CLAIM YOUR TRUE POWER AND MAGNIFICENCE

THE TRUTH MUST BE REVEALED TO HELP LOVE WIN OVER SELFISHNESS, IGNORANCE AND HATRED

Strengthening the foundation for global peaceful velvet revolution
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Chapter 1
Who is this book for?

This book is firstly for people who want to discover their true inner self and experience fast spiritual awakening. This key step on everyone’s journey to enlightenment is becoming much easier and more important after the magic date of 21st December 2012.

It should also provide support and many answers to those who are already experiencing any sort of awakening, especially if they are not finding it easy. There is a lot covered in this book and I hope everyone will find something here that they are looking for.

Additionally, this book is a gift for those who:

- Had enough of living the way they have been because it did not make them truly happy. They are looking for a deeper level of happiness, peace, fulfilment and love.
- Struggle to cope in life and understand the events that are happening to them. Feel helpless, feel like the world is against them and unfair. Everything seems to be more intense and there is less time than before. And so life is like a rollercoaster, quickly up and quickly down. But they want more out of life than an ongoing struggle.
- Want to understand more about life and how things work - the visible and invisible.
- Are not sure what is the deeper meaning of them being here, or are generally “bored with life” and want more out of it.
- Have a feeling that there is something missing and something wrong with the world and with modern society priorities. Are not interested in / suited for achieving the success defined by today’s modern society – wealth, power, statute / position in society. Or they have tried but not managed.
- Believe in God or spirituality but are not receiving answers, guidance or help and so struggle to spiritually progress and still feel alone.
- Want to make most of life after the magic date of 21.12.2012. Or just are curious about what will happen after 2012.
- Want to make this world a better place
- Or simply are looking for an exciting read and have an open mind.

The significance of 21.12.2012 and the bridge to higher consciousness

The ancient Mayans who were amazing astronomers and mathematicians ended their calendar and so the measurement of normal linear time on 21.12.2012. This is because many astronomical cycles complete on this day, especially the 26,000 years long cycle. On this day a galactic alignment takes place whereby the sun (winter solstice) is aligned with the center of the Milky Way and the Earth will be moving to the next stage of evolution.

As a result a shift, a quantum leap in spiritual energy happens on Earth on this day 21.12.2012 (among other things). It will have a positive impact on everyone but many will not be aware of it.

Those people who will be “ready” on this day or anytime after that (who had sufficiently opened their heart / spiritually developed) will join the small minority and cross the bridge to higher consciousness. They will permanently move from the mind consciousness to the heart consciousness*. Here they will experience the 4th spiritual dimension*, whilst simultaneously continuing to be in the 3-D physical world. This message was communicated to people for example through a channelling called “The bridge of Swords” in September 2012 by an amazing divine being Kryon (the website address is http://www.kryon.com/k_channel12_Toronto.html)

*The heart consciousness and higher dimensions will be explained in more details in the [consciousness] section on pages [ ].

You are probably wondering if you will know when you are crossing the bridge, how it will feel and how long the crossing will last. This is all very individual. Some will know that they are crossing and others will not know until after they crossed the bridge. They will notice that things have changed for them, everything will seem more peaceful, they feel more love around, have deeper understanding and many things suddenly feel happier & nicer e.g. colours look more lively and bright, everything around you becomes more alive, healthy food tastes better and deeper, music sounds more beautiful... It is like a sudden and big jump in spiritual awakening.

Because heart consciousness is about “living through the heart”, it appears that dark / negative energies of for example hate, selfishness and ignorance can not cross the bridge and need to stay in the 3-D physical world ©. That’s a relief, but it does not mean that once we cross the bridge we will not experience the negative energies any more.
We will after all continue to operate in the physical world. But as we will cover later, life here will be changing for better too 😊.

This broad transition to the heart consciousness is expected to take place over the following 20-years completing in 2032, by which time most people will have crossed “the bridge”, and a new era for humanity and the Earth will be in full blossom.

In the meantime, many energy changes are happening in the 3-D physical world which increase overall consciousness of people and help them with their transition & with transmuting their accumulated negative energies. *These changes are described in the section How is Earth changing on pages [ ].*

As a result life will start to feel more like surfing on the wave or going with the flow for the warm-hearted / spiritually awakening people. Whereas life for people living to feed their ego, who thrive and dominate in the mind-based world, will feel like going against ever strengthening wind..

And so the warm-hearted people will be gradually lifted above the cold hearted ones and will thrive in the new world after 2012. With their open hearts they will find it easier and faster to create the reality they desire and to materialise things in the physical world. And so over time the warm-hearted people will become the new leaders. Over time they will make this world like the home they carry in their hearts...

The transition to a compassionate earth will bring many other changes over time too:

There will be new easier ways to create electricity, to clean the water, new ways to heal and feed ourselves, eventually accessible to all. These inventions will often be made and developed by young minds who have concepts that the older generations do not know about.

On the other hand, things that do not have integrity or do not strive for highest good today will fall over tomorrow. For example, between 2013 and 2023 companies that do not produce products and provide services for the highest good will be declining and the ones that do will be on the rise. Same downward trend awaits companies that exploit people, animals or natural resources. Or the rigid structures and frames that people created to keep order, hierarchy and segregation will start to crumble to give way to a fairer, more spontaneous, intuitive and heart-based expressions. Watch the space 😊.

**What do I want to achieve with this book?**

I want to help you discover your true inner self, like I did, i.e. 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 then also be in a good position to “claim back the power that could have been taken away from you” by other people, companies, political system and others who suppress who you really are and hide the truth from you.

I want to help you cross the invisible bridge leading to higher consciousness, leading to the 4th and higher spiritual dimensions, like I did.

Actually the warm-hearted people are partially awakened already and may have crossed the bridge already, perhaps without realising. 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 awakening path towards enlightenment..

There are many things that governments and educational systems don’t want us to know and are not telling us about.. This is one place to find it. Many secrets of the way things and life really work are revealed here, across the widest imaginable spectrum (visible and invisible; in our 3D world, other dimensions within the universe as well as beyond the universe on the “other side” where your Higher self is 😊).

This will put you in far better position to understand the things that are happening to you and around you. It is another way of empowering you and helping you to more easily overcome the difficulties you face.

Just reading this book with an open mind and heart should connect readers to their higher parts of themselves (to a various degree) It should also act like a spiritual initiation, similar to when people are initiated to for example become a Reiki healer. This should help you become the great I’M that you are but don’t know about it yet. And after that it is up to you how you utilise this new amazing partnership with your higher parts of yourself for your good.

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

- Develop higher awareness and become more present. This way become more aware of self, including what we carry in our mind 😊, and everything around us.
• Move to living more from the heart than from the mind. Increase the love and light that we shine and receive. Through this become the carrier of divine, raise own vibration and move closer towards enlightenment.

It is mainly through expanded consciousness and our heart and compassion that we connect and then merge with higher parts of ourselves, and increase our intuition.

• Increase the ability to create the reality we desire.
• Find deeper purpose and peace, become happier and more joyful.
• Become the leader of tomorrow and join in healing the world.

Spiritual growth is exciting. Once people spiritually awaken, moving into higher consciousness and 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.

But 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 development are specific to them. So I can’t predict these individual experiences and give detailed steps on how to deal with individual challenges. But I aim to help people get to the position to sail through them with ease themselves.

Comparison to the film Matrix

Those of you who watched and remember the film Matrix, did you ever wonder if there could be two worlds in real life just like there were in the film. Did you ever wonder if we too could be kind of having a bad dream thinking that it is the true reality? If you did you were kind of right. The true reality is actually much happier than most would think.

Reading this book with open mind and heart will help people wake up pretty quickly to the true reality. Just like when Neo in Matrix took the magic pill and woke up. But as you know big things are usually not achieved by simply swallowing a pill, so it will require effort from your side too.

Who will not like this book?

This book is not for everyone. Some people do not agree with spiritual awakening. They strongly believe in themselves 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 aim to speak directly to their inner selves and hopefully help them to move into the heart consciousness too.

How is the book structured?

This book has many parts as can be seen from the content. It is written like a guide or a structured study book.

The book offers, among other things:

• Explanations and revelations about how life really works, including the universal laws. (many laws of the way the universe works are referred to as Hermetic laws) For example, because there are no coincidences, how do we and our higher selves attract the things that we experience each day, the events that happen to us, the problems we need to resolve. What have we attracted to learn from or to realise and what is the result of our thoughts and beliefs. Or what have we attracted as our opportunities to make decisions and so define who we are. Some secrets were revealed to humanity through Kryon channellings. Or what are the laws of the Universe and how they work in every day life.

• Methods and tools for get in control of own life, create the reality we desire, clear unhelpful emotions stored in the body and balance other disharmonies like attachments.

I used different font colours to distinguish the type of information given.

Here is the logic / legend:

• Red – spiritual revelation, explanation, truth, e.g. how things work.
• Blue – revelation, explanation, truth from logical, rational, logical, scientific point of view, e.g. how things are
• Grey – Examples
• Grey highlight – Action for the reader, exercise

Are you really ready to awaken and what will start happening when you say yes?
People who are already partially awakened do not need to ask themselves this question. They will probably wonder instead how much will this book help them. For the others, please continue reading only if you are really ready to 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 again.

**Spiritual awakening starts simply with your intent, with your decision to awaken.** You decide if you want to take the scarf off your eyes. If you don’t want to, the intent is not there and your choice must be respected. If you don’t feel ready, wait until you are.

**Once you decide that you want to go ahead, it all starts pretty fast.** You will start experiencing more coincidences. These may amaze you especially after you learn to understand their meaning. Also your higher self will become more active in organising opportunities and events for you to move you forward. Why? Because your higher self will know that you will be more likely to spot these opportunities and so act on them, and understand these events.

Basically, on one hand things around you will start to be more magic 😊. And on the other hand you will start seeing things more clearly with greater ability to step back and have deeper insight and understanding. And you will see what you did not before, some of it you will not like or be disappointed about. For example, you will realise how many people around you are not aware of basic things like their automated thoughts and emotions. This may make you initially feel a bit more distant. But don’t forget your awakening will have positive impact on people around you, a bit like when you light up a match in a big dark room. And you should be in a better position to help.

Despite this, many things that you will read in this book may still initially sound unbelievable or not true, but please give them a chance. Just by being aware of this new information you should start seeing things in a different light pretty soon. Initially you may just want to observe with curiosity the coming coincidences, events, messages from your inner self / intuition with the new information at the back of your mind. Then just allow your higher parts of yourself and the magic coming to help you in making up your mind.

In any case you are taking your own responsibility for the consequences of reading this book and what it means for you, and you will decide what actions you will take.

