

INFINITE ACTIVATION PRESENTS

TAG  
DREAM  
CREATION  
FORMULA™

Thoughts, Action & Courage

Unleash the Limiting Beliefs

CRYSTAL RA & MICHAEL DITTON





## Meet Michael & Crystal Ra



### Crystal Ra Laksmi-Ditton

Originally from Estonia. She has been a business owner since 2007. Crystal, the BOOK SMART one in the family, has two higher university degrees in anthropology. She is a world-traveler by nature traveling to 30 countries while doing what she loves most - working with people. She has accumulated a lot of knowledge and experiences on how to live life on her terms. She has lived her dream since 2000 coaching people, doing healing energy sessions, leading international retreats while researching future products, projects or books in her travels. Her passion is to serve people during their journeys, to inspire them to have more courage, to expand and turn their dreams into realities.

### Michael Ditton

Originally from Southern California, was an entrepreneur from the age of 8, who at one time owned and operated 5 companies only to sell everything, jump on his sailboat and sail up and down the Pacific Coast of Mexico for almost 10 years, living life fully on his terms. During all these adventures he accumulated a lot of knowledge on how to create sustainable systems and structures in order to continue to live his dreams. Michael, ready to share and inspire others, wrote Dreams, Goals and Adventure and created GoalSettingBasics.com, to help others not make the same mistakes he did and use the shortcuts he had to learn the hard way. He shares his STREET SMARTs for everybody who is ready to change their lives from good, to living their wildest dreams!

***Live Life as an Adventure***



## The Co-Creation of Infinite Activation



### **Crystal Ra and Michael**

They met in Mexico December 2014 and started immediately working on many projects together. They are a good team who care about each other and all the people they serve, are authentic and loving in so many ways. They now share their life mission on a global scale and make a difference for others and the world. They inspire people to never give up in their search for the abundance and love they deserve.

All of their lives have been a preparation for these times. They have over 60 years of combined Life Experiences as Healers, Teachers, Entrepreneurs, Students and Business Professionals, our common life mission is to unite both of their skills, knowledge and inner growth so that we can use all of it to contribute to their clients and a help make a better world.

They teach online and in person, enabling them to serve globally. They have PodCasts in English and Estonian. They have been honored to be guests on numerous Podcast, in several magazines and newspapers, and are guest international teachers at the Estonian TantraFest. They have been on stages and in classrooms teaching independently and with other great leaders and healers.

They have both experienced the personal and professional highs and lows of life along with the financial and emotional ups and downs. All of this has built up their unique tool box of how to build abundance in every area in your lives, so that your lives will be steered and running on courage and big dreams instead of fear, scarcity and thinking small.

***"We live what we preach every step of our lives"***



## TAC Dream Creation Formula™

Thoughts, Actions & Courage

The very basic Creation Formula starts with the thought, then comes the word and then the action.

**TAC, Thoughts, Actions & Courage, Dream Creation Formula™** helps Create & Achieve the Dream Life you Desire & Deserve!

- Discover and shift self-sabotaging and limiting beliefs. Shift beliefs to create the life you are intended to live
- Connect to your higher wisdom so you may understand more fully your Life Purposes and Life Mission

In all of our programs along with in our Dream Creation Formula, the very foundation we start from is the issue, whatever that might be. If that formula is broken, nothing else is working. It is the foundation.

Look around in your life at the moment. Just ask one question. Are you happy with what you have right now? Are you happy with the life you live? If yes, then you have your Creation Formula working for you and there are very few people for whom this works on the subconscious level, but most of us we need to work a little extra with it.

### Thoughts

Everything in this reality is energy and it starts as a thought before it becomes something else. It is important to have conscious thoughts so you can start to create a life you dream about. If you think of the things you do not want or hate, as we know of the law of attraction, you will get what you focus on. So, evaluate how you think and talk and make the changes needed for your life to change! It is that simple!

### Actions

Thoughts or words with no actions is like expecting to win the lottery without buying a ticket. Action steps and small adjustments (tacking\*\*), will start to shift your universe in a very big way. Actions help materialize your thoughts and words into reality. Everything starts with a thought, but sometimes it took a whole chain of things to happen till it turn into a reality, so don't give up!!

### Courage

In order to take action, you need courage. This will automatically activate change in your life. Change is never easy as it may force you to let go of something in your life, change familiar habits that may not be working, or do something outside of your comfort zone. Courage is what helps us to face the fears. On the other side of that fear is where our treasures wait for us.

\*\*Sailing terminology, tacking allows you to progress in the desired direction\*\*

***"TAC to create anything you desire- success, happiness, dreams, a new life"***



## 50 Amazing Dream Ideas

### Take your pick-or-Creat your own Inspiration to create your own Dream list!!

All too often we see people never realize their dreams and studies show, it's because they didn't allow themselves to dream.

Why do you think that is?

Most think they need to be rich.... To travel, have a nice home, have a fancy car, to ????. BUT, we are here to tell you, WEALTH is much greater than being rich. And WEALTH comes in so many other ways. Often leading to the vary things you desire.

