individual Context	Individual context is the nature and purpose of your life – the radiant reflection of your source consciousness in your own unique way. It is the container that holds the potential contribution your lifespan might offer to the universal whole.
	Vibrating... the Awareness of Individual Thoughts	Individual thoughts occur in images, words and sounds and are uniquely your own. They define the content of what will become manifest in your life. "As you think, so you become."
	Generating... the Creation of Individual Energy	Individual energy occurs as physical sensations. This energy fuels the speaking and actions that weave the fabric of your day-to-day life. As you generate this energy, the world becomes a natural mirror reflecting back to you your conscious source, universal, and individual design.

The Model Design Inquiries

The design inquiries bring each distinction and nature of consciousness to life; allowing you to fully embody them in each present moment, thus living a fully conscious life.

	Nature of Consciousness	Design Inquiries	Description
S O U R C E	Radiating... the "Is-ness" of Being	1. "I" is ...	Source consciousness in and of itself does not have language; the only purpose for giving it language is on behalf of being fully conscious at all three distinctions simultaneously. Let the answers to your inquiry come naturally without thinking. You will know your design is of source consciousness when you feel a deep resonance of "is-ness," an infinite feeling, as if this always has been and always will be.
	Vibrating... Awareness	2. "I" is the sound ...	
	Generating... Creation	3. "I" is the Source of ...	
U N I V E R S A L	Radiating... the "Is-ness" of Universal Context	4. "(__Life__) is ..."	As you design universal consciousness you will begin to see your source consciousness design take an initial shape and form. You will begin to see the universe you are designing. You will know your design is of universal consciousness when you perceive it as being "the way the universe works," a clear perspective of the "way things are," which can be understood across all cultures and all languages.
	Vibrating... the Awareness of Universal Thoughts	5. "From this, we know ..."	
	Generating... the Creation of Universal Energy	6. "Thus, our energy is ... with the qualities of ..."	

The Model Design Inquiries (Continued)

	Nature of Consciousness	Design Inquiries	Description
I N D I V I D U A L	Radiating... the “Is-ness” of Individual Context	<p>7. “(__Name__)’s personal nature is ...”</p> <p>8. “(__Name__)’s personal role/ purpose in (__Life__) is ...”</p>	<p>The content of your individual design unfolds from your universal design. The individual takes shape within the universal, which emerged from source. Source consciousness is infinite and eternal, while universal and individual consciousness are a temporary, passing, yet unique-in-history phenomenon. Using a “third person” name for individual consciousness helps maintain the perspective that “I” is source consciousness and “we” is universal consciousness, while the individual is a unique, expression of source in the universe.</p>
	Vibrating... the Awareness of Individual Thoughts	<p>9. “(__Name__) confidently knows ...”</p> <p>10. “Inside, (__Name__) hears (the sound/ the thoughts) ...”</p>	
	Generating... the Creation of Individual Energy	<p>11. “(__Name__) has the physical sensations of ... and labels them as emotions of ...”</p> <p>12. “(__Name__) naturally expresses his/her inner physical activities by ...”</p> <p>13. “(__Name__) naturally expresses his/her outer vocal and physical activities by ...”</p> <p>14. “(__Life__) reflects back to (__Name__) as ...”</p>	

The Model Design Example

Design Focus: <i>Debra's Life Design</i>			
S O U R C E	Radiating... the "Is-ness" of Being	1. "I" is ...	<i>Maha- Leela- Ananda</i> (Sanskrit words meaning The Great Divine Play of Bliss)
	Vibrating... Awareness	2. "I" is the sound ...	(<i>Aaaaa Gooooooo Baaaaah</i>)
	Generating... Creation	3. "I" is the Source of ...	<i>Loving, Divine, Oneness</i>
U N I V E R S A L	Radiating... the "Is-ness" of Universal Context	4. "(__ Life __) is ..."	Life is light, fun and simple, AND easy to assimilate!
	Vibrating... the Awareness of Universal Thoughts	5. "From this, we know ..."	From this, we know that all there is to do is play in life! From this, we know that life is easy to comprehend AND that we are all "already fully enlightened;" all there is to do is acknowledge what's so!
	Generating... the Creation of Universal Energy	6. "Thus, our energy is ... with the qualities of ..."	Thus, our energy is Light with the qualities of transparent, floating and peaceful. Our energy is Fun with the qualities of gentle outflowing, uplifting and sparkling. Our energy is Simple with the qualities of tranquil, clear, quiet and still

Design Focus: *Debra's Life Design*

I N D I V I D U A L	Radiating... the "Is-ness" of Individual Context	<p>7. "(__Name__)'s personal nature is ..."</p> <p>8. "(__Name__)'s personal role /purpose in (__Life__) is ..."</p>	<p>Debra's personal nature is to be the wind beneath your wings! Debra's personal purpose is to discover the hidden mysteries of life and then share them in an everyday, light, fun and simple way.</p>
	Vibrating... the Awareness of Individual Thoughts	<p>9. "(__Name__) confidently knows ..."</p> <p>10. "Inside, (__Name__) hears (the sound/the thoughts) ..."</p>	<p>Debra confidently knows that all she has to do is relax, breathe, and have fun and it all comes naturally! Inside, Debra hears the thoughts. "I knew life could be this easy!" and "Thank you for playing with me!"</p>
	Generating... the Creation of Individual Energy	<p>11. "(__Name__) has the physical sensations of ... and labels them as emotions of ..."</p> <p>12. "(__Name__) naturally expresses his/her inner physical activities by ..."</p> <p>13. "(__Name__) naturally expresses his/her outer vocal and physical activities by ..."</p> <p>14. "(__Life__) reflects back to (__Name__) as ..."</p>	<p>Debra has the physical sensations of warm, gentle, light tingling all over and labels it as the emotion of <i>Cherish</i>. Debra has the physical sensations of brightly sparkling, gentle flowing energy and labels it as the emotion of <i>Joy</i>. Debra naturally expresses her inner physical activities by breathing deeply, fully and easily. Debra naturally expresses her vocal and physical activities by laughing easily and inviting others to play with her. Life reflects back to Debra as people who enjoy life and love to live simply. Life reflects back to Debra as a flow of input and information that is easy to comprehend.</p>

The Model Design Template

Design Focus: _____			
S O U R C E	Radiating... the "Is-ness" of Being	1. "I" is ...	
	Vibrating... Awareness	2. "I" is the sound ...	
	Generating... Creation	3. "I" is the Source of ...	
U N I V E R S A L	Radiating... the "Is-ness" of Universal Context	4. "(__Life__)" is ..."	
	Vibrating... the Awareness of Universal Thoughts	5. "From this, we know ..."	
	Generating... the Creation of Universal Energy	6. "Thus, our energy is ... with the qualities of ..."	
I N D I V I D U A L	Radiating... the "Is-ness" of Individual Context	7. "(__Name__)"s personal nature is ..." 8. "(__Name__)"s personal role /purpose in (__Life__) is ..."	
	Vibrating... the Awareness of Individual Thoughts	9. "(__Name__)" confidently knows ..." 10. "Inside, (__Name__) hears (the sound/the thoughts) ..."	
	Generating... the Creation of Individual Energy	11. "(__Name__)" has the physical sensations of ... and labels them as emotions of ..." 12. "(__Name__)" naturally expresses his/her inner physical activities by ..." 13. "(__Name__)" naturally expresses his/her outer vocal and physical activities by ..." 14. "(__Life__)" reflects back to (__Name__) as ..."	

