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GLOBAL PEACEFUL REVOLUTION THROUGH FAST SPIRITUAL AWAKENING

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Foreword – About the Author

Greetings. Thank you for choosing to read this book. Let me tell you something about me first. I was born in Czechoslovakia and now live in London. I grew up in a society where spirituality was suppressed by the socialist regime. But I was lucky to regularly experience as a child the loving energy and spiritual healing from numerous Czech healers, in a search to treat my various allergies.

These experiences and my desire to understand how these magical things work were key reasons why I started my spiritual journey quite early on in life. I looked for answers to my never ending questions everywhere because little spiritual material was available in those days. In my late teens I became a Reiki healer after I was told that I had “healing hands”. This helped me better understand people, improve my visualisation and intuition.

Life in Czechoslovakia was constrained in many other ways too. I knew that the political and educational system was hiding the truth about many things from us. The truth about who we are, about life, about the other side.

Then the exciting days of the velvet revolution came in 1989. I and my fellow university students were full of hope for a better life when we were taking part in street demonstrations. We even managed to make a lot of positive changes at our university in 1990. I felt that the whole world was one step closer to equality and to embracing spiritualism when the Czech moral leader Vaclav Havel became the first president to invite the Tibetan spiritual leader Dalai Lama on a state visit in the same year.

But things in Czechoslovakia did not quite turn out the way many were hoping. The main slogan of the revolution “love and truth wins over hatred and lies” somehow fizzled out and greed started to mushroom. Old forces quickly changed their coats and grabbed big slices of the state cake during the industry privatisation. Propaganda continued to be used effectively and at one point people could not wait until the country would be split into two and with it the friendship between Czechs and Slovaks. Spiritually oriented people like me remained in a minority but that did not deter us and we continued to meet in smaller numbers.

Keen to explore the world, I did a fair amount of travelling after 1990. But I struggled to find abroad the better life for which we were fighting. I saw isolation, poverty and ignorance, and I realised that the whole world had a long way to go. Later in life I realised that another and faster [way to a happier world is through individual spiritual awakening](#).

I experienced many happy moments during my travels too. Great Britain made a good impact on me, especially because they had done more than other western countries to integrate various nationalities. So, I took the opportunity to study here in early 90's, alongside my studies in the Czech Republic. I met a lot of warm-hearted British people from various cultures and decided to settle in London after I was offered an interesting job there. Because I continue to live in a multicultural environment whilst keeping strong ties with the Czech Republic, I feel like I have been living multiple lives ever since I left my home country.

Back to the spiritual side, I have been going through a real spiritual awakening since about 2004 when my heart and consciousness noticeably expanded and I connected with my Higher Self and divine beings like Kryon. I have been guided how to further “open my heart” and progress my spiritual journey ever since. I became a Reiki master healer, received various spiritual gifts to use in helping people, and cultivated deeper knowing & understanding of how things are. With this higher awareness I could also see my deeper disharmonies, like stored emotions of fear that I needed to clear.

In 2007, I decided to leave my job because the environment started to deteriorate after some nice people had left. But to my surprise coincidences led me to take on a new role in a place where it turned out that selfishness dominated and compassion was in short demand too. Whilst I found this frustrating, it proved to be a good training ground for my further development. I was able to raise the energy vibration there, help uplift & empower a lot of frustrated colleagues, and guide them to create a happier reality for themselves.

In 2008, I suffered a herniated disc in my lower back. As spending long hours sitting at work made it worse, I knew this was my opportunity to go part-time and focus on helping people with their spiritual journeys outside work. I loved this new way but my ongoing back condition made me feel that I was not doing enough to make our world a better place. I also wanted to share with more people my understanding of how things in life work, many personal experiences I accumulated, and the deep-rooted connection to the other side I developed.

Then in early 2011 my dilemma was answered when I got various messages that I was ready to write a book - a widely accessible ebook that will take people on a journey of discovery, help them empower themselves and spiritually awaken relatively quickly, in preparation for the happier times ahead. My heart jumped with joy and the next two years of writing were simply amazing. I wrote this book together with my Higher Self. It is magical and I am really grateful for all the help I got. Thank you. And now that it is done and you are reading it, I feel like I fulfilled my mission.

Here is what one reader said about the book:

Marlan from Jakarta, Indonesia: I am in love with your ebook. During my free time and travelling between my home and my office your ebook is becoming my favourite. Reading your book is always helping me to have clearer mind and stronger heart. In some parts I felt like reading my own life story, in other parts I felt like listening to my spiritual Dad

talking with me (he is no longer with me), in other parts I felt like I am listening to my Higher Self talking to me....
Reading your book is really joyful and amazing experience for me...

I would like to share with you a mystic experience that I had whilst writing the book. As I was getting nearer to finishing the main areas of the book, one day I noticed a picture of Jesus inside a glass-like vase next to my laptop. The picture formed from leaves and a stem of the flowers inside the vase (you can see the vase before and after the appearance of Jesus in section *"How can we feel divine beings?"* on pages []).

I was deeply touched by this experience and can only interpret it as support from the other side. Support for my desire to empower people and to spread the wisdom I have gained.

I also see the appearance as a support of my views about the masters that lived on Earth like Jesus and Krishna, which are different to the norm. I believe that these masters came to empower us and not to make us feel guilty or inferior. They came to show us that we are all capable of doing what they can do, just like Buddha did. That we can all discover our divinity deep inside when we open our hearts and overcome our egos. They also came to show us how to love, how to spiritually grow and how to heal others. But the religious authorities concealed or changed some of these messages...

Actually there are so many different spiritual concepts around, that it is becoming hard to distinguish what to believe. Some concepts are so far-fetched that they make people sceptical about the whole New Age, as well as about some religions and faiths. Some of the authors here may be talking about distant future, taking things out of context or interpreting the divine with their ego.

Unfortunately there can be another reason for this. Some spiritual things out there have been written or said to mislead people. Why? Perhaps so that people lose trust in spirituality, for example when things do not happen as predicted. Just think of the numerous predictions about the mysterious day of 21st December 2012...

Going back to my book, I wrote it with my heart and the wisdom coming mainly from deep within me remains pure. But you still need to decide for yourself what feels right for you. Spiritual information should resonate with the godly part of you which resides deep within.

As a general guidance, spiritual information should empower a person rather than ask them to surrender their free will or go against their integrity. It should not be a message of fear, which drags you down, but an uplifting and enabling message. The information should be useful for all rather than a selected group. For example, when it presents spiritual solutions to life challenges on Earth. Also watch for information that is taken out of context and does not show you the fuller picture.

So I suggest that before accepting things, you see how they make you feel deep inside and if they ring true to your heart.

Michael



Chapter 1 – First glimpse behind the veil

Who is this book for?

This book is firstly for people who want to discover their true inner self and experience fast spiritual awakening. The good news is that spiritual awakening, a key step on everyone's journey to enlightenment, is becoming easier and can happen faster after the magic date of 21st December 2012.

It is also for those who are already experiencing any sort of awakening, especially if they are not finding it easy. I offer these people my support and guidance.

People who want to understand more about how things in life work - the visible and invisible - should find this book helpful too.

Additionally, this book is a helping hand for those who:

-Struggle to cope in life for various reasons. Perhaps they may be struggling with their financial situation or battling with lots of unhappy emotions and events. They may suffer from stress, depression or even "the dark night of the soul" when everything seems to be going wrong and one's meaning in life is collapsing.

-Feel like the world is against them and they are powerless about the things that are happening to them. Their life feels like a rollercoaster, quickly up and quickly down. They wish that they can understand the things that are happening to them and know how to create a happier reality.

-Believe in spirituality or God but are not receiving the answers and help that they need, and so they feel lost and alone.



Pict.[] Helping hand

-Had enough of living the "normal" way because it does not make them truly happy. They have a feeling that there is something missing and something wrong with the world and with the priorities of modern society. They are not attracted to achieving the success defined by today's society – wealth, power, status. Instead, they are looking for a deeper level of happiness, peace, fulfilment and love. And they want to make this world a better & fairer place.

-Are not sure what is the deeper meaning of them being here, or are generally "bored with life" and want more out of it.

-Feel let down by the mysterious day 21.12.2012, which was meant to bring good things, yet nothing positive seems to have happened. This book is also for people who know that this date did bring positive things and they want to know more how life will change after 2012.

-Or they are simply looking for an exciting read and have an open mind.

What do I want to achieve with this book?

I want to take you on an adventure. I want to help you discover your true inner self, like I did. I want to help you expand your consciousness, spiritually awaken, connect and eventually "merge" with your Higher Self - the other half of you 😊.

By doing this, you will find your true power and magnificence. You will be in a good position to claim back your freedom. Freedom that could have been taken away from you by those people, companies, political and belief systems, which suppress who you really are and hide the truth from you.

Once you get there, you can help others discover who they really are. You can help them find their inner beauty and power.

I hope that just reading this book will increase the amount of the love energy that you will feel (through a more opened heart chakra). And there is more. This book is a portal to higher consciousness 😊.

Spiritual growth is exciting but it is not always a walk through a beautiful garden full of blossoming flowers. To support readers in other ways than through this book, I will also be regularly sending healing Reiki energy to those readers who would like to receive it 😊. The way to attune to it is described in section [] on pages [].

In addition, I reveal many secrets of the way things and life really work, especially those that governments and educational systems do not want us to know and are not telling us about....

All this will contribute to the global peaceful revolution already on the way and to the creation of a much happier and fairer world we live in. I am inspired by the Indian leader Mahatma Gandhi. He started a peaceful revolution which led to India gaining independence from British rule.

I am also inspired by Martin Luther King. In 1963 he shared with the world his big dream of freedom and equality for African-American people. He said that 100 years have passed since 3 million African-American slaves were freed, yet most African-American people were still living in segregation and in chains of discrimination. 50 years later in 2013 things have definitely improved and Barack Obama is the proof of that, but.... Somehow, certain lack of freedom and equality can still be felt everywhere around the world today. What happened? Why did we allow it? Because people accept it as the way of life? Because the inequality is more subtle than it was in the past, and so people don't notice it so much? I hope that people who read this book will join me in healing the world from things like inequality.

I also want to renew faith of people who feel let down by the mysterious day of 21.12.2012 because nothing positive seems to have happened. I want to reveal the slow changes on the way towards a happier and fairer world.

I look at things from higher and higher perspectives and take the reader with me to higher levels of awareness. Here seemingly unconnected things suddenly start falling into place, like pieces of a giant jigsaw puzzle.

So as opposed to other books, which tend to focus on one area, I aim to show you a much bigger and fuller picture, across the widest imaginable spectrum. This includes the visible and invisible in our world, the "other side" where your Higher Self is ☺, the multi-dimensional universe...

All of this will, amongst other things, put you in a far better position to understand the things that are happening to you and around you. It is one way of empowering you and helping you to overcome the difficulties you face.

Just reading this book with an open mind should connect readers to the higher parts of themselves and act like a spiritual initiation, similar to when people are initiated to become a Reiki healer. This should help you become the great I AM that you are but don't know it yet. And after that it is up to you how you utilise this new amazing partnership with the higher parts of yourself for everyone's good.

Actually, the warm-hearted people are at least partially awakened already. This book should make them realise how big is what they have already achieved, and add another powerful engine to their car so that they can move quicker and easier on their path towards enlightenment...

Hand in hand with the above, I want to help readers achieve these other things, which come along with spiritual awakening:

- Developing higher awareness and becoming more present (right here, right now). This way become more aware of ourselves, including what we carry in our mind ☺, and everything around us.
- Moving to live more from the heart than from the mind. Increasing the love and light that we shine and receive. Through this become the carrier of the divine, raise own vibration and move closer towards enlightenment.
- Increasing our own ability to create a happier reality for ourselves and raising us above "the dramas of everyday life". Through this become more in charge of our own life.
- Finding deeper purpose and peace, becoming happier and more joyful.
- Becoming the leader of tomorrow and joining in healing the world.

Once people spiritually awaken, achieving enlightenment should be inevitable, just a question of time. But this process brings challenges that need to be overcome. And so I also want to give people guidance on how to overcome the challenges they may face.

I do appreciate and respect that everybody has their own path, is at a different stage on this path, and everybody's experiences during their awakening / spiritual evolution are specific to them. So I cannot predict these individual experiences and suggest detailed steps on how to deal with individual challenges. But I aim to help readers get to the position to sail through them with ease themselves.

Comparison to the magic book in the film Never Ending Story

Those of you who watched the film Never Ending Story, do you remember the magic book that took the boy reading it to the other world? The other world was a fantasy but the more the boy read, the more the fantasy world started to become real.

This book does something similar. **When you read it, you kind of enter a sacred space in which miracles do happen. Initially things in there may feel like a fantasy. But the more you read and observe, the more you realise that it is not a fantasy. The more you read, the more the things that you read about will start happening. You also realise that we kind of live in two worlds simultaneously and they are closely linked.**

There is a difference though. The fantasy world in the film was quite sad, whereas the reader can experience through this book a much happier world at the higher levels of consciousness. There will be sad bits too but they relate more to the every-day world we know well, especially to the absence of love....

Who will not like this book?

This book is not for everyone. Some people do not agree with spiritual growth and awakening. They strongly believe in themselves, in the way they are and in things that they can see and prove. These people may not want to carry on reading. And if they do, they may be sceptical, dislike & disagree with what is revealed here, or even laugh at it.

But if they carry on reading, I will help them become more aware of their inner self hiding deep inside. Then, they can judge for themselves.

The way I wrote the book

This e-book takes you on a journey of discovery across a wide range of areas. Each area that I focus on opens the door to other connected areas. These can be explored in the chapters that follow.

Parts of the book are like an interactive spiritual guide. I use pictures to carry some important messages and answer a lot of fascinating questions which people sometimes ask but to which they usually do not find the answers. For example, are the things that we experience in life one big coincidence? If not, then how do we attract the events that happen to us? Can we actually tell what events and experiences are the result of our thoughts & beliefs? What are we meant to learn from / wake up to, or what have we attracted as our opportunities to make decisions and so define who we are? If the answer is yes, then how?

As part of the explanations and revelations about how life really works, I explain the principles of the universal laws, such as the 7 Hermetic Laws. I have not come across any book or a website that seems to reveal so much about the laws and apply them to everyday life through practical examples.

I try to explain things, including the complicated stuff, using straightforward language and so make it easier to understand. (I actually learned a few things from Kryon and his channellings - this divine being also officially channels for the United Nations in their own New York building ☺). I use many day-to-day examples and illustrations to explain the principles covered and put them in practice.

There is a lot covered here but the clear structure should allow readers to pick what they want to read and focus on those things which have personal meaning to them.

I created a number of interesting and easy self-assessment tests. Here readers can get an idea where they stand when it comes to things like the level of their overall spiritual development, negative emotions and unconditional love. Similarly the book contains various self-analysis exercises to help readers find more about themselves.

I offer various methods and tools for getting in control of own life, creating a happier reality, clearing unhelpful emotions stored in the body and balancing other disharmonies like attachments.

To make the topics covered in the book easy to follow and come back / return to, and to distinguish between different types of information, I used various colours in the text.

The logic / **legend** is like this:

- **Spiritual revelations and explanations**
- **Other important things I want to emphasise**
- Self-assessment tests, self-analysis and exercises
- Examples

Are you really ready to awaken and what will start happening if you say yes?

People who are already focusing on their spiritual growth and experiencing any sort of awakening do not need to ask themselves this question. They will probably wonder instead how much this book will help them.

For the others, please continue reading only if you are really ready to spiritually awaken and ready to take on the responsibility of the more evolved person you will become. Because once you start to awaken, it will be hard to close your eyes again. It will be hard to stop or turn back because **you can't spiritually unlearn what you have learned**. But you can always slow down.

It is no coincidence that you are reading these words and facing this decision. Most likely you attracted it as an opportunity to speed up your growth significantly.

Spiritual awakening starts simply with your intent, with your decision to awaken. If the intent is not there, your choice is respected. If you don't feel ready, wait until you are...

Once you decide that you want to go ahead, many things will be set in motion:

You will gradually start experiencing more coincidences. These may amaze you, especially after you learn to understand their meaning.

Your Higher Self will become more active in organising opportunities for you to move forward. After all, it will have more reasons to do that - you will be more likely to spot these opportunities, understand them and act on them ☺.

This is mainly because your ability to step back and see the bigger picture will be increasing as you awaken. You will see things more clearly and you will notice things that you did not before. Some of the things you will see, you may not like or you may be disappointed about. For example, you will see how many people around you are not aware of basic things like some of their emotions.

Fortunately, your awakening will have positive impact on people around you whether they realise it or not. In advanced stages, your impact can be compared to when you light up a match in a dark room ☺. And so you will be in a better position to help others.

And one more exciting change worth mentioning here: As you become more present and your senses sharpen, the subtle things around you should begin to feel more magical, e.g. in nature, and you should feel more love energy ☺ (*explained in the Love Energy section on pages []*).

There is even more to come. Many of the things described later may sound unbelievable to begin with or simply not true. Please give them a chance and don't expect everything on day one. Just by being aware of this new information, you should soon begin to see things in a new light.

Some people may find the awakening adventure harder than others. We all have accumulated different amounts of stuff that we need to harmonise if we want to move forward quickly... But please remember that **you will be guided and protected by your Higher Self. "The force will be with you" and you will reach the finish line if you don't give up. It is not about the finish line though, it is about the journey to it.**

Going back to the benefits of spiritual awakening I mentioned above, this adventure is well worth undertaking.

If you are ready then let's start with awakening. Let's begin with the mysterious day of 21 December 2012 and understand what really happened.

Something profound did happen on 21 December 2012 after all

A lot had been written and promised about this date. Of course there were many fear-based doomsday predictions, but a lot of sources were talking about an exciting new beginning. This is because a galactic alignment took place on this day whereby the sun (Winter Solstice) was aligned with the centre of our Milky Way galaxy, as seen from the Earth. This happens only once in 25,765 years and completes the astronomical cycle called the precession of the equinoxes or the Earth's "wobble". The ancient Mayans who were amazing astronomers and mathematicians (already or) knew about this. They ended their calendar on this day to mark the end of times as we know it.

But nothing positive seems to have happened on the day and afterwards, and so a lot of people who believed the positive predictions felt let down. Some even felt silly because they had spread positive messages about the new beginning and then were laughed at.

Well, let me tell you that nobody should feel silly because something magic did happen on 21.12.2012. But as opposed to the "miracles" that these sources predicted, it was so subtle that the vast majority of people did not feel anything. Mainly **a huge amount of spiritual energy from the central Source washed over the Earth.**

Actually, a small minority of people sensed this energy in their own way. They felt a difference on that day. Here are some of the experiences that they (and I) had:

- They felt lighter, more peaceful and relaxed. Their worries, fears and other problems seemed smaller and they felt lifted above them.
- They felt generally happier for no obvious reason.
- Their mind was clearer and they felt like mentally and physically slowing down. They felt drawn into the present moment and may have struggled more to get things done on that day.
- They felt more connected to other people
- People who sense energy felt waves of gentle, warm, uplifting and loving energy.

Some of you are still likely to be sceptical and say "OK, let's say that there is more spiritual energy here, but so what? I can't see any positive consequences". You are right, the consequences are not very visible because they are so gradual and can easily be missed.

I sensed deep inside what this spiritual energy was bringing to our generation. The big picture formed in my consciousness only after some “soul searching” in the following two months and messages from the divine being Kryon. Let me share it with you.

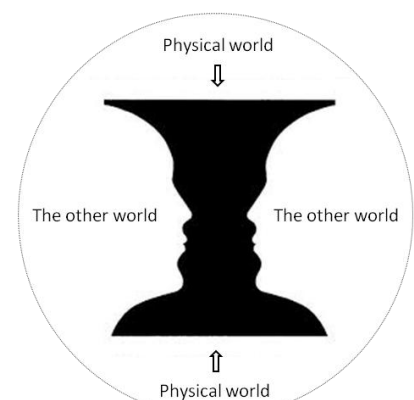
Many exciting things are quietly happening over time.

Firstly, the build up of **spiritual energy has been raising the collective human consciousness. And this energy shift is helping, or often nudging (e.g. through life events and coincidences), more and more people to expand their individual consciousness, open their hearts and transmute their accumulated negative energies.** Yet, most people don't realise that this is happening and many resist it or struggle with it. For them this book should be a helping hand.

One change resulting from the build up of the spiritual energy, which many people have been feeling for some years, is that **the time seems to be speeding up.** The days, weeks and even months just seem to go by. Many people feel that there is less time to do things than before and they struggle to get everything done. Yet when you look at the clock, nothing changed there. So it is our perception of time that is speeding up...

Our perception of time speeding up is as real as the actual clock ticking at the same speed. If you feel this too, then you have just stepped with your other foot firmly into the second world which penetrates the physical world... Just like the boy reading the Never Ending Story book ☺.

These two worlds are here all the time, just like this famous picture shows. One just needs to look properly. As you spiritually grow, you begin to feel the second world more and more.



Pict.[] Two worlds

More magical things are on the way. The main one is **increasing synchronicity.** The unexplainable and totally perfect divine mechanism which delivers coincidences to people's lives at the right time for them (as help, messages, opportunities etc) is shifting up at least by a gear.

And there is more ☺. **Things are now materialising faster in the physical world.** Consciousness forms reality faster because there is a greater connection between consciousness and matter.

As a result, **it is easier to materialise our intentions, desires and thoughts,** even though this is not noticeable for most people... So be careful what you wish for ☺

Importantly, **connecting with inner self and other people who are open to it is becoming easier too. And so people can speed up their own spiritual development with less effort than in the past, if they wish.**

In our world of duality, it is unfortunately also **easier for people to drift into their own internal reality** - “into their own world”, if they are not careful, and **to disconnect with other people** ☹. For example, you may have noticed how many teenagers and adults hooked on computer games are losing connection with the real world and other people, especially with those who are not like them. And this is more wide-spread than just in the world of computer games.

In summary, looking at the world from a bird's eye perspective, it will become clearer one day that something profound did happen at the end of 2012 and something new has started. And so 21.12.2012 will be seen in hindsight as the marker of time after all.

Moving to Heart Consciousness

Actually the spiritual energy began to noticeably change on Earth as far back as 1987 when a planetary alignment called the Harmonic Convergence occurred. Two years later the communist stronghold in the Eastern Europe crumbled as people won their freedom. This shift of energy went one gear up in 1994 when the sun reached the edge of our Milky Way galaxy (on its way towards the galaxy centre as seen from the Earth). And then the build up of spiritual energies reached critical mass on 21.12.2012.

With it a new era for Earth started, whether we sense it or not. **People and life on Earth are moving to the next stage of evolution – from mind consciousness to heart consciousness.** In other words, **the collective human consciousness is currently dominated by ego-based consciousness and it will be slowly giving way to the way of heart. The result will be a more compassionate life on Earth.**

The foundation of this new era will be built over the next 18 years. One of the main “builders” will be the continuing energy shift which will last until about 2031 when the sun reaches the other edge of the Milky Way. At a personal level, this energy shift will support (or nudge) people with their transformations. We can look forward to further increase in synchronicity / occurrence of coincidences ☺.

The other “builders” will be many of our young children and the children of tomorrow. They are/will be spiritually advanced, more aware of the other side and their life mission (I expand on these Crystal and Rainbow children on

pages []). And finally, people like you and me! How? Through our actions, spiritual growth, understanding and giving love to these children, through helping them realise their potential. Together, we will redefine human nature.

And so the warm-hearted people will thrive in this new era. They will be gradually lifted above the cold hearted ones and become the new leaders over time ☺. At last! They should gradually start feeling like they are being carried by the stream - the stream of favourable coincidences and help from above. Hurrah!

On the other hand, life for people living to feed their ego, who thrive and dominate in the mind-based world, should feel like they are going against an ever strengthening wind.

The warm-hearted people will find it easier to create a happier reality for themselves. Over time they will change this world to resemble what they carry in their hearts.

There is no doubt that the positive changes will continue to happen but they will be slower than we would like. Similar to when grass grows and you don't see the difference from one day to another. Sounds like its too slow.

The ways of how things work today will slowly be replaced by better, fairer and more compassionate ways. The old ways of loneliness, sorrow, despair and war will be slowly squeezed out. Unification instead of separation of hearts is coming.... Do you feel the love energy now? It puts tears in my eyes when I imagine this ☺.

By 2031, this new era for humanity and the Earth will be truly here. And the day will come when people will look back at the old times and will wonder why people were so "barbaric" then. How could they have been doing those things to each other?

Actually, populations all over the planet have already been standing up for a while and saying "it is time to say good bye to the old ways things have been." And this will intensify. Soon Iran, the stronghold of repression, will change from within and this will have a really positive effect in many other countries.

The transition to heart consciousness is also very individual. It is us who "decide" when we experience this higher consciousness at a personal level. So how do we decide? We decide with our heart openness and spiritual growth. In simple words, when we "have our heart wide open", when we reach certain levels of spiritual advancement, when we rely on our intuition, we then start feeling this higher consciousness. We experience this simultaneously with operating in the physical 3D world and at lower levels of consciousness (the levels of consciousness are described on pages []).

Clearly, many people are regularly dipping in and out of heart consciousness, without perhaps realising this, but I'm talking about staying there for much longer periods ☺.

"Staying" in heart consciousness for longer periods feels like spiritual awakening feels. Being in an awakened state of mind and heart, which I cover in chapter 2 on pages [], is how many would describe it. Others would say that they experience a number of heart consciousness qualities like unconditional love, compassion, peace, unity, joy, higher perspective and understanding for longer periods.

In addition, you may feel that things around you have changed somehow. There will be more peace, you will feel the love energy more and many things will somehow feel nicer, e.g. colours look more vibrant and bright, everything around you becomes more alive, music sounds more beautiful, food has deeper tastes / healthy food tastes more fulfilling.

What will happen to the darkness?

Because of the qualities of heart consciousness, people and organisations emitting hate, selfishness, greed, ignorance and other qualities lacking love cannot operate in heart consciousness. What a relief ☺.

So what will happen to all the darkness, to the absence of love in many hearts and places, you may ask? It is people-driven so it can't just disappear. You are right. Instead, it will get smaller over time as the level playing field has changed. The impact of light and love got bigger after 2012.

As a result, **darkness is already beginning to struggle to win over light as it did before.** The dark will increasingly feel that things are not the same as they used to be. It can't seem to win with ease any more. But it will not give in just like that. Like a spoilt child who did not get its way, the dark will fight the presence of light & love with more vigour for some time. And it will unfortunately cause more damage. My heart goes to the ones that will be affected. More presence of light & love will make the dark smaller over time and its fight will slowly turn into a fight for its own survival ☺. I will be shining light into some of this darkness in the section "*The struggle of light and darkness on Earth*" on pages []

"The squeezing of darkness by people with open hearts" will be noticeable everywhere. I mention very inspiring personal stories like that of a Malala who fought for the right of girls to go to school in Pakistan since the age of 11 and initiated a world-wide movement in the section "*How are people changing the world for better?*" on pages [].

Also, things that do not have integrity and do not strive for the highest good today will slowly stop working over time. For example, companies which do not produce products and do not provide services for the true benefit of people and [the highest good] will be in decline, and the ones that do will be on the rise. The same downward trend awaits companies and people that exploit other people, animals or natural resources.

Even the rigid structures and frames that people created to keep order, hierarchy and segregation will start to crumble to give way to fairer, more spontaneous & intuitive heart-based expressions. Watch this space ☺.

The rising power of the people

Another force behind a broader transformation in the economy will be the changing behaviour of us as customers.

People are already becoming choosy about what they buy and this will intensify. People are also slowly realising that they don't need to buy so many things to be happy. They begin to see how adverts are manipulating their minds and they don't fall for them easily like before.

Yet shops are swelling with things that people don't really need. So when people buy less of them, companies will be looking hard at what products and services people want instead. And this is our chance to have a big say ☺. There is more good news. These new products and services that are in demand will create opportunities for people to move from the unhappy jobs in the shrinking industries to the more fulfilling jobs in the emerging industries. Industries that serve people better.

In addition, new ways of buying and selling goods will take shape. One revolutionary way is already starting to emerge. The so called "[sharing economy](#)". A market place is being built where people can more easily share products and services between each other. The spare things that they have as well as what they can do or make. For example, there are organisations that help people safely rent their own cars and equipment when they are not using them or sell their home grown fruit and vegetables. This cuts out the middlemen and allows people to save and earn money.

It is clear from this that [as people unite, their power grows strongly. Especially over companies.](#) You can look forward to the day when the dominant banks and supermarkets will be knocked onto their knees begging for your business ☺.

Hopefully you can see now that the happier world is not so far away in the future as you may have thought earlier. With our help, people should enjoy this world sooner than one would think.

Future inventions

There will be many new inventions to help us on the way and these too will come sooner than many think. [New easier ways to create electricity, purify water, feed and heal ourselves will be discovered.](#) They will eventually be accessible to all, despite initial attempts by powerful companies and institutions to suppress them. [New amazing qualities of pure water will be discovered too.](#) These discoveries will often be made by young scientists who will "operate at higher level" than their older generation peers.

The biggest discovery will be made by quantum scientists. We may have to wait a decade or so before it arrives but it will be so revolutionary that it will re-write not only the science text books... [The scientists will discover the way to see multidimensional quantum energy. And the way to tune into it.](#)

This will make people realise what some already know - that the universe is multi-dimensional and it is full of life. Not only that there are many intelligent societies in the universe but there are many invisible beings in our world, like souls of the trees. And thanks to this discovery, we will suddenly be able to communicate with many of these beings....

Climate changes ahead

Unfortunately, not all changes on the way will be welcome by people. Especially the likely climate changes ahead.

First, let's look where we are now. People have caused a lot of damage to Earth in the last 50 years. And we are paying the price.

Because of pollution, excessive fishing and exploitation of fertile earth, food and clean water supplies are beginning to run low. Then there is the thinning of the ozone layer and global warming...

The ozone layer has been thinning since 1970s. Because it acts as a natural protective filter against harmful ultra-violet rays from the sun, we have seen increased number of cases of skin cancer, sunburn, cataracts and damage to vegetation over the last twenty years. The good news is that we are beginning to see the benefits of phasing out the main culprit - chlorofluorocarbons (substances which were mainly used in refrigerators and aerosol sprays). It appears that the ozone layer has stopped thinning since 2012.

The picture is not positive on the global warming side though. One cause of global warming – pollution is getting worse. The burning of fossil fuels like crude oil / petrol, coal and natural gas has been on the rise and with it the amount of greenhouse gas CO2 being released into the atmosphere (it acts like a blanket and traps heat). On top of

that the world forests, which convert a lot of CO₂ to oxygen, are shrinking at an alarming rate because of ruthless deforestation almost everywhere ☹️.

Some may say that the increase in the average world temperature is tiny and we shouldn't worry too much. But in the last years we witnessed more than a small increase in average temperatures. Extreme weather like heat waves, rain in the deserts, droughts in previously wet areas, and natural disasters like storms, floods and wildfires have been quite frequent recently. We are seeing a real change in the climate. How much does global warming contribute to this usually remains unanswered. Scientists are beginning to wonder if more is happening behind the scenes – are we entering a new stage of a very long global climate change cycle?

So what is really going on with the climate and where is it heading? We have to look for the answers at higher levels than the scientists... **Earth is alive and it is beginning to re-balance itself.** The universal law of Balance (covered on pages []) plays a big role here too. Earth's spirit Gaia will not allow that we run out of food and water ☺️. Rising temperatures and heat waves will not go on forever and cause parts of the Earth becoming uninhabitable either...

Surprising to many, **we have entered a long period of what could be best described as a cooling water cycle** after a period of rising temperatures. As a result, **it will get colder, particularly during winter.** The harsher and longer winter in 2012/13 was a sign of this coming. On the other hand, the heat waves are likely to continue to make regular appearances for some time and this will leave many people confused about what is really going on.

The cooling climate will be welcome in many parts of the world where it gets hot. But unfortunately the increased humidity in these drier areas can lead to dampness and more condensation indoors which people will not be used to. It is important to deal with it to avoid the growth of potentially harmful fungi in porous materials in the houses.

The colder weather will be much less welcome in other parts of the world, especially in the northern countries where it is already generally quite cool. To start with, more energy will be needed to heat the houses... The good news is that new much cheaper ways of energy generation will be discovered over time. It is even likely that people worrying if they can afford to pay bigger gas and electricity bills will be a thing of the past one day in the future.

What about the **earthquakes, storms and floods that we have experienced more frequently recently?** What is likely to happen with these? **Unfortunately, they may not go away for some time.** They accompany the beginning of the cooling water cycle. Some believe that they are also part of the process of Earth's cleansing the accumulated negative energies as part of its evolution.

It is anybody's guess how long this will last but it will settle down one day. It is likely to get worse before it gets better though ☹️. I can only hope that people will not suffer during these events. I hope that these sad events will unite people and nations and they will wholeheartedly offer their helping hands to each other.

And now the good news. **The cooling water cycle will lead to the refreshing of the Cycle of Life of earth's fauna and flora in the long term.**

The refreshing of the Cycle of Life

So how does all this work then?

The increasing global temperature caused by various man-made and natural factors is leading to gradual melting of the icebergs at the poles. This cools the oceans and they cool the air. This brings more humidity, rain and storms. More rain may bring more floods in vulnerable areas... The extra water from melted icebergs gets redistributed through the oceans and acts like additional weight on the ocean bed. This weight will cause more earthquakes...

But the cooling of the oceans and air will have positive impact on earth's life cycle in the long term (each coin has two sides). When you change the temperature of the oceans, it changes the life cycle of the ocean. Eventually the ocean will renew itself. This will bring new life in over-fished oceans...

It will not stop there. In the long-term, the whole life cycle of the planet will eventually refresh. More rain and cooler temperature will help vegetation to flourish. The animal kingdom will follow as it will get more shelter, food and water... The days of skinny, mal-nourished and thirsty African elephants whose legs cannot bear the weight of their body for too long will finally be over ☺️.

But we can't wait that long

Whilst the refreshing of the life cycle will take a long time and there will be some hardship for people initially, the higher picture tells us **that mother Earth cares for its people, despite the harm that many are causing to Earth.** That is humbling.

But if we look at the state of our Earth now, we realise that we can't afford to wait that long and we need to do something now to stop more damage being done to Earth and so to us.

If you agree with this and want to personally do more now, then I suggest that you keep an eye on any coincidences that will happen to you. As you have decided to spiritually awaken, it is very likely that your Higher Self will create a few opportunities for you to make a difference to our Earth and so to our lives 😊. Be patient and keep looking until you spot them (that can take some practise and I give guidance on how to do this on pages []). If you then decide to take any opportunity, be sure that any contribution, no matter how big or small, will make a difference. It will count more than you think, including on the other side...

May these coincidences also support that what you have read so far is real 😊. And may they serve as a clear message that you have speeded up your spiritual evolvement.



Chapter 2 – Awakening and enlightenment explored

Awakening

Let's make a loose distinction between life and spiritual awakening.

By **life awakening** I mean realising that things around us are often very different than they seem. It is beginning to see in-between lines and underneath the surface. It is understanding what life is all about, discovering and connecting the various pieces of the truth about life -the truth that some people will never see because they are not looking properly.

Life awakening is understanding how our mind and our heart really work. It is discovering how we can create a happier reality and much more. Everybody knows something about this but there is always more to discover.

Let's take a brief look at today's world and the people in it. It is a sad picture more often than a happy picture. Many people spend most of their adult lives working to earn enough money to provide for themselves and their families. And they find it difficult. They often work long hours, don't enjoy their work and may be unfairly treated by their employers. All those unreasonable demands, control through salary and so on. But they accept it because they often don't know any different. I admire their ability to accept it, but it does not have to be this way.

Then there are people who have enough money to get by and concentrate on trying to become rich. Some achieve it and some don't. Those who don't are often dissatisfied and even disappointed with themselves. What a waste. And those people who finally become rich, surround themselves with luxuries, isolate themselves from other people and try to become even wealthier. But they are usually still not happy. The amount of love they give and receive decreases and, at a deeper level, they often feel a sense of loneliness.

What else do many people strive for other than having lots of money? Some look for other ways of feeding their own ego, such as being better than others, having power over others, being respected and admired for their own achievements, skills or looks. But actually the satisfaction and happiness that these things bring is usually superficial and short-lived in comparison to achieving a sense of fulfilment and happiness at a deeper level.

As an example, imagine for a moment the sense of satisfaction and happiness that a good lawyer experiences when he/she successfully defends a murderer in a court room, knowing that they are guilty. Then he gets lots of money for it and buys his third Porsche car. Now compare it to how a loving ego-less surgeon working tirelessly on a lower wage in a state-funded hospital feels when he/she tells the anxious parents in the waiting room that they just saved the life of their child with a miraculous operation...

What is spiritual awakening?

Spiritual awakening is a noticeable expansion of one's own consciousness and capacity to emit & receive love energy. It is mainly through our open heart and expanded consciousness that we connect and then merge with higher parts of ourselves.

Spiritual awakening can be described in many other ways:

-Opening yourself up to who you really are. It is recognising your true nature. A kind of flowering of your consciousness into a fuller more beautiful expression. It is like becoming aware of a new world, like hearing music for the first time.

-Man can often be seen as a pre-programmed automatic machine with the driver sleeping. Awakening happens when the driver wakes up and takes control of the steering wheel. It is actually more gradual than this. The non-awakened state is like having a dream where all sorts of things happen, many things keep repeating and we have little idea of what is going on. As we became more conscious, we gain more control of what we do in the dream (but not full control). We also start to understand the meaning of what we dream about and what will happen next. With the help of the new abilities that we received in the dream, we manage to gradually wake up and recognise the second half of ourselves who was co-creating the dream with us. What a marvellous re-union 😊.

-During spiritual awakening we expand our consciousness beyond the normal emotional and mental consciousness that people tend to operate at. We move into the heart consciousness, especially as we open and live more through our heart (the levels of consciousness are described on *pages []*).

This way **we gradually bring the higher parts of ourselves, like our intuition, soul and our Higher Self (spirit) into our consciousness. We feel and communicate with them more and more.**

At the same time we experience a gradual shift at all other levels like physical, emotional, mental, energy / light level.

Looking at things from the energy side, **during spiritual growth we raise our energy vibration.** (Everything vibrates at a certain level. e.g. matter vibrates at very low level compared to sound, and light, and loving thoughts & feelings vibrate at a very high level compared to selfish thoughts & feelings). As we do that, **we bring more of the light from our Higher**

Self and from around us into our aura. In other words, we start building our light body. We start emitting light and raising the energy vibration of everything around us, like people and matter, just by being there 😊. Your heart, mind and body become a carrier of the divine.

There are as many paths and methods of awakening as there are human beings. We are the paths! **There is no end to how much we can spiritually awaken.** Actually the way life works, it constantly sends us opportunities to spiritually awaken. And if we choose not to take these opportunities, there will be more later.

How does spiritual awakening feel?

People who awaken spiritually do two things:

They continue to live everyday lives, but they know at a deeper level how it works. They feel that it is like an act and they are like actors on the stage. Actors who were given a certain role to play and who have the power to co-create their role as they go along. No matter how hard their act is, they know that at the end of the day it is an act. That is very liberating and allows them to have more fun.

They also know that they are pupils who came to learn about life and to develop. And if they fail to learn something or develop from it, another opportunity will come their way.

Because of this deeper insight, they don't get stuck in the life dramas and negative emotions. They don't get puzzled much by what is happening to them and around them. They cope better with undesired outcomes and they have a lot of strength to go through their own lessons.

Secondly, they also experience life at a deeper level, where there is peace, spontaneous unconditional joy & happiness, sacred wisdom and a sense of connection with everything.

The awakened state of mind and heart

Now, let's see how these spiritually awakened people, enjoying an expanded consciousness, would describe themselves in a few sentences. What is their state of mind? They often say this:

- **I'm kind of floating** = I'm very relaxed, peaceful, happy, have no resistance to life & events. I accept things as they are and have little attachment to things. Just like the happy tree stump (despite everything it has lost and the rain on the way) and the floating balloon on the picture.
- **I'm very present and centred** = I am very conscious and alert in the present moment. I am able to focus clearly. I have my feet "firmly on the ground" and feel connected with my body. Just like the tree stump on the picture, alert and deeply rooted in the here and now while his friends are sleeping. The resulting sharper senses allow me to be aware of much more around me than other people.
- **I have higher awareness** = I am constantly stepping back, to see and feel things from a higher "bird's eye perspective". Just like the bird sitting on the moon.
- **I'm feeling things with my heart.** This increases the love I feel inside and the love I emit. I am **thinking less** yet I have **deeper understanding and knowing.** I use my 6th sense.



Pict.[] The awakened tree stump

In this state of mind we are connected to the higher parts of ourselves. It is a wonderful place to be 😊. We will call this state going forward **"the awakened state of mind and heart"**.

You can actually get into "the awakened state of mind and heart" right now. You don't have to wait until it naturally comes as you spiritually awaken. It all starts with intent, so if you just try to be this way for a moment here and there, you should experience and speed up the expansion of your consciousness.

It is key to combine all 4 things together – feeling things through the heart, being very present whilst keeping higher awareness and "floating".

Characteristics of spiritual awakening / expanded consciousness

There are many characteristics of being spiritually awakened and having expanded consciousness beyond the normal emotional and mental consciousness that people usually operate from.

People tend to have very individual experiences, but there are common characteristics. From my experience, the main characteristics are:

Living more through heart than mind

Having heart wide open, feeling love on the inside and sharing it on the outside. This is not just being a loving person with strong compassion and tolerance towards other people and all living beings. It is also feeling happy every day because we do what we enjoy, what we find fulfilling. e.g. when we enjoy caring for a child, or when our job is our hobby, we live through our heart. It is doing what the heart desires when it comes to making decisions and taking action.

Clear and peaceful mind

When we manage to gain control over busy, negative and other unproductive thoughts, we “declutter” our mind. Greater clarity comes when the mind is peaceful, when we stop talking to ourselves in our mind ☺. A “cluttered mind” is actually quite a big obstacle to increasing our consciousness and awareness. Because regular meditation is one way to achieving these things, no wonder it is a key aspect of many spiritual practices.

And then there is peace at the deeper level of the mind. Like having dissolved most fears and linked worries, having limited attachments to things, accepting life and what happens as is, with deeper understanding that it happens like that for a reason. As a result, things don't get to us as they may have done. By the way, I'm not suggesting to do nothing about things that you perceive as “not right”. Of course we do something about it but with a peaceful mind and open heart.

Increased presence and Higher awareness

Being continually very present and alert. For example, when we do things like engage with people or even wash the dishes ☺, we do them with full presence.

An overall tendency to enjoy doing less and “just being” more. It seems strange but a lot of things start happening when we “just are”, present and peaceful. How come? Because we get more into the present moment where we can access “everything” and co-create the future (this will be explained in the section “*How is future created - The illusion of linear time*” on pages []).

Being an observer to everything, an observer who is very aware of what is going on, the surroundings and self. Seeing & feeling things from higher & higher perspective. The more we develop higher awareness, the more we start understanding things at a higher level. E.g. we realise inter-connection of things, how they fall into a big jigsaw puzzle or we see solutions at a higher level than the problem.

At the same time having the ability to sharply focus on things and connect with anything you focus on.

[As we increase our awareness and presence, our five physical senses also become sharper](#) and we start perceiving the world at a deeper level - what we see, hear, taste, smell and feel. All these things truly enrich our life.

We also [start becoming aware of the silence in between sounds and the space surrounding us](#). We find peace in submerging ourselves in the silence and in the spaciousness. [We may even feel the presence of the silence and spaciousness](#).

Developed Intuition and Inner knowing

As we spiritually awaken, we strengthen our intuition / 6th sense. [We become more open to receiving intuitive thoughts and feelings from higher parts of self, divine beings, God](#).

With developed intuition comes [less thinking](#). Thinking becomes clearer, more high-level and creative.

Alongside this, we gradually start developing [Inner knowing](#). It is a wonderful thing. You just know a lot of things at a deeper level without having to think about it logically, like what is right, what is true etc...

Instead you're feeling it through with your heart. Suddenly, there is little need to mentally comment and judge what we see or to analyse things with our mind to make decisions. We just know. This also helps our mind to get closer to its natural state of peace and clarity where it can operate much more effectively and creatively.

Easier access to subconscious mind

As we expand our consciousness, we become aware of more things stored in our subconscious mind, which allows us to harmonise it. (we will cover this in the section *Subconscious mind – not just the storage of our internal reality* on pages []).

Gaining control of own life

People are like tiny sail boats alone in a stormy sea. The waves and wind throws them from side to side and they can't control it. Becoming awakened changes that. We gain control of the boat, of our own life. How?

We gain insight into how we and the other side create our reality. This also puts us in a good position to avoid creating “negative karma” with our actions, and clear accumulated negative emotions.

We gain greater ability to create own reality and materialise things in the physical world, such as what we want to bring into our life.

Deeper sense of peace, happiness and joy

Once you gain control of the boat, you can go further. You can become the deep, calm ocean instead. The ocean that has inner stillness despite what is happening on the surface. Yes there will still be waves and the occasional storm on the surface (in your life), but you will see them as being part of the wheel of life.

We usually develop stronger connections with nature and become more aware of its beauty and sophistication.

Being centred

Feeling connected to own body with “feet firmly on the ground”. Having regular awareness of own breathing.

Also when doing things like listening, speaking, reading, observing, you do it with “the whole body” rather than just with the mind.

Gradual increase of the connection with your Higher Self

All of the above leads to this. As the connection grows, we develop a greater understanding of who we are, how godly our essence is, how everything is interconnected, how we are a big part of it all.

Improved health

As we connect more with our Higher Self, we bring more of the light from our Higher Self into our body and so increase our body's vibration. This significantly helps improve our health and the functioning of our body.

Bear in mind that our Higher Self is already well connected with our body. It is not just our unconscious mind, genes and the life force energy that is behind the miracle of how our body, organs, cells function individually and in harmony as one ☺.

The improvement in one's health is usually gradual and it happens together with inner body cleansing and balancing. As the cleansing and balancing is usually accompanied by series of physical manifestations like colds, flu-like symptoms, headaches, backaches, muscle pains & spasms and other symptoms that come and go, it often does not feel like our health is improving. The other thing that can mask the improvement is the fact that some health issues may be part of our karmic plan, and they may not go away for a long time ☺.

So with all these things going on, it tends to be hard to understand what is happening with our health. I reveal more in *Chapter 6 - Health Secrets* on pages []

Looking into the future, the possibilities of good health for an enlightened human being are magical. We are talking here about a super strong immune system, and eventually even positively changing our genetic imprint – our DNA. And remember that the DNA contains operating instructions about every bit of our body. The day should come in the future, against all the odds, that some humans will be able to grow back parts of their body that they traumatically lost, like their hands and legs ☺. Why not when it is a piece of cake for an octopus to do it...

Gaining supernatural abilities

As we spiritually grow, we develop many new abilities. Some we wouldn't call supernatural because they will feel natural to us like sensing people's emotions, having sharper senses or improved intuition. But they are special anyway ☺. E.g. Pria is very compassionate and a great listener. When people confide in her with their problems. she somehow connects with their inner self and intuitively senses a lot of things about the person and the main cause of their problem.

And then there are the “big” supernatural abilities like clairvoyance, channelling higher consciousness, talking with animals, telekinesis. We receive some of these as gifts when we are ready for them and when we can use them to help others (and so develop ourselves further).

Actually, people can develop supernatural abilities through training as well, like telepathy or the ability to see auras. You can see how the ego is in charge here though. Sadly, some cold hearted people are using these abilities to feed their ego and control people, e.g. telepathic mind control or even black magic. But remember what we said earlier that “the level playing field for the battle between light and darkness has changed in favour of light”... When you emit love and light, the darkness struggles to control you with these means...

And there is more good news. Reaching advanced stages of spiritual development impacts our DNA in a magic way. **It should eventually activate the 3rd strand of our DNA...** You may wonder what I'm talking about now, because humans have two strands... Well, **we all should have other inactive DNA strands but they can't be found by scientists until they materialise at the physical level once they are activated...**

Activating the 3rd strand will, among other things, hugely increase people's immunity system and so help them be healthier in the sadly deteriorating environment. Don't try telling that to your doctor though ☺. The other strands should gradually follow after the 3rd strand is activated. **When we emit full ray of light as enlightened beings, we should have a total of 12 active strands of DNA.** Imagine how many supernatural abilities will come with that ☺.

Self-assessment test - How spiritually awakened are you? How expanded is your consciousness?

I created a self-assessment test below that should help you get an idea of how spiritually awakened you are / how expanded is your consciousness. And what to look forward to ☺.

The test covers 28 areas which describe **the main signs of spiritual awakening / expanded consciousness that people usually** experience. Because there are so many signs of spiritual awakening and the experiences are individual, people tend to experience different combinations of many (but not all) signs mentioned here.

Actually, **because people can now speed up their own spiritual growth with less effort, it is likely that more and more people will be experiencing some of these signs as years go by.** So this test should also help those people, who are confused about what is happening to them, make more sense of it. And hopefully then they will start celebrating instead of worrying ☺.

- *I suggest you go through each of the 28 areas of awakening / expanded consciousness and decide if you are experiencing these signs. Then score each area from 1 to 10 according to how strongly and often you experience these signs. 0 is not at all and 10 is strongly and/or really often. Some advanced areas have double or triple score.*
 - *When you have finished, add up your scores to get a total score. Then calculate what percentage your score is out of 300 and write it into the box at the bottom. (actually 300 is not the maximum score, 400 is. 300 takes into account that people usually do not experience all signs and so it still represents a very high level of expanded consciousness anyway).*
- A score of 150 and more (50%+) demonstrates a noticeable spiritual awakening taking place ☺.*
- *Next time you take the test, you can add the new score in the table below so that you can see your progress.*

1. Amplification of the senses. Increased sensitivity.

External Sight: noticing things in more detail, seeing things you might previously have just walked past. Finding everything more colourful and vivid, things around you become more alive.

In advanced stages of external sight amplification you experience new ways of seeing, e.g. some objects seem to be glowing, you may see auras around people, plants, animals, and objects against light background.

Internal sight: Improved mental visualisation – imagining things in your mind is much easier, more colourful and vibrant, visualisation is more fun. When you imagine things not only do you see them but you hear them too and you have a sense of their texture or even smell and taste. For example, when you imagine being on a beach, you feel the sun, soft sand and the waves splashing on your feet. You hear the waves crashing on to the shore, smell the sea air and even taste the cool orange juice in your mind.

You may spontaneously see geometric shapes, brilliant colours or pictures when your eyes are closed.

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| Score |
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Hearing: Noticing sounds a lot more. With it the environment surrounding you becomes more alive. Finding music more beautiful, not enjoying loud noises much. Improved ability to switch off from the sounds of the environment when the mind is calm or focusing on something. Ability to fall asleep quickly in a noisy environment is another nice benefit.

In more advanced stages your ears will be adjusting to new frequencies and you may start hearing more subtle sounds that others do not notice.

Hearing sounds that you imagine in your head more easily and occasionally spontaneously hearing sounds, e.g. music and water flowing.

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Enhanced sense of taste and greater sensitivity to food: Experiencing deeper and greater variety of tastes, e.g. noticing various ingredients in food, noticing how sweet and salty a lot of food is.

You can tell better if the food you are eating is good for you or not. You may more easily recognise if the food is fresh or not, you may notice how stale some food is and how some processed food lacks deeper taste and life force energy. You may notice more often how bland cooked meat tastes without seasoning or a sauce. Some people even taste chemical additives in some foods. You may also feel the positive impact of some cleansing food and drinks e.g. herbal teas better than other people.

You have increased ability to recall the tastes of food when you imagine or see it.

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Enhanced sense of smell and touch: Noticing the subtle smells during every day life, like food cooking, when out in nature, in buildings, cars, noticing fresh and stuffy air. Some people realise they can smell chemical additives in some foods. You have increased ability to recall the smells of relevant things you imagine.

“Softer things feel softer and harder feel harder”. Noticing different textures of various materials and surfaces which you touch or feeling them when you just see them.

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2. **Vivid dreams:** The stronger senses have an impact on your dreams. The dreams are often more vivid and feel very real. You may even be dreaming whilst only half asleep. Or you may have lucid dreams in which you are in full conscious control. Many dreams may be mystical or carry messages for you.

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3. **Changing sleep patterns** like needing less sleep or waking up two or three times a night.

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4. **Changes in eating and drinking habits:** Some find they need less food / get full quicker, some become hungrier and may eat more often (usually smaller quantities). You may drink pure water more often and enjoy healthy food & drinks more than before, e.g. pure fruit juices and smoothies become more satisfying. You may enjoy heavy or oily food less than before and prefer lighter food.

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5. **Feeling things more with the heart rather than thinking about them.** (see description on pages [] for more details

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6. **Having higher awareness and being more present and alert:** You have increased awareness of your own emotions, thoughts and beliefs, as well as your body language. You also see things from a higher perspective more often than before.

You are more “present” e.g. when talking to people and doing things and more alert in every-day situations. (see description on pages [] for more details).

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7. **Suppressed negative emotions & unhappy memories e.g. buried fears, as well as unresolved old issues come up into your awareness during day to day life for no apparent reason.** This often happens as we expand our consciousness and it can be seen as an opportunity for us to harmonise these issues.

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8. **Physical discomfort here and there that comes for no apparent reason and disappears relatively quickly.** e.g. mild colds, flu-like symptoms without a flu, muscle pains & spasms. In many cases these physical manifestations may accompany body cleansing & balancing and the releases of stored emotions (but clearly they may not and instead they may indicate a bigger underlying problem).

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9. **Fluctuations of energy and body heat:** Episodes of having lots of energy followed by periods of lethargy and fatigue (such fatigue often follows positive energy shifts).

