

# BE A GENIE

*Create Love, Success and Happiness*

**Maureen J. St. Germain**



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Author of best-selling *Beyond the Flower of Life* and *Reweaving the Fabric of Your Reality*, Maureen's book, *Be a Genie*, has been re-released with this update for audiences worldwide. Leading workshops and guiding tours since 1994, Maureen St. Germain's focus is in personal development and spiritual awakening. She is insightful, compassionate, intuitive and funny.

Maureen's vocation is to share the knowledge she has gained from many years studying ancient wisdom. *Be a Genie* is her distillation of this information into a formula for creating your destiny. Her first presentation of this workshop was in 1995 to a standing-room-only audience at a national association meeting. This encouraged her to begin a new career as a workshop facilitator.

Since that time, Maureen has expanded her workshop offerings to include *MerKaBa Classic*, *Reweaving the Fabric of Your Reality*, *Be a*

*Genie*, and Akashic Records workshops. These high-caliber seminars assist the participant on his or her path of self-discovery.

She is also the author, writer, voice and musical composer of the over 15 best-selling meditation CDs, such as *MerKaBa II* and the two-CD set, *Sounds from the Great Pyramid*, recorded live in the Great Pyramid of Giza, Egypt. Maureen continues to create new CDs as her work expands. She is also the author of the best-selling MerKaBa Classic DVD set.

Maureen is the mother of four adult sons and is a former nonprofit CEO, fundraiser and lobbyist. She has made several successful career changes in her life. She had been a talk show host on local TV, and now leads workshops throughout the world, as well as Akashic Records International and a number of other organizations.

Maureen considers herself a facilitator, rather than a teacher, in helping you to remember what you already know.

*My mission is to assist you in becoming the Highest you can be in any given moment. I intend to be an inspiration to all with whom I come in contact, and to give you, my co-workers on this planet, a lifetime sense of self, along with a passion and compassion for all of life. - Maureen*

# Chapter 5

## Tips for Making Movies

Ten or more years ago, when I first started writing the material that later became this book, I began to wonder what to call this material on manifesting. I began to say to myself, “It would be a lot easier to write a book if I knew the name of this body of knowledge that I am working on.”

The next time I ran my movie, I found myself having a conversation with someone about this manifestation work. In this “movie-of-the-mind” I saw myself in the future looking back at what had occurred after my book had been written. I heard myself calling it by name. When I finished my mental movie I was so excited! Now I knew what to name it!!!

I went into that quantum zone of possibilities after my book had been written and published and the one possibility that gave me my heart’s desire had a name. In the course of the conversation that I was both observing and participating in, I heard myself say, “Genie in the Bottle.” Several years later I read in one of Jack Canfield’s books, “The Success Principles,” where he described a similar process; going into meditation, looking for that “perfect name” to call the material that later became known as the “Chicken Soup” series, but began as “Chicken Soup for the Soul.”

I now tell people that I journeyed to the future to find out what I named this book. It could also be that I journeyed to the quantum zone to get the most compelling name for this body of knowledge that would create my desired outcome.

Indeed, one of the leading physicists in the UK, David Deutch tells us, “The universe we can affect we call the future. Those [universes] that affect us, we call the past.”<sup>1</sup>

In this chapter you will learn tips on making your *movie-of-the-mind* to create the future you desire. Don’t worry about *how* this will occur. You are the navigator and the decision-maker of the desired outcome. The Universe will get you where you want to go. How do I know this for sure? Well, would you tell a taxi driver that picks you up at LaGuardia airport in New York City which of the 7 bridges or tunnels to take? Somehow, he or she KNOWS. That’s the deal with the Universe. It will automatically find the most direct route to your manifestation if you will simply define the destination.

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<sup>1</sup> Folger, Tim, “Physics’ Best Kept Secret,” *Discover Magazine*, vol. 22, no. 9, September, 2001.

Finally you are ready to make your movie and fund your outcome with its “after-event.” When your movie is ready, view it from the movie theater inside your lighthouse.