The Model Design Guidelines

Consciously set aside a quiet time and space to create your design. Always do your design work in the present moment; begin by focusing on your breath, taking long deep breaths that will assist you to be fully in the present moment.

Always start with source consciousness. Follow and answer the design inquiries of the Model one by one, beginning with #1 in source consciousness and going sequentially through #14 in individual consciousness.

Once you have completed the design of your source consciousness, begin to radiate, vibrate and generate it, using the guidelines below, so that your universal design comes purely from it. Then when you have completed your universal design, begin to radiate, vibrate and generate it along with your source design, so that your individual design comes purely from your source and universal designs.

Keep your answers clear and simple. Allow your design to flow naturally with no attempt to understand or figure out what it means.

If you are unable to answer a design inquiry, *do not* go on to the next one. Focus your attention on the previous answers you have designed and allow the current inquiry to come naturally. Each step may take several days to unfold, or they may all unfold in one setting. Your process will be unique; so allow it to be naturally your own.

Look up words you are using in your design in the dictionary to gain a more conscious awareness of their essence.

In Question #2 there is a thorough explanation as to how to proceed in creating your design.

Living Your Design

Learning and putting Spiritual Life-Design into practice is much like learning to ride a bicycle. Initially, you will be learning and practicing the many different distinctions step by step in somewhat of a technical way. Each part has its own purpose and value, with no part being more or less important than the other. It takes the full functioning of them all together to achieve the full consciousness that is possible. Just like learning to ride a bicycle, once you obtain mastery, Spiritual Life-Design will simply be in the background, available to serve you whenever you need it.

Always begin with radiating, vibrating and generating your source consciousness, then your universal consciousness, then your individual consciousness... the same sequence in which you designed them.

When you initially begin to practice your conscious design, it will most likely be a combination of feeling like you have “come home,” and feeling awkward, at the same time. Be patient and aware as you proceed; your design is a powerful vehicle and it is important to give it your full attention.

The sun is an excellent example to teach you how to radiate. It simply IS, doing its job irrespective of what else is going on. When you radiate, whether it is source, universal or individual consciousness, it will have that same quality – it just IS – no because, no reasons, no justifications.

A bell is a model for vibrating as it sends out waves that become recognizable sound when they strike an ear. Just as a bell is rung to make us aware (of time, an emergency, a sacramental moment, or a gathering), vibrations of sounds and thought transmit awareness.

Gardening is a good analogy for generating. Just as we take a seed and give it the energy of sun, soil, water and nutrients so it can grow, we also take a seed-thought and give it energy in the form of physical sensations, words and activities allowing it to manifest in physical reality. This creates an intimate relationship between the creator and created; the created contains the qualities of the creator, thus the created characterizes the deepest nature of the creator.

See Question #3 for ways you can be sure your design is flowing congruently throughout

The Journey

To begin your Journey, focus first on creating your Basic Life-Design using the Model and Design Guidelines. This will be the foundation for all of your subsequent design work. Then, begin your Journey at your own pace, starting with Phase 1 and continuing through Phase 5.

Phase 1

Establish a pattern to become aware of your conscious design throughout the day.

Create a specific ritual of practice to radiate, vibrate and generate your conscious design at least once a day at first; then continue to increase this day by day.

Speak your conscious design to another person who can uplift and support you on your Journey. Continue to share your conscious design with others.

Discover poems, songs, pictures, quotes, artifacts, stories, etc. that reflect your conscious design and place them all around you, thus creating a conscious reflection of your design.

Phase 2

Review your life and identify areas that are not aligned with your conscious design.

Begin to focus your attention on one of those areas at a time, while radiating, vibrating and generating your conscious design. Stay with this until you have experienced a full shift of this area into your conscious design.

Be compassionate with yourself as you proceed. Some areas may shift naturally and easily; while others may take days, weeks, months, or years. Allow this to be a journey that you take moment-by-moment, day-by-day.

Phase 3

Throughout the flow of your day become aware of when you are and when you are not experiencing your conscious design – develop a strong level of inquiry, “Is this my conscious design?”

When you become aware that you are not experiencing your conscious design, *stop in that moment* – breath deeply and come into the present moment. Shift your focus to your conscious

design and gently begin to radiate, vibrate and generate it starting from source consciousness, then universal consciousness, and finally individual consciousness.

Be patient and persistent; no matter how strong the pull is to go back to the experience that is not your design. *Keep your focus on your conscious design*, and stay with it until you are able to shift into your conscious design.

Phase 4

Allow your conscious design to evolve in its own natural way; continually add, change, or release aspects of your design as you live with it in everyday life. Some of your design may remain the same for years, while other parts may evolve more quickly.

Follow the middle path, do not make too many changes such that you never gain mastery; yet make changes as they naturally evolve so your design stays current in the present moment and doesn't become an unconscious ritual.

Phase 5

Continue to increase your conscious awareness of radiating, vibrating and generating your conscious design in each present moment. Remember, the purpose of your Spiritual Life-Design is to be fully conscious in each moment, so continue to find ways to make it present in every aspect of your life moment by moment.

In Question #4 there is a thorough explanation as to how to proceed through your Journey.

Expanding Your Design

Continue practicing your Basic Life Design until you have completed all 5 phases of the Journey. With that strength and mastery you can begin expanding your design, and consciousness, to include each area of your life more specifically. Begin by choosing one of the six specific areas of design: Learning, Relationships, Prosperity, Creative Expression, Environment, or Health & Well Being (for more details about each one see page 21). Using the Model and Design Guidelines, create your "specific area" design just as you did your Basic Life Design. Substitute the specific area design word(s) in the design inquiries where the phrase (Life) is used. Continue to radiate, vibrate and generate your Life design just as before. Add this specific area to your Journey starting with Phase 1 and continue through Phase 5 at your own pace.

With that strength and mastery you are ready to add the next specific area of design. Select another specific area and create that "specific area" design using the Model and Design

Guidelines. Just as before, substitute the specific area design word(s) in the design inquiries where the phrase (___Life___) is used. Continue to radiate, vibrate and generate your Basic Life Design and specific area design just as before. Add this new specific area to your Journey starting with Phase 1 and continuing through Phase 5 at your own pace.

