

# The Source of Creation

## The Architect of Your Reality

Ready Player 1?



# The Source of Creation

## The Architect of Your Reality

Part 1

J.S. Moed

D.R. Anders

Author: J.S. Moed D.R. Anders

Coverdesign: J.S. Moed D.R. Anders

ISBN: 9789465312958

© De Bron van Creatie

Edition 1, 9-9-2025

# Table of Contents

<b>Preface .....</b>	<b>9</b>
<b>Chapter Game Loading...: Ready Player 1? .....</b>	<b>11</b>
Taking the Controller into Your Own Hands .....	11
The Game of Life .....	11
Conscious Choices: The Key to the Game .....	12
The Collaboration of Body, Mind and Soul .....	13
Player 1 or Player 1B? .....	13
The Power of Now .....	14
<b>Chapter 1: The Source of Creation .....</b>	<b>15</b>
Introduction .....	15
What is "The Source of Creation"? .....	15
The Role of Consciousness and Subconscious in Shaping Your Reality .....	17
The Role of The Observer .....	17
Introduction to Universal Laws .....	19
Exercise 1: Reflecting on Your Current Reality .....	21
Exercise 2: Vibration Check and Intention Setting.....	24
Summary .....	28
Daily Affirmations .....	29
<b>Chapter 2: The Power of Consciousness and Subconscious .....</b>	<b>31</b>
Introduction .....	31
What Are Consciousness and Subconscious and Why Are They the Key to Creation? .....	32
Why are consciousness and subconscious so crucial for creation?.....	32
The Role of The Observer .....	33
The Layers of Consciousness: Physical, Emotional, Spiritual and Subconscious .....	34
How Unconscious Patterns Limit Your Creative Power .....	35
Exercise 3: Meditation to Activate The Observer and Subconscious .....	37
Exercise 4: Unraveling Subconscious Beliefs from The Observer .....	39
Summary .....	41
Daily Affirmations .....	42

<b>Chapter 3: Energy as Fuel for Creation .....</b>	<b>44</b>
Introduction .....	45
The Role of Energy in the Creation Process .....	46
The Connection Between Body, Mind, Spirit and Subconscious .....	47
Introduction to Life Energy and Chakras .....	48
Exercise 5: Breathwork and Chakra Activation .....	51
Exercise 6: Energy and Chakra Balance Check .....	54
Summary .....	56
Daily Affirmations .....	57
 <b>Chapter 4: Intention - The Blueprint of Your Reality .....</b>	 <b>59</b>
Introduction .....	59
How Intentions Guide Your Creations .....	60
The Difference Between Conscious and Unconscious Intentions .....	61
The Importance of Clarity and Focus .....	62
Burning the Ships: The Power of Total Commitment .....	63
Exercise 7: Intention Meditation with Chakra Integration .....	66
Exercise 8: Burn the Ships Focus Journal with Chakra Meditation .....	69
Summary .....	72
Daily Affirmations .....	73
 <b>Chapter 5: Recognizing and Releasing Blockages .....</b>	 <b>75</b>
Introduction .....	75
What Are Blockages and How Do They Arise? .....	75
Summary of Waking the Tiger: Recognizing and Releasing Trauma .....	77
How Animals Process Trauma .....	77
How Humans Can Process Trauma .....	77
How to Release Trauma with Somatic Experiencing .....	78
Integration of Neuroplasticity and Healing .....	79
Emotional, Mental and Energetic Obstacles .....	81
The First Steps to Recognizing and Releasing Mental Limitations .....	82
Exercise 9: Journaling with Somatic Experiencing and Neuroplasticity .....	84
Exercise 10: Mindfulness Body Scan with Chakras and Somatic Experiencing .....	87
Summary .....	89
Daily Affirmations .....	90

<b>Chapter 6: Connection with the Universe.....</b>	<b>93</b>
Introduction .....	93
The Role of Synchronicity and Co-Creation with the Universe.....	93
How to Align with Higher Frequencies .....	95
Introduction to Manifestation Principles.....	97
Exercise 11: Visualization for Alignment and Synchronicity .....	99
Exercise 12: Synchronicity Journal and Mindfulness with Neuroplasticity .....	101
Summary .....	103
Daily Affirmations .....	104
 <b>Chapter 7: The Power of Action .....</b>	 <b>107</b>
Introduction .....	107
Creation Is More Than Intention: The Role of Inspired Action .....	107
The Concept of $A + B = C$ .....	108
Overcoming Resistance and Procrastination .....	108
How to Strengthen Action and Belief for Success .....	109
Exercise 13: $A + B = C$ Action Plan .....	111
Exercise 14: Mindfulness $A + B = C$ Check.....	113
Summary .....	114
Daily Affirmations .....	115
 <b>Chapter 8: Tuning into Abundance.....</b>	 <b>117</b>
Introduction .....	117
Summary of the Foundations from Part 1 .....	117
Tuning into Abundance: A Spiritual and Scientific Lens.....	118
How Part 1 Lays the Foundation for Parts 2 and 3 .....	118
A Call to Continue Your Journey .....	118
Exercise 15: Reflection on Your Inner Power.....	119
Exercise 16: Abundance Journal with $A + B = C$ .....	121
Summary .....	123
Daily Affirmations .....	124