All of a sudden you feel hot from head to toe or you feel really cold without a reason

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10. **Feeling lighter and looking younger particularly in the face.** This is a result of many things like releasing negative emotions, increasing flow of energy through the body, vibrating at a higher frequency. Wearing lighter clothes may feel better.

| Initial Score | Double it |
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11. **An increased desire to find yourself, to discover the meaning of your life, to develop a deeper spiritual connection, and to become more true to yourself & others.** You experience a compelling need to discover your life purpose and be who you really are without pretending. You may have started saying "no" to people whom you have tried to please in the past. Honesty becomes important in all your relationships.

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12. **Desire for “freedom”:** Desire to break free from restrictive patterns, life-draining jobs, consumer lifestyles. You may feel like “detaching” yourself to some extent from things that no longer serve you and from people that do not understand you.

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13. **Bursts of creativity:** You enjoy creative activities like art & crafts and playing music, and have moments of great creativity. Creative ideas and other inspirations come spontaneously to your mind.

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14. **Greater connection and harmony with nature:** You are drawn to nature and find peace there. You are feeling closer to animals and plants. Animals may seem to be more "human" in their behaviour and you may be less fearful of wild animals. You notice that plants “respond to your love and attention”, e.g. cut flowers you buy last longer in your home than before 😊

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15. **General slowing down, becoming less intense and more relaxed.** Your heart beat may have slowed down too. When you are more relaxed / slowed down, it is easier to be more present, more alert and have greater ability to focus...

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16. **Deeper sense of peace, joy and bliss.**

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17. **Desire to just be and not having to do things all the time. Enjoying own company / being alone.** Looking for moments of peace and really enjoying them. Losing interest in more extroverted activities. Finding it more difficult having to do lots of things during the day or to complete a task against a tight deadline.

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18. **A feeling that you are different than you used to be,** that you left your old self behind.

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19. **Perception that time is accelerating.** How fast do the hours, days and months go by?

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20. **Increased intuition:** Messages from intuition / Higher Self / divine beings entering our conscious mind become more frequent. e.g. thinking of someone and immediately hearing from them (email, phone, door bell).

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| Initial Score | Double it |
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21. **Increased synchronicity = helpful coincidences and many small miracles happen to us.** Synchronistic events also tell us if we are heading in the right direction or making the correct choices.

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| Initial Score | Double it |
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22. **Spotting sequences of the same numbers or patterns,** such as when you look intuitively at a clock and the time is two same numbers (10.10, 11.11 etc). This often feels unreal especially when it happens regularly. (Give yourself a score of 10 if it happens more than once a day ☺) Yet it is a very real and beautiful message from the other side, usually letting us know that “they” know about us and are helping us on our spiritual path.

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23. **Spotting and understanding other signs & symbols carrying spiritual message for you,** such as well timed personal messages picked up when reading, watching TV, travelling. The more one is awakened, the more symbols one spots and deciphers...

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| Initial Score |
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24. **Gaining other “supernatural” and healing abilities,** e.g. clairvoyance, ability to see auras or be a medium.

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| Initial Score | Triple it |
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25. **A sense of Oneness with all.** A direct experience of the Oneness. Being flooded with compassion and love for all life.

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| Initial Score | Triple it |
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26. **Increased ability to create desired reality in the physical world with intent.** Prayers are being answered faster too.

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| Initial Score | Double it |
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27. **Energetic activity at the crown of the head:** Occasional tingling, pins & needles, itching sensations along the scalp or down the spine. A sense of energy vibrating on top of the head or running into the body like "sprinkles".

Briefly feeling gentle pressure on top of the head. These may be signs of the opening of the 7th crown chakra and receiving divine energy through this channel.

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| Initial Score | Double it |
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28. Re-balancing of the left and right brain.

This needs some more explanation. Your creativity, intuition, psychic & healing abilities, your ability to manifest intent / thoughts, your visions and many more come from the right hemisphere of the brain. But we don't use this part of the brain that much. We tend to use the left side of the brain where thinking, logic, reasoning, order, organisation, structure, analysis, evaluation, precision, focus, problem-solving, and number crunching are done.

As we grow spiritually (or just clear our mind of busy thoughts to start with), we increase the activity of the right hemisphere. Our left and right hemispheres start to re-balance and our overall brain capacity increases.

This rebalancing may be accompanied by what seems like a reduction of the left brain activity. Here are some examples that people experience: temporary memory lapses, moments of no thinking at all whilst "wanting to think", placing words in the wrong sequence, lack of focus & concentration, forgetting what you are just about to say; finding it hard to absorb & process more difficult information; feeling bombarded with words and information, reduced interest in analysis and deep intellectual discussions.

On the other hand, the increased activity of the right hemisphere may, for example, increase people's enjoyment of creative and relaxing activities, e.g. listening to music, expressing self in various ways like through painting & dancing, watching interesting and inspiring films & documentaries, gardening, walking in nature.

The end state is using both hemispheres with mastery, which is well worth the bumpy ride. People like Einstein and other geniuses went through the same cycle.

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Total Score

| Date | Score | Percentage out of 300 | Comments |
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The new children

As life on Earth changes, so do the people that are being born... You may have noticed that children these days are different in many ways compared to when we and our parents were children. For example, today's kids seem to grow up faster and learn things like reading, writing and counting a few years earlier than we did.

On top of that more of today's children than in the past are born already spiritually awakened to various degrees. These children, collectively referred to as the Star children, are coming to help speed up the transformation of life on Earth. They also show us what amazing things can be achieved through spiritual evolution. The new generation of children can be characterised as falling into three broad groups:

Indigo children

Indigo children started arriving mainly from 1970s, even though bigger numbers of Indigos were born once before - after the World War II.

Indigos tend to be more sensitive and intuitive which helps them better understand emotions of other people and what is happening around them. At the same time they are very strong-willed, have clear sense of purpose, courage and are determined to achieve things in life. They do not like to be controlled and can sense dishonesty like a dog can sense fear.

Many develop into fighters for truth and fairness, into warriors of light. Just like the divine horse with wings Pegasus ☺. Their main collective purpose is to start breaking down the old ways of things that do not serve the majority. That what is built on greed and controlling people, what lacks integrity, what injects fear and inferiority into society.

It is sad that society often tries to restrain and suppress Indigos, especially when they are children. Some cannot cope with this ☹. They feel mis-understood and looked down on by adults. But they struggle to hold this inside. When they show their disapproval and anger about this, they get labelled as problematic children.

And it can get worse... The New Age medicine recognises that restraining and suppressing children may lead to some of them developing hyperactivity and even conditions like Attention Deficit Disorder (ADD) ☹. Fortunately, some classical doctors begin to realise that numbing these poor children with medications is not the answer.

So where did the name Indigo come from? If you look at the aura of the Indigo children, they have more indigo colour in there than others ☺.

Crystal children

Then in 1990s Crystal children started arriving in bigger numbers. They have large penetrating eyes which carry wisdom beyond their years. Crystals look deeply into people's eyes, making people often feel that they look right into their soul and scan them inside out. Combine that with their higher awareness & 6th sense and you can see that it is hard for people to hide their feelings and intentions from them.

Crystals are loving, caring, compassionate and forgiving children. They love being with people, have great communication skills, are generally happy & positive, and like having fun. They enjoy expressing their creativity through things like crafts, drawings, art, building things, music, dancing, entertaining.

And then there are their healing abilities and awareness of the other side.

I see a similarity between Crystals and the divine horse Unicorn with a magic horn. Unicorns are drawn to people who want to help others and who want to change the world for the better. They then help them on the way ☺.

Crystalchildren have strong connection with the nature. You may spot them staring at something in nature in a transe-like state. Are they seeing the fairies? Telepathy is often one of the psychic skills that they are born with. It can fade away though if they don't use it.

Crystal children have small egos and do not tend to feel restrained by society. Their affection and attractive personality makes them popular with others. But they can suffer from receiving little love that they so desperately need. They can also feel sad and baffled why everybody is not nice like them. They often say: "why can't people just get on and be nice to each other?" When others are not being nice to them, they may be withdrawn whilst trying to come to terms with it.

It is also worth mentioning that Crystal children tend to be fussy eaters preferring fruit, vegetables and simple foods. They know what is good for them ☺. They can also be physically sensitive, such as to some foods, loud noises and noticeable changes in temperature. These sensitivities may make them susceptible to rashes and allergies ☹.



Pict. [] The Star children

Rainbow children

Rainbow children are the third generation of new children who have come to help humanity evolve. Although they are generally being born from the beginning of the new millennium to some Crystal parents, there are not many around. They are little avatars bordering on enlightenment who know why they are here.

In addition to having features of Crystals, Rainbows have their hearts even more open and their life is all about focusing on helping others. They operate out of love and joy, not out of need or desire. Whatever loving thoughts, feelings, and actions they receive from others, they return many times magnified.

Rainbows have a variety of supernatural gifts including strong healing abilities. Just like Unicorn, they can help people heal their physical and emotional problems as well as their soul wounds which may stretch over lifetimes. Rainbows are said to be even able to manifest things relatively quickly in the physical world. These gifts may not be immediately visible when the children are small, but they grow into them fast.

Rainbows have perfectly balanced male and female energies and are fearless too.

So, now that you have the whole picture, I wonder if you recognised yourself, your children or your nieces and nephews as one of the Star children? If not, I hope that you find this treasure one day in the future ☺.

Parents of Star children should know that their children chose them as their parents because they have it in them to provide them with the supportive and loving environment that they need to thrive. And they want to share their amazing gifts with their parents too, because it is nicer to do things together with people you love...

Enlightenment

What is enlightenment?

There are many ways of describing enlightenment. Let's look at enlightenment from the perspective of the conscious mind, connection with own Higher Self and God, and the light within us.

During enlightenment you become one with your Higher Self and so become complete. In other words, you bring the consciousness of your Higher Self into your consciousness. That way your Higher Self becomes strongly conscious in the physical world and you become as magnificent here as you are on the other side of the veil ☺. You can then end the journey of regular incarnations into Creation too if you wish (many choose to come back as an enlightened being to help others achieve the same).

Spiritual light is manifestation of God and our godly Higher selves. By integrating our Higher Self into our consciousness and physical world, we bring the light of our Higher Self into our aura and our light body (which we have been building during our spiritual growth). And so enlightenment can be described as being filled with light, knowing & understanding light, acting in the way of light & highest good and having high skill of emitting light. This way you raise the energy vibration of everything around you such as people and matter, and create greater harmony. And you start doing this way before you reach enlightenment ☺.

The important thing to remember is that all this does not happen at a certain point in time. Enlightenment is not a point of reaching perfection, it is not a finish line that needs to be crossed. It happens gradually and there are always higher levels of enlightenment and consciousness that you can reach. And surprising to many, the same applies to your Higher Self who strives to increase its light too!

Enlightenment is like reaching one of many mountain tops and clearly seeing, feeling and being part of everything around you, **being one with everything there is, with the whole Being**. A realisation that my essence that I feel inside, my spark of life, is the "same" spark of life that is inside other people. And together they form the whole Being, Life itself. Feeling and experiencing that **I am the great I AM**. And remember, there are always higher mountains that we can climb where the vision is clearer and feeling of oneness is stronger.

Eventually, every highly enlightened spirit who completed the journey of incarnation into Creation experiences the magnificence of merging with the whole Being. The difference is that the spirit's consciousness is now much more evolved, mainly thanks to the achievements in the Creation. And because we are an individual spirit and at the same time all spirits are part of one Being (all life there is), our evolvement increases consciousness of the whole Being too. We enrich the whole Being by many things, especially that which we created, resolved and illuminated with our light.

Drop in the ocean analogy

There is a lovely loose analogy to the above in the Earth's water cycle. Imagine that the whole Being is the salty ocean. Individual spirits are created from the ocean as the water on the surface evaporates into the sky and creates water drops when it rains. The drops then fall on earth = incarnate in Creation, without any awareness of who they are. They have forgotten that they are part of the ocean and they do not recognise their new form = human being in our case.

And then they join with other drops, seep into the ground, get carried away by underground streams, brooks and rivers. It is not an easy journey. They can get quite easily caught, bottled up and sit on a shelf in a warehouse for quite some time ☺. And they cannot avoid evaporating into the air many times, only to fall back on earth and start the cycle again. The experiences on the way help them expand their consciousness. At some point they realise that they are more than the drop. They are the stream and even the river too! (humans realise this much later than the drop ☺).

By the time they finally reach the ocean, they are fully evolved and fully aware of who they are. This way the ocean = the whole Being evolves too, it becomes more conscious than before.

What is it like to be enlightened?

Because enlightenment gradually "comes" in advanced stages of spiritual awakening, it is not a point in time that we can look to describe. Some people would say that it is like being spiritually awakened multiplied by 10. That is still vague but then words may not be enough to describe it. Let me try to describe some feelings enlightened people have.

It feels like the most incredible sense of happiness, joy, peace, understanding and knowing. They have huge compassion and a deep sense of unity with other people and the nature. Their natural state is to love unconditionally, even though in various situations they still feel sadness.

They live in the present moment spontaneously expressing your inner beauty, wisdom and creativity. Their mind is not pre-occupied with the past or the future.

In many cases they don't have to think, they just know. They intuitively understand how things work, like the laws of the universe. They sense how energy materialises into the physical world from higher levels. They strongly rely on the divine synchronicity and let themselves be led by their Higher Self. They have an expanded sense of self beyond the physical self and experience feeling part of the whole Being.

All their senses are so sharpened that they are experiencing reality at much deeper level. They understand people and sense their deeper emotions. They see to a various degree people's auras and the glowing colourful energy of living things. As a result trees, flowers and stones may look shiny and velvety to them. They feel their presence and know that the trees and flowers are aware of their presence.

They have extraordinary creative and artistic skills and a variety of supernatural abilities which reflect their godly Higher Self which they brought into their consciousness. They may have strong ability to heal, clairvoyance along with the ability to look into other dimensions & communicate with the non-physical beings there (from higher spiritual dimensions or lower dimensions). They may have the ability to manifest things in the physical world quickly and so directly influence their environment. They may have the ability to speak and understand foreign languages without ever learning them. They may be able to levitate or to raise own vibration to become "invisible" in a crowd.

How can we tell that we are approaching enlightenment? - Rising kundalini

It is said that Kundalini energy (known as Shakti in India) is a key evolution force of a human being. It is the deepest instinct which drives us towards spiritual development and reaching enlightenment. This divine energy partially circulates in all of us from birth. But the vast majority of Kundalini "sleeps" in a reservoir around people's coccyx / lower end of the spine.

When one reaches an advanced level of spiritual evolvment, the "sleeping" Kundalini starts to activate. It gets released from the reservoir and rises up the spine (or sometimes through other parts of the body as well). Some Eastern traditions refer to this as the rising snake in our spine or the awakening of Kundalini goddess within us.

When Kundalini reaches the head, it is said that it vertically comes out through the crown chakra and then "sprinkles down and "washes through our body". On its way it purifies every cell of the physical body, the higher subtle bodies within our aura and our mind & soul. It prepares them for receiving light and it fills them with light at the same time ☺. Raising Kundalini also hugely expands our consciousness and so positively affects every element of our Being and our reality.

An important part of the purification is that the raising Kundalini energy (as well as the one circulating from birth) unblocks our energetic blockages often caused by our "mental and emotional baggage" like stored negative emotions, attachments and resistances. One usually feels the positive impact after the energy blocks have been cleared.

There are many layers of raising Kundalini and their release, which may take many years, may be imagined like peeling away the layers off an onion.

Experiencing raising Kundalini

The experience of raising Kundalini is very individual. It depends on number of things, one being how much energy gets released from the source at a time. It is usually a blissful experience.

A word of warning though. It can be an uncomfortable and difficult experience if the energy is stimulated before the person is mentally and physically ready (e.g. if there are many remaining energy blockages, usually caused by emotional and mental "baggage").

Kundalini energy can be unintentionally "pulled" when using drugs, during depression, trauma, big anxiety, excessive meditation, exercise & sex and even during exhaustion from things like being overworked...

If the person is ready, releasing a few layers of Kundalini at the same time usually brings the person into a wonderful state of bliss, which can last several days (they may think they have already reached enlightenment ☺).

It is important that one has a good posture and a straight back when Kundalini starts raising. A slouching back (lordosis) is likely to result in the diversion of the rising energy and its accumulation in the stomach. This may cause intensive emotions and various type of stomach ache. These are worrying things but they tend to be exceptions.

Experiencing raising Kundalini when the time is right is a reason to celebrate because we know that we are approaching enlightenment.



Chapter 3 - How things really are

Who are you really? Are you your mind?

I suggest we start looking for an answer to this by doing an **observer exercise: Who am I?**

- Find a comfortable and undisturbed place. Sit down, *close your eyes and relax by breathing through your nose deep in and out for about 20 seconds.*
- Now can you **become an observer of yourself?** – a second pair of eyes watching over you from above?
- *Start by feeling your inner body first and then try to “look” at your body from above. Can you see yourself sitting there? Can you see your head and shoulders?*
- Then *move your attention to how you feel. See if you are happy and relaxed right now or perhaps a bit tense?*
- Then a slightly more difficult bit – try to *observe your thoughts. The thoughts that you have right now. Are you thinking them or are they freely coming into your mind?*
- If you want to go the extra mile, then try to *observe everything together - your body, your feelings and your thoughts. This is quite hard though.*
- Then gently open your eyes.

Good try no matter how well you think you did.

Now back to thinking again. Who actually was the observer? By observing your thoughts you have also observed your mind, so it couldn't have been your mind that observed your mind.... It was kind of a higher mind, right? A higher awareness.

Interestingly, you are also in this state of a “higher mind” when you are very present (*this is explained in chapter [] on pages []*).

Well, when you are in this state of a “higher mind” above your thoughts, you are close to the real inner you.

Did you know that you have an inner you who does not worry, does not fear, does not judge, is happy, joyful and peaceful?

The inner you does not depend on what will happen in the future to feel fulfilled. The inner you does not need to do, get, achieve, prevent or change something to be happy, joyful, loving and peaceful. It just is like this already. Here and now. By the way, this does not mean that the inner you can't be sad or feel hurt. It can feel this way for example when it is visibly suppressed by own ego.

Similarly, the identity of the inner you is not formed by your past, your achievements and position within society - this is the ego's way. The identity of your inner you is how the inner you is right now. And the inner you is already unique and magnificent. It has many unique abilities and talents that you have probably not discovered yet...

On the other hand, when you are busy thinking, analysing, reacting, judging, you are submerged in your analytical mind and in the internal reality that you created with your mind.

And it is your analytical mind and your internal reality that tells you how you should feel - when you should fear & worry, when you should be happy & joyful and so on... Our internal reality actually drives many more things in addition to how we feel. (*I expand this in section [] on pages []*)

So we can conclude that there is more to us than we think. **We are those parts of us that we brought into our awareness / consciousness. Additionally, we can connect with higher parts of ourselves still outside our awareness when we focus on them.** Our attention is very powerful, you know.

Becoming your inner you

The good news is that you have already brought a bit of your inner you into your awareness with the observer exercise above. As you practice this on your own and in *chapter 4 - Achieving higher awareness and becoming more present on pages []*, more of the inner you will come out ☺.

You can also feel the inner you when you for example meditate or perform some practice which temporarily expands your consciousness. Getting into the “awakened state of mind and heart” for a while would be one of these ways (*described in the Spiritual awakening section on p []*).

And the inner you should “stay with you” for good because once you bring it into your awareness, you cannot forget about it. In other words, your expanded consciousness does not shrink when you wake up the next day ☺. But it is still your choice how much you become the inner you. It is very easy and common to shift your focus back into the analytical mind and so move your inner self into the background or even under the carpet (knowing that it is there).

To understand better how to become more the inner you, it would really help to know where the inner you really is, right? This is difficult to answer because the inner you is not an individual being residing in one place within you. But we can say, which may surprise you, that **our heart is the bridge to our inner self**. And so **the more we open and live through our heart, the more we naturally become the inner us**.

As people spiritually grow overall, they become more and more their inner-selves too.

Connecting with your Higher Self

You may wonder “how far” is this inner self that you experienced during the Observer exercise from your soul and your Higher Self / your spirit. Similarly like our inner self, our soul and Higher Self are not individual beings residing in one place within us. But we can say that your inner self that you felt is quite close to your soul and even the Higher Self. **And so the more you become the inner you, the closer you get to your soul and Higher Self**.

I’m explaining the difference between the soul and the Higher Self / spirit *in section []* on pages [] but because the distinction is not significant for the purpose of this book, we can comfortably use the term Higher Self for both our soul and our Higher Self / spirit for now.

So how do we connect with our Higher Self? We said earlier that as we expand our consciousness in general, we start integrating the consciousness of our Higher Self into our own consciousness and aura. And there is more.

Just like with our inner self, our heart is the bridge to our Higher Self. So the more we open our heart and the more compassion we feel, the more we connect with our Higher Self. Our intuition, a higher intelligence in itself, is another bridge to our Higher Self. Our Higher Self communicates with us mainly via messages from intuition and through our feelings.

By connecting with our Higher Self we feel our Higher Self. How? We experience our Higher Self through the help and love that we receive, the communication via intuition, symbols & coincidences, the supernatural abilities we receive and many more.

Some sceptical people would argue with this and say that if scientists have not proved the existence of our Higher Self, then they will not believe this. Well, the good news is that scientists have kind of proved it already. They proved that we all have supernatural abilities like telepathy or even clairvoyance. But because these abilities are “sleeping” in the right brain hemisphere, which we do not use much, the scientists are not sure how to unlock them. They managed to “wake the abilities up” during hypnosis or other trance-like states, but they know this is not natural.

What the scientists did not realise is that it is not a question of “unlocking” these abilities but rather developing connection with the main source of these supernatural abilities – the higher parts of ourselves. The right brain hemisphere is more like the physical vehicle through which higher parts of ourselves can express themselves.

Difference between you and angel

Now, do you know how big is the difference between the real & complete you and an angel? Quite small actually ☺. **We are both a piece of God! Your spirit has been created from God’s essence to develop and become fully conscious and an Angel was created from God’s essence to exercise God’s will and help spirits to develop.**

You are that small piece of God who has chosen to develop by coming to earth and be a human being. To do that you agreed to forget who you really are and disguise yourself as a seemingly fragile human being... The angels and other divine beings stay on the other side to help you with your journey. Did you get it? It is grand! Underneath your ego, you are divine and already magnificent!

And when you awaken and connect with the second half of you, you become kind of an angel with flesh and blood living on this Earth. You will have immense **power to create compassion and light everywhere you go and the ability to create heaven on earth**. Yes, you will see or feel that angel in the mirror when you look at yourself one day...

I know you can think of many people where this is hard to believe. But don’t forget that these people are still strongly attached to their egos and have not opened their hearts. As a result they are far from their true inner self. Some are so far away that they can even create “hell on earth”. And that breaks my heart ☹.



Pict. [] You or an angel?

Love for self

We said that the real you does not worry, does not fear, does not judge, is happy, joyful and spreads love. It is the innocent, happy and loving child within you, similar to an excited and happy child in the moment he/she starts walking for the first time... We can often feel this child when we “live through our heart”.

How can we ever not love or not like such a person? Yet we often don't. As we grow up we became more serious, take on all those life responsibilities, pressures and worries, adjust to life demands. We move to live mainly through our mind. And we tend to forget about the child within. Some adults find the thought of an inner child ridiculous.

In addition, many people start disliking various things about themselves at different stages in their lives. Some as soon as in their early childhood when peer pressure starts building up. They usually don't like the way they look but also if they lack physical abilities, confidence, self-esteem or intelligence. They may not like other things too, like if they get ill regularly, fear things, worry, made bad decisions, forget things and so on. And they then often carry this unhappy state of mind and linked emotions with them for big part of their lives. What a shame ☹.

You can see the sad consequences of people generally not liking themselves or their body. They may not care about themselves much, e.g. they don't respect their body, don't look after their health & well-being, don't give themselves rest when they are not well, or don't create time to relax and enjoy life. Or they can be tough on themselves, blame themselves for many things and "allow" external world (work and people) to make them stressed.

In summary, these people don't love themselves! Yet they care for and love their children, partners, parents, even pets... Yet we can love others even more when we love ourselves.

The key to our mastery is the opposite to suppressing our true self. It is to love ourselves and to love our inner child.

It is allowing our inner child = our inner self to express itself!

Actually, our soul is also like this innocent and loving child. And it can get really hurt, even fragmented by the way we are.

Loving ourselves is to realise that we are magnificent inside, that we are divine. It is our ego that does a good job in hiding this from us and often leads us astray.

Loving ourselves is caring for ourselves and being kind to ourselves. I'm describing later in the Health chapter what a magical job our body does to fight off foreign invaders and overcome the problems that we cause with some of our actions. Is this not another good reason for liking our body ☺?



Pict. [] My inner child

Loving ourselves is accepting ourselves including what we don't like about ourselves. When we accept with compassion what we don't like about ourselves, we forgive ourselves. This creates "a sacred space filled with love energy". This "space", in which healing can happen automatically, will then help us move forward with more ease.

Moving forward will mean different things. In some cases we manage to overcome a perceived weakness that we could have not overcome before no matter how hard we tried, e.g. being shy. Or moving forward will mean that we realise something important, such as that it is not really a weakness but something that is helping us develop as a person and spiritually, e.g. having to wear strong glasses from young age.

Ritual: Attuning to healing Reiki energy

Receiving healing Reiki energy is one of many other ways, how people can choose to move forward. Earlier I said that I made a commitment to regularly send healing Reiki energy to a group of those readers who would like to receive it ☺.

To help readers attune to it, I drew a picture below. All of the objects there have certain meaning and their combination creates a sacred space where Reiki energy will accumulate.

I am going to describe one way how to attune to receiving this Reiki energy (a quick meditation):

- I suggest you find a comfortable and undisturbed place (sitting or laying down), look carefully at this picture and then close your eyes.
- You can start by asking to receive this healing energy in your mind. Then I suggest you relax by breathing through your nose deep in and out for about 1 minute, concentrating on your breathing.
- If you want to make the experience more effective, you can then imagine a sequence of rainbow colours described in the [Rainbow walk](#) on pages []
- Then you can imagine climbing up the ladder, walking through the door and entering a beautiful garden full of light, trees, flowers, butterflies, singing birds (use your imagination to co-create it).
- Have a look around, absorb and enjoy the beauty, and then sit or lay down under the tree with the pink aura around it (there is a sun bed for those who prefer it ☺).
- Then imagine receiving this beautiful, gentle, loving and calming energy. You can imagine being surrounded by and bathing in white, golden or sparkling light. You can imagine a stream of this light entering your head (through the crown chakra at the top) and spreading through your body like gentle waves. Feel the serenity and the connection...



Pict.[] Reiki garden

- When you are ready to leave, you can thank the Reiki healing energy (it is conscious ☺) and imagine leaving the garden through the door, climbing down the ladder.
- I suggest you create a loving protection around yourself by imagining surrounding yourself in a pink light (the love energy ☺) at any time during the meditation.
- Those who have done the Rainbow walk can imagine the rainbow colours backwards before opening their eyes. This is not essential but it smoothens the switch to normal state of alertness.

Some of you may wonder what are you likely to feel, while receiving Reiki. It is very individual and depends on the person's sensitivity to energies. Some people feel warmth in parts of their body or just are very relaxed and peaceful.

I regularly send distant Reiki directly to people who ask me for it. Here is a very rewarding feedback I received from Megaly in Aruba who is sensitive to energies:

I felt very lost and was going through a very emotional and painful period in my life. Seeking desperately some help, I was introduced to Michael's book and later managed to contact Michael. He said that he will do his best to help me get through it. He gave me free consultations and distant Reiki healing sessions at specific times. When he was sending Reiki, I was amazed to immediately feel the energy around my body. Mostly it started with a slightly heavy sensation in my head and tingling feeling in my feet. Then I felt a relaxing and peaceful state of mind, connection, acceptance and love through my whole being. In some occasions I could see flashes of colours and even loved ones who already crossed over. At the end I felt lighter and refreshed like waking up from a deep sleep. The calmness of my body and mind after each Reiki session together with the book and consultations gave me the strength to hold on, see the bigger picture of my situation, understand, accept and slowly crawl out of the deep dark I was in.

Our life Journey

So it is becoming clearer that whether we want it or not, whether we know it or not, **we all came here to Earth for a purpose. We all came with a mission to undertake a journey of discovery.** A journey very specific to us but with a common nature for all of us:

A journey of discovering who we truly are inside. A journey of expanding our consciousness, growing and developing as a person, soul and spirit (in terms of its consciousness) and so raising our energy vibration.

We are here to discover eventually that underneath our ego we are divine. We are here to experience more and more our godliness and the love energy ☺. Unfortunately, many people are so absorbed by their ego and intellect that these words and ideas would sound ridiculous to them.

Our life is filled with millions of experiences. **It is our experiences that allow us to grow and develop.** Some experiences we select consciously, some are selected for us. We have freewill to learn and develop from them, to choose how we react to them, to “go up or down”. We have freewill to define who we are as a person.

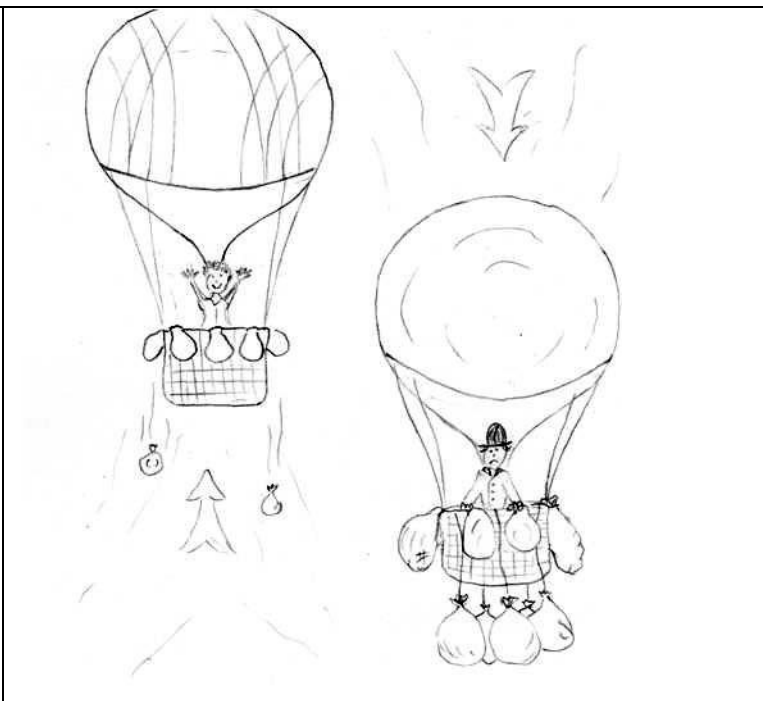
Everyone is at a different stage on their journey. When we were born, we were already at a certain point on that journey. Some mystics would say we were at a point where we finished last time we were here ☺. This makes sense but there is more to it. **It is different every life time and so it does not feel like a continuation of the same journey even though it is.** This is because we are meant to experience different aspects of the whole each time we come. It is similar to when we read different stories in a children story book and feel that whilst all the stories are different, they are connected through the main character and similar themes. The experiences in each story shape up the character in their own way. We can then see how the character carries this into the next story even though it may not come up if it is not relevant for that story.

During life we all travel in various directions. Some people move forward in their development, some get stuck (e.g. keep re-experiencing similar undesired things) and some actually go backwards, often without realising. And everyone is moving at a different speed.

It is like we are on an air balloon in space which has certain amount of sand bags that we create ourselves as we go along. And so at any one time the balloon can either be rising, be stuck in one place or be falling. As we rise it gets lighter and as we fall it gets darker. The more sand bags the balloon has, the more and faster it will fall, and the lighter it is, the more and faster it will rise.

And it is up to us how heavy or light our balloon is. It is up to us in which direction we move and how big distance we travel during each lifetime... Just like on this picture.

But if we don't know what are the sandbags, are not aware of how we are creating them and how we can drop them, it is very easy to miss the great opportunity to go up. Yet that is the main reason why we came. It is much harder to expand our consciousness when we are not physically here...



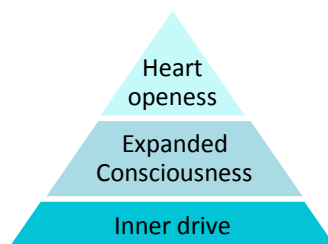
Pict. [] Life journey on a balloon

Everybody's journey is different but, believe it or not, **they actually lead to the same place eventually.** As we said earlier, the final destination of that journey of many life times is reaching enlightenment, consciously merging with our own Higher Self and so becoming whole and fully conscious being. And so complete the cycle of re-incarnations into Creation if we wish. Depending on how everyone rides their “balloon”, some people take a hundred life times to get there and some only ten ☺. Let's make this one to be the most glorious one!

How can we tell where we are on our life journey?

As we said above, the spiritual answer would be “depending on how much we discovered who we truly are” or “depending on how much we spiritually developed”. But both are very broad, so let's break it into 3 more practical and measureable things about us:

- How **open** is our **heart**
- How much we **expanded** our **consciousness**
- The strength of our **inner drive**



Pict. [] Measure of spiritual development

You are familiar by now with the meaning of expanded consciousness. Our “heart openness” is another way to check how much we developed spiritually.

You may wonder why is inner drive so important though. By inner drive I mean our inner energy, will, determination or motivation to live, do things, spiritually grow... We need the inner drive to expand our consciousness and open our heart. Without the inner drive, spiritual growth remains just an idea. Many people use their inner drive for different things though, such as to build their ego ☹.

There are other ways to assess how spiritually developed a person is, such as the vibration level of their energy, their aura, the openness of their chakras and even the level of their brain waves. We will cover these later in the book too, but they are linked to one or more of these three characteristics above.

One more important thing. All assessments have one limitation. They are judging & categorising and that is a human concept. Yet, everything is relative, depending at what we compare it to... Let’s look at an example. What about somebody who had been in a prison for regularly stealing things, realised and felt ashamed of his/her wrongdoing and is now quickly positively changing and spiritually developing. Is this person any “lower” than somebody who reached higher levels of spiritual evolvement, then became very complacent and is now slipping down?

So, anybody who is spiritually developing, no matter where they are, is doing a great job and deserves at least a pat on their back.

Self-assessment test - The overall level of our own spiritual development

Let’s stay with the idea of checking where we are on our life journey. In order to get an idea where we stand in each of the three areas, I created a self-assessment test for each area. It ends up with a percentage score for heart openness (“H %”), the level of expanded consciousness (“C %”) (this is different to the level of consciousness from which we most often operate), and the strength of inner drive (“D %”).

These tests are in different places in the book as follows. I suggest that you do them when you get there because each area is explained before the self-assessment.

- *You may have already done the Expanded consciousness test which is in the Awakening section on pages []*
- *The Heart openness test is in the Emotions chapter on pages []*
- *The Inner drive assessment is in the section “What defines who we are as a person?” on pages [].*
- *As you complete each test, you can add the percentage score into the first pyramid below.,*
- *When you feel at a later stage that you have made noticeable progress in these areas, you can do the self-assessments again and add the percentages into the next two pyramids.*

| | | |
|-------|-------|-------|
| Date: | Date: | Date: |
| | | |

Life journey does not need to be as hard as many find it

Many people would say that their life journey is quite hard overall and so it is difficult to keep enjoying it as they go along.

So some take each day as it comes and hope that there will be happy periods. Others set themselves various “destinations”, focus on reaching them and enjoy them when they get there. These destinations can be big and small, e.g. when they finish work each day, when they are spending “quality time” with people they like, when they watch their favourite programme, when they go on holiday, when they get promoted etc. This way they enjoy life in small doses here and there. Most of the time when they are in between the destinations, they would often say things like “I’m just plodding on” or “hopefully I will be there soon”.

And there is more. Some people set themselves a new destination that will make them happier soon after they reach the previous destination. And so they never stay happy for long...

Because most of our life we “travel”, **life is more about the journey to the destinations rather than experiencing the destinations once we finally reach them.** And so it is the journey that can bring us cumulatively most happiness while we are here.

But like we said these people don't see it that way. They have other reasons why they tend to find their life journey quite hard too. They often say that they struggle and go through unhappy times (including various forms of suffering) because of many things happening each day that are outside their control. They don't know what tomorrow will bring and sometimes they wonder what is the best thing for them to do.

To sum it up, most people often feel like they are alone in a small sail boat on a stormy sea, and life = the waves and wind throws them from side to side. They feel as though they have no control of this boat.

Or they feel like walking with a blindfold over their eyes on a huge field with lots of stones, lumps of earth and holes. Not only they often struggle and stumble because they can't see, but even if they could see, they may not know which direction to go on this huge field. To find true happiness, peace and joy during this journey seems too much to ask for...

But it does not have to be this way! We can get control of our boat, we can take the blindfold off our eyes. We can do even more than safely steer our boat through the storm. How about eventually becoming the deep ocean instead? The ocean that is calm inside and not affected by the storms on the surface.

I want to help people achieve all of this. I want this book to help them overcome their struggles and suffering and find lasting happiness.

One of the first things that we will do is learn how to take the blindfold off and see what is around us and in front of us. This will allow us to step over the lumps and eventually, once we know which is the right direction for us, choose a more comfortable path to walk on. Our Higher Self, a guide we can trust, will really help us with this. Then it should be much easier to enjoy the journey...

So let's start taking the blindfold off and see what is in front of us.

How do we experience each moment in life?

Firstly, we need to understand better how we actually experience life - every second of it. Then we will learn how is what we experience actually created before it happens, including the events that happen to us and situations we get into...

We can say that we experience every conscious moment (i.e. when we are not sleeping) broadly in two ways:

Experiencing the external reality

We experience the external reality = what is around us mainly with our **5 main senses** – what we see, hear, feel, taste and smell. We also experience the invisible external reality with our **higher senses**, like feeling it with our heart and through our intuition.

We experience the external reality during what we choose to do in every moment, and as things happen to us & around us, like various events and situations.

These experiences bring us physical sensations, e.g. an ice lolly looks colourful, feels cold and tastes sweet. They trigger thoughts, visualisations, various states of mind, e.g. wonder and dislike, and feelings and emotions, e.g. joy, anger, fear, calmness, which we then experience as our internal reality.

Actually what we perceive as the external reality is adjusted by our mind much more than we think. Our mind selects only a small amount of what our senses pick up in order to make it manageable for us, for our conscious mind. Then as we increase our awareness, the subconscious mind responds and allows more information to come into our conscious mind. This is expanded on in the section External reality on pages [].

Experiencing our internal reality

We also experience our internal reality, i.e. what we create with our mind, like:

-Our **thoughts**, together with the accompanying **images, visualisations, feelings and emotions** which form our experiences linked with each thought. Our thoughts come and go but the more dominant thoughts keep re-appearing = they form our thought patterns. Our mind stores our thoughts and the accompanying images, emotions and feelings as memories.

-Our **intentions, desires, beliefs, opinions, and values**. Similarly like thoughts, they carry images, feelings and emotions but they are kind of sitting deeper in our mind than our thoughts. They are more engrained in our mind and they re-appear when something triggers them off.

-Our other **states of mind like resistances, attachments, joy and sadness, fears or worries**.

-Our memories and dreams that we remembered

All of these can either arise as a reaction to us perceiving and experiencing the external reality, as an active creation of our mind, or they occur spontaneously, e.g. sudden thoughts, visualisations and feelings.

It is clear that we build our internal reality throughout the whole of our life (and prior to that ☺ - how else would you explain for example phobias that people have for no apparent reason ☺).

No wonder that our internal reality is extremely powerful. It has a big influence over how we feel and what decision we make. Interestingly, our internal reality, like our thoughts, beliefs, views, expectations, intentions, desires also plays a big role in what external reality we perceive with our senses every moment – what we see, hear, taste, feel... It can completely twist it ☺. And so changing our internal reality changes what we virtually pick up from the external reality! Amazing, isn't it? And there is even more that our internal reality can do, which we will get to in a while.

Subconscious mind – not just the storage of our internal reality

In the scientific language our internal reality is a very detailed map in our brain, which consists of billions of connections between billions of neurons. We build and re-build these connections as we go along. A chunky part of that map is referred to as our subconscious mind.

Because the subconscious mind still remains a mystery to many, there are many different definitions of subconscious mind floating around, usually created by psychologists like Sigmund Freud, doctors and scientists. Some definitions completely confuse subconscious mind from the unconscious mind. The other problem is that these definitions do not recognise the spiritual aspect of the mind, even though quantum physicians are getting close.

A good way to imagine one important function of the subconscious mind is that it is like a storage room of everything in our mind that we are currently not aware / conscious of, but can become aware of. And that is unbelievably huge amount of stuff.

The subconscious mind stores all we have ever experienced, all images we have ever seen or created whether we were aware of them or not ☺, all our past thoughts, views, beliefs, emotions and states of mind we have ever had whether we were aware of them or not.

Some things in our subconscious mind we can bring into our awareness = conscious mind easily like our views & beliefs about things. Similarly, we easily recall things like somebody's phone number or our experiences in recent past, and we bring them this way from our subconscious mind into our conscious mind.

On the other hand, many things are quite hard to bring into our awareness like what we did 3 months ago, our engrained beliefs and body language.

In addition to storing information, scientists found that our subconscious and unconscious mind is similar to an extremely intelligent computer. This computer does many amazing things. It controls our body functions (together with other things like our genes stored in our DNA), it has deeper knowledge and understanding of how things work & fit together, it even knows the answers to complex mathematical questions, can understand foreign languages, and has other supernatural abilities that cannot be explained.

But this idea of a super computer in our head outside our awareness somehow does not feel right. We are not machines and something is missing isn't it? This is where the spiritual side comes in and we already talked about it earlier in connection with the supernatural abilities. **It is the higher parts of ourselves that is the higher intelligence... Our subconscious & unconscious mind (as well as our heart) is the vehicle that brings higher parts of ourselves into the physical existence... It is the vehicle that allows higher parts of ourselves to communicate with us, express themselves and "run the body"...**

As we expand our consciousness, we not only become more aware of these higher parts, but we also become aware of more things stored in our subconscious mind. The way this happens is very clever. In one way, we find it easier to access our subconscious mind at will. This may bring benefits like improved memory.

In another way, more things from subconscious mind come into our awareness seemingly spontaneously. But we do not start remembering all sorts of random and unimportant things, like what we had for breakfast 9 months ago ☺. It is more sophisticated than that ☺. **The higher parts of ourselves "send" into our awareness more of those things that we can do something with,** like the important things to remember, e.g. where we put something that we have been searching for years ☺, or the important things that we need to realise, e.g. our unproductive beliefs.

How are our experiences and events that happen to us created?

Now that we understand the internal reality, let's carry on taking the blindfold off by answering this big question. It has a big answer and many revelations & surprises are coming because things are not as they seem...

Our experiences don't happen randomly. Both us and "the other side" create what we will experience, the events we attract, the situations we get into. Many of these we create in the present moment, many we created in the past and quite a few are created for us by the other side, usually to help us develop.

A. Experiences and events that happen to us which WE create

Many experiences, events and situations we create in the present moment in the obvious way:

1. We constantly make freewill decisions, choices and take freewill actions

The bigger ones like what we will do, e.g. we decide to go shopping, for a walk, watch TV, read a book and the tiny ones like what we will look at, what we will listen to, taste, touch etc.

These then bring our experiences and what happens. And we co-create (partially create) our external reality this way, e.g. the way we arrange our home and everything in it.

These events and experiences may come straight away or later - e.g. when we decide to go on holiday abroad in 6 months, or when somebody doesn't brush their teeth and eat a lot of sweets, they are likely to develop tooth decay...

Our freewill is a great tool to co-create a happy reality for us. But making freewill decisions is not as easy as it sounds. We often don't take actions and make decisions freely according to how we feel right now... Like we said, our decisions and actions are strongly influenced by our internal reality. Often we are not even aware that these old beliefs, attachments, resistances & fears are behind our decisions and actions.

On the other hand, some of our other decisions and actions are intuitive. They are not the result of our thinking, logic and reasoning, whether we realise it or not. Here we make them together with higher parts of ourselves.

The funny thing is that we do not really know what experiences and events will many of our decisions and actions bring. For example we do not know what we will see on TV after we decide to put it on. We do not know what we will find out in the book we bought or when we go shopping. We do not know who we will meet on the walk after we decide to go for a walk.

This is where our internal reality and the other side get involved ☺. Most people are not aware of this...

2. We interpret the external reality according to our internal reality

Our beliefs, views, intentions, desires, linked personal qualities, fears etc. influence how we perceive the outside world. We all perceive the outside world in our own way (especially what other people say & do ☺). We also perceive physical objects around us in our own way.

And this can go so far that each person sometimes almost sees a different, their own reality around them. We often see what we want or expect to see, what we believe in and so on. This "own reality" then creates our individual experience. This individual experience is then different to somebody else's experience even if we both look at or hear the same thing. And it is all about experiences, the whole life is a journey of experiences.

Here are two examples:

-If somebody carries a lot of fear inside, they may find something to be fearful about in many things, whilst others would not experience fear in the same situation. Some religious authorities teach people to fear God. So when somebody who fears God, say in India, sees a statue of godly figures, they may perceive them like on the first picture. Whereas a tourist visiting India without any knowledge of local traditions may see the statues as nice colourful figurines, just like on the second picture. Yet they are both looking at exactly the same statues...



Because people often see with their own eyes what they want to see, it naturally fools them into believing that they are right. And so it is hard for many people to change the way they see things or to be convinced by others that things are different. This often leads to disagreements and even arguments between people because both are convinced they are right.

So next time you will be left in disbelief by the way somebody reacts to what you said or did, remember that it may not be personal but a sign of a very different reality that the person is submerged in ☺.

People's beliefs, values and views play a bigger role here than many would think. Once they are formed, they influence us whether we are aware of them or not. In many cases we form them a long time ago and then kind of forget about them, but they stay pretty active in our subconscious mind until we change them. As a result, many people continue to interpret the external reality according to the beliefs that they formed in their childhood...

Let's look at some more examples.

When Francesca was young, her dad told her many times that it is not safe to be alone outside in the dark. And she still feels quite uncomfortable today when she walks home from work in the evenings.

Lucy formed a belief when she was three years old that people with tattoos are rough and aggressive. This is because two rough and aggressive men with tattoos lived in her neighbourhood then. As opposed to Francesca, she completely forgot about her belief and the two men later on in life. Yet whenever she meets a person with tattoos, she feels at unease and does not know why.

E.g. Peter formed a view in his childhood that he is a bit ugly looking. He grew into a handsome young man but struggled to find a girlfriend. He always felt that girls that he liked (usually enjoying playing sports like him) would not want to go out with him. And when he tried, he was very quick to conclude that the girls did not like him - e.g. he thought that he saw this in their body language, the way they spoke with him, or when they did not return his call within a day...

Because people interpret external reality differently, they also react to things differently and behave in common situations differently. The way somebody else reacts to what we see or are told may be so different to our way that we are left in disbelief. Just think of a situation where a group of Tibetan monks visiting the US share a meal with a group of Harley Davidson bikers in a highway motel ☺.

3. We attract external reality that resembles our internal reality

Welcome to the world of magic. We virtually attract experiences and events that just happen to us seemingly out of nowhere and resemble our internal reality, **Our mind magically attracts experiences and events that reflect "the person" who we have built with our mind up to that point.** That powerful it is... The divine mechanism that makes this happen should be familiar by now – synchronicity.

Of course, this happens less frequently than we would like. Only some events and experiences have been attracted by our dominant internal reality. Otherwise everybody with a strong desire to win a lottery would do so ☺. There are many other factors that influence what will happen, like the other side...

But one thing is clear. Our intentions are very powerful and **we can even spiritually grow just by having intent to do so.**

You may have heard the saying that **life gives us a mirror through various events and experiences. This mirror reflects who we are.** That is another way of saying that we attract an external reality that reflects our internal reality.

There are many reasons why it works this way. It is kind of fair. **We have element of freedom to create what we like** (even though we don't realise it) **and we then live with that. And the mirror is the opportunity for us to recognise in these events the similarity to our inside** – to our internal reality. Similarity to those things that we may not be fully aware of about us, we may not like, we may be denying. **And if we recognise it, we can then change it.**

Let's start by looking at attracting experiences and events linked to our dominant desires, intentions and prayers.

E.g. Amira is getting bored at work and has strong desire to find a more rewarding new job. She also longs to fall in love. Amira spends lot of time looking for a new job, attends a few interviews but nothing comes out of it. One day she bumps into a childhood friend Tom whom she really fancied then. They realise that they still have a great bond and start going with each other (Tom is single too ☺). To Amira's surprise it turns out later that Tom has his own business and is actually just looking for somebody who can do exactly what Amira excels at... You know how the story goes from here ☺.

The problem often is that whilst we wish for something, we don't wish it strongly enough. There are other bits of our internal reality that take over. Like fear ☹. Fear is very powerful and can easily take over people's actions, decisions and even big parts of their lives.

Actually, here is a nice tool to assist us in attracting external reality - a good imagination. Creating images in our mind that represent our desires and intentions give these more power. When we imagine things, we usually don't allow fear to step in either ☺. I give guidance on how to improve imagination in the *"Improving intuition and imagination"* section on pages [].

We also attract experiences and events linked to our dominant beliefs, views, values, attachments, resistances, personal qualities and even thoughts. These are less obvious though.

E.g. It seems that generally positive people tend to attract more "positive people" and more positive things happening to them than generally negative people.

Many people who believe that they have bad luck, actually tend to attract bad luck ☹.

Or when somebody complains a lot about all sorts of things, they tend to attract real things to complain about (not just things that they interpret as worth complaining about). Or somebody who feels like a victim, tends to attract situations that make them feel like a victim.

Again, please bear in mind that these are broad generalisations and trends supported by statistics and it does not automatically happen like that. But hopefully it does give you an idea.

A word of warning. As we said, the mind tends to attract what we concentrate on and **it struggles with the word Not**. It still attracts (to some extent) the things that we do not want, that we fear and so on, if we concentrate on them. So always imagine the positive side of things. Do not imagine what you do not want like being ill, lonely, late, failing exams.

Here is an example: Maria fears big dogs and worries about going into her local park for that reason. One day she asks her friend - "why is it that whenever I go to the park there is usually a big dog there, but when you go, you hardly see one?" Her friend smiles and answers: "Probably so that you learn to overcome your fear".

We can change our future and our external reality by reshaping our internal reality

Reshaping our internal reality is a great idea and we can achieve miraculous things this way. But it is actually pretty hard to do...

We tend to think that we freely decide our intentions, beliefs, desires in the present moment. But many of these have been heavily influenced and formed by our previous experiences, various people like our parents, relatives, teachers, society & friends, by our environment, society, culture, religion. We formed many of these a long time ago as far back as our early childhood.

Many of our views, beliefs, intentions, desires and linked personal qualities are well engrained in us and are very active in our subconscious mind. And if we have a go at changing them, some hold on to us like crazy. This is often because we have been feeding them & building them for so long....

Let me give you two examples.

There are people who love watching & admiring birds, and there are people who love shooting them instead for fun and to boost their ego. It will take a very long time for the hunters to enjoy just watching the birds, even if they decide that it is the right thing to do.

A very unusual incident happened during a safari trip in Kruger park in South Africa in the summer of 2013. The tourists suddenly saw two cheetahs chasing a poor impala. The cheetahs got so near her that the impala got so scared and made a leap of faith into an open window of one of the safari mini-trucks. One of the tourist who was not even a hunter said afterwards that he felt a bit sorry for the cheetahs. How much effort will it take for this person to genuinely feel sorry for the impala instead?

In summary, our internal reality is not just our pure independent creations in the here and now as we would like it to be... It usually is a pile of everything that we accumulated over our lifetime. It sticks, it is stubborn and hard to change. Yet it co-creates our reality today and our future tomorrow and so it almost runs our life... ☹

So it may not be easy to change it overnight by a thought, a new view, a new short-lived intention and belief etc. But it can be done. We can change parts of our internal reality every minute. We continually do that as we form and cement new views, beliefs etc.

And there is a faster way too. Remember we said that our internal reality is strongly influenced by how open our heart is. So when we involve our open heart, step back and get into the “awakened state of our mind & heart” = closer to who we really are, we can make powerful changes to our internal reality quickly and happily. We will be doing a lot of that later in the book...

When we manage to change the way we see things and so move on, we set in motion many things. It may feel to people like something new is starting. Like we entered a higher level in a computer game where new experiences, solutions and ways of seeing things are waiting. Do you remember when that happened to you?

B. Experiences and events that happen to us organised from ABOVE

Things happen to us not just because we and our internal reality create them. **The other side also independently “creates” experiences, events and situations that happen to us every day. The other half of us = our Higher Self ☺ plays a big role in creating these.**

Many people will not agree that things are organised from above. But what about all those coincidences that happened to you, were not the result of your previous actions. and yet they led to something big without your intention? May be the way some people that influenced you arrived into your life. Some you could not choose like people that you worked with or went to school with, others you may have met by coincidence. Or what about some important things that you found by coincidence? Were they really a result of chaotic world where things happen in random? Let’s go even closer to home. What about those sudden great ideas out of nowhere that you had (thinking they were yours ☺) which then changed your life for better.

The events that happen to us, the situations we get into and the experiences we have which are independently “created by the other side” and not by our internal reality or our actions & decisions are usually:

1. Opportunities and lessons for us to learn and develop from

These are opportunities to develop as a person, soul and even spirit and so expand our consciousness. As a person we can develop in many ways, mentally, emotionally, spiritually, physically...

2. Help from our Higher Self, spirit guides, guardian angels, God

The more we open ourselves to the other side (believe in their existence, genuinely desire their help etc.), the more help we receive. Often when we don’t even ask for it.

