



The Forgotten Skill
*The Art of Consciously Creating
Desired Experiences*

Tomislav Tomic

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Translation & Editing

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ABOUT THE AUTHOR

"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life."

- JOHN LENNON

INTRODUCTION

Let me tell you a story...

I know you've probably heard this story many times already, but it wouldn't be such a bad idea to remind ourselves and think about it once more.

It's about how they train elephants in zoos...

When an elephant is still a baby, it is chained to a metal ball or something similarly heavy, in order to stop it from moving around. The elephant has full freedom of movement within the allowed radius, but if it wishes to move any further, the chains stop it.

In the beginning, it keeps trying to push through the "imposed limitation", but as time passes, it starts to give up.

Later on, when the elephant grows up, it doesn't even try to move outside the imposed radius. Although there are no more chains stopping it - and even if there were, the animal would be too strong to be stopped by them - the same chains remain in its *memory* and continue to limit its movement.

Although the above example refers to the training of elephants, something similar happens to the fates of many humans - they allow long-imposed limitations to forever block the most precious thing they possess - A LIFE IN HARMONY WITH THEIR TRUE DESIRES!

This book will teach you to break all the "chains" which are stopping you from living the life you deserve!

It will *remind* you of the forgotten art of creating the reality of your own choice.

Its style is not inspirational, and the wording is not flowery so that it can be read comfortably and peacefully. At times, it is very direct and disturbing, since becoming aware of one's own limiting perspectives on life can have that kind of effect on us!

However, if you really, truly want to live life the way you feel you want to live it deep down inside, then I suggest that you ignore the fears and false views created by your

limiting perceptions, and strongly decide to become a conscious creator of your own reality - *even if you have no idea how to do so right now!*

PART ONE

The Vibrational Universe

CHAPTER ONE

Just three percent of people!?

Did you know that experts in personal and spiritual development affirm that only three percent of people live a life which they enjoy and find joyous and fulfilling?

Just three percent!?

Although this fact seems difficult to believe at first, take a good look around you and reach your own conclusions!

Look at the headlines in the daily papers and try to find some articles that motivate and encourage you to create positive changes in your life...

Look at people who are employed, or who have their own businesses, talk to them, and try to find out how much they truly love their job (keep in mind that, sleep aside, people normally spend more than half their lives at work!)

Find out how many people can hardly wait to get up in the morning so that they can start the day early, and experience as much joy as possible during that day...

Look at the couples who have been together for a longer while - how many of them still have a fresh, joyous relationship?

Look at how many older people still speak of their lives with zest and enthusiasm...

How many of us are actually brave enough to "swim against the current" that is constantly being imposed on us by society?

Look around and investigate, and then think deeply about all of this, and you will realize that your estimate isn't too far from the number I mentioned!

You're probably asking yourself why this is so, right?

Did the Creator truly desire such a world?

Is there really some invisible 'rule' which states that only a small number of people are allowed to live a happy and fulfilled life?

Is there a "book of destiny", whose author, or creator, decided about the possibilities and outcomes in your life?

Or is there *something* that most people have simply *forgotten*?

Is there really a skill known only to the very few, using which we can consciously create the exact reality we would like to experience deep inside?

My answer to that last question is YES!

By that I am not referring to the skill of creating a reality we would be content with, for example, if life brings you a lemon, you make lemonade with it! I am referring mainly to a complete life experience with no compromises, a life in harmony with your deepest desires.

Each and every one of us has an inbuilt mechanism for reality creation. We do this every day - we continually create our reality. However, most people do this completely unconsciously and don't feel that they can control what happens in their outer reality. Consequently, they think that "external circumstances" decisively determine the quality of their lives. But by gaining greater and greater mastery of the forgotten skill of creating our own reality, our life becomes a game whose rules we create ourselves, exactly the way our heart desires.

As you read this book, always keep in mind that conscious reality creation, that is, the conscious creation of the experiences we desire, is not simply one of the possible choices we have at our disposal, but rather, *it is the main reason of our existence on this planet!* Otherwise, our lives would be quite meaningless, wouldn't they?

Before we go on...

Maybe you've read some of my books or articles, or you might have taken part in one of my lectures or seminars. Maybe I've created a good impression, so you already have a certain amount of trust in what I'm talking about.

If that is so, I'm glad. But what I ask of you - and of readers who have come across my work for the very first time - is that you be very skeptical of the information which you receive through this book - even if you feel that the text resonates well with you.

Please, DO NOT believe me in advance! Try out the ideas in the book and test their performance. Let your own experience convince you of their effectiveness.

Within the pages of this book, I offer you a well-rounded system of conscious reality creation. You might accept it in its entirety, or you might accept only certain aspects. My advice is to experiment only with those parts of the book which you feel resonate with you.

One more thing...

This book deals with the conscious creation of reality. Conscious reality creation always has to do with your own desires.

Before you start with the practical application of these methods, think carefully about your wishes. Think about whether they are your true desires, or the desires of others.

Is your wish a desire that "vibrates" within you, longing to see the light of day, or do you want it just so you can prove yourself to someone else?

Give yourself some time to think about all this very carefully. When you begin to apply the methods given in this book, my advice is to commit only to those desires which come from your heart, as only such desires are worthy of your time and energy.

CHAPTER TWO

The Structure of Reality

I dreamed that I was a butterfly. Now, when I am awake, I ask myself, "Am I a man who dreamed that he was a butterfly, or a butterfly dreaming that I am a man?"

– CHUANG TZU

Are you aware of the fact that the text you are reading right now is nothing more than a wave of energy which (currently) represents a book containing information?