We Will share ideas how to build WEALTH throughout this eBook.

**So, Start to Live Your Dream Life NOW!!**

We have also included a template for you to create a list of Your Top 10 Dreams whether it's Travel, Adventure, Education, Home, Personal Achievements, Health, Wealth, Family and Friends!!!

### **Bora Bora Island- Definitely at the Top of OUR List**

see one of our vision board examples towards the end





## 1. Amazing Dreams - Visit the seven wonders of the world



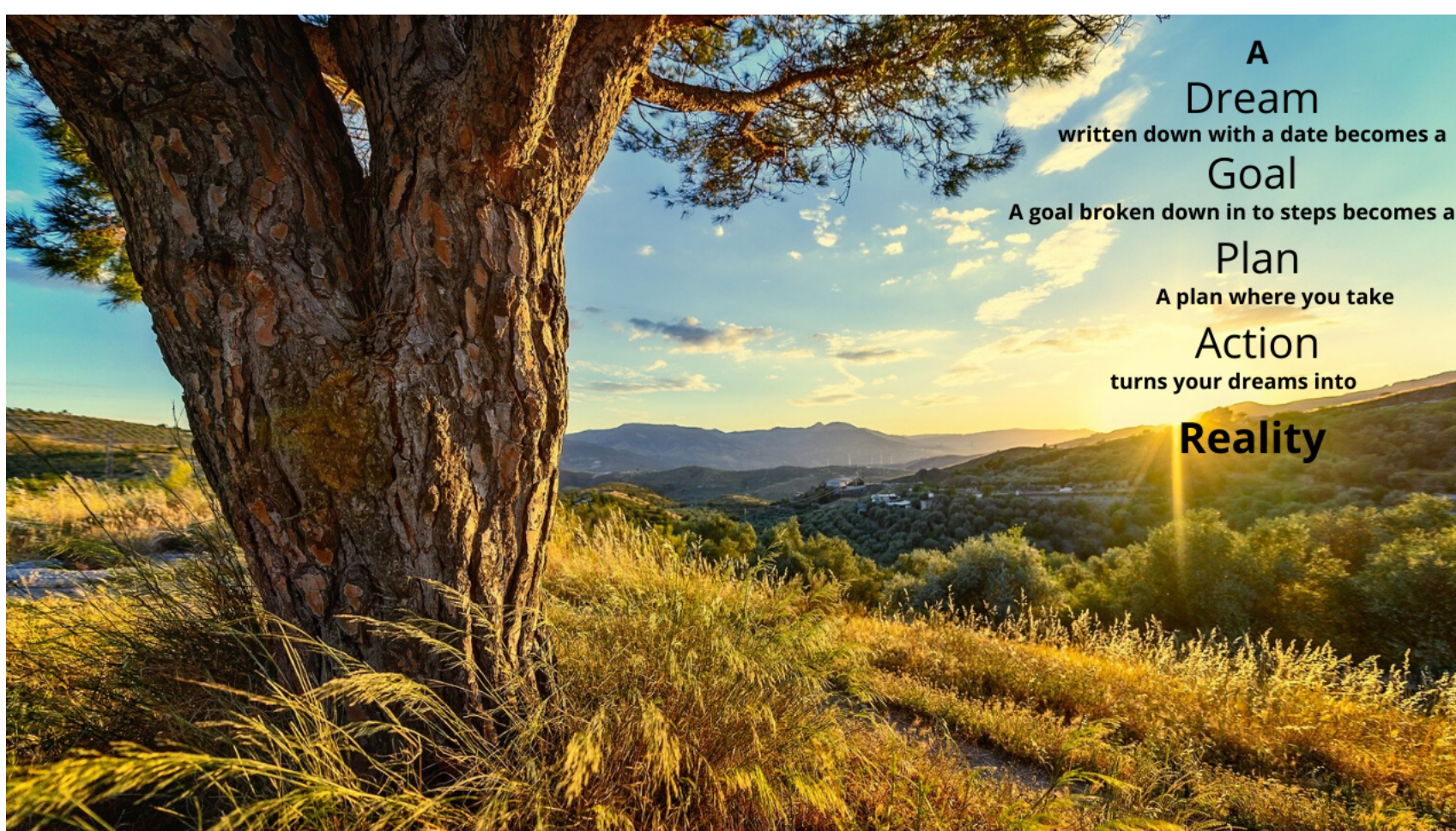
## 2. Camping in the Florida Keys \*\*\*







**Dream Life Starts NOW!!**





### 3. First class all the way



### 4. Camp and hike in Montana peak foliage \*\*\*





## 5. Visit Santorini, Greece



## 6. Eat at a few more of the world's top restaurants





**Abundance**= extremely plentiful  
Would you like **MORE Abundance** in your life?

**Holistic Abundance**= True prosperity, which includes love, health, joy, relationships, blue skies, material & monetary abundance and so much more. It means feeling fulfilled and living a life of meaning, not just having a certain dollar amount.