Some people may find the awakening journey hard, for example because they will face things that they may have denied in the past. But please remember that **once you decide to spiritually awaken, you will be guided and protected by your higher parts of yourself.** Actually the deeper you recognises spiritual truth and gains strength from it. And your higher self will not let you fail. The force will be with you and you will reach the finish line if you don’t give up. But remember it is not about the finish line, it is about the journey to it.

And it's worth it because spiritual awakening is a way to becoming in charge of own life including own happiness. It is a way out of the drama of everyday life. Normally we can often feel like being in a small sail boat on our own in a stormy sea, with the waves and wind throwing us from side to side. And we have no control.. Spiritual awakening is about completely turning the tables round and becoming the calm deep ocean that is not affected by the relatively tiny storm on the surface.

Also with every progress we make on the awakening journey, it tends to become easier, we get more help from the other side with it, the journey tends to get more enjoyable and the light at the end of the tunnel becomes brighter.

If you are ready then let’s start with awakening.

**Chapter 2 – Awakening and enlightenment explored**

**Awakening**

We can loosely make a distinction between life and spiritual awakening.

**Under life awakening** I mean realising that things around us are very different than they seem. It is beginning to see in between lines and underneath the surface. It is understanding what is life all about, discovering and connecting the various pieces of the truth about life. The truth that some never saw because they didn’t look properly, because it was hidden from them, because they wore the wrong glasses.. It is better understanding of how our mind and our heart really works. It is discovering how we create our own reality. And many more.

Everybody knows something about these things but there is always more to discover..

Let’s briefly look at today’s world and people around us. Many will see 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 are unfairly treated by their employers, like unreasonable demands, low salaries and barriers to salary increases and so on. But they accept it because they often know no different. I admire their ability to accept but it does not have to be this way.
Then there are people who have enough money to get by and they 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 people and try to become even richer. But they usually are still not happy. The amount of love they give and receive goes down and they often feel a sense of loneliness and emptiness at a deeper level.

What else do many people strive for other than having lots of money? They look for other ways of feeding their own ego, like to be better than others, have power over others, be respected and admired for own achievements, skills or looks. But actually the satisfaction and happiness that these bring is usually superficial and short-lived compared to the sense of fulfilment and happiness at deeper levels...

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... He gets lots of money for it and buys his third Porsche car... And now compare it to how a loving ego-less surgeon working tirelessly on a low wage in a state’s hospital (he is a missionary 😍) feels when he/she tells the anxious parents in the waiting room that he/she saved the live of their child with a miraculous operation.

**What is spiritual awakening?**

Spiritual awakening is like a noticeable expansion or shift in own consciousness and awareness. This can be described in many ways:

- **Opening yourself to who you really are and not to who you thought you were.** It is recognising your true nature. It is like becoming aware of a new world, like hearing music for the first time. A kind of flowering of your consciousness into a fuller more beautiful expression.

- **Man can often be seen as a pre-programmed machine with the driver sleeping.** Awakening happens when the driver wakes up and takes control of the steering wheel.

- **A gradual energetic shift at all our levels – physical, emotional, mental, energy, light level.** Spiritual awakening is a noticeable expansion or shift in consciousness and awareness.

- **As we spiritually grow / awaken and so expand our consciousness beyond the normal emotional and mental consciousness that people tend to operate at (the levels of consciousness are described on pages [ ]), we gradually bring more of our Higher self into our consciousness.** That way we will feel our Higher self more, communicate with our Higher self more, and eventually fully “merge” with our Higher self (enlightenment)

As will be explained later, we also raise our energy vibration and bring more of the light from our Higher self and from around us into our aura (we start building our light body). That way we start emitting light & raise the energy vibration of everything around us – people, matter, everything – just by being there 😊. Your heart, mind and body become a carrier of the divine.

There is no end to how much we can spiritually awaken, there is no end to how much enlightened we can become.

There are as many paths and methods of awakening as there are human beings. We are the paths!

Actually the way life works, it constantly sends us opportunities to spiritually awaken. And if we choose not to, it will send us more opportunities later and make us experience things which slowly accumulate in us desire to awaken, perhaps because the way we live is not making us happy...

**How does spiritual awakening feel?**

People who spiritually awaken / significantly expand their consciousness do 2 things:

- They continue to live everyday life because that is why they came. But they know it is a clever game, lesson and a test. It is a theatre play of opposites* and they are the actors. Actors who can play and be anything they like. When they play a person who is ill, they know it is an act, and that feels so liberating.

- And so in life they don’t get stuck in the life dramas, in negative emotions, they don’t get negatively affected by undesired outcomes, don’t get puzzled by what is happening to them and around them. They have fun with life, understand what is happening and create the reality and future they desire.

*the duality of Creation – see universal law of Duality on page [ ]

Secondly, they also get a taste for life at a deeper level, where there is peace, sacred wisdom and knowing, deep joy & happiness, connection with everything. As they approach enlightenment, they prefer to stay at these levels for longer and go deeper. And this alongside living the everyday life with other people.

**The awakened state of mind and heart**
Now let’s look at how these people would summarise in a few sentences how they are / their state of mind when they are spiritually awakened / have expanded consciousness:

- **I’m kind of floating** = I’m very relaxed, happy, have no resistance to life & events, accept things as they are and have little attachments to things; and
- **I’m very present** = I’m very conscious & alert (and yet relaxed) and connected to my body. I am in the present moment, feel own body from within “at the back of my mind”, am able to clearly focus. The resulting sharper senses and deeper feelings allow me to be aware of so much more around me than other people (detailed things as well as high level staff); and
- **I have kind of higher awareness**, constantly stepping back and seeing & feeling things from higher bird’s eye perspective.
- **I’m living / acting more through heart than mind,**
  - This increases the love I feel inside and the love I spread.
  - It leads to less thinking and instead deeper understanding and knowing, using intuition.

In this state of mind we are connected to our real conscious self and close to our Higher self. This is a wonderful place to be 😊. This “connection” and the amazing benefits & consequences of it are described later in the book, for example in the section Who are you really? Are you your mind? on pages [ ]. We will call this state going forward “the awakened state of mind and heart”.

As we will learn later, it is all about the states of mind. They bring the emotions that we feel! An awakened person often gets into different states of mind than a non-awakened person. And so she/he experiences different emotions too. Like deeper love, peace, joy and happiness within.

You can get into “the awakened state of mind and heart” right now

You don’t have to wait for this state of mind to come as you spiritually awaken 😊

It all starts with intent, so if you just try to be in this state for a moment here and there, you should experience & speed up your spiritual awakening. You will expand your consciousness.

It is key to combine all 4 things together – being very present, having higher awareness, living through the heart and “floating”.

If we intentionally get into the “awakened state of mind” during many of the coming self-analysis and other exercises, the results will be more amazing.

**Characteristics of spiritual awakening / expanded consciousness**

There are many characteristics of being spiritually awakened / having expanded consciousness beyond the normal emotional and mental consciousness that people tend to operate from (the levels of consciousness are described on pages / ).

People tend to have very individual experiences. The key common characteristics are below. Some are expansions of the awakened state of mind described above.

**A clear and peaceful mind**

- Clear mind having removed mind clutter like busy, uncontrollable, negative & unproductive thoughts etc. Not accompanying our thoughts by talking to ourselves in our mind... Because regular meditations is one way to achieve this, no wonder it is a key aspect of many spiritual practices.
- Being peaceful and relaxed. Not resisting and accepting life and day-to-day things as they are, with deeper understanding that they are like that for a reasons (to help people develop, result of potentials created in the past and so on). By the way, this does not mean doing nothing about things that are not “happy” / not full of love and which can be improved.
- Limited attachments to things / events / achievements etc.
- Having no fears or worries

**Increased presence (being more in the present moment) and Higher awareness**
• Being continually very present, aware and alert. When doing things, doing them fully with all their presence, e.g. when engaging with people, meditating, observing things. An overall tendency to enjoy doing less and “just being” more.

• Being an observer to everything, an observer who is very aware of self, what is going on, the surroundings. Seeing & feeling things from higher & higher perspective, as well as thinking from a higher perspective (but not too much @).

• Having subtle ongoing body awareness. Feeling own body from within “at the back of our mind”. Some people “just” have ongoing subtle awareness of their heart and/or breathing. Also when doing things like listening, speaking, reading, watching something, doing it with “the whole body” rather than just with the mind.

• Having the ability to sharply focus on things and so get deep into anything you focus on

As we increase our awareness and presence, we expand our consciousness and so strengthen our intuition / 6th sense. Our 5 physical senses also become sharper and we start perceiving the world at a deeper level. Not only what we see, hear, taste, smell & feel but 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 and may feel their strong presence. All these things truly enrich our life.

We usually also develop stronger connection with nature and become more aware of its beauty and perfection.

A cluttered mind is a big obstacle to increasing our consciousness and awareness.

In energy language increasing our consciousness is referred to as increasing the level of our energy vibration. It is not just us but everything vibrates at a certain level. Matter vibrates at very low level compared to sound, and light. Loving thought and feeling vibrates at very high level compared to selfish thought and feeling and so on)

Living more through heart than mind

• Having heart wide opened. Being a loving person with strong compassion and tolerance towards other people and everything alive. In other words feeling love inside and outside and spreading it

• Making decisions mainly from our heart and intuition (together with our Higher self) rather than mind (covered on pages [ ])

• Not mentally commenting, judging and analysing what we observe (this is the act of mind), just feeling it through with our heart.

Developed Intuition / 6th sense & Knowing

• Greater openness to receiving intuitive thoughts and feelings from higher parts of self, divine beings, God. Reduced thinking which is clearer, more high level and more creative. When enlightened, the deeper knowing is stronger and the need to logically think to make decisions and so on is very limited.

• You just know lot of things at a deeper level. You know what is right, the truth etc. without having to logically think about it. The higher awareness we developed and the more we feel things through our heart, the more we are able to more deeply understand things, realise things and their inter-connection, see solutions at a higher level.

• You gain wisdom and understanding why are things happening to you and around you

Gaining control of own life through:

• Insight into how we and the other side create our reality. This also puts us in good position to avoid creating “negative karma” with our actions and clear the accumulated unhappy things like negative emotions.

• Greater ability to create reality and materialise things in the physical world, such as things that we want in our life

People are like tiny sail boats on their own 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 own life.

Deeper sense of happiness, joy and peace

Once you gain control of the boat you move to become the deep and calm ocean. Things no longer affect you. Yes there will still be waves and milder storms on the surface but you will change your negative perception of them. You will see them as being part of the dance called Life.
Gradual increase of the connection with own Higher self and God, and subsequent “merging” with Higher self (enlightenment). All of the above leads to this...

As the connection grows, we get greater understanding of who we are, how godly is our essence, how all is interconnected, how we are a big part of all.

**Improved health**

As we bond more with our Higher self through increasing our consciousness, we bring more of the light from our Higher self into our body, we increase the vibration of our body.. And then our health will improve and our internal organs & systems will function better.

