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Author's Note

I set out to write a book to help the people of the world. It's a crazy notion, I know, and there are more than a few folks out there who would tell me how futile it is. But I don't believe them. I believe, instead, that there is a light at the end of the tunnel—and we're all on the train, heading for it.

I wrote this for another reason, too. Something deep inside of me bids me to do it. That “something” assures me that this is what I came here to do. Of course, from my personal perspective, I don't know this rationally—*but I do feel it*. I can't help but feel that even the smallest things we do to help our fellow travelers make a difference.

This is the end of my book writing for a while. Great Change is upon us, and where we are going, we won't need books anymore. But we will need *conscience*, and because of that, I have created *The Code*, the Intention Process, the Intenders Circle format for community making, and the Highest Light Teachings for seeing ourselves in our Highest Light. Likewise, I have steadily emphasized in all of my writings the importance of lining ourselves up with the Highest Good. These tools are timeless. You will be able to use them both before and after the Great Change. Indeed, they can be used in any world, anywhere.

So as we round the last bend on our wondrous journey together—a journey that is destined for the stars—I invite you to board our train.

Climb on. It's a great ride. The next stop is the next world. One way or another, I'll see you there.

Prologue

With each day that passes, we are seeing unprecedented changes take place all around us. The old ways, as represented by the insanity in government, economics, media, healthcare, education, and more, will continue to be increasingly cumbersome and eventually fade away, making room for a glorious new world.

It's as if we've been aboard a submarine in wartime and have been submerged in the depths for far longer than we expected. The air inside is fetid and foul, food is running short, and the fear is so intense you can almost touch it. The sailors are edgy and fighting with each other at the drop of a hat. The whole environment inside the sub is ugly and getting worse.

And then, as if summoned by Gabriel himself, the claxon sounds, and the nose of the submarine tips upward. The order has come to rise to the surface. Can you imagine what this is like for the sailors who have been cooped up for so long? What a relief! What a feeling of expansion, as they step on deck and gaze out across the distant horizon! A whole new world, with all its possibilities and wonders, opens up before them!

This is what it's going to be like for us—just as soon as we let go of our old ways. Like the sailors on the sub, that's when we'll begin to rise upward into the light of a new day.

Introduction

A lot of people nowadays are talking about the Law of Attraction and the Law of Allowing. But there is another Law which also begins with the letter A that is just as important—and yet, we in *The Intenders* are among the very few who are even talking about it. It's called the Law of Agreement and, simply put, it says, *Agreement reinforces reality*. Said another way, *Your agreement with any belief or idea makes it stronger*.

We can easily see how this works by looking at an example. If, for instance, one person believes it's a good idea for everyone to go jump off a cliff, well, then it's not very likely to happen. However, what if one hundred people *agree* that it's a good idea to jump off a cliff? Then the idea gets a little stronger. Taken a step further, if enough people—say 100,000 people—*agree* that cliff jumping is a great idea, pretty soon we're all standing in line at the edge of a cliff waiting for our turn to jump.

It gets even more interesting when we stop to consider that every belief system we have exists only because we agree on it. Indeed, *our agreements are the building blocks of our realities*; they are the very foundation upon which our

beliefs are built. Not one belief, large or small, would exist for long without our agreement to it.

Those who seeded us on this beautiful planet knew this, and when they began their colossal project called humanity they sent us here with a certain set of beliefs that would dictate how we would behave. Since our predecessors wanted to keep a certain measure of control over their project (before they turned us loose on our own), they designed these beliefs to be like puppet strings so that they could manipulate us whenever they liked.

Now, however, something unprecedented is happening. Humanity is maturing and is ready to break free and go it alone—and, at the same time, many of the belief systems and ideas we've held on to for eons are not serving us anymore and are rapidly becoming obsolete. This becomes obvious when we look at the tremendous amount of suffering taking place on this planet. Clearly, our inhumanity and our indifference toward each other must stop. It is time for our suffering to come to an end.

“But how do we do this?” you may ask. And the answer is this: *by withdrawing our agreements, one at a time, from any ideas or belief patterns that aren't working for us anymore.*

You see, we all have the option, at any given moment, to agree with what's going on and thus add to it—or to withhold our agreement, and therefore stop reinforcing a reality or system of beliefs that's run its course.