Many times, you hear people talking about money as the only form of abundance. It is not only money. Money is just one possible expression of abundance and helps to create more abundance if used wisely. Also known as "**Conscious Abundance**".

How about **MORE** Conscious & Holistic Abundance in your life?

For us, conscious abundance is everything and this is how we define it:

Conscious Abundance means, becoming aware of the existence of abundance, of feeling it in your life, and of connecting with it... This kind of consciousness- opens your mind to see things around you.

**Time** - you have the ability to choose what and how to you use your time and to do it wisely.

**Energy** - you have enough energy and more, to create what you desire at all times.

**Love** - you have enough of it for yourself and others, you have and express it continually towards you, naturally without you asking or begging for it.

**Sexuality** - you feel sexy, attractive and full of life. Sexuality is about your sexual feelings, thoughts, attractions and behaviors towards yourself and others. You can find other people physically, sexually or emotionally attractive, and all those things are a part of your sexuality. Sexuality is diverse and personal, and it is an important part of who you are. There is abundance of it at all times.

**Attention** - you give a lot of attention to these areas, people and activities which make your heart sing and makes you feel happy at all times.

**Health** - is wealth.... You have maybe heard some people telling that health is your biggest wealth. It is hard to understand the importance of it until your health is gone.  
This is why we need to constantly put our focus and time into our health so that we would have good health at all times.



**7. University in another country \*\*\***

Oslo Norway/Cape Town S. Africa- Bachelors Social Anthropology  
Trumso Norway/Cape Town S. Africa- Masters Visual Anthropology

**8. I want to ride in a hot air balloon \*\*\***



**9. Must go to Times Square. \*\*\*****10. Fish Alaska. \*\*\***



### 11. Visit an art museum monthly



### 12. Get massage weekly





### 13. Soak in the Hot Springs in Iceland



### 14. Visit the hidden beach at Marietta Islands





# You don't have to be as wealthy as Bill Gates to be Financially Independent!!

**“Financial Independence means  
having control over your time  
without worrying about  
the ability to pay your bills”**