Please bear in mind that our Higher self is already well connected with our body – somebody has to drive the miracle of how our body, organs, cells function individually and as one, when it is not the conscious us. And it is not just the DNA as some medics would suggest...

The health improvement is usually gradual and it happens together with 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, it often does not feel like our health is improving 😞

The possibilities for improved health in the long-term are magical. We are talking here about super health, and eventually even the ability to positively change our DNA. This includes activating the hidden strands of our DNA one day 😊 (humans have 2 strands, but there are altogether 8 more strands which are dormant and have not yet materialised at the physical level).

And remember that the DNA contains operating instruction about every bit of our body. So one day 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 octopus to do it...

**Gaining some supernatural abilities**

They come when you are ready for them. They are mainly gifts for you to help others with.

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

I’m describing below the main signs of spiritual awakening / expanded consciousness. People who go through spiritual awakening usually experience many of these signs.

This is also a self-assessment test that should help you get an idea of how spiritually awakened you are each time you do it.

- I suggest you go through each of the 29 areas of awakening / expanded consciousness and think about 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 really often. Some areas which are harder to achieve have double or triple score.

- When you are done, add the scores up to get a total score. Then calculate what percentage is this out of a score of 340 and write it into the box at the bottom. 340 is not a maximum score (440 is) but it still represents a high level of expanded consciousness.

  Because there are so many signs and experiences are often individual, it is clear that people will not experience all the signs. And so a score of around 100+ already demonstrates a noticeable spiritual awakening taking place 😊.

- When you do it next time, you can add the new score below the last score to see your progress.

1. **Amplification of the senses. Increased sensitivity.** This is a result of being more in the present moment.

   - **External Sight:** noticing things in more details, noticing things you just walked past before, finding everything more colourful / colours look more vibrant and some even glow, everything around you becomes more alive, you are experiencing new ways of seeing, e.g. seeing glittery particles, auras around people, plants, animals, and objects against light background, blurry vision. Colours appear more vivid. You may also see geometric shapes or brilliant colours and pictures when eyes are closed.

   - **Internal sight:** Improved mental visualisation – imagining things in your mind is much easier, more colourful & alive, visualisation is more fun. When you imagine things you not only see them but hear them, 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, hear the waves crashing on the shore, smell the sea air and the pine trees, taste the cool orange juice in your mind.
Hearing: Noticing sounds a lot more (and so the environment 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 and/or focusing on something. Ability to falling asleep quickly in a noisy environment is one nice benefit. When the mind is calm and not focused, one can find it more difficult to keep concentrating when somebody talks a lot or when we are receiving lots of information e.g. on TV, school etc.

Your ears are adjusting to new frequencies and some people may start hearing more subtle sounds.

Spontaneous hearing of sounds like music, water flowing, ringing, or better hearing of various sounds that you imagine in your head.

Enhanced sense of taste, greater sensitivity to food.. Experiencing deeper tastes. Noticing how sweet and salty lot of food is. Some people even taste chemical additives in some foods.

You can tell better if the food you're eating is good for you or not so good for you. You might enjoy more food that will be cleansing you of toxins. If your body does not like heavy or oily food as much, you may feel it during the digestion (e.g. feeling of heavy or bloated stomach, small stomach ache during digestion etc). Don’t forget that this is often your body talking to / you being more sensitive rather then you suffering from digestion problems, especially as everybody else who ate the same food is feeling fine 😊.

Enhanced sense of smell. Noticing the subtle smells during every day life, like of the food, in the nature, in buildings, cars, noticing fresh and stuffy air. Some people realise they can smell chemical additives in some foods. You might even smell various flowers even though they are not there.

Enhanced sense of touch. “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. Wearing lighter cloths feel better.

1. Vivid dreams. The stronger senses also make a difference to your dreams. The dreams are often more vivid and sometimes very real. You may even be dreaming and be half awake. Or have lucid dreams in which you are in full conscious control. Many dreams may be mystical or carry messages for you.

Changing sleep patterns: waking up two or three times a night, the sleep pattern has changed, some people may need less sleep, may feel tired in the morning.
4. **Changes in eating habits.** Some find they need less food / get full quicker, some become hungrier. Some may enjoy heavy or oily food less and prefer lighter food. Fruit juices and smoothies become more satisfying.

5. **Feeling things more with the heart rather than thinking about them with the mind**

6. **Higher awareness** including regular examination of own thoughts, ideas, beliefs & feelings, and *increased presence & alertness here and now* e.g. in the room, with people etc

7. **Increased awareness of own body** (feeling own body from within “at the back of our mind) and **body language**

8. **Occasional sudden waves of emotion for no apparent reason.** Feeling suddenly strong emotions (e.g. sadness, happiness) and not knowing why. In case of negative emotions, these usually are spontaneous releases of stored emotions.

   Similarly, **own disharmonies, old issues and suppressed memories** (not the happy ones) **regularly coming up during day to day life.** e.g. we realise unhelpful personal qualities, berried fears, guilt, relationship issues, attachments, uncompleted things. People with whom you need to work it out (or their “clones”) appear in your life. These are opportunities to harmonise these. The more you awaken, the faster you are able to move through / clear these issues

9. **Occasional physical manifestations** like colds, flu-like symptoms (this is called vibrational flu), headaches, backaches, muscle pains & spasms. The chances are that they accompany the emotional releases, body cleansing and the other changes you are going through.

10. **Looking younger.** As you clear emotional and mental baggage like release negative emotions and change limiting beliefs, and awaken spiritually in other ways, you increase the energy flow in your body, you vibrate at a higher frequency and you start to change your physical appearance too. Many people start looking younger in their face.

11. **Desire for finding yourself, meaning, spiritual connection and being truthful.** Feeling a compelling need to find your life purpose and be who you really are without pretending. It is important for you to be more authentic, to
be more yourself. You may want to say "no" to people whom you have tried to please in the past. Honesty becomes important in all your relationships

Score

12. **Desire for “freedom”**: Desire to break free from restrictive patterns, life-draining jobs, consumer lifestyles. You may be drawn to nature. You want to unclutter yourself from things and people that no longer serve you.

Score

13. **Creativity bursts**: You want to be creative and may be drawn to art. Images, ideas, music, and other creative inspirations come spontaneously to your mind.

Score

14. **Harmony with nature, seasons and cycles**: You are becoming more tuned to the seasons, natural cycles and the phases of the moon. A stronger connection to the earth and nature. Feeling closer to animals and plants. Animals may seem to be more “human” in their behaviour and wild animals give you less fear. Plants respond to your love and attention more than ever.

Score

15. **General slowing down, being less intense / more relaxed** your vibrational frequencies, this is accompanied by your brain wave frequencies slowing down from (this is good 😊) and possibly even your heart beat slowing down. Whilst you are more relaxed / slowed down, you kind of become more present, more alert, your ability to focus increases. **This state of high relaxation, alertness and focus is the bridge to some supernatural / psychic abilities.**

Score

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

Score

17. **Desire to just be and not having to do things all the time. Enjoying own presence / being alone.** Looking for moments of peace and really enjoying them, and loss of interest in more extroverted activities Finding it more difficult and overwhelming having to do lots of things or complete things within certain time.

Score

18. **A feeling that you are different than you used to be**, that you left your old self behind. You become emotionally, psychologically, physically, and spiritually stronger and clearer.

Score

19. **Perception that time is accelerating**
20. **Increased intuition.** Connection with and messages from higher self / divine beings becomes more frequent. E.g. thinking of someone and immediately hearing from them (email, phone, door bell), sensing something will happen before it does, developing a sense of intuitive knowing what is right etc. As you awaken you should be getting into a state of more constant communion and connection rather than just during meditations.

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21. **Increased synchronicity / helpful coincidences many small miracles.** Spirit uses synchronicity to communicate to you. Synchronistic events tell you if you are heading in the right direction or making the correct choices. "Teachers" appear everywhere with perfect timing to help you on your spiritual journey: people, books, movies, events. Suddenly you are gaining a perspective that you would never have considered before.

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22. **Spotting sequences of same numbers or number patterns.** This often feels unreal. E.g. When you look intuitively at a clock the time is two same numbers (10.10, 11.11 etc). Sometimes this can happen more than once a day. This is a very clear, real and beautiful message from the other side telling you that they are helping you on the spiritual path you have decided to follow.

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23. **Spotting and understanding symbols carrying spiritual message for you, or having visions and "illusions" carrying spiritual messages.** Understanding the personal meaning of the symbols and visions may be harder than spotting them as they are abundant. The more one is awakened, the more symbols one spots.

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24. **Gaining supernatural and healing abilities.**

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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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26. **Ability to create desired reality with intent, thoughts etc. in the physical world.** Prayers are being answered faster too.

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27. **Fluctuations of energy and body heat.** Episodes of intense energy which can be followed by periods of lethargy and fatigue. The fatigue usually follows energy shifts as this is time of integration. All of a sudden you feel hot from head to toe or/and you feel really cold without a reason.

28. **Activity at the crown of the head:** Tingling, pins & needles, itching sensations along the scalp and/or down the spine. A sense of energy vibrating on top of the head or running into the body like “sprinkles” or a feeling of pressure on top of the head. These are signs of the opening of the 7th crown chakra. When this chakra is opened a divine energy will be received through this channel.

29. **Re-balancing of the left and right brain.** Your intuition, psychic and healing abilities, your feelings and compassion, your ability to manifest intent / thoughts, ability to experience your body, your visioning etc. 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 logic, reasoning, order, organization, structure, analysis, evaluation, precision, focus, problem-solving, and number crunching is done.

But as you spiritually grow, you develop the right hemisphere. This leads to rebalancing of the left part of the brain. This rebalancing may be accompanied by various instances of what may seem like a reduction of the left brain activity. This automatically happens when we clear our mind of busy thoughts. 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.

People experience different instances of the reduction of the left brain activity. Here are some examples: 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 or do; being mentally scattered; finding it difficult to absorb / process more difficult information; feeling bombarded with words, talk and information, reduced interest in analysis, lively intellectual discussion. On the other hand, people might prefer listening to music, watching interesting and inspiring films and documentaries, magazines with photos, beautiful artwork, painting, being with people, dancing, gardening, walking. If you allow your heart and your right brain to lead you, the left will then be activated appropriately to support you.
You become one / merge with your Higher Self and so become complete. You bring the full consciousness of your Higher self into your consciousness. That way your Higher self becomes fully conscious in Creation, fully enters the physical world, and so you complete the journey of incarnations.

Light is manifestation of God and our godly Higher selves. By integrating our Higher self fully into our consciousness and physical world, we bring the light of our Higher self into our aura and our light body (which we would have built during our spiritual growth). And so enlightenment can be described as being filled with light, know & understand light, act in the way of light & highest good and have high skill of emitting light & harmony into everything around you.