Continue to add a specific area to your design and Journey until you have completed all six specific areas. Always maintain your conscious practice of radiating, vibrating and generating each design, starting with your Basic Life Design as the foundation, allowing your new specific area design to build on the strengths of those that have come before.

Only add another specific area design after you have fully developed strength and mastery in radiating, vibrating and generating the Basic Life Design and specific area design(s) you already have. Be patient and gentle with yourself. As you will discover, your conscious design will bring forth many changes and transformations, not only in your everyday experience of life, but also in the experience of your past and future.

Specific Design Areas

- Learning – How you gain knowledge, understanding and skill; how you come to be able, to realize, and to know.
- Relationships – How you connect with others through affinity or mutual interest; how you connect with others, as being or belonging together.
- Prosperity – How you gain the strength to flourish and thrive.
- Creative Expression – How you manifest, embody or symbolize a true impression of your imaginative skill in your work and service.
- Environment – How you generate the basic circumstances, objects or conditions which surround you (includes the universe as a whole as well as individual surroundings).
- Health & Well-Being – How you create soundness in body, mind and spirit; how you exist in a prosperous, flourishing condition.

Everyday Tools

Breathing consciously and uplifting are two practical, everyday tools that can support you in radiating, vibrating and generating your conscious design throughout each day. They are tools available to you in each present moment. Initially practice them in order to gain mastery, then use them often throughout your day.

Breathing Consciously

Breathing Consciously is one of the most important tools you can utilize throughout each day. It brings you into the present moment, no matter what is happening. It allows you to naturally and easily access source, universal, and individual consciousness.

In a newsletter Andrew Weil wrote on '*The Art of Breathing*' he states, "Breathing has such a powerful effect on the body because it is the only thing we do both voluntarily and involuntarily. Therefore, it is the only function through which we can access and influence our involuntary nervous system. This allows us to come into full alignment consciously and unconsciously – to access the source of pure creation." He goes on to say that in most Indo-European languages the words for spirit and breath are the same – underscoring a belief that breath is actually the nonphysical essence within us, the movement of spirit in matter.

Each day, spend time, attention, and energy learning how to breathe fully and deeply. This is the single most important thing you can do to support your Spiritual Life-Design work. You may want to go to the library or bookstore and find some books and audios on the subject. You may want to do some breathwork with a professional. Some of the most well known organizations for this are Holotropic, Vivation and Transformational Breathwork.

Throughout each day, and especially when you feel challenged in radiating, vibrating and generating your conscious design, simply stop and breathe. Breathe in slowly and deeply and as you exhale release all of the tension, stress and difficult thought patterns. Focus all of your attention on breathing consciously until you are able to come into the present moment and focus on your conscious design.

Uplifting

The process of uplifting was inspired by James Redfield, author of *The Celestine Prophecy*, and will provide tremendous support for you along your Spiritual Life-Design Journey. In his newsletter *The Celestine Journal* James says, "When we uplift someone to that place of higher self, they glimpse their true potential, and can catch a vision of their higher destiny. More often

than not, they bring up a subject, a project, a solution, or a plan that becomes a synchronistic message to us, the one we were waiting to hear all along.”

Uplifting is the “mechanics” for actualizing *your* conscious design in everyday life. When you uplift another person or group of people you will literally “see” *your own* design through your physical eyes; you will literally “listen and hear” your own design through your physical ears; and you will literally “feel” the energy of your design through your physical body sensations.

How to practice “uplifting” every day:

1. Take some long deep breaths and come into the present moment.
2. Go within and increase your own energy level by focusing on consciously radiating, vibrating and generating your design, starting with your source consciousness.
3. From this higher energy state, while maintaining your own energy level within, look at the person or group you are uplifting, *being willing* to see their higher Self or higher awareness in physical form.
4. Send energy to the person or group by focusing on the details of their face, while seeing their higher Self or higher awareness manifest through their physical features; you will literally see a pristine nature to their face.
5. Allow your energy to flow between you and the person(s) you are uplifting.
6. Be aware of the wisdom of your own conscious design as you listen, speak and act from this spirit of uplifting.

Questions and Answers

Debra and William have formulated questions that they hope will be helpful for you, whether you are looking to see if Spiritual Life-Design is right for you or you are already engaged in your own Journey.

These questions have been answered by Debra, based on her years of experience working with hundreds of people to consciously design their life. She has gone into depth with her answers, sharing many of her own experiences. She encourages you to read through them initially to get familiar with what is available, then keep them as a guide to refer back to whenever you need them.

You might notice as you are reading through the answers that Debra has answered them using the same language she asks you to use in your design work. The individual communicates as "Debra," the universal communicates as "we," and the source communicates as "I."

If you have a question that has not been addressed, please e-mail it to Debra and she will be happy to answer it for you.

Questions for those who are new to Spiritual Life-Design:

1. What qualifications and/or experience do I need in order to do Spiritual Life-Design?
2. What is the best way for me to proceed through the Journey?
3. How long should I spend on each phase of the Journey?
4. How do I know if I am doing my design right?
5. Would you mind sharing where you are on your journey – are you living a fully conscious life and what is it like for you?

Questions about how Spiritual Life-Design is similar and distinct from other spiritual and personal growth paths:

6. How is Spiritual Life-Design alike and different from psychotherapy or counseling?
7. I have a 12-step program that has been an important source of support for me for many years and I don't intend to change that. Will Spiritual Life-Design interfere in this?
8. My church and religious beliefs are most important to me. Will Spiritual Life-Design be appropriate for me?
9. How would you relate Spiritual Life-Design to various spiritual and personal growth programs?

Questions for those who are new to Spiritual Life-Design:

1. What qualifications and/or experiences do I need in order to participate in Spiritual Life-Design?

If you are a healthy, Self-aware¹ person, who is *dedicated and willing* to live a fully conscious life, you would qualify for participating in Spiritual Life-Design. It doesn't matter how far along this path you are, it only matters that you are dedicated and willing. Further, if you love to learn by experience and you don't mind a few surprises along the way, then you would do well engaging in the Spiritual Life-Design Journey. Keep in mind this is a powerful vehicle, so you will want to proceed with awareness and great care, taking your time as you pass through each step and each phase.

In the early 1990's when Debra was exploring and developing the original Life Design process, she went through many ups and downs. As she began to try it out with close friends, they also went through ups and downs. They still giggle about those early experiences and recall how there were times after doing hours of design work that they didn't want to get up out of bed the next morning. They had simply designed too huge of a "consciousness gap," you might say.

As Debra began to develop the process to use in her client work, it was important for her to discern how far to go with a client, based on their background, abilities and current life situation. Again, in the early days of learning and growing in this discernment, Debra still had times where she went too far too fast with a client, leaving them confused.

