

# ANSWERS TO QUESTIONS ON CREATING

*Your Dream*



BONI LONNSBURY

# ON CREATING *Your Dream*

*“The biggest reason you don’t get answers is that you haven’t asked the questions.”  
–Richard Bach*

## Questions on the Concept of Conscious Creation

**Q** - Is there proof that this works—that we create our own reality?

**A** - That depends... on what you mean by “proof”. Scientists have proven, in double blind experiments, that the observer changes the outcome of the observed. Quantum physics has proven aspects of the truth that we create our own reality over and over again.

This world is an illusion, but a very (seemingly) real illusion. The point of being on this planet is to see if you can do this - create a life you love. The catch-22 is, if you believe you can you will and if you believe you can’t you won’t. Your beliefs will create “proving” it — one way or another.

For a period of time, you will need to operate on (not totally blind) faith. Begin doing the work, changing your thoughts, your beliefs, using your imagination to dream a better reality, and when things begin to change for you - that is your proof.

Change will come, as all change does, in increments. Your life won’t instantly be the life of your dreams. But if you earnestly do the work, eventually it can be.

The bottom line is - you are not reading this by accident. There is something inside you that recognizes this truth. You yearn for more. You yearn for not just the trappings of a wonderful life, but the meaning that comes along with connecting with the inner aspects of you who hold keys to who you really are and what you are truly capable of.

And think about it—what do you have to lose? A few hours here and there dreaming a better life? A few dollars spent on classes and books to learn how to become more proficient?

And if you follow the principles, part of what you will learn is how to be genuinely happy in the moment no matter the circumstance. That alone, it would seem, could be motivation enough?

However, a word of warning... there is a part of you who wants your failure. Some call it the ego. And this part of you will try to talk you into putting off even beginning until you have “proof”. Forewarned is forearmed.

Your life is your choice. More than you can imagine. Choose wisely.

---

**Q** - How do we know what parts of our dreams are not meant to be?

**A** - There is nothing meant to be or not meant to be. There is no one judging good or bad, wrong or right—except you. The phrase “meant to be” has helped people in our world deal with disappointment and tragedy, but at some point everyone is going to wake up and realize “I’m the one creating this.”

We create it all - either by making things happen (conscious creation) or by letting things happen (unconscious creation). There is no one “up there” deciding what is “meant for us” and what isn’t.

Anything we can dream, we can create. But if something isn’t manifesting with ease and elegance, your reality is trying to tell you something. When creating turns out to be more of a struggle than it should be, there is a reason for that. And that reason is not someone deciding it wasn’t meant to be.

What could your reality be telling you? Sometimes it is telling you that you have more work to do—beliefs that need changing, for instance. Or your reality could be telling you that some aspect of you doesn’t want this dream as much as you think you do.

Does that mean the dream is wrong for you? Maybe. Maybe not. But it isn’t someone outside of you who makes that decision—you are the one who decides.

The good news is, there are methods, techniques, and a Map that has been proven to work to help you figure out what is going on. You have everything you need to understand what could be stopping your dream and what to do about it.

**Q** - Is the Universe working on my dreams?

**A** - Well, the universe is working on creating something—the same way a computer “works on” sending your document to the printer. The universe has no choice but to work on manifesting what you order, the same way your computer has no choice whether or not to send your document to your printer when you click on “print”.

The universe is very much like your computer. Garbage in garbage out. Fear, scarcity, struggle, lack and disappointment in—fear, scarcity, struggle, lack and disappointment out. Love, abundance, joy, creativity, ease and elegance in—love, abundance, joy, creativity, ease and elegance out.

I think the more important question to ask is, “Are you working on your dream?”

## How to Do It:

**Q** - How do you build a dream?

**A** - I'm glad you asked! This Building Your Dream Kit will show you step by step exactly how to do that. However, if you were really asking, “How do you manifest your dream?” that is a different answer altogether, and the crux of my work.