## **Creating from favorable states**

In the movie business there are location scouts. These scouts look for environments that look like the image the movie director or screenwriter has in mind. Scouts have chosen the deserts of the southwest to stand in for the Sahara Desert and alien-looking landscapes to represent Mars. When your own environment won’t work, be your own location scout and find a better one.

If you have trouble imagining your desired outcome, use an experience from your past. Select the environment that makes it easy for you to create your movie, by letting your imagination take you to a location that creates for you the same feeling as your desired outcome. Draw on a previously successful outcome and base your new outcome on it.

## **Create from favorable states of mind**

A woman in one of my workshops wanted to have a lovely party for her son’s Bar Mitzvah. Barbara struggled with her feelings of inadequacy and lack of acceptance in her synagogue. We invited her to draw from her memory the feelings of having successfully hosted a party in her past.

Barbara struggled to find something and I kept moving her back in time until she could say, “Yes, that was a great party.” It turned out to be her wedding, which was a very satisfying affair.

You may go as far back in time, as necessary, until you find a feeling that resembles the one you would like to have! This is what creating from a “favorable state” is all about.

Barbara started with everything about her wedding. All the details worked perfectly. The day was wonderful. Then she moved her awareness to the following day, and imagined the day *after* her wedding, with all the requisite happy memories, reviewing the prior day’s events, the good time had by all, the careful planning that led to a successful party, and so on. Barbara reviewed it in her mind’s eye, so that it filled her with happy emotion all over again.

Once the joyful feelings were strongly anchored in her mind and body, she allowed herself to switch her awareness to the day after the Bar Mitzvah she was planning. She

made sure those feelings were strongly anchored in her mind and heart before she mentally replaced the day after the Bar Mitzvah for the day after the wedding.

## **Ride someone else's rainbow**

If your best friend lands the perfect job and you are thrilled for him or her, feel your joy—then jump into your movie and keep it going for you!

## **Superheroes**

Sometimes the role you need to play is so large and overwhelming you cannot imagine how you could possibly do it. Just call in the superheroes. Let Superman/woman or James Bond do what seems impossible. Let the superhero save the day, then imagine it again, with *you* in the superhero's costume, achieving the "impossible." Remember, your job is not to see how it occurs, but to envision the completed event!

When there is no way for you to figure out how your movie should look, take the superhero approach. If you have seen some movie hero or heroine handle this kind of situation, then let him or her handle yours. Then see yourself being that hero. Simply trade places once the movie is firmly imagined in your mind. *Suspend your disbelief* and allow yourself to be the star of this movie.

This is especially helpful if you are in circumstances where you feel like you are faced with "mission impossible." Since this is all occurring in your imagination, why not go where others have not gone?

## **A real superhero**

In 1954, the conventional wisdom was that an athlete could not run a mile in less than four minutes because the human heart would burst from overexertion. Roger Bannister, a medical student intern and amateur runner who had little time to train, determined he would break this barrier. He did not believe conventional wisdom. It was his "mission impossible," as we would say today.

Bannister broke the four-minute mile barrier on May 6, 1954. While there were better trained athletes in superior condition elsewhere in the world, Bannister was the visionary to break the record. These other athletes had believed it was impossible—until they saw Bannister's feat. Then they *knew* it could be done.

Within a month, the Australian runner John Landy had broken Bannister's record. At that summer's British Empire Games, in a race billed as "The Mile of the Century," both runners beat the four minute time, with Bannister coming in first. This

demonstrated that the four-minute mile was as much a psychological as physical barrier.

## **Video-game stars**

You can be the star of a video game. I remember when one of my sons played the Mario Brothers video game. Mario always looked like he was going to step right off a cliff. Yet when my son played Mario Brothers, there was always a piece of dry land coming out of nowhere just as Mario stepped off the cliff. (I later learned from my son that this happens only when you are good at the game, but that doesn't matter, because the only version I ever saw was the successful one.)

At one point in my life, I was extremely worried because I was about to lose my day job. My employer was being taken over by a larger company that didn't need our management team. All the managers knew we were slated to get pink slips.