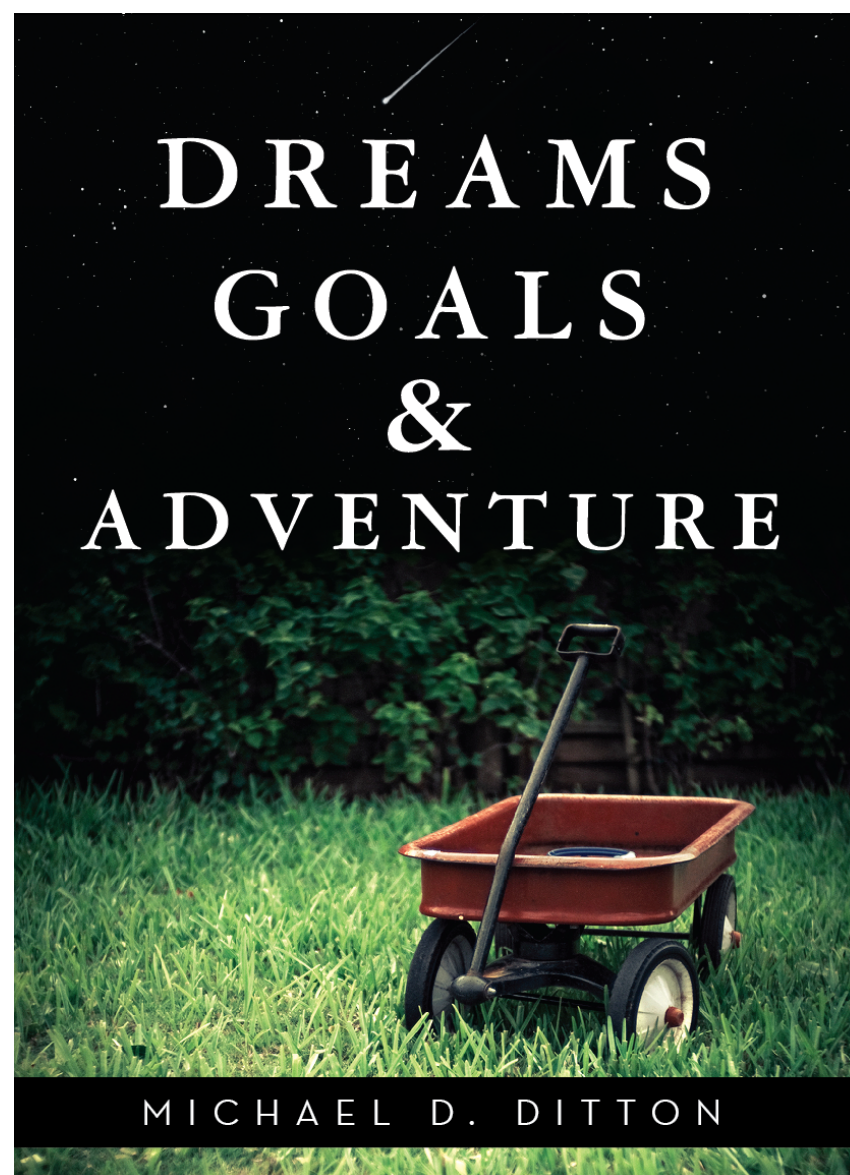
Michael Ditton 1997



## 15. Dance in the rain



## 16. Publish a book \*\*\*





**17. Get married or honeymoon in Hawaii. Or Live there!!! \*\*\***



**18. Take a yoga class \*\*\***





### 19. Walk on the great wall of China



### 20. Visit a world famous waterfall \*\*\*





## 21. Take long vacations \*\*\*



## 22. Build your Dream Home \*\*\*





I was forced out from my relationship with my sons' father with only my two hands in my pockets and couple of suitcases with my possessions and started all over again. It took me 5 years to let go of that life, going through the difficulties of starting over with nothing. During this time I had to face the facts, I was not able to figure out my own life let alone how to take care of both of us and I had to give my son to my ex to care for.... It was the hardest thing I ever had to do.

About that time, I started something I now call "my King list". I started to write down what kind of a man I am looking for. For the next 14 years I adjusted it every time another relationship had fallen apart. I took the best of it and turned it into my new qualities in my list. I traveled to 30 countries hoping to find my king. It was hard. I fell in love two or three times a year and my heart was broken equal times. It was exhausting. The Universe gave me lessons from one extreme to another. It was crafting my list together with me. Deep inside I believed it can work. I even added the dream to live in Hawaii to the list, and believed it can happen...

In November 2014, I gave up my search. I faced the truth that maybe there is no match for me on this planet. I made a vow to myself that I will be married to my work which helped me to self-realize myself and help others in a process as a coach and adventure retreat facilitator. I was ready to face the fulfilled life alone. I did not chase my tale any more.

It was also November 2014 my life was in danger and I understood that I had to make a drastic change to my lifestyle. I started to rearrange everything and build a new foundation. Understanding this, my life became easier and I am became more balanced.

Only one month later I met Michael in a little fishing village in Mexico. Him from Southern California and me from Estonia. We were not looking for anyone. We were in a very neutral space, but also wounded space. We took time to get to know each other. I was so surprised that day after day I discovered new character traits or qualities from my King's list. Not putting too high expectations for this new friendship – I started to actually adjust my list and add some more qualities which Michael had but which I had not put into my list. We took a year to really get to know each other, figure out who we are, took time for healing and then sat down to see if we could have a future together. We both agreed that we felt very good in each other's company and would have liked to also co-create our futures and lives together. We traveled together first to get to know each other more.

We had a 1-month road trip in California and then took 2 months in Hawaii and after that lived a bit in Mexico and then decided we are going to move to Hawaii. Just some months later we also had a wedding in Hawaii as well lived there for couple of years. **I realized how my dreams came true one step at the time. All I had to do was to start with the list – adjust it and adapt along the way.** It is like the Amazon. Until you click buy – nothing will be delivered!

So how is your dream bucket list looking like and what is in your "king's" or "queen's" list?