Put still another way, *your agreement is your point of power*, and you can add to or weaken any idea or commonly held belief simply by making a choice. We have with us, in each moment of our lives, the ability *to discern*—to decide whether something is working for us or not—and to choose

to *agree* with it and make it stronger, or to say, “Hey, I don’t think it’s such a good idea for us to jump off that cliff. In fact, cliff jumping never really got us anywhere in the past, and it doesn’t look remotely like it’s going to give us the results we’re looking for in the future. I think I’ll pass!”

In the early days of The Intenders, we had a lot of people coming to our Intenders Circles with their dramas. Some of these stories were bona fide issues, but many seemed to be a recurring kind of drama that didn’t feel very good to us. As we began to spot these “hip-pocket dramas” (that’s what we called them, because it was like they’d just whipped a story out of their hip pocket), we talked about ways of dealing with them that would truly help everyone involved.

First of all, we noticed that these hip-pocket dramas had certain characteristics. We realized that when someone approached us with a hip-pocket drama, we often felt dumped on or drained—and while they seemed to feel a little better, they would move on to the next person and start in on their same drama with them, too. From our point of view, nothing really changed. We didn’t feel like we’d done the person with the hip-pocket drama (or ourselves) any good by continuing to agree with them.

So, after talking about it among ourselves, we decided to take a new tack: we decided to withhold our agreement from these hip-pocket dramas and, in this way, not add to their continuation.

Here’s what we did: The next time we were approached by someone with a hip-pocket drama and we were beginning to feel ourselves getting embroiled in it, we caught ourselves before lending our agreement, and we simply said, “Ohhh” or

“Mmmm.” We didn’t even nod our heads, because that would have signified an agreement which would instantly set off an exchange of energy, and then we would have to deal with the emotional charge we’d just taken on—and the person with the hip-pocket drama would just go on to the next person, and the next, and on and on.

In the long run, we got good at saying, “Ohhh” or “Mmmm,” and refraining from nodding our heads, so we weren’t lending our agreement to their hip-pocket dramas anymore. After that, we felt a lot better, and the people with the hip-pocket dramas began to take a new look at themselves. Many of them ended up making an intention around their hip-pocket drama and came back to us later, expressing their gratitude because their intentions had manifested and their hip-pocket dramas had gone away!

The Law of Agreement will set you free. Used to its fullest, it has the ability and the power to set us all free. We are living on the cusp of great change and are being called upon, now, to make a difference in our world. We can go along with the mainstream media mindset, or we can begin to apply the Law of Agreement in our daily lives and bring about the change we seek.

This book is intended to help you put the Law of Agreement to its highest and best use. I will do my best to show you how the Law of Agreement is working on all levels of your life—from your personal beliefs around money, relationships, and health issues to our long-standing collective, global belief patterns. I will use examples and stories which will help you see the Law of Agreement and its partner, the Law of Adversity, in action so that the next time you are

confronted with an idea or a belief that doesn't feel right to you—one that clearly isn't serving you or your fellow men and women anymore—you can choose to exercise your power by using the Law of Agreement.

I assure you that you won't have to wait long. Just turn on the TV, pick up a newspaper, or listen closer to what many of the people around you are saying. Opportunities abound for you to make a difference and apply the Law of Agreement. It could be that all you'll have to do is say, *Ohhh* or *Mmmm*, and hold your head still.

You always have your agreement with you.

The Law of Agreement

Life is like a canvas:

you can paint anything you like on it.

*You do not have to paint what someone tells you to paint,
unless you want to.*

Or, life is like a garden:

you can plant anything you like in it.

*You do not have to plant what someone tells you to plant,
unless you want to.*

*Times are not hard because someone says times are hard,
times are hard because you've agreed that times are hard;*

*You are not ill because someone tells you you are ill,
you are ill because you tell yourself that you are ill;*

*You are not poor because someone tells you you are poor,
you are poor because you tell yourself that you are poor;*

*You are not part of a group because someone says so;
you are part of a group because you've agreed to it;*

And above all...

*You are not free because someone else says you are free;
you are free because you tell yourself that you are free.*

CHAPTER 1



Those Same Old Tricks

Before we can have true freedom we have to be able to learn from our experiences. This means that we stop repeating the same behavior that has been causing us discomfort and instead change our attitudes and actions. This is how we achieve a different result, one that works better for us and everyone around us.