The important thing to remember is that all this does not just happen at the point when we reach enlightenment. As we said earlier, we gradually bring more of our Higher self into our consciousness / we feel our Higher self more as we spiritually grow. We also bring more light from our Higher self and from around us into our aura. And so we start emitting light and raise the energy vibration of everything around us – people, matter, everything – way before we reach enlightenment 😊.

Enlightenment is also like reaching the top of the mountain 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 & experiencing that I’m that great I’m.

When one reaches enlightenment it does not mean that they reached perfection and the end of their growth. There are always higher levels of consciousness & enlightenment that one can reach. The level of our enlightenment depends on the level of light energy flowing through us. The more light, the deeper the level of enlightenment..

Eventually, every enlightened spirit merges with the whole Being and so becomes fully part of God – how we originally started... 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 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 and ocean analogy
There is a lovely analogy to the above in the Earth’s water cycle. Imagine that the whole Being is the 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 as a drop = human being in our case.

And then they travel through the underground streams, brooks and rivers back to the ocean. This is a journey of recognising who they are (they are the drop, the stream, the brook, the river and eventually the ocean). I.e. a journey of expanding their consciousness during many incarnations.

By the time they reach the ocean they are evolved drops – fully aware who they are. This way the ocean = the whole Being / life evolves too, it becomes more conscious than before.

What is it like to be enlightened?
I can be describing what enlightenment feels like but words are not enough to describe it and personal experience is the real thing.

- It feels like the most incredible sense of happiness, joy, peace, understanding and knowing.

- You have huge compassion and your natural state is to unconditionally love. In some situations you still feel sadness.

- You have an expanded sense of self beyond physical self. You have a deep sense of unity with other people, with animals & whole nature and deep connection with God and the whole Being.

- You live fully in the present moment where everything is and your mind is not pre-occupied with / attached to the past or future.

- In many cases you don’t have to think, you just know. You intuitively understand the laws of universe. You are realising all the levels of truth. You sense how energy materialises into the physical world from higher levels.
All your senses are so sharpened that you are experiencing reality at much deeper level. You see people’s aura to various degree, from which you can learn to interpret their emotions, thoughts, blockages. Trees, flowers or stones look shiny and velvety. You see their glowing colourful energy, feel their presence and that they are aware of you being there. You feel how you’re connected.

In an enlightened state you have a variety of abilities which are often referred to as supernatural abilities and skills. They reflect your godly higher self that you have become. Here are some:

- Ability to heal
- Ability to realise past & present events and predict future events based on the potential of the present moment
- Ability manifest / create things in the material world quickly and so directly and instantly influence your environment
- Genius creative and artistic skills, ability to speak and understand foreign languages
- Ability to look into other dimensions, see and communicate with the non-physical beings there (from higher spiritual dimensions or lower dimensions) and with all that has “life spark within”.
- Feeling / sensing people’s higher selves
- Ability to levitate,
- Ability to raise own vibration to “become invisible in a crowd”

How can we tell that we are approaching enlightenment?

**Rising kundalini**

Kundalini energy (known as Shakti) is a key evolution force of a human being. It is the deepest instinct which drives us towards spiritual development and reaching enlightenment. This energy is partially present in all of us from birth. The amount of the energy increases as the person mentally and spiritually develops. But the vast majority of Kundalini “sleeps” in a reservoir around people’s coccyx / bottom end of the spine.

When one reaches high level of spiritual development, the “sleeping” Kundalini starts activating, releasing from the reservoir and rising up the spine and sometimes body. One reaches high level of spiritual development when one partially or fully integrates its soul and higher self into its awareness / consciousness.

Sensitive people can feel warmth in the coccyx / bottom end of the spine and the energy flowing up the spine, sometimes as a burning sensation or even flames. When it reaches the head it vertically comes out through the crown chakra in the head and merges with godly energy (Shakty). This merged energy “falls” down on the body like when one has a shower and purifies every cell of the body, the mind and the soul. and Some Eastern [traditions] / religions refer to it as a rising snake in our spine, awakening of Kundalini goddess within us.

There are many layers of kundalini and their overall release may be likened to pealing the layers of a big onion.

Kundalini energy unblocks the energetic, mental and emotional blocks in the body on its way up. It prepares mainly the physical and energy body for receiving light in the build up to enlightenment. It also hugely expands human consciousness and so affects every element of our being from our biological functions to our mind, concept of who we are and our reality,

This process usually takes a number of years before the body is fully cleansed and filled with light.

It can be a blissful experience or painful and hard to cope with mentally. This depends on how much energy gets released from the source. – releasing a few layers of kundalini at the same time usually brings the person into a wonderful blissful state which can last days (they may think they reached enlightenment..)

More importantly the experience depends on how ready is the person and his/her body for it. I.e. how big are the energy blockages, emotional & mental scars / blockages, how rigid are person’s beliefs, habits, desires & mental attitudes, personal qualities, attachments and resistance.. If the body is too blocked the rising of Kundalini may feel like electricity of 220 Volts is burning through a wire that takes only 120V.

It is also important that one has a good posture / straight back when the rising of Kundalini starts. A slouching back (lordosis) is likely result in the diversion of the rising energy and its accumulation in the stomach, causing intensive emotions, stomach ache and stomach ulcers in a worse case if it continues for a long time.
Occasionally a person may unintentionally stimulate and release Kundalini before he/she is ready for it. This can happen when using drugs, becoming overworked (drawing Kundalini to sustain the pace), during depression, extreme sadness, trauma, big fear, during excessive meditation, exercise and sex, coccyx accident.

The symptoms of either early or bigger release of Kundalini than our body can handle, or sometimes the symptoms of the actual body cleansing of blocked areas often are:

- Waves of feeling hot and cold similar to those that women experience in the menopause
- Reduced ability to cope with every-day life
- General state of confusedness
- Swings between extreme mental sharpness and dullness
- Losses of memory
- Extreme changes of moods, incl. depressions or ecstasy
- Seeing light, colours, geometric shapes, visions from the past or future events
- Unexplained temporary illnesses
- Extreme changes in the look – one can look many years younger one minute and many years older next minute

Chapter 3 - How things really are

Who are you really? Are you your mind?

We'll start looking for an answer to this by doing a **Who am I observer exercise:**

- Find a comfortable and undisturbed place and sit down.
- Now can you become an **observer of yourself**? – a second pair of eyes watching over you from above?
- Watch over your body first, then over your head,
- Then move to observe how you feel,
- Then usually the difficult bit – move to observe your thoughts (that your mind creates or thoughts that freely come into your mind), and finally
- Try to observe everything together - your body, your feelings / emotions and your thoughts

And now back to thinking again, who was this 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?

This higher mind is you when you are **very present** .. When you just are.

Well, and **this “higher” mind is very close to the real conscious you**. The real you who does not worry, does not fear, does not judge, is happy, joyful, peaceful, gives and receives love! But it is our analytical mind, our ego that usually tells us that we will feel happy, joyful etc. only when we do something, get something, prevent something etc. It creates conditions for us when we shall be happy.. We even love conditionally.

The real you does not depend on the future, on the achievement of certain things to feel this way, to be fulfilled. The real you does not need to do something, get something, prevent something or improve/change something to be happy, joyful and loving. It just is. Here and now.

Similarly the identity of the real you is not formed by the past, by your achievements etc. It is also not formed by your isolation from others, by standing above others - this is all ego’s way. The identity of your real you is how the real you is now. And the real you is already unique and magnificent. It has many unique abilities and talents that you have probably not discovered yet...

**Becoming your real conscious you**

As you spiritually awaken you start becoming the real conscious you. And this state will be **permanent** because you will permanently expand your consciousness.

You can also **temporarily** become / feel the real conscious you, when you temporarily expand your consciousness. For example when you get into in the “awakened state of mind and heart” for a while 😊 (described in the spiritual awakening section above on p [ ]).

**Becoming your Higher self**

**The real conscious you is very close to your Higher self**.. (Higher self is defined on pages [ ]). So the more you become the real conscious you, the closer you get to your Higher self.
By getting closer to our Higher self we experience our Higher self. We experience our higher self through the help and love that we receive, the communication via intuition, symbols & coincidences, the supernatural qualities we are gifted and many more.

Looking at this from the consciousness side, we said earlier that as we expand our consciousness, we start integrating the consciousness of our Higher self into our own consciousness / awareness and aura. The good news is that this is happening whenever anybody expands their consciousness, whether they know anything about spiritual awakening or not! And as we bring the consciousness of our Higher self into our consciousness, we start to merge with our Higher self. Until we fully become the complete us - we reach enlightenment.

Our heart is another bridge to our Higher self. The more we open our heart, the more we connect with our Higher self. Our Higher self feels us, responds to us and sends us lots of love when it starts to feel the love and compassion within us.

The spark that comes from our Higher self are our deeper feelings...

You will discover these higher parts of yourself gradually. Higher parts that you did not know existed, you were previously not aware of. Initially you will “just” connect with these higher parts, and then you will start merging with them.

**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 / from God self 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 disguised 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! You are magnificent and we are all one big family!

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 as you wish. Yes, you will see or/and feel that angel in the mirror when you look at yourself one day...

**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 toddler 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 do. 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 not our heart… And we tend to forget about the child within. Some adults find the thought of an inner child ridiculous.

And then many people start not liking various things about themselves. The way they look, the way they worry, fear, lack confidence, lack self-esteem, lack energy, lack intelligence, lack physical abilities, how bad decisions they make, how they forget things, get angry & lose their temper and so on.

As a result many people:

- don’t like themselves too much.
- Don’t care about themselves too much –
  - don’t look after their health & well-being,
  - don’t give themselves rest when they are not well,
  - don’t give time to themselves to relax and enjoy life
- Allow external world (work, people) to make them stressed, to control them
- Can be tough on themselves
- Blame themselves

In summary, these people don’t love themselves! Yet they may like, love and care so much about their children, partners, parents, even pets…
But the key to our mastery is the opposite to suppressing our true self. It is to love ourselves, love our inner child, and allow it = allow our true self to express itself! (of course here I don’t mean selfishly love self by being self-centered, selfish, greedy etc.)

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

We can love others more when we love ourselves.

Loving ourselves is to:

- Realise we are magnificent inside, that there is nothing we can’t do, we have a piece of God in us,
- Be kind to ourselves and care for ourselves
- Accept our weaknesses knowing that we can work on overcoming these,
- See ourselves as a loving parent and our “imperfect self” as a child who needs care and love to overcome its weaknesses and difficulties
- and many more

Our life Journey

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. A journey very specific to us but with a common nature for all of us:

A journey of experiences. Some experiences we select consciously, some are selected for us. We have free will to learn and develop from them, to choose how we react to them, to go “up or down”. We have free will to define who we are as a person.

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 light / vibrations.