You begin with a desire—a dream (this is what this kit helps you clarify). You then add energy to the dream by focusing upon it with positive emotion. You next take action (in the world) towards your desire. And finally you observe how your reality responds to this new energy that you are putting forth, and respond back to it accordingly.

I suggest visiting the [Live a Life You Love](#) website for more direction on this topic. Or read the award-winning book, *The Map - To Our Responsive Universe, Where Dreams Really Do Come True!*

---

**Q** - How do you find your passion?

**A** - There are lots of ways to find your passion. I suggest beginning with an intention such as, “I intend to joyfully and excitedly discover my passion in gentle, loving ways, as soon as possible with harm to none.”

Then chill. Sit back. Relax. Know your passion will begin to reveal itself.

Meanwhile, pay attention. What do you love to do? What would you do with your time if you had all the money in the world? What are your gifts from the divine?

What, no gifts? Impossible! Everyone on the planet has gifts unlike any other human being. There is something you do better than anyone, and that thing is very likely your passion.

It may take a while to discover and develop your gifts; I know it did me. The important thing to remember is to allow yourself to have fun with the discovery.

The more fun you can have the faster you'll discover your passions and the faster your intentions will manifest. Surprisingly, having fun is one of the most difficult things for humans to do. So go practice—play, enjoy, and be passionate about it!

---

**Q** – I have a question about intentions: Yours are general, but what about the specific ones? Like “Thanks for my newly remodeled apartment” (I’ve been working with this one for a long time, and still, nothing), for “my new car”, and such?

**A** – I do include specific intentions in the “Immediate Intentions.” If there is something very particular you desire or need, this is where you can include specific intentions. However, the more general you can make the intentions, the more possible ways the universe can manifest it.

So, for example, if you intend to have your apartment remodeled, you’ve really narrowed your dream down to one option, so it could take a while.

But if you hold the intention to “live in a home that is beautiful, airy, inspiring, delightful, comfortable, filled with light and love”... that could manifest as a remodel, or a new apartment, or a job with an apartment included, or winning a new house or a thousand other possible manifestations.

Also, I would write intentions that begin with “I intend...” rather than by thanking the universe. Of course gratitude is important. But “I intend...” is a strong statement of a *commitment to create*.

For me, when I “thank the universe in advance”, it feels disingenuous, because I haven’t yet created it. “I intend...” feels empowering and strong.

However, you must write them in the way that excites *you* the most, so if thanking the universe in advance feels better to you, then by all means, do so.

And lastly, remember intentions are just one part of consciously creating your reality. Intentions clarify the dream, but then you need to focus on that dream –

feeding it with positive emotion. You need to take action on your dream. And after that it's time to pay attention to the universe and see what shows up, and adjust accordingly.

And don't forget to ask your unseen friends for help.

---

**Q** - How do I know what my dream is?

**A** - How did you know what shoes to put on this morning? Did God leave you a note: "Hey - Today your shoes for the day are the white tennies... love God"

Heck no. You chose what shoes to wear. And you need to choose your dream too. Have you heard the term "free will universe"? It means like it or not, you have decided to be physical on this planet and everything is your choice.

Wild, isn't it? Imagine the possibilities... **Everything** - is your choice. And it does start with a dream. And this Building Your Dream kit will help you get started with that dream.

"What," you ask, "just get me started?" Yes—because your dream will never be finished.

"What??" your inner adolescent screams, "Never be finished? But I want to be done—to check it off my list—start living that 'life I love' you are always talking about."

Your dream will always be a work in progress. You'll be manifesting parts of it—making those parts no longer the dream but the reality—and then you'll need to dream new dreams. You will begin to manifest other parts and realize you've changed your mind and don't want what you thought you wanted.

The very process of beginning to dream and setting intentions changes you. And every time you change, so does your dream, a little or a lot. I suggest embracing the idea that your dream will be ever changing, ever growing and rejoice in the concept that you cannot even imagine how wonderful your dream will be in one, five or ten years from now.

## Questions on Beliefs:

**Q** - I don't think I fully believe that I create my own reality - and that belief stands in my way. Can I change that?