<b>Chapter 9: Optimal Functioning of the Body .....</b>	<b>127</b>
Introduction .....	127
The 9 Building Blocks of an Optimal Body .....	127
Building Block 1: Breathing .....	128
Building Block 2: Sleep .....	131
Building Block 3: Hydration .....	134
Building Block 4: Sunlight and Sun Gazing .....	137
Building Block 5: Nutrition .....	140
Building Block 6: Exercise .....	143
Building Block 7: Grounding .....	146
Building Block 8: Detox Methods .....	149
Building block 9: Healing Frequencies .....	152
Blueprint for an Optimal Body .....	155
Integration into Daily Life .....	157
Exercise 17: Radiant Body Optimization Ritual .....	158
Summary .....	160
Daily Affirmations .....	161
 <b>Afterword - The Source in You Shines .....</b>	 <b>164</b>
 <b>The Journey Continues: Introduction to Parts 2 and 3 .....</b>	 <b>166</b>
 <b>Acknowledgments and Invitation to Connect .....</b>	 <b>167</b>
Exercise 18: Radiant Resonance for Your Future .....	168
Daily Affirmations .....	170
 <b>Sources of Creation .....</b>	 <b>171</b>

## Join Our Online Community!

Whether you're just starting the book or have already finished it, our WhatsApp community is the perfect place to connect with others exploring its themes, exercises and challenges.

Dive into discussions about the book's ideas, share your progress, ask questions or find inspiration to apply its lessons to your life.

From beginners uncovering the first chapters to those reflecting on the full journey, everyone is welcome to grow together in a supportive space.

To join, visit our webpage <https://thesourceofcreation.shop/join-our-community/> for details on how to enroll in the group chats, where you can engage in meaningful conversations and stay motivated.

Don't wait - join our vibrant community today and enrich your experience with the book!



# Preface

## Welcome to The Source of Creation – Part 1: The Architect of Your Reality

This book is an invitation to embark on a transformative journey to the heart of who you truly are:

The Architect of Your Own Reality.

The Source of Creation is not an abstract or elusive concept; it is the vibrant force of consciousness, energy and intention pulsing within you.

It is the wellspring from which your thoughts, emotions and actions converge to shape your world.

This first part serves as your starting point.

It is crafted to help you recognize your inner power, expand your (sub)conscious mind and take the initial steps toward a life that resonates with your authentic self.

Whether you seek greater joy, purpose, success, or connection, this book reveals that you are not merely a bystander in your life - you are its architect.

## Why a Trilogy?

The journey toward self-realization and fully harnessing your creative potential is a layered process.

It requires awakening your power, clearing obstacles and learning to channel your energy toward manifestation.

This trilogy guides you step by step along this path.

In this first part, The Architect of Your Reality, the foundation is laid.

You will discover how consciousness and energy collaborate to shape your reality and how to use intention to consciously steer your life.

The second part delves deeper into the obstacles that may hinder your creative flow.

You'll explore ways to release emotional and mental blockages and reprogram your mind for growth and success.

The third part takes you to an even deeper level, where you'll learn to harness your life force - including your sexual energy - as a powerful engine for transformation and manifestation.

Together, these three books form a complete journey: from awakening your power, to unlocking your potential, to fully embracing your ability to manifest your deepest desires in harmony with the universe.

This first book marks the beginning - your first step toward a life of creative freedom.

## A Personal Note from the Author

Years ago, we, Jack and Sofie, stood at the edge of heartbreak and hope.

Reeling from our divorces, we were fighting for stability, desperate to rebuild our shattered lives. Yet, in the moment our paths crossed, something extraordinary sparked - a fire that ignited not just survival, but a soaring journey upward. Together, we envisioned The Source of Creation, a force so powerful it transformed everything.

We had known success - thriving careers, growing families - but beneath it all, a nagging emptiness haunted us, a whisper that life could be so much more.

This ache is universal, a quiet cry in so many hearts.