For example, Maya regularly finds a car parking slot in busy shopping areas whenever she looks for it with an open heart and intuition. The other people may often just be leaving their slot as Maya approaches. Kryon calls the divine energy organising this synchronicity “the parking angels” ☺.

This help includes guidance from the other side (when we ask for it) on what is best for us to do. The communication usually happens through our intuition, coincidental events & experiences we have, or through signs & symbols around us (this is expanded later on in section [] on pages []).

It is worth noting though that the days when it was enough to go to church and pray to God for help, then go home and wait until the help knocks on the door are largely a thing of the past. A prayer should be even more powerful than before but the help comes through synchronicity / coincidences when we go out there and search for it.

The other side also creates opportunities for us to communicate and build our connection with the divine.

Of course, we still have freewill in most of this. Firstly, we may not see the opportunities, help and guidance. If we do see them, we then freely decide if we take them or ignore them

Let’s have a closer look at the opportunities and lessons.

Opportunities and lessons for us to learn and develop from

The “other side” organises lots of these opportunities in the form of various events and experiences. But we often don't see them. **If you await the opportunities and coincidences with curiosity (or even excitement), and observe them from a stand back point of view, you will really increase the chances that you will spot them.**

Very common opportunities organised from above are **opportunities to learn about and better understand ourselves, people, life, the world.** This includes learning about different aspects of the duality of our world (the opposites; covered on pages []), and learning about how the universal laws work e.g. the law of Karma – action and reaction.

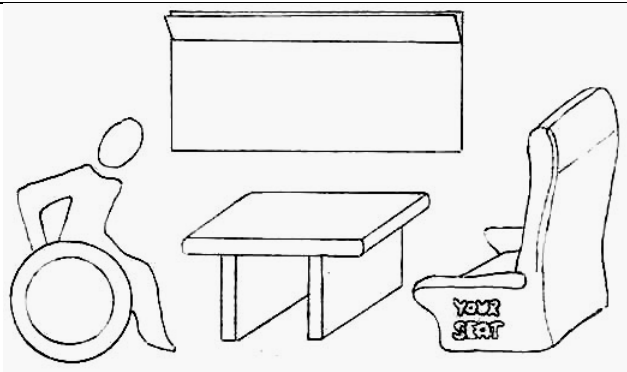
How about this opportunity organised from above? Actually it has been organised for you ☺. Will you take it?

Imagine looking up your seat on the train ahead of a 3 hours journey. You find it and are happy that it is a window seat. Then you notice that the passenger getting to his seat opposite you is a man on a wheel chair...

Coincidence? Only one seat out of nine hundred seats on this train is like this. And normally somebody accompanies a person on the wheel chair so this seat is usually booked. But not for you this time ☺.

How would you react to start with? What would your body language be like? Will you make your fellow passenger feel uncomfortable like most people do by perhaps quickly looking

out of the window? Or will you look deeply in his eyes, give him a genuine smile and chat to him during the journey rather than reading a magazine full of adverts?



Pict. [] Opportunity organised from above

Because our essence is love, the other types of opportunities we get is **to open our heart and increase the love that we feel & spread.** Like through developing our “positive” personal qualities and heart-based feelings and allowing ourselves to receive more love. Similarly, we get **opportunities to harmonise our negative emotions lacking love and our “negative / unproductive” personal qualities.**

Similarly there are **opportunities to generally reduce our resistance to the way life unfolds and so increase our tolerance level** and acceptance of things in life. This goes along with **opportunities to reduce our attachments to things.**

Let's not forget **opportunities to “make up” for our past decisions and actions** which we regretted / would have done differently today, and **opportunities to improve our health.** Why do we become ill is a complicated question with lots of different reasons. Many are covered under the Health secrets section on pages [].

Lessons

Sometimes it feels like we don't have much choice as we do with true opportunities. Sometimes we just land in it, like when something unfavourable happens and we are left to pull through it. If you look at what happened from a birds-eye perspective though, you should see how it actually created an opportunity to learn and develop from it. Let's call these lessons.

E.g. when an illness or an accidents is our lesson to help us develop. For example, somebody who is careless may injure himself because of his carelessness but in an unlikely way. This then invites people to make comments like “that will teach him to be more careful next time”.

When we are in a lesson, we clearly still have a free choice if we learn and develop from that lesson or not! Actually if we choose not to (consciously or because we don't recognise the lesson), the lesson or hopefully an opportunity often comes back later in a similar or different form. This mechanism is explained by the universal law of the Spiral on pages [].

If we generally do not want to learn and develop in life, if it is not our priority, then we often get more lessons that “push” us to learn and develop. Yet our experiences are usually much nicer and happier when we choose ourselves to develop as a person and spiritually... So why would we want to be “forced” to develop through things we don't like, through things that don't make us happy etc?

We can actually learn and grow from every experience whether it is good or bad, easy or hard.

Opportunities and lessons helping us harmonise our negative emotions and open our heart

Let's briefly consider these now by looking at what happens when some religious people are really unhappy and do not know how to stop feeling this way. They usually ask God to take away their pain. But the other side does not just take it away. It sends us big opportunities to overcome them ourselves.

What people don't realise is that this happens automatically even if we don't ask for it. **Opportunities and lessons to help us clear our negative emotions and open our heart happen all the time.** That is another life's secret. Of course many people ignore these opportunities and sometimes make things worse for them.

Let's look at a couple of examples how this can happen:

A stingy and greedy Wall Street banker keeps meeting people who ask him for money to improve their situation e.g. beggars or relatives. When he meets these people he gets "stingy and resisting" and feels negative emotions lacking love. These events make him experience his "disharmony", give him the opportunity to realise it, to decide to change it, and then change it.... But he continues to be the same way and does not give any money to anybody.

So a lesson comes along: One day he accidentally makes a really big mistake at work, which costs the bank quite a lot of money. He tries to hide it but he gets found out and loses his job. Because he has a large mortgage on his house and a loan on his posh car, he ends up losing both too. Suddenly he needs money just like the people that used to annoy him before. He also finds that almost all of his former work colleagues do not want to help him, they actually do not want to have anything to do with him... He can now clearly see their and his stinginess and greed. And he starts changing. Then suddenly things get better...

Or Tina is a successful fashion model but because she too busy travelling, she does not look after her son whom she had when she was 18. He lives with his grandma. Tina does have a very selfish boss though who shows little care and respect for her (similar to how she is to her children). But she puts up with it and carries on with the same life style. Her career ends early when she is 34 because of increasing health problems and stress from being pushed out by younger models. Tina ends up very frail when she reaches 40 and needs some care. Initially her son is not interested to look after her. Tina truly realises her selfishness then and starts quickly changing. Then suddenly things get better...

Let's look at different ways these opportunities can come.

Simply experiencing our negative emotions, e.g. anger **is also an opportunity for us to avoid experiencing it again**, even though this can be quite hard to do like we said earlier. And it assumes that we are aware of that emotion to start with and want to avoid it...

And there are other ways. Do you remember how we said earlier that life gives us a mirror and the mirror reflects who we are? The mirror reflects our disharmonies too 😊. But **we** usually do not admit that we have similar disharmony though by **seeing it in somebody else...**

Of course, there are other reasons why we attract certain people in our life, like to help each other or learn from each other, to compliment each other.

May be you can look at the people that you spend a lot of time with except for your family / partner (we will cover them later), think of what positive and negative personal qualities you perceive in them and then see:

-If you can find any of these qualities on yourself too; and

-If you wish to have any of their qualities.

Another way is by experiencing the opposite, in this case the opposite emotion or state of mind e.g. being optimistic and not pessimistic, **This allows us to appreciate both sides of the coin and their differences. It puts us in a better position to decide what emotions we want to experience.**

When are opportunities and lessons created for us by the other side?

As is apparent from the above, many opportunities and lessons are organised for us **during our life, often as a reaction to our freewill actions, decisions, the person we are building with our mind and heart etc.** E.g. somebody does something bad and a sudden opportunity comes for them to realise that it was bad and make it right, or somebody who fears something gets a sudden opportunity to face and overcome his/her fears.

But many opportunities and lessons have been determined earlier, not as a reaction to what we do. We (as our Higher Self) choose many of these before we are born 😊, e.g. our parents. We will look into this in the next section on pages []

Do events created from above take priority over what we are creating?

You may wonder what happens if there is a conflict between what the other side plans for us and what we are creating with our internal reality? For example little Josh's lesson planned by his Higher Self is to experience a loss of a

favourite toy because he is far too attached to it. Josh keeps the toy really safe, goes to bed with it and imagines how the toy will stay with him all his life. "Who wins?"

It is not a question of who wins. These things are connected and happen hand in hand in various ways:

Often, what is organised from above is a reaction to what we are creating with our internal reality. This gives us the opportunity to learn & develop from it. In our example it is likely that Josh will lose the toy one day... Hopefully he will accept the loss and learn from it by not getting so attached to other similar toys.

Or in one of the above examples above, Maria attracted the dogs because she feared them but also as an opportunity to overcome her fear. The park is after all a very familiar environment for Maria and as the dogs are led by their owner, Maria can feel reasonably safe.

Let's look at another example closer to home. What do you think was behind you finding this book? Did you perhaps attract it with your internal reality together with getting some help from the other side?

Similarly, things may happen as a combination of our past actions, internal reality and our perceptions. E.g. let's say that one person believes that people are generally nice and the other person believes that people are generally selfish. What happens then is that the first person is likely to see more nice things in people as well as attract more nice people in general with his internal reality and previous actions than the second person.

Can we change what the other side organised for us?

We do have two main tools to try and change what the other side "organised" for us if we really don't like it:

-Our own action to change it

E.g. George who is impatient and struggles to accept / tolerate things travels abroad on holiday. To give him an opportunity to gradually overcome this, he ends up in a room next to noisy people 😊. He doesn't like it at all and decides to pay for a room change.

But it is important to accept what is happening first and then try and change it. Mentally resisting what is happening whilst trying to change it usually does not work. Even if it does work, it is always hard to know how effective and productive any action was. In case of George, it was temporarily effective until another similar opportunity or lesson to improve his tolerance came...

-A prayer. A genuine prayer coming from the heart.

But even a prayer may not work if our Higher Self wants us to experience the lesson / wants us to have the opportunity to learn & develop because it is seen as best for us overall. Then it is usually hard to change that. But an intense prayer can achieve miracles...

How can events be created by the other side and our internal reality when it is often logically impossible?

Many people may still find it difficult to believe that our experiences and events are also created from above and by our internal reality. They are much more comfortable to believe that they are either the result of their own decisions and actions or pure coincidences. But this is an illusion, the illusion that many are convinced is the reality.

The more we awaken, the more we discover the amazing sophistication of everything that happens. We realise that more and more things which happen to us and we experience are actually our personal opportunities for our development. Like a big personal training ground. Yet these things that happen are often the result of random other things, like past and present actions and decisions of lots of other people we don't even know, and so they seem to have nothing to do with us and our advancement... But they have, everything is magically connected with everything... This is the real world and the common perception that things are not connected & most things happen randomly is the illusion...

Yet this sophisticated mechanism cannot be explained by logic. Many things often seem logically impossible to be that way. But when things are organised outside time and space, impossible becomes possible.

There are many sacred mechanisms involved and they will never be fully understood. The divine being Kryon has revealed how the future is created by the materialisation of dominant potentials, which I will try to explain with my words in the section [] on pages []).

And then there is the work of our Higher Self and of the Universal laws. The Universal laws virtually shape how the physical world functions. Such as:

-Law of Karma – mainly "you get what you give / create, you harvest what you sow"

-Law of Similarity – mainly similar attracts similar

-Law of Balance – e.g. each system strives for balance

-Law of Rhythm – e.g. things move in rhythm, cycle, circles which creates balance

-Law of Spiral – e.g. the opportunities keep coming back like a spiral until they are taken

I will expand on the laws in the “Universal laws section” on pages [], together with giving many examples to help readers understand how they work, how they may affect their day-to-day lives and how they may apply them.

What about events created by other people?

Having reflected on the above, you may say, “Well, I still don’t buy this because many events and experiences happen to us as a result of other people and their own freewill, like what they do.”

We perceive some of these events as good for us and others not good for us. Sometimes we actually perceive the events differently than what other people intended and so it gives us different experience than they intended.

Putting the differences in perception aside, That is logical but is not quite like that. It is very hard to explain this with logic though because these things are organised outside time and space. And so the answer will seem logically impossible. In simple words:

In a strange way, **every event affecting us and created by somebody else tends to bring something for us too. Like a specific experience, opportunity or lesson to learn something** e.g. realise something e.g. about us **or develop. It is then up to us & our freewill how we will react, if we take these opportunities to develop, learn from the event.** Usually people don’t see & realise this. Instead they blame the other person for everything.

And so even these events were not coincidences for us and were either attracted by our decisions & actions, our internal reality or organised from above.

Let’s look at an example: Paula, who is a friend of Mark, decides to buy Mark a really big birthday present because she really likes Mark and knows that he is going through a tough period at work. Could Mark have attracted that when it was Paula’s decision? Paula likes Mark because they both have a warm heart and because of the way Mark was to her in the past - the result of many previous Mark’s actions and decisions.

What about Paula’ warm heart you may say, surely that is not linked to Mark’s actions. Well, both Mark and Paul may have attracted with their internal reality a person with a warm heart into their life (the universal law of Similarity = similar attracts similar helped make it happen), or it was organised from above. I mean, the meeting was organised from above perhaps as an opportunity for both to help & learn from each other.

The key thing is to realise why we attracted these events and then act on that. Here is a 2nd example which shows what is in it for both people: A brother forgets and misses a short birthday party of his married sister (a fashion model) even though she talked about it for quite a while. This is because that evening he gets really wrapped up in his work in the office (even more than other days) because he makes good progress in his research. His sister actually calls him a number of times but his mobile is, switched off. She then gets really angry with him. Quite a few coincidences there ☺.

The brother may have attracted this event as an opportunity to realise that he is too wrapped up in his work. He also needs to decide how he will deal with his sister’s anger. Will he try to make it up by buying her something really big what she always wanted, or will he get offended by her anger because he doesn’t think it is such a big deal? His internal reality will guide his decision. It will reflect his state of mind, his dominant potential built with his intentions, beliefs, views, perceptions etc. And so his decision will show who he really is at present. If he chooses to get angry, this will be an opportunity to realise his weakness then or later.

His sister may have attracted this event because it is an opportunity for her to learn to be more tolerant, accepting and forgiving as this is her weakness. She is also too focused on herself and this event gives her the opportunity to understand her brother a bit more. She will also need to decide how she will react to her brother’s reaction, especially if he gets angry back....

Actually, there is another common scenario. We may have perceived the event differently than intended by the person. This is because we perceived it according to our internal reality – our beliefs, views, etc. E.g. when a girl tells her boyfriend she no longer wants to go out with him. She hides her reason (maybe she is shy, feels uncomfortable or is not ready for a close relationship yet) and so the boy interprets it that his girlfriend no longer likes him, he is not good enough for her and so on. If we realise the mis-interpretation later, it will be our opportunity to change our belief or view that led to this wrong perception.

Summary

To summarise this big section, it is clear that things don’t happen by chance. Our experiences and events are ultimately created by our present and past decisions, choices & actions, our internal reality (this also heavily influences how we perceive the external reality) and the other side like our Higher Self.

So, instead of feeling helpless, worry about the future & the past or resist the things that are happening, the wise thing to do first is to accept what is coming. When we learn to accept life, the difference is huge - life can stop being a struggle.

But it does not end with accepting things. Equipped with the knowledge of how things work, we can discover why things happen to us. Then we can move on by learning & developing from the events and by changing our internal reality to attract more happy events.

Before you explore your main life events and what you may have chosen prior to being born, let's practise a little. Can you help me paint the stories of these people in a Haiti village?

There seem to be as many similarities between their lives.

Life is tough, they work very hard, receive very little in return, just enough to get by. They live a simple and modest life.

Some like it, some don't. Some of those who do, point to the fact that their village was saved by the hand of God from the terrible earthquake in 2010. Some of those who don't like it, point to the hardship. But they are all there.

I suggest you think for a minute what kind of things that you perceive about them may be the result of their actions, what may have they created with their internal reality, and what may have been organised from above.

Enjoy it because you are looking at their lives from above just like your Higher Self does at yours 😊.



Pict. [] Tough life in a village in Haiti

Understanding what we chose before we were born

Like we said earlier **we, as our Higher Self, chose many things before we were born as part of our big life planning session.** Happy things and challenging things... Resolving and learning from the challenging things during our life will hugely move us forward in our evolvement. Many other Higher selves and divine beings actively participated in this planning session.

So what did we choose? **We had chosen some of those important people and major things over which we then had no control in life.** Otherwise, if all these were coincidences, it kind of would be less fair. But I know that many people would have never chose certain people in their life and so things may often still feel pretty unfair.

When it comes to choosing people, it is important to realise that it is a mutual choice. The people that we chose to be in our life chose us to be in their life. This is because we both (our life potentials) offer each other just the things that we are looking for this time round.

Here are some of the main things we tend to choose:

-Our parents, relatives, if we are boy or a girl, the shape of our face, the colour of our skin, the place and period we are born into.

They all will provide the environment and the opportunities & lessons that we decided to experience to be able to grow from, if we decide so. The Higher Self of our parents, relatives etc. have chosen us to be their child, relative etc. too.

So if somebody is born to a single mum, "unhelpful relatives", in a poor country, during the war or so on, that would have been part of their plan, even though it may sound harsh to them. People who had it really tough, please do not resent your Higher Self for these choices. That would be completely the opposite to what we are trying to achieve as your Higher Self is the other half of you.

Instead, now that you know how it works, it should help you deal with the tougher things in your life and hopefully move on faster. **Let's try to be proud of ourselves that we are developed enough to choose tougher life circumstances.** The fact that **our Higher Self chooses only such things that we can cope with** should give us little more comfort and courage too.

-The potential children which may be born to us

I said potential children because it will usually be our free decision in life if we want to have children and if so then how many.

You may say now “but what about the children which will be conceived without the intent of one or both parents? It is very likely that the Higher Self of the person not intending to conceive the child and the Higher Self of the child planned this possibility. If this was to happen then they would offer each other huge opportunity to develop.

Another big question would be “does the Higher Self of the child know what will happen in such situation?” It seems that they do not know it for sure, but the Higher Self knew about the possibility of the event & its circumstances, and about the life potential of the parent. And these things reveal a lot about how the parent is likely to decide, about what will happen. This sounds really terrible e.g. if you think of what is likely to happen to a 2nd child accidentally conceived in China where only one child is “allowed” ☹... The life potential will be explained in the section “*How is future created?*” on pages [].

The final question on this very sad subject could be “why would somebody’s Higher Self choose to be conceived when it is very likely that they will be aborted?” We are all divine and some take on much bigger challenges than others, my respect and heart goes out to them.

-Some key “helpers” in our life... We all have spirit guides, we all have a guardian angel... An angel exercises God’s will and so God must have played a big role in choosing the guardian angel who will protect us. But we (our Higher Self) mutually agreed with at least a couple of spirits to be our spirit guides in this life... Spirit guides may have incarnated onto Earth in the past or not. People may have even “chosen” one of their ancestors as their spirit guide, e.g. their great grandmother who was still alive when their mum was very young. She loved their mum dearly and wanted to offer help to their mum’s children in the form of being their spirit guide.

Our parents will have a role to play, usually as our key helpers. And some other key people in our life too, but it is difficult to know which ones (some we could have attracted with our internal reality)

Again in most cases it will still be our freewill if we take the offered help or not. Very often we get help from our guardian angel anyway, for example when we miraculously escape from hurting ourselves / accident or even smaller kind of help. The more we recognise and express gratitude to our guardian angel and spirit guides, the more they will help us / offer us their help.

-Some of our milestone opportunities / lessons / challenges to learn and develop from in our entire life

For example, our Higher Self may have agreed with the Higher Self of our married partner that we will meet when we are both 20 years old and feel affinity to each other ☺. But then it will be up to our conscious selves what we both decide to do about that ☺.

It sounds unbelievable but we even choose those core personal qualities that we have little control over. Rather than qualities, these are more tendencies to be certain way (e.g. angry, fearful, courageous). We will be either born with these tendencies or develop them in early childhood through things we have no control over. Naturally, we also develop many other personal qualities in life with our freewill.

Why would we choose some personal qualities? Some we choose to help us in life, e.g. somebody who is naturally relaxed / calm. Some we choose to overcome / wrestle with in life. We are usually meant to realise these qualities in us, take responsibility for them and harmonise them. It is all very individual.

Personal qualities we may be born with

Actually one way of choosing a tendency to have certain personal qualities is when our Higher Self chooses the time of the year we will be born. Actually, the place of birth also has an influence... How is this linked, you may wonder? The answer is Astrology, the position of the planets when we are born, our star signs...

In an unbelievable way the position of all the planets in our solar system when we are born (mainly the first and second dominant planet) strongly influences our tendencies for certain qualities... The place of birth comes into it because the position of the planets is measured against the place we are born. And so every person has a unique setup.

Because of this and the fact that we are talking about tendencies for personal qualities, it is not true that if somebody is born on a day when e.g. stubbornness is the main characteristic of that person’s main planet, then this person will be stubborn. But statistics clearly show that people born in the period of a particular star sign tend to have more of the characteristics of that star sign than others.

Personal qualities we develop in early childhood via things we have no control over

What do we have little control over? Especially the way our parents raise us in first few years of our life... If somebody’s parents are really strict and angry with a child and the child becomes fearful, introverted and shy, do you think that this is just bad luck for the child? No. It feels harsh but they had probably chosen fear to be one of the main things that they will want to wrestle with and overcome in this life... Same thing when parents make the child feel inferior, worthless, not-loved, not-cared for.

People who choose these circumstances tend to be very developed souls who truly choose very hard lessons. My big respect to these people. I hope that with this insight and knowing how magnificent they really are, they overcome

these challenges much more easily. Resolving big life challenges like these is like growing a pair of wings. And there will be more and more people with angel wings walking the Earth as we move beyond 2013.

Why do we reincarnate and do we bring things from previous lives into this life?

Each life is a stand-alone chapter in our series or re-incarnations. And we usually live many lives on Earth and often in very different circumstances. So each life can also be seen as a different expression of ourselves.

Each life is an opportunity to grow our consciousness and spiritually develop, until we reach enlightenment. In each life we may want to learn and develop different things. We may want to experience different parts of the whole and so understand the whole better.

The above may shed some light on the big question asked by people who believe in previous lives - "What do we bring into this life from our previous life?" The level of spiritual development we achieved in the previous life? The skills, abilities, personal qualities we developed in the previous life? The harvest of the seeds that we have sown in the previous lives?

The answer is that it does not work automatically like that. It is very individual and it is mainly us, our godly Higher Self, who decide that! We may decide to bring a few "things" from the past life but only those which are relevant and useful for this life. We decide all this during our big planning session before we are born as we mentioned above.

So it is definitely NOT right to believe, like some people (say in India) do, that if somebody is born crippled or into a lowest cast system, it is their punishment for what they have done / how they have been in the previous life!!!

Why would people as their Higher Self choose hard life lessons, you may ask. A common reason is that it will develop them many times more than if they chose easy life lessons. They may be so spiritually developed that they want to take big life challenges this time round, knowing that they are strong enough to get through them.

When I think of people suffering from mental illness, crippling condition, various forms of violence, serious disease, poverty, hunger, trauma of war, loss of family and more, I cannot agree with this. This is also one big reason why many people do not believe in God. They say that if God existed, people would not have to suffer like this.

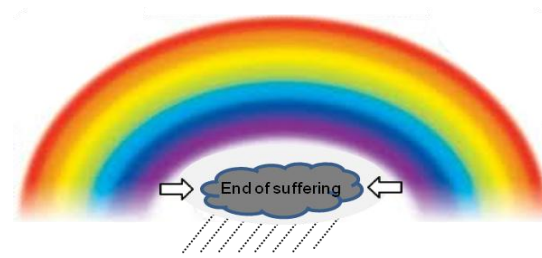
I met and helped many people who were going through terrible things. My tears for them seemed to have helped too. I feel particularly sad for women and children. Choosing to be born a women in a country that strongly suppresses and downgrades women, like Afganistan and Soudi Arabia, is already too much to cope with. And then these poor women usually still have other hardships to cope with. I find it heart breaking & unfair, and resent that it is organised this way. If people grow spiritually by caring for each other and spreading love, why do they still have to go through suffering?

I want to say to these people that you are true angels. Your suffering is my suffering. I honour and admire you for the choice your Higher Self has made, for your courage and determination to get through it. I wish I had a magic wand and can free you from your suffering. Let me send you Reiki healing energy regularly through the Reiki Garden picture on pages []. I hope that this Reiki, my book and the amazing positive changes happening on Earth will help you complete your hard lessons & heal your pain quickly, and you will start permanently bathing in the love energy.

Kryon tells us that this hardship is not meant to last. As we approach heart consciousness, peoples' suffering will be gradually getting smaller.

That is great to hear, but it is too far away. We need more help now. I wish that a miracle happens, the suffering will be squeezed much faster, and very soon we will all be like the Rainbow children living out of joy.

After all, we all have probably been through many incarnations and had quite a few tough lives (can you imagine living in a cave again), so we deserve such miracle as a reward ☺.



Pict. [] Time to say good bye to suffering

Autistic and other mentally handicapped children in new light

Let's look more closely at autistic and other mentally handicapped children. Did you notice that Autism was very rare before 1980s, but the number of children diagnosed with autism has been increasing quickly since. You may have seen the amazing film Rain Man with Dustin Hoffman, which introduced one type of autism to the world (the savant syndrome).

The life lesson of these people is even tougher than it looks. They remain misunderstood, discriminated and in many countries often parked away from the sight of society ☹. Yet they need our help the most and deserve a lot of respect.

But it is not their condition that gets them down the most. It is the stigma associated with a mental disorder that they cope the worst with ☹. How would you feel if everybody looked away as soon as you walk into a bus, shop or, god

forbid, an expensive restaurant... I hope the day will come soon when these people will no longer regret that they were born on Earth ☺.

Kryon's revealed to us in one channelling how special these people actually are. The reason why autistic people seem to be living in their own world is because **they are largely living in a quantum state. That means that they have at least one foot on the other side and they operate largely outside of the linear time...**

Autistic children make a lot of effort to adjust to the linear way of things in our world, i.e. where things happen one after another, rather than at the same time. But they noticeably struggle with that. E.g. they may not hear others speaking to them or understand what they mean, and they struggle to speak themselves. Or they are likely to repeat the same actions over and over again to make sense of how things work in the linear time.

On the hand their quantum nature allows them to do things we can't. E.g. they can do many things at the same time in their mind, they may calculate things in their head where others need a calculator and they may tell you straight away which day of the week is 17th March 2096.

So, autistic and other mentally handicapped children actually know and feel many things that we do not but they struggle to express what they feel inside. For example how much they love and how grateful they are to those carers who truly care for them.

Self-analysis – Understanding the main life choices we made before we were born

Equipped with new insight on how things work, it may be a good time to try to understand better why you as your Higher Self chose the main people in your life like your parents, brothers and sisters, main relatives, and the place you were born in and grew up in. What opportunities to learn and develop did they bring? And then look if you are dealing with them well...

This is exciting isn't it? There is a lot of personal discoveries to be made here. The discoveries will also shed light on some main events that happened to you in the past (we will cover this in a separate self-analysis).

I offer a straightforward approach to do this together with an easy to follow self-analysis table in **Appendix 1** on pages [].

This first exercise of this nature may feel little harder but as you practise looking at things from a stand back point of view and progress through the book, it will become easier. I suggest that you come back to this later whenever you get new insight from the coming chapters.

Understanding our main events

Our past events

To better understand those main events which happened to us in the past and were not the result of our actions & decisions is very powerful. Especially, the unhappy events. Discovering the bigger meaning of these is a small awakening on its own.

Understanding why the events happened allows us to consider if we dealt with the events well or not. If not, we can work out what we should have done and hopefully we can still do it now ☺.

We may even identify patterns, like similar opportunities and lessons that keep repeating themselves.

Patterns of similar not happy events organised "from above" may indicate that we continued to deal with the lesson incorrectly and so they come back (universal law of Spiral).

Patterns among the events reflecting our internal reality may indicate very strong / dominant beliefs, desires, intentions, personal qualities, opinions etc.

Patterns of similar opportunities may indicate that we have continued to ignore the opportunity, which may be really good one for our development.

Self-analysis – Understanding better our main life events

Now that you know more why you had chosen some key people in your life, are you ready to think about your main past life events and see if you can understand them better too?

No doubt you are most interested in the not happy ones which were seemingly out of your control (did not seem to result from your past decisions and actions), so let's focus on those.

The question is how to go best about it. The approach I suggest together with an easy to follow self-analysis tables is included in **Appendix 2** on pages [].

The important thing is to look at the events from a bird's eye point of view. Should you struggle with that when you do this self-analysis, I suggest you leave it until after you have read chapter 4 on developing higher awareness and had a go at a few exercises there on pages [].

Our future events

Now that you practised understanding your main past events, it should be much easier to understand better the seemingly coincidental events that will happen to you in the future.

Let me summarise the way I would suggest to do it:

- Take a step back and start looking at what happens every day more from a higher perspective. This will firstly help us stay above the drama of everyday things. By that I mean not be so emotionally affected by every day things and not overdo analysing and thinking about every day things.

Also by looking at things more from a bird's eye perspective we can understand them better.

- Focus on only the main events that will impact us which will NOT seem to result from our present and past decisions and actions. Look for coincidental, unexpected and non-standard things. Don't worry about the thousand of the other things...

- Try to better understand these main events with this new knowledge.

Do they reflect in some way our internal reality? If so and they are not desirable events, how can we change our internal reality to attract what we desire instead.

Could they be opportunities or lessons for us to learn and develop and so are organised from above? If so, what are we meant to learn and how can we develop from these?

It is quite hard to understand the events which will be the results of other people's actions and decisions, so you may want to focus on these only once you learn to understand the easier ones.

- And then act equipped with this new understanding, like decide if to take the opportunities that you can now see, try to learn & develop from the lessons that you can now understand, or try to change your internal reality to attract more desirable events e.g. change beliefs, dissolve attachments etc. I cover how to change internal reality in the *Emotion chapter* on pages [].

How is future created - The illusion of linear time

You may still wonder how the future is created. Especially how can we attract what happens in the future with our internal reality and past actions & decisions. One clue is the way the future is created.

To start with, the linear time – past, present and the potential future is a key feature of only our physical 3D world. This is ultimately an illusion but it serves us well. It helps us go through things one at a time.

But at higher levels of existence, there is no linear time. Things there didn't happen in the past and will not happen in the future. The past, present and potential future happens at the same time. It is played out in the everlasting present moment.

By the way, the higher levels of existence mirror our physical world with all its experiences and events as well as the potential things.

Feeling the everlasting present moment

Let's see if you can understand this better by feeling how long the present moment lasts by yourself.

If you think about it, every moment you experienced in the past happened in your present moment. And similarly every moment you will experience in the future will also happen in your present moment. What do I mean? Now that you finished reading the previous couple of sentences, time moved forward = you are in the future compared to then ☺. And yet you are still in your present moment right now...

Or last time when you were really absorbed in something that you love doing, when you finished this activity you may have been surprised how much time moved on in the mean time... Yet it felt much shorter. You "stayed" in the everlasting present moment for longer than other times.

When we are strongly in the present moment, we are kind of operating outside the linear time. We can also go back to the past in this present moment and feel the past like it was happening now. Just like on the picture here.

This poor camel had enough of rain and cold weather touring Great Britain and sleeping in a circus caravan. He is looking right at you because he needs some help. The camel wants to go back home to Marocco and be free there ☺.

When you look deeply into the camel's eyes, can you feel how real the engagement is? As if you were there with him at that moment in time.

Similarly, when you watch engaging things on TV like shows, you tend to forget that it all happened in the past, don't you.



Pict. [] Everlasting moment

And there is more. The amazing thing is that **when we are fully in the present moment, we may also feel the energy of the potential future.** Like that future was happening now. E.g. sometimes I can sense the energy of a reply to my e-mail as soon as I have sent it.

So, there is nothing more important and precious than the present moment. Can you find joy, peace and happiness in the present moment, instead of waiting until it comes in the future?

The beauty is that as we move beyond 2012, it will become more exciting to absorb ourselves in the present moment because **more will become available for us to access in the present moment, like an immense peace.**

Potential future versus materialised future

Let's go back to how future is created. When we are deeply in the present moment, we are kind of touching the higher level of existence above the physical world defined by 3D and linear time. And the past, the present and the potential future all happens in the present moment there!

The big point here is that **our and other people's future that is played out in the present moment at the higher level of existence is only the potential future, the most likely future.** This potential future, i.e. the possible events & experiences and long-term direction that our life can take was created by our present and past decisions and actions, our internal realities, and by the other side. This potential future is called our **life potential.**

And this life potential is mapped out in the present moment at the higher level of existence. It is mapped out in the same way like when we build a rail track path for our train to go on. **The future that physically happens is what eventually materialises in the physical world.** Just like when our train gets to each part of the track path.

We build our future / our track each moment in our life with our actions and internal reality, whilst "the other side" noticeably contributes to it too largely by creating opportunities and lessons ("decided" during our lives and before we were born).

Similarly, organisations, institutions, towns and cities have and continually build their potential future too. But this is very complicated because usually lots of people are involved... This potential future is co-created by those people who are active inside these organisations, towns & cities as well as by people interacting with them, like customers and tourists. The other side also influences the potential future here.

The good news is that because we live in a linear time, clearly there is a time gap before our train gets to each part of the rail track. **This gives us the opportunity to amend or even completely change the rail track = change our potential future before our train gets there.**

Which potential future happens?

The key question is which life potential materialises in the physical world? Which train track will our train go on and what we experience on the journey? The answer is the **strongest / dominant life potential happens in our physical world. The strongest life potential creates our events, situations and experiences.**

Are you perhaps still wondering how this can work, how can the dominant potential materialise? The other side like our Higher Self together with the workings of the sacred universal laws organise the outcome and we often receive the outcome through synchronicity / coincidences. We need to be out there though so that the coincidences can happen. We can't just sit at home and hope that we receive a letter offering us the perfect job because it is our dominant potential ☺. We need to actively search for it. And when we do, we coincidentally find the perfect job at the right time...

How do we know what is our dominant life potential though? This is a very tough question. The dominant life potential is made up of many things like our dominant past decisions & actions, dominant internal reality combined with the dominant plans for us by the other side. And as these things change, so does the dominant life potential.

The materialisation of our current dominant potential happens over time. Some things materialise faster, some slower, depending on what is more appropriate for our experience. The same thing happens with the train journey where we see things out of the window only when we get to them.

It is important to bear in mind that the dominant potential materialises in the physical world in an infinite number of ways, shapes & forms, but these things will all have the same essence. And guess who helps with the materialisation of our dominant potential into our reality? The other half of us = our Higher Self ☺.

Here is an example of two life potentials:

A boy called Rio, who has developed an interest in cars and machines, is finishing school and facing a decision what to do next. He considers two options: going to study mechanical engineering in college or starting a job in a nearby car garage as an assistant mechanic. Rio created these two life potentials with his past intentions, desires, opinions etc. Each one – his career as an engineer and mechanic - is already mapped out in higher dimensions.

The 2nd potential is actually the more dominant one because Rio prefers to work & earn money and believes that this will be more useful and enjoyable than studying in college. So he decides to take the job, which reflects his dominant internal reality.

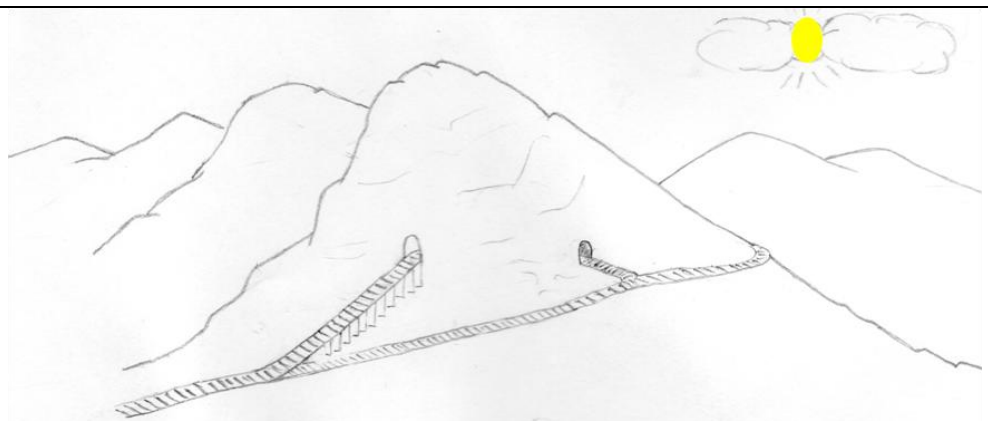
When Rio starts working, the 2nd potential continues to materialise. I say continues to materialise because the fact that the garage is near where he lives and that he got the job offer there didn't happen by coincidence ☺. Rio really likes his boss. He learns a lot from him and the boss helps Rio increase his passion for cars and fixing things.

Rio also starts helping his friends fix small problems with their motorbikes & cars and he meets his new girlfriend this way. Keen to get his own car, John manages to get an interest free loan from his company to buy a second hand car from his garage. But he then fails the theory part of his driving test. Why? Because studying is not really his thing. But his girlfriend helps him eventually get through it ☺.

How do we change the track for our train?

Because we can change the potential future, there must be a number of potential futures. That is correct.

Each potential future is like a separate track path for our train, just like on this picture. People create many potential futures during their lives but the train goes only on the dominant tracks.



Pict. [] Which train track will be your future?

We change the track that our train goes on mainly as we change our dominant internal reality (such as our longer-term intentions, strong beliefs, habits, values & personal qualities), make different decisions and take different actions. Again, the other side contributes to this too.

It is hard to imagine this, but all the created potentials, including our old train tracks, are mapped out at the higher levels of existence within the inter-dimensional universe. The universe is crowded with potentials, which may look like a chaos to an inexperienced clairvoyant ☺. The various life potentials / train tracks can be easily seen by our Higher Self though.

Predicting future – how do clairvoyants do it and are they always right?

When clairvoyants predict future for people who came to see them, they either get into a state of mind which allows them to enter the inter-dimensional space and see all the various potentials there. It is likely that the amazing Nostrodamus did it this way too. Or they connect with various divine beings, other spirits or their own Higher selves and receive messages from them.

In the first case, this is pretty hard to do and they have to identify the dominant potential before they interpret it themselves according to their wisdom and understanding. In the second case they have to interpret the message from the “advisor”.

Both ways need a lot of experience and so there are number of reasons why the clairvoyant may get the prediction wrong. The clairvoyant may not pick the most dominant potential because of the chaos they may see may. Or they may not interpret the dominant potential or messages from the “advisor” correctly. Or the clairvoyant’s “advisor” may not be evolved enough to understand the full picture.

If the clairvoyant gets everything right, remember that this was the strongest potential at that moment in time. But the person can change the dominant potential and then a different future may materialise – the new strongest potential... This is great especially when the clairvoyants freak people out by telling them some bad news. On the other hand, if good things that the clairvoyant predicts do not materialise, people get very disappointed and often call the clairvoyant useless.

This may explain why the big prediction of Nostrodamus about the 3rd world war has not and will hopefully never materialise, even though he seems to have got most of his other predictions right almost 450 years into the future. The reason is that humanity managed to eventually “pull themselves together” after the 2nd world war and jump off the 3rd world war track we were on...

So, next time you go and see a clairvoyant, why don’t you challenge them on few things before you pay the full price 😊.

What defines who we are as a person?

In chapter [] we talked about who we are at the deeper levels beyond our mind. But let’s stay with who we are as a person.

When people are describing themselves, they usually think of their external identity. Like where they live, if they are single or married, have kids, what is their job, society status, education, who they associate themselves with like football clubs & political parties and even the things they own. And then they usually start thinking about their interests & hobbies and personal qualities that they are well aware of.

But from the previous chapters it is becoming clearer that **our external identity that we create is largely a consequence of who we are inside**. The key things that define who we are as a person are really our present:

- Intentions and desires, beliefs, opinions, thoughts,
- Resistances and attachments
- How “open” is our heart
- The main level of consciousness at which we operate

These also initiate various states of mind and linked emotions as we will talk about later.

We then kind of **confirm to us and to the outside world who we are** as a person by our:

- Decisions & Choices
- Actions and Reactions
- Words

As we said earlier, our **inner drive** plays an important role too. It makes many of these happen.

Let’s reveal some more interesting things about a few of these. I will also give guidance on how to make most of them.

Our resistances

Our resistance to our experiences

When desirable things happen to us, we tend to be happy or take them for granted. When not desirable things happen, which are out of our control, we are often up in arms.

Why? Because we have defined deep inside our mind what is desirable and what is not desirable for us.

We continually create with our expectations, desires, intentions, beliefs, views etc. what we mentally accept and what we resist in our life. We program our mind with what we like and what we don’t like, what is good and what is not good (for us and generally), what is right and not right, what we fear and don’t fear (e.g. that we will lose something, not get or achieve something) and so on. The border line between these two is **our tolerance level**.

And then as we go through life, things that we experience every minute when doing things, talking to people, thinking about things either fall within our tolerance level or outside our tolerance level. **Anything that falls outside our tolerance level, we internally resist and not accept. We may resist it knowingly but often we do it not knowingly and automatically. How much we resist it depends on how far beyond our tolerance level it is.**

In addition, we also decide in our mind the things that we want or need to do, achieve, get, change, improve, places we want or need to visit and so on. And if some of this does not happen, we are not happy, we resist.

We resist things by being annoyed, negative, criticising, complaining and trying to avoid things or fight them off. **Often, the more we resist something, the more intense the thing that we resist gets.** This can actually be quite exhausting and can make people generally unhappy and stressed.

And then people who manage to resist or escape the events and situations, they are very surprised when similar events and situations happen later again. The “escape” is usually only temporary.

It may be surprising to many to hear that **life / our Higher Self can actually be quite persistent in organising events for us so that we eventually act upon them** – e.g. to become aware of our disharmonies and harmonise them. **If we don't act on them in the right way, they are likely to come again and again in another form later, so that we get another opportunity to have a go.** The universal laws in play here is mainly the **Law of a Spiral** covered on pages [1].

So it is usually our resistance to things and not the things themselves that make us not happy and gives us various negative feelings and emotions. Resistance / non-acceptance is often one of the main causes of us not having peace inside, feel generally unhappy, stressed or even depressed. It also slows our development.

Yet, **when we accept something that we would normally resist, it quickly tends to become less intensive for us.** E.g. when 13 years old Alisha finally came to terms with the fact that her dad is no longer living with them, she felt lifted above her deep sadness.

Our non-acceptance of others, ourselves and things that don't even exist

We judge not only our experiences that we have day by day but also other people, ourselves and things that have not even happen yet. And we are usually strict with other people and ourselves.

Let's think about other people for a minute (putting aside our children though). A big cause of people's unhappiness are other people. Especially, their low level of consciousness and cold heart. Some are people that we meet every day at work, some are our relatives and some are even members of our families.

We often do not understand why these people are like that. Can't they see it? The problem is that they often can't. They are not aware and they do not want to be aware of it. This can go quite far. Not only that many people are not aware of their own emotions, which may be a surprise to you, but many people are not even aware that they may be “hurting” others with their words and selfishness. And when you try to tell them, they often get very defensive..

So, resisting these people is the most natural thing to do. Trying to change these people is the other thing we do, sometimes for years... And it often leads to more frustration. The bottom line is that **these people may not be ready for a change. They got to where they are today as a result of many things in their past, and they are holding on to this spot. In that case it is often best to give them time and wait till they are ready.**

In the meantime why not let the other side do the job. What I mean is that if you look back, you may spot that these people “coincidentally” experienced some events, which were pushing them to change, or at least to realise the benefit of changing...

Actually, when you give them some room and accept them with your compassion, you do something quite grand. You forgive. **This creates “a sacred space filled with the love energy”. This space, in which healing can happen automatically, will then help them with own change from within.** Then they may be ready for your helping hand and wisdom much sooner than you thought.

So far I have been talking about people that “annoy us” but not harm us or others. Clearly, this is a different story and we need to act. Some people move away from it, some decide to fight it. Please remember that fighting darkness with darkness breeds more darkness, though ☹. “Bringing light into darkness with open hearts” is more powerful at reducing the darkness than many would think...

Let's think of other ways that people influence the way we feel. People like our bosses at work, teachers, parents, relatives, friends tell us what we need to do and achieve. Again if we don't do it, we are not happy because they are not happy...

So in summary, many people programme their mind throughout their lives with hundreds of conditions when they should be happy and if these are not met, they are not happy. These people pay a price for their low tolerance level. For example, you may have noticed that some people are very often negative about things, they seem to find something negative about so many things and you rarely see them happy. Or do you know people who always like and want things their way? And how often have you seen these people being truly happy for longer than a day?

On the other hand, warm-hearted people usually have high tolerance level and are well connected to their inner selves. They tend to be happy with less, do not need to do something, go somewhere, get something, prevent something or change something to be happy, joyful and loving. They just are ☺.

Let's stop resisting

Another reason why it is good to stop resisting is because we carry our past resistances with us into the future like a burden, like another stone in our rucksack...

How do we actually do that? As we will explain later (in the *Emotions chapter* on pages []), the emotions that we experience during the things that we resist tend to get stored in our emotional body within our aura and our physical body. Similarly, the mental states that we have during the things that we resist in life, such as being negative, tend to get suppressed into our subconscious mind and stored in our mental body within the aura.

The more we resist the same things, the stronger the linked negative emotions and mental states are likely to get.

At the spiritual level, our resistances strengthen our sense of separation from our true self, soul & Higher Self as well as other people and God.

So we really help ourselves a lot if we accept more in life.

It is definitely not suggested here to accept everything or changing our view that something not right is now OK. Clearly there are things that are plain wrong and simply not acceptable. It is suggested here to **stop resisting things that we resist because of our ego**. Like when somebody says something not nice to us about us, our ego normally resists it and we are not happy. We tend to resist much smaller things too like when a shop assistant keeps us waiting or the queue moves slowly, when the train we are waiting for is not on time or even when a fly gets into our house (how often does the fly pay for this mistake with its life.☹)

There is other reason why accepting many things and accepting life overall as it unfolds is a good idea. As we said earlier, many things are organised from above like our lessons. Resisting them does not really take us anywhere.

In a funny way, **changing things whilst resisting them is harder than changing things after we accepted them**. When we accept things as they are, we have more power to change them for many reasons.

When we accept things, we do not experience the negative emotions that our resistance would have brought. Instead, we kind of raise above them. When we then observe these things from a higher standpoint, we get less affected by them and so can keep our inner peace. We can also better see these things for what they really are and so understand them better (e.g. why they may be happening or why we are experiencing them).

As an example, imagine two cars going down an icy road and suddenly both skid. Which driver do you think will manage the situation better. The one who panicks and gets absorbed by the drama or the one who keeps inner peace quickly assesses the situation and acts with understanding of what would be the safest manoeuvre in that moment?

And let's not forget that when we accept, we open ourselves to receive help from the other side.

Our attachments

We form mental attachments to many things like to what we are dependent on or used to, and what we really like or desire. **The problem is that strong attachments work similarly like our resistances described above. They act like sand bags stopping our balloon from rising higher.**

It is natural that we are attached to people that we love but many people tend to develop strong attachments to a big number of other things, e.g. to our possessions and favourite products & activities.

The energy that we emit when we are experiencing our attachments is very rigid. The inner feeling is often like being in a straight jacket. They also create inner fear that we will lose the thing that we are attached to. The fear then usually further strengthens our desire to hold on to these things. It is a vicious circle accompanied by not happy emotions..

Yet people usually do not realise their attachments until they lose the things that they are attached to. Then they experience very strong sense of resistance to what happened, emotions of sadness, possibly even some physical pain.

Our attachments pop in and out of our conscious mind, and the accompanying emotions get stored inside just like those accompanying our resistances.

Tips to reduce our attachments and resistances

Actually, resistances and attachments are usually deep-rooted in us. We tend to be born with some and we then build new ones and reinforce old ones as we grow up. So it can clearly take a lot of effort to stop resisting and start letting go of our attachments.

Because the attachments and resistances are alike, we can reduce both in a similar way. Let me suggest a few good things we can do to reduce our overall resistance and attachments to things:

Have stronger intent to accept things and not be attached

This is the first thing to do because everything starts with intent... It helps to say aloud what we want to accept and be less attached to, whilst really meaning every word.

Become more aware of what we resist & are attached to and understand why

Here I mean both in the past and going forward day by day. It is much easier to do this more effectively when we have developed higher awareness and increase our presence (how to do this is described in chapter [] on pages []).

The great news is that **just by becoming aware of what we resist and are attached to, we immediately reduce our resistance and attachment to that thing. And each time we become aware = conscious of something new that we resist, we increase our overall level of consciousness by a bit ☺.**

Increase our tolerance level

By starting to accept things that are happening which we would normally resist, we are naturally increasing our tolerance level. By realising that we can still be happy without the things that we are attached to, we are increasing our tolerance level too.

It is also about realising and accepting that nothing lasts forever no matter how permanent or fixed it seems. This is the main principle of the universal law of Change covered on pages []. The nature of life overall is an ongoing change and so there is not much point in resisting it or clinging on.

Actually, a faster but harder way to increase our tolerance level is to intentionally put ourselves in situations where we know that we have a resistance or attachment problem. And when we are in that situation, do our best to let go and accept it. E.g. we can temporarily or permanently give away things that we are attached to, such as to people that need them. This may prove too hard and people may prefer to do the gentle Love bath ritual referred to below.

Alongside all this, the other side is quite active in organising opportunities for us to increase our tolerance level. How? It simply puts us in situations that fall outside our tolerance level. And then we decide how we will deal with it. It is a shame that most people waste these opportunities and strengthen their resistances and attachments instead.

Interestingly many people who devote time to grow their spirituality through religion, learning spiritual practises like meditation, yoga & healing naturally grow their tolerance level. Buddhist monks are great example of people with huge tolerance level.

When we truly reach a state of wide-ranging acceptance and surrender, we feel like we are free, without fear, nothing affects us, and we are much more in control of our emotions, thoughts, happiness and peace. It is an amazing feeling and state of mind.

There are also 2 heart-based ways that we can follow to reduce our resistance and attachment to specific things:

Transform the resistances and attachments with a Love bath ritual

This is a powerful heart-based method which I use for this as well as to release stored unhappy emotions. It is described in section [] on pages []. Additionally, the more we open our heart in general, the more inner peace and the less resistance and attachments we will experience.

Our decisions & choices and actions & reactions

How do we make them and can they be predicted?

Our decisions, choices as well as our actions and reactions are supposedly a result of our freewill. Yet after reading the section "How are our experiences and events created" on pages [], you may sense that **very often our decisions, choices as well as our actions and reactions can be predicted...**

They can be predicted when they are kind of automatic because we are not fully present when making these decisions, taking actions or react to things. This happens quite often, such as when our mind is preoccupied with thoughts, absorbed by the past or when we follow our habits and routines. E.g. when we wash the dishes, water the garden or travel to work on a same route every day. People's habits and routines can be strongly engrained in their mind and dominate a big part of their day.

The other common instance of predictable decisions, actions and reactions is when we are doing this whilst experiencing various stronger emotions (e.g. sadness, negativity, fear, anger). In those moments our decisions / choices / actions / reactions are usually heavily influenced by the emotion we are experiencing. E.g. when somebody suddenly criticises us or offends us, we may react defensively, not enjoy their company, decide not to be very hospitable etc.

In these two cases we can go as far as saying that we often act like a pre-programmed machine with the driver – us sleeping. The driver wakes up when we are very present, very conscious. When we are very aware of the environment and ourselves. I help readers with this in the chapter “Achieving higher awareness and becoming more present” on pages [].

Actually our decisions / choices / actions / reactions can often be predicted even when we are present & alert and not under the influence of emotions. This is because **they are heavily influenced by a combination of our internal reality, past experiences & memories and accumulated knowledge & understanding.**

Sometimes we are aware that we are basing our decision / action on certain view, intention or belief. But more often than we think we are making decisions and taking actions without being aware how our internal reality is behind this.

Here are various examples:

A person who is kind & caring will make decision and take action reflecting his kindness and care, whilst a person who is not patient will make decisions reflecting his/her non-patience. A person who is shy would instinctively avoid situations where they need to express themselves openly in front of others.

People who like to be in charge like to do things their way and wealthy people who love money and believe in status may look down on poor people and segregate themselves from them.

People who like order and keeping things tidy may not feel comfortable in a messy places and may often clean their houses.

People tend to be negative about and avoid things that disappointed us in the past like some products we bought or places we visited.

Our internal reality, past experiences and accumulated knowledge can act a bit like a straight jacket and so limit our decisions and actions. They usually take our freedom away to express ourselves spontaneously, to act and decide according to how we feel inside right now in the present moment, to make miracles.

You may say that all this is quite normal though and if our decisions & actions were not influenced by our mind's internal reality, past experiences and accumulated knowledge & understanding, then we could behave in a random and crazy way. Not necessarily, but I get your point.

But just think about how many people spend a lot of time semi-automatically following their regular routines and habits even though it does not make them happy. Yet they may say that they are comfortable with their routines and wouldn't want to change them. One needs to be careful because these habits and routines may get so “engrained in one's system”, that coming out of them later can be quite hard.

Where is the creative self-expression in that? Are these people really hiding their true self behind their routines and habits? Instead, don't we want to be free like birds who can fly anywhere they want? Actually we can and in a “safe and sensible” way.