Despite this foreknowledge, I could not imagine what could possibly save me from the potential cliff that I surely was headed for. I had been looking for a replacement job for quite a few months without success. I was so afraid that I could not imagine how I would continue to support my family with my current debt load and no savings or resources.

In the movie that I made for myself, I imagined that I was Mario, and that it didn't matter *what* dry land came up, so long as I didn't fall off the cliff. Sure enough, I was let go and my seminar business took a big leap that summer. For the four months that I didn't have a "regular" job, I was able to generate enough seminar income to keep me going.

## **Focus on *what*, not how**

Your job is not to decide how your heart's desire will occur or with whom. Your job is to decide what and where. Once you have determined the destination of your manifestation, you can imagine what that feels like.

The Universe automatically fills in the outline you have created. The Universe determines how it will happen and what needs to happen to fulfill your heart's desire. Trust the Universe to fulfill your desire perfectly.

Imagine traveling somewhere by car. You can be the driver, or you can have a chauffeur. If you allow the Universe to do the driving for you, you will discover how enjoyable the ride can be, and how perfectly the outcome is managed for you.

If you wish, you can request the driver take a certain route, just like you might ask a cab driver in New York to use the Lincoln Tunnel, rather than the George Washington Bridge, to get you to New Jersey. Remember, the less concerned you are about *how* you achieve your heart's desire, the more easily you will manifest it. Non-negotiables will slow your *Genie* manifestation work.

## **Non-negotiables**

In one of my *Genie* workshops, there was a woman who was married. Her husband had a lot of concern about how she lived her life. He was very troubled about her choices, and felt she was destined for hell and damnation. He felt her behavior (for example, she didn't go to church) was a reflection on him and it bothered him a lot that she led her life differently from him.

They were both retired, and had grown children, and wanted to preserve their marriage. They both had their reasons for staying together, yet she was looking to experience her life differently from what was currently going on in her marriage. I worked with her goals and desires. We treated the marriage as non-negotiable. We created the movie that gave her an outcome that she wanted with her husband in the picture.

Of course we imagined that she found him more accepting, and that her changing would allow him to change and evolve as well. At the end of the workshop she said, "You are the first person I have ever worked with on changing my life who didn't tell me to leave him." You can have as many non-negotiable items as you wish, but these limitations will lengthen the manifestation time.

The fewer non-negotiables you have, the faster your manifestation. Everyone has non-negotiables. If you want to meet your beloved and you are heterosexual, you want your beloved to turn up as the opposite sex. This may seem like an obvious non-negotiable. But it is a non-negotiable. If you desire a new job that is within driving distance of home your non-negotiable is its *location*.

You can choose whatever pleases you. It is your birthright. Remember to keep your non-negotiable items to a minimum. Look closely at the non-negotiables in your movie to be certain they are what you truly desire. Treat them like difficult movie stars that have to have a certain kind of food delivered, or who will only work under certain kinds of conditions. You are the star. Let the Universe take care of everything else.

## **What if it doesn't work out?**

If you meet your dream partner and it doesn't work out with that particular person, *stay in your gratitude energy*. You are that much closer to achieving your manifestation. If



you tell the Universe it has to be “Henry”— and “Henry” is no longer willing— it will never happen.

Feel your pain briefly, and then put your attention right into all the wonderful things you learned and experienced through “Henry” without requiring him to *be* the dream partner. If you seed the Universe with your grief by being unhappy about this for days or weeks or months, you jeopardize your matrix—because you are now creating feedback that says you cannot have your heart’s desire.

Staying in your gratitude for all that you did gain will enable you to keep sending “love and gratitude” to the Universe, and the Universe will fill your order for that. Surprisingly, some of the people who have chosen to experience their loss in this way have discovered that “Henry” has come back into the picture. If he doesn’t return, a replacement is close behind him, and will be so wonderful as to make it easy for you to forget “Henry.” Stay in gratitude.