As we begin to integrate the Law of Agreement into our lives, we will gradually slide out from under the shadows of others who would continue to control us and we'll step into our own sovereign power, independent and strong in the knowledge that each and every one of us is free to create to our heart's content, that we are helped every step of the way, and that nothing can stop us unless we agree to let it.

We can have it all. But first we must be ready to make some changes in the way we look at things. We have to quit falling for some of those same old tricks.

For the past two years I've taken daily walks around the lake near where I live in Colorado. It's my favorite form of exercise, and

the magnificent vistas of the surrounding Rocky Mountains provide me with a perfect environment for opening up to new creative ideas.

As is my custom, I walk steadily, never stopping along the way except to take occasional notes and to pet a friendly reddish-brown dog who guards one of the houses by the lake. I call him Rusty, although I doubt that's what his owners named him. He's a collie/chow mix, and he's chained alone to a small doghouse that sits away from the owner's house in the middle of the yard. Rain, shine, or six feet of snow, day in and day out, one thing never changed on my walks: Rusty was always there.

When I first moved into the neighborhood Rusty was younger, and he would bark and jump and run wildly toward me until the chain jerked him to a sudden halt. That didn't stop him, though. Back then, Rusty was lively and full of Spirit. But over the last couple of years something inside him shifted. Now, he's no longer as lively. It's as if he's been beaten down by the boredom and he's resigned himself to living his days at the end of a chain. His Spirit only comes to life in the evening when, for a brief moment, his owner delivers a bowl of food and a few pats on the head before going back into the house.

Then something interesting happened. Just before sunset on a chilly spring evening, I was walking by in my usual way, admiring the last of the season's snow that whitened the peaks in the distance, when Rusty's owner came out with his nightly bowl of food. Rusty jumped up and ran to the length of the chain, only this time, instead of jerking him back into place, the chain broke.

I watched from a distance as Rusty pranced around like never before, free as a bird! At first he stayed well out of the range of his owner, who called and cajoled him for several minutes, all the while cussing the chilly wind and the situation in general. He just wanted to get the dog fed and go back into his warm, toasty house.

Rusty, on the other hand, frolicked and played like a young pup, enjoying his first feeling of freedom in years. His eyes, usually so sullen and sad, sparkled now with a newfound brightness. His Spirit was returning; he had come back to life, and I whispered a silent prayer that he would run away and take his chances out in the world. You see, I'm always trusting that the Universe takes care of us, as long as we intend it for ourselves. To me, it looked like anything would be better than going back to living at the end of a chain.

It was starting to get dark, and as I rounded the end of the lake and turned back toward home, I watched as Rusty's owner went back into the house and came out a minute later holding a bag of special treats high in the air and shaking them loudly. Within moments, Rusty was back on the chain. He was unable to resist the temptation of the tasty nuggets.

The following day, Rusty was there as usual, but his sparkle was gone as he lay there in the dirt with those sad, expressive eyes. Attached to his collar was a new chain, shorter and stronger than the first. He looked horrible, but at the same time there was something different in him, like he hadn't completely forgotten how good it felt to be free the day before. I went up to give him a rub behind the ears, and I was talking to him like I talk to all the animals ("Hi guy! How's it going?" etc.), only this time my curiosity got the best of me and I asked Rusty why he gave up his freedom to live his life chained in the yard, just for the sake of a few treats.

In an instant, Rusty's Spirit, which had seemed so far away only moments before, lit up, and his answer came telepathically into my mind. He said, "Hey Tony, no one's home yet. How about if you unclip this heavy chain from around my neck and we'll see if I fall for those same old tricks again?"

Well . . . I'd better not tell you what I did.

Humanity is being duped, big-time. Like Rusty, we keep falling for the same old tricks over and over again. In fact, we are being deceived daily, and it seems there is no end in sight. For example, we are being led to believe that our political leaders have our best interests at heart while all evidence points to the contrary: that they care deeply for our children, while they send them off to fight, suffer, and die for reasons which no one can explain without great contradiction; that they are doing their level best to get us out of war while, if they honestly wanted to bring our troops home, the fighting would stop tomorrow and the troops would be home in a week; that they (our elected officials) are the ones who represent us and make decisions on our behalf, while in truth most of the decisions affecting us are made in lavish boardrooms by the businesspeople and bankers who placed our so-called leaders in office and to whom our leaders must answer lest they lose their jobs, or worse. It's just more of those same old tricks . . .