Do you know that everything you see around you, is nothing more than an energy wave which has taken the shape you see it in, simply because your brain is "programmed" to make you see and experience it that way?

Do you know that your body is nothing more than an energy wave, vibrating simultaneously at different vibrational frequencies, making you feel the sensations and experiences you feel?

Please don't think that these are my own personal theories or discoveries. We were told all this several thousand years ago, and quantum physics has confirmed it with its most recent research.

In short, your reality is, in essence, just a wave of energy which takes the shape which you (your mind) give it - whether consciously or unconsciously.

An energy being living in a universe of energy

What we observe as material bodies and forces are nothing but shapes and variations in the structure of space.

— ERWIN SCHRÖDINGER

The universe we live in is, in its essence, nothing more than an energy wave which shapes itself according to the vibration that affects it. Even the most sturdy substances in nature are just energy, vibrating at a different vibrational frequency with respect to other substances in nature, thus giving us the illusion of "solidity."

However, "solidity" does not in fact exist as such. There is only our own perception, and, as a result, the *experience* of something being "solid". The true nature of matter is not "solid" but extremely fluid.

If you dream of someone hitting you, you feel the same intensity of pain you would feel if someone hit you in "real life". Still, you are aware that it is just a dream, and not reality, which you are experiencing. But how, then, do you explain the fact that, while experiencing a dream (which is not "real") you still feel the solidity of objects, hear sounds, feel tastes and smells, and so on? How do you explain the fact that although you are aware of the dream taking place in your imagination, the reality you feel while dreaming is no less "real" than the one you feel when awake?

Quantum physics has discovered that everything that can be seen on the physical plane (as well as things that cannot be seen with the naked eye), is, at a basic level, made up of units of energy known as "subatomic particles". Such particles are often called electrons, protons, neutrons, etc.

However, these "subatomic particles" are not particles in the literal sense, but energy waves, that is, "the field of possibilities", which exists as particles only when it is observed.

The observer's consciousness is the main factor influencing the behavior of subatomic particles, the so-called "observer effect". According to the theories of quantum physics, it is thought that certain events in the subatomic world exist in all possible states until our observation or measurement "fixes them in a single state ("the collapse of the wave function", as it is commonly called in quantum physics.) Once observation or measurement has ceased, the subatomic particles return to their initial state.

"Observations not only disturb what is to be measured, they produce it."

- PASCUAL JORDAN

Numerous investigations in quantum physics have beyond doubt demonstrated that the very act of observing subatomic particles, such as neutrons, affects and changes

them according to the observer's expectations. Therefore an increasing number of scientists feel that the word "observer" should stop being used in the aforementioned context, because *it is impossible to observe a thing and not be involved in the creative process at the same time.*

Observing means taking part in the process of creation.

"No phenomenon is a real phenomenon until it is an observed phenomenon."

- JOHN WHEELER

"What we observe is not nature itself, but nature exposed to our method of questioning."

- WERNER HEISENBERG

We have merely touched upon the interpretations of some new insights in the area of quantum physics. Still, they have seriously shaken the foundations of science as we know it today. But you don't have to become an expert in quantum physics to begin consciously creating your reality!

To begin with, it's quite enough to be *open* to the possibility that *energy is in the essence of everything you see around you, as well as yourself, and that your reality is not destined beforehand. It does not depend on someone or something outside you. YOU are the one giving it form and content!*

I understand that at the outset, this seems completely illogical, but that does not mean it's impossible! There are numerous "illogical" phenomena, but they exist nonetheless, and we witness them on a daily basis. Can reason explain the "placebo effect"? Yet it is a real, everyday occurrence.

One day, when you realize, at least to a certain extent, that you and everything around you is just energy, the boundaries between your world views of the physical and non-physical realms (as well as the boundaries between the material and spiritual) will change completely. And that is something beautiful and liberating in the fullest sense of the word.

YOU ARE AN ENERGY BEING LIVING IN A UNIVERSE OF ENERGY!

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However, do not try to understand that using everyday logic. It is a concept you can only *become aware of*, not one you can comprehend with the intellect. Rationality rejects such a way of thinking, despite the thousands of pieces of scientific evidence supporting it. Attempting to understand oneself as an energy being living in an energy universe can only cause additional confusion. Your intellect has its goals and purposes, but it will definitely not help you understand the concept which I am presenting here.

You might ask yourself what "becoming aware" means in the first place.

Imagine that you are in the dark and that your current consciousness is represented by a light bulb shining with a power of 100 Watts, enabling you to see things around you within a radius of 20 meters (65 feet.) Would it be correct to create a concept of your surroundings based only on what you can see right now?

Now imagine that your light bulb begins to shine with a power of 1000W, allowing you to see in a radius of 2000 meters (about a mile) around you. What would you see then? You would see something that was there earlier, but which you could not see before due to the "limitation".

Although this was just an obvious and common example, it is very similar to becoming aware of yourself as a being of energy in a universe of energy.

Becoming aware does not mean discovering something new, it means *becoming conscious of something that already is*. We see this "knowledge" as new, because we haven't been aware of it before.

The more we are aware of ourselves and the universe we live in, the more the "image" we see corresponds to the truth!

Learning the skill

You might be asking yourself, "What now? What does this all mean to me on a *practical* level? Will this information alone help me master the skill of conscious reality creation?"

If these are your thoughts, know that I agree with you. In this case, of course, the information alone means nothing. Still, before we delve any deeper, let's look at the term "skill", shall we?

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