## 23. Hike Camino de Sanitiago



## 24. Culinary School in Paris





**25. Pet a baby whale in the wild. Ignacio Lagoon \*\*\*****26. Ride a water taxi in Venice**



**27. Take photo standing under the HOLLYWOOD sign \*\*\***



**28. Hike Manchu Picchu**





## 29. Visit Disneyland & Disney World \*\*\*



## 30. Go on a Safari





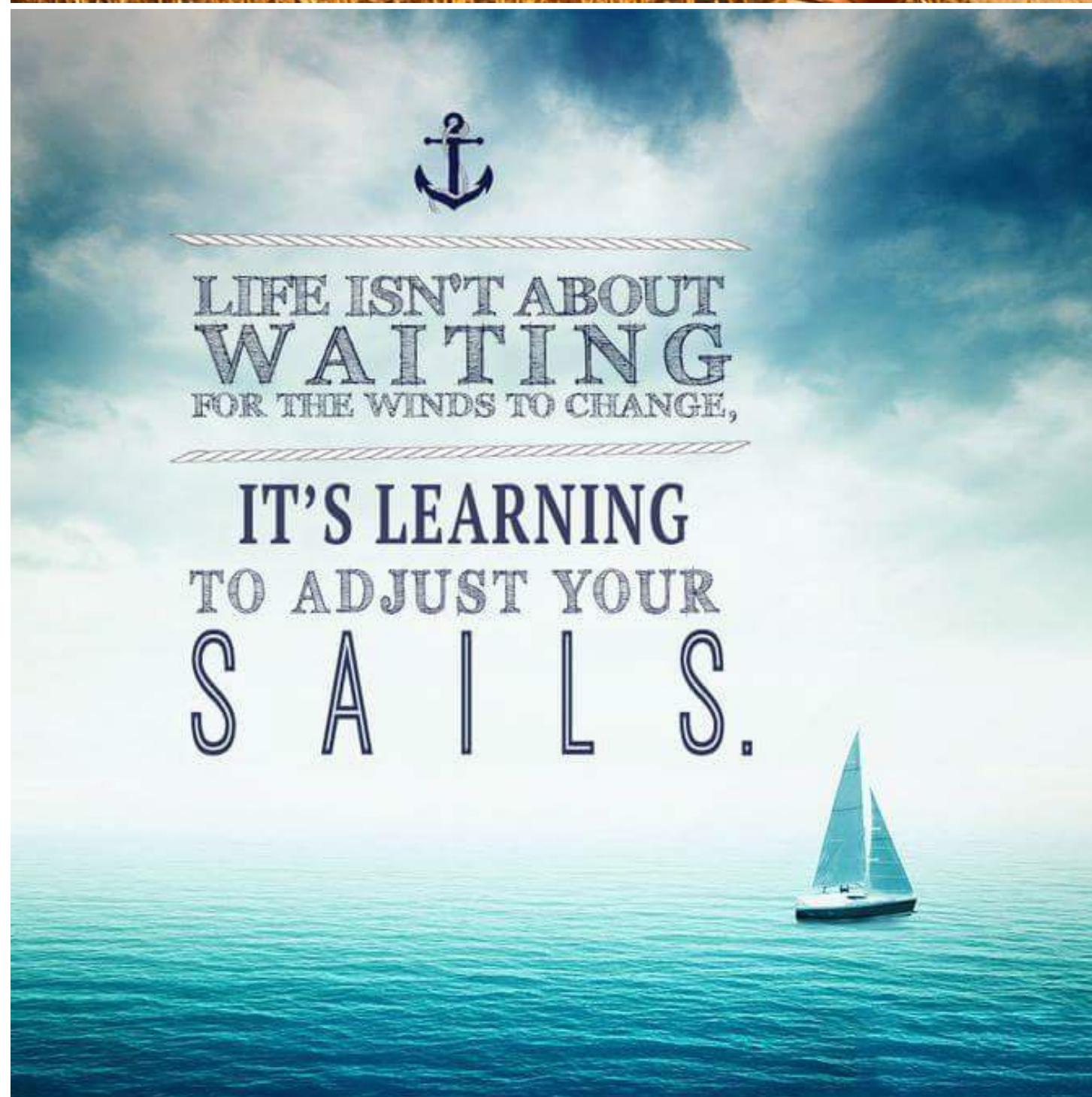
### 31. To sleep in a five-star hotel



### 32. Learn how to surf \*\*\*









### 33. See Antarctica very concisely



### 34. Niagara Falls is also in our list





**35. Skydive \*\*\*****36. Riding a Segway is just awesome \*\*\***



**37. Go on more romantic dinner dates \* \* \*****38. Swim with wild dolphins \* \* \***



## 39. Enjoy the snowy weather in Canada



## 40. To learn how to play a ukulele \*\*\*





**41. East