Likewise, we have been *led to believe* that our votes really count, but we neglect to ask ourselves if we were given much of a choice of whom to vote for. With the present two-party system it's obvious that our votes mean very little. All of the people we vote for are beholden to those who give them the money to run their costly campaigns. And, just like with our wars, where both sides of the conflict are funded by the same banks, both political parties in an election are funded by the same banks and businesspeople who couldn't care less who wins because they have all the candidates in their pockets.

And here's a real doozy—we have been *led to believe* that our beautiful Constitution here in the United States is the backbone of our society and that it ensures our fundamental

freedoms so we can have a good life. But, almost overnight, our Constitution has been taken away from us. All of the guarantees and tenets which our beloved forefathers meant for us to enjoy have been undermined, diluted, sabotaged, stolen, and stripped away so all that is left is an empty shell which doesn't protect us in the least.

This is not only happening in our government's hallowed halls, it's happening in our businesses as well. We have been *led to believe* that the big businesses that create our products are benevolent. Certainly their advertising tells us so at every opportunity. But is this really true, or is it just more of the same old tricks? For instance, are all of our household cleansers and detergents really good for us? Is it really to our benefit to wear clothing or sleep on bedding that was laundered with those strong-smelling dryer sheets? Is it good for us to breathe in the fumes given off by these things all day and all night? It's doubtful.

Here's another example. Ask yourself, Is it really good for us to continue dumping toxic waste into our precious oceans and then turn around and eat the fish that swam in those waters? Does it make sense for us to line up for vaccines that are supposedly designed to keep us from getting a disease when the disease itself was clearly created and sold to us by the same profit-oriented people who make the vaccines? By the same token, is it wise for us to keep on building more weapons for killing each other, making more violent movies, obsessing about diseases on TV, falling more deeply into debt, manufacturing poisons, and spoiling our waters, our foods, our medicines, our minds . . . ?

It's obvious to almost everyone nowadays that Rome is burning and that We the People are under attack—not from

forces outside our borders, but from those whom we voted for, from those who lend us our money, from those who are sworn to protect and defend us, from those who manufacture and sell us our pharmaceuticals, our foods, our household substances, and many of the products we use daily.

But what can we do? Faced by such an onslaught, how can we stop ourselves from falling for those same old tricks time and time again? Well, for openers, we can stop feeding the hand that's biting us.

***If you want to see how a trick works,
withhold your agreement from it.***

The way to make a positive change in your life and in the lives of everyone in our world is to put the Law of Agreement to work on your behalf. The Law of Agreement ensures that as we lend our agreement to any belief, we reinforce it; we make it stronger. Conversely, when we refrain from lending our agreement to an idea that isn't likely to give us the results we're looking for, we dilute it; we weaken its power over us and its power over everyone else simultaneously.

Using the Law of Agreement can change things in a hurry. Now that we are armed with this new information, every belief or snippet of propaganda that comes our way becomes an opportunity for us to take a stand. We can make a difference in our world every time a new idea is presented to us. Whereas in the past we may have been on autopilot and found ourselves nodding or agreeing with propositions without thinking too much about them, now we can utilize the Law of Agreement several times a day. Indeed, we're being called on to make life-changing choices on such

a steady basis now that it is important for us to be more alert than ever to what we agree with (or withhold our agreement from), lest we add to that which no longer serves us, to that which is so blatantly obsolete, to that which brings us harm, or to that which we wouldn't want to manifest in a gazillion years.

That having been said, let's take a closer look now at the Law of Agreement, for this is not a subject to be taken lightly. We certainly don't want to keep falling for those same old tricks anymore, especially now that we're beginning to see how they work.

***You need not agree with every
idea that comes down the pike.***

The Old Sleight of Name Game

Currently, we all have an identity. Most often it's a series of words we call our name, as well as a string of experiences related to the body we inhabit. So when someone asks us who we are, we introduce ourselves—typically using the name our parents thought up—and then we tell our story, based on the things that have happened to us while we've been embodied here on Earth. That's the way it's always been done here. But is this the truth? Is this who we really are, or is it the same old Sleight of Name Game designed to keep us from looking deeper into our true identity?