As we said earlier, one way is to change our internal reality in the spirit of the new us that we want to become. Changed beliefs, desires, intentions etc. will then change the nature of our decisions & choices that we will make and actions that we will take.

Changing our internal reality is a good way, no doubt about it. But whilst changing our intentions is not hard once we decide to do that, changing the rest like our beliefs and opinions is harder and it takes time, especially if they are engrained in our mind.

So, we can consider another, more magic way along changing our internal reality. **We can make decisions and take actions in partnership with our Higher Self.**

How do we make decisions and take actions in partnership with our Higher Self?

Some of you already realised that we make decisions and take actions in partnership with higher parts of ourselves when we **make decisions and take actions more with our heart and with our intuition, and in the state of higher awareness and increased presence.**

Decisions and choices made with our heart / intuitively, and with higher awareness / presence consider the bigger picture that we are not consciously aware of. This even includes things that are likely to happen in the future (the dominant potential) 😊.

Let's look at how we can practically make decisions and take actions with our heart and intuition, starting with the heart way:

- **We step back, look at the decision point from a higher perspective and feel the situation with our heart. We feel what our heart desires and what is the right thing to do deep inside.** During this we observe what deeper feelings we have about the situation / question we are deciding on. **The spark that comes from our higher selves are our**

deeper feelings (e.g. feeling really happy, feeling love and compassion). **And it is these deeper feelings that guide us how to make a decision from our heart.**

People sometimes do this without realising. They do what feels right and think that they made this decision with their mind, but they did it with their heart...

Making decisions / taking actions according to our heart / deeper feelings is one intuitive way. The other involves intuition and higher awareness:

- **We wait for messages that come spontaneously into our mind in the form of ideas, images, thoughts, whilst we are in the state of higher awareness. We need to have a clear mind though and know how to spot them...** This is covered in more details in Chapter 6 “Communication with our intuition and Higher Self” on pages [].

To make decisions and take actions just based on how our heart feels and/or what comes intuitively to our mind may feel too daring and irresponsible though. This is because when we are not yet highly spiritually developed, we do not see / feel the bigger picture and how our heart/intuitive decision fits into it. We do not see what would be the consequences of that decision / action, what experiences it would bring us and how it should be good for us over time.

So, until we master the heart way and communication with our intuition, let me suggest a good middle way. It is a combination of heart and mind, which can be a bit long-winded though...

- Start by stepping back and think about the main possible decisions / actions that we can take. By stepping back we may come up with possible decisions / actions which were not obvious... These may even be the perfect solutions / actions because **a perfect solution to a problem is usually at a higher level than the problem.**
- Then feel each possible decision / action with your heart and choose the one that your heart desires the most. Alongside this, wait for any intuitive messages.
- To be on the safe side ☺ then also choose the best decision / action in the normal way, using your logic, considering various views, beliefs & past experiences, thinking about the consequences of each decision etc.
- Are both decisions the same? If so, hurray. If not, we need to decide who we will “let win” this time – our heart or our mind....

Let’s look at an example of making a decision based on both, intuition/heart and logic/reasoning:

Jane, who is single with no children, has not got a job. She starts to look for one and applies for quite a few job vacancies. Finally, she gets 2 offers around the same time. Both jobs have something really good and something not so good about them.

So, Jane steps back and thinks about all the options – take the 1st or 2nd job, or turn both down and wait until she finds something even better.

She then chooses what her heart likes the most – she imagines accepting each job and then doing it, and she feels it through. During this she asks herself how does each job really make her feel inside without thinking about it? The 2nd one makes her feel warm inside because the job role offers something she really wanted to do, even though she does not have all the skills needed. Her gut feels tells her that the 2nd job is the right one for her too (she does not get any spontaneous intuitive messages).

Jane then makes a choice with her mind – she thinks about all the logical advantages and disadvantages and compares them – like money, job role vs. her skills, travel, working hours, her potential boss and the team she will be working with. Whilst doing this her beliefs, views and past experiences will be going through her mind and she will experience various linked emotions. Jane concludes that the 1st job would be better mainly because she would be very comfortable with the role, she will earn more money, the travelling is little shorter and she may lack some skills for the 2nd job.

Jane then compares the heart and mind choice and decides to go with mind choice - the 1st job - to be on the safe side.

Her Higher Self will support her decision even though she would actually be much happier in the 2nd job. When Jane starts her new job she realises after 6 months that she is not enjoying it that much and she starts looking for a new job. With more working experience and confidence in herself, she will feel ready to look for a job that her heart desires. And her Higher Self will be organising coincidences to help her find it even before she decides to look for it ☺.

What about our “wrong” decisions and actions in the past?

Let’s stop blaming and disliking ourselves for the “wrong decisions” and actions we made / took in the past! Why?

Like we said, in most cases those decisions reflected the person we built with our mind and heart up to the point of that decision. So we would have really struggled to make a different decision at that time... Every “wrong” decision /

action brings us something like an experience, event and situation which give us an opportunity to learn and develop from it.

What matters the most is if we learned and developed from them! **Have we learned and developed from the experience that the decision / action brought and would we do it differently now if we get a second chance?**

And this second chance will come often sooner than we think. May be it already came a few times but we did not realise it... This is because life evolves like a spiral (see [Law of Spiral](#) on []) and **our Higher Self is keen to organise coincidences in the form of similar situations which will give us the opportunity to make a wiser decision / take wiser course of action.**

Sometimes we think we made the decision with our mind, but we actually made it with our heart or our intuition / gut feel. And if it then looks like a “wrong decision”, we blame ourselves again. Yet it was most likely the right decision to make at the time. It did not feel like that because we did not have the overview. We did not yet know how the decision will be good for us. We did not know that perhaps we needed to experience something to realise something else. We sometimes realise this much later when we look back...

Or we made the decision with our heart or our intuition, and we then regretted it. We even blamed ourselves for relying on our heart or intuition and felt that we should have followed our logic / mind... And yet again it was most likely the right decision at the time and we should find out later why ☺.

We are where we are as a result of everything up to this point

So, what we experienced in the past, the events that happened to us, the decisions we made, the actions we took, the internal reality we built with our mind, all these things together brought us to where we are now, to this moment. Without them, this moment would be different for us.

Some mystics say that we are where we are now for a reason. We got here to this moment in order for us to have the next experience, the next opportunity for us to evolve.

Our words

We know that our words do not come out of nowhere and randomly. Just before we say anything, we have a thought, a visualisation, a feeling or an experience. And our words then kind of describe that. **So our words are a reflection of our inside.**

If we look beyond the words, if we observe and examine what other people's words reflect and what gave rise to them, then we will understand a lot more about them. We will understand a lot more about their internal reality. Funnily enough, it is a great way to understand more our own internal reality too, especially the bits that we pretend are not **there**. For example Stefan takes a long time to get to the point when somebody asks him a question, whereas George is a lot more direct and succinct when he speaks in general. It reveals something about their character, doesn't it? In comparison to George, could Stefan's mind be drowning in thoughts or could he be lacking confidence?

When we can see behind the words, we can also **pick up the intentions and desires behind these words**. E.g. the intentions behind many words of some self-centered people can be to boost their ego by showing that they are more intelligent or better than others, to be funny or to get their own way. These people tend to speak a lot about themselves. On the other hand, when caring people speak you may sense how they are interested in others, want to help them or make them feel happier.

It should not be very difficult to pick up people's states of minds and linked emotions behind their words too, e.g. their love and care, joy, sadness, fear, resistance, negativity or anger. This should help us more clearly see and appreciate nice qualities in people.

Sometimes people don't say nice things to us. **Understanding the reasons behind these words should help us be less affected by them. We should also know better when people say things they don't really mean.**

The main levels of consciousness at which we operate

We define who we are by the level of consciousness that we operate most at. In other words, at what level does our awareness reside the most. We actually tend to operate from a number of different levels of consciousness, one at a time or simultaneously, but there is usually one dominant level...

Very simplistically, the main levels of consciousness at which people can operate are as follows.

-Emotional

Where this is the dominant level, these people may be referred to by others as pretty “emotional or sensitive people”. They get overwhelmed by their emotions and can be “swimming” in them like fish in water.

Satisfying own physical senses is also an important focus for people with dominant emotional consciousness.

-Mental

Where this is the dominant level, these people are doing too much thinking with their mind which then leaves little time for feeling things with their heart... And so they may become absorbed in their thoughts and other mental activity.

Many people will argue with this because they believe that the more we develop our **intellect**, the more we should develop our consciousness. But it is not so. On one hand the more intelligent / intellectual people are, the more mentally alert they are, the faster they think, the better they may be at understanding logical things, the more knowledge they carry in their mind, the more they think ahead and so on.

But this often leads to people becoming absorbed by their mind & losing their presence, getting stuck at the mental level of consciousness and losing their connection with their heart and intuition...

Please note that I'm not discouraging people to develop their **intellect** because it is **a great tool when used "by the heart"** and it empowers people in the mind-based society. I'm so sad to see how many people in power, especially in poorer countries, **use the denial of education to people as a very effective way to control these people**. You can see this at a country level as well at a family level. How many men use this to control women around the world ☹.

Expanding beyond the emotional & mental level and developing higher levels of consciousness still remains the name of the game called life.

-Heart & intuitive

Where this is the dominant level, these people tend to feel things rather than think about things. They tend to "live more through their heart than their mind". They develop and rely on their intuition / 6th sense, focus on helping others, spreading love, doing things for the highest good. They live more spiritually, look for deeper fulfilment, happiness & peace, love, connection with higher parts of themselves and God.

-Divine / Godly levels

People reaching these levels of consciousness largely "dissolved their ego" and integrated parts of their Higher Self within their expanded consciousness. In other words, they submerged part of their consciousness in divine levels of consciousness. These people operate frequently at the heart level of consciousness too.

Consciousness and its levels will be explained in more details in the consciousness section on pages [].

Our Inner drive

Our inner drive is our "engine". We move through life with it and it drives all our actions. How do I mean that? Before we consciously do anything, go anywhere, say anything, even move our head to look at something ☺, we must have this inner drive, energy to do it first. So our inner drive kind of reflects how much life force we have inside.

People say about somebody with strong inner drive that they have high level of energy, are dynamic, active, have strong determination, will, motivation or take initiative.

On the other hand, people say about somebody who has little inner drive to be quite passive, lethargic, "lazy", or that they lack energy and "life" in them. These people often feel like "I can't be bothered" and they can easily get stuck in their lives. Then it is usually with their increased inner drive that they get out of it and move forward.

When people have strong inner drive, the big question is how they use it. **Some use it to satisfy their ego, some use it to open their heart** ☺. It depends on their level of consciousness, their internal reality...

Self-assessment test: The level of our Inner drive / energy

You may like to briefly assess your level of inner drive / energy. With regards to our inner energy level, there are many sophisticated ways to measure that and it depends on our state of health, diet, mental & physical activity and many more. But we just need something really simple to give us an idea.

- *I suggest you go through each of the 7 areas in the table below and assess yourself by scoring each area from 1 to 10 according to how strong inner drive you have in these areas. 1 is very low and 10 is very high.*
- *When you are done, add the scores up to get a total score. Then calculate what percentage is this out of the maximum score of 70 and write it into the box at the bottom.*
- *You can then copy the percentage to the Inner drive score in the pyramid of spiritual development on pages []*
- *When you do it next time, you can add the new score below the last score to see your progress.*

Please remember that it is a very subjective assessment and the scores are only indicative to give you an idea and a basis for comparison.

| | | <u>Score 1-10</u> |
|----|--|-------------------|
| 1. | Being generally active / dynamic vs. passive / lethargic | |
| 2. | The level of your determination, motivation, will e.g. to do things, achieve things, resolve things, understand things, complete things / get things done, do things properly. Also think about how much do you actually get done / achieve in a day compared to others. | |
| 3. | Desire, but not for physical sensations e.g. desire to be happy in whatever way, to be healthy, to learn & discover new things | |
| 4. | The level of will to live overall | |
| 5. | Energy level - how much energy do you feel inside throughout the day when you are healthy, physically & mentally rested and not hungry. Some signs of low energy levels would be if you often feel tired even though you sleep normally, if you need to have snacks (chocolate, sweets, biscuits, crisps) to keep your energy up. | |
| 6. | Length of sleep How much sleep do you need on average so that you are not tired in the morning and reasonably refreshed? <i>Clearly this depends on the age, so let's generalise it for ages between 18 and 60 years like this: use a score of 10 for about 5 hours and less, going down to a score of 5 for about 7.5 hours (widely considered as the average for adults, but it is clearly individual and depends on the quality of sleep), and hitting the lowest score of 1 for 12 hours and more.</i> <i>For ages below 18 and above 60, different sleeping averages tend to apply. Here I would recommend to use own judgment and comparison to peers when scoring.</i> | |
| 7. | Level of concentration The longer we can generally concentrate, the longer we can focus our energy with our intent 😊. How good is your concentration / for how long can you concentrate on things that you generally like doing or need to do? Use a score of 10 for very long time (like 3 or more hours) and a score of 1 for a very short (less than a minute). | |

Total Score

| Date | Score | Percentage out of 70 | Comments |
|------|-------|----------------------|----------|
| | | | |
| | | | |
| | | | |

External reality: do we all see the same things?

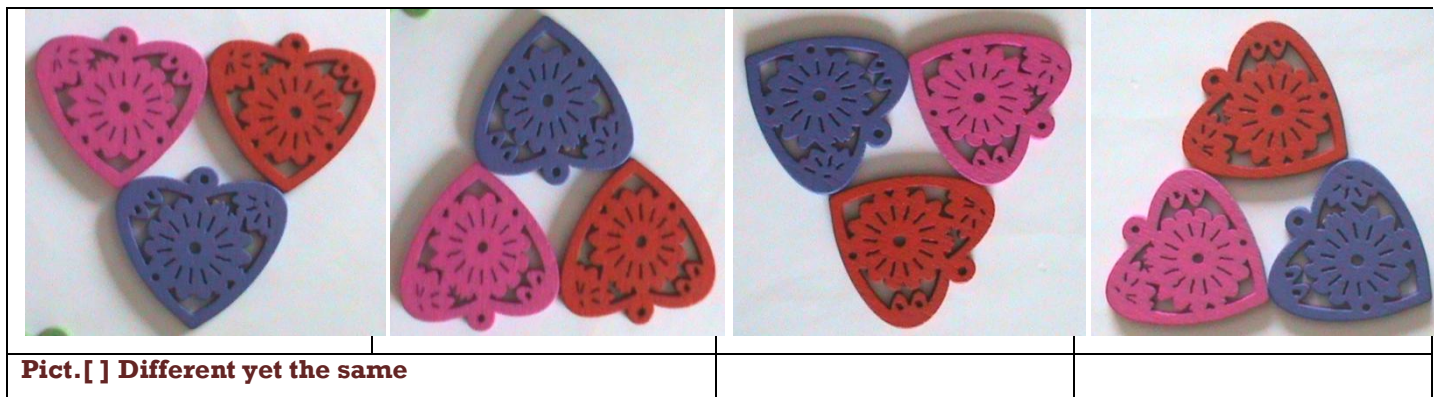
By now you would have guessed that the external reality / the outside world that we see does not look the same to the person next to you. This is because, like we said above, our mind interprets the reality in our own way.

But actually it is not just this. In the first place our mind also determines what it brings into our awareness from what our senses pick up. Everyone's mind further adjusts what they physically see, hear, taste, feel, smell to their own image of reality. We will look at how this works in more details below.

As a result, the external reality that we perceive is even more personalised than we think. This personal reality then creates our individual experiences, which are often different to somebody else's experience even if we both look at or

hear the same thing. And it is all about experiences. The whole life is a journey of experiences, most of which we create ourselves.

Have a look at these four pictures. Each picture represents one person's view of exactly the same three hearts...



How does our mind determine what it brings into our awareness from what our senses pick up?

As a starting point, out of all that our senses pick up **we bring into our awareness mainly what we focus on**. Our focus is key. What we focus on naturally dominates in our mind at that point. It is straight there in our awareness, much clearer than the rest. For example when we try to listen to somebody in a noisy environment, we are focusing on what they are saying with our ears and eyes. In that moment we may not hear and see anything else, it all gets blocked out. Or imagine a small going shopping with her dad. What she notices is usually quite different to what her dad notices.

The more we pay attention to what we see, hear, smell, taste, touch and imagine, the more we experience these things. Colours become more alive and trigger feelings in us (e.g. red may make us feel energetic, light green calm etc.). The same with other things like objects, music, food, or inner visualisations.

Some stuff that we don't focus still enters our awareness, kind of as a background. E.g. things on the left and right to where we look, background noises like passing cars. And the rest, which is a large amount of what our senses pick up, our mind filters out! It never passes it into our awareness... So our eyes actually see a lot more and our ears hear a lot more but we are not aware of it. This filtered out stuff gets stored in our subconscious mind. One reason for this is that otherwise our mind would not cope with the huge amount of stuff and would struggle to focus on things we want to focus on.

And it gets worse 😊. Sometimes our mind blocks almost everything that our senses pick up. This is when we focus on something completely else than what our eyes, ears etc. are picking up in that moment. Like our thoughts, memories and other visualisations. E.g. when we eat whilst reading or talking to other people, we are probably not aware of every mouthful we take and how it tastes as our mind is really absorbed by the book or conversation. Or when people go to work or school taking the same route, they are often not very aware what is happening around them. Their mind is wandering and thinking about work, school, past and present and so on.

The question is does the mind of a spiritually awakened person let more into our awareness? Yes, but not much more. A spiritually awakened person tends to perceive more things simultaneously, but kind of in layers of priority to reduce confusion. For example when they are listening to somebody talking about something exciting like a story, they may experience the story, be well aware of the person and stay loosely aware of what is happening around them. As a result of this, when something sudden happens like somebody throws an empty can of Coke into a metal bin, they don't "jump" like the person telling the story.

How do we interpret what our mind brought into our awareness?

As we implied earlier, we still need to interpret what our mind brought into our awareness.

Our mind swiftly looks for a match in the memory first. We then "label and categorise it" in our mind according to if we recognise it, expect it, believe it is real & possible, if we want to see it. In extreme cases, such as where we do not believe that what we see is real and possible, our mind can still dismiss it and block it out. **The story about when Christopher Columbus arrived with his big ships to America is a good example of this.** The crew noticed that the native Indians initially did not see them approaching the shore even though the Indians were there looking out to the sea. This is because no Indians have seen these big ships before and they didn't think anything like that could be out there. It is only when they allowed themselves to look at the sea without pre-conceptions, with curiosity as to what makes the strange noise, they noticed the ships.

The second manipulation of what was brought into our awareness is done by **our Internal reality**. Every piece of information that hits our awareness from our senses we then colour by the experiences we had, by our memories, by

what we learned, by our beliefs & views, by the new or old emotions and thoughts we had in the past when we saw/heard similar things.

As a result we do not perceive things “raw as they are” but in our own colours. Colours that we understand, colours that reflect our point of view, internal reality, our state of mind. And so people may see very different things in the same thing.

E.g. A little girl convinces her dad to play with her and her doll in the garden even though he was looking forward to watch football on TV. Both will probably perceive different things during play. Dad may see a plastic doll with oversized dress that has pen marks all over and needs a wash, whilst the girl may see a sleeping baby who is probably cold and hungry because she wears little and they have not yet fed her...

Later when they spot a dandelion, the little girl may see a bright yellow flower with lots of petals that will look beautiful in her hair. Her dad may see a weed that spoils his otherwise perfect lawn...

In all cases the two realities and resulting experiences are very different...

One more interesting thing. Did you know that [over time our brain loses the distinction between the reality we remember and the reality we experienced in our dreams?](#) And so sometimes we remember experiences from a long time ago and we are not sure if these are our experiences or these were our dreams...

What does the outside world really look like?

The question is how does the outside world really look like when we all see our own images tweaked by our mind?

Let's answer this by looking at a [tree analogy](#). Say we walk in nature and see a tree. Depending on our [point of view](#), the tree looks slightly different from every single position that we look at it (from close, far, left, right, bottom, top).

Depending on how much or little [attention](#) we pay to the tree, we see different things. The more we pay attention, the more we see. If we don't pay attention to it at all, we may not see it until we bump into it 😊.

Depending on [how we personally feel](#), we also see the tree differently. If we're happy, it looks more beautiful than if we are angry or sad, and so on.

Depending on our [views, beliefs](#) and attitude towards the tree, we see different things too. A person looking for wood for his fireplace will see a different tree than a person admiring the tree for its beauty.

This tree is all these things and so is the external reality. [Quantum physics found that the physical and non-physical things are possibilities of reality... Everybody who has a point of view \(consciousness\) then sees their own possibility of reality. In many cases we perceive same realities and in many cases we perceive different realities](#)

We live in the world of ideas

On top of that we can say that we live in the world of ideas. Stepping back, where do all the things we see around us originate from? There are two types of things surrounding us everywhere. Those invented and made by man like cars, houses, computers and those occurring naturally like nature, water, metal, air, planets & stars etc. [Before anything was made by man, it had been created in somebody's mind as an idea...](#) And then the idea was materialised in the physical world using somebody's inner drive.

What about the things occurring naturally? Do you think that they formed themselves randomly out of chaos? Does nature with all its incredible sophistication and beauty look like it just happened by atoms and molecules randomly organising themselves? Of course not, they have also been created by somebody's consciousness... God's and spirits' consciousness...

[So we actually live in the world of ideas materialised into physical form.](#) This supports what we said earlier that we co-create external reality with our internal reality.



Chapter 4 – Achieving higher awareness and becoming more present

We said earlier that a key part of the “awakened state of mind and heart” is having higher awareness and being very present & alert. In chapter 3 we also said that this is a way to discover who we truly are inside, to get closer to our Higher Self and expand our consciousness.

When are we present and when not?

Unfortunately **people tend to be not very present and conscious quite a lot**. We said earlier that we are not very present and don't notice that many things around us when our mind is preoccupied with own thoughts & visualisations. Similarly we are “not really here” when our mind is in the past or in the future, including when we worry and fear. Or simply when we are withdrawn from here and now for whatever reason, such as because we are tired.

Please note that I'm not saying that we should not think about the past and future. No, it is often useful for us to “go to the past or future, visualise things etc. But no matter how strange it sounds, remember that all the past, the future potential and many more can be accessed in the present moment... **We only live in the present moment!** Every moment we experienced in the past or will experience in the future, we experience in the present moment... So **the more present we are, the more fully we really live**.

There are two other situations when people wonder if they are present or not:

The first one is when they are **really engrossed in something** that they are doing, like watching a great movie, listening to music, doing their hobby etc. Here they don't really notice much else around them. Because the film or the song is happening here and now, they are still present but fully focused on that one thing. As we increase our presence and awareness, we will be able to be engrossed in the film and at the same time aware of what is happening around.

The second situation is when **we talk to ourselves in our mind** as a way to accompany our thinking. Well, this does reduce our presence because we are little busy listening to our own voice commenting, judging and comparing ☹️.

When people are not present enough, they get into various mental states and experience various emotions without realising it. This is more common than you think.

Similarly as we said earlier, people make lots of choices and do lots of things that they are not fully aware of. Like when some people keep looking for things that they left somewhere in their house, like glasses. Or we do some things automatically. **When we become more aware of our own choices and actions, we can take more responsibility for them and for their impact**. We can use them more effectively to create the reality we desire...

And finally most people are not aware of their body most of the day. **Yet having ongoing body awareness (“at the back of our mind” feeling the body from within) connects us more with our physical selves and anchors us in the present moment**.

The power of presence

The more present we become, the more powerful our presence will be and the more people will notice it. Here I don't mean because we will be louder or have dynamic body language. I mean us being fully there in that room, in that conversation and so on. I mean us looking people directly in their eyes when talking whilst emitting inner peace.

You may remember when a small child looked for a while directly into your eyes, intensely and deeply but peacefully. A while which felt like eternity. And you may have felt in that moment like the child was scanning the whole of you. The child looked right into your soul and somehow understood how you are feeling, what is on your mind, your strengths and weaknesses...

People will subconsciously feel our strong presence and they will react to it in their own way. Some will feel we are charismatic and look up to us, some will want to engage with us more, some will confide in us. On the other hand others may feel a bit shy or less confident around us. How did you feel when that child looked deeply into your eyes?

Going back to the fear, **when we look directly into the eyes of something / someone that we fear, we often transform our fear with our own presence** 😊.

Our heart plays an important role here too. **The more we do things with our heart, the more present we are**.

Through increased presence and higher awareness we reach higher levels of consciousness, connect with higher parts of ourselves and so activate higher intelligence within us, like our intuition. This higher intelligence is beyond thought and will help us to know and feel things rather than having to think about them 😊.

Developing strong presence may take some effort, so I am describing below 3 interesting observer exercises for practising different levels of own presence (I called them exercises for beginner, intermediate and advanced)

It is incredible but **there is actually no limit how much present / conscious we can be**. If we are present / conscious, we can always be more present / conscious. We can always awaken more spiritually.

Many of you may have had or heard about people having **moments of extreme presence**, such as when something happened to them and they acted in a way a “superman” would. E.g. somebody is chased by a dog and they somehow moment manage to jump on a tree branch above their head. Or somebody is about to have an accident, they do something magic and avoid the accident or escape unhurt.

Connecting with our body

Being more aware of our body and so connected with it helps achieve a lot of things. Our mind and body become more aligned and we can “do more with our body”. Just think of what gymnasts, practitioners of martial arts and yogis can achieve with their bodies thanks to their high body awareness and presence ☺.

We also become more aware of our body language when engaging with people and we understand our body better. As a result we can spot signs of body discomfort sooner like tense shoulders or increased temperature, and can deal with it faster. Advanced Reiki practitioners are able to identify / sense energy blocks or various inflammations inside their body and they then direct healing energy to them to reduce or dissolve them.

It may sound odd but **we increase the consciousness of our body by increasing our body awareness**. As we increase our body’s consciousness, we strengthen our immune system, we slow down our aging and achieve other health improvements.

There are many ways how to increase our body awareness, like by simply concentrating on and feeling our body (the first observer exercise for higher awareness below helps with that), or doing sport and other exercise.

Climbing the ladder to higher awareness

Let’s look at higher awareness now. **We can always look and try to understand things from higher and higher perspective. We can always improve our understanding how it fits into the bigger picture. And how the bigger picture fits into an even bigger picture.** Let’s illustrate this on the sequence of these four pictures ☺.



Pict. [] Bird’s eye view

The more we raise our awareness, the bigger and clearer picture we can see. Because everything is ultimately connected with everything, there is no end to how high we can climb... **The more we raise our awareness, the wiser we are and the more peaceful and accepting we get.**

So why don’t you start looking at things around you and happening to you from a higher perspective, just like you did when you looked at the pictures above... You will realise a lot of new things ☺.

This may take some effort though, so I am describing 3 interesting self-observing exercises for practising increasing levels of awareness below (I called them exercises for beginner, intermediate and advanced).

Overcoming negative emotions and solving problems with higher awareness

People experience various new unhappy emotions during “every-day dramas” that life brings. By stepping back and observing self and the situation from a higher perspective in these moments, we raise ourselves above the emotions, above the dramatic situation. **And when we observe everything at this higher level, the emotions as well as the drama become less intense.** We are no longer “stuck” in the drama...

Secondly, we get in a better position to understand the reasons for us feeling the emotion in the first place. This is covered in the emotions chapter on pages []

Additionally, seeing, feeling and creatively thinking from a higher level, we can solve many problems & challenges that we could not solve before. **This is because good solutions to many problems are at a higher level than the problem itself. The higher level, the better the solution...**

Also remember that **there are no problems that don’t have solutions**. Why? Problems and their solutions are pairs of opposites in the dualistic world....

We also said earlier that higher awareness gives us better ability to understand our experiences and why many events are happening to us.

Day to day benefits of being present and having higher awareness

Becoming more present and developing higher awareness brings along many other benefits that we can make most of during day to day. Let me list some.

Interestingly our six senses sharpen and we start being aware of so much more around us than other people. This should help us communicate and listen more effectively and understand people better by being more aware of their emotions, body language, intentions behind their words & actions, their views, beliefs & values. And this will help us not to get affected by people's behaviour, their negative emotions and everyday life dramas that these create.

Naturally, we also become more aware of our own mental states and negative emotions that we used to experience not knowingly. Our thinking should become clearer, more succinct, focused and to the point.

We should become more creative and improve our ability to do and observe more things at the same time. Not only be fully aware of every mouthful when we are eating and reading at the same time 😊, but we may eventually become a "multi-tasking expert" at work, in running the household and so on.

We may improve in sports, which often forces us to be very present. We may also develop some other characteristics which come along with spiritual awakening, such as stronger ability to create desired reality.

How to develop higher awareness and become more present

As you probably know by now there are a few essential things we need to do to develop higher awareness and become more present:

-Having strong intention to have higher awareness and be very present.

-Observing, feeling and creatively thinking from a higher standpoint / "standing back". Being very alert and aware of our surrounding and having subtle body awareness.

-Having a clear mind. A mind free from clutter like busy and uncontrollable thoughts, resistances and attachments, fears and worries. Not talking to ourselves in our mind and instead observing, feeling and sensing. In those moments when your mind will be fully clear, you will start feeling **silence and peace** inside you. This is precious, you are getting closer to your true self and Higher Self 😊.

Having a strong intention is not that hard and the 3 observer exercises below are great for learning the rest. Regular meditation is another way to clear the mind.

It is easier to be the observer when not much is happening and our mind is not busy. E.g. it is easy to be aware that we are peaceful when we are relaxing and focusing being peaceful. But as soon as we start thinking, interacting with people, physically doing something, then being an observer of all this at the same time can be pretty difficult. But most rewarding and effective too... For example when somebody is getting into an argument with you, you can stay calm, unaffected and nice when you "shift more of you into the observer" at that moment and so get closer to the inner you.

As you practice being an observer of yourself, this will become more natural and you will be able to maintain higher awareness for longer. **Eventually you should develop ongoing higher awareness.**

Observer exercise: Higher awareness

Beginner level

Observe self in a peaceful state

This is similar to the Observer exercise we did earlier to feel our true conscious self, but with a different focus.

1. Quick breathing relaxation

Sit down in a comfortable and undisturbed place and close your eyes. Relax by breathing through your nose deep in and out for about 2 minutes. Fully concentrate on your breathing, feel the air travelling through the nose, your lungs expanding.

2. Connect with and observe your body

Now move your attention to the rest of your body and do two things:

-Relax your muscles, starting with shoulders, arms, hands, body, legs, feet and then face.

-Observe how your body is. Look for things like if you have tight shoulders or stomach, are you physically energised or tired, are there any areas where you feel any sort of discomfort or pain, is your heart beating faster, are your hands sweaty etc.

Bear in mind that because our physical body reacts to the emotions that we feel, observing our body is another way to spot the emotions that we are experiencing.

3. Watch how you feel overall

Now take a step back and start watching how you (not your body) feel overall in this moment. Good, OK, so so? Are you happy, positive, content, indifferent, negative, not happy, annoyed etc. Can you spot any other emotions you feel and states of mind you are in?

4. Observe your mind

Then the crucial bit, Become the observer of your mind. Watch from higher perspective over your thoughts and anything else that comes into your mind – visualisations, images. Also watch what words do you say to yourself inside? If your mind is clear, then wait and see what comes next.

An important thing here is to be kind of an independent observer, who is peacefully watching with anticipation, without judgement, who is interested and wondering what he/she will “see” without expecting anything.

Observe your mind like this for as long as you like, 3-5 minutes is good.

At first you may find doing this strange - be the actor as well as the audience at the same time - and you may struggle with it. Initially you may be able to do this only for a little while but as you practise this (it is a skill), it becomes easier.

Then when you finish it may be useful to write down the main things you picked up. What was the nature of the thoughts, images and any linked emotions? Was there a pattern in them? This can then be a useful input into the various other self-assessments covered in the Emotions chapter.

Intermediate level

Observe self during conversations with people 😊

1. Watch how you feel overall - same as 3 above but focusing on how does the person and the conversation make me feel
2. Observe your mind during the conversation as per 4 above
3. Observe your body language and reactions to the person, e.g. to what they said and their body language

Advance level

Observe self during uncomfortable and stressful situations

1. Watch how you feel overall - same as 3 above but focusing on how does the difficult situation make me feel
2. Observe your mind during the difficult situation as per 4 above
3. Observe your body language and reactions to the difficult situation

Observer exercise: Increased presence

Beginner

Thoroughly observe an object

Pick a medium-sized varied object like a mug, fruit, picture, flower, statue, pet or a tree that you see and start observing it in real detail. Notice more and more detail, just like the sequence of these pictures.



Pict. [] Eagle eye

Then step back, look at the object as a whole and try to feel it with all your senses. Feel how vibrant or dull are the colours, absorb its shape, how sharp or smooth are the edges, what is it made out of. You can smell it and touch it (or imagine you are smelling it and touching it). How does it smell? How does it feel on your hands? How cold or warm, how rough or smooth is it? Then imagine how it would sound if you tapped it with a spoon and if you dropped it on the floor. If you want and it is appropriate, you can imagine how it would taste if you licked it.

Now summarise how you feel about the object as a whole. Is it nice, OK, not very nice? What do you enjoy about it and what you don't?

Intermediate

Observe and feel the energy of a room you are in

It is best to do it when you are relaxed on your own in any room like at home, in a restaurant, shop or at the airport. Places of worship, museums and castles are particularly interesting. They all will have different energies and may bring up different feelings for you if you will manage to be well present. This should be real fun once you start noticing the difference between the energies of different rooms.

Start by making yourself fully be in that room here and no. By that I mean that your attention is fully devoted to the room, you push aside other thoughts not related to the room and you feel the room with your heart.

Notice and observe the individual things in the room first (if there are people in the room don't observe them for now). How do the main things make you feel individually, what do you like and not like about them? If any objects in the room are moving, how does their movement feel - gentle, rough, sharp, smooth?

Then step back and start observing and feeling the whole room.

-Notice the space, the depth and width, notice if there is any colour scheme / pattern of the things you looked at. How are they arranged in the room, can you see any shapes created from the objects?

-How does the arrangement make you feel – comfortable, cramped, is it tidy, messy etc.

-What is the overall atmosphere of the room? Or if there are people there, what is the overall atmosphere?

-What else can you pick up with your senses, e.g. sounds and smells.

-Overall, what do you enjoy about the room and what you don't?

Then bring the people in the room into your observations.

-Briefly observe each person. What do they look like, what are they wearing, what is their movement and body language, e.g. are they dynamic, slow, smooth, sharp?. Guess what they may be like, e.g. warm, easy going, cold, or serious.

-Now feel what atmosphere these people create together, e.g. warm, merry, peaceful, dynamic, dull, uncomfortable, tense, cold or noisy. And how does this atmosphere compare to the atmosphere of the room without people. What are the differences?

-And what about the overall movement of people in the room, is it slow, dynamic, rushed, chaotic, organised?

For comparison you may want to **go to another room** and without scanning the details, absorb the whole room and people there. Then **compare** how different you feel versus the previous room.

Advanced

The advanced exercise for increased presence is part of the advanced exercise for clearing the mind below. It is a good idea to do this once you achieve the intermediate level for clearing the mind...

Observer exercise: Clearing mind

Before you start, have a strong intent to clear your mind.

Beginner

Concentrate on an object

Pick a smaller object of a simple shape, like a pebble, ball, candle, leave or rubber and start concentrating on it. Just stare at it, feel it and try not to think of anything. If a thought, image or other visualisation comes into your mind, gently push it away and carry on concentrating on the object.

Initially it may be hard to keep the mind completely clear and that is OK. In that case try to continually reduce the number of thoughts that come to your mind until your mind is empty and stays so for a while. Once you achieve this for 1 minute or more, it may be a good time to move to the intermediate exercise.

Intermediate

Observe your mind

1. Quick breathing relaxation to connect with your body

Sit down in a comfortable and undisturbed place and close your eyes. Relax by breathing through your nose deep in and out for about 2 minutes. In the first minute or so fully concentrate on your breathing, feel the air travelling through the nose, your lungs expanding. Then move your attention throughout your body and relax your muscles in each part. Starting with shoulders, arms, hands, body, legs, feet and then face.

2. Observe your thoughts

As with the earlier exercise start independently observing your thoughts. Peacefully watch from higher perspective and whenever a thought, image or a visualisation comes into your mind, gently push it away... And keep on "watching".

By shifting your awareness to this higher level less thoughts should come into your mind and you may feel a sense of calmness. When you manage to keep a clear mind for about 3 minutes you have just done a powerful meditation 😊.

Advanced

Connect with nature

We connect with nature when we are very present, our mind is clear and heart is open.

Find a quiet and comfortable spot in nature, sit down and make yourself comfortable.

Start observing and feeling the scenery around you with all your senses. Try not to think of anything. If a thought, image or other visualisation comes into your mind, gently push it away and carry on concentrating on the scenery.

Feel the space, feel the objects, absorb their colours and shapes. Feel the silence and the sounds, feel the temperature, the sun, the breeze, look for the beauty.

Just absorb what you perceive, don't comment, analyse, judge, compare.

As you connect with nature this way, you may find the colours more shiny, the shapes more vivid, the objects more alive. You may even notice a white layer surrounding the tops of the trees in the distance (the first layer of tree auras).

People in advanced stages of spiritual awakening may additionally feel how the trees are somehow aware of their presence there. They may even have brief senses of knowing how the nearby tree feels 😊.



Chapter 5 - Communicating with the Other side

We said that our intuition together with our heart is a bridge to communicating with our Higher Self, divine beings, God...

Our intuition is a higher intelligence in itself.

Recognising intuitive messages

Intuitive messages usually either come in the form of an inner feeling (a 6th sense, a gut feel), or as sudden ideas, realisations, sparks of inspiration and visualisations. And even as a sudden recall from our memory. It does not happen by chance when we remember something important at just the right time you know ☺.

You may ask what comes from our heart and what comes from our intuition. Our mind and heart are connected but to simplify it, let's say that our 6th sense / gut feel comes from our heart. And our sudden ideas, images, visualisations etc. tend to come from our intuition. But watch out, they can easily be the result of our thinking.

The intuitive messages come fast and at its own will without any thinking. Intuitive messages feel right (our heart in action ☺) and they have no fear or doubt attached to them. Same thing with our 6th sense / gut feel. Fear and doubt about something is created by the mind.

The mind is slower than intuition, but it can still block or ignore the message from our intuition and feelings from our heart. To start with, busy mind full of thoughts does not allow the intuitive messages to come to our attention. Where it does come to our attention, many people find it difficult to know if it was from their intuition or the product of their thinking. Many start thinking about the message, often conclude that logically it does not make sense and they dismiss it as being silly and foolish to follow.

Let's look at an example of intuitive messages: You are walking down the street and get a sudden sense to look left. You look and see a second-hand furniture shop in front of you. You then either get a sudden thought about going in, or may be something you see in the shop window is making you feel like going in.

Then your rational mind jumps in saying that you don't need furniture, you would not buy used furniture anyway and so on. If you act upon your intuition, you walk in and carefully look around. And then suddenly just the perfect present for your ant that she always wanted but they no longer sell it stares at you. And it is in such a good condition, waiting for you ☺.

The other thing that can happen is that **we think it was our intuition / gut feel, but it was not.** This often happens **when we are attached to things and make assumptions about things.**

E.g. Amanda's daughter Susan is a bit fragile and Amanda worries about her. Amanda notices one day that Susan looks pale and she gets a sudden thought or a feeling that Susan will be ill.

Here is an example about making assumptions: A baby boy called Arian is a placid and a healthy baby and rarely cries. One evening Arian is unsettled and cries quite a bit. His mum gets a sudden feeling that Arian is hungry after she realises that she fed him a bit less today because they were out most of the day.

Intuitive messages often arrive as an intuitive flash where we receive a number of things at once. These flashes come from outside our 3D world and linear time where all happens at the same time...

Some people get a flash of an event just before it happens, others get a flash of the person who is calling and why they call before they pick up the phone. You may have experienced a flash in some of your dreams where you suddenly understood a lot about a situation or a place in that dream (e.g. why you are there, what it means, what will come next). The problem is that as soon as we start thinking about the flash we tend to forget a lot of information and feelings that the flash contained..

So what now? You may be thinking that it seems quite hard to recognise intuitive messages. Yes, it takes some practice and experience but it is not that hard. In general, as a person starts to clear their mind of busy thoughts and brings higher parts of themselves into their consciousness, it becomes a more natural thing.

Many of you are probably still disappointed that it is not even easier to recognise intuitive messages. So here are a few tricks ☺.

Answers come easier after a question

Just ask the question without any attachments and expectations and then wait curiously and patiently for the answer. Watch for the sudden messages and feelings. Yes, this is very simple and obvious but many people don't believe it can work this way.

We can initiate communication with our Higher Self this way too ☺. You can address a question to your Higher Self in your mind as normal, during meditation, whilst falling asleep or in other ways. If you do this during meditation, it helps to imagine how you are meeting your Higher Self and then asking the question.

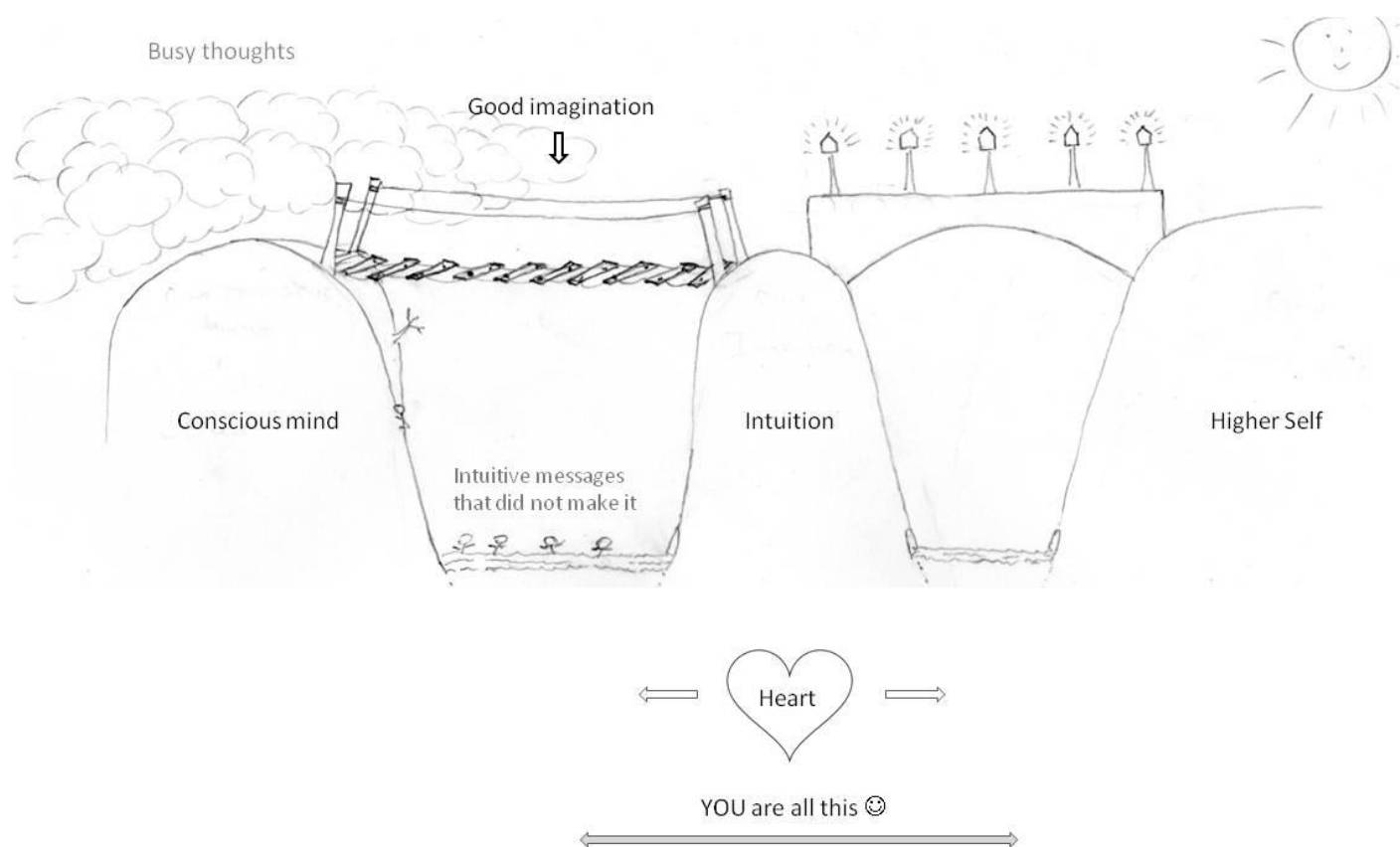
The harder part is to recognise and interpret the answer. People with very good imagination may receive the answer straight away when the imaginary person spontaneously answers their question during the meditation. Usually we need to wait for the answer a bit longer.

The power of imagination

The other one is having good imagination, which allows intuitive messages to be spotted more easily.

Developing good imagination is like building a bridge from our conscious mind to our intuition. Messages from our intuition can then “walk over the bridge into our consciousness instead of trying to make a big jump to the other side”. Also, it is hard to jump when you do not see the other side because of thick clouds (our thoughts).

In other words, **people can recognise intuitive message better when they come as a sudden image or visualisation than when they come as one of their many thoughts and ideas.** E.g. Emily was at work and suddenly a picture of central heating flashes in her mind. She knew her intuition was telling her something and remembered that she needs to leave work early because an engineer is coming in the afternoon to repair her central heating...



Pict. [] The bridge to our intuition and Higher Self

Interpreting intuitive messages

The job does not end when we recognise an intuitive message. We then need to correctly interpret it, especially if it is not obvious. Like if it is in the form of a symbol, unusual coincidence etc. Also if we get an intuitive flash of a number of things in one, then our additional challenge is to remember all the pieces whilst we are interpreting the flash. After that we still need to act on the intuitive message and that takes some determination and faith...

State of Knowing

As you spiritually grow, your intuition and gut feel strengthens. The more you awaken, the more messages you will get and the stronger your gut feel will be.

But there is even better news. **When you reach higher levels of spiritual development and start connecting with your Higher Self, you will additionally start developing an ongoing sense of Knowing deep inside you.** It is hard to describe it. It will feel like more than receiving messages from your intuition here and there. It will feel like you already know it

with your heart. E.g. you will begin to know in your heart what are the right things to do for you, how things are, whether people are saying the truth and so on. Those things will resonate differently inside you than the other things, like what is not a good idea for you to do. In the state of Knowing you should recognise a spiritual truth when you hear it as it will resonate with your heart.

This way is so different to the normal way of people using their logic, reasoning, past experience and knowledge that it may seem unbelievable to many. Hopefully it does not seem unbelievable to you, having discovered your divinity ☺.

Improving intuition and imagination

There are many ways to practice intuition besides spiritually growing and connecting with higher parts of us. Many books have been written about it. As we said earlier, learning to clear our mind, asking questions and then watching out for intuitive messages, and improving own imagination goes a long way. Practising this during a meditation is usually quite effective but one can practise this during day-to-day activities too.

How about easy ways to improve imagination? I would suggest closing your eyes and visualising various objects, happy scenes, fantasies and memories. When you do this, try to feel them with all your senses. See and feel the colours, absorb the shapes, touch the objects. How do they feel, cold or warm, rough or smooth? Listen to the sounds. What can you hear? Smell the flowers, taste the food...

I like to imagine being on a beautiful island and exploring it by foot. I'm excited and intrigued about what I will find and allow my imagination to do the rest. My imagination often surprises me by creating scenes which reflect what my intuition wants to tell me or how I feel inside...

Why don't you try it for yourself and join me. I usually start exploring my island from here (see picture below). May be we will even meet and have a nice chat on this bench where I love to relax. Aloha, my friend ☺.



Pict. [] Entrance to the magic island

Pict. [] Place for daydreaming

Here is one more suggestion for practising intuition: When your phone rings, don't look at who's calling. Instead see if you can feel who it could be or if a sense or an image of somebody comes to your mind.

Other ways the Other side communicates with us

There are many other ways that the other side including our Higher Self communicate with us than through our intuition and our heart. It is mainly **through outside signs, symbols and other things happening around us, especially after we start looking for them.** Welcome to the world of magic ☺.

These signs and symbols can appear in the papers & magazines we read, on TV, on our journey anywhere. Even somebody talking to us or to somebody else may intuitively say something which is a message for us.

So how can we tell that the signs and messages which we spot is communication to us? Here are some hints:

-When the sign/message closely relates to us

For example when it points to something very relevant to us, when it seems like an answer to our problem or like we said earlier to our question, when it feels like a guidance to what is best the thing to do in a particular situation.

E.g. Sarah loves music. She has been learning to play piano for a while but she is struggling with. One day she feels like giving up. That evening she sees George Michael on TV singing "you gotta to have faith". She senses it as a message from the other side and carries on with the piano lessons. Soon after that she experiences a breakthrough by suddenly recognising individual notes. This then makes playing piano a joy for her rather than a struggle.

-When the sign/message coincidentally keeps repeating itself

For example when I started looking for ways to communicate with my Higher Self, I noticed that I often intuitively looked at the digital clock and guess what? The time on the clock was regularly two same numbers, like 11.11 or 12.12. When it happened more than once in a day I knew that this is a big message for me. Later I realised that the message was very profound yet simple. It was like a tap on my shoulder saying: "We are here communicating with you right now and we know what you are going through."

So if you are ready and desire so, hopefully it is your turn to receive a loving message from the divine side in one way or other very soon ☺. Watch out for the headlines in TV and magazines that grab your attention and instances when you intuitively look at the clock. And don't forget to celebrate when you notice any coincidental repetitions ☺.

In addition to the outside signs & messages, whether we realise it or not, the other side also communicates with us through **creating events and experiences for us** as we explained earlier.

How can we feel and see divine beings?

We talked about receiving messages from the other side including higher parts of ourselves. But what about actually feeling or even seeing divine beings like fairies, ascended masters like Buddha, our spirit guides and guardian angels? When is that possible?

One answer is **when we raise our consciousness to their level...** Impossible, you say? But we have a piece of God inside us so nothing is impossible ☺.

There are actually easier ways that we can see or feel divine beings.

If you have good imagination, you may be able to feel the qualities of a divine being when you look at their picture or a statue. Just like you may feel the qualities of a little kitten when you see one. Cute, cuddly and fluffy... Actually **this is a real way of energetically connecting with that being...** We will practise this in a minute.

Rarely the divine beings, especially angels, may make themselves visible to us. This is when they significantly lower one aspect of their energy vibration so that little bit of them can appear at the level of consciousness that we operate at.

We can then see and feel them in a number of ways.

We can see them as light even with our eyes closed. We can see for example an angel shape that we recognise or more often they can appear as flashes / sparkles of light or "a ball of light" (referred to as an **orb**) "dancing or floating in the air" ☺.

Another time we can feel their presence instead of seeing them. I often feel a rush of energy through my body and goose pimples when I connect with them, for example during a meditation or when hearing / reading a genuine channelling by them.

Exercise: Feeling an angel

Why don't you try to feel an angel yourself. Below is a picture of an angel statue. I can connect with this beautiful angel energy quite easily.



I suggest that you thoroughly observe the angel first and feel it with all your senses, just like in the Observer exercise for increased presence. What qualities do you feel?

You can then go even further and send the angel some love or a question. Then stop thinking and peacefully wait to see what you feel or if you get any sudden images or thoughts.

Do you actually know what attracts angels to us? You probably guessed that it is our prayers, our love and compassion. But did you guess that our joy and healing others also attracts angels to us? ☺ Healers who channel divine energy, e.g. during Reiki treatments, are often surrounded by angels ☺

Pict. [] Angel

Exercise: Seeing divine beings

And now how about trying to look for divine beings in this magical forest and may be they will appear to you ☺.

I regularly go to this spot and feel the presence of divine beings there.

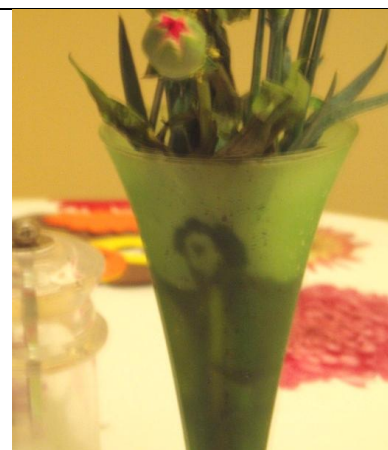
A good way is to look deep into the forest and let it draw you in. When you are “fully there”, half close your eyes and feel the energy of the place. Then curiously watch the sunny spot up in the distance. You may want to ask them to help you feel or see them and then patiently wait.

Some people experience something the first time they do this, others much later. Just feeling a sense of peace and serenity, raises your energy vibrations and brings you closer to the higher levels of consciousness.



Pict. [] Magical forest

If you find this hard to do then not to worry. Divine beings can also make a visible energy imprint into matter of an aspect of themselves, which we can easily see. For example when a picture of a saint suddenly appears on an object (without a secret human intervention ☺). Below are some examples of such appearances. Seeing the pictures is also a chance to connect with these beings.



Pict. [] Vase with and without Jesus As I mentioned earlier, a picture of Jesus appeared on my vase at home.



Pict. [] Tree spirit I regularly go to a nature reserve to feel and see this being. Is it the imprint of a tree spirit?

Of course the appearances do not come out of nowhere. The divine energy interacts with matter to create the visible imprint. The picture of Jesus formed from flower leaves leaning against the inner surface and a stem. The leaves then gradually separated from the vase and the picture eventually disappeared.

Are ghosts of people real?

It is relevant to mention the appearance of ghosts of people here.

The good news is that when ghosts of departed people appear, they are not as real as they seem. They are a holographic image of the departed person locked in time. It is their energy imprint at the time when they were here, in that place. As a result the ghost image does not react to people observing it and it usually looks like a short film scene shown in a 3-D cinema and replayed over and over again. So, there is no need to fear.