In one way there is nowhere to grow though because we are already perfect ☺. Our life spark, the life inside us is perfect and divine, it is part of God self.

Everyone is at a different stage of their journey. When we were born, we were already at a certain point on that journey. Some mystics would say a point where we finished last time we were here ☺. To a large extent but it is different every life time and does not feel like a continuation of the same journey. This is because we are meant to experience different aspects of the whole each time we come. But it is still a continuation of our journey.

So 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 air balloon in space which has certain amount of sand bags that we create ourselves as we go. 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 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.. 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 rise. Yet it is the main reason why we came. It is much harder to expand our consciousness when we are not physically here..

Everybody’s journey is different but they actually lead to the same place. 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 they “balloon, some people take 300 hundred life times to get there and some only 30 ☺. Let’s make this one to be the most glorious one!

Many of us don’t want to think that far ahead though. Well, as we implied earlier, there is a nearer and more important destination to strive for if we are not there yet - to cross the invisible bridge into the higher heart consciousness and permanently experience the 4th dimension.

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

As we said above, the spiritual answer would be “depending on how much you discovered who you truly are”. The more down to earth answer would be “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:
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.

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.

The overall level of our own spiritual development

In order to get an idea where we stand in each of the three areas and so get a feel for the level of our spiritual development, I intuitively created a self-assessment test for each area which 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 - covered on pages [ ], and the strength of inner drive (“D”).

- The tests are in different places in the book – the expanded consciousness test earlier under Spiritual awakening on pages [ ], the heart openness test under Emotions on pages [ ] and the Inner drive under What defines who we are as a person? On pages [ ].
- You can add the percentage scores into the first pyramid below as you complete the 3 tests. It is best to do these self-assessments as you read through the book, because each area is explained before the self-assessment.
- And when you feel you have done a noticeable step in your development, you can do the self-assessments again and add the percentages into the next pyramid.

![Pyramid Diagram]

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Life journey is about much more than the destinations

Many people would say that their life journey is quite hard overall so it is difficult to keep enjoying it as they go along. And so they focus on enjoying reaching various “destinations” that they aim for, 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 is when they are happy = bits here and bits there. And in between the destinations they often say “I’m just plodding on” or “I’m working on it, I’m getting there”.

Some people even 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 because they tend to find their life journey quite hard. Why is that?
They often say that they struggle and experience unhappy times including various forms of suffering because of many things that happen each day which are outside their control – e.g. various unfavourable events like accidents & health problems, family issues and unhappy relationships, falling into poverty and many more. What makes it harder on top of that is that they often don’t know what tomorrow will bring and what is the best thing for them to do.

And people who are not “travelling towards any destinations” and they take each moment and each day as it comes, they also say that they often struggle and experience unhappy times for the same reasons.

So the life journey is for many of like walking with a scarf over our eyes on a huge field with lots of stones, lumps of earth and holes. Not only we often struggle and stumble because we can’t see, but even if we could see, we may not know which direction to go on this huge field. To find true happiness, peace and joy during most of this journey seems too much to ask for..

I want to help people change that! 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 scarf off and truly 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 (a guide we can trust - our Higher self will really help us with this). Then it should be much easier to enjoy the journey..

So let's start taking the scarf 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... - the events that happen to us and situations we get into..

We can say that we experience every conscious moment (=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, through our intuition, our sense of knowing etc.

These experiences arise:

- during what we choose to do in every moment
- as events happen, situations arise and other things happen to us and around us

These experiences trigger our physical feelings *(something is red, cold, sweet, soft etc)*, emotions *(joy, anger, fear, calmness)*, visualisations.

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. And then our internal reality, like our thoughts, beliefs, views, expectations, intentions, desires etc. also plays a big role in what we perceive with our senses every moment – what we see, hear, taste, feel... It can completely twist it 😍. This is expanded on in the section External reality on pages [ ].

And so changing our internal reality changes what we virtually pick up from the external reality!! Amazing, isn’t it. This is the key to creating the reality we desire..

**Experiencing our internal reality**

We also experience our internal reality = what we create with our mind:

- *Our thoughts*. During thinking we see images, have emotions and feelings (with our senses and deeper feelings) and these 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 / feelings as memories *(Also each thought has certain energy and this is stored in our mental body within our aura)*

- *Our intentions, desires, beliefs, opinions, perceptions, values, attachments, resistance etc*. Similarly like thoughts these carry images, emotions and feelings. As we form our intentions, beliefs etc. we store them in our
mind (and aura) and then later they re-appear when something triggers them off. Because our beliefs, intentions etc. are kind of energetically stronger than our thoughts, they tend to be more ingrained / attached in our mind (and aura) and they have bigger power in influencing us and the external reality.

- Our states of mind that bring along emotions / feelings (explained in the Emotion chapter on pages [ ]
- Our visualisations (static or moving images like a film, emotions, physical feelings)
- Our memories, and dreams that we remembered

All of the above can arise as a reaction to us experiencing the external reality, as an active creation of our mind or they occur spontaneously (thoughts and visualisations). In addition they are strongly influenced by our heart, by how much our heart is open.. (this is expanded in the section on [living through our heart on pages ]).

Our internal reality is extremely powerful. It directs our choices, decisions and actions even though we often think that we made these freely in the present moment. It even creates a lot of events and situations that happen to us. This is all explained and expanded on later. As readers progress through the book they will learn more and more about their internal realities and how to change them for their own benefit

From a biological / scientific point of view, our internal reality is a very detailed map in our brain. It consists of billions of connections between the billions of neurons.

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

This is a big question and has a big answer. Many revelations and surprises are coming, because things are not as they seem...

Things don’t happen randomly, but for a reason. 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 ways. Most people actually think that this is how we create all our experiences:

1. **We constantly make free will decisions, choices and take 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. This brings our experiences, we co-create (=partially create) our external reality - e.g. the way we arrange our home and everything in it - and events (e.g. birthday party). The 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..

But we largely don’t make/take these decisions/actions randomly or spontaneously. Our decisions and actions are strongly influenced or directed by our internal reality. Our decisions and actions are usually based on our intentions, desires, beliefs, views, linked personal qualities, as well as the less obvious ones like resistances, attachments, fears.

And it is the It is important to realise that when making our decisions / taking actions, we are usually aware of some of these like intentions but not aware of the other ones behind them like some beliefs, attachments, resistance & fears. (explained with examples in the section on decisions on pages [])

And there are other things which reveal that more is involved than our free conscious will:

- We actually often do not foresee the experiences and things that our decisions and actions bring. E.g. what you see on TV & find out in the book you bought, what you find when you go shopping, who you meet on the walk, how will the activities you chose to do make you feel. This is where other things can be involved, like the universal law of Karma, our internal reality, the other side (covered below).

- Some of the consequences of our decisions and actions are different than we expected and even not logical. E.g. we give something precious away for good cause and soon receive something even more precious from somewhere else. The law of Karma in operation © (covered later)...

- Some of our decisions and actions are intuitive and not the result of our thinking, logic and reasoning. Similarly, our decisions and actions are strongly influenced by how much our heart is open.. (covered later)

- We explained above how the experiences we have with our senses – what we see, hear, smell, taste and feel are adjusted by our subconscious mind to reflect the level of our awareness and our internal reality.
So, we must create many experiences, events and situations that happen to us in other ways too. Ways not known to many people:

2. **Our past actions, decisions and choices often attract reactions, which are similar in their essence.** E.g. we “get what we give, we harvest what we sow”. This is driven by the law of Karma covered under the section Universal Laws.

3. **We interpret the external reality according to our internal reality** (beliefs, views, intentions, desires, linked personal qualities, fears etc). We perceive what happens (especially what other people say & do ©) and even physical things in our own way.. This way each of us may perceive the outside world differently.

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 / hear the same thing. **And it is all about experiences,** the whole life is a journey of experiences.

Here are some examples:

- If if somebody carries a lot of fear inside, they may find something to be fearful about in many events, whilst others would not experience fear during the same event. Or those who built unproductive beliefs in their childhood and forgot about them or never changed them (e.g. that it’s not safe to be alone outside in the dark) may still interpret the external reality according to these beliefs in the adulthood.
- If we believe somebody does not like us, we see in many things that they say or do to us a reflection of our belief that they don’t like us, yet these people said it or did it for completely different reason…
- If one person believes that people are generally selfish and the other person believes that people are generally nice, then very likely the first person will think that they are meeting a lot of selfish people and the second person will think that they are meeting a lot of nice people. What really happens is that they will either imagine or actually see different things in people, even though they may both be meeting the same people..

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

Because people interpret external reality differently they also react to things differently, behave in common situations differently etc. The way somebody else reacts to what we both see or are told may be so different to our way that we are left in disbelief.

4. **We attract an external reality that resembles our internal reality.** And I don’t mean here that we create this external reality by our decisions and actions which are driven by our internal reality. Whilst this also happens as we said under point 1, I mean here that we attract, without physically doing anything, experiences and events that just happen seemingly out of nowhere and resemble our internal reality.

There are two types of events and experiences that we attract with our internal reality:

- The more obvious ones linked to our dominant desires, intentions and prayers. Many people would agree that our mind is very powerful and if our desires, intentions and prayers are strong and pure, they can become true.

  E.g. if we have a strong belief about something, e.g. that we can achieve something, that we can find a better job etc. then we tend to attract that outcome. Unfortunately it works this way with the opposites too. If people don’t believe in themselves, or built unhelpful beliefs in their childhood about the outside world - e.g. no nice man/women can love them because of the way they look, they also tend to attract that outcome ©

- The not obvious ones linked to our dominant personal qualities, beliefs, views, attachments, resistances, dominant thoughts, values. **Our internal reality magically co-creates our experiences and attracts many events that reflect “the person” who we built with our mind up to that point. So powerful it is..** For example:

  If we are generally positive, we attract positive things that happen to us like positive outcomes, we attract positive people etc. Similarly, when people are generally negative. When somebody believes they have bad luck, they attract bad luck. Let’s say a woman has a low self-esteem because she is overweight and as a result she believes that she will not find a kind and caring man who will love. She may then be attracting the same outcome as her belief. Or when somebody complains a lot about all sorts of things, they attract real things to complain about (not just things that they interpret as worth complaining about).
You may have heard 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. To those things that we may not be fully aware of about us, we may not like, we may be denying etc. And if we recognise it, we can then change it.

Please note though that only some events and experiences have been attracted by our dominant internal reality. Like we said above, other events and experiences are results of our present and past actions & decisions and organised from above.

You may be wondering how this can work, how can our internal reality attract what happens in the future. It is pretty sophisticated and has mainly to do with:

- the functioning of the universal laws –e.g. the law of Similarity - similar attracts similar, and the law of Karma – what you give/create is what you get, play a big role here, and
- how the future is created (covered on pages [ ]). The important thing to bear in mind here is that we do not attract these things overnight and sometimes they never happen. For example, if in the meantime we change our dominant internal reality.