Fortunately, who we think we are is changing. Our perceptions are expanding as the Great Shift of the Ages approaches. The old constricting Sleight of Name Game is giving way to a memory, faint at first, of who we are beyond

this Earthly existence. Up to this point we have identified with our name and our body, but now we are starting to see that we are more than that. We are realizing that we are the Being inside our body who thinks and feels and senses intuitively. We are the invisible Essence encased within our skin who has inhabited countless bodies, traversed countless worlds, and taken on countless identities. We have wandered deserts and dimensions, lost ourselves in forests and faraway places, created situations and scenarios that appeared hopeless beyond all understanding.

And yet, here we are, lost again in time and space, but beginning to find ourselves; asleep again in a violent, uncaring realm, but beginning to awaken to who we truly are: a Spirit aglow with love and light, expanding, becoming more, breaking free from our physical containment and stepping forth, fully conscious, into the midst of an unconscious world. It's all part of an organic process that is unfolding, and with each passing day we are letting go of old, encumbered, enslaved parts of ourselves and remembering who we are in eternity.

You can be anyone you want to be. You can have any name you like, but know this: at your core, *you are all names and all identities*. In order to break free from the old Sleight of Name Game all you have to do is make an agreement with yourself that you are unlimited, that you are vastly more than you previously thought you were. As you make this agreement, an eternal new you will emerge, reveal itself, and expand. It is this expansiveness that you have long awaited.

My name isn't who I am ~ I am much more.
My body isn't who I am ~ I am much more.
My story isn't who I am ~ I am much more.

***I only use these things out in the world.
Inside, I am All That Is.***

The Vanishing Money Trick

Right now, most people still rely on money as a measure for their happiness. If there is enough of it in their bank accounts and pocketbooks, then they are generally content—and there's nothing wrong with that. But times are spinning fast now, and those with a little foresight can see that the money is steadily being taken out of the hands of the people. A time may come soon when there isn't as much of it around.

It's not that it has to be that way. It's just part of a plan—a plan we all agreed to take part in for the purpose of making ourselves stronger. You might be wondering how we can possibly become stronger if our money is taken away. How could anything but total panic take hold in times of no money? Undoubtedly, the media will make it sound like the whole world has gone mad as these times come upon us. They will roll out the stock footage of lines at the bank and do their level best to scare the heck out of us—and most people will be terrified.

But what about those who aren't terrified? They are the strong ones. They are the ones who won't freeze in fear. They are the ones who everyone else will look to for leadership because they will have already discovered an alternative to money: *living by manifesting*.

Mark these words: *living by manifesting is our next step in life*. It is the hallmark of the new paradigm. It is the threshold we must cross to reach our true freedom. Anyone who

would continue to measure their happiness by worthless pieces of paper cannot really be free. Our security comes from within. Our peace of mind is always within reach, and yet we keep it at a distance by clinging to our precious papers and possessions.

Let's look at it another way. Our happiness and peace of mind can be dependent either on money or on our ability to manifest whatever we need. In the first case, where we are reliant on money, there is a whole slew of middlemen—those who print it, those who distribute it, those who regulate it, those who lend it at interest, etc.—and all of these middlemen are constantly dipping their hands into our pockets. In such an imbalanced system we cannot be free because they won't let us. These middlemen have a big stake in our dependence on them. Said another way, they're subtly robbing us of our energy every chance they get.

The alternative is to *live by manifesting*, and it allows us to break free from the middlemen. Our peace of mind can now pass Go, and keep all \$200 along the way. And there's something else. Our dignity and self-worth begin to surface again. For how can we hold on to our self-respect as long as we're dependent on another? We can't. Only through learning to live by consciously creating our environment on a moment-by-moment basis can we be free and authentic. And only in freedom and self-respect do we find our strength, our true power.

One morning, years ago, my friend B.J. and I were sitting in the Hawaiian rainforest, taking a break from pruning some avocado trees that were getting too tall to harvest. We leaned back against the trunks of a couple of trees and swatted mosquitoes and drank the last

of our coffee. We were surrounded by chain saws, sickles, machetes, and ropes and were sweating profusely. Suddenly, B.J. looked up at me and asked, "What do you think is the biggest difference between us, Tony?"

I didn't quite know where he was going with this, so I gave him a comic answer, "Well, you're taller than me," I said.

He just stared at me. "That's not what I'm talking about," he replied. Then he didn't say anything.

Finally, my curiosity got the best of me and I asked him, "Okay, what is the big difference between you and me?"