## **Believability**

In *Genie* Movie making there are lots of tricks of the trade, just like in real movie making. Because your movies are movies-of-the-mind, you have no constraints of budget. You do have constraints as to believability.

When you use an already existing scenario, such as “Mario Brothers,” you have already seen it on the video game, so its believability comes from there. If you cannot imagine it, and cannot find some analogy to make it viewable, you will not be able to manifest it. This is really the subject of an entire book, but bears mentioning here.

## **The light at the end of the tunnel**

While working on this book, I was walking back to the little apartment that sits at the end of the property where I was staying. There were no lights to guide my way. I found myself instinctively turning off my flashlight as I approached the apartment. I had traversed this path many times in the past week, and felt that I knew my way very well. It was a cloudy night, and there was not a speck of light from the full moon, which I had hoped to see.

Without the light from the flashlight, suddenly it was much darker than I expected it to be. In my workshops, I talk about the personal distance that one naturally is aware of in a darkened space. I thought about my own distance awareness.

I tried to imagine how far into the dark I could see. As my eyes adjusted, I became aware of a little speck of light coming from inside the apartment, over thirty feet away, through the space between the door and floor.

My mind immediately flashed to the concept of the lighthouse that lights the way in the fog or dark. In the *Genie* work, one of the functions of the lighthouse is as a movie theater. The lighthouse runs the movie of our life after the desired outcome has been achieved. This movie beams out into the quantum soup. Those beams create connections in the quantum zone that cause the reality to shift and conform to create your heart's desire.

That little bit of light between the door and floor enabled me to keep my pace, and move easily to the entrance of the apartment, which was ten times beyond my normal comfort zone.

When you run your movie and give yourself permission to be in emotional bliss, you will feel your "heart's desire" with such strong emotion that you will already have your outcome. Your lighthouse beams out that event, and even if it is only a faint glimmer, it will serve to guide you easily into the situations and steps that need to occur to manifest your heart's desire.

## **Dare to dream big**

In 2003, a man by the name of Sheeraz Hasan came to America without money or connections, yet he became the film industry's ambassador to South Asia – all within four months of arriving. How did it happen? He was in the right place at the right time. Without knowing, he was practicing many of the *Genie* principles.

A practicing Muslim, he was doing his daily prayers at the foot of the "Hollywood" sign, and met an influential filmmaker, Michael Levy. Levy was so impressed with him that he opened the doors for Hasan. Within six weeks, equipped with his terrific idea and his passion, Hasan had a contract to produce a show that ultimately aired throughout India.

## *Making movies you will star in*

- ✓ *Don't worry about how.*
- ✓ *You are the navigator. You are the decision-maker. The Universe will get you where you want to go. (You can be the driver, but if you are the passenger in a limousine, you can focus your thoughts on other things.)*
- ✓ *Create or construct the atmosphere that makes it easy to feel strong emotion.*
- ✓ *Make your movie & fund your outcome and its "after-event".*
- ✓ *Run your movie in the lighthouse.*

Figure 5-1

## **Movie failures**

Dream big, but be sure to incorporate your successes as they occur. If you create some really large manifestation, and have not managed to find a way to adjust and integrate it into your life, you will have a bigger chance for failure. This big chance for failure has to do with many factors, including some hidden factors of self-worth and other conditioning that you may not be aware of. (See Chapter 8, "Resistance, Resonance and Feedback" for more on this subject.

*You are the center of your Universe.*

*Around you are an infinite number of possible futures coming from the quantum zone of multiple realities.*

Figure 5-2

## *Three lessons from the stock market: Greed, Risk Management and Venture Capital*

### **Greed**

One time when I was sitting in one of the airport waiting rooms, I ended up being part of a conversation between two men who were sitting on either side of me. The first man was talking about a certain stock that had done very well.

The second man said he had done well with it too, but had hung onto it too long, and lost all of his gains. He wanted to know how the first man had known when to sell. The first man said sincerely, "I decided the amount I wanted to sell the stock for when I bought it. When it moved to that price, I sold." Amazing. The second man nodded in agreement stating, "I could see how fast it was growing and got greedy."