As you will see in your own experience, when you begin to consciously radiate, vibrate and generate your source consciousness, it instantaneously shifts everything in your universal and individual reality, because source consciousness is not dependent on time or space. Just imagine shifting everything you ever thought you knew about the universe and shifting every one of your belief systems in one swoop. Well – that's what it's like, and that can sometimes be disorienting depending on how much of a difference there is between your new design versus your current reality.

Further, depending on your ability to maintain your conscious design in the present moment, reality can seem rather crazy if you are going back and forth between the new consciousness you have designed versus the old one you have been living in. So, it is of utmost importance that you proceed with awareness and care, keeping a steady mind and focus on what you're creating.

Here are some valuable guidelines to assist you along the way:

¹ What Debra means by using the capital "S" in Self is that you are aware of a source consciousness that creates and sustains the universe and you are willing to identify with and be that source consciousness.

- Always design in the present moment, starting from source consciousness. Remember to breathe fully, consciously, and deeply, as it is an excellent support for assisting you to be fully in the present moment.
- Proceed one step at a time, just as it is outlined in the Design Guidelines and Journey. Start by creating your Basic Life Design. Go slowly and consciously, being aware of your experiences along the way. It's like creating a new recipe: some of your design you'll love and some of it won't turn out at all what you thought it would be.
- Debra highly recommends that you bring together others in your area to form a design support community. By sharing your Spiritual Life-Design Journey with others who are also engaged in the same work, you can provide a much needed support and reflection for each other.
- If you would like Debra's support, once you've created your Basic Life Design you may e-mail (hello@globaldharma.org) it to her, along with any specific questions you have or any information about your current life situation that may be helpful for her to know. Debra will radiate, vibrate and generate your conscious design and then give you any reflections and guidance that would be appropriate to support you.
- If you have any questions or need clarification along the way, please e-mail Debra.

2. What is the best way for me to proceed through the Journey?

Each person will approach and proceed through the Spiritual Life-Design Journey in his or her own unique way. Some will read the material and naturally begin the design work on their own. Others will read the material and feel it is something they want to do, but will want to get together with other people so they can talk things through and get ideas along the way. Still others may need to observe how someone else has done it before they are able to start their own design work. Debra supports you in trusting your own intuition to set up your design Journey and environment in a way that works best for you; keeping in mind the guidance this program has given you.

As you begin to create your Basic Life Design, go back and read, in the present moment, both the Design Inquiry and the Design Guidelines. Continually refer back to these throughout your design work. Record your answers on the Design Template, starting with the #1 inquiry question at source consciousness and work sequentially through #14. Allow yourself to be amused and surprised at what comes forth in your design.

Keep your source design very simple, usually 1 – 3 words for each inquiry. Many people find that as the words for their source consciousness come into their minds (remember, you will not be "thinking up" these words, you will be allowing them to come naturally), they are words that have a resonance for them. Sometimes they are well aware of these words and have a history with them, and sometimes they are new words that they have no idea where they came from.

For Debra, her source radiating came in a light, fun way. She had been reading about Sathya Sai Baba's life (her spiritual teacher who is fully God conscious) as people described his "leelas," which means "God's play" or "Divine play." Debra immediately liked the notion of this universe coming into being as a result of God's play. Then one day she was having fun with her husband enjoying the new Sankrit words she was learning and announced, "I IS Mahaleelaananda!" This is a combination of words that mean maha (the great), leela (Divine play), and ananda (Divine bliss). In that moment she knew this was her source radiating.

One day while Debra and her husband were in a private interview with Sathya Sai Baba he asked her what she was doing while she was there at the ashram. Her mind was completely blank. Then she smiled and exclaimed, "Baba, I just AM!" He smiled and said, "Yes, yes." Then she said, "Baba I AM Mahaleelananda!" He again smiled and said, "Yes, yes." What an incredible experience it was for her to express this to a pure conscious being and have it reflected back in such a loving, confirming manner.

Debra's source vibration was one of the most unique experiences for her. The first time she opened her mind to receive this, the vibration of "Aaaah Goooooo Baaaaah" came very clearly. When she toned this out loud, she realized something quite profound. Many years before when her daughter was about 8 years old, they were traveling on a long trip together listening to one of Neil Diamond's tapes. They were both singing and having a great time. At the end of the tape Debra turned to her daughter and in the joy of the moment made the sound "Aaaah Goooooo Baaaaah" with the funniest look on her face. They both fell into fits of laughter, as it seemed to just come out of nowhere. Her daughter then made the sound back to her. From then on they would make that sound to each other. To this day, twenty years later, Debra can make this sound to her daughter and she will make it back to her and they will giggle like two little kids.

Debra's source generating came very quietly into her mind as Loving, Divine, Oneness. It has always been with her in that form and feels quite natural for her. She has no reasons or explanations as to why this is her source generating, it simply is for her.

As you initially design your source consciousness and then begin to radiate, vibrate and generate it, it may seem rather odd, as this is not the way we are used to operating in everyday life. Relax and allow yourself the ability to identify with your source consciousness and thus become comfortable with being and sharing it in your day-to-day life.

If you are working with others in a design support community begin to call each other by your source design, it can be your source radiating, vibrating or generating, or a combination, whatever seems to come naturally. One of the things Debra loves to do is refer to people by their source design when she calls or e-mails them. She also loves to write their source design in her calendar when they have scheduled time together. She gets a kick out of wondering what the IRS would have to say if she took her records in and they saw client names like Divine Being, The Beloved, The Bliss and Joyful Being throughout her calendar. What an "enlightening audit" that could be!

In the past, there were times when Debra felt lost and knew she was not generating her conscious design. Upon noticing it, she would breathe deeply and go to her calendar and just look at it. The moment she saw that her next appointment was with Brilliant Inspiration and Divine Love, the fog would lift, a smile would come to her face and she could easily move into her conscious design. She used to keep her calendar right by the phone so that her eyes would glance down to it from time to time. As they did it always warmed her heart and brought a smile to her face to see all of the source designs.

Another valuable thing to do in all of your design work is to look up key words in the dictionary² and write down any definition that feels in alignment with your intention for your design. Debra began doing this early on in her design work and in her work with others, and was often surprised at the definitions she found. By doing this regularly, it gave her confidence that if this essence is in our English dictionary, and thus in our collective conscious, then it energetically supports her in bringing it alive in her design and in her reality.

The most important part of doing this is to be sure and radiate, vibrate or generate the word before and while you are looking it up. It makes a difference as to where you are coming from when you look up the word. If you are consciously generating the word, you will typically find the most insightful definitions. If you are just going through the motions because you think you should, the definition is usually flat.