And for those who have fear of various negative energies perhaps because they can sense them more than others, here is something you may find useful to know.

This pentacle amulet is used by many healers for protection from negative energies. What can you feel when you look at it? Can you feel its powerful yet gentle and harmonising energy?



Pict. [] Pentacle



Chapter 6 – Health Secrets

In this section I want to look at our health from high perspective where many seemingly unconnected things fall into place. I want to talk about poorly understood causes of general health problems and reveal other interesting things I discovered mainly through personal experience and deeper insight.

Where do western and eastern medicines fall short?

Many people who believe in alternative health approaches would say that the classic western medicine focuses on treating the symptoms and consequences of health problems rather than their true causes. The symptoms then go away but the causes and underlying disharmony stay and show up again later, perhaps in a form of a different health problem.

To be fair, over the last 30 years western medicine made a big jump in treating and understanding various illnesses and many of their causes. But they confess that they still don't understand the causes of many health problems. How often do the doctors prescribe antibiotics or anti-depressants which then don't work and make the situation worse ☹.

Despite the progress, western medicine still mainly focuses on treating individual problems when they arise and it does not pay much attention to the very early stages of a problem, like reduced blood and life force energy circulation. One area they study well though is the impact of stress on health.

A couple of warnings though: Anti-depressant drugs actually sedate people and numb their feelings, and have lasting negative impact on mental, emotional and spiritual health ☹.

The other problem is that many drugs that big and powerful pharmaceutical companies make and classic doctors prescribe have other negative side effects which can cause other illnesses... You may have noticed how long is "the possible side effects" section of many drugs leaflets... Where people develop other health problems because of the medication, they usually end up buying more of these drugs ☹. It can be a vicious circle...

The alternative western medicine, like homeopathy and eastern medicine look at the body holistically and do focus on treating the causes of health problems. Many Chinese and Indian medicine methods look for reduced life force energy flows and try to improve the circulation of blood, life force energy or lymph in the affected areas, such as with acupuncture, acupressure, herbal medicine, massages, diet, cupping.

This is great and it helps a lot. But when the underlying cause is at emotional and mental level and it is not harmonised, then what often happens is that people who recover may still experience similar health problems later again. They have not dealt with the primary underlying cause...

And most medicines also struggle to find the hiding invaders. Why? Because when they are hiding, they are usually not active and not in the blood. So the immune system is not fighting them, the person does not have many symptoms and the blood test then does not reveal anything either... So it can be like looking for a needle in a hay stack (there are many other viruses and bacteria that harmlessly live in our body). But it does not have to be so hard.

Next, I will shed some light on these areas.

The amazing immune system

Overall, our body strives for balance and good health which is our natural state. Our immune system is the main guardian of our good health.

It is incredible how our immune system protects us and looks after our well-being. The immune system is formed by many bodily systems and organs which act in harmony to protect our body from various invaders and to strive for balance. This is very complex, so let's simplify this and focus on the main players - the blood with its amazing white blood cells and the lymphatic system.

But first, let's look at what are the external invaders that our immune system protects us from.

What are the main external invaders?

They are the obvious ones like viruses, harmful bacteria, fungi and parasites.

And then the less obvious ones, that usually cause problems after they manage to build up in the body above certain levels. These are **toxins** that we usually absorb from food and air like heavy metals, pesticides, food preservatives, antibiotics, many other medications and chemicals, radioactive substances.

The body defences

To get inside the body, the invaders need to get through the first line of body's defence like the skin, mucous membranes, body acids, saliva, tears, sweat and healthy bacteria.

If the invaders like viruses get through these defences, then it is the white cells' turn to spot to invader. Because blood gets to every living cell in the body, the tiny white blood cells flowing in the blood act like body guards, watching out for any invaders in the blood and the whole body.

When the white blood cells find the invaders, they mobilise their forces and act to destroy them. During this fight the white cells produce antibodies specific to the invader and usually increase their own army by multiplying themselves. No wonder the doctor can easily spot that the body is fighting something when the blood tests shows an increased number of white cells and/or antibodies...

Even when the invader is gone, the antibodies stay in the body ready to act quickly if the same invader returns...

The blood also carries toxins to the liver and kidneys where many can be dealt with.

The lymphatic system helps protect the body during filtering out body fluids from the tissues. Another type of white blood cells (lymphocytes) are present in the lymphatic channels and they fight any detected invaders that have contaminated body fluids.

Let's remember the various excretory systems in the body like the urinary and sweat gland systems. They also act to remove the invaders (especially toxins) and other things that the body does not need like residues and extra liquids.

This whole thing is so amazing and clever that our body deserves lots of respect and a pat on the shoulder ☺

Stem cells

By the way, did you know that red and white blood cells are produced from stem cells inside bones, in the bone marrow (soft tissues inside bone cavities)? And these stem cells are quite miraculous because any other type of cell in our body can be repaired or grown from the stem cells (e.g. cells in skin, kidney, liver). Many scientists and doctors are trying hard to create these various cells and even body parts from the stem cells. The very sad thing is that they often use stem cells from human embryos. And they kill these little beings as part of the process ☹.

What do the cells and organs need to properly function?

Except for good body defences that we talked about above, the cells and organs need many other things to properly function. Especially energy, water, oxygen, nutrients like vitamins & minerals and hormones. And it is the blood that supplies them with most of this...

What kind of energy do we need?

There are generally two types of energy that our body needs – the measurable energy (in kilocalories) and the subtle not yet measurable energy.

The measurable energy has many forms like mechanical, thermal and chemical energy. We receive it usually in the form of thermal energy from food and liquids and our body then converts it in the other types of energy.

The subtle energy is called life force energy or Chi. Chi flows into cells through a subtle energy system briefly described on *pages []*. We get Chi from food and liquids as well as air.

Gaining and burning those calories

It is very interesting how our body gets, burns and stores the thermal energy from food and liquids.

Our body extracts energy out of what we eat and drink during digestion and metabolism. This energy is hiding mainly in carbohydrates, fat and proteins in the form of simple sugar called glucose. This extracted glucose is then carried to the cells and organs in the blood.

Glucose is then converted into energy inside the cells and organs when it interacts with another important thing that the blood carries – oxygen. The oxygen virtually burns glucose, which creates “small heat”. This “heat” then powers our body... Our body can use this energy not just as physical heat but also to power and operate all its processes e.g. breathing, circulating blood and lymph, functioning of organs, growing and repairing cells etc.

Actually there are other ways to create energy from glucose, such as during body movements when muscles use enzymes to “burn” the glucose. No wonder we feel warmer when we exercise ☺

Extra glucose that isn't needed is first converted to glycogen and stored in the liver and muscles. Further excess glucose is stored in the body as fat...

So how much thermal energy does our body need every day to do everything it needs to? You may know that women use on average about 2,000 kilocalories (kcal) a day and men about 2,500 kcal a day (one kilocalorie is often referred to as one calorie).

So how much is that? A medium-sized apple has about 70 kcal and a Mars bar chocolate has 260 kcal which is nearly four times as much. That is 13% of the energy that women use on average in a day. Quite a lot, hey. No wonder it tends to be easy to put on weight when one regularly indulges in a lot of fast food, chocolates and so on ☺.

OK, but this still does not tell us much, right? How can we imagine how much energy is 260 kcal? Think back about the fact that this energy is like heat. And so we can say that 260kcal is equivalent to an amount of heat that is needed to warm up 1 litre of water by 260 degrees Celsius (about 470 degrees Fahrenheit). That is huge and would not work because the water would evaporate first. So let's say that it is the same as warming up 10 litres of water by 26 degrees Celsius (47 degrees Fahrenheit).

That is a lot of heat isn't it. All that in a small Mars bar? Let's look at it differently. If we could set fire to a Mars bar with a match stick, the flame would be quite big, wouldn't it. And it would not go off straight away... So there is a lot of heat in the Mars bar after all. No wonder it takes so much effort to "burn off" that Mars bar in the gym after we ate it ☺.

Why do people get ill in general?

Let's go back to understanding what happens when people get ill.

Of course there are lots of different illnesses but in general **one of two things usually happens**. You can probably guess it now:

-An invader like a harmful virus, bacteria, fungi or parasite spreads throughout the body. Or various toxin invaders build up inside the body.

-The cells, tissues, organs and various areas in the body do not get what they need and get out of balance / stop functioning properly.

And how can this happen?

Knowing how our body is protected by the white blood cells in the immune and lymphatic system and how it receives what it needs mainly through blood and life force energy, we can say that one or both of two things need to happen:

-The immune and/or lymphatic system does not manage to stop and remove the invader. This can usually happen in two ways – the immune / lymphatic system is either weaker and struggles to fight the invader off, or it does not reach / find the invader.

-Blood and life force energy circulation reduces in an area of the body. This means that not enough nutrients, glucose energy & life force energy and white blood cells get to that area e.g. organs & tissues.

It also means that the area can become susceptible to building up of toxins and settling by other invaders. This tends to develop gradually and often leads to chronic health problems.

The message coming through physical pain

In very simple words, physical pain is usually a way of the body communicating to us that something is not right. So it is good to keep an eye on any sensation of physical pain or discomfort and then look to understand what is the pain trying to tell us.

For example when I eat something that is old, stale or not good in other ways, I get a sensation of heaviness or mild discomfort in my belly straight away. Yet the food has only just arrived to the stomach which is well above the belly ☺. So this sensation must come from "higher senses", similarly like when Reiki healers feel the energy blocks with their hands when they treat people (e.g. pressure, prickly sensation, mild dull pain)

When does the blood and life force energy circulation reduce in an area of the body?

I don't want to talk about an overall reduction of blood and life force energy circulation in the whole body as other books cover this. Instead I want to explore a less understood area - when does blood and life force energy circulation reduce in a particular area of the body.

In simple terms, when this area becomes vulnerable... An area in the body can become vulnerable for various reasons but often because of energy blocks, damage by various toxins, previous illness / accident, but also simple things like bad posture, too much sitting.

Lower blood circulation usually follows after lower life force energy circulation in an area of the body. Think of the saying – Where energy flows, life = blood goes...

The energy blocks are often caused at the mental and emotional level, like by stress and stored negative emotions.

Vulnerable area is a good place for invaders to settle in

Because the immune and lymphatic system may not be so active in the vulnerable areas of the body, various invaders can settle here. Also toxins may build up here because they are not being effectively removed.

Many chronic health problems are a result of long-term infectious deposits or building up of various toxins in the body, combined with weaker immune system which cannot deal with them.

Where can't white blood cells reach and find invaders at all?

You may think of dead cells that we continually shed and replace but there are other places in our body where white blood cells can't reach and so find the invader.

Blood, lymph and life force energy does not circulate in stored mucous and fat ☺. And it is especially excess mucus that offers ideal hiding place to invaders like viruses and toxins. And here they can stay dormant for quite a while until something triggers them off into action. Bingo!

The immune system does get a chance to fight the virus – when people get ill with it, i.e. when the invader gets active, multiplies and spreads through blood. But this is a bit late though ☺

Going back to mucous: mucous is actually an important part of various body functions but it is when excess mucous builds up, then things can get out of balance. Excess mucous can line the digestive system and so noticeably reduce its effectiveness in absorbing nutrients. Or it can line up the respiratory system which people tend to notice faster e.g. it can lead to frequently blocked nose, sinuses

Excess mucous builds mainly from consuming a lot of mucous building food and liquids like cow's milk, yogurts, other dairy products and wheat food high in gluten like white flour.

A classic example is the herpes simplex virus that causes cold sores. People who suffer regularly from cold sores on the lips have herpes simplex virus hiding in the mucous of organs, glands or bodily functions responsible for digestion and resting. The virus gets triggered off into action usually by stress, cold weather or longer exposure to strong sunlight e.g. on a beach holiday ☺. When these people visit a pharmacy or a doctor they will probably get something to treat the symptom = cold sore or/and reduce the activity of the virus = send it back to its hiding place...

What triggers off invaders into action?

There are various things that can trigger off hiding invaders into action like stress and other ways of weakening the immune system, change of weather, catching a chill through exposure to cold weather or a draft.

Emotional and mental causes of health problems

We already mentioned that negative emotions and states of mind cause energy blocks in the body. This is a less understood area, except for the consequences of stress which is well studied by medicine.

Our attitude to our health is more important than many think

Our attitude towards our health is very important. If we want to be / believe that we are healthy & strong, we (a part of brain called hypothalamus) send these signals to our cells / body. The cells / our body then listen to these messages.

If on the other hand we focus on being ill & weak, like we think about it, fear it, believe it – e.g. believe that being in a stuffy room all day will give us headache, then we also send these messages to our body & cells and they listen to them too ☺.

For example somebody strongly believes that if they eat oily food then they will have stomach ache. Then often they really get stomach ache after they eat oily food even though their digestive system can handle it well...

Remember the rule that we attract an external reality that reflects our internal reality.... Actually after 2012 our ability to create external reality with our mind intensifies and so our attitude towards our health will have even bigger impact on our bodies.

Like we said above, it is clear that it is not just our attitude that influence our health / what happens.

How do stored negative emotions affect our health?

We store our emotions in the subtle emotional body as well as in the physical body (*this will be explained later in the emotions chapter on pages []*)

The stored negative emotions tend to create energy blocks, which then reduce the energy flow through that area. It depends on the amount and intensity of the stored negative emotions.

The physical body tends to initially store the suppressed negative emotions in the muscles where they can do less harm. On one hand this protects the organs, which is very thoughtful of the body ☺. On the other hand this usually

leads to some muscle tightness & aches (we may not feel it in the case of deeper muscles), and it affects blood circulation in that area. It may also upset the chemical balance in the area too.

Yet when people experience strong muscle aches and other muscle problems, what do they normally do? They don't look for causes which are hard to find anyway, but tend to get themselves or from the doctor painkillers or anti-inflammatory tablets. Then they expect that all pain goes away quickly. If not, the doctor is likely to increase the dosage...

But if the negative emotions keep on accumulating over time, they may end up affecting organs too ☹. The impact may be so small that people don't notice it for many years.

Louise Hay actually mapped in her book "Heal your body" what kind of emotions and states of mind may cause what type of health problems. In other words she is suggesting that if somebody has too much of stored emotion X or too often gets into a state of mind Y, then he/she is at risk of developing a health problem Z. But it is very important to remember that the described health problems may also be caused by other factors too like previous actions, diet, lifestyle etc.

Let's show the impact of negative emotions on a good example:

Frank carries a lot of fear. These emotions mainly store in his belly (at the level of belly button, not higher where stomach is). If the fear is big or/and experienced for a long time, this tends to create energy blocks in the belly, reduces energy flow and blood circulation through the intestines and leads to some muscles tightening. This then may negatively impact Frank's digestion system if he eats lot of sugary and salty food. Initially, he may get occasional stomach aches, bloating, he may not digest the nutrients as well as before, digestion may take longer, some food e.g. oily food "may not agree with him".

But over time his symptoms deteriorate. He has more regular stomach aches, more food "does not agree with him" and catches a few stomach bugs.

This is because his intestines and whole digestion system became vulnerable. As a result food toxins build up there together with mucus from eating too much dairy products. Also eating too much of refined white sugar and salt caused Frank's intestine environment to get out of balance / become too acidic. This is an ideal environment for overgrowth of the fungi type of bacteria in the intestines (sometimes called Candida or disbiosis).

This example also explains why some people who eat a lot of sugar, salt, fatty food, dairy products and so on don't have any digestion problems described above, and other people have the digestion problems.... The people in the first category have strong digestion system (accompanied by good blood & energy circulation), which can handle the pressure from large quantity of unhealthy food & liquids.

Health problems beyond our control

And then there are poorly understood causes of health problems which are beyond our own control... Some health problems can't be prevented no matter how strong the immune system is, no matter how good the energy and blood circulation is, no matter how emotionally and mentally balanced a person is, and even no matter what a person did in the past to prevent the health problem.

This seems to happen either when the health problem is a **lesson organised from above**, such as a food allergy developed at a very young age for no reason **or body's own way of getting into balance**.

Health problems as lessons organised from above

We said that some health problems which happen outside our control had been planned by the other side. This is hard to accept for anyone because it does not feel fair and any suffering is not nice. It helps me think that we are all "angels in disguise" and have the inner strength to get through it. The other side loves us and would not send us something that we can't cope with or that would damage us. And the rewards for getting through these health problems are beyond our imagination and will stay with us forever.

Experiencing these health problems gives us an opportunity to develop, learn / realise something, overcome them & become stronger, change. We then decide how we react to it, what we do about it.

Knowing this may help people accept their health problems which happened outside their control and give them more strength to overcome them.

Let's look at an example. What do you think about a sad situation when a small child on a healthy diet suddenly becomes diabetic? It is not something the child could have caused him/her self. So was it a coincidence then?

It can't be a coincidence because things in life don't happen randomly. If they did, then everything would be such a chaos. In this chaos things could not sustain themselves and would fall apart. In this chaos we would have seen over the past million years lots of planets including our Earth randomly floating in the universe and crashing into the huge

amounts of flying objects in space... But they are not, they all move and evolve in a very sophisticated manner, which must have been created by a higher intelligence.

So there must also be a reason for the child developing diabetes. Some doctors would say that it was in his/her genes and these were passed from the parents. Yes, some were but others were not. **So somebody must have “chosen the full set of the genes”**. I think you can guess who – the child’s **Higher Self**. But how could that be when many genes were passed from the parents? **By choosing / agreeing with the Higher selves of the parents that they will be their child...**

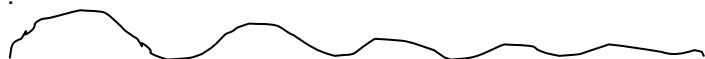
How do our bodies march towards balance?

As we said earlier, **our body strives for an overall balance and good health which is our natural state**. The working of the universal laws of Balance and Rhythm / Cycle support our body in its effort too.

So if our body / organs get out of balance because of what we did in the past (e.g. been in a stressful job for years), our negative stored emotions or even our life lessons, the body starts a process to get back to balance.

There are many ways how the body tries to get back to balance / overcome an illness on its own. If it succeeds to get back to balance, it may do so relatively quickly or more gradually in stages over a longer period of time, like during ongoing body cleansing. Here our body often follows follows a rhythm / cycle. During the cycle the underlying “disharmony” gradually reduces as shown below (the smaller the wave, the smaller the disharmony):

:



Or if it takes longer:



Let’s look at how a cycle of loosening of tight muscles tends to happen.

Do the tight muscles suddenly become loose? Usually what happens is **that in order for the tight muscle to loosen, it tightens more first. And then the muscle loosens beyond the starting point...** And then this may repeat at some point later again...

This technique is actually similar to what many physiotherapists do when they loosen patient’s muscles during a therapy. **This can often happen naturally for example when one gets a cold because during a cold muscles tend to tighten too** 😊.

Whether the body recovers on its own from the health problem or gets worse instead, and how long will the recovery take depends on many things like:

- how much out of balance it is and
- do we continue to increase the dis-balance with our actions and mind. Clearly this is often how things get worse and not better.
- what actions are we taking to help our body overcome the health problem.
- is it perhaps against the plan of the life lesson that we recover? (e.g. life-long illness or life-long impact of an accident).

As these are pretty difficult questions, it should be easier to look at it from another angle - **trying to identify any health issue patterns and cycles in our recent past. And then looking to see if the pattern / cycle suggests that the linked health problem is improving or deteriorating**. I created a straightforward self-assessment to help people do this.

This assessment should also help people with **identifying any potential vulnerable areas in their body and get an idea how to strengthen them**. The resulting better overall insight you gain, should help you discuss own health issues confidently with a doctor / alternative health specialist, and steer them in the right direction in the search of your health improvement.

Self-analysis: Spotting and better understanding health issue cycles & patterns

I suggest to complete the table in **Appendix 3 on pages []** which guides you through the following approach:

- *Take a bird's eye view of your health over at least the last 5 years and write down in chronological order the health issues you remember.*
- *Then look if you see any repetition of one type of health issue, and note it down in the table*
- *Then look to see if the health issues form any patterns, and note them down in the table, e.g. you may find that one type of health problem happens together with or often closely follows another type of health problem (such as in the case of Frank's various digestion issues on described on page []). Or you may find that you get something e.g. a cold only during winter and spring.*
- *Next thing is to find out if the health problems, which form the cycles and patterns, seem to be reducing or increasing over time.*
- *Then think if these health problems point to any underlying vulnerable area in your body, e.g. the digestion system.*
- *Then try to work out and write down:*
 - *What could you be doing that that does not help the possible vulnerable / may weaken it? e.g. being stressed, eating too much white sugar and salt, not doing any exercise. It is useful to consider the findings from other self- assessment tests like the Negative Emotions & Qualities on pages []*
 - *What have you been doing that does help the possible vulnerable area*
 - *What else can you do to strengthen the likely vulnerable area.*

When you are done, hopefully you will have much better insight into your overall health and how to improve it.

Some of our unintended actions & decisions bring our health lessons or help our body's march to balance

Remember how we said earlier that some decisions we make and actions we take were made with our intuition / heart even though we didn't realise it. And how some things that happen to us have been organised from above... And this applies to our health too.

Some "silly" decisions we made and we regretted them as soon as we realised that they negatively impacted our health may have not been silly at all. We made them intuitively = higher parts of ourselves made them because the resulting situation was either needed for our body to continue its march towards balance, or it was an opportunity for us to develop.

A good example is when somebody gets a cold because he had forgotten to take an umbrella to work on one chilly winter day and then got really wet because it rained a lot. May be the body needed to remove excess mucous from the body or re-balance itself in another way....

Or when an accident happens to somebody completely outside their control... The key thing is to realise what is it that this lesson offers them....

This should not be so hard to accept when we know that higher parts of ourselves also oversee our health and run all our body functions that we do not consciously control (most of what goes on inside our body ☺). Our organs & even all our cells are actually conscious too, they know about each other and work together as one. No wonder the scientists continue to discover that our body and brain is much cleverer than they ever thought before...

So, please stop blaming yourself for all those things you did unintentionally which negatively impacted your health. All those things that you would have never done if you had known what would have happened to you.... You did not do it on purpose so it was probably meant to happen!

You may rightly argue that in some cases it would have not happened if you were more aware. Like when somebody never noticed that they ate food that has gone off because they were so absorbed in the book they were reading whilst eating. You are right, it was this person's lesson to increase their awareness / consciousness and could have been avoided...

But instead of being annoyed with everything that happens in such situations, the best thing is to accept it and then try to see why did it happen, what lesson was in it for me. Once you work it out, learn & develop from it, e.g. by changing yourself to prevent this from happening again.

By generally increasing our consciousness and becoming more aware of higher parts of ourselves, we start understanding a lot more about our health and about the things that happen which affect our health.

How are our bodies reacting to the clearing of mental and emotional baggage and overall spiritual growth?

As we spiritually grow and clear our emotional & mental baggage, the body changes with us. It is energetically unblocking / increasing energy flows, loosening stiff and aching muscles, improving blood circulation in previously

affected areas, speeding up detoxification, cleansing in other ways and becoming healthier. It even increases the light it carries and may become lighter in weight ☺.

The emotional releases and body cleansing can be accompanied by such physical symptoms like colds, sore throats, headache, stiff and aching muscles, chills, which come and go quickly.

It is good to watch how you feel after recovering from say a cold. Do you notice a positive difference between the way you felt before getting for example a cold and after recovering? E.g. feeling lighter, having clearer mind, more energy, looking more vibrant. And even having sharper senses like seeing colours more vividly, experiencing deeper tastes, clearer hearing and improved sense of smell.

I appreciate that these things can be hard to spot straight after the recovery though. If you manage to notice these things, then that is a good sign that a form of cleansing took place.

By the way, these things like experiencing sharper senses should be familiar. We covered them under the signs of spiritual awakening ☺. Is it not wonderful to see the bigger picture and realise how everything is connected?

Key ways of improving health

Everybody may have an idea of what is good for them. But summarising the above, a good thing to do in general is to:

-Strengthen the immune system

-Detoxify the body (there are so many available ways that we can follow described in various literature, like suitable diet)

-Increase the flow of life force energy & blood overall and in any known vulnerable body areas.

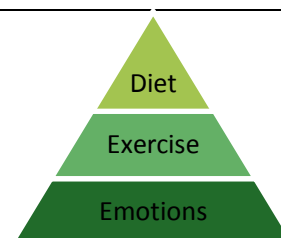
This can be done in many ways like regular exercise, massages like Shiatsu massage, acupuncture, acupressure, or healing techniques focusing on removing energy blocks.

Also by releasing accumulated stored negative emotions and avoiding building them up going forward (*this is covered in the emotion section on pages []*)

-Where this is relevant, reduce excess mucous by reducing the intake of mucous-building food and liquids. And one can have a go at a mucous clearing diet which usually includes higher amounts of raw fruits and vegetables and wholegrain food.

To quickly get an idea how much you are doing to improve / keep good health, I suggest you think of these 3 things: **how many or few “negative emotions you carry”**, **how much exercise you do**, and **how good is your diet**. I drew another pyramid to capture this.

A good combination of all three is usually the best. Though, it is good to see how some people manage to keep generally healthy by being really strong in two (or possibly even one) area, yet weak in the third area. E.g. generally healthy footballers get a lot of exercise and are usually on a good diet, yet they may carry plenty negative emotions...



Pict. [] Building blocks of health

Remember that the other side also influences our health. **We receive opportunities and help to improve our health from the other side**. The more connected we are, the more this happens. It is then up to us if we decide to take the opportunities or not. e.g. we accidentally come across a great offer for annual membership in our local gym, or we meet somebody at our friend's party and she / he recommends an appealing and cheap therapy which turns out to be very effective for us.

We also have access to spiritual healing. We can improve our health in many spiritual ways, **if this is appropriate in context of our life lessons**. For example, through a genuine prayer or our spiritual growth. **Actually, some highly spiritually developed people can access the personal state of their health before their illness has occurred and bring this to their cells & body...**

Or we can get help from a good healer. These healers don't really heal the person. They help the person to balance themselves, for example by acting as a channel of healing energy.

On the other hand, we also said that some health problems are beyond our conscious control, like when they are organised as lessons from above ☺.

Unknown way of slowing down ageing

So far we talked about the more obvious ways of slowing down ageing, such as removing toxins from our bodies and, clearing our emotional and mental baggage - they both accelerate ageing

Here is a secret - there is another way complimenting the above. **The more we are in the present moment, the less we age.** After all, the present moment is a state of no time, so we can't age there too much ☺. When we are in this state, our body clock slows down. Here we can also see how life around us moves forward pretty fast, and so does the body clock of people rushing around all day...



Chapter 7 – The mysterious emotions

Feelings and emotions – what is the difference?

Let's start by clarifying the distinction between feelings, emotions because it is easy to get confused.

We know that physical feelings are the sensations that we experience with our senses, like when we touch something, feel cold or hungry and so on.

On the other hand, emotions are quite complex as they are linked to the whole person, to our heart, mind and body. For this reason science and psychology still struggle to agree on what an emotion is. They don't understand the whole picture because there is a spiritual as well as energy side to an emotion, rather than just mental and physiological (body) side to the emotion. As a result there are lots of different definitions in psychology and this is most confusing...

Let's say that emotions are subjective experiences linked with various states of mind. The funny thing is that people can have emotions but not be aware of them. When we are aware of these emotions that we have, we say that we feel them. So a feeling is our conscious awareness of the emotion itself.

What a surprise that we are back to awareness ☺. The greater our awareness, the more we feel our emotions and so are also in a better position to change them.

So we don't complicate things, let's use the word emotion and feeling identically going forward.

We can feel an emotion for quite a while, e.g. when we are in love, or for a short-time e.g. when something small makes us angry. Emotions give physical sensations too, e.g. when we fear something, we may get "butterflies in the stomach".

From energy perspective, **emotion is a moving energy** and the word "emotion" was probably derived from "energy in motion" ☺. Each type of emotion, such as joy, fear, anger, hate, excitement has different kind of energy, which feels differently.

We can also say that **feelings are a universal language throughout the universe**. People who can communicate with nature like animals & trees, e.g. Little Grandmother, communicate with them mainly through feelings and not thoughts.

[happiness, gratefulness, worry or shame.]

Feeling emotions

Why do we feel emotions / have feelings?

Because we are spiritual beings and so a big part of us is our emotions. We were created this way for a reason. Without emotions we would be like robots with no feelings.

Emotions give colour and enrich our experiences every second. How? When we focus on something with our senses, like spot or hear birds flying, waves washing ashore, colourful flowers, horses, gun, somebody saying something nice or not nice, people arguing, people fighting, depending on how we perceive it and interpret it, we usually experience weaker or stronger associated emotion and/or feeling with that. Same with tastes, smells, textures etc.

Emotions also enable us to feel / experience what we create with our mind and our heart. Emotions allow us to feel our visualizations, thoughts, intentions, desires, words. They embody our internal reality and how much our heart is open...

So we naturally all experience lot of emotions. Happy ones and unhappy ones, new ones and old ones... These abundant emotions build our personality, our personal qualities. In other words, when we say about somebody that their personal qualities are being fearful or envious, we really mean that they express emotions of fear and envy regularly.

How do we and our body feel emotions when they arise?

Because emotions are energies, when we consciously experience an emotion, we feel its energy first with our heart and then our body reacts to the energy of the emotion = we feel the emotion with our body. And we may express it externally. **Physical expression of emotions is a way of releasing the energy of this emotion...**

Some people would say that they feel the emotion in their mind, but it is the heart that feels not the mind... The mind plays an important role in initiating the emotion (explained later) and spreading the emotion throughout the body.

For those who are interested, let's look at how this happens in more details. When we feel the emotion with our heart, a part of the brain called hypothalamus produces chemicals called peptides, which carry information about the emotion. These peptides are then sent to our body cells through blood. They pass the message to the cells and the cells kind of start feeling and experiencing the emotion too.

At the same time the energy reflecting that emotion quickly spreads throughout the body. As a result of both (the peptides in the blood and the energy) we feel the emotion in our body and we often express the emotion externally.

E.g. when we are angry or happy, we feel anger or happiness with our heart and then almost instantly we feel it with our body, e.g. muscles tighten or relax, breathing speeds up or slows down, various hormones are released that make us feel stressed or relaxed, heart beat and perspiration changes. We may also express these emotions through raised voice, smiling etc

Similarly when people are really nervous or scared, they feel the emotion in their heart and almost instantly they may feel a stomach ache, increased heart beat, sweating or even shaking and goose pimples. Or people may feel warmth when they are loved. Continuous negative thinking and speaking makes body feel uneasy and can lead to us feeling unwell overall.

We are not always aware of our emotions

An important point is that **people may not always be aware of the emotions they experience in a given moment. Some people are immersed in their emotions just like fish is immersed (and not aware) of the water it swims in...** (see picture below). The water needs to become quite different to what the fish is used to before it notices it ☺.



And we know how hard it is to change something that we are not even aware of...

What else happens when people are immersed in their negative emotions? **These emotions then often seem to just happen to them automatically.**

And there is more. **When people are not conscious of their emotions, they often kind of become their emotions...**

Similarly, **people can also be easily immersed in their habits, beliefs, automatic thoughts and even actions. We are immersed in something at any point in time.** And we develop as a person in general when we step outside of what we are immersed in and observe / recognise it.

Some people are actually semi-aware of their unwanted emotions and habits but they choose to overlook them or deny them.

Pict. [] Swimming in emotions

So how do we become aware of what we are immersed in? Remember the "Who am I observer exercise" on pages [7]? By stepping back and observing things from bird's eye perspective.... By observing our emotions, states of mind and our body. That is something animals cannot do...

We described earlier how our body always responds to the emotions we experience, so **good way to recognise all emotions that we are experiencing is to observe our own body's response (body language, how are we feeling inside etc).**

What is behind emotions?

When do we experience emotions?

We experience emotions in a many ways, such as

-**As a reaction to what is happening or has happened** – reaction to the reality which we perceive and interpret in our own way. We experience emotions about what we do, e.g. joy from passing an exam, what other people do and say, e.g. disappointment that they don't speak to us any more, **what is/has happened around us, what we see on TV etc.**

-**As a reaction to physical sensations**, e.g. being happy when eating tasty food, being fearful when experiencing pain

-**As a reaction to our imagination / visualization of various things** e.g. laying on the beach **or of what could be happening now and in the future** e.g. when a student worries because they are imagining that they will fail an exam

-**Emotions arising when we speak, think about things, judge, recall a view / belief / memory** and so on.

-**We re-experience stored emotions.** We can get into the same situation, think of the same thing etc. that made us feel that way. Or quite often we experience something similar but unrelated and this triggers the same emotion too! This is covered later on pages [*What triggers off stored emotions?*]

-**We feel an ongoing emotion** of say happiness, sadness, being merry, negative etc. **seemingly for no reason.** This does have its causes too like our personality or attitude but we may not be aware of them.

What gives rise to a particular emotion / feeling?

This is a crucial question, why do we feel one emotion and not the other in the first place, say stressed and not relaxed?

You may say because the situation is stressful and not relaxing... Who decided that? Our mind! **Our mind made a really quick judgment. It compared the situation it perceived against what it knows / believes as stressful. And if it matches it, then it reacts in such a way that carries the emotion / energy of stress. We get into a state of mind that carries that emotion...**

Let's look now at how our mind "decides" if to feel not happy about something or OK with it. Here the mind usually looks if the situation is like we want it / like it / expect it to be. ☺ If it is not that way, then people may experience emotions of not being happy about it, resisting it, being annoyed or angry about it etc. If it is that way, then we react / get into a state of mind that carries the emotion of being content, happy about it or probably more often normal about it without experiencing any emotions.

Let's look at another, a very interesting and deep example of emotions linked to physical sensations and perceptions. George really likes and mainly eats meat and he experiences happy emotions especially when he eats steaks. And if he has a meal without meat, he doesn't enjoy the food and often experiences emotions of not being happy.

One day George "coincidentally" ☺ gets a weekend job in a cattle slaughter house. He sees the killing, fear and suffering of the animals first hand. He is shocked by it all and has a lot of compassion for the poor animals.

Next day he goes to eat out and orders his favorite beef steak again. But somehow eating it does not make him feel happy as before. Actually it does not taste that nice either... So he looks back at the menu and decides to try something he normally does not have. He orders a salad bowl with dressing and when he tastes it, he is surprised about the fresh and deep tastes. He never noticed them before when he had salad also because he had felt that eating salad is like eating grass...

A month later George sees a programme on TV about Buddhist monks living in the monastery. The spiritual tradition there is to be vegetarians and feed themselves only from what they grow themselves and the food people give them for their free spiritual service or out of compassion (e.g. for their choice of such a hard way of life). Being more compassionate, he can now understand better why they look so happy when they eat a small portion of plain rice for lunch... And he suddenly feels proud of himself and a sense of love towards himself for trying to be a vegetarian for the last month... If he had watched the programme two months ago though, he would have laughed at the "silly" monks and would have felt very superior to them...

So what happened, what gave rise to these changing emotions? His state of mind... And as his state of mind changed, his emotions changed with it... Even the physical sensations of taste seemed to have changed with it ☺...

In fact, **every cell in our body responds to every state of mind we get into....**

Another interesting thing with emotions is that we can create most emotions by our mind in a peaceful state too. How? By creating the state of mind that carries that emotion. We can pretend to be angry, sad, excited and at least partially feel the associated emotions.

We ultimately decide what emotions we experience.... with our states of mind

This reveals a very important thing. Whilst people usually don't realise this, **we are actually subconsciously choosing which emotions we will experience. But we don't pick and choose the emotions. We choose our states of mind** e.g. accepting, regretting, being disappointed, frustrated, not forgiving, **and they then carry various emotions with them!**

And the states of mind, which are usually our reactions to the outside world (what we perceive with our senses, the situations we get into, the experiences we get etc.), **depend on how we have built our internal reality** (our views, beliefs etc) **and how it then compares to what we perceive.**

A spiritually awakened person often gets into different states of mind than a non-awakened person. And so they experience different emotions too, like deeper peace and unconditional happiness.

The universal **Law of Spirit and Mind** also reminds us that life is about the states of mind by saying: **We as our state of mind exist in the mind of the All.**

As we learn and develop, we "develop" our states of mind and internal reality, which then bring the corresponding emotions. And so an awakened person often gets into different states of mind than a non-awakened person, and experiences different emotions too. Like deeper love, peace, joy and happiness within.

Sadly many people restrict their happy emotions to when some demanding conditions are met...

As we build our internal reality during life (beliefs, intentions, attachments, desires etc.) we also form views about when we should feel good, happy, not happy, angry and other emotions.

And when it comes to feeling good and happy, many rational / logic-based / left-hemisphere dominant people “define” quite a narrow and demanding range of “conditions” when they should feel good and happy. And so they “allow themselves” to be happy only when these conditions are met....

Changing the emotions we feel is harder than it looks

So to feel a different emotion in a particular situation / during a particular experience, **we need to change our state of mind that we get into as a reaction to that situation / experience.** And we change our state of mind by changing our internal reality causing this state of mind. Either we change the way we perceive the situation = our point of view, or we change the belief, intention, desire, attachment, resistance etc. causing that state of mind.

This is not as easy as it sounds and there are a number of ways to do it. I describe all on pages [] so that you can choose which one you like most and will go for.

Our attraction to emotions

In addition to our personal qualities, we naturally like to experience certain emotions more than others. People actually spend big part of their life searching for various mental states that give them the emotions that they like / want. Such as emotions linked to fulfilling their desires and intentions. People take such actions and make such decisions which can bring them these emotions.

The common emotions that people search for are either Heart-based / spiritual emotions, such as being in love, feeling happy, joyful, merry, peaceful, or Ego-based emotions, such as feeling powerful, feeling superior, e.g. when one is more senior at work than others, when one feels better or more intelligent than others or when one controls others, emotions satisfying ego in other ways e.g. when one is wealthy, wins something.

Here is a little tip. [The way people are towards animals and nature tells us a lot about their inside and the emotions they like to experience.](#) You must have seen some dog owners who mainly have dogs to control them ☹.

It is great if people look for heart-based emotions rather than ego-based ones. **Heart-based emotions are also the qualities of our Higher Self. So by us experiencing these, we get closer to our Higher Self!**

Addictions to emotions and physical sensations

[Some people want some emotions \(usually ego-based emotions\) or physical sensations so strongly that they crave for them and become addicted to / obsessed with them.](#) The obvious ones like lust, emotions arising from addiction to money, power, gambling, trading shares, or physical sensations from alcohol, cigarettes, chocolate, coffee. And the not obvious ones like feeling of a victim / people feeling sorry for them, receiving attention.

[If that happens, people tend to “lose control” over the emotions / sensations that they are addicted to because these emotions build up strong energy. It is then hard to stop them just by saying “no more”. The emotions may then control people’s actions, decisions, thoughts etc.](#)

We attract events & experiences which bring emotions linked to our internal reality

Not only that we knowingly search for the emotions that we like / want to experience or even are addicted to, we also attract them, usually not knowingly. How? Do you remember the big rule how we attract events and experiences? We attract events and experiences which reflects our internal reality – our dominant beliefs, intentions, desires, thoughts, opinions, habits. Well, and **these events and experiences that we attract bring us emotions/feelings linked to our dominant beliefs, intentions, desires, attachments, resistances etc.**

For example if somebody has a strong belief that they are “a victim”, then they are likely to attract events which will make them feel they are “a victim” e.g. they may be prone to accidents / hurting themselves or they may be meeting people who try to control them etc. And when these events happen the person will have emotions linked to being a victim.

Or if somebody is addicted to emotions linked to gambling, gambling opportunities will kind of jump out at this person more than at other people...

How long does an emotion last?

We tend to experience physical feelings whilst the cause is there. E.g. If somebody accidentally touches a hot object, it feels hot until they remove their hand. Or people feel stop feeling hungry when they eat.

[Similarly emotions tend to be felt as long as the cause is there.](#) We talked about what gives rise to an emotion above - the cause which creates the mental state linked with that emotion, e.g. person’s view, belief, intention compared to what the person perceives.

In some cases we experience an emotion for a short time because its cause is there only for a short time. In other words we express the emotion and that is the end of it. The situation that got us to the state of mind which created the emotion does not affect us anymore. Psychologist would also say that we processed the emotion. E.g. somebody may get angry about something small for a little while and then it stops bothering them.

Suppressing emotions and storing them in our body

In other cases people experience an emotion for a long time because the cause is there for a long time, e.g. people can hold onto grief, grudge, not forgiving, disappointment, disapproval etc. We also naturally hold onto positive emotions like feeling happy, merry about something, someone etc.

But we don't feel the emotion all the time whilst the cause for the emotion is still there. When we change our attention to something else, when we forget about the situation or when we change our state of mind in other way, the emotion largely goes away.

But it comes back doesn't it? All that has happened is that we moved the mental state causing the emotion from our conscious mind to subconscious mind. Similarly the emotion got suppressed (pushed down). It did not get suppressed into our mind, but the emotion actually gets stored in the physical body and our aura / subtle emotional body (emotional body is explained in the section on levels of consciousness on pages []). Psychologist would also say that the emotion was not processed, but this term is only suitable for negative emotions.

And then as soon as we get into the same state of mind again – e.g. we think of the situation again or something similar but unrelated triggers it off, we feel that emotion again. This is because the cause of the mental state has not changed...

E.g. if a parent feels unhappy that his daughter plans to marry somebody whom he strongly disapproves, he will feel unhappy or possibly angry about it .whenever he thinks about it, until he changes the cause...Until he stops resisting by changing his belief or fully accepting the situation, or do what is unfortunately more common in many places – stops his daughter marrying that person.

You may wonder why do suppressed emotions get “stored” in the body? **Because emotion is energy and energy does not just disappear. It can change to another type of energy though... Just like a negative emotion can be changed to a positive emotion...**

Most people suppress negative emotions but what matters is how quickly we manage to let go of them = how quickly we manage to change our state of mind creating the negative emotions...

Where are emotions stored in the body?

The emotions are “stored” in two places: in our subtle **emotional body** and in our **physical body**.

Our emotional body is the first place where the emotions are stored. As the emotional body permeates the physical body (explained on pages []), so do the various parts of the physical body kind of react to and store the “nearby” emotions from the emotional body.

And so our physical body including individual cells can store love, happiness & peace as well as hate, unhappiness and stress...

Earlier we already talked about the unfavorable impact of negative emotions on health on pages []

How can we recall stored emotions?

We can recall past emotions in a few ways. We can mentally recall the event e.g. when somebody let us down or the mental state that brought the emotion e.g. non-forgiveness.

We can also intentionally put ourselves in situations that we know will make us feel that way again e.g. you may have noticed how small children want to do something that they enjoy (like watching their favorite cartoon) again and again, Even though they know what is coming, which tends to put adults off, they look forward to experiencing the same emotion again.

Or the stored emotion can be unintentionally triggered off by various things (see below).

We may also experience sudden negative emotion or waves of emotions for no reason, for example as we spiritually grow ☺.

What triggers off stored emotions?

Past emotions can be triggered off by similar and usually unrelated perceptions, experiences, thoughts etc. These then get us into the same state of mind which initially “created” the stored emotion. People generally do not realise this and so it often troubles them and they don't know what to do about it. It is amazing how many people regularly

experience various emotions from their childhood when they grow up because similar but unrelated things keep triggering them off.

In both cases, the stronger is the suppressed emotion = the stronger is the suppressed state of mind, the more easily can the emotion / state of mind be triggered off.

E.g. When Jane was a teenager and playing outside with her friends, her mum often told her to be home by 7pm. This really made her feel angry and embarrassed in front of her friends. When she got married and had kids, she struggled to build a good relationship with her mother in law. When looking for the reasons, she realized that one was surprisingly to do with her mother in law cooking for them whenever they visit her. She would tell them what time food will be served so that they can plan their day. Instead of appreciating this as being practical, it would make Jane feel angry and embarrassed...

As soon as she realized where is this coming from / how silly it is, she changed her perception about the situation and never had the same feelings during the future visits.

But because her stored emotions of anger & embarrassment (and the linked suppressed state of mind) arising from her mum's control were very strong, Jane experienced various other different situations in her life that made her feel the same way... This is because she has not changed / harmonized the mental state which caused the emotion... She has not released the stored emotions...

How to identify our stored negative / undesirable emotions

Self-assessment test: Negative Emotions & Qualities

There are two types of stored negative / undesirable emotions to concentrate on:

- Emotions that we experience regularly. These may have formed our personality / personal qualities, e.g. regularly getting frustrated.
- Isolated strong emotions that we felt in the past during one or a few events / situations

A good way to identify both is to use the Negative Emotions & Qualities Template below

- *Go through the list of negative emotions and qualities, look back in time and, being honest with yourself, think which of them you:*
 - *strongly experienced in isolation during particular event(s) / situation(s)*
 - *experience regularly.*
- *Circle both of those emotions / qualities that you pick up.*
- *Then add the main situations & events when you experienced these identified emotions / displayed these qualities next to them.*
- *Then do it the other way to make sure you pick up as much as possible. Think of other specific situations & events in the past when you felt unhappy & undesirable emotions. Especially those big & important situations and those which repeated themselves. What were the emotions you were experiencing? Circle any new negative / undesirable emotions and add the main situations & events when you experienced them.*

To add things you may not be aware of, you can **Ask close people** who know you well to tell you how they see you. You can ask them to complete the *Negative Emotions & Qualities* template below or the *Emotions & Qualities* test on pages [].

Negative Emotions & Qualities Template

| | <u>Negative emotions / personal qualities</u> | <u>Linked situations & events when felt that emotion / displayed that quality</u> |
|--|--|--|
| | Selfish / self-centred / egoistic / inconsiderate / mean, wanting things own way, fussy, Or even ignorant, arrogant, harsh, "cold hearted", | |
| | Feeling powerful / desire to be powerful, feeling superior, desire to control others, to put people down with words (incl. through humour) and actions | |

| | | |
|--|--|--|
| | Greedy, stingy | |
| | Envious, jealous | |
| | Hateful, being nasty, cruel, wanting to hurt somebody / destroy something, "having no feelings" | |
| | Unhappy, sad, serious, miserable, grumpy, melancholic, depressed, | |
| | Not relaxed, stressed, tense, agitated, | |
| | Anger-based emotions like feeling angry, annoyed or even aggressive, violent, fierce, furious | |
| | Not tolerant, strict, harsh, impatient, disrespectful, prejudist, racist, | |
| | Fear-based emotions like fearful, worrying, feeling anxiety, nervous, shy, embarrassed, mentally weak, indecisive, | |
| | Being negative, pessimistic, complaining, | |
| | Lazy, lethargic, slow, inactive / lifeless, bored, dull | |
| | Closed, withdrawn, not communicative, not friendly, shy, | |
| | Putting self down, not believing in self, self-blame, disliking self, hating self | |
| | Non-truthful, two-faced | |
| | Resisting, frustrated, complaining, | |
| | Non-forgiving, bearing a grudge, | |
| | Not trusting, doubtful, having no faith and belief in God | |
| | Feeling empty, lonely | |
| | Ungrateful, not appreciating, taking things for granted, spoilt | |
| | Feeling constrained, feeling like being controlled, feeling like a victim, | |
| | Careless | |
| | Rough, clumsy | |

Before moving onto how to release the negative / undesirable emotions and experience happy ones instead, let's reveal more secrets about emotions.

Positive and negative emotions / qualities are two sides of one coin

If you think of a positive emotion, you can usually think of a kind of opposite negative emotion. E.g. feeling merry or sad, grateful or ungrateful. Similarly, if you now think of a negative personal quality you can usually think of a kind of opposite positive quality. E.g. a person is stingy or generous, impatient and patient.

So positive and negative emotions / qualities almost go in pairs of opposites / are two sides of one coin. Does that ring a bell? The universal law of Duality, saying that all things in Creation are dual. Saying that everything within Creation has its pair of opposites, a pair of contrasting aspects, which are held together by the forces of polarity...

We can experience both opposite emotions like love and hate, being generous or stingy but not at the same time.

Emotions are expressions of certain amount of unconditional love or lack of it

Even though this may not often be obvious, **emotions/feelings that we experience/qualities that we have are actually expression of certain amount of unconditional love or the lack of it.** Love towards others, self, life, things and so on. They can be put on a scale of how much unconditional love they carry. And the scale goes into minus too 😊.

And this is the main difference between the positive and negative emotions / qualities we paired together as two sides of one coin above. **The positive emotions carry fair amount of unconditional love. Negative emotions, as we often call them, lack unconditional love.**

So in the moments that people experience negative emotions such as. anger and hate, they choose to close their heart and emit little or no unconditional love.

How open is your heart?

Self-Assessment test: Measure of own unconditional love

I suggest that you now build a broad picture of “how much” of your own unconditional love you experience and spread.

How? By building a fuller picture of your “positive and opposite negative” emotions and personal qualities, and then arriving at a total “love score”. The bigger the love score, the more of your own unconditional love you should experience and spread...

To be able to do this, I broadly organised the common emotions / qualities into two categories – what people would generally call the positive ones and negative ones. The positive ones carry fair amount of unconditional love and the negative ones have little love.... Then I put them into very broad pairs of kind of opposites. But **categorisation into boxes is a human concept which helps to understand relationships and differences between things rather than gives exact answers.** So this test is approximate and indicative.

Also, please bear in mind that the way I categorised the emotions / qualities into pairs is not meant to be a guidance of the opposite qualities. There are as many ways to cut and slice this cake...

Here is how to do the test:

- *Look at the emotions / personal qualities in each category and think which ones you (you may have done the negative ones earlier on page []).*
- *Then for each category, positive and negative, give yourself a score of 0-10 depending on how often and strongly you “are” those qualities and experience those emotions. 0 is not at all and 10 is strongly and really often. One score for the whole category. Bear in mind that scoring is always very subjective and points to a trend rather than gives answers.*
- *Then to see where you generally are on the “love scale” 😊, you can deduct the total negative emotions score from the total positive emotions score and then calculate it as a percentage out of a total score of 200.*

If you want to find out how **close people** to you perceive you in this way, you can **ask them to score you in the same way** too.

Strong unconditional Love*

Absence of Love*



| | <u>Positive emotions / personal qualities</u> | <u>Your Score (0-10)</u> | <u>Negative emotions / personal qualities</u> | <u>Your Score (0-10)</u> |
|----|--|---------------------------------|--|---------------------------------|
| 1. | Loving, | | Hateful, being nasty, cruel, wanting to hurt somebody / destroy something, “having no feelings” | |
| 2a | Considerate, kind, nice, caring, thoughtful, Compassionate, understanding, having sympathy, focusing on others e.g. their well being & happiness, charitable, merciful, | | Selfish / self-centred / egoistic / inconsiderate / mean, wanting things own way, fussy, Or even ignorant, arrogant, harsh, “cold hearted”, | |
| 2b | Generous / giving, | | Greedy, stingy, envious, jealous | |
| 2c | Humble, modest | | Feeling powerful / desire to be powerful, feeling superior, desire to control | |

| | | | | |
|-----|---|--|---|--|
| | | | others, to put people down with words (incl. through humour) and actions | |
| 3. | Happy, joyful, merry, cheerful, | | Unhappy, sad, serious, miserable, grumpy, melancholic, depressed, | |
| 4a | Calm / relaxed, peaceful, | | Not relaxed, stressed, tense, agitated, Anger-based emotions like feeling angry, annoyed or even aggressive, violent, fierce, furious | |
| 4b | Tolerant, patient, accepting, respectful, laid back, lenient | | Not tolerant, strict, harsh, impatient, disrespectful, prejudist, racist, | |
| 5. | Fearless, healthily confident, courageous, mentally strong, decisive, | | Fear-based emotions like fearful, worrying, feeling anxiety, nervous, shy, embarrassed, mentally weak, indecisive, | |
| 6. | Being positive, optimistic | | Being negative, pessimistic, complaining, | |
| 7. | Energetic, bubbly, excited, passionate, active, alert, fast, very present | | Lazy, lethargic, slow, inactive / lifeless, bored, dull | |
| 8. | Communicative, approachable, easy going, friendly, open | | Closed, withdrawn, not communicative, not friendly, shy, | |
| 9. | Belief in self, feeling self-love and self-worth | | Putting self down, not believing in self, self-blame, disliking self, hating self | |
| 10. | Truthful | | Non-truthful, two-faced | |
| 11. | Accepting, letting go | | Resisting, frustrated, complaining, | |
| 12. | Forgiving | | Non-forgiving, bearing a grudge, | |
| 13. | Trusting, having faith and belief in God | | Not trusting, doubtful, having no faith and belief in God | |
| 14. | Fulfilled | | Feeling empty, lonely | |
| 15. | Grateful (thanking is an expression of gratitude), appreciative | | Ungrateful, not appreciating, taking things for granted, spoilt | |
| 16. | Feeling free | | Feeling constrained, feeling like being controlled, feeling like a victim, | |
| 17. | Conscientious, diligent Gentle, graceful, | | Careless Rough, clumsy | |

| | | | | |
|--|--------------------------------------|--|--------------------------------------|--|
| | Total Positive Emotions Score | | Total Negative Emotions Score | |
|--|--------------------------------------|--|--------------------------------------|--|

| | |
|---|--|
| Total Positive Score less total Negative score | |
|---|--|

| | | |
|---|--|--|
| Measure of heart openness / unconditional love | <i>Total Positive Score less total Negative score as a percentage of 200</i> | |
|---|--|--|

* We can also try to broadly categorise the above emotions / qualities according to the type of unconditional love they carry (or not carry). Love towards others, self, life, things and so on. But these categories are very fluid and changing like colours of rainbow. In a rainbow, there are no divides between one colour and other colour. The colours effortlessly merge into another / emerge out of another. And that is how most things are even though it may not look that way.