Decide in your movie what will please you and feel grateful for it. Remember to honor your agreements. Don't let greed or fear alter them. Fear and greed can compromise your integrity. Make course corrections to stay in integrity.

You are tapping into an endless supply and there is no need to take more than what you need. If you get greedy you are telling the Universe you think there isn't enough.

It may sound silly, but take this part very seriously. Don't pick up more soap and shampoo in hotels than you can use. Take only what you can eat at the buffet. Honor what is provided for you, and act like there is an infinite supply. You can always go back for more.

### **Risk Management**

I was sitting next to an investment fund manager on one of my many flights and we began to talk about my book. I told him about risk management and he told me that so many people are risk averse. We talked about how believing in yourself could be a risk.

Would you invest in you? If not, then change your inner sphere. If you won't invest in you, look at your belief system. Why don't you believe in you? Find out why you would not invest in you, and then do something about it.

Many people know that H. Ross Perot made his millions in the stock market. What is not generally known is that he made his money from a small section of his portfolio that was in "high risk" stocks. The way he managed his portfolio was to place ten percent of it in high-risk markets. He figured he could afford to lose this ten-percent at

any time, and that if any part of his high-risk portion of his portfolio yielded; the payoff would be huge. He was right.

Think of managing your risk. Keep your agreements and don't get greedy. When you are out there in that quantum zone holding out for what you really want, be clear about it. When your heart's desire does appear, make sure you are grateful for it and accept it. Limit your risk to the ten-percent you can live with losing.

## **Venture Capital**

One of the benchmarks all investors look for in funding a business venture is whether the entrepreneur has invested any of his own funds.

If you are hoping to obtain seed capital for your business venture, you will be evaluated by your willingness to invest in yourself.

If you aren't willing to take a risk on you, why would anyone else? How can the Universe invest in *you* if *you* won't? What are you willing to invest to achieve a dream?

Did you know that Conrad Hilton, the founder of the first successful hotel chain in America, went bankrupt five or six times before he hit upon the idea that would make him and his heir's millionaires?

Infuse your movie with your passion! Passion leads to breakthroughs. Learn to develop that passion so you can call it up at will. This will take practice; one way to do this is to become aware whenever you are passionate about something and then pay attention to how this feels in your body.

For example, you might be passionate about music. If you were asked, "Tell me the name of your favorite song," could you? How can you request your favorite song if you cannot name it? Pay attention to what you are passionate about, so that you can bring the fire of your feelings into your movie.

## **Going 45 in a 60 mph zone or baby steps**

Move in baby steps. This admonition is very important. If you try to carry too much of anything you will drop all of it. What good will that do you? When you are working on your dream list, keep the big items separate from each other in your movies.

Conduct your *Genie* work on each manifestation separately. Allow yourself the room to experience little successes so that you are able to build confidence with each step along the way.

Early in my years as a single mom with more obligations than income, I was getting lots of those overdraft forms in the mail from my bank telling me that I had overdrawn my checking account.

To manifest the solution of overdrawn checks I did not instantly think of having more money. At that time, I knew too well what my status was. My monthly obligations exceeded my income. It was very clear that I did not have enough money to pay all of the household expenses, much less pay a big tuition bill of \$5,000 a year.

Instead, I imagined my delight in going through the mail and not finding a single envelope with a bank overdraft notice in it. After I had experienced that for a period of time I moved to a bigger picture.

Next I imagined what it would be like to have an extra \$50. I worked with what that would feel like. Then I increased it to \$100 to see what that would feel like.

Each step of the way I was able to maintain that pleasurable feeling of having enough money in my account to pay bills and grow the balance in my checking account. Then I asked myself if I could imagine what it would be like to have an extra \$500 in my checking account, then \$1,000 then \$5,000 then \$10,000 and so on.

At each increment I allowed myself time to adjust and see what it would feel like. This took place over the course of several years. At each increment, I made sure I could accept the visual image. If my movie had been too “out there” it would have been impossible for me to maintain it.