Co-creating the future & reality we desire by reshaping our internal reality

We said that our present internal reality (made up of our dominant thoughts, intentions, desires, created beliefs, habits, views, perceptions, preferences, values and linked personal qualities) attracts many things that we experience in the future. It also influences our decisions and actions.

So the trick is to re-shape our internal reality, such as change our dominant beliefs, desires, opinions, linked personal qualities, in such a way that it will then co-create the future and the reality that we desire 😊. (I say co-create because it is also the other side that co-creates our future). Great idea, 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; and
- 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. Plus if we have a go at changing them, some hold on to us like crazy. Often because we have been feeding them & building them for so long... So it may not be easy to change them overnight by a thought, a new view, a new weak or short-lived intention and belief etc. But it can be done.

So our internal reality is not just our pure independent creations in the present moment as we would like it to be... It usually is a pile of everything with a “bit from everyone” in it 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... 😊

Finally, here is the good bit. We can change parts of our internal reality every minute. We continually do that as we have new experiences, form new views etc. And there is much faster way. Remember we said that our internal reality is strongly influenced by how much our heart is open. So when we involve our heart, step back and get into the “awakened state of our mind & heart” = closer to who we really are, we can make powerful changes quickly and happily. We will be doing a lot of that later in the book..

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 “creates” experiences, events and situations that happen to us in every day life. And guess who creates these on the other side - mainly the other half of us = our higher self 😊.

Many people will not agree that things are organised from above. But what about all those coincidences that happened to you and led to something big or small - e.g. people we start working or going to school with, people we bump into in the shops or on the street by coincidence, things we find by coincidence - in the shops, in books, outside, things we miss or lose. Or even those sudden great thoughts out of nowhere that we had (thinking they were ours 😊) which then changed your life for better. Were they really a random result of a completely chaotic world where things are out of control?
The events that happen to us, the situations we get into and the experiences we have which are “created by the other side” are usually:

1. **Opportunities and lessons for us to learn and develop**
   To develop as a person, soul and even spirit and so expand our consciousness. As a person to develop mentally, emotionally, physically, psychically etc.

2. **Help from our Higher self, spirit guides, guardian angels, God and other divine beings**, especially after we “let” them into our conscious life. The more we are open and genuinely desire their help, the more they help us. For example they can fulfil our prayers if they are for our highest good.
   This includes guidance from the other side on what is best for us to do when we ask for it. They usually communicate to us through our intuition, coincidental events & experiences we have or through signs & symbols in our environment (this is expanded later on in \[ \]).

3. **Opportunities for us to communicate and develop our connection with our Higher self, God, spirit guides, guardian angels.**

An important thing to bear in mind: Of course we still have free will in all 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...

**Opportunities and lessons for us to learn and develop**

The “other side” organises lots of these opportunities, they are hiding behind every corner. But we often don’t see them.

Some common opportunities organised from above are:

- Opportunities to learn about / better understand ourselves, life, people, the world. To learn about different aspects of the duality of Creation (the opposites) usually through experiencing them (see section Duality of Creation on pages \[ \]). To learn about how the universal laws work e.g. the law of karma – action and reaction.

- On one hand, opportunities to develop our “positive” personal qualities and heart-based emotions. To open our heart and increase the love that we feel & spread. Also to allow ourselves to receive more love. (this is covered on pages \[ \])

- On the other hand, opportunities to clear our stored unhappy / “negative” emotions, harmonise our “negative / unproductive” personal qualities. Even re-experiencing our stored unhappy emotions after they have been triggered off by something that suddenly happens is an opportunity for us to clear them or just deciding to clear them..

- Opportunities to positively change our internal reality. Such as our unproductive and “negative” dominant thoughts, beliefs, intentions, desires.. As our internal reality is the driver of our emotions, this is the main way to change the emotions that we experience.. (covered in the Emotion chapter).

- Part of the above are opportunities to reduce our resistance to the way life unfolds and so increase our tolerance level / acceptance of things in life. On the other hand, opportunities to reduce our attachments to things. This is covered in the sections on resistance and attachments on pages \[ \].

- Opportunities to improve our health. Why do we become ill is a complicated question with lots of different reasons / answers. Many are covered under the Health section on pages \[ \]

- Opportunities to “make up” for our past decisions and actions which we regretted / would have done differently today.

**Lessons**

Sometimes it feels like we don’t have much choice as we do with true opportunities. Sometimes we just land in an event or situation or something else happens where we feel like we are forced 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”)

But when we are in a lesson, we 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 opportunity for the lesson or the lesson itself often comes back later (in the same 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 “force” 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? If we take ownership of our

When are the opportunities and lessons created for us

As is apparent from the above, many opportunities and lessons are organised for us during our life, often as a reaction to our free will 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 there are some key things that we (as our higher self) choose before we are born ☺, e.g. our parents (covered on pages [ ])

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

What happens if there is a conflict between what is created for us from above and what we are creating with our internal reality? For example little Paul’s lesson planned by his higher self is to experience a loss of a favourite toy because he is far too attached to it. On the other hand Paul really wants to avoid losing it and keeps it really safe. “Who wins?” It is very likely that Paul will lose the toy.. It is not a question of who wins. Often what is organised from above is a reaction to what we are creating with our internal reality to give us the opportunity to learn & develop. Hopefully little Paul will accept the loss and will not get so attached to other similar toy in case he loses it again..

Can we change what the other side organised for us?

We do have 2 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 comes...

- A prayer. A genuine prayer coming from the heart.
  But even a prayer often may not work in this instance 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…

C. Events seemingly created by OTHER PEOPLE

Many decisions and actions of other people involve us and so they affect us. Events happen to us because of these people.. e.g. 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 intended. This is because we perceive the events according to our internal reality – our beliefs, views, linked personal qualities etc. E.g. when a girl tells her boyfriend she no longer wants to go out with him. She hides her reason (she is shy and reserved and feels uncomfortable / is not ready for a close relationship yet) and so he interprets it that his girlfriend no longer likes him, he is not good enough for her and so on.

Putting the differences in perception aside, many people would say that we have nothing to do with things that happen to us if they are the results of other people’s free will, and it is a pure coincidence. 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:

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, develop, realise something e.g. about our internal reality etc. It is then up to us, using our free will how we will react, if we take these opportunities to develop, learn etc from the event. . Usually people don’t see / realise this, don’t act on this and blame other people.
And so even these events were not coincidences for us and were either attracted by our present & past decisions & actions, our internal reality or organised from above for us. So instead of blaming the others for not nice events, the key thing is to realise why we attracted these events.

Where we perceive the event differently as mentioned above, this perception is a reflection of our internal reality as well as an opportunity to realise at some point that our belief / view is wrong or negative etc..

Let’s look at an example. A friend of Mark decides to do something nice for Mark. Could Mark have attracted that when it was his friend’s decision? To start with the friend didn’t do this randomly, in this example he did it because he likes Mark, he has a warm heart and values the friendship created by both. He likes Mark because of the way Mark was to him in the past = a result of many previous Mark’s actions and decisions involving his friend. What about the warm heart you may say, that is not linked to Mark’s actions.. Here the answer is that in the past Mark attracted into his life a person with a warm heart. This either reflected Mark’s internal reality (and the universal law of Similarity = similar attracts similar made it happen) or it was organised from above. I mean the meeting was organised from above as an opportunity for both to develop and/or learn and/or receive help / giving help.

In the same way his friend attracted meeting Mark into his life by his internal reality, may be his past actions & decisions, or it was organised from above. And then it was up to both if they take the opportunity and become friends.. They did and now they are both benefiting...

Events involving more than one person are expanded in the section [ ] on page [ ].

How can events be created by us and the other side 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 the materialisation of our internal reality. They are much more comfortable to believe that all is the result of their own decisions and actions and of the decisions and actions of other people. And they believe that the rest are 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 development.. But they have, everything is magically connected with everything.. This is the real world and the common perception that things are not connected and most things happen randomly is the illusion..

Yet this sophisticated mechanism can not 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 two main areas that play a big role in making this happen:

- The way future is created by us and the other side, which is explained in section [ ] on pages [ ]
- The working of the Universal laws.

Along side the work of our higher self and other divine beings in creating some of our events and experiences, there are many sacred mechanisms – the universal laws - which make these things happen in the physical world and which further shape how the physical world functions. Such as:

- The law of Karma – mainly you get what you give / create, you harvest what you sow
- The law of Similarity – mainly similar attracts similar
- The law of Balance – e.g. each system strives for balance
- The law of Rhythm – e.g. things move in rhythm, cycle, circles which creates balance
- The law of Spiral – e.g. the opportunities keep coming back like a spiral until they are taken

The laws are described very briefly in various spiritual material. And so I’m revealing more what is behind them and providing many examples to help readers understand how they work, how they may affect their day-to-day lives and how they may apply them in the Universal laws section on pages [ ].

Summary

So to summarise this section, things don’t happen by chance, our experiences and events that happen to us are ultimately created by:

- Our present and past decisions, choices and actions
- Our internal reality (this also heavily influences how we perceive the external reality)
- The other side - our Higher self, other divine beings and God

We can learn and grow from every experience whether it is good or bad easy or hard.
The sacred mechanisms described by the Universal laws help make these things happen in the physical world and further shape how the physical world functions.

How do we usually react to things that happen to us?
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. People actually consider many events and situations that happen to them as not fair, not nice / good, wrong, outright bad. And what do we tend to do when we experience these? We resist them, we are not happy about it, annoyed with them, are negative, criticise, complain and try to fight them off. This can actually be quite exhausting and can make people generally unhappy and stressed. Sometimes the more we resist something, the more intense the thing that we resist gets.

And then people who manage to resist / escape the events and situations are very surprised when similar events and situations happen later again. The “escape” is usually only temporary. Life and our higher self can actually be quite persistent in organising events for us so that we act upon them – e.g. take up certain opportunity which will develop us or become aware of our disharmony and harmonise it... And if we don’t act upon the event / situation in the right way, it will 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 in section [ ].

So how should we react to things that happen to us?
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 the events, accept what is happening to us. When we learn to accept life, the difference is huge. Life changes for many from a struggle to much easier ride and people make a big step forward in their development.

But it does not end with accepting things. Equipped with the new knowledge we can learn to understand how and why the events that happen to us were created (by us and the other side).

And then we can move on by learning and developing from the events created by the other side. And by changing our internal reality in such a way to attract happier external reality..

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 planning session. Happy things and challenging things... Resolving, learning, developing from the challenging things will hugely move us forward in our development as a person, soul and even spirit / higher self. Many other Higher selves, divine beings, God actively participate in this planning session.