"I'm secure," he said. He didn't say the next three words, which, no doubt, would have been, "and you're not!"

I didn't have a chance to respond before he went on. "Yes, I'm secure," he said again. "Whenever I need something to come to me, I simply manifest it. I don't need to go anywhere or do anything special. I just put the Laws of Manifestation to work on my behalf, and everything comes to me."

He was right. I'd seen it happen so many times over the years that I didn't question it anymore. We lived seventeen miles from the nearest town, way off the main road that encircles the Big Island of Hawaii, and time and time again I'd seen him manifest all sorts of things without seeming to have to go anywhere. Often, I would go to bed at night needing a special tool to fix the truck or some other piece of machinery, and when I'd meet him for breakfast the next morning, he'd have "found" the exact tool I needed. It was uncanny.

"So," he went on, "I measure my definition of security by how good of a manifestor I am, by how good I am at getting the things I need to come to me. While you, on the other hand, define and measure your security by how much money you have in your wallet or in your bank account at the moment—and oh, by the way, if your wallet starts to get thin, or your bank account gets a little low, you start to panic!"

I knew he was right. Like most people nowadays, I'd been brought up to believe that if I had a lot of money, I would be secure. The only problem with this line of thinking was that it was becoming more obvious by the day that the money supply was being tampered with, and that our money is systematically being taken out of the hands of all but the few.

"I'm secure," he said, "and it doesn't matter to me whether I've got money in my pocket or not, because if I need something I'll just manifest it. You might want to think about that. Because the time is coming when there might not be as much money around as you'd like. But one thing is certain—"

"—and what's that?" I asked.

"You'll always have your intentions," he said. "No matter what's going on in the world around you, you'll always have the ability to be a conscious cocreator and manifest anything you like. That's where your true security lies—in your proficiency at manifesting, not in how much money you have."

***Your money is being used to enslave you—
but it doesn't have to be that way.***

The Fantastic Foreclosure Fraud

According to the TV and newspapers, many people nowadays are losing their homes or are being forced to move. Foreclosures are increasing as the clouds on the economic horizon darken. For those who are becoming more proficient at manifesting, these changes will not be as dramatic. But the people who are not learning to manifest and create their surroundings deliberately may have some interesting challenges ahead.

At the same time that the news people are sounding their alarms, empty houses abound. As you drive around your towns and suburbs, especially in off-season tourist areas, everything from modest dwellings to fancy villas sit vacant, awaiting someone to move in and be happy. This could be you.

It's interesting that, as we go through our changes, the mindset of the typical landlord is shifting. They are starting to see that it's wiser for them to have someone neat and responsible living in their house, rather than leave it empty. A good caretaker can tend to the upkeep, water the plants, keep an eye out for things that break, pay their own utilities, make the place look occupied, and take care of emergencies. In short, it helps the landlord to have someone living in their home.

That's where you come in. You can manifest a free place to live. You needn't look far, nor should you be affected by the prevailing media hype that says times are hard. Times may be hard for those who aren't learning to live by manifesting, but it is for you to remain centered and realize that you can retain your ability to manifest your own reality, even in the midst of everyone else proclaiming their limitations. They are wedded to the consensus reality, and you are not. You can create anything you desire for yourself and your family, including a free home.

Said another way, you can be empowered in an unconscious, apathetic world. In fact, the instability in the world and the changes you've found yourself going through can actually be seen as gifts. How else would you begin to explore your true power, if it weren't for tough circumstances and challenges? How else would you enhance your ability to

manifest things if you hadn't had to deal with some adversity? Seen from a higher perspective, your adversity can lift you up and out of your routines and cause you to reach deep inside yourself for answers to life's most poignant questions. Questions like: Can you create a supportive environment for you and your family while most everyone else feels helpless? Can you revise your definition of "personal security" to include your expertise at manifesting, instead of limiting it to how much money you have in your pockets?

Indeed, the chaos in the world is pushing you toward your own power, and your own creativity—a creativity which includes not just your ability to paint a picture or write a journal, but a broader creativity that encompasses every aspect of life. You can create free housing, all the food you need, friends to help you, enjoyable work, peace of mind, and a lightness of heart, regardless of what your neighbors or the people on the TV are saying.