Why is releasing stored negative emotions worth it?

Clearly the thing to do is to release the stored unhappy / ego-based / negative emotions (*we will call them “negative emotions” going forward*), and experience mainly happy / heart-based / positive emotions going forward (*we will call them “positive emotions”*).

Some people, especially those who enjoy experiencing what we refer to as negative emotions, may still be asking why is this such a good thing. What is in it for me?

So far we said that this brings feelings of deeper happiness, joy, love & peace, it improves health, **it brings** us closer to our Higher Self, it raises our consciousness and energy vibration. The negative emotions and qualities are of lower vibrations and so they act like heavy sand bags which hold us down.

And there is more. As we release negative emotions, we slowly start to change our physical appearance too. The eyes tend to look more present and happy, many people start looking younger in their face... Similarly, people who keep accumulating negative emotions may reveal it in their physical appearance too. E.g. in their face features or their posture. For example the eyes of a person suffering from depression may look more distant than normal.

How do we release old and neutralize new negative emotions?

Being able to do this is really empowering, it is the key to happiness for many. Yet we get very little guidance on how to do this in schools, at work, even in reference books...

Let's look at the various ways how people can achieve this, including two spiritual ways that I use which I will reveal at the end. I suggest that you see which ways feel most suitable and you try them first.

1. Observing and accepting

Whenever we experience new or stored negative emotions, we cannot noticeably reduce these emotions even though we have not changed their cause...

As we said earlier, if the emotion remains stored in the body e.g. we have not forgiven somebody, then we can recall it in a few ways. We can mentally recall the event e.g. when this person let us down or the mental state that brought the emotion e.g. disapproval / non-acceptance of what they did.

Or we can also intentionally put ourselves in situations that we know will make us feel that way again e.g. if a driver experiences anger whenever somebody overtakes him, he can drive slower and wait until people overtake him 😊. This is more powerful than mentally recalling the event. This is the real thing and one can release the stored emotion much more effectively...

We can also experience stored emotions unintentionally when it is triggered off by perceptions, experiences, thoughts and states of mind similar to those that originally brought about the emotion. Or we may experience sudden negative emotion or waves of emotions for no reason, for example as we spiritually grow.

If you have done the exercise to identify your main negative emotions using the Negative Emotions & Qualities Template on pages [] you now have a good list of emotions and events that you can recall 😊

There are 2 important steps to follow for both stored and new negative emotions:

-You need to observe the emotion as you feel it and not “become the emotion” or resist the emotion. Allow the feelings to come out and be curious / interested in what you feel. **The moment you step back and observe the emotion from higher perspective, you raise yourself above the emotion and partially separate yourself from it. As a result the emotion becomes noticeably less intense. Similarly, the more curious / interested you can be about what you are observing, the more you can separate yourself from that emotion.**

-And then accept that emotion, accept that it is part of you and be happy that it is being released. This will further reduce the intensity of the emotion and increase the speed of releasing it. You need to accept yourself as you are with your perceived weaknesses first and then you can do the transformation with more strength and ease.

Whilst this method releases the stored emotions, because we have not harmonised the cause of the emotion, we may experience the emotion going forward again when we get to the same state of mind.

When a **bigger emotional burden** is being released, people may feel that the experienced emotion is getting more and more intensive. The natural thing to do would be to stop / resist the emotion but actually if we manage to accept it and observe it while we feel it, the emotion will reach a peak more quickly.

After the emotion reaches the peak, the emotion will “fall off the cliff” = almost disappear and we will feel a great sense of relief like we released some kind of burden that we carried. **In that moment “something in our mind re-organises” and we suddenly feel different, like we just made a big jump in our development. We may have a deeper sense of calmness, our tolerance level jumps up, compared to just before we started feeling that emotion.**

2. Changing the individual mental states causing these emotions

There are generally two ways how people can change the way they feel / the mental state causing the negative / undesirable emotion. People tend to follow the first one but it usually does not work ☹

Trying to move into different state of mind and so stop the emotion

When situations arise that make people feel the undesirable / negative emotions, they try to stop the emotions in various ways. They may tell themselves not to feel like that in that moment, e.g. "don't be angry, don't be stressed, don't fear or worry. Relax, instead". Or they may try to think of something that makes them feel different and happier in that moment, e.g. laying on the beach or of their children and other important things in their life.

Here people don't fully understand why they are feeling that way in that moment but they have a desire not to feel that way. We said earlier that the intent is very powerful and the stronger their intent, the greater chance that they eventually succeed. **But the problem is that people are dealing here with the symptoms and not the cause...** And **emotions tend to be more deep rooted**, just like the roots of trees in the forest, and tend to surprise us again later. So people tend to struggle to stop feeling unwanted emotions this way.

In other words, here people try to change their state of mind just like when they change a TV channel if they don't like what they are watching (except that changing a TV channel is usually much easier than changing a state of mind). But the chances are that sooner or later they see what they don't like watching on another channel... They get into the same state of mind again and the emotion is back... For how long? Until they change their internal reality causing this particular state of mind...

Changing the internal reality (belief, view etc.) causing the particular state of mind and the emotion

This finally does both half of the job in that it deals with the cause ☺

Changing the individual mental states by changing their causes does work well and it is very good to do for our main stored and ongoing negative / undesirable emotions, but there is but too... Because we look at and deal with individual emotions & mental states each time, it can take quite some time to transform the whole person...

Also, changing some negative emotions like fear, worrying and anger this way is often not as easy. This is because they are usually deep rooted and changing the internal reality may not be enough. For example a person who experiences a lot of fear may create the right beliefs and views about fear, but he/she still may continue to experience some remaining fear. Yet he/she knows that they do not need to fear in that situation...

In these cases following one of the ways of heart to change the emotions described below should be the answer here ☺

This is a good way to do it:

- Understand the **situation / experience during which you felt the negative / undesirable emotion. Understand why you experienced the emotion in this situation.** What have you perceived that made you feel that way, what belief, desire, thought, non-acceptance, attachment, etc. linked to that situation / experience was behind you feeling that emotion?
- Once you work it out, **then think and decide if you can change that belief / thought / attachment, if you see the situation differently - change your point of view, if you can accept it / reduce your resistance to it etc. so that you don't experience the unhappy emotion any more.** or/and

If yes, then great. But sometimes you may not want to change that belief or point of view which is behind your state of mind / emotion. Or you may not want to accept the situation etc. May be you will strongly believe in your view / belief and it does not seem fair to change it.

In that case, try to **look at the situation, belief / view / resistance / attachment from a higher stand point, with higher awareness.** This should help you to see it differently, realize new things etc... And, as we said earlier, seeing things from higher perspective reduces the emotion itself as well as the linked resistance and attachments.

Here are a few examples:

-A 4 year old Josh is not keen eating his lunch and his mum gets angry when she spends long time preparing it. She believes that he is very fussy and she does not want to change that belief. By looking at the situation from higher perspective and for example thinking why Josh may be fussy today, she may realise that he may not be hungry, something may trouble him / he may have something important on his mind, or "his body rather than his mind" does not like certain food which is in the dish she made.

-Jane is an independent single young women and it really frustrates her when her mum asks her if she has a boyfriend yet. She can't accept it and views her mum as very nosy. By looking at it from a higher perspective and

asking herself why is her mum like that, Jane may realise new things. E.g. her mum is not nosy but worries about her a bit because she does not want her to experience what she did. Her mum was the only child, was generally shy and felt lonely for many years before she met her dad. So this helps Jane partially accept her mum asking and feel a bit of compassion towards her. Next time her mum asks again, Jane explains to her that she is happy like this, she has many close friends, she never feels lonely etc. Her mum finds it very comforting and suddenly does not feel like worrying any more...

-Frank knows he gets very stingy / mean with money. Because this quality lost him quite a few friends he decides to find out why he is like that and then become less stingy. He steps back, gets honest with himself and realises that he is stingy mainly because he wants to buy lots of things for himself, he feels that he needs to save money for rainy days too, and he does not enjoy giving his money away to other people.

Then he decides that he wants to be more generous because he already has a lot compared to many people, he doesn't really need to buy all these things and can be happy without some of them. He thinks how poor people will be very grateful to him if he gives them little money here and there and knowing that he helped them should make him feel good inside and proud of himself.

He wishes to change his stinginess really deeply and says the new beliefs aloud every morning for a week. During this period he has been gradually feeling a sense of relief like he was releasing some kind of burden that he carried.

- The next thing would be to change it. And then make the change real to ourselves and to the outside world through your subsequent decisions & choices, actions and reactions, and words. They kind of materialise / confirm the new you in the physical world

Going back to the example of Frank and his stinginess, next time Frank goes for a walk with his small niece he intentionally asks her if she would like a really nice but expensive ice cream. He is relieved that when asking he no longer feels the "stingy" emotions he used to. And when he then sees his niece's excited and grateful face he feels happy emotions knowing that he is giving her something that means the world to her in that moment.

Changing the belief / view or accepting the situation may still take some effort. It may need your strong intention to change it and possibly even regular repetition of the new belief etc. (aloud is more effective)

Here is a tip: Always imagine the new belief / view etc. in a positive way and exclude the word NOT. This is important because the brain struggles with the word Not. E.g. imagine & say "I am a generous person" instead of "I'm not a stingy person" (here the mind imagines what is it like to be stingy and almost ignores the not....)

If you've done it well, then you should no longer be getting into same mental states / experience the same emotions during the same situations going forward.

After we successfully change that bit of internal reality, we may experience either sudden or more often a gradual release of the stored emotion caused by the previous mental state(s). No 1. above describes how this happens and how to be during this.

I created a guiding template that you can use (see below).

Please bear in mind that later on I cover 2 spiritual ways to release negative emotions.

Self-analysis: Identifying & changing internal reality behind the negative / undesirable emotions

I designed this table that you can use. It follows the above steps.

| Undesirable / negative Emotions / Personal qualities | Linked situations & events when felt that emotion / displayed that quality | View, belief, thought, intention, desire, attachment, resistance, habits or value behind the emotion | New changed view, belief, intention, attachment, resistance etc. Other solutions |
|--|--|--|---|
| Put here the negative qualities identified in the Negative emotions & qualities assessment e.g. Shy | e.g. when in bigger groups of friends & teams at work, when speaking in front of people when talking with girls | e.g. people may not listen to me, may not like what I have to say & suggest. girls, may not be interested in talking to me, may laugh at me low confidence in self | I mean well, I have good ideas, people like talking to me because I'm genuine and kind It is fun to talk to girls increase belief and confidence in self reduce fear with the Rainbow bath ritual increase self-love with the Rainbow |

| | | | |
|--|--|--|-------------|
| | | | bath ritual |
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3. Redefining the whole internal reality

Like we said the above techniques focus on individual emotions & situations and linked states of mind and so it takes time for a person to transform themselves so that they experience mainly happy and positive emotions.

So a more effective and far reaching way is to redefine our whole internal reality. We talked a lot about this earlier in the book. Rather than dealing with individual emotions waiting for the various situations and emotions to arrive, we step back and start changing our views, beliefs, thoughts, intentions, desires, habits, resistances & attachments so that we feel more happy and positive emotions going forward. This way we experience and store in our bodies less unhappy and negative emotions too...

During this process we are also likely to experience multiple spontaneous releases of emotions (gradual as well as sudden) as described under No 3. above.

The above three ways are ways of the mind. There are also ways of the heart to transform our negative emotions and personal qualities... I will cover these towards the end.

4. Spontaneous release of negative emotions through their physical expression

This usually happens when we become overwhelmed with some emotions that we accumulated inside. When we find it difficult to hold them inside and we spontaneously express them. e.g. people can suddenly burst into crying because of accumulated sadness, or when their "patience runs out".

5. Mechanical and alternative therapy ways of releasing stored negative emotions

Did you know that a [regular exercise](#) or a [massage](#) can release some stored emotions in the targeted area? Shiatsu massage specifically focuses on dissolving energy blocks in the muscles, many of which are caused by stored emotions.

Because regular exercise also improves health & fitness and can lead to the body releasing hormones that make people experience happy physical sensations, this must be a great way. But do remember that this only half of the job – like when a doctor prescribes pills to relieve the symptoms. This does not change the mental states which are causing the negative emotions in the first place and these emotions are likely to build up again until we change the mental states causing them.

Here are some alternative therapy techniques to release emotions. They are more powerful and far reaching than massage and exercising but it is half the job - they do not stop us from experiencing more negative emotions later...

- [Reiki and other energy healing](#)
- [Energy balancing techniques](#)
- [Holotropic breathing](#)
- []

6. Our body's own attempt to clear negative emotions

Whether we do something to clear the stored negative emotions or not, the body tries to tackle the main stored emotions as part of its ongoing effort to achieve balance and heal the body. It also alerts us through pain that there is a problem in that area so that we can help deal with it too.

This is described in more details in section How do our bodies march towards balance on page []

Ways of heart to release negative emotions and experience mainly positive emotions going forward

I want to reveal two spiritual ways, which are built on the fact that the love energy can transmute negative emotions and states of mind. Doing this also helps a lot with spiritual awakening.

Generally opening and living more through our heart

You may have expected this to be the first spiritual way.

Whilst redefining our internal reality is very good, our mind still judges and compares what it perceives to the new internal reality. And so we still experience happy and positive emotions if some conditions are met, even though with a new, more accepting, positive etc. internal reality, the conditions will be met lot more often...

On the other hand, **when we live more through our heart / open our heart more**, we feel and emit more love and we should experience happy & positive emotions* without conditions. This is because **we do not judge and compare too much to see if the conditions are met. We take things as they are, accept them with compassion and love and tend to feel a deeper sense of peace and happiness and have deeper understanding.**

Actually in the moments that we feel things with our heart, our internal reality with its beliefs, views etc. kind of does not come into play that much. It takes a back seat. Check it for yourself... **In these moments we operate in heart consciousness** (*heart consciousness is described under the Levels of consciousness on pages []*)

When our awareness resides in our hearts we start transforming our negative emotions and begin to heal ourselves. During this process we are also likely to experience multiple spontaneous releases of emotions (gradual as well as sudden) as described under No 3. above.

*Of course we can't have positive emotions about unhappy things, like when a friend's house gets flooded. But we can feel compassion and love towards the friend instead, take action to help her/him and then feel happy emotions whilst helping, knowing how much difference it is making to the friend.

Moving from negative emotion / quality to positive one through the heart

This is really powerful. To start with, it really helps if we start looking at our negative emotions / qualities from higher more heart-based perspective. **See them as our child who needs care and love to overcome its difficulty... And we are the loving parent who will give them the love that they need.**

[In addition to generally opening and living more through our heart, we can step back] and in simple words **transform our stored negative emotions and unwanted personal qualities "through our heart" to the opposite positive emotions and qualities that we want to have.** To the person that we want to be... This sounds magic and too easy right? Well, it is magic but it still needs some effort. But this is why we are here...

As we learned above, positive and negative emotions are two sides of one coin - they are expression of certain amount of unconditional love. Whilst emotion is an energy which can't disappear, it can be changed from one type of energy to the other type of energy.

So, **we can move from a negative emotion / quality to its opposite positive emotion / quality by increasing the amount of unconditional love within that emotion / quality...** This is actually the natural way of evolving. This is what we are meant to realise on our life journey and do it.... And as we said earlier, don't forget that the more positive / spiritual emotions and qualities we have, the more love we carry and so the closer we are to our Higher selves.

How do we do that? Here is the secret: **You surround the negative emotion / quality with own love energy of the heart.** I do this in a small ritual which works wonders and call it the "Love bath ritual".

In order for the transformation to work well, you need to do the following before you surround the emotion / quality with love:

- **Mentally recall the emotion itself or recall the event or the mental state** e.g. frustration, non-forgiveness that brought the emotion
- **Detach yourself from the emotion by curiously observing it when you are feeling / experiencing it.** This is not easy and takes some practice.
The moment you manage to observe the emotion rather than be the emotion, the emotion immediately becomes less intense.
The more curious / interested you can be about what you are observing, the more you can separate yourself from that emotion and so the less intense the emotion will become
- **Accept the emotion / quality as part of you. We need to accept us as we are with our perceived weaknesses first and then we can do the transformation with more strength, ease and love.**

Love bath ritual

It is important and more effective to start with a quick breathing relaxation and then move into or near the alpha brainwaves where we have improved visualisation, creativity and more power to transform the emotions / personal qualities. And only then do the Love bath ritual. After that we need to move from the alpha brainwaves back into the beta brainwaves. This sequence follows below:

Quick breathing relaxation to connect with your body

Sit down in a comfortable position, close your eyes and relax by breathing through your nose deep in and out for about 2 minutes. In the first minute or so fully concentrate on your breathing, feel the air travelling through the nose, your lungs expanding. Then move your attention throughout your body and relax your muscles in each part. Starting with shoulders, arms, hands, body, legs, feet and then face.

Rainbow walk - moving into (or near) Alpha brainwaves*

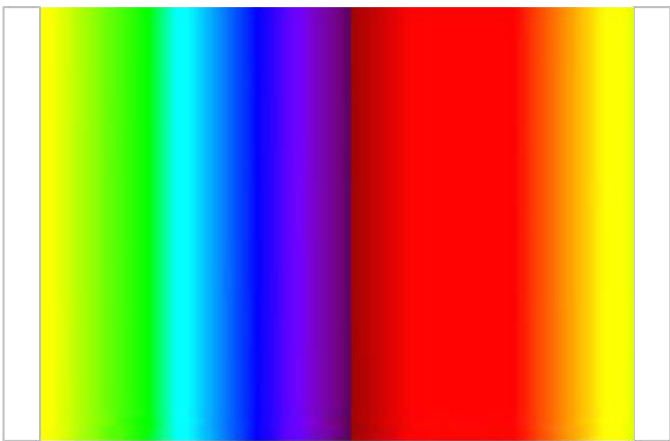
The idea is to imagine with your eyes closed the sequence of the colours of the rainbow, whilst starting and finishing with the white colour.

It is best if you can imagine and feel the colours across your whole internal screen as if you walk through the colours. You can also imagine various objects in each colour, e.g. a lemon for yellow, even for a very short time. Try to make the objects as big as possible.

If you struggle with that, you can practise by looking at the individual colours below, then close your eyes and try to imagine that colour.

Some people still struggle with this and perhaps see just a grey or black screen. They may find it difficult to imagine other things like objects, scenery too. In that case they would benefit from practising their imagination overall. Other people may be good at feeling things rather than seeing things with their eyes closed. That's fine too.

This is the sequence of the colours to imagine (if you can't remember it, then you can record the sequence and play it whilst listening with your eyes closed). They naturally follow like in rainbow. As we start and finish with white, it is most natural to follow / proceed with yellow:

| | |
|--|---|
| <ul style="list-style-type: none"> ➤ White ➤ Yellow ➤ Green ➤ Turquoise / Light blue & green ➤ Blue ➤ Purple ➤ Red ➤ Orange ➤ Yellow ➤ White |  |
| <p>Pict. [] Rainbow walk</p> | |

* I describe the Alpha brain waves in the Consciousness section on pages []

Love bath ritual

Now it's time to do the magic ☺. The beginning is similar to the other techniques described above, i.e. experiencing, observing and accepting the emotion.

You may want to transform a recently experienced negative emotion or you can pick a negative emotion / personal quality from the list that you compiled when you completed the Negative Emotions & Qualities Template on pages []

➤ Recall and experience that selected stored emotion / quality

Now make yourself experience that emotion / quality and feel it through. You can recall the emotion directly or recall the event / situation e.g. the situation that made you angry, fearful, worrying or the mental state e.g. non-forgiveness that brought the emotion. You may have thought about the linked events & mental states when you filled the Negative Emotions & Qualities Template.

➤ Observe and accept the emotion / quality

Then observe the emotion as you feel it and do not "become the emotion" or resist the emotion. Allow the feelings to come out and be curious / interested in what you feel. The moment you step back and observe the emotion from higher perspective, you raise yourself above the emotion and it becomes less intense.

And then accept that emotion, accept that it is part of you and be happy that it is being released. By seeing the emotion / quality as a child who needs care and love to overcome it, we are also accepting that emotion / quality.

➤ Then imagine how you physically take this emotion / quality and move it into your heart.

➤ Feel compassion towards emotion / quality

Then make yourself feel compassion towards this emotion / quality. Just like you would towards a sad or crying orphan child who has nobody to love her/him, and who kindly asks you to hug her/him.

➤ Bath emotion / quality in own love

Now imagine how you are giving and surrounding this emotion / quality with lots of love. Your love and care. As you would to that child. You can give that emotion / quality a long loving hug.

And that's it 😊. You transformed that emotion / quality according to how much love you gave it.

During this process we are also likely to experience spontaneous releases of emotions (sudden as well as gradual).

With stronger negative emotions & personal qualities which are deeper rooted you may need to do this quite a few times. **But each time you do it, that negative quality or emotion will lose its strength and the opposite positive quality will gain its strength...**

Moving from alpha back to beta brainwaves – **Rainbow walk backwards**

Do not forget that when you finish, you should follow the reverse way to get back into beta brainwaves. Nothing would happen if you don't do that but you may just find the jump quite noticeable when you open your eyes and readjust to beta waves...

Imagine the colours in this order and in the same vivid way: white, yellow, orange, red, purple, blue, turquoise, green, yellow and white.

Then open your eyes and enjoy the transformation!

Prayer

A genuine prayer in which we ask to no longer feel certain negative emotions and feel their positive opposites instead is another way of heart.

Can we strengthen our positive emotions and qualities “through our heart”?

I think you know the answer. Of course we can - **by increasing the amount of unconditional love within that quality...**

You can generally open your heart more and/or you can do a Love bath ritual to these positive emotions and qualities that you want to strengthen... This too is what we are meant to realise on our life journey and do it...

Awakening of the emotional body

You may have come across this term. This actually means releasing the negative emotions and qualities and growing the spiritual / positive qualities within us. This way we “awaken” the spiritual qualities characterising our true inner self as well as our Higher Self and so increase the love within us and the connection with our Higher Self... But you know all this by now...



Chapter 8 – Earth and Universe

The main characteristic of Universe / Creation

The Duality of Creation

Some mystics say that before the universe / Creation there was only Oneness. All was one, there were no opposites. And then a part of Oneness split into duality and the universe was created.

The whole universe / Creation is characterised by duality, but because Oneness and the universe are timeless & limitless, the universe did not start at certain point in our linear time. It has always been there and always will be there. And it is constantly changing and evolving.

At the highest level, the duality of the universe means that everything is made up of two parts:

- **Matter** – the physical side (visible and invisible)
- **Spirit (life) and its consciousness** - the spiritual side [largely covered in the Next chapter on pages []

At lower levels, the duality of the universe means that everything has its pair of opposites, a pair of contrasting aspects. Just as the saying goes - “every coin has two sides”. These pairs are held together by the forces of polarity... Ancient Chinese observed this duality well and called the opposite forces / qualities “Yin and Yang energies”.

We can observe the opposites everywhere. Day can't be without night, light can't be without darkness (=absence of light), matter can't be without emptiness, sound can't be without silence.

Similarly, the opposites exist in the world of emotions. And so there can't just be love, happiness & peace. There must also somewhere be hate (complete absence of love), unhappiness & no peace.

The opposites are usually more subtle than this. Things tend to have different amount of both opposites. Using the Chinese terminology, one thing can have more Yin and less Yang and the other thing can have less Yin and more Yang. E.g. each part of the day has different amount of light and darkness, each person has different amount of masculine and feminine features etc.

The Universe / Creation is also a multi-dimensional space. We live in the 3-D universe but it has many more dimensions and realities... All dimensions and realities are linked with each other.

The main purpose of Creation and Earth

Training ground for the development of consciousness

The Universe / Creation mainly exists as a training ground for the development of spirit's consciousness. The Earth is a big training ground for the evolvement of consciousness, soul and spirit of everyone who chose to incarnate here....

It is the matter itself and the dual nature of things that offer us opportunities for evolution. The bigger the duality / opposites, the bigger are the opportunities for the evolvement at an accelerated speed of people present there. Unfortunately where there is high duality, there are more possibilities for people to suffer there too ☹.

All places on Earth and in the whole Universe are kind of unique. They all have own level of energy vibration. The energy there determines the “energetic density” of the place. “Dark places” are energetically dense & heavy places, and they have low consciousness. Energetically “Light places” are the opposite.



Pict. [] Roman garden

Can you feel the different energies of these two places?

The Roman garden has a mysterious feel and its energy is a bit sharp, whilst the “Teletubbies land” feels more cute and playful like in a fairy tale scene.



Pict. [] Just like the Teletubbies land

Not only physical places in the Universe have their own level of energy. Remember that the Universe is multi-dimensional and has many levels of existence (*explained in the "Levels of consciousness" section on pages []*). So all non-physical places have their own energy too. Just think about all those fantasy animations you have seen... There were probably some beautiful as well as dark places...

You may be wondering if there is a link between the level of duality and the energy vibration. This question is hard to answer because duality can be very subtle, and one has to be very abstract. One can usually feel, but cannot explain logically that **the denser the energy (and the lower the consciousness) e.g. of a place, the greater the perceived duality / opposites. The greater "the struggle of light and darkness" there** (it works the other way round too). There is actually an ongoing struggle of light and darkness in the whole Creation....

Experiencing opposites

One part of our life adventure is to learn about various opposite sides of life and their different aspects & intensities.

As a result, our life journey is very varied and unique.

I mean this very broadly too, e.g. we learn about different emotions, states of mind, places of high and low energy vibration and so on.



Pict. [] The variety of our life journey

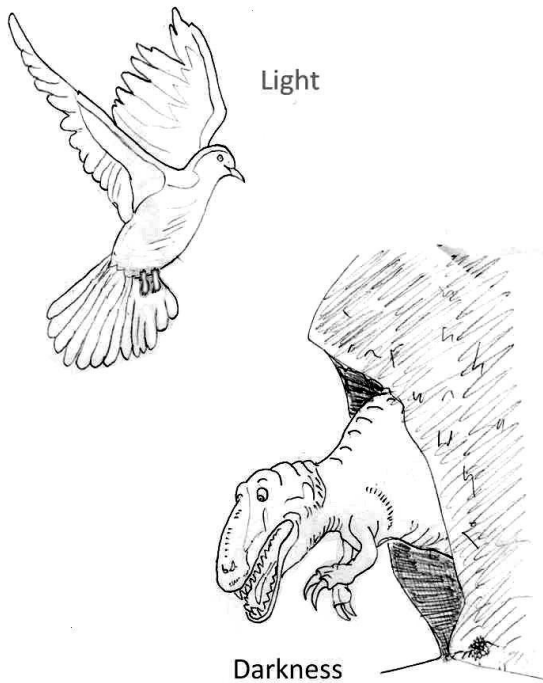
We learn mainly through own direct experience but learning indirectly through reading about things, seeing them on TV etc. is also an important way.

What is good about this then? **When we learn about these different opposites and appreciate their differences**, e.g. we appreciate love more when we know hate, **then we are in much better position to choose and decide what we want to experience on our life journey and who we want to be.**

The struggle of light and darkness on Earth

Many physical and virtual places on Earth are quite dark places and have pretty low consciousness (an example of a virtual place is the internet or the newspapers). There is a lot of suffering on Earth and the ongoing struggle of light and darkness is big here ☹️.

But often the existence of light and darkness in our world is not so visible, like it is in the fairy tales or on the picture below. It is more hidden but it is there... One just needs to look more closely and between the lines.



Before we do that, let's stay with what is darkness, what is low consciousness and who creates it? **Darkness / low consciousness is absence of light, absence of love...**

And so mainly people with cold hearts create the darkness. Lot of darkness is actually initiated by a minority of people. They then spread it through society in many clever ways...

Many other people who have not awakened yet get easily influenced by the darkness and then they either participate in spreading it or are passive onlookers ☹. As passive onlookers they know about some things but usually feel they can't do much about them. But unless they act in their own individual ways to reduce the darkness, they are indirectly allowing the darkness to thrive....

As we implied earlier, **seeing darkness and suffering is an opportunity for each of us to bring light and love into it** (this does not mean fight it with a sword ☺). This way we not only reduce it but also **increase our own light**. For example, people born into poverty and various forms of suffering are waiting for us to help them. Their suffering is an opportunity for us to help them and so develop ourselves. Such a shame that so few people do it

Pict. [] Light and Darkness

I will be shining a torch on some of this darkness in the section below. Darkness which brings suffering to many people and that breaks my heart ☹. The divine knowledge of why suffering exists does not make me feel better at all. I have strong compassion for all people who have to go through any suffering and I am sad that I can't do enough to stop it right now. But I really hope that this book will help many people overcome their suffering, and continually experience the loving heart consciousness. And that it will encourage many to help others achieve the same ☺.

A person defending today's world would say that there was a lot more darkness in the past. One can't disagree when we think for example about the medieval days. Then there was a lot less love around, less awakened people walked the Earth and humans often behaved and were treated like animals. Actually we don't have to go as far as medieval days... The horrors of the 2nd world war are still remembered by our older generation...

But over the last 50 years or so, people have started to awaken & open their hearts in greater numbers, and they have made a huge difference in the world. They made it a happier place. But there is still a lot left to do.

We also said that everything is a question of a point of view. The external reality / the outside world that we see does not look the same to the person next to us. What we may perceive as a lot of darkness, somebody else may perceive as very little darkness. This is because, like we said above, our mind interprets the reality in our own way.

It is time for more life awakening and shining some light into the darkness. Let's examine the dominant system that is the cornerstone of the modern world – the corporate capitalism. Let's open a tightly closed tin and look inside. I'm afraid it's full of worms...

Corporate Capitalism

They say capitalism gives people freedom, creates free market and so on. Yes, in comparison to say communism or other dictatorship regimes it gives people a lot more freedom (communism in many countries led to dictatorship, starvation, repression, torture, labour camps and executions). But over the centuries capitalism has developed into strong corporate capitalism. The system effectively gives power to a small minority of people and takes away freedom from the majority of us who go along with it. But it is just not so visible because the way of life in corporate capitalism has been accepted as the normal way.

In summary, **corporate capitalism is about feeding egos and mind dominance. It is not about living through the heart. Corporate capitalism is far too often about greed, power, gaining control over people, "injecting" fear and a sense of inferiority into people, and protecting selected companies so that they can dominate and make money at expense of others.**

In summary, the pure idea of capitalism which is really good - that each person can improve their condition through engaging with other people to give and receive services & products using a common currency - is not really the cornerstone of the system any more.

Fortunately there are many people who do not experience these things in their work place and outside work. This is often because of the choices they made, their efforts (e.g. to be empowered at work, to create nice working environment) and by "being lucky". But it still exists and there are many people who suffer because of it.

Corporate capitalism has also achieved many good things:

- More people have climbed out of poverty in the past 50 years than did so in the 500 years before that.
- People live much longer (life expectancies across the world have almost doubled in the last 100 years)
- More people can read and write and have higher education than ever before
- Huge advances in technology have made life more comfortable, information easy to get and cheap, travel more affordable, and many more.

Protectionism

Corporate capitalism is a system where selected companies – the big ones, state companies, companies with special interests such as with connections to the politicians are often:

- protected in all sorts of form (by regulations and laws, subsidies, trade barriers like tariffs and quotas, politicians, corruption, through their own financial muscles and dirty tricks like creating barriers to stop new companies enter the market place and so on),
- allowed to squash the weaker competition and so rule the market place.

It reminds me of the natural world of cruel predators with no enemies.

This also creates [perfect environment for corruption](#). And we know that corruption is rife and almost normal in many many places. And not just the obvious places. Have a look at various statistics on corruption and you may be amazed how wide-spread corruption is worldwide. And corruption spreads easily – many people justify being corrupt to themselves and to others because they see other people being corrupt.

Corruption has gone so far in some places / countries that it is hard to survive there for ordinary people. I know people who wanted to save their parent from dying and the doctors in the state hospital kept asking for more and more money every time they did a small step in the parent's treatment. So these people had simple choice – carry on paying from their life-long savings or let their parent die.

The examples of the protectionism can be seen everywhere among companies.

-Both corporate and economic systems dominant in Western Europe - Rhine capitalism and Anglo-Saxon capitalism create ideal environment for this to thrive.

The Rhine capitalism model, dominant in continental Europe, is characterised by close relationships between financial institutions and companies (through cross-holdings of shares and so on) and with government.

The Anglo-Saxon model (mainly the English speaking countries) is meant to be more liberal and free-market oriented, but the protectionism is rife there too. The Anglo-Saxon model encourages more company aggressiveness in order to continue increasing their profits for shareholders. This makes protectionism a good tool to achieve it.

-Or take the Common Agricultural Policy (CAP). This system virtually gives money called subsidies to selected big and smaller farmers no matter what they make and sell. This allows them to kill competition who can't grow food cheaper without subsidies. On top of that CAP usually guarantees minimum prices for the products of the farmers in this club and it protects the farmers by limiting imports of food (through tariffs and quotas) from outside the EU.

-Or the whole transition of Eastern Europe to capitalism

If you ask people of Eastern Europe today how has life improved since they entered the European Union and its so called free market, many will be surprisingly pessimistic. They will tell you that it is not a free market at all. Because the European laws favour the West European multinationals (e.g. the Common Agricultural Policy) and because money is king, the rich West European multinationals now dominate Eastern Europe (supermarkets, utility companies, pharmaceuticals etc).

These companies often sell products that they no longer sell well in their home markets because of newer models or higher quality standards there. Many of these companies use local people mainly for lower paid jobs like assembly of products, and they use local suppliers only if they accept very aggressive and unfair terms. But because there are very few alternatives, local people have learned to accept things...

Control and Fear

These dominant companies then control huge amount of the available jobs, and so people's lives.

The other control mechanism created by the system is that almost everything costs money. The most basic things that we need to survive sometimes cost as much money as we can earn. Just think of water, keeping warm, food, a place to live, electricity, health care, transport. To be able to comfortably finance raising a child on top of that can be a luxury for many people.

As a result many people in the world spend their lives in a "survival mode", working very hard so that they families have enough to eat & drink, somewhere to live, basic health care and education... This is sad but in the life of duality there is also the other happier side of the coin. Because of this tough life many people develop warm hearts, they appreciate things in life and they find peace inside when their and their families' basic needs are met. But still they usually do not have time and resources to empower themselves ☹️

And then there are all those other things on top of the "survival things" that we want to have, and together they tend to cost a lot of money too. And we seem to be encouraged by the system to grow desire for physical things and then satisfy this desire by living very consumerist lifestyles (buy and use up ever increasing number of products & services).

Additionally, many people make life harder for themselves by believing that they should have things because others have them or because they will make them happy. But soon after we buy them, many things somehow become ordinary... Yet the peer pressure among teenagers and sometimes even children to wear label/designer clothing and to have fashionable toys & gadgets is often so strong that those teenagers and children who don't have these things are made to feel uncomfortable or even inferior by their richer peers.

And the quiet manipulation by the system goes further than that ☹️:

Often we are made to believe that the "best thing in life" is to be rich, powerful and good looking. And as people become richer and more powerful, the system then encourages them to feel superior above other people, mainly interact with people of similar status and isolate themselves from others. You can easily find an example of this in many bigger companies where management and other senior people often look down, don't speak with and isolate themselves from employees who are below them in the organisational structure...

We are also encouraged to be a "throw-away society" and look down at things that are older. Why? Many benefit from this, usually not us though. Our dependency on money significantly increases this way to satisfy our desire to buy new things. As we keep on buying new things, we help increase the profits of the big companies making these... Economists call this healthy and growing economy... Many changes in fashion and product design are exactly engineered for this reason - so that we drop the things we have and buy new ones. I have seen many people throwing away beautiful flat screen silver TVs and buying ugly black ones because silver is out of fashion and nobody sells silver TVs any more....

As a result of the things described above, money conveniently controls most peoples' lives.

And here are other sad consequences of the fact that everything costs money which many people do not realise...

The system discourages and makes it hard for people to:

- **Devote their time to spiritual growth** and so empower themselves and free themselves from false desires and attachments
- **Do things for free, for nothing in return.** And this is what we do when we give and spread love, like when we look after others in need, work as volunteers in charities etc.

There must be the opposite, happier side in this too... When we focus on spiritual growth and do things for free in this "unfriendly" environment, it has much bigger impact than if we did it whilst constantly encouraged or even forced by the system to do it.

Because of the above, many people get into debt early on in life – a mortgage, credit card debts and possibly even other loans to pay for things like university fees and a car. They have given some of their power away to the banks... If they ever stop paying the interest or repaying the loan, the banks will show them pretty quick who is the boss and can get quite ruthless (e.g. take away their home) if people don't obey...

Whether we have debts or not we are forced to earn money and lots of it. And so most people spend the majority of their adult lives earning this money by having a job. In a job which they may not enjoy but which pays well enough...

The need to have a job is a great way to control people and bring fears in their lives

It is not easy at all to get a good job that we enjoy and that earns enough money especially when we start working. Here we usually need to have good education and qualities that the employer is looking for. But good education like having a degree costs a lot of money and not everyone can afford it. Sometimes the educational system may even discriminate against those who come from certain social or ethnic background...

We usually overcome this and get a job. [The moment we become employed, we become controlled by people above us in this organisation!](#) Every employed person has a boss... These people tell us what we need to do, how we need to do it and when we need to do it, sometimes even in the evenings & weekends ☹. And if we do not obey their orders, or they don't like how we perform or behave, they can do lots of things – they can sack us, reduce our salary, move us into dull jobs, stop our career progression in the organisation, pass bad references to our potential new employer and so on.

Even if people perform and behave well there is always the risk that they could be made redundant as part of “efficiency and effectiveness improvements” to increase companies' profits, which is quite common. Or their job can be replaced by machines and computers as technology develops... The protection of employees in some poor countries is minimal.

[And there is another trick used in the companies to control people and to stress them out: linking the salary to performance targets.](#) To have a good salary people usually need to achieve quite demanding targets. This may turn them into mini-robots who do not have time for “feelings”. In addition, sales and profit targets encourage people to be greedy and act selfishly.

And what about people who try hard but still come below the targets? It is not only their salary that drops... Being at the bottom of the performance list can have a big negative impact on people's self-esteem. The humiliation, embarrassment and pressure to improve can be really stressful and harmful.

So, many people work like crazy so that they “satisfy their bosses”, meet their performance targets and earn the money they need. They do not have time to enjoy their job and whilst they do not like the control, they unhappily carry on because they feel that they don't have a choice. Naturally they fear what would happen if they stood up for themselves or even said “No more!”. They fear that it may not work, that it may go against them, they may end up under more pressure or even get fired. Yet standing up for ourselves is our basic human right...

[Actually people who are spiritually awakened find it easier to stand up for themselves and are more often successful.](#) Among many things, they carry many secret weapons like:

-They tend to be more present in interactions with people having healthy confidence and care for themselves and others. This way they shine more light which makes people around them respect them more, often at subconscious level / without realising (their higher selves are celebrating that this person has awakened...)

-They know how to create their reality and they do it. It tends to work if they are or just create the impression (reality for people who accept this impression ☺) that they are reasonably valuable to the organisation because they have the right work experience and/or skills needed and it is not so easy to replace them

-they get some help from their higher selves / the other side,

[Also people tend to like to have awakened people as their bosses, because these people empower others more, care more for their well being, work satisfaction, and progression.](#)

If we don't like our job for whatever reasons, the other option we have is to look for another job and hopefully eventually find that dream job – what we really like, is fulfilling and based on our interests earns enough money etc. Great, but a small minority gets there because of the obstacles we mentioned above like the need to have the right work experience and skills. And how can we have work experience in a new field that we have not worked in before... But for the same reasons as above, [spiritually awakened people are more likely to find their dream job...](#)

Our 3rd option is to become self-employed / start our own business. This is appealing because it usually empowers us, allows us to express ourselves better and use our talents more. We can even merge our business activities with our hobbies.

But the nature of the system which is based on fear and control makes this hard for us. We need to make profit and to start a business we may need a loan from the bank... The profit will be our salary to live off and it will have to pay the loan interest and repayments, our mortgage & pension... On top of that just the thought of what the bank would do if people could not repay the loan brings enough fear that many people quickly abandon the idea.

So we will need to produce something or provide a service that is better and/or cheaper than other things already out there, and people/companies will want to buy it from us rather than from our direct and indirect competitors. And the market place can be a fierce place. It has companies that have been established for many years, have big muscles, size and purchasing power and make good money out of their customers. And you will now want to take those customers away from them... They often protect their territory like beasts and when we enter, they can use many tools to knock the new entrants on their knees before they make any profit.... Think about the small grocery shop owners

who almost live behind the counter of their shops and yet they make such small profits because they can't compete on price, quality & choice with the national and international shark retailers who attract most customers...

But despite this many people succeed. These people usually have big determination to make money, are relentless fighters, have entrepreneurial spirit and so on. Basically not the sort of people who have warm hearts, are gentle and caring for others. These people tend to find being self-employed / running own business more difficult than being employed. But as we said above and will explore lot more later, these and other [awakened people have other powers that they can use to be successful in this area...](#)

Some people can't cope with the tough demands of earning money and choose to be unemployed. But the system makes this route usually a dead end from which it is hard to escape. First, these people need to qualify for a dole from the government - often they need to meet various conditions specific to each country e.g. have almost no savings in the UK. If they get a dole, this is usually temporary and not enough to survive. So it is back to looking for a job, with added burden of being unemployed for some time. Long periods out of work may restrict their choice and even force them to accept jobs where they will be under tight control or treated as underclass. Some then end up with noticeable inferiority complex. Where is the justice in that?

It can get worse. If they don't find anything they may slide into poverty, or even become homeless and be forced to beg on the street. With it comes cruel rejection by society who labels them as outcasts. And when they lose an address of residence, it is very hard to get back into the system which often no longer registers them...

The system really lets these people down... Some may turn to crime, gangs, drug dealing from desperation to beat this. This cleverly brings more fear to ordinary people...

Fear is a clever way to control

So in summary many people understandably have fear for many reasons. **Those who have fear, obey. Those who obey, can easily be controlled. Those who accept being controlled do not claim their true power...** This makes it easier to maintain order which allows the system to keep going... One shephard dog can easily control and keep order among a herd of many fearful and obeying sheep...

It is fair to say that each central system needs an order to function though. But not in every central system the order needs to be enforced like in corporate capitalism, which intentionally or not lifts and gives advantage to the minority of people. On the other hand a system that puts the well being of all citizens first and empowers all people, does not need to enforce order. The Scandinavian system is closer to that than many other systems. The global surveys of people's quality of life tend to show that people living in the Scandinavian countries are the happiest...

[And there are other things not linked to the system that can inject more fear or/and control into people's lives:](#)

- Being spoon fed with lot of **Negativity**

Let's look at the media. They tend to feed us with negative things all the time. Do we really want to read every day in the newspapers or watch in the news that this person was killed, that person committed a horrific crime and so on. But there are lots of nice people doing lovely things and lots of happy events happening every day too, you know. But journalists usually don't see them as interesting stories, so they don't put them in.

We are also bombarded by violence and reminded of racial hatred and cultural differences in many other places. So many adult films tend to have some elements of violence and so do most computer/video games that our kids are often so absorbed into that the virtual world feels real to them. Often the scarier the horror film or the more blood is spilt in a computer/video game the better they are considered to be.

Or take the internet, there are lots of freely available sites with pictures & videos of evil acts which the authorities for some reason do not close down even though it should be easy to do. Or why is it fashionable to wear cloths with human skulls & bones and other scary images?

This all impacts us in many ways. It subconsciously creates fear in us. This makes us more obedient and sheepish as opposed to empowered! Secondly, It makes us feel that these things are happening all the time so it's almost normal. It even makes some people attracted to the dark side...

Imagine how much happier, less fearful, and empowered would people feel if the media, adult films, video games etc. were mainly "feeding us" with positive, happy, caring, loving and empowering messages, scenes, ideas and so on. Thank God at least the majority of the children programmes on TV are trying to do that... and we can always watch them with our kids ☺.

- **Religion** – Believing in God is wonderful. It gives people faith, connection and more help from the other side, it encourages them to become warm-hearted and spiritually grow, and so on. But have you noticed how [the majority of religions do not empower people?](#) They make them feel small and guilty because humans sin, they prefer people to be sheepish and obeying. Some religions/faiths make people fear God or punish people,

especially if they don't do what their religion/faith tells them to do... Yet deep inside we are divine beings and so we all kind of have a small part of God within us, even though it may be completely buried by our ego...

- **Unemployment** – Unemployment is inevitable and it makes some people value their jobs. But the general difficulty to get a job in the days when unemployment is not low makes most people work “forever” even when they have enough money to live or they don't like their jobs. To take a 3 months break from work here and there to relax, spend time on their hobbies and with their families is seen as impossible to most people.

Does the controlling environment and abundance of fear offer something positive?

It must do, such extremes of duality must have positive opposites. We talked about some already - it offers big opportunities for our evolvment at an accelerated speed, even though it may seem harsh.

Those who successfully overcome the various ways of control and fear being planted by the system, make a big jump in their development, in empowering themselves, in finding strength and inner peace. They then get in a stronger position to help others achieve the same and to be a creator of a fairer and happier world without fear and control of others. The new age leader, the pillar of strength and lighthouse to whom others will come for help, guidance, inspiration or simply to be in his/her presence (and so be uplifted & increase their vibrations / light) ☺.

Similarly, those people who manage to resist or overcome a sense of inferiority, greed and power addiction (we will be talking about these below) make a big jump in their development, in finding inner harmony, in opening their heart and in freeing themselves from various heavy attachments and control by money... And again they then get in a position to inspire and help others achieve the same.

Or the positive sides to being in a job. The obvious benefits of having a job is being with people, opportunity to make friends, be part of something, learn new things, develop as a person etc. Even though it would be nicer if we can choose the people who we work with and work for...

Then there are spiritual benefits too. Many jobs are about serving others. And **intentionally serving others with open heart / without expecting things back is an important way of growing spiritually and opening self up to receiving a lot from the other side... (often we get even more than we give ☺)**. It is a shame many people serve others in a job mainly because they get paid for it ☹

Additionally, **as we are all connected at the deepest level, by helping others we also help ourselves...**

As more and more people open their hearts, more people will find fulfilment and experience happiness in serving others. And more of this negativity will be transmuted within the human consciousness. And people will slowly start noticing the nice change “in the air” ☺

Injecting Inferiority

As we said above, as soon as people get a job they have a boss whose responsibility is to “control them” mainly by telling them what to do and by making sure that they deliver what the boss and the “company” expect. So the boss tends to have a sense of superiority over its subordinates and the subordinates often have a sense of inferiority. And the inferiority can grow especially if they do not do well at work. Some people even develop lasting mental problems including feeling worthless and depressed because of this.

Even people who try hard to do well at work may experience not being supported by their boss for various reasons (e.g. their boss may still expect more or actually feel threatened by their abilities). This can then lead to a self-esteem problem called “**the not good enough mother**” in the counselling profession.

This refers to a situation where a new mum tries hard to look after her baby but lots of people are telling her that she is not doing it right / should be doing it differently. This can lead to this mum feeling that she is a bad mum, losing her self-esteem and even a tendency to reject the baby. There are lots of people who came to hate going to work for this exact reason.

Let's look at the wonderful things that the opposite situation can bring. Many children who seem to be “always happy”, overcome challenges with more ease than other children and generally thrive are growing up in a supportive environment – e.g. with parents who really care for them, understand them and love them.

Greed and Power addiction

We already touched on that **the system encourages people to be greedy, powerful and not think of others. To earn lots of money and accumulate things for themselves.**

And as people earn more and more money, they are encouraged to feel that they still don't have enough. They are really encouraged not to be happy...

Because of the way the system works, many medium to large private organisations, for which the majority of people work, are selfish machines and their main purpose is to make more and more money every year... This is often achieved by squashing competitor machines, ripping customers off, keep changing models and making people believe that the previous models are no longer good, making secret agreements with competitors to jointly increase or hold prices (cartels) and many more tricks. And many tricks go hand in hand. For example, the better they are at squashing competitors, the more they can rip customers off and make bigger profits. Yet it is really lots of competition that makes capitalism beneficial for people as it gives them more choice and so more freedom...

People running these companies then easily develop hunger for money and power. And this hunger for ever-increasing salary and more senior and powerful position then spreads among the employees like a plague. It is hard to resist it and stay pure...

Let's look at some other examples of greed and power addiction,. You may know this already, in which case just skip it.

Ruthless commodity traders

Take the traders that buy and sell commodities, like rice, wheat & potatoes on the stock exchange to make profit. It is like a casino where winning is often pretty easy because the prices of commodities often go in one direction for quite some time. So when prices are going up for example because there are food shortages, they buy huge amounts of this type of food (for delivery soon or much later). Sometimes they can even influence the price to go up even more by buying more of this food which is going up in price and is perhaps in short supply. They never intend to collect the food and consume it. They simply sell all before it is due for delivery. And they pray that more bad weather destroys more crop of a commodity that they had bought (because the price will go up and they will make even more money).

What kind of a people would most enjoy during their lunch break at work to study the satellite pictures of the weather forecast to predict the next disaster, so that they can make lots of money out of it. And they must know that as they make money from these kind of price increases, many people who depend on the food in question will be in despair because they can't afford to buy enough food any more to feed their families.

Where is the justice in the world?

Cold-hearted Investment banks

A lot has been said about the greed within these often mega rich and mega powerful companies and about how they control politics and their customers. We know that the banks' greed was one of the main causes of the financial crises of 2007/08 and the subsequent Great recession...

Insurance companies

On one hand it is useful to be able to buy insurance for things like our car or not being able to pay a mortgage because of losing a job. But these companies also bet on people's lives. With some products, the sooner people die, the more money they make. What a dark motivation.

There are lot of selfish, dull and strange people inside financial companies who have cold hearts like ice and could not think of anybody else but themselves. They sometime don't even know the name of the person who sits two desk away from them... But it is not just financial companies.

Oil and energy companies

A lot has been said about these sharks of the industrial world. One can find many similarities with the investment banks...

Pharmaceutical companies

You may have formed your own views....

Casinos, betting and other gambling companies

How can people work for these companies when they know that their companies often make the life of many people hell – they fleece many many people of their savings, break their marriages, create gambling addicts who often end up thrown out on the streets, and even encourage crime, We know how these companies.

Companies making weapons

Weapons harm, instil fear and kill. Yet making them is a huge and profitable business. Billions and billions of government budgets are spent on so called defence. Huge quantities of weapons are sold to dictatorship regimes around the world, with the backing of government officials. They all tend to claim that this prevents "terrorists" from reaching power in these countries. Well, what I can see is that the local commandos, police & army find it much easier to guard the dictatorship regimes, and in many cases they kill or imprison those people who stand against them, using the weapons from the West. Similarly, lots of weapons are made to be ultimately used in organised crime...

How can people work for these companies when they know all this?

Where is the world heading?

What is the alternative system?

I started to paint the alternative system when I was describing the move towards heart consciousness in chapter [].

A system which is based on fairness and integrity. A system in which different companies thrive and prosper than today. Those companies that produce products and provide services for the highest good. Companies that do not exploit people but instead actively empower them. Companies that do not exploit animals and natural resources but instead actively promote them.

A system in which individuals can express themselves better, can use their talents and interests more easily. Each person can contribute for the highest good in a way that fulfils them, makes them deeply happy. Each person can contribute by doing what their heart and not mind desires. People who want to express themselves creatively, serve others, connect with nature, attune to spiritual dimensions can do so as part of their work.

A system where there is emphasis on co-operation between companies, rather than constant hunt to increase own profits.

Let's stop feeding the system

One way to help achieve the above is by stopping to feed the current system. We talked about how the order keeps the system going. But all people play an important part in this too. After all we are the customers and we decide what products we buy and so who deserves our hard earned money... We are also the ones who choose who we will work for.

The people who have not awakened yet tend to allow others to control them and tend to help some selfish companies winning, knowingly or not... And so they feed the current system. For example:

-People who keep buying more and more things that they don't really need (maybe because they are bored with ordinary things or with what they have already). Or people who buy things that will not really make them happy.

-People who buy products without asking themselves things like "Is the product good for my well being? Does it reflect the real me or just the "pretending me"? Am I buying it to fit with / because of pressure from others who are buying it too. Or to be better than others? Do I feel good about and believe in the company which made the product?"

-People who let their bosses / employers control them and rule their lives, people who accept working long hours or having no proper time out of work and so neglect themselves and their families...

-People who are happy to work for "cold-hearted" companies. And there are lots of them. For example those that create or profit from suffering of other people like weapon manufacturers or companies seriously ripping off people who rely on their products and services and so on.

Actually, people are encouraged to these behaviours everywhere we look from a young age and it becomes normal and we don't even think about it. Advertisements, celebrities they see on TV, people around them in work, school, friends, neighbours and even politicians.

The other way to win over the system is for people to drop their isolation and unite as customers. When people unite, their power grows strongly, especially over companies. We talked earlier about the new emerging way of buying and selling goods and services – the so called "sharing economy". This is where people share through a market place products and services between each other, like the spare things that sit idle in their homes or what they can do or make. E.g, safely renting out their own cars when they don't use them or selling home grown fruit and vegetables.

How are people changing the world for better?

Clearly a lot more is happening. It can be seen world-wide how people have been awakening and realising the power they have to create a better world, especially in groups.

Some people work for or devote their spare time to charities or other non-profit making organisations. Some demand honesty and fairness in their work place.

Some are making or demanding changes to what is not right & fair outside work. They organise petitions or even go into the streets.

Do you remember the brave demonstrators who started the Occupy The Wall Street movement in New York in September 2011? The movement spread around the world with tens of thousands of people standing up against the social and economic injustice that corporate capitalism creates. And they had the support of millions of people whose numbers grow day by day. And the fact that it is "only a silent support" makes little difference because intent and belief can sometimes be stronger than words and actions. No wonder the politicians are positively responding...