For example, Debra loves the Merriam-Webster's definition of God: *a being perfect in power, wisdom and goodness*. And she loves the definition of miracle: *a divine occurrence that must be experienced humanly*. One of the most amazing definitions she ever found was emanation: *the origination of the world by a series of hierarchically descending radiations from the Godhead through intermediate stages to matter*. If you look at this definition closely you will see that it actually contains a view of exactly how the universe is created, a pretty amazing thing to find in

² For over 10 years Debra has used the Merriam-Webster's Collegiate Dictionary and has loved the definitions. You can access it online at www.m-w.com.

the dictionary. All of the definitions for a word might not fit your design, however, if it is an appropriate word for you, you will find just the perfect one.

These are ways you can strengthen your source consciousness and keep it in your awareness throughout the day. Continue to find ways of your own that are simple and fun, yet practical to keep you aware of your source consciousness. Don't be shy about expressing the different aspects of your source consciousness every day.

Once you feel clear and settled with your source consciousness design, then you can begin your universal design. For Debra, it always feels as if she is an artist with a blank canvas. She loves to ask her clients during this process, "Being your source consciousness, if you could design the universe any way you wanted, how would you design it?" Again, allow your answers to "come naturally" into your mind; just like source consciousness, it is not something to "think up" from your individual mind.

When you design your universal context, using the inquiry "Life is..." keep your answer simple in just a few words, something you can easily remember and radiate. Then, look up each word in the dictionary and write down the definitions that speak most clearly to you. Debra recalls looking up this universal context of her client, "In Life Everything IS Okay!" At first glance it appeared that each of these words were just common everyday words, however, as they began to radiate them and look them up in the dictionary, they found that the words had a resonance that was more than they realized. The definition they put together was, "All is approved to exist in this universe." It gave them a humble perspective of the opportunity to create the universe and it gave her client an interesting place to return to when she was feeling out of sync with her design.

When you are designing your universal thoughts, have them be definite and clear statements about "how the universe is," based on your universal context. Start with one or two statements until you have some strength and mastery in this area. This is your opportunity to design your universe consciously, so accept it with ease and grace.

As you are designing your universal energy, you are literally designing the "energy" of the universe and it will feel as if it is an energy far beyond your own physical body. Allow your physical body to become transparent when doing this as you are designing at a universal level and not an individual level. Be sure and "generate" this energy consciously as you design it. This may seem somewhat new to you at first, but with practice you will enjoy the skill of generating your universal energy.

As you begin to design your individual consciousness you might notice that when you were designing source you used the word "I;" when you were designing universal, you used the word, "we;" now you will be using your name to describe your individual design. This is where your

design will start to get quite interesting. Usually we refer to our individual self as "I." With your design work, you will now be shifting your perspective of "I" to mean source consciousness and when you refer to yourself individually you will use your name. For most, this will undoubtedly be quite awkward at first, but as you continue to work with it you will discover how appropriate it is to do it this way and how it puts your reality into perspective. It will support your ability to identify with your source "I" as the eternal, infinite nature that it is... and to identify with your universal "we" and individual "name" as the temporary, transient nature that they are.

As Debra has worked with design communities and asked them to speak clearly this way ("I" if they are meaning source, "we" if they are meaning universal, and "name" if they are meaning individual), it's quite fun and they laugh a lot. She refers to it as "learning to play the violin in public," because that's usually how it feels. She looks forward to the day when this type of language, and consciousness, is widely accepted and is the normal way we talk.

As you design each inquiry in your individual consciousness, use short sentences that will be easy for you to recall and radiate, vibrate and generate throughout each day. Start with one or two sentences for each inquiry.

Before moving on to the phases of your Journey, take some time to radiate, vibrate and generate your design, making sure that it is congruent throughout and that it is just the way you want it to be. "Make sure it sparkles for you!" is what Debra loves to tell people when they are in this stage of their Journey. Remember, you are the author and you can indeed design your source, universal and individual consciousness just the way you want it to be.

3. How long should I spend on each phase of the Journey?

Again, each person will be unique in how long it takes to fulfill each phase of the Journey. The best guidance Debra has is to follow the middle path, not too slow, not too fast. Each phase builds on the one(s) before, so it is important to thoroughly work through the phase you are in before moving on. There may be times when you will move on to the next phase and have insights and wisdom such that you understand the previous phase better than you did when you were working with it. That's okay and quite natural.

Before you begin, go back and read, in the present moment, the Journey phases. Continually refer back to this throughout your work through the 5 phases. As you begin each phase, take a few moments to establish a time frame that feels right for you to spend on that phase. This will only be an initial estimate, but will give you a baseline to refer back to if you should spend significantly more or less time with it.

For Phase 1 you might want to spend 2 to 4 weeks. This phase is important as it builds a firm foundation for you to grow from. It helps you to establish your habit patterns and environment such that you "see and feel" your design around you. And, by beginning to speak your conscious design to another person it helps you to become comfortable with it and brings it alive for you in your everyday reality.

Phase 2 is probably the most difficult phase to give a time frame to as each person will be different in how many areas of their life are not aligned with their conscious design. Once you make an overall list of the areas in your life that are not in alignment with your conscious design, go through and put an estimated timeframe on how long you would like to work with each one. Then, organize them into a priority order that's right for you. This is an important step to becoming fully conscious, so take your time and do a thorough job.

Some areas may shift just by becoming aware of them as you write them down. Other areas may take longer such as 1 week or 1 month and still other areas may be very long-term, such as 1 or more years. You do not have to complete all of these before moving on to Phase 3. However, it is important that you build the skill of noticing and writing down areas of your life that are not aligned with your conscious design and continuing to bring them into alignment.

The way Debra went through this process was to do three major things. The first was to go through her contact database one person/organization at a time. She "tuned in" to the person or organization and looked to see, according to her own experience, if their relationship was in alignment with her conscious design. As she did this, she didn't try to figure out "what it meant" if it was or was not aligned, all she did was perceive where she stood with each relationship in that moment. If it was aligned, then she looked to see what area(s) of her design were in alignment (life, relationship, creative expression, etc.) and noted that in their record. If it was not, she noted that in their record. She sorted the records according to the specific areas of her design, including those that were not aligned, and printed them out.

Over the next few months, Debra continually referred to this list to guide her in bringing all of her relationships into alignment with her conscious design. For some that weren't aligned, she simply and easily released the relationship. For others that weren't aligned, she either went through a conscious completion process or shared with them her conscious design and asked them if they would like to have a relationship based on that design. For the ones that were aligned, she consciously acknowledged that to them and shared her conscious design. As you can imagine, all of Debra's relationships were transformed. Today, her relationships are clean and clear, she knows she could die in the next moment and everyone in her life would know exactly where she stood with them.