We dove into books, retreated to sacred spaces and wrestled with our souls, but nothing shifted until we uncovered The Source of Creation within us. That discovery was our awakening - a radiant truth that changed everything.

This path was not gentle.

We faced our deepest fears, tore down walls of doubt and dared to trust the boundless power of our consciousness. Together, our synergy became unstoppable - a fusion of hearts and minds that amplified every step. Each challenge we overcame brought us closer to a life pulsing with purpose, joy and unshakable authenticity.

This book and the trilogy it weaves, is the heartbeat of our journey to self-discovery.

It's not a distant theory - it's a living, breathing guide forged in our trials, triumphs and relentless courage. The exercises, reflections and meditations in these pages are more than tools - they are keys to unlock transformation.

The Source of Creation burns within you, waiting to roar to life. When you tap into it, everything is possible - dreams you've buried, futures you've feared to imagine.

We, Jack and Sofie, are living proof that together, we are greater than the sum of our parts. Our synergy has shown us that no limit can hold you back once you embrace this power.

With fierce love and unwavering belief, we invite you to seize this moment.

Let us dive into The Source of Creation together, unleash its boundless energy and create a life beyond your wildest dreams.

With passion and trust,

J.S. Moed

D.R. Anders

# Chapter Game Loading...: Ready Player 1?

## Taking the Controller into Your Own Hands

In your life, you are the protagonist. But are you truly Player 1 - the one consciously holding the controller and playing the game?

Or do you choose to be Player 1B - the spectator standing on the sidelines, letting life pass you by?

This introductory chapter centers on the pivotal moment of choice: the conscious decision to take charge of your own reality. By fostering optimal collaboration between body, mind and soul, you become the creator of your own game, ready to walk your unique path with intention, energy and action.

## The Game of Life

Imagine this: life is a video game and you are the player.

The world around you is the playing field, filled with challenges, opportunities and hidden treasures. Unlike a game with fixed rules, you have the freedom to co-create the guidelines in this one.

The Source of Creation, introduced in Chapter 1, is the source code of this game - an infinite energy from which everything emerges.

But to master this game, you must first pick up the controller. This means taking responsibility for your choices, your energy and your actions.

Many people live as Player 1B: they watch their lives unfold, guided by habits, external expectations, or unconscious patterns.

They feel like victims of circumstance, as if someone else is pressing the buttons on their controller.

Yet, you have the choice to be Player 1.

It begins with the realization that your inner power - the connection between body, mind and soul - is the joystick with which you shape your reality.

By making conscious choices, you activate your creative force and determine the direction of your game.

### **Affirmation:**

I am Player 1.

I pick up the controller and create my own reality with intention and strength.

## Conscious Choices: The Key to The Game

Making conscious choices is the first step to becoming Player 1.

In Chapter 4, we learn that intentions form the blueprint of your reality.

But intentions alone aren't enough - they must be paired with decisions aligned with your deepest desires.

Conscious choices mean stepping out of autopilot and acting from clarity. This requires self-reflection:

What do I truly want?

Which patterns or beliefs are holding me back?

By expanding your awareness (explored in Chapter 2), you can make choices that resonate with your inner power.

For example, you might feel drained and notice that your health is limiting your creative energy.

Instead of lingering in fatigue, you consciously choose to adjust your lifestyle - adopting a healthier diet, adding exercise, or practicing daily meditation.

This choice not only strengthens your body but also your mind and soul, giving you more energy to pursue your dreams.

Every conscious or unconscious choice is a button press on your controller, a step toward winning your own game.

### **Affirmation:**

With every conscious and unconscious choice, I steer my life toward my highest potential.

## The Collaboration of Body, Mind and Soul

To play the game of life at its best, your body, mind and soul must work in harmony.

In Chapter 3, we introduce life energy as the fuel for creation and in Chapter 9, we explore the body as a sacred temple.

These elements converge in the concept of Player 1: a player who consciously optimizes their physical, mental and spiritual health.

- **Body:** A healthy, vital body is the foundation. By nurturing it with proper nutrition, exercise and rest (as outlined in the nine building blocks from Chapter 9), you build a solid base. A body in peak condition provides the energy to act and manifest your intentions.
- **Mind:** A clear, focused mind enables you to recognize obstacles and make conscious choices. Through meditation and mindfulness, you train your mind to stay aligned with your higher goals.
- **Soul:** Your soul is the spark of the Source of Creation, your connection to the universe. By listening to your intuition and tuning into higher frequencies, you play the game from a place of authenticity and abundance.

When these three elements collaborate, you become a powerful co-creator.

You no longer react passively but play proactively, with deep trust in your ability to shape your reality.