Coast- Visit New York City \* \* \***



**42. West Coast- Visit San Francisco/ walk on the Golden Gate Bridge \* \* \***

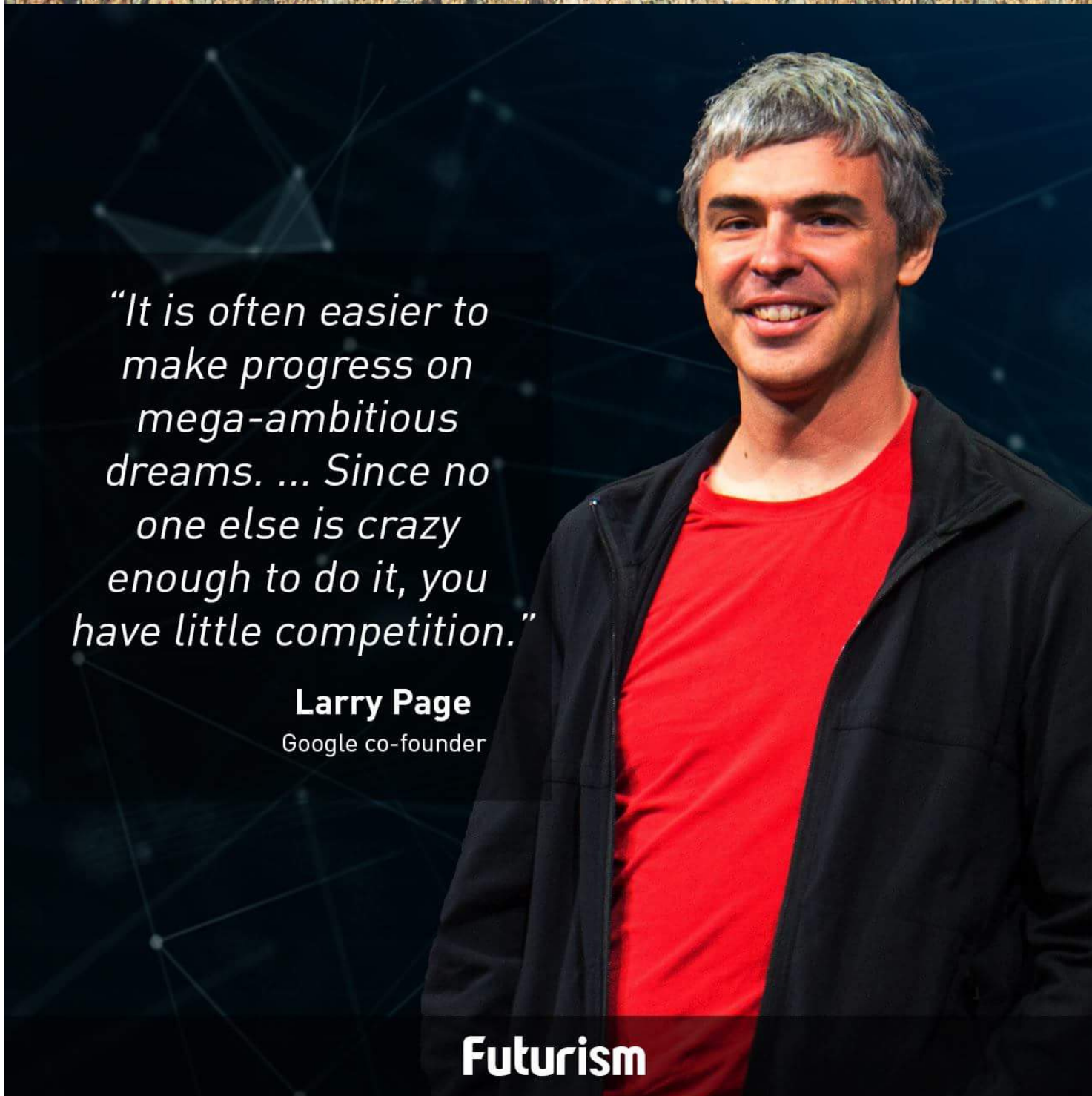






Your dreams do not  
have an expiry date.  
Take a deep breath  
and try again.

Janine Lowe Feng Shui



*"It is often easier to  
make progress on  
mega-ambitious  
dreams. ... Since no  
one else is crazy  
enough to do it, you  
have little competition."*

**Larry Page**

Google co-founder

**Futurism**



### 43. Spend some memorable time in Amsterdam



### 44. Ride horses on the beach





### 45. Fly in a private jet



### 46. Visit the Grand Canyon \*\*\*





#### 47. A luxury ride in a helicopter



#### 48. Swim with the whales in Tonga

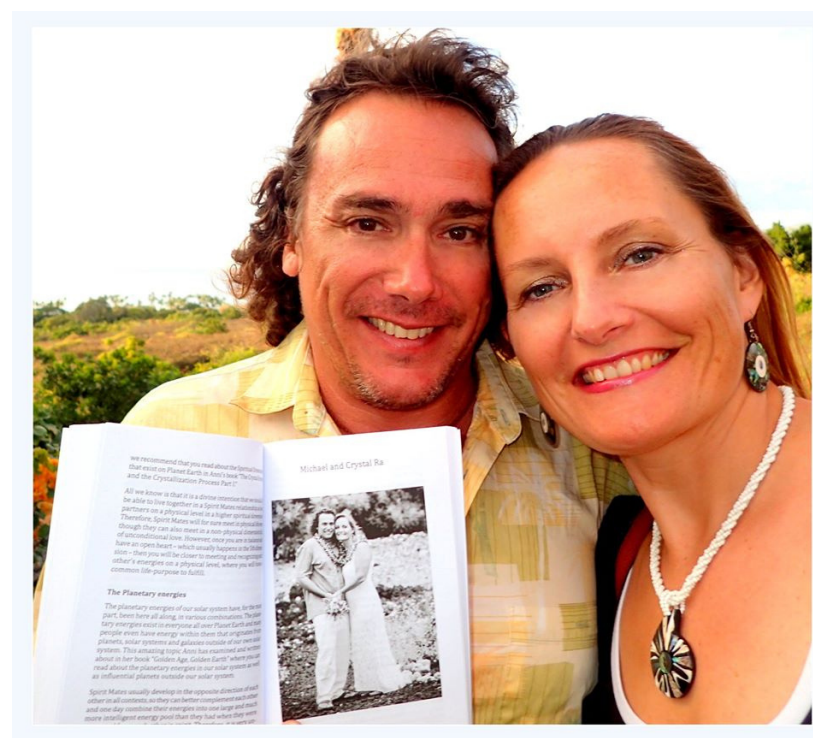
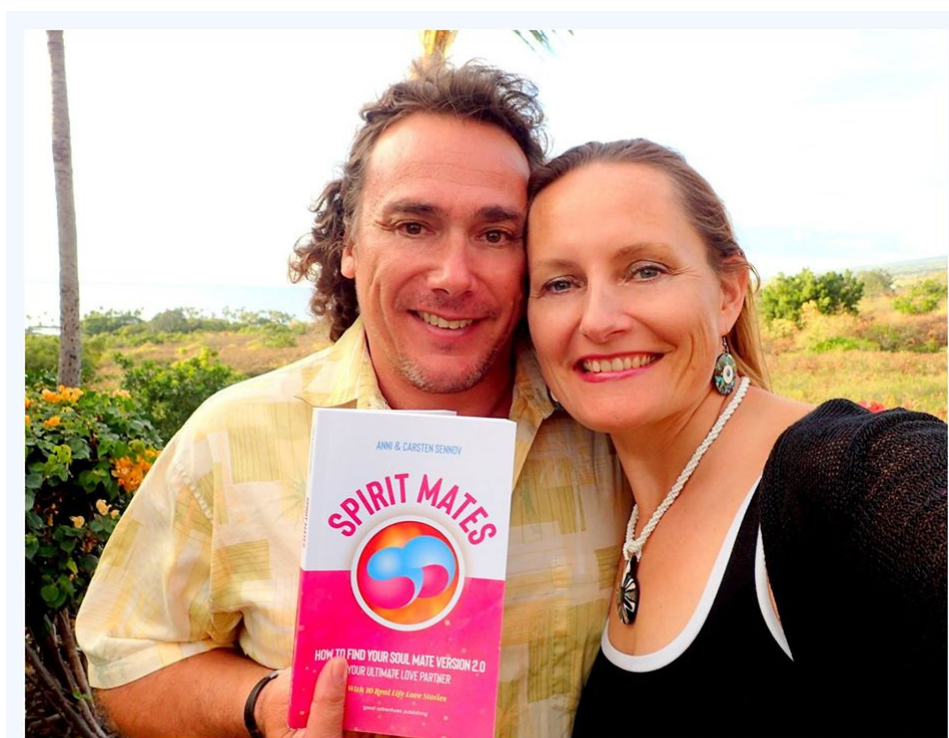