Second, Debra went through her calendar of appointments, which included both personal and business, one appointment at a time. Just like her relationships, she “tuned in” to the people, meetings and activities and looked to see, according to her own experience, if they were in alignment with her conscious design. Most importantly, she did not attempt to figure out “what it meant” if they were or were not aligned. This kept her in the present moment, with her attention focused only on the one question of whether they were aligned or not. She took each meeting or activity and put them into categories according to each area of her design, including those that were not aligned, and printed it out.

That list kept Debra quite busy for months as well. This was an area where she had lots of activities that were not aligned. She discovered that she had activities and meetings that she scheduled in order to “please” someone or to try to “get something” from someone. She had family holiday trips scheduled just because “that’s the way they had always done it.” She was also surprised at the number of meetings she had scheduled where she did not really know the intention for the meeting. She discovered very quickly why she often awoke in the morning feeling a sense of dread at the prospects of facing the day. Today, Debra only engages in activities that are aligned with her conscious design. If something comes up that is questionable she will spend time and attention talking it over, either with her husband or with the person, and get clear with herself and them before proceeding.

The third thing Debra did was to make a list of all of the projects she was engaged in. Many of these items overlapped with the work she had done with her relationships and calendar of activities; however, it was a way for her to view them from another perspective and was quite helpful. Some of these were client/coaching projects such as writing her first book, while others were personal projects, such as participating in a non-profit fundraiser or designing the flowerbeds. She, once again, “tuned in” to each one and according to her own experience, determined whether they were in alignment with her conscious design or not. She typed up a list sorted just like the relationships and activities and printed it out. She then organized her project notebook according to the areas in her design: life, relationship, creative expression, etc. Each project that was not aligned with her conscious design, she completed and let it go.

Just by reading through the steps Debra took, she is sure you can see the thoroughness that she is asking you to give this phase. Remember, the whole purpose of Spiritual Life-Design is to live a fully conscious life. So, leave no stone unturned as you go through your life looking to see what needs to be brought into alignment with your conscious design.

Phases 3, 4 and 5 will actually become ways of living your design in everyday life. Try focusing on each of these phases for 1 week at a time. Then, from the experience you gained, see if you feel you need to spend more time on one or more of them. If you do, then continue to spend more time with those phases before moving on to expand your design.

As you expand your design into the six specific areas, the work you have done in these 5 phases will really shine through to support you in becoming “fully conscious” throughout your life. One day Debra was guiding a client to radiate, vibrate and generate her design often throughout the day. Her client sat back and seemed to go into a deep thought, then, she said, “Well, given that I want to be doing this every moment of my life, I guess I just can’t practice it too much!” They both giggled at the simplicity, yet profoundness of her insight. Debra shares this with you to remind you, “You just can’t radiate, vibrate and generate your conscious design ‘too much’!”

4. How do I know if I am doing my design right?

This is a valuable question to ask and to be aware of. Just like learning to ride a bicycle, it is important to learn and use the different components properly; however, each individual will actually ride the bicycle in their own unique way. Some will start their peddling with their left foot, while others will be dominant with their right. Each person will grip the handle bars with a different intensity and form. Each person will sit on the seat in a unique way according to their physical structure. Each person will have their own ideas as to how they want to use their bike, some will want to use it for short trips around the neighborhood, while others will want to use it as a primary mode of transportation.

In this same way, it is important to understand each component and design according to the guidelines that have been given. Yet, just like the bike, your actual design and how you approach your Journey will be uniquely your own. So, it is best if you focus on whether you are using the guidelines properly to create your design, rather than compare your design to someone else’s and attempt to judge yours from theirs.

By the time you have designed your universal context, you should notice a congruent theme that is starting to emerge in your design. This theme will serve as an “internal navigation” system for you and will continue to guide you as you create the remainder of your universal and individual design.

If you look back at Debra's Life Design you will see that her theme is, “light, fun and simple.” This is a theme that is present in her life most all of the time. She will often ask herself, “Is this light, fun and simple?” If it is not, then she knows she is not generating her conscious design. If it is, then she knows she is right on and can continue forward with whatever she is doing.

When you have completed your design, while radiating, vibrating and generating it in the present moment, see if it feels congruent throughout. If it does not, go back through it and stay with it until you have a design that is congruent from source to universal to individual consciousness.

These are other barometer readings you can use to determine if you are designing properly. Ask yourself any of these questions:

1. Does (_Name_) feel expanded by this design?
2. Does it give (_Name_) inspiration and energy?
3. Does it naturally motivate (_Name_) to move in the direction he/she consciously chooses to go in?
4. Does it give (_Name_) wisdom?
5. Does it give (_Name_) peace?
6. Does it give (_Name_) choice?

If you cannot answer a resounding “yes!” to any one of these questions, go through your design, just like a detective, and see which part is creating the “no.” Stay focused on this part of your design until you are able to create it as a “yes” to the question that was previously a “no.”

In the early years of doing design work, as Debra began to fully understand its power and potential, she felt a tremendous responsibility. As a result she was cautious with whom she shared it with and interviewed her potential clients carefully to make sure it would not be misused. As the design work began to spread, she continually prayed for guidance as to how to keep it in its pure form and be sure it would not be used for harmful purposes.

One day as she was instructing some clients to “always start with source consciousness,” it dawned on her that *that* was the key to keeping it pure. Today, she absolutely trusts source consciousness to keep this design work pure and to be sure it is always used for the highest good of all. So if you have any doubts about whether you’re designing properly, always start with source consciousness!

5. Would you mind sharing where you are on your journey – are you living a fully conscious life and what is it like for you?

Isn't this just the question you would love to ask all of your teachers, guides, or leaders? If you aren't doing so already, Debra whole-heartedly encourages you to be bold and speak up. Ask such questions and listen to their answers with an open heart and mind!

Debra once heard someone say, "We always teach what we most need to learn." That saying is so true for her. She has always loved to learn and she loves having playmates in the process. She typically jumps into the most obscure areas of life with the intention to discover their pure meanings and pure intentions through the truth of her own experience. Further, she likes to stay with her learning process until it becomes simple and clear. Once it is simple and clear, then she loves to share what she has learned.

Spiritual Life-Design is just such a learning for Debra. While she has been exploring and living the design work for over 10 years now and has learned a lot that she loves to share, she certainly has more to explore and master in living a fully conscious life. And, that's why she's invited you to join her in the process, so you and she can learn and grow together! Yes, she has valuable experience in her own life to draw from and valuable experience from working with hundreds of people. But most importantly, she loves learning right along with you. You will also bring valuable life experiences with you when you come to participate in Spiritual Life-Design, and thus everyone will indeed learn together.

One way Debra knows she is living a fully conscious life is when every moment is fresh and new, when she has a sense that there is all the time and space in the world and there's no where to get to. Another key for her to living a fully conscious life is that she knows she is the author, the creator, of all that is occurring in her reality, just like an artist creating an original piece of work from a blank canvas.