As a result this movement achieved a big change towards greater fairness and transparency in the financial world, often unimaginable only decades ago.

And what about the extraordinary courage of people involved in the African and Middle East uprising? Their strong desire for freedom, change of corrupted repressive regimes and a better life for all is incredible. They are not alone during their struggle for a better life. Their effort and suffering makes many people around the world feel strong compassion for these people. This compassion acts like an invisible help that is more powerful than we think.

Eventually African and Middle Eastern nations will free themselves from dictators who made their life a misery. They will build a lovely new home no matter how hard it will be. It may just take time and help may come last minute but they will get there! I know it. A day, still unimaginable at the moment, will come when one of the most beautiful sacred buildings will be jointly built by two sides who fought each other for centuries, on a sacred place in Israel.

Or the broader Facebook generation of young people. *Many do not have fear. Many do not succumb to be controlled by a strict, non-tolerant authority. They want to be free and have a dialogue with the authority. They do what they enjoy rather than being "stuck in any job". Many are not pretending to fit with others. Many are open about who they really are inside even though they often do it in the privacy of their rooms in front of their screens... Many are happier with less and do not want money to control them. And they are changing the world...*

The beautiful thing is that more and more people of all ages are like this. In 1980s there was one Nelson Mandela carrying the torch of equality. Today, our dear Nelson can look at the Earth from above and celebrate because he will see many new "young Mandelas" lighting up the darkest places with their torches. One of them is Malala who celebrated only her 16th birthday in July 2013.

Her torch is so strong and her light spreads so fast that she lifted and inspired tens of millions of girls, young women and parents around the world in just 4 years. Malala Yousafzai lived in a village in Pakistan ruled by Taliban. She attended a school that her dad set up until Taliban banned girls from going to school. That did not deter her and at the age of 11 Malala started her fight for the rights of girls to have education in her village and Pakistan overall. First she blogged for BBC Urdu about the terrible life under Taliban and then she took her fight into a public domain despite the risks. And Taliban did not like it and came to get her when she was travelling home from a school exam on a bus. They shot Malala in her head and casually jumped off the bus. Yes this is real ☹️. But Malala was not ready to leave, she has not finished yet. And so despite all the odds she has survived and continued her fight, which turned into a world-wide movement for the rights of girls and young people to education. She even gave a speech at the United Nations on her 16th birthday (celebrated as a Malala Day in many places in the world) and *gained support of the world leaders to provide universal primary education by the end of 2015*

Thanks to people like Mandela and Malala the world will be a lot happier and fairer place to live much sooner. They show us that we all can overcome our fears and move out of our comfort zone (or ignorance for some). If we join them, we can achieve positive change that was unimaginable 10 years ago.

You see, when we follow our heart, overcome our fears and combine our light with other people who feel the same, we realise how much power we have. Add to this the invisible help from others and we all can move mountains.

Our presence in places and our intent without any action also changes the world

There are many of us who want to personally help change the world for better but are happier to do it in small steps. Let me tell you about what looks like a small step, yet it is a pretty big, yet easy step.

By our own spiritual awakening we positively impact everything around us just by being there... We increase the light in that place, we raise consciousness of people around us just by being next to them...

And when we "just" meet other spiritually oriented people of similar intentions, such as during various spiritual & religious events, group meditations & prayers etc., our positive impact is multiplied. 2 people together create the power of say 4 individually, 3 people together create the power of say 9 individually and so on.

The power can be so big that it can uplift the whole city or country. Take the annual festival of light in India where hundreds of millions of people intensely pray. During the festival scientists usually record extra solar activity by the sun. And this extra light is actually linked to the festival... Similarly human consciousness also affects the Earth. Scientists proved this for example when they registered that the electromagnetic field of Earth spiked immediately after the terrible Twin Towers event of 9/11.

How is Earth changing?

Thank God that we are not alone in changing the world for better. Let's look at some other important changes happening on Earth. These things can be better seen when one steps back and looks at things from much higher perspective. I also give my view on how to make most of some of these.

Human consciousness is rising

As we said, higher spiritual energies have been gradually arriving to Earth as far back as 1987. A huge amount of spiritual energy from the Center, which some describe as a gentle feminine energy, washed over the Earth on 21.12.2012. This was a tipping point, marking the beginning of a new era for Earth. People and life on Earth are moving to the next stage of evolution - to "heart consciousness" and to a more compassionate Earth.

And it does not end there. **Various earth energy portals like the Sphinx in Egypt are "opening" generally from 2012 to spread spiritual energy / light from the stars and other energy sources within the universe via the leylines (there are 33 main portals; leylines are energy channels connecting Earth to these energy sources).** People will be absorbing different amounts of these energies / light into their auras according to their level of spiritual evolution and location.

The energy shift will continue until around 2031, by which time this new era for humanity and the Earth will be truly here.

And these energy changes are having big positive impact on us in many other ways:

-They are helping people with their spiritual growth, with transmuting their accumulated negative energies. As a result, the overall human consciousness is raising, **it is easier to spiritually grow and awaken, discover our real conscious self & true nature, and connect to our soul and Higher Self. Achieving enlightenment is not as hard as it used to be.** People who intentionally move forward in their development may find the journey more enjoyable and fulfilling.

On the other hand, **people's dis-harmonies are causing more pain and suffering. It is one way to push people to deal with their disharmonies and so spiritually grow.**

-It is easier to communicate with and receive help from higher parts of our selves like our soul and Higher Self as well as from God, our spiritual guides and the divine beings like angels. The power of meditation and prayer is greater.

-The power of love is more visible, and spreading love is kind of more satisfying and fulfilling. Simple things often carry more beauty and harmony. When one is balanced / centred and in harmony with the environment, one can experience deep peace and happiness more easily

And did you know that **the higher spiritual energy on Earth and raising human consciousness are having a big positive impact on the nature too?** On animal kingdom, trees, water and all other life form. **It helps them evolve!** How come? Because all levels of consciousness are connected (see pages []) It is visible today how many animals have become wiser and more developed. And there is more to come. **The time will come when lion will lie down with the lamb after all ☺.**

The time is speeding up

Or more accurately, like we said earlier, we perceive time going faster. For example the days seem to go faster than they used to. By the time we know it is lunch time, then kids finish school and soon it is late afternoon and time to go home from work for many.

This perception of time going faster intensifies when we focus our mind on something and forget about the time. When we are more in the present moment. For example when doing something that we enjoy like hobbies, talking to people about interesting things, watching / reading something exciting, playing as a child.

This has a big impact on people's lives:

People can't manage to do all the things that they used to. How many people around you complain about their hectic lives and are stressed at work because there seems to be less time to get things done. Completing an action list at work seems to be getting harder because the action list often tends to grow faster than we manage to shrink it ☺. And how many people don't have time to be with their families, to keep in touch with their friends or to relax. Some are too busy to even eat and sleep. And so many people made choices to drop or delay "happy things" that can wait and they keep doing "unhappy things" because these need to be done first.

Other things around us may seem to happen faster too, especially when we slow our minds down to relax. For example it's easier to be late for appointments, shopping, transport, miss the program we wanted to watch, burn the food we're cooking ☺ and so on. The bills we have to pay also seem to arrive faster and money generally "does not last long" unless well controlled. So as things pile up / get out of control people may feel like they can't cope with it all, helpless, stressed.

People experience more emotions, feelings, thoughts, events in what seems a shorter time. Their life lessons seem to be speeding up. Both can lead to emotional and mental overload, stress and even going "a bit crazy" and even depressed.

So in summary life can be like a rollercoaster, quickly up and quickly down, struggle to get up again, but before we know it its heading down...

How to overcome the speeding up of time?

One way that people deal with time speeding up is that they try to adjust by speeding up physically & mentally. And perhaps they get more organised. Then they may just manage it all, but the chances are that they will still be tired many evenings. Also, we may not feel a satisfaction from a hectic lifestyle and may feel like robots operating on the maximum speed.

But this can't be the only solution. The other one is to reduce the amount of things we have to do and/or start doing things more effectively. And so simplify our life so that we have time for things that truly matter, and find joy and peace in what we do.

Best starting point is to be honest with ourselves and think about the reasons why we do all the things each day that we do. And then decide if we do the things for the right reasons, what really matters to us and what we can manage without, what can we do differently.

And then there are other ways to deal with it. We tend to do these things naturally when we spiritually awaken. For example we increase our ability to experience and do many things simultaneously, Or we create things outside the linear time in the present moment and then we enjoy surfing on the wave of time and look forward to the materialisation of things we already created.

Things are materialising faster in the physical world

We said that as a result it is easier to materialise our thoughts, intentions and desires, even though this is not noticeable enough for most people... It has also become easier to speed up our own spiritual expansion and connect with people. **Healing takes place faster**, harmonising & clearing body, mind and spirit is easier.

On the other hand, **more of the unresolved issues that people carry inside are "coming to the surface"**. This gives people opportunities to resolve them faster even though they usually do not see it that way.

Similarly, it is becoming easier for people to drift into their own internal reality. And to lose connection with people, especially those who are not like them. You may have also noticed that some teenagers and adults hooked video games and on internet are losing connection with the real world.

Another result is that **harmony becomes bigger harmony and disharmony becomes bigger disharmony**. And **similar attracts similar faster**. As a result people who are peaceful, forgiving, compassionate, loving etc. may experience these feelings more strongly and so move closer to their real conscious self, soul & Higher Self / spirit. Similarly, people may experience their disharmonies more strongly which also pushes them to deal with them.

It takes more energy to maintain order and prevent disintegration / chaos.

This is probably surprising for many. But perhaps less so when we consider these examples. It is harder to manage bigger groups of people say at work and in school, it is harder to keep operating various processes in companies with little effort, things may break down faster (including relationships ☹), house can get cluttered more easily.

Finally, we talked earlier about mother Earth rebalancing self to refresh the cycle of life of fauna and flora. This is accompanied by climate changes, especially at the beginning of the cycle.

The mystery surrounding matter and energy

Now that we have the bird's eye perspective on where we are, let's go back to matter and energy and examine these building blocks of the universe.

What really is matter?

Classical physics defines matter in a straightforward way. It tell us that matter forms when atoms bind and make up molecules, which then bind with other molecules... The resulting matter has mass (similar to weight) and volume (it occupies space). And it can be in four forms – solid, liquid, gas and plasma.

That is easy to understand and clearly distinguishes matter from energy like light, and from consciousness. But then quantum physicians came and confused everyone. They found big links between matter, energy and consciousness. Thanks to Einstein's theory of relativity we learn in school that all matter is ultimately energy. This is because matter acts like energy (it displays both wave-like and particle-like properties), its mass is the reflection of its energy and it can be converted to energy & vice versa.

This is still confusing for many people because we know that there are many forms of energy like heat, light and electricity, and these are quite distinct from matter like a solid rock.

And quantum physicians went even further when they realised that the behaviour of matter is influenced by the consciousness that observes it. Have you heard of the saying that the result of an experiment depends on who is watching? You may have heard of people complaining that when they call an engineer to fix a problem with their electronic device like tv, the tv suddenly starts behaving while the engineer is there. Amazing isn't it.

If we compare these finding with the spiritual revelation that we started this chapter with - that the two building blocks of the dual universe are matter and spirit with consciousness – then things seem to get even more confusing.

Let me make sense out of it and show you at the same time how the spiritual perspective nicely joins up with the quantum physics discoveries ☺.

The interaction of matter and energy is the key

The main characteristics of matter is that it absorbs energy. What happens in the room when you switch the light and heating on? The room lights up and gets warm because the air absorbs energy from the light bulb and the heater...

What about colours? The colours that we see are actually those frequencies of visible light that the objects do not absorb but reflects back... If the object absorbs all light then it looks pitch black.

If we look at light closer, we find that light is both waves and tiny packets of energy called photons (named the wave-particle duality in quantum mechanics). A beam of light, which has very large number of photons, spread by building up electromagnetic waves. The higher is the frequency of light and other electromagnetic waves, the more photons they contain. And these photons are elementary particles of atoms which make up matter.... Can you see how the distinction between matter and energy is shrinking?

Here is another less obvious example. Albert Einstein's famous theory of relativity equation $E=mc^2$ says that energy is reflection of mass. So as physical things build their mass, they build their energy too. Think of paper and what happens when you burn it. It releases this energy as heat, the paper fades away and loses its mass...

Whilst matter can pop into and out of existence, **the main characteristics of energy is that it never disappears. Instead it gets converted from one type of energy to another.** E.g. when we move our muscles, our body converts thermal and chemical energy into kinetic energy...

The interactions between most energies have been understood by science. And there are many energies like potential, kinetic, thermal, chemical, electric and electromagnetic energies (they include a wide electromagnetic spectrum like visible light, infrared & ultraviolet light, x-ray, gamma rays / nuclear energy, radio waves). But is there a type of energy that the other energies may possibly be derived from or converted into, which scientists have officially not recognised yet? You know that I am heading to the world of subtle energies like **life-force energy**, also referred to as **Chi and Prana**, the love energy, thoughts, psychic powers etc.

Officially, science has discovered only the basics here and have a long way to go. For example they managed to take pictures of auras and acknowledged the life-force energy. They recognised that water reflects thoughts and emotions (covered on pages []). Or they recognised that people can move objects with their "psychic powers". But if you mention the love energy in the scientific circles, they may still laugh at you.

Unofficially, science knows a lot more than we think. Internet is full of leaked information about various amazing secret scientific experiments. It is not convenient to tell people though how powerful and intelligent unconditional love energy really is...

Back to the fact that matter absorbs energy. This means that **matter can also absorb all kinds of subtle energies.** You may have heard that some gardeners give "lots of love" to their fruit and vegetable plants during watering and then the strawberries and tomatoes usually taste sweeter and are bigger. They are not crazy after all ☺. Or many people have favourite cloths which they wore for a long time and they don't want to throw them away even when they start to tear. The reason why they still feel good in them is not only because they like their look or the texture...

Similarly, matter with high energy vibration can increase our energy vibration. Healing crystals are one example but people usually do not feel their beneficial effect. They do feel uplifted though when they visit beautiful places like beaches, mountains and botanical gardens ☺.

All energies come from a source

The other characteristic of energy is that it comes from a source. There are two types of sources of energy. The original source and then whatever / whoever absorbs this energy. Air becomes the source of heat after it absorbs it from the heater... By being alive, we are already the source of the life-force energy and we become the source of love once we allow it to emit from our core.

Here comes the surprise. **The original source of all energy is spirit ☺.** (we can debate if the original energy is the love energy and all the other energies have been converted from it, but it is not important; spirit and consciousness is covered in chapter 9 on pages []).

So, matter and spirit do come together, after all ☺. We can kind of say that **spirit gives matter life through energy.** Matter without spirit cannot exist, it does not function.

Let's use scientific terms and say the same thing. We know that atoms and molecules are in motion. They pulsate / vibrate. **And it is this continuous cyclical vibration of atoms and molecules in a particular pattern, which creates matter and allows it to hold on to the form it has.** A stone stays as a stone because of its specific structure and motion of atoms and molecules. (there are also other forces in play that hold atoms together like magnets so that they do not go wondering about). But what makes the atoms pulsate, what gives it this life? In simple terms, **it is the energy that makes atoms pulsate...**

How does energy spread?

Energy spreads from the source like waves on water. Water allows energy, i.e. the waves to move.

Let's imagine we throw a stone into water. The falling stone becomes the source of energy and the energy spreads as waves. How? By water moving up and down in a way that carries the wave...

Let's think about the weight of the stone. The bigger the stone, the bigger its weight and the bigger the energy it will pass on. How? By making the waves bigger... The height of the wave reflects the level of the energy in the wave. It is called amplitude.

It does not mean though that for a wave to have strong energy, it must have high amplitude. High energy-charged X-rays have tiny amplitudes but huge frequency (lots of waves in a period of time). And so the combined energy of all the X-ray waves is still huge.

How far does the wave travel? We may see the wave from the stone reaching the shore on our side, but it does not get to the other side of the lake, right? The wave = energy gets absorbed by the water in the lake.

Please bear in mind that these classic characteristics of waves do not always apply to the spiritual energies. E.g. spiritual energies, as well as our thoughts and emotions, can travel throughout the whole universe. This is fascinating and more is covered on this in the section Akashic energy / Torsion waves on pages [].

How does consciousness fit with matter and energy?

OK, this is all great, but you may ask what about consciousness, how does that fit into it?

Because energy ultimately originates from spirit and spirit has consciousness, then energy must be conscious! Bingo!

This also means that if matter absorbs energy, then matter also absorbs consciousness... E.g. the life force energy emitting from matter is conscious. This life force energy forms an aura around physical objects. Auras around objects are conscious and can be sensed or seen by sensitive or spiritually gifted people (felt as warmth, seen as different colour light etc). Many advanced healers feel the life force energy emitting from objects and they use these feelings to choose suitable healing objects.

Finally, going back to the beginning of this section, this supports what quantum scientists were surprised to find – that the behaviour of matter is influenced by the consciousness that observes it.

So, it all came together at the end, didn't it? Isn't it great that the revolutionary quantum scientists brought science closer to spirituality? The day is near when they will come to us and say: "Can you teach us how to spiritually grow? We can tell you now that we had discovered the power of unconditional love in the labs, and now we want to bath in it ourselves." ☺.

Link between energy vibration and level of consciousness

As we said earlier, the main factor that distinguishes the energies in the Universe is the level of their vibration. Everything in Creation has its own rate of vibration. You are probably sensing by now that **the level of the energy vibration goes hand in hand with the level of its underlying consciousness.**

The higher the level of energy consciousness, the higher the level of its vibration (it works the other way round too - the lower the energy consciousness, the lower its vibration).

Remember what we said about spiritual energies like the love energy and healing Reiki energy? They have very high energy vibrations and consciousness... Similarly, the more we increase our consciousness and get closer to our Higher Self, the higher energy vibration we have and emit. ,.

Energy with low vibration is dense & heavy. It is kind of "falling and finding it hard to rise". Similarly, energy with high vibration is light and kind of "rising / finding it hard to fall".

A great example of what behaves like this are our thoughts, intentions, emotions and words ☺. The more “love” they contain, the higher their energy vibration. Just like the balloon with sand bags (see page []). But watch out, there is no earth at the bottom to stop the balloon from falling...

The difference between dark and loving thoughts & actions can be huge. The “up and down” can be millions of miles apart... Reflecting on the above, **people create their own Heaven or Hell whilst on Earth**. And this distinction will become even more visible after 2012...

It works like that with physical places on Earth too. The level of energy vibration there is influenced by the level of consciousness of people, animals & other life there, as well as the physical things there. And we are talking about a cumulative level of consciousness including the past... So a place where a war battle took place will carry very low consciousness and “heavy energy” of low vibration until it is raised... On the other hand, we feel at least subconsciously so much better somewhere in a beautiful scenery like on a romantic beach or in a place devoted to weddings...

Moving energy and creating matter with consciousness

It should be no surprise now that **the movement of spiritual energy including Chi can be strongly influenced by our consciousness**. People direct Chi for example during Yoga, Chi Kung, Tai Chi, martial arts, Acupuncture, Acupressure and Shiatsu. The movement of Chi in an area like a house is well described by Feng Shui.

Similarly the saying says “mind or heart over matter” says, **we can create or alter matter with our consciousness**. The Indian spiritual leader Sathya Sai Baba showed us how this can be done.

Love energy



Let’s talk about love ☺. Here I don’t mean just the feeling we have towards a person we are in love with or love towards our child. I mean the love energy, love which one can feel towards all people, self, nature, physical objects, ideas, visualisations etc. I mean **pure unconditional love as the highest form of energy and the most powerful force in the Universe...**

Unconditional love is singular. It arises from Oneness and is not subject to duality like Yin & Yang / the life-force energy. **So the biggest source of the love energy must be God and spirit, including our Higher selves**. We are another source of unconditional love, some big, some small...

And there is more. **The love energy is in matter too. Where there is life-force energy, there is love energy...** The love energy is actually meant to fill the huge space between the smallest particles of atoms, where scientists claim that nothing except for vacuum exists. It is waiting there to be pulled ☺...

If the love energy is meant to be everywhere, how come we tend to feel so little of it then?

It is clear that people emit the love energy through their open heart, smile & happy eyes, and that we can feel. A lot of people’s thoughts, emotions, personal qualities and actions are charged with the love energy too but we may not spot that. Same with the nature, even though nature is quite cruel as well – such is the duality...

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|  <p>Pict. [] Love energy in water melon</p> | <p>Then love manifests itself in the physical form in many other ways.</p> <p>Can you feel the subtle love energy in this carved water melon? It is very beautiful and warm. It draws you in and you feel the peace ☺.</p> <p>Smaller children tend to be more receptive to energies and sensitive to people’s emotions. They feel things that the adults usually pay little attention to. Their good imagination helps them with this too. For example, a small child would probably feel the caring and loving energy emitting from this teddy bear.</p> |  <p>Pict. [] Loving teddy bear</p> |
|--|--|---|

Now imagine that a small girl built this animal scene in her garden. When she comes to be with her animals, would she see lifeless pieces of plastic like some adults do? No. No. She would probably smile and greet the animals. She may feel instant connection and happiness. She may feel that some animals are greeting her back. They are not afraid, they are happy that she came. Even the geese are smiling ☺.

The girl may bring them some food and may feel that the animals know that she is caring for them and protecting them. She may feel a sense of fulfilment..

This girl actually experienced the heart consciousness ☺ and bathed in the love energy until perhaps she got distracted by her worrying mum calling “don’t get your new shoes dirty”.



Pict. [] Child feeling heart consciousness

There is no limit to how much love we can feel

The amount of love and compassion that we can feel has no limits. It can be so strong and overwhelming that it can make us cry with joy. Like when a mum looks at her newborn child.

Or think of the amount of compassion that a person must feel for an orphan child when they decide to adopt it. My hero in this regard is the mum of Emmanuel Kelly (a severely disabled Emanuel became known for his amazing performances at the Australian X Factor in 2011 as well as for a heart-breaking life story of being abandoned as a new-born baby and left in a shoe box in Iraq war zone). When she saw Emanuel and his similarly disabled brother in the Iraq orphanage, she felt so much compassion for these innocent boys who became the victims of the Iraq invasion, that she could do only one thing. Adopt them, take them to a new happy home in Australia and be their loving mum....

Did you ever wonder where does all that overwhelming love come from in these types of moments? Did the mum looking at her new-born baby create it all with her heart? Actually not. In that moment **she also received lots of love from her Higher Self and she “pulled” the love energy from outside too -from the vacuum between atoms ☺**. How?

Feeling unconditional love and compassion towards somebody or something opens our heart. Because our heart is the bridge to our Higher Self* (via our soul). through our heart we also receive and feel love from our Higher Self, from other people & their Higher selves, from other life forms and from the vacuum. Our heart is very powerful, you know...

Scientists are discovering this too in their own way. For example they found that the energy field emitting from heart reacts to things before they actually happen... And they wonder how come the heart knew it in advance ☺. Because the love energy transforms other energies, **we can even transmute the lower energy from our emotional and mental body into the higher love energy with our open heart and heart chakra!**

On the other hand, if someone’s heart is “cold”, they feel very little unconditional love. They are also closed to the abundant love energy emitted by their Higher Self.

So far we talked about unconditional love. But lot of people love conditionally. It is their ego rather than heart that loves. E.g. John loves his dog Rex, especially when Rex does what John says. But when Rex does not listen, gets really angry with him... So it is more John’s ego that loves Rex. And ego loves to control...

*at a consciousness level, we are connected directly to our Higher Self via the 7th chakra.

Our mind can be a huge obstacle to receiving and spreading love

It is clear that everyone feels and emits different amount of love. People say that the warmer and more open is somebody’s heart, the more love this person feels and emits (and the other way round). That is a good description of something very hard to explain.

It is clear that **we control how much we open our heart with our minds**. What a shame that people often use their mind to limit the amount of love that they feel, receive and spread.

There are many ways how we control with our mind how much love we feel and emit:

To start with, we do it with our intent & attention for love, as well as with our resistance to love. The more we resist love with our mind the less we feel it.

And then it goes deeper. As we said earlier, our internal reality and linked personal qualities act like canal gates. **The more positive / spiritual qualities we have developed, the more love energy do the gates let in and out.** We don't have to be loving and compassionate to feel and spread love. When we are merry, joyful, happy, peaceful, fulfilled, understanding, tolerant, playful, and even "just" positive, we feel and emit the love energy ☺.



Pict. [] Mind over heart

Similarly, **the higher the vibration of our thoughts, intentions, desires, beliefs, words & actions, and the more peaceful our mind is, the more love energy do the gates let in and out.**

And let's not forget about the way we are towards ourselves. **When we accept ourselves with our perceived weaknesses and negative emotions, whilst desiring to harmonise them, we express unconditional love towards us.** With the support of the love energy we can then more easily overcome these weaknesses & emotions, heal ourselves and unconditionally love others, you know. It is harder to do this when we dislike ourselves for our weaknesses & negative emotions, and it is impossible when we deny them.

How does love energy manifest itself in physical form?

So far we have been talking about the invisible love energy, but we said that it can manifest itself in the physical form too. **Love manifests itself as beauty...**

The beauty of flowers and nature overall is manifestation of the love energy (even the bee on the picture noticed it ☺). And so is the beauty of music and even colours and shapes. Not just pink colour carries the love energy...

A different type of beauty in the Creation is its sophistication. Just think about the sophistication of our body, nature, the sun. Isn't it beautiful how everything in the body works in synchronisation, every little part has its unique role without which the whole would not work. When all is in balance the body "works magic".



Pict. [] Bee admiring beauty

Spotting beauty

Many people would say though that when they look around, they don't see beautiful things even in nature. They may argue that nature is cruel because animals eat each other. And this is there too, such is the duality ☹. But are these people present enough and actively looking for beauty? They usually tend to look at things with the view / expectation that they are ordinary, that there is no beauty. And then they see what they want to see, what they believe that they will see.

When we become more present & alert, we notice more beauty and sophistication around. And it goes beyond that. The sacred rule is that **when you truly look for beauty, beauty starts revealing itself to you.** It works like magic. Especially when you genuinely look almost with respect and humbleness.

Try it few times and you will be amazed. You should gradually start noticing more beauty in things (e.g. colours, shapes, design/function/meaning, etc.) and in what happens around (e.g. changes in weather, what children do & say etc.) Additionally, beauty should "jump out" where you don't expect it (e.g. "coincidentally" see/find/hear something beautiful).

When we spot something beautiful, is it our mind that spots it first? No it is our heart that feels it first. It is our heart that feels love, not our mind ☺. You may remember when you unexpectedly came across something beautiful which took your breath away. You were very present and absorbing the beauty for a short moment. And then as soon as you started thinking about it and so became less present, the feeling of beauty started to fade ☹

Water is divine

Pure water with its healing qualities contains a lot of love energy. Because water is the main building block of the human body, drinking pure water helps to purify and detox our physical body.

And there is more. **Water strongly absorbs the energy vibration of the consciousness that surrounds it. It absorbs thoughts and emotions of people surrounding it...**

A Japanese pioneer researcher Masaru Emoto beautifully proved this already in around 1999. He discovered that crystals which formed in frozen water changed according to what thoughts and emotions Masaru directed towards them. Clear water that “received” concentrated expressions containing element of love like “thank you” and “I love you” words or uplifting music formed beautiful, complex and colorful snowflake patterns. In contrast, dirty, contaminated water as well as water that received negative expressions like “I hate you” or heavy metal music formed incomplete, asymmetrical patterns with dull colours.

And so drinking pure water that received loving thoughts, emotions or music increases our overall energy vibration. It also **plays an important role in helping people who reached advanced stages of spiritual evolvement activate their 3rd DNA strand**. Who would have thought that pure water is another catalyst of human evolution, hey?

Our body does not just get what we drink, eat, breathe but also what we give it with our mind... As water makes around 70% of our bodies, **our body does absorb the vibrations of our own thoughts and emotions too...** This further explains what we said in the earlier chapters - that our emotions affect our health and that our body parts store our negative emotions...

But let's go back to basics. Using purified water to speed up our spiritual growth is great but not many people worry about that. Many people in the world worry that they may not have enough of any drinking water to survive ☺. What a crime that pure water in our world is a commodity and you have to have money (and in some poorer countries lots of money) to drink it! As a result many people around the world rely on dirty and contaminated water... I really wish I can change that!

Actually increasing significantly the supplies of clean non-contaminated water is not as hard as you may think. A liquid form of an amazing mineral rock (called black mica) discovered in 1960s can clean a dirty pond* in a few hours. It can be found deep underground (and in some volcanic eruptions) where it has been purifying underground water for millions of years...

*This substance purifies water in a miraculous way. It separates water contaminants like heavy metals, nitrates and industrial chemicals, which can then be easily filtered out. It neutralises bacteria and enriches water with the right balance of minerals. The resulting pure water should even have healing properties because it has been restored to its most balanced state...

So why does nobody seem to use this mineral rock to help people suffering or even dying from contaminated water around the world? It did take a while to develop technology to convert the minerals into liquid form but that can't be the only reason. It is not hard to work out that spreading this mineral may not be in the interest of some companies who control the limited sources of clean water... Can you feel “the murky waters” of corporate capitalism again? Fortunately, people like us are infusing love energy into them as we speak ☺.

Akashic energy / Torsion waves

We talked about love energy earlier. The other type of spiritual energy is Akashic energy. **Akashic energy is special in that it carries information, knowledge, symbols, archetypes etc...** It is the energy of communication. Quantum scientists call this Akashic energy Torsion waves.

So **when we create thoughts, intentions, beliefs, views, desires, emotions etc. we create these torsion waves which carry the information about these thoughts, beliefs, views, emotions etc.** Similarly our higher selves, angels and other spirits / higher levels of consciousness create torsion waves with their thoughts, intentions, feelings etc.

Where do the torsion waves with the information about our experiences travel then? They travel to the far ends of the universe, actually they don't travel, they get there immediately!

These torsion waves form a huge hologram that spreads through the whole universe, infinitely and coherently... It stores / records everything. Everything that ever happened, every little thought that was ever thought by anybody, every emotion that was felt by anybody, all the knowledge, all the discoveries by other civilisations in the space waiting to be discovered by humans...

Higher levels of consciousness starting with our intuition (see page [] on levels of consciousness) can access this information hologram. Actually when many great scientists invented new things they often accessed this information hologram and got the new ideas from there ☺ And you thought that it is only you who knows what is inside your mind and what you don't want anybody else to know ☺

And there is more. Movement of matter, vibration, electromagnetic changes end more also create torsion waves. So every little movement by anything and anybody no matter how big or small is recorded & stored as well.

It is like everything that happens in the physical universe is replicated as information in this information hologram at a spiritual level... The universal law **As below so above** is also pointing to this among other things (see page [])

The existence of this information hologram also explains how some psychic can read somebody's mind, speak a foreign language they never learned, telepathy and many other psychic abilities involving information.

And what about “mind over matter, such as moving or bending physical objects with the mind, that we talked about earlier? Here the torsion waves that psychics emit with their intentions physically affect matter.



Chapter 9 - Spirit / Being and Consciousness

The Other side

Is the other side really the other side?

The other side, which many call the eternal home or the place where we are when we're not incarnated in Creation, is not really that far. It is not a place somewhere beyond the universe, which is limitless anyway, and it is not split into heaven, hell & a place in between.

The other side is actually an inter-dimensional state of being, with an inter-dimensional consciousness. **One combined Being, one combined Spirit, all life there is with one combined consciousness.** It penetrates all dimensions of the universe.

The one Being is made up of individual sparks of life including ours ☺. The individual sparks of light have their individual consciousness, which at the highest level merges into one.

So the other side is here, there and everywhere...

Does the absolute God exist above this or is God this One Being? The answer is probably yes to both but no human can fully understand this...

How can we feel the other side?

We can feel the other side in many ways as it has limitless number of forms. We can feel the one Being by feeling the life inside us and realising that it is a part of all life there is ☺.

Or we can feel another side of the one Being by deeply feeling the silence between sounds or the spaciousness around us, especially high up in the mountains. One needs to be very present and almost submerge self in it. And then the silence and spaciousness magically become alive....

Or when we step back and look “between the lines” at the random things. E.g. when we look at the space instead of the objects. Then sometimes we notice something. We may notice a meaningful shape out of a number of independent objects which are randomly scattered. And this shape carries a message for us. On these pictures the message for anybody looking at it is “I see you too” ☺.



Pict. [] Heavenly smile



Pict. [] White smile

The three birds forming a “heavenly smile” was easy to spot, but did you see the friendly face in the snow, with a big round cheek on the right where the path ends?

You may have read about people who experienced much stronger connection with the one Being. They were describing an amazing but strange state of being briefly connected or even becoming everything around them including the surrounding trees, animals etc... In that moment they knew how the trees and animals felt. They knew how wise the trees are and that the trees are aware of their presence...

Without you the whole is not whole

Because you are part of the whole Being, it must mean that **without you, and without every single one of us, the whole Being is not whole.** So important we are ☺.

Let's use an analogy of the mind. Imagine the whole Being is one big mind and we are one ingredient of its state of the mind. Without us the overall state of mind would not be the same. Without the light of our Higher Self, the total light would not be as bright ☺.

Higher Self

There are many ways we can view our Higher Self.

*The universal Law of Spirit and Mind reminds us that life is about the states of mind by saying: **We as our state of mind exist in the mind of the All.***

We implied earlier that **our Higher Self, an individual spirit, is a spark of life created by God from God's essence / from God self. It is the highest, godly part of us. It is our eternal godly form.**

This implies and is often stated by mystics that our Higher Self is absolutely perfect. That our Higher Self is as perfect as the Higher Self of Jesus or Budha. If that was true, then what would be the point of us being here on Earth? It wouldn't really matter if we are full of love or hatred, when we are perfect anyway....

The essence of us and our Higher Self is perfect. **The life within us is perfect as it is part of God self. But the consciousness of our Higher Self and the energy vibration / light that it emits is not at the absolute highest point. It is evolving.** And we play an important role in our Higher Self's evolution...

Because of its godly form, each Higher Self is capable of the work of God in constantly co-creating the Universe and everything in it.

As we said earlier, our Higher Self is an individual being but at the same time it is, together with all other spirits, part of the one Being. Similarly, the consciousness of our Higher Self is part of the one Consciousness of all life there is....

This also means that all beings are ultimately connected at the highest level. We are ultimately connected to every form of life and to everything that has consciousness.

Our Higher Self is a bunch of love and it has abundance of those qualities that have lots of unconditional love in them, like compassion, joy, peace. Our Higher Self is bigger source of unconditional love for us than we can ever imagine. So it is no surprise that our Higher Self feels us the most when we emit love and feel compassion.

Our Higher Self is the spiritual parent of our soul. Our soul is a spiritual parent of us, our conscious self. Our heart is the bridge to our Higher Self via our soul.

Our Higher-self carries our cumulative life experiences, all who we've been in the past lives.

Higher selves **reside at the Nirvanic level of consciousness** (see section on levels of consciousness on p []) and **operate outside time and space.**

Our consciousness vs. our Higher Self's consciousness

Did you know that **our consciousness (not our internal reality) is actually one part of the consciousness of our Higher Self.** Which part of our Higher Self's consciousness? **That which we integrated into our awareness and so into our physical world...**

So every time you expand your consciousness, every step you make closer to your Higher Self, then a bigger part of your Higher Self's light and consciousness enters your awareness, your aura, the physical world... Until it is fully there = enlightenment 😊.

Can we help our Higher Self evolve?

And there is more that happens. **As we raise our own consciousness, we positively impact the consciousness, energy vibration / light of our Higher Self too! And this is one of the ways how the consciousness of our Higher Self evolves. And how our Higher Self gets to know itself more and more...**

So these must be important reasons why we incarnate into Creation, why we are here! [Unfortunately, people who reduce their consciousness during their life actually "negatively" impact their Higher Self's energy vibration]

Soul

There is a lot of confusion as to what is the difference between our soul and spirit / Higher Self. To avoid complicating everything, let's just say that our soul is the unique expression of who we are whilst incarnated in Creation.

Our soul is close to our inner self. We talked about this in the section *Who are you really? Are you your mind? on pages []*.

Our soul is kind of the innocent and loving child within us that we talked about in the section *Love for self on pages []*. A child that is eager to learn and develop. We can also hurt this innocent child with the way we are, especially towards us...

Our soul carries our experiences and memories and it is a spiritual parent of our conscious self.

The window to our soul are our eyes.

Our soul resides within us in what some call a causal body. This subtle body is built over all our incarnations and contains, among other things, all positive aspects of our mental, emotional and energy bodies that we created in this and previous lives.

In terms of the levels of consciousness / existence, our soul resides at higher levels of consciousness than our conscience and our intuition but lower level than our Higher Self (*this is covered below in the levels of consciousness section on pages []*)

Consciousness

What is consciousness and who has it?

Quantum physics rightly say that **consciousness is a point of view. Being conscious is having an awareness.** From spiritual perspective we said that anything with a spark of life in Creation and on the other side is conscious and emits energy. And the energy is conscious too.

Take the human body. A cell is aware / has its own view of what is happening to and around it, so does a tissue, an organ and so on. They all have consciousness. **Our consciousness is part of our Higher Self's consciousness.**

In addition to the various visible life forms on Earth, the whole universe is conscious too, together with its building blocks at each level, e.g. atoms & molecules, water & air, planets & stars. And then we must not forget about the non-incarnated spirits, divine beings like angels, elementals, fairies. The list goes on, everything you can think of is conscious. Something more, something less...

Consciousness as Hologram

Now let's add one more fascinating dimension to consciousness. **Consciousness works like Hologram.** **In each part of the hologram you can see the whole picture of the hologram.** **Each individual part of consciousness has the whole imprinted within itself even though it is aware of only a certain part.** **We also have all parts of the One consciousness within us but we are usually aware of only a small part.**

This means that **as one part evolves its consciousness, the whole evolves its consciousness.** **As we evolve, the whole evolves...** The universal law **As above so below and As outside so inside** covered on pages [] also reflects this Hologram.

Levels of consciousness

Can we distinguish the various levels of consciousness? It is hard because of their kind of dual nature. They can be imagined as various **levels of existence which penetrate the whole multidimensional universe** and are linked with each other. From the energy perspective, the levels of consciousness can be imagined as various **levels of energy vibration**, which overlap each other.

(Please do not confuse this with the other very different definitions of levels of consciousness used by people. E.g. the medicine uses consciousness levels to refer to the levels of person's wakefulness = we can be conscious, unconscious, in altered state of consciousness such as during epilepsy. We also have conscious, subconscious and unconscious mind. And psychology / psychotherapy (e.g. Sigmund Freud) have done a good job defining levels of consciousness from their perspective...)

Let me give you a simplistic picture of the broad and overlapping levels of consciousness. I will also refer to these levels within us. The beauty about us humans with a piece of God inside us is that **we have the ability to significantly expand our awareness and operate at a very wide range of consciousness levels.** But people usually do not expand their awareness much and choose to operate at a narrow range of consciousness like thoughts and emotions.

Etheric level

This is the world of **the life force energy (Chi / prana)**. (covered in section *Matter and Energy on pages []*)

Within us it is our Etheric or energy body. Our physical body is actually built on this body. Imagine the energy body as an exact 3-D mirror image of our body, with all its bones, organs, cells, nerves etc. but all made up of tiny light blue threads of energy channels (=flowing energy). This forms the skeleton of everything making up our physical body. It is shaped up before the physical parts grow. Our cells, organs and other parts of our body then grow in such a way to fill this energy structure. It is like that with other living organisms and similar with matter overall.

The main energy channels in the human body are called **meridians** and the small channels are called **nadi** (by Buddhist/Hindu tradition). Chinese mapped these very well in the acupuncture science. The main energy centers and cross roads between the body and various levels of consciousness are called **chakras**. The chakras receive the life-

force energy which then circulates through the energy channels in our energy body. We receive Chi in other ways too, like through breathing, eating and drinking...

The energy does not just circulate in the body “through” nadis and meridians. Like blood, it moves through every cell in the body.

The energy body stretches outside the physical body by about 0.8cm to 5cm. And it is this 0.8-5cm that is referred to as the **1st layer of human aura**, which has a light blue colour...

The energy body is connected to the **1st root chakra**. As we said above, many alternative medicines like acupuncture work with the energy body / energy flows.

Emotional level

This is the “world of emotions” including our emotions and instincts. Our current as well as stored emotions are reflected in people’s emotional body.

The emotions and feelings reflected in the emotional body have different colours depending on their nature, strength and clarity. If they contain element of love, they are surrounded by the love energy which emits from heart consciousness. And so the emotional body looks more like a body made up of small smudges or clouds of different colours overlaying each other.

This is the highest level of consciousness that the vast majority of individual animals operate at.

Just like the energy body, the emotional and the higher subtle bodies go through the physical body and stretch outside. The emotional body does not exactly mirror the physical body like the etheric body. It does broadly follow the structure of the physical body but it is a lot more fluid. As it stretches outside the physical and the energy body, it forms the **2nd layer of human aura**.

The emotional body is connected to the **2nd sacral chakra**.

Mental level

These are our thoughts, intentions, beliefs, views, opinions, attachments, resistances, i.e. the majority of our internal reality. This mental activity is reflected in people’s subtle mental body in the form of energy.

Thoughts, intention, desires etc. have their structures and shapes within the mental body depending on their nature, strength and clarity. Through regular repetition they gain strength and dominance in the mental body. If they contain element of love, they are kind of surrounded by the love energy which emits from heart consciousness.

The mental level is the most common level of consciousness at which humans operate.

Intelligence is linked to this level of consciousness. On one hand the more intelligent / intellectual people are, the more mentally alert they are, the faster they think, the better they may be at understanding logical things, the more knowledge they carry in their mind, the more they think ahead etc. But this often leads to becoming absorbed by their mind and so getting stuck at the mental level of consciousness. People who strive to become very intelligent or/and believe only in the power of their intellect may lose their connection with their heart and intuition... So, to summarise, **intellect is a great tool when used “by the heart”**.

The mental body generally looks like structured yellow light.

Because mental activity generates emotions, mental structures in the mental body also carry various colours. These reflect the underlying emotions and are emitted from the emotional body.

As with the above bodies, mental body penetrates the physical body, stands out above the energy and emotional body = forms the **3rd layer of human aura**, and is connected to the **3rd solar plexus chakra**.

Reflecting on the above, this shows that **the structure of our physical, energy, emotional and mental body is a graphic expression of our physical, emotional and mental state. It reveals our emotions, personality, past experiences, thoughts, intentions.** You name it and it’s there ☺.

Conscience or Higher mental level

From this level people start to access or even integrate into their awareness higher levels of consciousness that originate deeper within them.

Conscience is the part of the mind, the inner feeling that “tells” people / makes them feel they did the wrong thing if they e.g. did something not nice to somebody else. They may then react to this by feeling guilty and say that they have “guilty conscience”.

Many spiritually developed people tend to have integrated conscience fully within their consciousness.

Heart consciousness

The universal heart consciousness contains pure and loving spiritual feelings & thoughts, and strives for the highest good. It is also a vast source of knowledge and wisdom. Sometimes heart consciousness is referred to as the Intuitive consciousness, because we access this knowledge mainly through our intuition. This also gives you a clue how a lot of great scientists and inventors made their discoveries ☺.

Here are some other characteristics of heart consciousness:

-Timelessness – the illusion of linear time is lifted, the past, present and future potential exist at the same time in the present moment

-Spacelessness – everything is here, nothing is there in the distance

-Everything exists in various forms & patterns of energy

-We experience quickly the energy of what we focus on

Isn't it exciting that the changes on Earth described earlier are slowly bringing the universal heart consciousness into our daily lives? (covered in chapter or section? "Moving to heart consciousness" on pages [].

As we said earlier, we tend to experience heart consciousness when we "have our heart widely open" as well as when we develop our intuition / 6th sense and expand our consciousness in other ways.

We operate from heart consciousness when we are in a state of unconditional love, compassion, peace, unity and joy, as well as higher perspective and understanding. Or when we are doing what we love like playing or listening to music, are very relaxed, meditate, are deeply happy. Being submerged in the present moment in any other way tends to take us into heart consciousness too.

This level corresponds to a subtle astral body, which can be seen as the 4th layer of human aura, and to the 4th heart chakra. The astral body is complex. In simple terms it reflects those things that have an element of the love energy, such as our relationships and how we feel about things like people, objects, places, and situations that we have experienced.

The astral body penetrates and stands out above the other subtle bodies and looks similar like the emotional body with clouds of different colours. Additionally, each colour is underlined by shining pink light -the colour of the love energy).

The heart chakra channels the love energy and can transmute energies from the emotional and mental body into the love energy. We also receive the love energy from our soul / Higher Self and from outside via the heart chakra.

Karmic level

This is the first godly / divine level of consciousness. It governs karma and fate. It contains information about our life potentials and previous lives. **Our soul resides at this level.**

Nirvanic level (sometimes called **Atma** and **Brahma consciousness**)

Everything in everything in the Universe, creates the structure and outline of everything.

Our godly self (monad) = Higher Self reside at this level.

Higher levels where angels, archangels and forces managing and co-ordinating Creation reside.

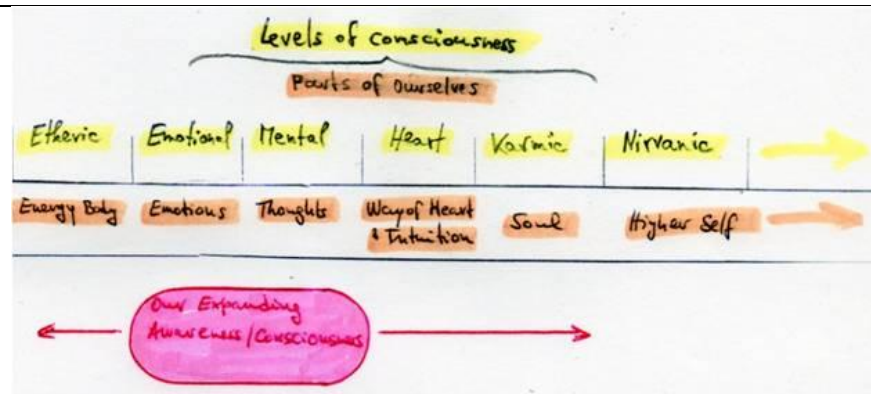
Even higher levels which are **part of the absolute God** rather than levels of consciousness.

What levels of consciousness do we normally operate at?

There are times when we are at one level of consciousness, e.g. at the mental level when adding numbers in our head (with no attached emotions). Generally we tend to operate at more than one consciousness level at the same time. E.g. when we play cards keen to win, we are at the emotional and mental level. Or when we give somebody a Reiki treatment, whilst feeling the energy flowing through our hands and wishing that they recover, we are mainly at the heart and etheric level.

Having said, that we tend to spend more time at one level than at the other levels. We talked about where people absorbed in their thoughts and emotions spend most of their time in chapter 3 on pages []. The heart consciousness should be the dominant level for the spiritually awakened people. They can access the Karmic and Nirvanic levels ☺.

Isn't it wonderful that **as we expand our consciousness to new levels, we bring new parts of us into our awareness**, just like on the picture.



Pict. [] Expanding our consciousness

Chakras

We said that chakras are our energy centers and we covered four main chakras within the levels of consciousness above.

Then there is the 5th throat chakra, 6th third eye chakra, 7th crown chakra as well as the little talked about 8th and 9th main chakra.

The 5th chakra is mainly associated with our communication, hearing / listening, self-expression and creativity.

The 6th chakra is linked to our intuition, visualisation and inner vision. It channels a broader type of unconditional love towards all life forms and life as such, and the energy of spiritual ecstasy.

The 7th chakra connects us directly with our Higher Self residing at the Nirvanic level, all life and God. It is also linked with our desire to live. When this chakra is open, our desire to live as well as to evolve is very strong. This chakra gives us access to information from our previous lives like our learnings, experiences and skills.

We have many smaller energy centers / chakras too, e.g. on the palms of our hands, on our feet and knees. Many of our organs are smaller energy centers too.

Not just people have chakras / energy centers. Animals, trees, plants and even the Earth and the whole Universe have main chakras and other energy centers. Many spiritual and religious structures like pyramids and shrines, as well as places of natural beauty are located on various Earth's energy centers....

How do chakras communicate with our body?

The chakras interact with our body through the nervous system and more importantly through the endocrine (gland) system. The endocrine system is an important mechanism that controls how the body works.

Each of the seven main chakras is associated with one main gland. For example the throat chakra talks to the thyroid gland. The chakras also influence the organs and body functions near to where they are located, like the third eye chakra influences the eyes, ears and nose.

How do the chakras interact with the glands? They "tell them", together with the brain, how much hormones each endocrine gland should produce. The hormones are then released into blood and travel to the cells, tissues and organs to give them "chemical messages" about how they should function.

So if a gland is out of balance, then the linked chakra tends to be out of balance. For example, if a thyroid gland is out of balance, then the throat chakra is out of balance. Actually, if a chakra is out of balance longer term, then this can lead to a variety of other illnesses.

What gets chakras out of balance?

Surprise, surprise, it is mainly our regular emotions and states of mind which get chakras out of balance. For example, fear impacts the 1st chakra, guilt the 2nd chakra, anger the 3rd, sorrow the 4th, lies the 5th, illusion the 6th and attachment the 7th.

Let's look at a great example of how our emotions affect our body via the chakras and glands - Blushing... When people get really embarrassed (a form of fear), their 1st root chakra slows down in that moment and the adrenal glands on top of the kidneys receive instructions from the chakra and the brain to produce more adrenalin. This extra adrenalin then causes blood vessels in the face to expand and the increased flow of blood shows as blushing...

Brain waves

You probably know that our brain emits brain waves which reflect our state of mind. The frequency of the brain waves changes according to various things like how relaxed we are, if we are awake or asleep conscious we are.

We can say in general that our [brain waves slow down as we relax, reduce our wakefulness and fall deeper asleep](#). Brain waves change as we spiritually grow too but not in the same way.

Types of brain waves

There are 4 main types of brainwaves as follows (ranked from the highest to the lowest frequencies):

Beta (above 12-13 pulses per second in the Hertz scale)

This is the realm of our [conscious mind](#).

We tend to have beta waves during normal consciousness and alertness, during normal daily activities. Especially when we are logically thinking and processing stuff on our mind. When we experience emotions of stress, anger, fear, the frequency of our beta waves increases.

Alpha (7.5 to 12-13 pulses per second)

This is the [gateway to the surface of our subconscious mind](#). We tend to be in alpha during deep physical and mental relaxation.

Whilst in alpha, we tend to have improved visualisation, creativity, learning ability, concentration, memory, enlarged mental clarity and better understanding of images like diagrams and drawings. And we find it easier to access parts of our intuition when in alpha. So it is an ideal state to develop intuition, learn new information, memorise facts & data, perform hard and complex tasks, learn languages and analyse complex situations.

Meditation, relaxation exercises, and activities that bring the sense of calmness help people get to alpha. The well-known Silva Method by Jose Silva is based on taking you to alpha... And so are some super learning and super memory courses...

Theta (4 to 7.5 pulses per second)

This is the realm of our [subconscious mind](#) with those parts of our internal reality that we are not consciously aware of. We can access even the deep-rooted parts of our internal reality / subconscious mind when in theta.

We are in theta in light sleep. One can also get to theta during deep meditations with reduced alertness / wakefulness.

When in theta, we tend to communicate easily with our intuition, have huge creativity, perfect memory & visualisation, and very high awareness combined with exceptional insight into things. We are also connected to our soul and may even experience a sense of oneness with the nature, other people and the whole Universe.

Delta (0.1 to 4 pulses per second)

This is the realm of our [unconscious mind](#). Many of our body organs and functions like the immune system and automatic self-healing function at this unconscious level.

People are normally in delta when they are unconscious like during a deep dreamless or in very deep transcendental meditation where awareness is completely detached.

Delta is associated with deep healing and regeneration. It is the gateway to the divine levels of consciousness (above heart consciousness) and to the collective human unconsciousness.

Brain waves of spiritually awakened person

The question that many people ask is what happens to our brain waves as we expand our consciousness / spiritually grow.

It goes hand in hand with what happens when we expand our consciousness to heart consciousness. We still operate at the lower levels simultaneously. And so it is with the brain waves of a spiritually awakened person. He/she tends to be in delta, theta, alpha and less in beta at the same time...

Similar to heart consciousness, people can experience this awakened brain wave pattern for short moments of time or longer periods. Sudden deep insights and aha-experiences are usually linked with a brief flash of the awakened brain wave pattern.

The awakened brain wave pattern is common in advanced yogis, which is no surprise, as well as in children of pre-school age! As soon as they start school though, the pattern starts changing towards more and more higher beta frequency, just like for most adults ☺.

How can we get an idea of what brain waves we are at?

There are very few inexpensive devices one can buy to measure brainwaves.

But there is an alternative way to get an idea... Our body responds to our brainwaves and to how relaxed we are. Our skin responds to it in ways that can be easily measured...

As we relax and reduce the frequency of our brain waves, our skin produces less moisture / sweat. And this changes how our skin can conduct electricity (how much electricity it allows to pass through). Because water is a good conductor of electricity, the less we sweat, the higher the skin resistance and the less electricity it conducts... This can be easily measured by various reasonably priced biofeedback tools available on the market.

How to consciously move to alpha brain waves – the Rainbow walk exercise

You are probably familiar with the Rainbow walk as a good way to move to or close to the alpha brainwaves because I already described it in details in the emotions section (Love bath ritual) *on pages []*. It may be useful to summarise it here.