### **Affirmation:**

My body, mind and soul work in harmony, unleashing my inner power fully.

## Player 1 or Player 1B?

The choice is yours.

Do you want to be Player 1B, watching life unfold, trapped in routine or fear of change?

Or do you opt for Player 1, picking up the controller and playing the game with courage, intention and joy?

The difference lies in the decision to take action.

As we'll explore in Chapter 7, inspired action is essential to bring your inner power into the outer world.

This doesn't mean you need to be perfect or know everything right away.

It means starting where you are, with small, conscious steps that bring you closer to your goals.

Imagine you have a dream - perhaps a new career, a deeper connection with yourself, or a life of abundance.

As Player 1B, you keep dreaming without acting, waiting for the "right moment."

As Player 1, you take a step today: you write down your intention, create a plan or take a small action to set your energy in motion.

Each step builds your confidence and brings you closer to your desired reality.

**Tell yourself:**

I choose to be Player 1, boldly and consciously playing my own game.

**The Power of Now**

The game begins now.

You don't need to wait for permission, more knowledge or better circumstances.

The Source of Creation flows endlessly and you have access to that infinite energy.

By making conscious choices and balancing body, mind and soul, you become the master of your own game.

Every day offers a new opportunity to pick up the controller, activate your inner power and create your reality.

Ready, Player 1?

The game awaits you.

**Affirmation:**

I am ready to play my game, now and always, with strength, intention and joy.

# Chapter 1: The Source of Creation

## Introduction

Imagine a life where you consciously shape your reality, perfectly aligned with your deepest desires, free from limitations or unconscious blockages.

This is not a dream, but the essence of your creative power.

In this chapter, you will discover The Source of Creation, the origin of your ability to shape your own reality.

We will explore how consciousness activates this power, how universal laws guide your reality and how practical exercises help you understand and transform your current life.

This is the start of your journey to awakening your inner creator.

## What is "The Source of Creation"?

The Source of Creation is the inexhaustible energy within you - a timeless force where thoughts, emotions, intentions and actions come together to shape your reality.

This power is not something external, like a deity, but the essence of who you are: an inner source always available to be directed by your consciousness.

Deep within you resides The Observer, the center where Body, Mind and Spirit converge in harmony.

The Observer is your conscious self - the silent witness that observes your thoughts, emotions and actions without judgment.

It is The Architect of your inner energy, determining how your creative power is utilized.

Here, the formula  $A + B = C$  (Action + Belief = Creation) comes to life:

- **Action (A):** These are your conscious actions, rooted in clear intentions. It's not just doing, but acting with focus and direction, such as taking a step toward a goal or performing a ritual that reinforces your intention.
- **Belief (B):** This is your deep conviction - both conscious and subconscious - that your intentions are possible. Belief acts as the fuel that empowers your actions. Without belief, actions remain hollow and lose their creative potential.
- **Creation (C):** The result of action and belief is the manifestation of your reality. When action and belief are in harmony, you activate The Source of Creation to create experiences, circumstances and opportunities that resonate with your intentions.

The formula  $A + B = C$  is a simple yet powerful blueprint for conscious creation.

It emphasizes that creation is not accidental but the result of focused action (A) and deeply rooted belief (B).

Action is more than physical effort; it is every conscious step you take to manifest your intention.

This can range from practical steps (like writing a job application) to energetic actions (like meditation or visualization).

The key is intention: action without intention is like a ship without a compass.

The Observer ensures your actions align with your deepest desires.

Belief encompasses both your conscious convictions (“I can achieve this”) and your subconscious programming.

If your subconscious, for example, believes you are “unworthy,” it will undermine your actions.

The Observer helps you identify and transform these hidden beliefs so that your belief strengthens your actions.

Creation is the result of aligned Action and Belief. It’s not magic but a natural outcome of directing your energy.

The stronger the harmony between action and belief, the more powerful the creation.

### **Example of A + B = C:**

Imagine you want a new career.

A conscious action (A) could be enrolling in a course or applying for a dream job.

Belief (B) is the inner conviction that you are worthy and capable of this change.

Only when action and belief are aligned does creation (C) occur: a career that reflects your actions and beliefs.

If you act without belief or believe without action, the desired outcome will not materialize.

The Observer plays a crucial role in this process.

It is not only the witness to your thoughts and emotions but also the conscious decision-maker that determines where you focus your attention.

By training your consciousness to strengthen The Observer, you can stop living reactively - driven by habits or external circumstances - and consciously choose how to direct your energy.