Instead of attempting to "be perfect" at living a fully conscious life, Debra has created these signposts to give her indicators of when she is and when she is not conscious. And yes there are times when she is plodding along unconscious in life and even misses these signposts! She has, however, established habit patterns in her life that continuously assist her in being conscious, such as: breathing consciously throughout the day, daily spiritual practices and living a healthy, simple lifestyle. Once she becomes aware that she is operating unconsciously, she uses the everyday tool of "breathing consciously" to gently shift her focus to radiating, vibrating and generating her conscious design.

Debra knows she always has a choice, she can be fully conscious in life or not, neither is better than or less than the other – that's another key for her to know she is living a fully conscious life!

Questions about how Spiritual Life-Design is similar and distinct from other spiritual and personal growth paths:

6. How is Spiritual Life-Design alike and different from psychotherapy or counseling?

Spiritual Life-Design is similar to psychotherapy and counseling in that they both assist you in becoming more conscious in life. Psychotherapy and counseling assists you to focus on and become conscious of what is happening inside, such as your thoughts, feelings and motivations for your actions, as well as what is happening outside, such as your interactions with others and your effectiveness in life. From this awareness and through the guidance of your trained therapist you are able to make positive changes.

Spiritual Life-Design is different from psychotherapy and counseling in that we do not focus on the past and analyze it or attempt to learn from it. Further, we do not start with universal constructs that someone else has designed and attempt to use them to solve our difficulties. We consciously design our source, universal and individual consciousness in the present moment, which naturally brings forth “the wisdom of the ages” for us to draw on and use in our everyday life.

It may seem like a paradox. By saying that we do not use universal constructs that someone else designed and that we do not attempt to analyze or learn from the past, you might get the impression that we are assuming those have no value. It’s quite the contrary. By consciously designing and living from your design, you are able to see the pure, innate wisdom of those constructs and to make sense of your past, no matter what has happened. Then you are able to draw from this wisdom and insight exactly what you need in the present moment, without giving any more energy to the old patterns.

For some people, therapy or counseling may be the most appropriate avenue of support and can be extremely helpful. Debra has had clients who came to her to do design work, and based on their current abilities and life situation she recommended that they do therapy first before engaging in design work. For others, including herself in earlier years, the design work is a beautiful complement to therapy and flows together quite nicely. Still for others, Spiritual Life-Design may easily replace the need for therapy altogether.

7. I have a 12-step program that has been an important source of support for me for many years and I don’t intend to change that. Will Spiritual Life-Design interfere in this?

Absolutely not. Spiritual Life-Design will only complement any support programs or other personal growth activities, such as reading and listening to audio programs, which you are engaged in. How is that? Because Spiritual Life-Design is about living life fully conscious. It’s not about getting you to live your life a certain way that we think would be best for you. It’s about empowering *you* to design and live your life, consciously, in the way that is best for you, drawing from your innate source wisdom.

If you are engaging in Spiritual Life-Design properly, then the value of anything else you do will be enhanced, because your consciousness is enhanced. As you continue to grow in your consciousness, you will see deeper and deeper into the pure intention and nature of these support activities. It’s quite exciting really, it’s like peaking behind the wizard’s curtain to see and understand what is happening. Here’s an example in Debra’s life.

Debra has participated in several 12-step programs since 1992 and continues to see them as an important avenue of support. The first program she ever attended was Debtors Anonymous (DA) in 1992. At the time she and her former husband were facing bankruptcy. Even though they had a six-figure income, their debts were far beyond their means due to the dramatic decline in real estate and Debra's choice to leave the corporate world where she had a large salary.

Having good credit and the ability to pay her bills was Debra's self-worth and self-esteem. This turn of events was devastating to her. She was hurting badly and didn't know who to talk to or where to turn for help. She didn't need another attorney, she needed someone who could understand what this all meant to her personally. After sobbing through a meeting one day with her credit counselor, the counselor recommended that she attend a DA 12 step meeting. Debra didn't really know much about the 12 step programs in general and knew nothing about DA, but intuitively it felt right, and she was desperate, so she went to her first meeting.

She walked into a small room in a church to find 6 other people there getting ready to start the meeting. As the meeting progressed, she found herself wondering how this could possibly work. On the surface the meeting seemed rote, they were reading from prepared materials and following a set pattern. While someone was leading the flow of the meeting, there didn't really appear to be a strong leader. Everyone seemed to be in the same miserable boat and had come to try to get out. She cried throughout the meeting as people shared their experiences and she could relate to their stories. After the meeting she talked for a long time with one of the ladies who had been attending for many years. The lady just kept saying, "Keep coming back, it really works."

Debra went home feeling somewhat better, but still quite perplexed as to how this program worked. It wasn't anything like what she was used to as she had participated for years in programs that had well trained leaders and processes. She was a business coach and professional speaker, and this wasn't anything like what she was used to. Even though she didn't understand why, she continued to return meeting after meeting. Within a few months her life was completely different with money. It was like a miracle. However, at the time she still couldn't understand fundamentally how it worked and why the 12 step programs have endured for so long in their original form.

Initially in the life design work, Debra only designed universal consciousness and not source consciousness. She drew from a spiritual source, but didn't consciously design it as she does now. As source consciousness began to come forth in the design work in 1998, it brought with it the most awesome revelations as to why the 12-step programs are so effective and enduring. It also helped her understand why the program works no matter what a person's culture, religion or belief system is.

Here's what she saw. Step 1 is an important step: *"We admitted we were powerless over the addictive behavior."* In taking this step it helped her to see that she was operating from a contracted individual consciousness, thinking she was alone and separate in this universe and that it was up to her to figure out how to get herself out of the mess she had created. By admitting she was powerless in the situation, it loosened the grip her mind had on it being all up to her to figure out a solution. It also helped her to see and admit the insanity she was operating from in this arena. Now that was a relief in and of itself.

Step 2 is, to Debra, the most important step of all and is why the program is so effective and enduring in its original format: *"We came to believe a power greater than ourselves could restore us to sanity."* By taking this step she literally re-defined what God meant to her. Before stepping into that room she thought God was a punishing God and for some reason her financial difficulties were a punishment from God. She couldn't tell you why she deserved to be punished and that was the part that drove her crazy and fueled her addictive behavior. Once she shifted her belief system to see God as a power that could restore her to sanity, everything changed. She was no longer dealing with a punishing God; she was now dealing with a benevolent God that had the power to restore her to sanity.

Without this fundamental shift in source consciousness, this program would have been just another way to change around the individual content of Debra's life, giving her the illusion that she had fixed her problems, only to find them resurface a few years later in a different format.

And then Step 3 assures the long-term effectiveness: *"We turn our will and our life over to this higher power, as we understand it."* This assisted Debra in releasing her contracted state of individual consciousness and open to a source consciousness that had the power to restore her to sanity.