How do you manifest a home? Begin by sitting in a circle with your family and friends who have a supportive, positive attitude (it's important to remember that it tends to work against you if any of the people in your circle don't believe in what you're doing). Then casually share your ideas about the ideal place you'd like to be living. Make a list. Is it close to town or out in the country? Is it by a body of water? Does it have all the room you need? What is the surrounding topography and vegetation like, etc?

State clear intentions, mentioning every detail you came up with. For instance, say, "I intend that I am living for free in a beautiful house that I love; it is by a lake stocked with fish, in a moderate climate with mountain views, it's close to my work, there's plenty of room for everybody, and it has

a fireplace, gardens, etc.” Make your list as long or short as you like. (A word of encouragement here: don’t limit yourself. Go for the gusto! If you need someplace larger or with special characteristics, you can have it. In fact, if you can manifest one thing, you can manifest another. Why not a free house with all the trimmings?)

After you’ve expressed your intentions and said that you’re grateful in advance for your fabulous free home, take a few moments of silence while everyone in the circle holds a vision in their mind’s eye of your new place. See it as clearly as you can, and also see yourself and your family walking around the yard and the kitchen or the living room. Act as if you already have it and do your best to feel how you’d feel at the moment of its manifestation.

Before you break up your circle, line up your intentions with the Highest Good by saying, *“I make these intentions and declare that, in order for them to manifest, they must serve the Highest and Best Good of the Universe, myself, and everyone involved. So be it and so it is! It is done!”*

Now, all you have to do is be open to receive and alert for the opportunities that come your way.

Oh . . . you might be wondering if I’ve integrated these principles into my own life and manifested a free place to live for myself. The answer is an unequivocal yes! More times than I can count! In fact, right now I’m living rent free in one of the most amazing gems of a house on the planet—a beautiful rustic knotty pine home, right on the river, tucked in among some of the largest, most majestic red rocks you ever saw!

Everyone’s fear about money is coming to the surface now. The answer lies in trust. Do you trust in your financial

portfolio, or do you trust in a higher power? A higher power has always been there for you, but you have to trust in it. Indeed, if you look back you will see that everything you have needed has always come to you. While many are still filled with the fear of not having anything to fall back on, gifts are being given to those of us who are letting go and opening up. It is a great truth that as you surrender, everything shows up.

Here is a story that came in to The Intenders from our friend Ginnie Hancock from Austin, Texas. It exemplifies the true spirit of living by manifesting.

I read one of the Intender stories last year about a man who intended a rent-free living space. He was down on his luck. I was not down on my luck, but I was new to Austin and renting a room from someone. I really wanted a place of my own for a year. I decided that if he could do it, I could do the same thing. I wanted to pay for the utilities, but no rent.

Two weeks later, one of my new friends had a neighbor that needed someone to live in their home for a year while they traveled on the intercoastal waterways in their new boat. The deal included a dog that I wanted and a truly peaceful environment. This opportunity ends in December. I am already intending a new space so that I can save some money for this next year to make repairs to my home in Houston. There have been other smaller ongoing manifestations, but this was the nicest. I am searching for an active Intenders group out here in Austin. In the meantime, I just want to thank you, as your messages are always helpful and inspiring for me.

—Ginnie

As a note of interest, Ginnie's done it again! When her time ran out on the place in the story above, she manifested a choice between two other places for free rent and nominal utilities in Austin and she's living in one of them now. Thank you, Ginnie. What a true inspiration you are!

The Great Disease Deception

It seems like the talk of diseases is everywhere nowadays. You can hardly turn on the tube or talk to a friend without the subject of some disease or another popping up. And, so often, we put ourselves in harm's way by *agreeing* that a disease is real and we could be attacked by it. That's exactly what those who created the disease would like for us to do. They'd like us to buy into the idea that we could catch a disease they just pulled out of their hat because there is big money in it for them. Unfortunately, however, there is only pain and sorrow in it for us, and it is time we began to see how this same old trick works and stop lending our agreement to it. To do that, we will need to take a look at two of the main tools used by those who create our diseases: "*lumping*" and "*naming*."

Lumping is used to describe what happens when we include ourselves with everybody else who has ever had similar symptoms. We "lump ourselves in" with a collective of people who are all appearing to have the same thing going on in their lives. Lumping causes us to disavow our uniqueness and live a lie. We'll talk more about this later.

Naming is how sicknesses and diseases are created. Those who create and profit by our illness (did you ever wonder who they are?) take a grouping of symptoms and give it a