The Observer helps you recognize and resolve disharmony between Body (physical actions), Mind (thoughts and beliefs) and Spirit (your deeper connection to the universe), enabling you to fully harness  $A + B = C$ .

Without awareness of The Observer, you often live on autopilot, driven by unconscious beliefs or external stimuli.

But when you activate The Observer, you become the architect of your reality.



This book teaches you how to tap into this inner power, direct your consciousness and apply the formula  $A + B = C$  to create a life that resonates with your true self.

## The Role of Consciousness and Subconscious in Shaping Your Reality

Consciousness is the key to activating The Source of Creation.

It is your ability to perceive and direct your thoughts, emotions and environment.

Think of consciousness as a beam of light: where you direct it determines what you see and create.

Focus on fear or lack, and you amplify that reality. Focus on possibilities and joy, and your life takes shape accordingly.

The subconscious is the hidden engine behind your creations.

It stores your deepest beliefs, habits and emotional patterns, shaped by experiences, upbringing and culture.

If your subconscious, for example, believes you “cannot succeed”, it can sabotage your conscious efforts.

For effective creation, consciousness and subconscious must be aligned.

The Observer helps you identify and reprogram unconscious blockages, so your consciousness (intention) and subconscious (belief) work together to shape your reality.

## The Role of The Observer

The Observer is the conscious part of you that stands above your thoughts, emotions and actions.

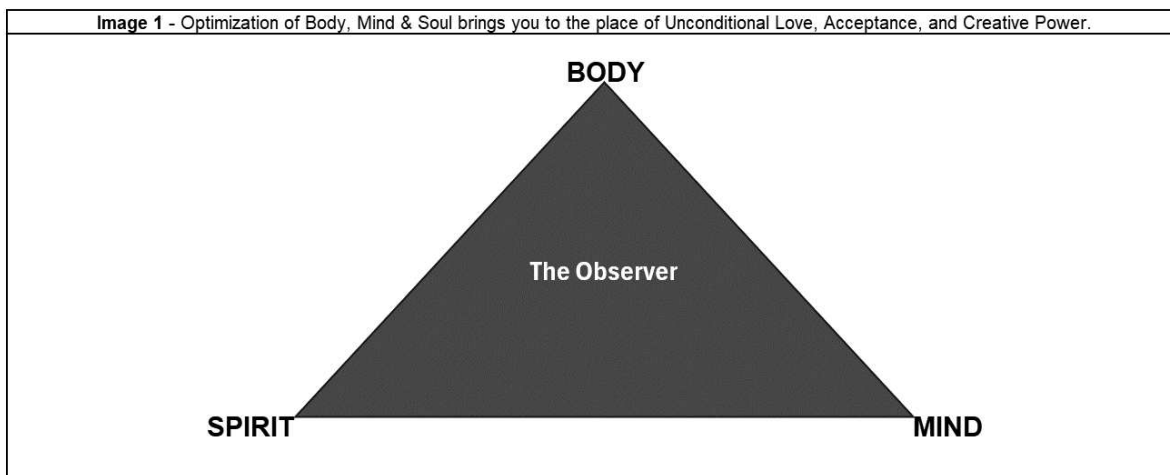
It is not your ego, emotions, or body but the silent witness that perceives everything without judgment.

You can see it as the higher consciousness that enables you to:

- **Observe without judging:** The Observer notices thoughts like “I’m not good enough” without getting caught up in them. This gives you space to make conscious choices instead of reacting impulsively.
- **Create harmony:** The Observer aligns Body (physical actions), Mind (thoughts and beliefs) and Spirit (your connection to your deeper self). This is essential for  $A + B = C$ , as the desired creation only occurs when these three elements are aligned.
- **Identify blockages:** The Observer sees where your consciousness and subconscious are misaligned, such as when you consciously pursue success, but your subconscious holds onto fear of failure.
- **Direct energy:** By consciously focusing your attention, The Observer channels your inner energy toward your desired reality.

## How to Activate The Observer?

The Observer lies at the center where Body, Mind and Spirit function in harmony.



A well-functioning body (the 9 building blocks, H9) is essential for achieving your goals, along with a focused mindset and the removal of blockages.

Your Spirit follows when you find your path and do what aligns with you.

When you perform optimally in all three areas, you approach the ideal state of The Observer, one with the quantum field.

For example: during stress, you can close your eyes, breathe deeply and ask yourself, "What am I thinking now? What am I feeling?"

By asking these questions without judgment, you activate The Observer and gain insight into your inner state.

This helps you consciously choose thoughts, emotions and actions that strengthen your creative power.

In the following chapters, we will discuss how to reach this optimal point where Body, Mind and Spirit converge.