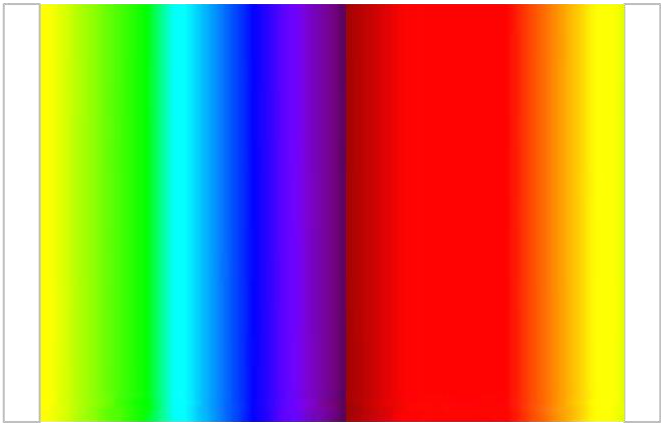
A good start is to do a [quick breathing relaxation](#) to connect with your body.

- Sit down in a comfortable position, close your eyes and relax by breathing through your nose deep in and out for about 2 minutes. In the first minute or so fully concentrate on your breathing, feel the air travelling through the nose, your lungs expanding. Then move your attention throughout your body and relax your muscles in each part. Starting with shoulders, arms, hands, body, legs, feet and then face.

The Rainbow walk exercise

- Continue to have your eyes closed and imagine individual colours of the rainbow in the following sequence (if you can't remember it, then you can record the sequence and play it whilst listening with your eyes closed). They naturally follow like in rainbow. As we start and finish with white, it is most natural to follow / proceed with yellow.

It is best if you can see the colours across your whole internal screen as if you walk through the colour and feel the colour. If you struggle with that imagine an object of this colour and make it as big as possible.

| | |
|---|--|
| <ul style="list-style-type: none">➤ White➤ Yellow➤ Green➤ Turquoise / Light blue & green➤ Blue➤ Purple➤ Red➤ Orange➤ Yellow➤ White |  <p data-bbox="580 1223 676 1249">Beta ⇨</p> <p data-bbox="1366 1223 1474 1249">⇨ Alpha</p> <p data-bbox="596 1458 879 1487">Pict. [] Rainbow walk</p> |
|---|--|

And you should be there or near there and able to enjoy improved imagination, creativity, concentration, memory, and even mental clarity.

[Moving from alpha back to beta brainwaves](#)

Do not forget that when you finish with what you are doing in alpha brainwaves, you should follow the reverse way to get back into beta brainwaves. Nothing would happen if you don't do that but you may just find the jump quite noticeable when you open your eyes and readjust to beta waves...

With your eyes closed imagine the colours in the reversed order and in the same vivid way: white, yellow, orange, red, purple, blue, turquoise, green, yellow and white.

Then open your eyes and enjoy the achievement!



Chapter 10 - Important laws of the Universe

The Universe / Creation is functioning according to many sacred laws some are known as Hermetic laws. Understanding them and living in accordance with them is like effortlessly swimming in a river in the direction of the current. There is little struggle, we get a lot of help from the Universe and the other side.

The laws (mainly in bold red below), are described very briefly in various spiritual material. And so I'm revealing more what is behind them and providing many examples. I want to help readers understand how they work, how they may affect their day-to-day lives and how they may apply them.

Law of Duality / Polarity - 7th Hermetic law

As we explained in chapter 5 under Creation, at the highest level **the duality in Creation means that everything is made up of two parts - Spirit and Matter.**

All things in Creation are dual. Everything within Creation has its pair of opposites, a pair of contrasting aspects, which are held together by the forces of polarity – “every coin has two sides”. The Oneness outside Creation is singular. (Actually at higher levels of Creation, i.e. not in the 3-dimensional physical Universe the opposites are the same in nature and the difference between them fades away).

One side (aspect, characteristic, force) would not be complete without the opposite but complimentary side. These two opposite sides are part of the Whole. Day can't be without night, light can't be without darkness, matter can't be without emptiness, sound can't be without silence, breathing in can't be without breathing out, and so on. We may be surprised but the same applies to the non-material world! **There can't exist love without hate, there can't be happiness without unhappiness, there can't be abundance without poverty and so on.**

The denser the place in Creation, i.e. the lower the vibration of matter or energy there, the greater the duality, the greater the opposites.

This does not mean that both opposite sides have to be equal in their amount, i.e. that one thing has to have the same amount of the two opposites. The amount of love and light on Earth does not have to equal the amount of hate and darkness! We humans largely decide this with our freewill... Actually there is ongoing struggle of light and darkness in the whole Creation.

Yin & Yang



Ancient Chinese observed this duality well and called the opposite forces / qualities / aspects **Yin and Yang energies**. Energy is a perfect term because as we said above, everything is made up of energy.

Let's look at the main opposite qualities of Yin & Yang:

-Yin: still, passive, reaction to action, internal / inside, full, reducing, lower, famine, soft, cold, water, dark, moon, feeling, giving.

-Yang: moving, active, initiating action, external / outside, hollow, increasing, higher, masculine, hard, warm, fire, light, sun, thinking, receiving / accumulating.

Actually when we look at things in real life, they are not like a coin, with 2 same sides. **Things tend to have different amount of the two opposites. Sometimes a lot more of one than the other. And so the Chinese characterise things according to how much Yin and Yang they have.**

For example a man is lot more Yang and a women is a lot more Yin. Or in the winter the darkness is longer than the daylight and in the summer it is the other way round. Or a tree has different amount of some of the opposites, like hard and soft parts, light and dark colours, still and moving, full and hollow, depending on where it is in its life cycle.

Law of Change

Everything in Creation is in motion, nothing is static. Nothing fixed lasts forever. **Change is the nature of the Universe.** This is the cornerstone of the Chinese book I'Ting.

And so when things are in motion and changing, the amounts of opposites are changing too.... Creation is one big dance. Similarly the Chinese describe life as a dance of Yin and Yang.

5 Elemental energies

Having studied the different proportions of Yin & Yang energies in things, the Chinese realised that there are 5 main categories of the mixture of Yin & Yang energies (by this I mean that one category has e.g. 10% of Yin and 90% of Yang, the others e.g. 30:70%, 50:50%, 70:30% and 90:10%) They call these 5 categories the **five Elemental Energies, namely the energies of Fire, Earth, Metal Water and Wood.**

Pict.[] Five Yin & Yang energies

These energies have different qualities. Some of the main are:

| | Wood | Fire | Earth | Metal | Water |
|---------------------|--------------------------|----------------------------------|--------------------------------------|--------------------------------------|----------------------------------|
| General | | | | | |
| Colour | Green | Red | Yellow | White | Black |
| Flavour | Sour | Bitter | Sweet | Pungent | Salty |
| Climate | Windy | Hot | Damp | Dry | Cold |
| Direction | East | South | Centre | West | North |
| Season | Spring | Summer | Late summer | Autumn | Winter |
| Plant Lifecycle | Sprouting, growing | Blooming, fruiting | Ripening, harvesting | Withering, decaying | Dormancy, storage |
| Activity | Generates | Expands | Stabilises | Contracts | Conserves |
| Human Body | | | | | |
| Yin (full) Organ | Liver | Heart, pericardium | Spleen | Lungs | Kidneys |
| Yang (hollow) Organ | Gallbladder | Small intestine, triple burner | Stomach | Large intestine | Bladder |
| Vital function | Nervous system | Blood, endocrine system | Digestion, lymphatic, muscle systems | Respiration, skin | Urinary, reproductive |
| Senses | Eyes | Tongue, throat | Lips, mouth | Nose | Ears |
| Bodily Secretions | Tears | Sweat | Saliva | Mucus | Urine, sexual fluid |
| Tissue | Ligaments, nerves, nails | Blood vessels | Fat, muscles | Skin, hair | Bones, marrow, brain |
| Life cycle | Infancy | Youth | Maturity | Old age | Death |
| Personality | | | | | |
| Emotion | Anger, | Joy | Obsession | Grief | Fear |
| Ability | Initiative | Communication | Negotiation | Discrimination | Imaginative |
| Virtue | Benevolence | Propriety (honest behaviour) | Faith | Rectitude (correct social behaviour) | Wisdom |
| Attachments | Answers, choices, goals | Pleasure, desire, love, divinity | Manipulation, loyalties, security | Perfection, order, standards | Mysteries, death, visions, facts |
| Tendencies | Busy at work, risk | Excitement, contact | Comfort, company | Follow orders, make judgements | Solitude, isolation |
| Emotional need | "Adrenalin" | Being in love | Being needed | Being right | Being protected |

The [Indian tradition](#) also recognises 5 manifestations of energy and calls them [Air, Fire, Water, Earth and Ether](#).

The corner stone of the [Chinese medicine and Feng Shui](#) is the flow of the 5 Elemental Energies inside the body and in the environment.

Law of Balance – 5th Hermetic law

Now, how does it all stay together, when everything in Creation is in motion? How come everything does not go crazy or break down, but sustain itself and usually evolves itself. There must be some self-controlling mechanism, right?

The Whole needs a Balance to sustain itself. Everything naturally strives for harmony, for balance. So achieving the state of Balance is what it is all about, **balance is the natural state.** Balance is needed at all levels of Creation, from the smallest particles individually to all that is together. So how can balance be created? There are a number of ways:

1. Balance of the opposites. When the opposite aspects are in balance it acts like a magnet that holds things together with the forces of polarity

Broadly there are two ways of balancing the opposites:

-Balance of the two direct opposites, e.g. a balance of push and pull forces which creates stillness (like during the game when two kids pull a rope with the same strength = the rope does not move...), a balance of giving and receiving, a balance of inflows into and outflows from an open system – covered in [], a balance of action and reaction (law of Karma), a balance of the north & south pole forces,

-Balance of the various types and amounts of the opposites, i.e. the balance of the various Yin & Yang energies = the balance of the 5 Elemental energies in the whole. This is the main objective of for example [Feng Shui](#) science. This is expanded in the universal law of a Circle of Energy...

The whole Creation is made up of various types and amounts of opposites, which together create the Whole and so it is in balance. Creation is like one big ball. If you think about it, in a ball every point on the surface of the ball has its opposite point on the ball in relation to the middle of the ball.

Let's go back to the examples of this described in the Law of Balance – Yang-based man and Yin-based women, or different amount of daylight and darkness in each day depending on the season. So where is the whole and the balance? In these cases the whole is man and women together - the human race, and the sum of all the daylight and darkness on the planet.

Don't forget that we can't look at things in isolation because each thing (system) is a part of a bigger thing (system), which is covered by the **principle of the Open System** on page []. And because of this, if one side is dominant in one thing (system), the other side may be dominant in the bigger thing (system) that the smaller thing is part of, which also creates a balanced state.

2. Movement in a rhythm, cycle or a circle – covered by the Law of Rhythm and Cycle (6th Hermetic laws)

What happens when things get out of balance?

So what happens if things get out of balance? **The forces of Universe start pushing things towards balance once they are out of balance.** And that applies to everything within Creation. The Chinese refer to this drive towards balance as the [dance of Yin and Yang](#).

There are so many ways where things can become out of balance and there are also many ways to achieve that balance back. But in essence this is what usually happens:

- One side increases / becomes more dominant → the other side then increases, or the dominant side reduces again to get to balance.
- One side decreases → the other side then decreases, or the smaller side increases again to get to balance.
- The movement gets out of rhythm, cycle or circle.

These are many examples in day-to-day life how this self-balancing mechanism works:

-When we create dis-balance in our bodies, our body tries to balance itself in various ways and this could include an illness. This is covered in the section on health on []

-When we travel a long distance across time zones, we get jetlag = our body cycle gets out of rhythm. It takes our body a little while to adjust the internal rhythm again.

-Can you imagine what would happen if our Earth was forced to move out of the circular trajectory around the Sun...

-Extremes in life can be followed by their opposite expressions to get back to balance, e.g. extreme excitement can be followed by extreme sadness.

Other balance-based principles

The stronger influences the weaker to become stronger. If light enters darkness, light does not become darkness but darkness changes to light. E.g. If a person shining lots of love and light enters a room filled with hate, he/she influences people there to reduce their darkness as opposed to becoming full of hate him/her self too...

Law of Rhythm / Cycle - 6th Hermetic law

Everything moves in rhythm or cycle. All things are in some way rhythmic / cyclical or circular.

-Moving in a circle is like moving in a cycle. In both cases you regularly get to the same position after same amount of time.

If we look around we notice obvious cycles or circles like day and night, seasons of the year, waves, tides, circular movement of Earth and other planets around the sun, water circulation on Earth, blood circulation in our body, our breathing in and out, heart beat. And the less obvious like circular movement of atoms & their particles, of solar system within our Milky Way galaxy, and our galaxy within the Universe...

-Energy is a form of a rhythm because it vibrates. And as we said above, everything is energy, not just light, sound, electricity etc

Rhythm / cyclical movement creates balance. It equalizes both sides. This can be explained on the swing of the pendulum. The swing of the pendulum to the one side is equals the swing of the pendulum to the other side. Then as the pendulum slows down, the swing reduces to one side and is followed by the same reduction to the other side.

Applying this law, the following is also valid:

-Whatever is rising will fall, whatever is falling will rise.

-What flows in will eventually flow out again.

-Whatever is rigid eventually breaks apart.

-If we live in harmony with natural rhythms, we go with the flow of life, with the tide. Harmony is the flow of life.

Because everything is in motion, nothing is static, the **Creation is a balance of eternal movement.** The universe lives by this dynamic balance in easiness, harmony and love. This is because even though things in Creation continue to change, the overall balance, the balance of the opposites is still maintained

How can we imagine this again? Let's use the ball = Creation, but include the inside content of the ball too. Imagine the ball is fully filled with water. And now shake the ball. The water particles start spinning around, yet again at any point in time each water particle is in relation to the middle of the ball exactly opposite to a second water particle within the ball.

Law of a Spiral (coil)

Above we defined how everything is moving in a rhythm / cycle or a circle. But you must have noticed that on top of this these things usually change as they move in these circles or cycles. So we can say that **in physical time things move forward / develop in a spiral.** For example, predictable changes of the length of day & night during the year, yearly seasons, somewhat unpredictable changes to nature cycles like weather patterns and water flow as a result of e.g. human impact / global warming Earth, changes to body cycles like blood circulation and digestion as we are getting healthier or unhealthier.

And this applies to life / future too:

Life moves forward like a spiral

For example, life cycle of growing up and getting old, being a parent, learning new things (e.g. to play music). It seems similar every time yet we move forward every time. Even what we call our routine – sleeping, eating, sleeping, going to school / work every day ☺ is a spiral because it is not the same every time, it is not chaotic / completely different every time, it usually gradually develops, changes.

Future unfolds / happens in spiral-like cycles, in patterns.

What will tomorrow, next week, next year bring for you, others and the Earth is not random It is this spiral-like movement of things forward that plays an important role in forming the future. The corner stone is that things are moving in loops which are similar yet each one a step forward. And we and the "other side" then kind of move the direction of the spiral*... By small adjustments, big bends & jerks, forward, backward, anywhere...

Like we discussed above there are many things that play a role in determining the future:

-the materialisation of our created potential,

-linked with this our freewill decisions and actions

-our changes to our created potential through our thinking & changing beliefs, opinions etc.

-the way the other side plans our experiences / things that will happen to us for us, like our life lessons / opportunities, help to us.

-the working of universal laws

This makes it more difficult to predict the future, but the one who has the overview of the majority of the factors = our Higher Self can see well what is most likely going to happen tomorrow.

Let's look at an example of how future unfolds. Take for example Joe who works as an architect and is designing a new house at work. Joe is a bit shy and has been finding his job a kind of boring recently. So what will his tomorrow be like?

Joe's daily pattern is reasonably predictable and the basis of his tomorrow is likely to look similar to his today – he will travel to work, start the day by a morning briefing with the team, will carry on designing the same house, discuss stuff with his colleagues, have a lunch, travel home.

Then there will be other less predictable things that will happen that day. E.g. He finds out that his boss will be transferring to another office and some interesting responsibilities will be passed onto Joe. Also his train will be delayed and so he will be late for the morning briefing. The first event is a materialisation of the potential that he created with his mind - wanting to do more interesting things. The second event was organised by his Higher Self as an opportunity to raise his confidence when interacting with his colleagues.

Then he will have lots of thoughts about work, family, football, experience various emotions, learn something new, he may even change his belief about his job being boring. Through this he adjusts his life potential and so his future.

The opportunities to learn/grow/clear disharmonies keep re-appearing in a spiral kind of way until we take them

How many times have you noticed this pattern of events:

-an opportunity to learn / grow / clear own disharmony arrived (by opportunity I mean a kind of an event that gives a choice about how to respond),

-you decided to ignore it, and

-then soon after that it arrived again, may be in a different form.

-You took it on / positively responded to it and with that you moved forward in life

For example:

Somebody who is selfish & greedy comes across lots of instances where they can give and help others who need their help. When they finally act on it, the experience positively changes them and moves them forward. Or same thing with somebody who is shy: the amount of opportunities to increase his/her confidence will be countless...

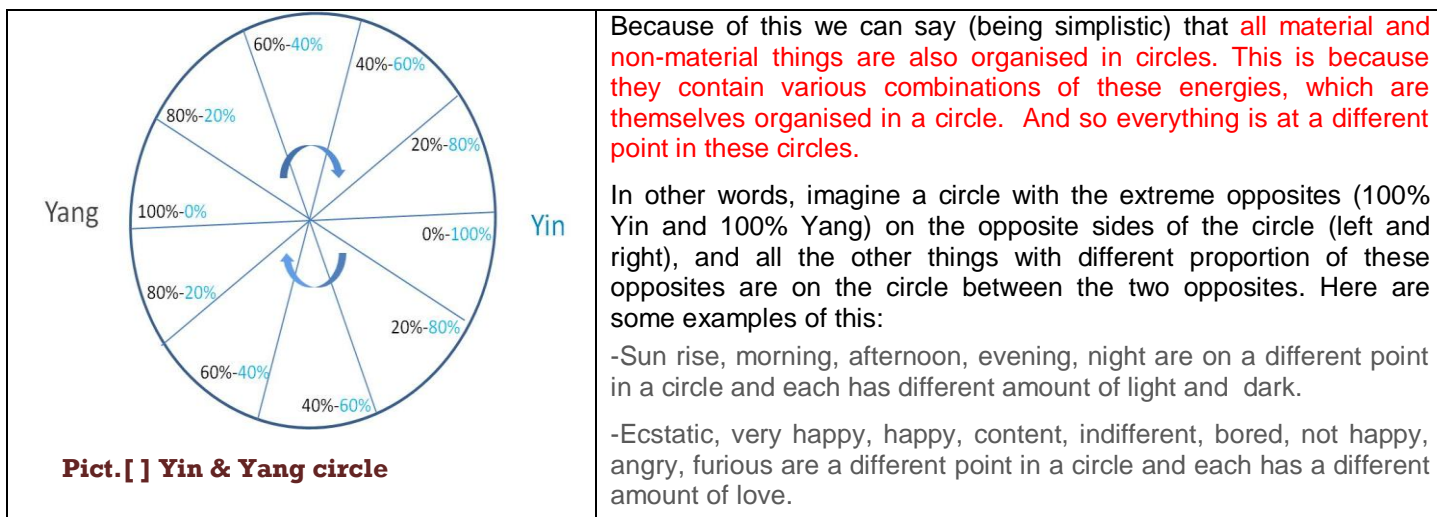
We are really interested to learn to play piano but put it aside because we are too busy with work and looking after our children. But until we start it we are likely to experience various "coincidences" which will remind us of our desire, encourage us / make us more excited about starting to learn to play piano, and give us solutions how this can work...

Often these opportunities arrive so often that we don't notice them and/or don't realise that they are the opportunities we and our Higher Self attracted for us to grow.

The principle of a Circle of energy

Let's go back to the 5 Elemental energies and Yin & Yang within them. We said that the 5 Elemental energies - wood, fire, earth, metal and water (which are contained in everything in the physical world) have increasing and reducing amount of Yin & Yang. I illustrated this by making up percentages starting from 10% & 90% increasing / decreasing to 90% & 10%. So what does that mean? It means that:

The various combinations of Yin & Yang / the 5 Elemental energies in material and non-material things create a circle



There are no “gaps” in these circles, they contain all the possibilities... **[All the possibilities exist but only some have materialised in the multi-dimensional universe]**. One reason why it is this way is because **the equal amount of opposites creates balance**. This is covered in [the Law of Balance](#)

There is even more important reason for this than the need for a balance, which we covered earlier in the book. **Because the Creation is a “training ground” for the evolvement of our consciousness, soul & spirit, the existence of opposites gives us opportunities to develop**. And so there can't just be love, happiness & peace. There must also be hate, unhappiness & no peace, and the things in between them too.

Part of our life journeys is to experience both opposite sides, their different aspects & intensities. In other words, experience many different points on the circle, e.g. on the love and hate circle. This experience and understanding / knowledge then helps us make choices and decisions who we want to be.

We have kind of defined above how the Whole, the Creation looks like. **The Whole / the Creation contains all possibilities (some materialised in the physical world and some not)**. The Whole is made up out of a huge number of circles with things and possibilities on every point of the circles... Many things are naturally on many circles at the same time.

How does this look then? There is one physical object that can look like this... The surface of a ball. You can draw endless number of circles around the ball. There will be many points where many circles will cross.... So whilst very simplistic, **the whole Creation can be imagined as a multi-dimensional ball, where everything that exists (materialised or as possibilities) is connected in various ways**.

Additionally the circles are organised in a hierarchy. At the highest level are circles of archetypes (such as symbols). They are being created by the highest levels of consciousness. These archetype circles then cascade down into circles of more concrete things which represent the archetypes.

Movement of energies / the way things change

We said that the Creation / Universe is dynamic, everything is in motion. So how do things / energies move?

The amount of Yin & Yang energy in things moves along that circle.

The Chinese intentionally chose the names of the 5 Elemental energies in such a way to show how they move in a circle:

- **water energy changes to wood energy** =when we water wood it grows
- **wood energy changes to fire energy** = in other words wood burns
- **fire energy changes to earth energy** = burnt wood changes to earth ash,
- **earth energy changes to metal energy** = earth condenses itself into metal,
- **metal energy changes to water energy** = can become liquid (doesn't quite work...)



Applying the principle of a circular movement of energy, **things tend to change more gradually and more predictably than it may seem**.

In some cases the change of things can still appear dramatic, like when things jump from one extreme to another. But the energies still move to the other extreme = other side of the circle by following the path of the half-circle. This movement will probably be extremely quick and so not noticeable.

For example a car can be working very well and then suddenly it does not start one day, or a light bulb suddenly goes off one day. Or a person moving from extreme excitement to extreme sadness after the excitement is gone. But in both cases things started changing way before we noticed it. The car's battery and light bulb's spiral was gradually getting "worn out" until the point that it was too weak to start the engine by a flick of a key and "carry the electricity current and convert it into light". In the third example when the excitement finishes, the person's excitement very quickly drops to nothing and then he very quickly starts getting sad because the excitement is gone until he/she is very sad.

The 5 Elemental energies increase and control / reduce each other in a predefined way. Just like above:

- water energy increases wood energy
- wood energy increases fire energy
- fire energy increases earth energy and so on

This knowledge is used in the Chinese medicine to for example increase the function of a weakened organ.

The 5 Elemental energies control / reduce each other in a predefined way

- Water energy reduces fire energy = water extinguishes fire,
- Earth energy reduces water energy = earth absorbs water,
- Wood energy reduces Earth energy = wood "absorbs nutrients & energy from earth",
- Fire energy reduces metal energy = fire weakens metal,
- Metal energy reduces wood energy = metal crushes wood.

This knowledge is used in the Chinese medicine to for example reduce inflammation / stress of an overworked organ.

Law of Relativity

Everything is relative according to the point of view

This is not the famous Einstein's equation $E=mc^2$ but it is linked to what Einstein discovered.

Let's look at an example. If we draw a circle with a star on top of the circle, the position of the star and of anything else on the circle depends on from where we look at the circle. If we look at the circle upside down, the star will no longer be at the top but at the bottom...

And so it is with everything else in life – the physical and non-physical things. **Things are different according to the point of view... Every observer sees a different reality according to their point of view. The perceived reality adjusts to the observer's point of view.**

You may ask, how can my reality change / adjust to my point of view? If 2 people look at the same thing and are looking for different characteristics of it, the thing does not start displaying these 2 characteristics to both people. The thing stays the same as it was, but what changes is what we kind of extract from that thing / situation that we observe. We extract what is aligned with our point of view. And so one person may see / notice something different than the other person.

How is our point of view formed and how it changes

When we perceive something with our senses – see, hear, feel, taste, smell something, hear – we form a point of view in many different ways:

-We compare what we observe to various things that we know and have experienced. For example:

A grey colour is dark in comparison to a white colour but light in comparison to black.

An unemployed single mum in England living from government dole and in a council house paid for by the government may see herself as poor. But when she sees poverty and famine in some poor African countries, she will feel rich.

If somebody gives a few coins to a beggar on the street people may see this person as being generous. This person may see himself / herself as a bit of a tight person when he/she comes across somebody who gives a quarter of his/her monthly salary to a local orphanage with children without parents...

-Beyond comparing, we form a view based on our own perception. And our perception is based on our understanding, expectations, beliefs, intents, opinions, habits, values, personal qualities current emotions & moods, attachments and resistance. For example:

When we are introduced to somebody, we may get a very different impression of that person at that point compared to when we get to know this person better.

If we interact with people whilst in a bad mood, they are likely to appear to us more negative, not happy or even annoying, than if we interact with them in a really happy mood.

So we can conclude that our point of view will change over time as we change our perception. And it is different to other people's point of view because their perceptions are different and they compare what they observe to different things to us (what they know and have experienced)

Adding to that the universal **Law of Similarity** (similar attracts similar), we go a step further: **The mind virtually attracts the things it wants to see / it believes in. We live that what we mentally align ourselves with.**

So, If we look for what we want to see and what we believe in, e.g. goodness in people, friendship, love, we gradually start attracting and seeing just that (it is not so straight forward because there are other factors that influence what we attract, such as our life lessons and our created life potential)

Now you may understand how "dangerous" it is when we want to see and believe in "the not nice things" - because we will attract them too.

And when what we want to see and believe in appears, then this confirms to us that we were right about these things / that life is really that way. After that nobody can convince us otherwise. Actually somebody can... You by changing your beliefs, opinions, habits, perception, desires, personal qualities, attachments and resistance as to what you want to see...

Let's look at an example. If we think people are grumpy / not nice, we actually meet more grumpy / not nice people, than those people who think that people are generally friendly and nice. But once we change our point of view / belief about people, we will start meeting more of the people that are aligned with our new views / beliefs. Magic isn't it?

Here are more truths, expanding on the above:

- **The way we are ourselves determines the way we experience the outside world.**
- Therefore, **the outside world that we see is often our mirror** (everybody tends see something different...). **When we change, everything around us that we perceive will change.** This is actually an application of the **3rd Hermetic principle of As below, so above, as within so without.**

Law of Similarity – 4th Hermetic law of Resonance and Attraction

This law is very powerful and works wonders in the Universe... It is one way of creating the overall balance.... Again very simple and very deep - **Similar attracts similar (like attracts like)**

Love & light attracts more love & light, positivity attracts more positivity, negativity attracts more negativity, egos attract bigger egos, darkness attracts more darkness, aggression attracts more aggression, hate attracts more hate, and so on.

So for example, if we are grumpy, pessimistic and frown at people, we attract unfriendly people / pessimists / people who will frown at us even before we at them.

If we focus on own spiritual progress, we attract people on similar paths and spiritually advanced people who we can learn from, spiritual events and other help on our journey, such as divine beings.

If somebody enjoys violence in films and video games and would love to join in on the fighting and killing / destroying to win, then they attract people of similar mind set and possibly events filled with violence etc.

Other things that we attract

But please bear in mind that we don't just attract similar things. As part of our life journey, we will also attract into our life people / events / circumstances (not similar to us) that:

- Give us opportunity to learn and understand something from it. For example a shy person will attract a confident person to learn to be more confident;
- Give us opportunity to grow, move forward
- Gives us opportunity to form a point of view, make choices / decisions and so define who we are
- Helps us experience various aspects of Creation. This then helps us during our decisions, forming our views and beliefs and building our intents and desires.

For example, we can attract violence so that we can decide if we want violence or not and how strongly not. Will we be against violence strongly enough that we will actually actively help stopping violence, e.g. through charity donations, voluntary work in a charity and so on. Or will we just think violence is no good.

And the trick is to work out why we attracted into our life what we did... Once we learn to do that we will move through our life journey at a lightening speed.

Law of Karma / law of action and reaction – 2nd Hermetic law

Each cause has an effect, each effect has its cause. What we give is what we get, what we sow is what we harvest.

For example when we give something precious away for good cause, we may soon receive something even more precious from somewhere else...

Equal creates equal. The effect equals its cause in quality and quantity. This is because:

-Equal opposites create balance. And balance is the cornerstone of the whole Creation – see law of Balance

-Each action has a certain energy which eventually returns to its source, to the creator of the action (in all sorts of forms)

There are no coincidences, nothing happens by chance. Things are a cycle of cause and effect.

Every thought, every feeling, every action is a cause which has an effect. The cause can arise on many different planes of Creation.

Karma is not the punishment for our wrong doings as many people see it... The law of karma helps us understand both sides of duality including their more extreme sides... It helps us form a view if we want to identify ourselves with / operate in the extreme sides of duality.

E.g. if somebody enjoys violence in films and video games and would love to join in on the fighting and killing / destroying to win (cause), then he/she will attract events filled with violence (effect). This should help him/her form a view if they want to continue identifying self with violence – like it / think its good / participate in it - or they want to change.

Law of Correspondence or Analogy - 3rd Hermetic law

These laws show how everything is ultimately connected with everything.

As above – so below, as below – so above

As on the spiritual level, so on the material level. [Everything that happens on the spiritual level happens on the material level] And so material world is a reflection of the non-material world.

Similarly the other way round. Everything that happens in the material world reflects back in the [non-material / spiritual world].

How can this be, you ask. Many things on the other side can't be explained with words but here is an attempt using simplification.

[The language of the non-material world are **archetypes**. Archetypes represent the essence of things. Archetypes are feelings, meanings, symbols, features / characteristics, information, chain of feelings, symbols, meanings & changes.

Archetypes reflect the reality in the material world, like a mirror: The whole Creation is expressed on the other side in the form of endlessly complex structure of archetypes which are interconnected. [In addition, for everything there is in this world, there exists an analogy on every plane of Being]

Therefore:

-When the archetypes are created or changed by consciousness / spirit / mind, the physical world changes accordingly when the archetypes manifest / materialise in the physical world (over time). That is how the majority of things in the Physical world originate.

If you think about it, everything created by man on Earth started as a thought / image / feeling – archetype in people's mind... Similarly everything originating from Earth – the nature, the materials, the air – has been created at one point. It didn't just happen by luck, it was created in God's mind... So we can conclude that the material world starts as an archetype in consciousness.

For example a wedding has lots of archetypes (**feelings, meanings, symbols, information**) that we can think of. We talk in archetypes when we think about the essence of a wedding of two people in love – desire of being always together and doing things together, creating a bond, commitment of care and support to each other, having a partner to go through life with, smiles & happiness, family, flowers and so on.

-As things change in the physical world, so do the archetypes on the other side. Say we decide to learn a foreign language and the archetypes of learning it, speaking it, enjoying it, understanding the people and their culture, travelling are “added” to our potential on the other side.

-The way for us to change the physical reality is to change existing / create new archetypes. And that is what we do when we have feelings, when we imagine / visualise things, when we have intentions, desires, views, beliefs, when we pray and so on.

The other side communicates with us through archetypes. We spot symbols around us, symbols as well as images, feelings, thoughts appear in our mind. Clairvoyants, tarot readers read the archetypes and then interpret what it means in the physical world.

When we learn something in a dream we often learn the archetypes rather than experience the thing that the archetypes represent.

As in big - so in small, as in small - so in big

This is fascinating and hard to believe. It is the principle of the **hologram**. In each part of the hologram you can see the whole picture of the hologram. So because all parts make up the whole, each part has the whole imprinted within itself. That is the way how each part is truly connected to everything.

Consciousness works like Hologram too and we also carry all parts of consciousness inside! Including God. God is inside us, God is part of us.

The way of the hologram It is similar but lot more disguised at the physical level. For example, each cell carries the imprint of the whole body. Similarly other parts of our body carry information about us, our health, our organs – eyes, tongue, face, hands, feet. Various alternative medicines discovered how various parts of our body tell us the condition of the whole body - reflexology (feet and hands), physiognomy (face), iridology (iris of the eye).

Everything is an open system like a lake

Open system has “things” flowing in and “things” flowing out, just like water flows into the lake and out of the lake.

Each open system is part of a bigger open system, which is part of even bigger open system. The biggest open system is all there is.

This is another great way how everything in Creation is ultimately connected with everything. It is the working of the **Law Correspondence or Analogy**.

Take an animal cell as an example. It receives blood, energy, information etc. from outside and sends these things out. A cell is a part of a bigger system – it forms together with other similar cells animal’s skin, bones, organs etc. The individual organs are a part of a bigger system, being the animal itself. And animals are part of the animal species system, which is part of the nature system... And it does not end there... Same with the man-made things like houses, cars, roads economies and so on.

The open system is in balance when its inflows and outflows are equal, are in balance... (combination of the Law of Balance and Karma). Similarly a **balance of giving and receiving (or taking) creates harmony**. Like the balance of Yin and Yang...

This is exactly how a lake works... **If the amount of water flowing in is the same as that flowing out, the lake’s level is stable and it does not cause a flood or dry out.**

How can the inflows be controlled?

It seems to us that the lake and other open systems like people do not seem to control how much they receive. Except for when they take things for themselves... **But there is another way that the system can influence how much they receive... By controlling how much they give.** Let’s see how this works with the lake. If the outflow increases, what needs to happen so that the lake stays balanced? It needs to receive more water...

And so because Universe strives for balance, it works like this elsewhere including in the non-physical world too even though it is more difficult to see and measure! **The more we give, the more we receive. The less we give, the less**

we receive. This is actually another way of describing the **Law of Karma = our action of giving brings about a similar reaction of receiving.**

Here is a nice example of this law in action. Josh loves birds. He regularly fills a bird feeder in his garden with seeds. He is surprised how quickly birds eat all the seeds, so he decides to buy another bird feeder to feed more birds. Over the next year he notices that often when he goes to buy extra seeds, he comes across various offers like “buy one big bag of seeds and get one free” ☺.

Let's apply this law to our interactions with people.

-In life we receive (=inflows) happy things like presents, money, smiles, love & care, friendships, compliments. We also receive not happy things like “bills”, frowns, negativity, non-understanding, aggressivity, orders, swearing. And here it works too - the more we give these things, the more we receive them because we are attracting similar reactions to our actions...

-While giving freely what we are seeking, we are letting abundance into our lives. We will then get as much abundance, as we are able to open ourselves to.

-While spreading love, harmony and peace we are creating love, harmony and peace on a bigger scale than we think. And so it will seem to us that we will then receive more love, harmony and peace than we originally spread.

-On the other hand, by grasping things, holding on to things and not giving we create a blockage, a dis-balance. The universal self-balancing mechanism then usually kicks in. It strives for balance in various ways, e.g. puts pressure on the blockage to open it, weakens the blockage. The ways of this may be vary again, e.g. the person experiences a loss, a reduction of receiving, or the person find sit harder to hold on to the things, gets ill or feels rising stress until he/she lets go of the thing he/she holds on to so tightly.

How does an open system / lake get out of balance?

Going back to the law of balance of inflows and outflows, let's think of situations when the lake stops working well:

Inflows bigger than outflows = Flooding

- When more water starts flowing in (and the amount of water leaving does not change).
- When the amount of water leaving reduces (and the amount of water coming in does not change)

In both cases the water level starts rising and unless the flow is changed at some point, the water starts flooding surrounding area, or bursts out over the dam...

Outflows bigger than inflows = Draught

- When more water starts leaving
- When the amount of water coming in reduces.

In both cases, the water level starts going down and unless the flow is changed at some point, the lake starts drying out.

What do we need to do to correct a system being out of balance?

-If we just want to stop the water rising or falling and stabilise it at the new level, then we **match both flows, i.e. increase the smaller flow to match the bigger flow or reduce the bigger flow to match the smaller flow.**

-If we want to reduce or increase the water back to the original level and stabilise it there, then we **increase the smaller flow above the bigger flow until the original level is achieved and then match both flows. Or we reduce the bigger flow below the smaller flow until the original level is achieved, and then match both flows.**

If the lake = any system gets out of balance, in some cases the correction happens naturally because of the forces of the Universe functioning according to the universal Law of Balance. But in many cases other cases we need to help correct it to avoid a breakdown.

Now, let's look at how this works in life, focusing on the human body:

Increased inflows: When our body receives too much of something that is not good for us – e.g. breathing in toxins whilst living in a very polluted area or breathing in fungi particles whilst living in a damp & mouldy flat, or eating lots of unhealthy food which contain lots of fat and non-natural sugar and salt (both contribute to creating over-acid digestive environment which is ideal for growth of fungi-based unfriendly bacteria in the digestive environment and which can damage digestion).

Reduced outflows: When our detoxifying organs (liver, lymphatic system) do not function / detox us well and/or our excretion systems (urinary, digestive, perspiration systems) do not function well / excrete all unnecessary things.

In both cases (often both happen at the same time) our body = lake starts accumulating things that are not good for the body like toxins, excess fat / cholesterol, mucus, unfriendly bacteria in the intestines, casein (milk residue).

Body's attempt to create balance of inflows and outflows: The body initially tries to correct this problem and get back into balance by for example stretching the liver function, storing the toxins and fats in various pockets of the body where they will cause less harm and so on.

But the body usually can't cope e.g. because the harmful inflows are too strong or/and the outflows are too weak. So it will get out of balance and eventually may become "ill", e.g. the toxins can damage the organs, excessive fungi can disrupt the friendly/unfriendly bacteria balance in the intestines which can lead to damaged digestion (disbiosis), fungi related skin problems, allergies and we know what excessive fat & cholesterol can do.

So how can we overcome the problem and become healthy again? By balancing the inflows with outflows...

-Reduce inflows of harmful stuff: move to a healthy area / flat with minimum toxins / fungi particles, eat little unhealthy food etc.

-Increase outflows: detox = increase outflow of toxins from the body, de-fungi = remove excess fungi-particles e.g. by eating alkaline food and special herbs which reduce the over-acid digestion environment / reinstate alkaline-acid balance, stimulate liver and excretion systems, exercise = convert the fat into energy through exercise,

It is a shame that this simple key to correcting health dis-balances is not recognised by the health care system ☹ Many doctors usually do not treat the causes but just the symptoms. They tend to prescribe us anti-fungi creams, lots of different tables etc. The good news is that many of the alternative medicines like the Chinese medicine, homeopathy, targeted detoxification, Indian medicine (ayurveda) focus on the causes, look at the whole body, personal environment and unfortunately only sometimes at the mind which is a big "cause of physical problems" too.

It is clear that these principles apply in the non physical world too and we already talked about it under the balance of giving and receiving above. So let's just touch on what happens during spiritual growth. We kind of increase the outflows = give more love, help more others, surrender things and so on. To gain balance, we start receiving more love, help, light and new things in our lives ☺

Law of Spirit and Mind - 1. Hermetic law

The Source of all Life is Spirit

The Universe is spiritual and mental. Spirit / mind stands above matter.

We as our state of mind exist in the mind of the All.

At the mind level, thoughts and intentions have the power to create and change; they are the means of Creation as the action of the mind...

The intensity of the inner wishing and longing is an important factor of Creation

All is One and at the same time all has its own individual identity. That way everything is ultimately connected with everything.

So we are all an individual identity – an individual being, consciousness and spirit. But at the same time we are all One, We are all the Whole, the life that is in everything, one big consciousness, one big spirit.

Observer can become the observed

If you observe something so intensely with all your senses that nothing else in that moment will exist, at some point the difference between you and the object disappears at the conscious level. Your consciousness will merge with the consciousness of the observed object which feels like you have become the observed object. This can happen because at the level of consciousness you are both you and the Whole, and so you are already closely connected to the object that you are observing because the object is also part of the whole.

For example if you intensely watch a flower, smell it, touch it, listen to it, feel its presence, send love to it and nothing exists for you in that moment other than the flower, then you may be that flower for a while, i.e. your consciousness merges with the flower's consciousness and you suddenly know how the flower feels, feel the stem, leaves and roots of the flower (just like the flower feels them) as if they were an extension of you, e.g. of your arms and legs.

Truth – part of 7th Hermetic law of Polarity

We cannot logically understand the Truth with our mind, we can only grasp it with our heart.

All truths are but half / incomplete truths at the higher level of understanding / consciousness.

And so this book paints a picture of the understanding of the truth at certain level of consciousness. More complete and accurate truth is known at the levels above this one.

Love is the most powerful force in the Universe.

There are many other universal principles about Love but this is the main one.

Laws specifically relating to human development:

Law of Opportunity

The opportunities for growth and learning (including balancing own disharmonies) continue to appear. For example whenever the circumstances are suitable, when you intend / desire it, when it is needed for fulfilling your task & mission and so on. It is then up to us if we decide to take the opportunity or not.

For example somebody decides they want to learn to play an instrument, and soon they come across all sorts things that help them to progress this. Or somebody wants to learn about God and soon they are showered by lots of coincidences and other ways the “other side” reveals itself.

Law of Surrender / Acceptance

Once we truly surrender and accept life as it unfolds – every single moment of it, we gain peace. It is one of the most liberating and empowering things we can do.

Law of Sacrifice

When you sacrifice “old”, you receive new and so you move forward.

Examples of sacrificing “old” are:

Giving up something you are comfortable with, e.g. selfish habits and practices for the benefit and happiness of others, stereotype / boring / lazy lifestyle for something more rewarding and deeper.

Sacrificing spending lot of time at work & earning extra income for quality time with family, or simply give money away to people who need it, give up time for voluntary helping work and so on.

All sacrifice is ultimately a gain. The experienced loss, which may be painful and big at first, turns out to be smaller and not that painful after it is compared with the new that has arrived / that we received.

And how do you receive? Opportunities either arrive suddenly, often in the form of coincidences, and you are given choice if to take them or not. Or good things, happy experiences and so on just happen to you.

Sacrifice works if you sacrifice with your heart without expecting any reward back.

A good example is when you see a beggar on the street and she/he makes you feel compassionate and wanting to help him. Then you give him some money (more than loose change) wanting to help this person (without thinking to yourself “if I give him I receive something later”). After that I either experience a sudden burst of love inside or soon after that a coincidence happens and I receive. For example my circumstances change positively like things change at work, in school with my friends & family, allowing me to move forward with my life. Or people suddenly start feeling more peaceful, happy, joyful, their imagination or memory improves, they receive spiritual gifts to use for helping other people and so on.

Actually life often puts us intentionally into situations where we can decide if to sacrifice and so move forward or not.

Creation of personal realities

That which we give our attention to, becomes our reality. We experience what we give our attention to. This is because energy flows where attention goes.

Law of Reincarnation

Human spirit chooses reincarnation into Creation as a way to develop its consciousness.

Earth is the only place in the whole physical universe where we have the ability to spiritually develop by our own intent. Elsewhere the life form needs an evolutionary process to spiritually develop and intent has no power in this regard...

So living on Earth, no matter how hard life is, is meant to be a privilege and huge & wonderful opportunity for all of us. But not many people realise this and take the opportunity. Some actually use their intent to go backwards...
[Ending]



Appendix 1

Tables for Self-analysis – Understanding the main life choices we made before we were born (page [])

Here is the approach I follow. It is quite straightforward and I built it into the self-analysis table below.

- For more insightful results it is good to be in “the awakened state of mind and heart” during the analysis described in the section *How does spiritual awakening feel like on pages []*
- Then think of each related person and the place you grew up in the following way:
 - What are the main positive and negative qualities and other things I see about them?
 - What can I learn and how can I develop from each?
 - Did I learn and develop from each and if so how?
 - Is there anything important left for me to do?

I give some examples in the table under “Mum”. Add as many key people and lines for each person as you wish.

- If you are an intuitive person, let your intuition help you answering these questions.

| Main People & Places | Positives & negatives perceived about them -> Split for each | What help do they offer & give me | What opportunity to learn do they give me? | What opportunity to develop do they give me? | How much have I developed in this area? | What important things I still need to do to develop / learn more? |
|----------------------|---|-----------------------------------|---|--|--|---|
| Mum | Positives | | | | | |
| | e.g. she is very caring | e.g. understands me well | e.g. how it feels when somebody cares for you, when they care too much and too little | e.g. To become caring myself unless I already am | e.g. I care for my parents, relatives, children and friends. I am much less caring towards other people though. I also don't express my caring emotions that much Now that I'm an adult, I find mum's caring for me too much and little controlling. | e.g. I should care more for my neighbours and be kind to people that I meet I should express my caring emotions especially towards my parents I should talk to mum openly about how her strong care makes me feel & ask her nicely not to worry about me. I shouldn't resist it because it is done with love. |
| | | | | | | |
| | | | | | | |
| | Negatives | | | | | |
| | e.g. she is impatient | | e.g. being impatient does not resolve things, people who want things their way tend to be impatient | e.g. help mum overcome her impatience and accept her in the meantime | | |
| | | | | | | |

| | | | | | | |
|---------------------------|-----------|--|--|--|--|--|
| Dad | Positives | | | | | |
| | | | | | | |
| | Negatives | | | | | |
| | | | | | | |
| Brothers / Sisters | | | | | | |
| | | | | | | |
| | | | | | | |
| Main relatives | | | | | | |
| | | | | | | |
| | | | | | | |
| Country born in | | | | | | |
| | | | | | | |
| | | | | | | |
| Place grew up in | | | | | | |
| | | | | | | |
| | | | | | | |

Appendix 2

Tables for Self-analysis – Understanding better our main life events (page [])

First, I will describe the approach that I use to do this. There is no need to follow it as a step by step guide, because it is built into the self-analysis tables below.

The idea is not to spend “days” on this but instead start building the picture of the events & their causes, focusing only on the really important events and on areas where the answers come more easily. Then you can always come back to the harder ones later as you gain new insight from this book and your inner self...

Because there are a few areas to cover, the self-analysis is broken into parts. Where you struggle, just fill those spaces where you know or feel the answers. If you are an intuitive person, let your intuition help you answering these questions.

- *For more insightful results it is good to be in “the awakened state of mind and heart” during the analysis described in the section How does spiritual awakening feel like on pages []*
- **Let’s start with building a master list of all the important events that happened to you, starting as far back in your childhood as you can remember. - Table 1.**
 - *You may prefer to think only about the not happy ones as you want to understand these better, like injuries, people issues, rejections, non-achievements, losing jobs, losing close people. To have a fuller picture, I suggest to include unexpected events / coincidences as well as those events resulting from actions & decisions by you and other people.*
- **The next thing is to find out how was each event created (still Table 1)**
 - *I suggest you move from one column to the other one and fill in only the column where you answer yes or may be. Focus on the easier and more obvious ones first. Then come back to the harder ones. Where you are not sure, you can put a question mark against it.*
- **Now let’s look at the events created by your internal reality (Table 2) and determine these important things:**
 - *How can I change my internal reality to attract what you desire (intentions, desires, beliefs, views and linked personal qualities).*
 - *What future decisions and actions can I take to confirm this changed belief, view, intention, desire etc?*
- **Next let’s look at events organised from above (Table 3) as opportunities or lessons:**
 - *Did I learn what I was meant to learn and did I develop from the events organised from above?*
 - *Is there anything important left for me to do to learn, develop or resolve the lesson and so move forward?*
- *If you feel like taking on a challenge, you can try to analyse the unhappy events which resulted from actions and decisions of other people by following the questions in Table 4.*
- *Finally it is time to reflect on the above findings and look if you can identify any overall patters (Table 5), like repetitions of certain type of events, similar opportunities and lessons, similar beliefs behind the events.*

Like we said, patterns of similar not happy events organised “from above” may indicate that we continued to deal with the lesson incorrectly and so they come back. Patterns among the events reflecting our internal reality may indicate very strong / dominant beliefs, desires, intentions, personal qualities, opinions etc. Patterns of similar opportunities may indicate that we have continued to ignore the opportunity, which may be really good one for our development.

Table 1 - Master list of all the important events that happened to you

| MAIN EVENTS And what they brought / how they affected me | Was it result of my past decision / action ? -> <i>If yes, which ones?</i> | If not, was it result of decision / action of other people I know ? -> <i>If yes, which ones?</i> | If not, could it reflect my internal reality , i.e. my intentions, desires, beliefs, views etc? -> <i>If yes, which ones?</i> | If not, it may have been organised from above. Did it bring opportunities for me to learn & develop ? I-> <i>If yes, which ones?</i> | If not, did it feel like help for me , like what I just needed to happen? -> <i>If yes, what help and did I take it?</i> | If not put question mark in this column |
|--|--|---|---|--|--|---|
| Age 0-5 | | | | | | |
| Primary school / Age 6-11 | | | | | | |
| Secondary School & Teenager years | | | | | | |
| Early & late 20s | | | | | | |
| 30s, 40s, 50s & so on | | | | | | |

Table 2 - Events reflecting your Internal Reality

| Events reflecting my INTERNAL REALITY -> <i>Get from Master table</i> | How it reflected my internal reality, i.e. what intentions, desires, beliefs, views -> <i>Copy & expand from Master table</i> | If this was not happy event, what beliefs, intentions, desires, views etc. do I need to change to attract happy event instead? | What future decisions and actions can I take to confirm this changed belief, view, intention, desire etc.? |
|---|--|--|---|
| | | | |
| | | | |
| | | | |

Table 3 – Events created From Above as opportunities to learn & develop

| Events created FROM ABOVE as Opportunity to Learn & Develop -> <i>Get from Master table</i> | Opportunities from events to learn & develop -> <i>Copy & expand from Master table</i> | What have I learned from this event? | How much have I developed from this event? | Any important things I still need to do to develop more, learn, complete lesson, move forward? |
|---|--|---|---|---|
| | | | | |
| | | | | |
| | | | | |

Table 4 - Events created by Other People

| Events created by OTHER PEOPLE -> Get from Master table and add what they brought / how they affected me | Could these actually be largely result of my past actions and decisions ? -> If yes, say which ones? | If not, could these actually reflect my internal reality , i.e. any of my intentions, desires, beliefs, views. -> If yes, which ones? | If yes what beliefs, views, intentions, desires etc. do I need to change to attract happy event instead? What action & decision can I take to confirm this? | If not, did it feel like help for me , like what I just needed to happen? -> If yes, what was the help and did I take it? | If not, did it bring opportunities for me to learn & develop ? -> If yes, which ones? | If yes, how much have I learned & developed from this event? | Any important things I still need to do to develop more, learn, move forward? |
|--|--|---|---|---|---|---|--|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

Table 5 - Identifying Patterns in events' types and causes

| Identified PATTERNS in TYPE of events | What do these events have in common? e.g. similar causes of these events such as beliefs, intentions, views, desires or opportunities, lessons, help, actions & decisions | |
|---|--|---|
| Repeating Events | | |
| | | |
| Similar Events | | |
| | | |
| Identified PATTERNS in CAUSES of events | | |
| Repeating or similar beliefs, intentions, desires, views behind the events | Why do I continue to have these dominant beliefs, intentions, desires, views? | How can I change the beliefs, intentions, desires, views attracting the events? Or how can I strengthen them if it is a good pattern? |
| | | |
| Repeating or similar Opportunities to learn & develop | Why am I getting these repeating / similar opportunities? | How can I learn and develop from the opportunities & lessons? |
| | | |
| Similar Help received | Why am I getting this similar / repeating help? | If I want to continue receiving this help, what can I do to do so? |
| | | |
| Other patterns identified | Why could the pattern have happened / is happening | What can I do to break the pattern if it is not a good one? |
| | | |
| | | |

Appendix 3

Tables for Self-analysis: Spotting and better understanding health issue cycles and patterns (page [])

| Types of Health issues experienced | What and when? | | | | |
|---|--|---|---|----------------------|----------------------|
| | This year | Last year | The year before | The year before that | The year before that |
| ➤ <i>List them below, one type per each line</i> e.g. 1. stomach problems, ... | e.g. about 3x upset stomach, 3x indigestion , 1x stomach bug | e.g. about 2x upset stomach, 2x indigestion | e.g. about 1x stomach bug / diarrhoea during holiday in Egypt | | |
| | | | | | |

| Spotted repetitions of health issues |
|---|
| ➤ <i>List them below, one repetition per each line</i> e.g. 1. regular stomach upsets, 2. indigestion and 3. feeling low on energy |
| |

| Spotted patterns of health issues |
|--|
| ➤ <i>List them below, one pattern per each line</i> e.g. 1. get indigestion and feel low on energy soon after stomach upset |
| |

| Which health problems in the cycles & patterns are improving | Describe how is it improving |
|---|---|
| e.g. feeling low on energy | e.g. have been feeling less tired in the evenings this year |
| | |
| Which health problems in the cycles & patterns are getting worse | Describe how is it getting worse |
| e.g. heart burn and stomach upsets | e.g. stomach upsets last longer |
| | |

| What vulnerable area in the body could the cycles & patterns point to | What could I be doing that does not help the likely vulnerable area | What am I doing that does help the likely vulnerable area | What else can I do to strengthen the likely vulnerable area |
|--|--|--|--|
| e.g. digestive system | e.g. getting stressed and worrying too much, having a few courses of antibiotics, eating lots of sweets, salty snacks and oily food, doing little exercise | e.g. eating fair amount of fruit and vegetables | e.g. consider and discuss colon cleanse and liver detox with alternative health specialist, start anti-candida diet and eat more fibre, exercise 4x a week |
| | | | |