As she experienced this wisdom in her own life, she noticed that she could tell the difference in the people who took Step 2 seriously and made a shift in source consciousness. Those were the people who embraced the program and found wonderful results in their lives. The people who did not make this shift in source consciousness either left the program disgruntled or persevered in the program while continuing to suffer in their addiction.

During this time Debra also read where the founder, Bill W, shared how the 12-steps had come about. He had been a hopeless alcoholic himself and then went on to help other hopeless alcoholics after he had some success in his recovery. He found that the people who simply could not give up drinking were people who either did not have any relationship with a higher power or their relationship was skewed in such a way that they did not believe that power could help them stop drinking. He found that developing and/or restoring their relationship to this higher power,

and seeing it as a power that had the ability to restore them to sanity, were the only ways out of the debilitating addictive patterns. Thus the 2nd and 3rd step were born.

The insights Debra is sharing with you are not new. You can pick up any 12-step book and read basically the same thing she is saying. However, through her design work, these insights came alive for her and made perfect sense. It was as if she stood in Bill W's shoes and shared his wisdom. It was as if she could see the whole picture and the perfection of it all. While the everyday world of 12-step meetings can look like not much is happening, she now understands why it is a long-lasting, effective program that continues to grow and expand, giving peace and comfort to thousands and thousands of people around the world. And, why it is a program she can continue to use as an on-going support structure no matter how "enlightened" she becomes.

As you continue to grow in source, universal and individual consciousness, wisdom, insights and understandings such as these will be a natural part of your everyday life.

8. My church and religious beliefs are most important to me. Will Spiritual Life-Design be appropriate for me?

Spiritual Life-Design will in no way interfere with your church affiliation or religious beliefs. If you are engaging in Spiritual Life-Design properly, it will only support, clarify and strengthen your current path.

Debra grew up with a Baptist upbringing and loved going to church, especially in her middle school years. She became disillusioned with the church at the time she divorced in her early twenties. Based on what she had learned in the church, she felt guilt and shame about her divorce and that was further reinforced by what she interpreted to be judgmental statements people in the church made to her. She realized this self-blaming was not healthy for her and chose to leave the church. She went for about 10 years feeling quite separate from God, deciding that if God really was this punishing, judging God that He was portrayed to be, then she just didn't want to have anything to do with Him.

In her early thirties Debra began to realize how shallow her life was. She had accomplished many of the career and material things she had wanted, yet felt quite empty inside. Through her design work, she began her inner search for a deeper meaning to her life, which led her to look at spirituality from a broader perspective than her Baptist upbringing had taught her. A natural result was to broaden her scope and perspective of who and what God was and what spirituality was all about.

What Debra finds most interesting is that as she began to broaden her perspectives about God, she also began to experience the words of Jesus coming alive in her own life. She began to feel

as if He were right there speaking to her the wisdom that He imparted many years ago. Her Baptist hymns and favorite scriptures began to come alive not only in her awareness, but also in her work. One day she was working with a client on designing source consciousness, and her client broke out into a hymn. Debra joined her and they laughed with such joy. That hymn held the keys to her client's source consciousness design.

A most recent and memorable experience of the words of Jesus coming alive for Debra was a time when she and her husband William were talking about a 2-day workshop he had accepted to do in India. He originally accepted the opportunity based on his corporate practices of exchanging services for a fee. Over the previous two months, however, they had been musing about whether he should actually do this workshop following the practices of the Global Dharma Center, giving his services at no cost.

During their dialogue they were both generating the design of “giving of our work freely with no expectation of anything coming to us in return” and William said, “I’ll let them know that there’s no charge for the workshop... that it has already been paid for.” They both just sat in that essence for a moment – the essence that “there is no cost, as it has already been paid for.” As Debra was generating that essence she exclaimed, “This is exactly why Jesus died on the cross – to ‘pay for’ our sins! Our sins have been paid for! There is no need to continue to feel guilty, obligated, in debt or burdened – they’ve been paid for! We don’t owe anything to anyone, including Jesus, and nobody owes us anything!”

Debra really got it in her whole being and found such a safe spaciousness open up inside her heart to “give, give, give” with absolutely no expectation in return. From this place she could feel the essence of what Jesus demonstrated in his own life (his entire life was about self-less giving and serving humanity) and could feel the essence of the scriptures that tell us to give the fruits of our labors to God, to give God the glory.

The teachings in the Bible are more alive for Debra today than they ever have been. She genuinely looks forward to going to church when she is visiting with her family. She imagines that they are still a bit surprised about this since she was so unwilling to entertain that idea for many years before. She is now able to grasp the "pure intention" of the messages and is left feeling uplifted and inspired. And, she enjoys continuing to talk about the message after they return home. Inevitably more "everyday wisdom" will unfold for her from the experience. She truly appreciates and now thoroughly enjoys her Baptist upbringing.

You will discover as well, that as you progress in your strength and mastery to radiate, vibrate and generate your design, you will experience the natural result of deepening your understanding of your spiritual, religious roots, which in turn only supports and strengthens your relationship with your religious affiliation.

9. How would you relate Spiritual Life-Design to various spiritual and personal growth programs?

Just as with therapy and counseling, Spiritual Life-Design is similar to other spiritual and personal growth programs in that they are all designed to bring forth a full conscious awareness of who you are, what is happening in your life, and how to move toward where you want to go.

Where Spiritual Life-Design differs from most programs is that we start all of our work from source consciousness and unfold our universal and individual consciousness from there. We follow the same pathway as creation; i.e. source creates the universe and then all of its individual components.

Most other programs begin with the physical level of consciousness and guide you to expand your consciousness outward until you reach a stage where you realize you are the creator itself; a good example of such a program would be *Energy Anatomy* by Caroline Myss. Sometimes the primary focus of this expansion is at the personal level, such as *Shortcut Through Therapy* by Richard Carlson; sometimes it's at a universal level, such as *Further Reaches of Human Nature* by Abraham Maslow; and sometimes it's at a source level, such as *How to Know God* by Deepak Chopra. What Debra finds fascinating is that all of these paths lead to the same place, Self-realization that we are indeed the creator of our reality.

Personally she has found that including a variety of these paths is helpful. The meditation she has chosen, a Buddhist meditation called Vipassana, is one where you purify and train your mind to be able to observe the minutest sensation within the framework of your body. By focusing on this type of purification and observing your own bodily sensations with a still, quiet, equal mind, you are able to experience what is beyond mind and matter, i.e. source consciousness.

What's most important is for you to find a path or a combination of paths that feels right for you. You may find that starting from source consciousness as we do with Spiritual Life-Design is just right for you. Or, you may find that starting from source consciousness is just too esoteric or intangible and may not be the path that is best for you. Or, still yet you may find that combining Spiritual Life-Design with other programs that work seemingly in the opposite way will provide just the right mix for you.