So what did we choose? We had chosen some of those people and things over which we then had no control in life. Otherwise if all these were coincidences it kind of would not be fair on us...

It is important to realise that it is a mutual choice. So the people that we choose to be in our life choose 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, e.g. the best opportunities for our development this time round.

Here are some of the main things we chose:

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

  They all will provide the environment and the opportunities and lessons that we decided to experience and grow from. So if somebody is born to a single mum, in a very poor or unfree country, during the war and so on, that was part of his/her plan. The only thing is that until we become aware of it, we can find it much harder to deal with things when they get tough.

  Again, it is both sides that agree to this, so the higher self of our parents, relatives etc. have chosen us to be their child, relative etc. too. We provide suitable opportunities and lessons for their learning and development and they use their free will if they take these & learn...

- 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 intent of one or both parents? I’m afraid even here the Higher selves of the person not intending to conceive the child and the child self chose each other because it offers them both huge opportunity to develop. But it is then a free will of the parent what they will do..

  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 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 (e.g. 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 [ ].

Final question on this sad subject would 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 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 it must have been God who chose 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 and who loved her mum so dearly and wanted to offer help to her mum’s children in the form of being their spirit guide.

Our parents will have a role to play as our key helpers. And other people in our life too, like some of our favourite teachers 😊.

Again in most cases it will still be our free will if we take the offered help or not. We very often 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 guide, the more they will help us / offer us their help.

• Some of our main opportunities / lessons / challenges to learn and develop from in our entire life.

E.g. We as our Higher self may have agreed with our partner’s Higher self 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 or shall we say tendencies to be certain way (e.g. angry, fearful, courageous), that we will be born with or develop in early childhood via things we have no control over. We then develop other personal qualities later in life using our free will.

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 in life. We are often meant to realise these qualities in us, take responsibility for them and harmonise them. It is all very individual.

o Personal qualities we are born with

Actually one way of making this happen is our higher self choosing the time of the year we will be born.. How is this linked you may wonder? The answer is Astrology, star signs, first and second dominant planet... In an unbelievable way the position of the planet when we are born (mainly the first and second dominant planet) influences our tendencies for certain qualities.. This does not automatically mean that if somebody is born on a day when e.g. stubbornness is main characteristics, this person will be stubborn. They may not be, but statistics show that people who tend to have more of the characteristics of a particular star sign are those born in the period of that star sign..

o 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. They have 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. Especially as life on the other side is all about love… My respect to these people. I hope that with this insight and knowing who they really are, they overcome these challenges much more easily. Resolution of 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 2012.

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.

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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 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 (law of karma)?

The answer is, 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 said above.

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

So why would people choose very hard life, you may ask? Because it will develop them many times more than if they chose an easy life (which could actually move them backward if they are not careful). And/or because they may be so spiritually developed that they only want to take on huge life challenges. And this may be you or one of your friends or people you know!

Suffering from a crippling condition, violence, serious disease, poverty / hunger, trauma of war, loss of family are examples of the hardest life lessons. And so I want to say to these people who suffer from these: “You are a true angel. I honour and admire you for the choice your higher self has made, for your courage and determination to get through them, even with some smile here and there. I’m proud to be a human being because people like you walk on this Earth with me. I really wish this book can help you complete any of your hard lessons quickly, move to a happier stage of your life and cross the bridge to higher consciousness and permanently experience the 4th dimension.

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

Having partially awakened to how things really are, 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…

The discoveries we make here often help explain or have impact on some main events that happened to us in the past.

*As we said earlier these are not the only life choices made before birth, we had also determined some key milestones that will happen throughout our life mainly as opportunities for us. We will cover these later under the self-analysis of the main events.

- A good way to start is to move into “the awakened state of mind and heart” described in the above section called How does spiritual awakening feel like. And then:

  - Think of each person and place 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 how?
    - Is there anything important left for me to do?

- The table below should be a good guide to follow. If you are an intuitive person, let your intuition help you answering these questions.

This first exercise of this nature may feel little harder, but as you practise looking at things from a standing 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.
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<th>Main People &amp; Places</th>
<th>Positives and negatives perceived about them</th>
<th>What help do they offer &amp; give me</th>
<th>What opportunity to learn do they give me?</th>
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Understanding our main events

How do we understand our main events then? You may see two main difficulties with this:

What we learned above may all seem overwhelming and it can be hard to know how to understand the causes of our events. Do we try to analyse everything that happens to us next or happened in the past, which was seemingly out of our control? No, it would be waste of our time to try to understand everything when many things don’t really matter and it is impossible to understand everything anyway.

Even if we focus only on the main events, we may still struggle to get the full picture, right? Possibly. If we develop higher awareness = the ability to see things from higher perspective, we can definitely do this more effectively. Chapter [] guides you how to achieve this.

How to understand our main events

The main thing to do is:

I. For main events that will happen

- Take a step back and start looking at what happens every day more from a distance.
  This will firstly help us stay above the drama of every day 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 impacting 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:
  o 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.
  o 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?
  o 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. This includes:
  o Deciding if to take the opportunities that we can now see
  o Learning and developing from the lessons that we can now understand and from the opportunities we took
  o Changing our internal reality to attract more desirable events and even more – create the reality we desire e.g. changing beliefs, dissolving attachments etc. This will be covered later in the book.

To do this well, one needs practice. A really good practice is to do the same with the main events that happened to us in the past and were not the result of our actions and decisions.

II. For main events that happened in the past

- Following the same approach described above (for the events that will happen to us), better understand the main events that happened to us in the past. Doing this is very powerful and discovering the real meaning of these events which were not the result of our actions and decisions is a small awakening on its own.

- Equipped with this new insight, we can then look at if we dealt with the events well or not well. If not, we can work out what we should have done and if we can still do it now…

- An important additional thing to do is to look if we can identify any patterns, like similar opportunities, similar lessons, repetitions of certain type of events etc.
  - Patterns among the events organised from above may indicate that we have not dealt with the opportunity correctly earlier / we have not resolved the earlier lesson, 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.

I will guide you through the self-analysis of your past events in the exercise a few pages later.
Self-analysis – Understanding better our main life events

Now can be a good time to try to better understand those main events that happened to you. Those events that were out of your control / did not seem to result from your past decisions and actions. There is a lot of personal discoveries to be made here and lot of areas to cover. And so it is best to break this self-analysis into parts (each table below covers one part).

I will now describe my approach to do this. Please note that everything is reflected in the self-analysis tables below, so there is no need to use this page as a step by step guide, just following the tables is all that is needed. Despite that it may feel like lot of effort. 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 & your inner self...

- **So 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
  - This should include all types of events – unexpected ones / coincidences, those resulting from your & others decisions & actions etc. .
  - Think about happy ones and not happy ones (write in another colour), like injuries, people issues, rejections, non-achievements, losing jobs, losing close people
  - Completing the 1st column in the table below (split into main life stages) will help you with that.

- **The next thing is to find out how was each event created** (Table 1) – by your past decision/action (they usually reflected our internal reality anyway 😊); your internal reality or from above?
  Actually, events created by decisions/actions of people you know (Table 4) are usually linked to our internal reality or our past actions & decisions or were organised from above.
  I suggest you follow my logical approach of finding this out for each event by moving from the first column in the table to the right and filling in only the column where you answer yes or may be.
  - Focus on the easier and more obvious ones first. i.e. those where it will not take you long to realise how they were created. Then come back to the harder ones.
  - Where you are not sure / are guessing put a question mark against it

- **Once you find out how the events were created, you can determine these important things:**
  - For not desirable events reflecting your internal reality - intentions, desires, beliefs, views and linked personal qualities:
    - How can you change your internal reality to attract what you desire instead.
    - What future decisions and actions can I take to confirm this changed belief, view, intention, desire etc? (Table 2 – all internal reality events)
  - For events organised from above (Table 3) as opportunities or a lessons to learn something and develop:
    - 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 that we now understand and so move forward?
    - It is quite hard to understand the events which resulted actions and decisions of people you know (Table 4), so you may want to focus on these only once you understand the easier ones.

- **Last thing is to look if you can identify any patterns, like similar opportunities, similar lessons, repetitions of certain type of events etc.** - Table 5
  Like we said above, patterns among the events organised from above may indicate that you have not dealt with the opportunity correctly earlier / you have not resolved the earlier lesson, and so they come back (universal law of spiral).
  Patterns among the events reflecting your internal reality may indicate very strong / dominant beliefs, desires, intentions, views etc.

- **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.

  Whilst doing this it is beneficial to try to be in “the awakened state of mind and heart” described in the above section called How does spiritual awakening feel like.
Table 1 - Master list of all the important events that happened to you

<table>
<thead>
<tr>
<th>Main Events</th>
<th>Was it result of my past decision / action?</th>
<th>If not, was it result of decision / action of other people I know?</th>
<th>If not, could it reflect my internal reality, i.e. any of my intentions, desires, beliefs, views etc?</th>
<th>If not, it was probably organised from above. Did it bring opportunities for me to learn &amp; develop?</th>
<th>If not, it was probably organised from above. Did it feel like help for me, like what I just needed to happen?</th>
<th>If not, put question mark in this column</th>
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<tbody>
<tr>
<td>Age 0-5</td>
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<td>Primary school / Age 6-11</td>
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<td>Secondary School &amp; Teenager years</td>
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<td>Early Twenties</td>
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<td>Late 20s</td>
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<td>30s</td>
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</tbody>
</table>
Table 2 - Events reflecting your Internal Reality

<table>
<thead>
<tr>
<th>Events reflecting my INTERNAL REALITY (from master table)</th>
<th>How it reflected my internal reality, i.e. what intentions, desires, beliefs, views (copied &amp; expanded from master t.)</th>
<th>If this was not happy event, what beliefs, intentions, desires, views etc. do I need to change to attract happy event instead?</th>
<th>What future decisions and actions can I take to confirm this changed belief, view, intention, desire etc.?</th>
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<tr>
<td>e.g.</td>
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</tbody>
</table>

Table 3 – Events created From Above as Opportunities to Learn & Develop

<table>
<thead>
<tr>
<th>Events created FROM ABOVE as Opportunity to Learn &amp; Develop (from master table)</th>
<th>Events’ opportunities to learn &amp; develop (copied &amp; expanded from master table)</th>
<th>What have I learned from this event?</th>
<th>How much have I developed from this event?</th>
<th>Any important things I still need to do to develop more, learn, complete lesson, move forward?</th>
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<tbody>
<tr>
<td>e.g.</td>
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<tr>
<td>Events created by OTHER PEOPLE I KNOW (from master table)</td>
<td>Could these actually be largely result of my past actions and decisions? If yes, which ones?</td>
<td>If not, could these actually reflect my internal reality, i.e. any of my intentions, desires, beliefs, views. If yes, which ones?</td>
<td>If yes and it was not happy event, what beliefs, intentions, desires, views etc. do I need to change to attract happy event instead? And what action &amp; decision can I take to confirm this?</td>
<td>If not, did it feel like help for me, like what I just needed to happen? If yes, what help &amp; did I take the help?</td>
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<tr>
<td>And what they brought / how they affected me</td>
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<td>e.g.</td>
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</tbody>
</table>
### Table 5 - Identifying Patterns in events’ causes and types