Another reason to move in baby steps is to learn to be mindful. If you could manifest everything you could think of, you could accidentally manifest things you did not desire. You would be overwhelmed by all the stuff that would clutter up your world and confuse you. This is why there is a time lag in manifestation. The Universe gives you time to be clear that you really desire what you are asking for.

Baby steps let you take advantage of the learning curve. Sixteen-year-olds with learner's permits aren't likely to be given a brand-new car with which to practice driving. In some states, they won't allow an inexperienced driver with a new driver's license to oversee someone who is learning to drive. The same is true for you. You don't want to start out manifesting something significant without first gaining some mastery in the system.

By moving in baby steps, the checks and balances of the process go into place as you learn to manifest. One of the reasons you manifest in steps is that each experience must become integrated before you move on to the next one. This allows you to back up, correct any course deviations, and gain some confidence and momentum.

## **Be careful what you ask for**

At one time in my life, I envisioned how wonderful it would be to live with another family and share cooking and child care duties. I thought it would be nice to live with a family that shared our lifestyle and spiritual and nutritional beliefs.

My dream came true, but not as I imagined it. What I had failed to put into my manifestation was the fact that it would be *our* house.

My husband was purchasing a business in a new city. Due to a predefined deadline, we moved there before the contract was signed. Then the seller—who was going into foreclosure—changed his mind and the deal was off.

Here we were in a new town without jobs or a home. Thank goodness a family opened their spacious home to us. For three months we shared space and responsibilities with people who held the same values as us. Yet it never dawned on me when I was creating this “shared lifestyle” manifestation that it would take place in *someone else’s* home.

## **Ask for what you really desire**

Finally, ask for what you really desire. When you have clear intention, it is so much easier to make a movie that will give you what you truly desire. Your movie should always be the highest expression of your heart’s desire. If you want money for college, your movie should include a symbol of completion, like seeing a diploma.

When you look for and focus on the highest and most evolved version of your heart’s desire, it is easier to manifest, and will often take you out of “solution-mode.” Your job is to create the desired outcome—the Universe’s job is to fulfill it. Stay in your job. Stay in your joy. The Universe will do the rest.

## **Summary**

Optimize your success in movie making by learning to access favorable states of mind where your emotion is easily accessible. Arouse your good feelings and then use your imagination to fill in the picture.

Your *movie-of-the-mind* can be based on your own past experiences or experiences of superheroes from books, video games, TV shows, or the real movies. You can also use your response to the happy experiences of others if you can emotionally connect to the experience.

You can have non-negotiable items in your movie. It is OK. Treat them like difficult movie stars and know they may slow the speed of your manifestation.

If the leading man or woman in your movie leaves, know there is always someone else waiting to fill the role. Be grateful for what you have received so that the Universe sends more.

Remember, if you cannot imagine it or find some analogy to make it viewable, you will not be able to manifest it. Make your movie believable to you.

Set high goals and be sure to integrate your success. If you find yourself in a self-sabotage situation, examine your actions and thoughts and learn from them. Learn to be patient, recognizing your slow moving manifestations give you mastery.

Be willing to take reasonable risks. Be willing to invest in yourself, but don't get greedy when your ship does come in. If you move in baby steps you will gain mastery faster, because you will learn from your little mistakes and not make big mistakes that will inhibit you from trying again.

Baby steps will take you from playing with paint like a child to being an artist who learns to work with paint to create what he really desires. This is another benefit to having that time lag in your manifestations

Be careful in what you visualize; it may manifest in a way you don't expect if you leave out important details. Ask for what you really desire. When you have clear intention, it is so much easier to make a movie that quickly and easily manifests. If you want money for college, your movie should include a symbol of completion, like seeing a diploma.

Finally, look for and focus on the highest and most evolved version of your heart's desire. Your job is to create the desired outcome—the Universe's job is to fulfill it. Stay in your job. Stay in your joy. The Universe will do the rest.