**A** - Yes. There are very few things on your planet that are not beliefs. And you can always change a belief.

I think you will discover, as I did, you hold layers of beliefs. For instance, at first you may believe you have influence over your reality, but do not create every bit of it. And then you'll change that and it will result in a less constricting belief, but you STILL may not believe it 100%.

And at the next level you may believe you can create certain things in your reality, but not other things. And then you'll change the belief again and have another level of "you create your own reality" as your belief. And so on and so on.

The process of changing beliefs will help the belief change, but so will watching your reality change before your very eyes. I strongly recommend keeping a success journal, so you may revisit your successes and tap into the resonance of success as well as to remember the steps you took to get there.

Learning to consciously create is a process. And it is a process that will likely never end. Once you know it is possible it gets really exciting and fun to change beliefs and watch your reality shift before your eyes.

And once you have created your own life as wonderful as you can imagine, you won't stop there. You'll want to have positive impact on those you love and your world. As long as you are living in a physical body you'll want to create more wonderful realities.

---

**Q** - I give up hope when I don't see things change. How can I change my level of trust?

**A** - I understand how you feel. I think one of the most challenging aspects of conscious creation is "the time factor". The time factor is the lag between energy out and reality in.

The most important way to begin to build trust in yourself, your universe, and your ability to consciously create your reality is by paying (close) attention. Reality is always showing us feedback of what energy we are putting out on any given topic.

When you are new to conscious creation, it can seem as if nothing is changing. But if you have a dream, and are focusing energy on it (with your thoughts, your emotions, etc.), if you are taking action towards it, your reality will respond. It has to. It is the nature of this universe.

I have found that most people are not paying attention to the new responses. The responses are tiny at first. Like a new seedling you have to nurture these responses to get them to grow.

I taught a class on conscious creation that was hosted by a man I'll call John. John was an author and his dream was to allow his new book to become successful. Throughout the daylong class, he focused on that success.

The next day John and I took a hike in the beautiful Rocky Mountains. On the way back to his home, where he and his wife had graciously hosted me for the weekend, we stopped at his post office box.

"You know," he said to me as we approached the post office, "I never seem to receive signs that my creations are manifesting."

I asked him if he were paying close attention. He thought he was.

John unlocked his box and retrieved a small pile of mail. He shuffled through it and held up a postcard and a letter, both from fans who had recently read his book, and who were so moved they had to write him. He moved on to show me a catalog he had ordered on self-improvement books.

"John," I began, "Did you notice your signs?"

"What?"

"The postcard and the letter. They are signs that your magic is working!"

"They are?"

"Yes," I said excitedly. "Signs are not generally huge... especially initially. They are little and really easy to miss if you are not paying attention."

Most people are like John. They receive signs, and instead of celebrating them and taking ownership of the manifestation, which would allow that trust to grow, they look right past them and assume their magic isn't working. They then focus on the failure.

Missing the little successes can kill the dream. Pay attention. Keep a success journal. Don't discuss the signs with anyone unless they will be supportive.

All trust is built over time. Treat your newfound manifestation skills like a new baby. Nurture it, support it, love it and watch it grow.

## Questions on Staying Focused & Motivated:

**Q** - I get off track easily - how can I stay focused on the dream?

**A** - Getting off track is also a common issue for newbie creators (and some veteran creators too). The thing to ask is, "Why am I getting off track?" And if

you can't answer that right away, here are some questions to help you get to that answer:

- **Do I really believe I create my own reality—all of it—no exceptions?**  
If not, change that belief. Beliefs are not real. They are simply things you've told your subconscious mind are true—but you can change your mind.
- **Have I defined what my dream truly is?**  
If not, do the “Dreaming the Life You Were Born to Live” Guided Meditation to get a feel for how expansive and fun your life can be and write your intentions so the universe will know what it is you truly desire.
- **Am I flowing energy to my dream regularly?**  
If not, make a commitment to spend at least one minute a day flowing energy towards your dream. You don't have to spend a lot of time, but you do need to spend some time. This is your life we are talking about, after all. And you deserve an amazing one.
- **Am I looking for signs every day that my dream is manifesting?**  
If not, set your alarm 10 minutes earlier each day to mentally recount the day prior. List the signs in your success journal. Let them inspire you to flow more energy and take some action towards your dreams.
- **Am I spending my everyday mundane time (showering, driving, walking, eating, etc.) feeling as if I already have my dream life?**  
It really is fun to imagine the life you want to live. Practice it often, in and outside of meditation. And if you can't find the feeling, something's wrong. A belief that says you can't have it is likely the culprit. Change it.

You won't just get motivated. You must take responsibility for your life (all of it) and decide to motivate yourself.

## Support

**Q** – This work doesn't seem like it's just another self-help technique—it's a whole new way of living. How do I get the support I need to really create the changes I dream of?

**A** – Support is a great idea for this journey. I suggest starting by setting some intentions:

- I intend to create support to help me learn to consciously create my reality manifest my dreams.

- I intend that the support is from my unseen friends as well as seen friends and that it makes the process of becoming an expert conscious creator more successful, elegant, easy and fun.

There is also a [Support](#) page on the Live a Life You Love website that connects creators all over the world. Sign up there if you would like others to connect with you.

And don't forget to request help from your unseen friends. They will support you on every level—but you have to ask.

---

I hope you've enjoyed these questions and answers on creating a life you love. If you would like to learn more, visit [the Live a Life You Love website](#). And if there is a question you have that I've not answered, email it to me at [questions@livealifyoulove.com](mailto:questions@livealifyoulove.com)

Wishing you great fun and success in building your dream!

**Lots of love,  
Boni  
xo**

## Reader feedback on The Map:

*"This awesome, beautifully written guide to a life of adventure, joy, possibilities and, yes for me, miracles is one of the best ever. I can say this because I have read many self-help and spiritual books and from experience, what this earth angel shares through her magical words I know to be true. As a matter of fact I could not wait to finish reading it so that I could start again. Thank you for the opportunity to express what comes from my heart...much GRATITUDE."*

Carmen Balko via [Amazon.com](https://www.amazon.com)

*"I loved 'The Map'. It was easy to follow and took me deeper than any other book I have read on this subject (and I have read many!). The most helpful areas for me were discovering and changing my current beliefs and also how to flow energy toward what I want. Because of Boni's book, I finally found the courage to self-publish my own! I continue to use her easy to follow exercises and am amazed as I sit back and watch wonderful things manifest in my life! Thank you for sharing your Light Boni."*

Tamara Lynn via [Amazon.com](https://www.amazon.com)

*"The title of this book is so befitting! The book is indeed a map to creating the life you want to live. It is the HOW TO of the secret, and other universal laws. Boni shows you how to do "the work" required to manifest what you desire, from the highs to the lows. Highs meaning thinking through how you want to feel and lows, being uncovering those core beliefs that block the flow of creating what we truly want and learning to talk to our many inner selves that contribute to those core beliefs and other thinking that prevent what we want. I absolutely LOVE this book. I study with it. It's an easy read with easy language and it's fun and entertaining. This book is like conscious creation for dummies."*

Yen via [Amazon.com](https://www.amazon.com)

*"I really enjoyed this book. I have read other books on the subject including many by Jane Roberts and Seth. I think 'The Map' follows the same principles but does so in an easy to understand way and gives you specifics for focusing on what you wish to create. Who wouldn't love Ms. Lonnsburry's friendly manner of presentation as if she is right there, teaching you herself. Also enjoy her Facebook page and the encouragement I receive via her company's e-mails to me. Keep up the good work. I recommended this to friends and they too are enjoying it and learning from this book and positive thinking."*

Mary Hamilton via [Amazon.com](https://www.amazon.com)

*"Great book to start the thought process. A lot to take in for the beginner, but food for thought and really enlightening. Try it, it will change your life!"*

Andrea via [Amazon.com](https://www.amazon.com)