## 49. Visit the Great Barrier Reef



## 50. Find the perfect partner to share ALL of your Dreams with!!! \*\*\*



We were honored to be 1 of 10 couples selected around the world to share our story and be a part of this book.



"Returning home from Desert Storm, I found myself mentally and financially bankrupt. Newly divorced, I had no job, no help, and no hope. My reasons to live were gone. At the lowest point in my life, I fell back on simple truths from my childhood: hard work gets results, and it's okay to dream. And dream I did, setting goals that launched me from poverty to a life I could not have imagined. You can do it, too."

*Excerpt from my book, Dreams, Goals and Adventure.*

At 17, I had a goal to be financial independent by 35. At 24, returning home from war, those goals seemed impossible. Yet it was having, remembering, and working towards goals that saved my life. At 31, I reached financial independence putting me in a position I could take jump on my sailboat at 41 to spend the next 12 years sailing the world and traveling.

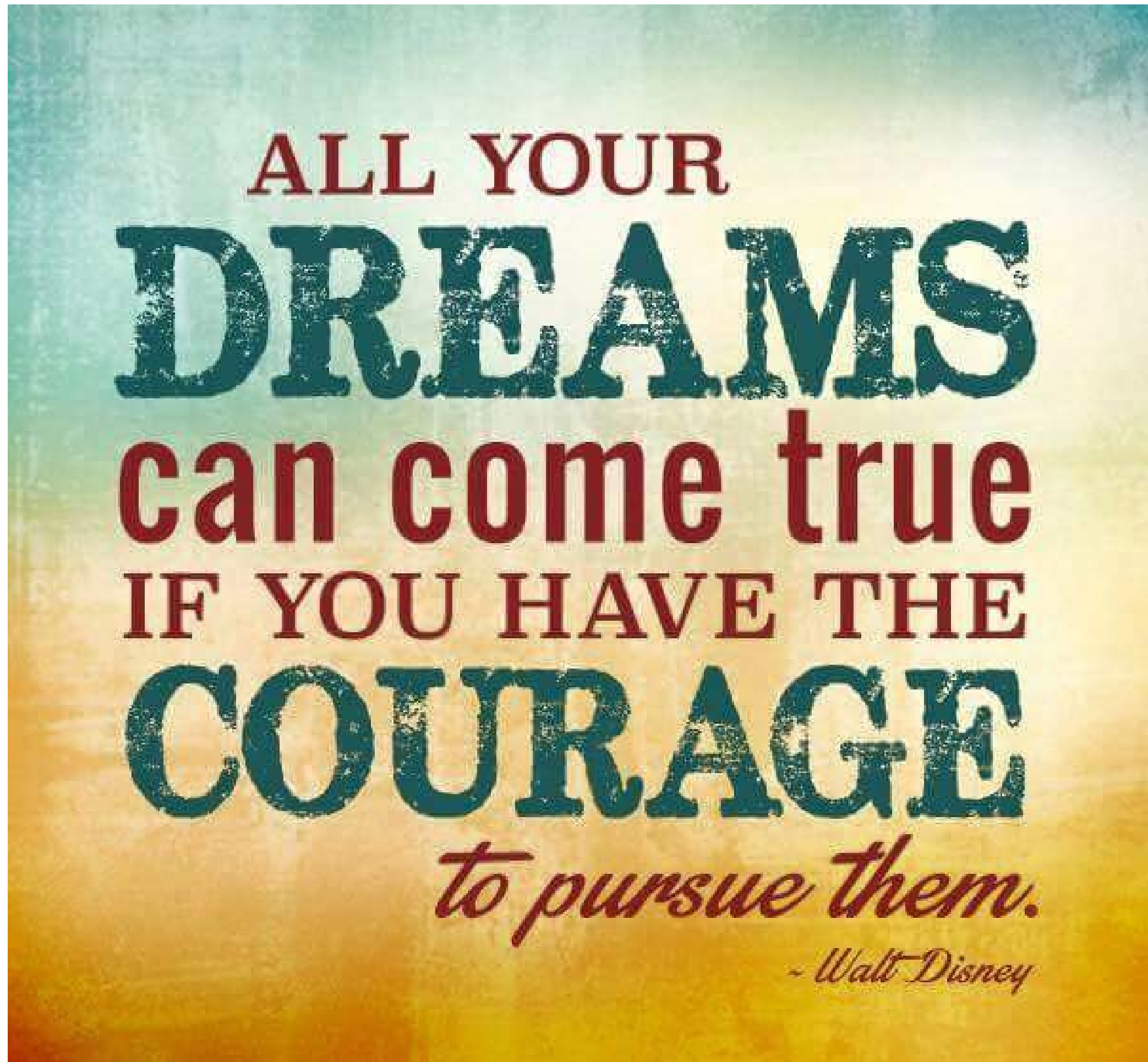
A Dream I didn't even know I had at the age of 17.

Dreams and Goals are constantly evolving which mean you will be constantly adjusting. In sailing terms, "tack" as needed and enjoy the journey.

I have and am living new dreams and adventures now!!









# Who says you can only have 1 Dream?

Don't let ANYONE limit or steal your Dreams!!

By The Way, \*\*\* next to the dreams above means these are the Dreams we have already realized and the ones without the \*\*\* are just some of the Dreams we WILL realize!!

## How many do you have?

We have given you enough worksheets to line up your next 10 Dreams & provided an example and idea how to set up your own Vision Board.

Now the Rest is up to you!!

# DREAM BIG



**So, what is the list of your Amazing Dreams?  
List Your Top 10**

1. \_\_\_\_\_

**Put Your Picture Here**



**List Your Amazing Dream Here**

2. -----

**Put Your Picture Here**



**List Your Amazing Dream Here**

3. -----

**Put Your Picture Here**



**List Your Amazing Dream Here**

4. \_\_\_\_\_

**Put Your Picture Here**



**List Your Amazing Dream Here**

5. -----

**Put Your Picture Here**



**List Your Amazing Dream Here**

6. -----

**Put Your Picture Here**



**List Your Amazing Dream Here**

7. \_\_\_\_\_

**Put Your Picture Here**



**List Your Amazing Dream Here**

8. -----

**Put Your Picture Here**



**List Your Amazing Dream Here**

9. -----

**Put Your Picture Here**



**List Your Amazing Dream Here**

10. \_\_\_\_\_

**Put Your Picture Here**



Michael has shared one of his vision boards.

## My Vision Board

One of many




**Patrick Swayze had a MBZ560SEC in Roadhouse**  
4 Door 420SEL was more practical with my RE business





**Wanted and still do want, a Mega Yacht**  
34' Express Cruiser was my 1<sup>st</sup> one, Sailed for the Pacific for 10 years on my 45' Ketch Rig Sailboat




**Purchase price is less for this 737 than most Gulfstreams**  
Cheaper to lease... Not ready to buy, besides I haven't decided which plane to buy "YET"

## What's on Your Vision Board



**House/Home**

Click to add text



**Travel/Vacation**

Click to add text



**Education**

Click to add text

Health-Love-Family-Friends-Relationships-Abundance



## JOIN OUR 5-DAY FIND YOUR ABUNDANCE CHALLENGE

JOIN US, IT'S FREE!!

[CLICK HERE TO FIND OUT MORE & JOIN](#)

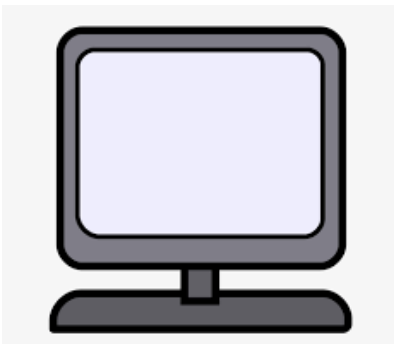
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[Abundance Challenge](#)