<table>
<thead>
<tr>
<th>PATTERNS identified</th>
<th>Why could these patterns have happened / are happening?</th>
<th>What can I do to break the pattern if it is not a good pattern?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use 2 colours here for happy and not happy patterns</td>
<td>Why do I continue to have these dominant beliefs, intentions, desires, views?</td>
<td>How can I change the beliefs, intentions, desires, views etc attracting the events? Or how can I strengthen them if it is a good pattern?</td>
</tr>
<tr>
<td><strong>Patterns in causes of events</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Repeating or similar beliefs, intentions, desires, views etc. attracting events</td>
<td>Why am I getting these repeating / similar opportunities?</td>
<td>How can I learn and develop from the opportunities &amp; lessons?</td>
</tr>
<tr>
<td>Similar Help received</td>
<td>Why am I getting this similar / repeating help?</td>
<td></td>
</tr>
<tr>
<td>Repeating or similar own Actions and Decision leading to events</td>
<td></td>
<td>How can I change my actions &amp; decisions to stop creating these events?</td>
</tr>
<tr>
<td>Other similarities</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Patterns in type of events</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Repeating Events</td>
<td>What do these repeating / similar events have in common? – e.g. similar causes of these events such as beliefs, intentions, views, desires or opportunities, lessons, help, actions &amp; decisions</td>
<td>Have I identified these causes of events in this table above?</td>
</tr>
<tr>
<td>Similar Events</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- If not, please add them to this table above
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 time works, the way the future is created.

To start with, the linear time – past, present and 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 a higher level of existence, which, among other things, mirrors our physical world with all its experiences and events, and which actually our consciousness touches, there is no linear time. Things 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 ever lasting present moment.

Feeling the ever lasting present moment

Let’s see if you can understand this better by feeling how long the present moment is 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 really like 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 ever lasting present moment for longer than other times.

Potential future versus materialised future

Now let’s go back to how future is created. So far we said that when we are consciously 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 = the possible avenue, events & experiences and long-term direction that people’s life can take was created by people’s present and past decisions and actions, their internal realities, and by the other side. This our potential future is called our life potential.

And this potential future is just 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 actually physically happens is what eventually materialises in the physical world. It is what happens to us and what we experience day by day! Like when our train gets to each part of the track path = us experiencing the future.

And thanks to the linear time we live in, clearly there is a time gap before our train gets to each part of the rail track.

And this gives us the opportunity to amend or even completely change the rail track = change our potential future before our train gets there. We build our future / our track each moment in our life. It has to be this way because after all we have free will, right! We have free will to change the track on which our train will go. This way we have a lot of control over our life and what we co-create. The present moment is with us all the time so we and the other side 😊 can and do change the potential future before it materialises in the physical world every day!

Realising this we should not blame the world / others for what is happening to us because often this is our strongest life potential that we created with our mind manifesting in the physical world… Instead we need to quickly change that potential…

Potential future of organisations, institutions, towns, cities

Similarly organisations, institutions, towns, cities have their potential future. 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 etc. as well as by people interacting with these organisations, institutions from outside like customers. How? Similarly as these people create their own potential future, i.e., not only by employees’ work & decisions, customers’ present and past decisions and actions in connection with the product & services of the organisations, but also by employees’ and customers’ internal realities (beliefs, intentions, opinions) relating to these organisations, institutions etc. All these things set the direction and it can be adjusted every day..

The other side also influences the potential future of the organisations, institutions, towns and cities.

Is there more than one potential future?

Because as we said above we change the potential future, it means that there must be a number of potential futures. That is correct. Each potential future is like a separate track path for our train. Individual people create many potential futures during their lives.

At the higher levels of existence within our interdimensional universe all the created potentials are mapped out. The interdimensional universe is full of potentials, which may look like a chaos to an unexperienced clairvoyant 😊.
How do we change the track for our train?

As we then change our internal reality, such as change our longer-term intentions and strong beliefs, habits & values, including our personal qualities, make different decisions and take different actions, we then create a different life potential. We build a new track path for our train. Again the other side contributes to this.

Interestingly, all our life potentials continue to be are mapped out at a higher level of existence. All the old track still exist but our train is now on another track.

The various life potentials / train tracks can be seen by our higher self as well as by some good clairvoyants when they enter the higher levels of existence, for example during predicting somebody’s future. Actually the clairvoyants sometimes don’t recognise which potential is the dominant one. And if they do and so predict the future for you, they don’t tell you that you can change that tomorrow… This often leads to predicted things not happening to people and they are then very disappointed and consider the clairvoyant useless.

Which potential future happens? – the dominant life potential

The key question is which life potential materialises in the physical world? Which train track do we choose to go on and what we experience on the journey? The answer is the strongest / dominant life potential happens in our physical world and so co-creates our future events, situations and experiences. The strongest potential becomes materialised reality.

This quite a complicated process. It is very hard to know what is our dominant life potential because:

- it is made up of the dominant past decisions and actions, the dominant internal reality like beliefs, intentions, thoughts, personal qualities, combined with the dominant plans for us by the other side
- The dominant potential changes continually as we change. We continually change the track path that our train will go on.

The other important but a bit complicated things to bear in mind is that:

- 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. Similar with the train journey. Some things we see out of the window earlier and some later, depending on where they are on our train journey that we travel.
- This also allows the materialisation of other potentials as they become dominant thanks to our changes. In other words it allows for us to change the track paths.
- The dominant potential materialises in the physical world in an infinite number of ways, shapes & forms, but they 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 John, who has developed an interest in cars and machines, is finishing school and facing two main options what to do next which appeal to him: going to study mechanical engineering in college or starting a job in a nearby car garage as an assistant mechanic. So he created these 2 life potentials with his past intentions, desires, opinions etc. and 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 John’s preferences and beliefs about what is better, more useful, more enjoyable favour working & earning money now to studying in college. This is also why he decides to take the job rather than go to college. This decision reflects his internal reality… Then John starts working and this 2nd potential continues to materialise. I say continue to materialise because the fact that the garage is near where he lives and he got the job offer there didn’t happen by coincidence 😊 John really likes his boss – he learns a lot from him and the boss increases John’s passion for cars and fixing things. John then helps his friends fix small issues with their motorbikes and cars and he meets his new girlfriend this way. John soon gets an interest free loan from his company to buy a second hand car from his garage… He then fails the theory part of his driving test because studying is not really his thing….

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. Or they connect with various divine beings, spirits or their higher parts of themselves and receive messages from them. In the first case they have to
identify the dominant potential and then interpret it themselves according to their wisdom and understanding. In the second case they have to interpret the message from the “advisor”.

That needs a lot of experience and so there are number of reasons why the clairvoyant may get the prediction of somebody’s future wrong:

- The clairvoyant may not pick the most dominant potential.
- The clairvoyant may not interpret the dominant potential or messages from the “advisor” correctly
- The clairvoyant’s “adviser” may not be evolved enough to understand the full picture
- If the clairvoyant gets everything right, don’t forget that this was the strongest potential at that moment in time. But the potential can change by the person’s actions, thoughts, intentions etc or/and by other factors. And then different future will materialise – the new strongest potential..

**Events involving more than one person - expanded**

Now that we understand how life potentials work, let’s come back to our interactions with people.

Because we constantly interact with people, there are many ways in which we both get affected by this. But how do we or they fit into this, especially if the event was created by the other person? Have we or they attracted it or has the other side organised it for us or them too?

We said earlier that every event involving more than one person tends to bring something for everyone involved. Like a specific experience, opportunity or lesson to learn, develop, realise something etc. It is then up to the people involved (using their free will) if they will take these opportunities to develop, learn etc which the event brings. And so even these events created by other people were not coincidences.

We also said that we may perceive the event differently than it was intended, which reflects our internal reality, as well as it gives us the opportunity to realise this.

For those who want to know more, let’s look at how this happens when it seems logically impossible. This is quite complex and hard to explain because these things are organised outside time and space. So some readers may prefer to skip this bit and go straight to the example.

Let’s look at the types of interactions first:

- Many present as well as past decisions and actions of other people involve us and so they affect us. Events happen to us because of these people.. e.g. what they do. We perceive some of these events as good for us and others not good for us.

- Similarly many of our present and past decisions and actions involve other people, and so they affect these people. Events happen to them because of us.. e.g. what we do

- The other side organises something for us which involves other people. This is the same as when the other side organises something for other people which involves us. e.g. people we start working or going to school with, people we bump into in the shops or on the street by coincidence or

- We attract an event with our internal reality which affects other people, or the other people attract an event with their internal reality that affects us. E.g. we find our job boring and desire do to something more interesting and rewarding. Then a sudden and wonderful opportunity to transfer to an exciting job comes. it involves moving to another town with the whole family though.

When we freely initiate an event that involves other people, or when we attract an event with our internal reality that involves other people, or when the other side organises events for us that involve other people, then one of these is also the case: :

- the other side organised these events for these people too, or
- the other people have attracted with their present and past actions and decisions or their internal reality these events too, or a very common one:
- the other people freely chose those events themselves too

Situations that are quite common is when we both attract the event with our internal realities. In other words as people’s dominant potential materialises, our and their materialising potential meet / cross. Imagine each person’s materialising potential as a line and these lines will cross. When this happens, synchronicity occurs = coincidences happen involving these people, it leads to these people interacting together in one way or another..

Here is an example of an event involving two people which has something for both:
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, by chance, makes good progress in his research. His sister actually calls him a number of times but his mobile is, by chance, switched off. She then gets really angry with him.

So now let’s look at what each person attracted with their life potential, and how it created the coincidence / synchronicity (forgetting about the party because of accidental progress) which affected both people in their own way. In this case it pointed to their disharmonies and gave them opportunity to reduce them.

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 the amount of the 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 it 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, particularly if he gets angry back....

Do you know better what I mean by saying that life is the training ground for our development? 😊

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 think of themselves in terms of who they are, they usually think of the person that they see - their external identity. Like their marital status (married, single etc), their profession, where they live, their education, main achievements, interests & hobbies, society status and belonging to various groups (religions, political parties, organisations, interest clubs), and even the things they own. And then they usually start thinking about their personal qualities that they are well aware of (e.g. they are clever, sociable, have good sense of humour).

But from the previous chapters it is becoming clearer that our external identity is a consequence of who we are inside.

So 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

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

The engine behind all this is our inner drive.

We said that our intentions, desires, beliefs, attachments, resistances, thoughts, opinions attract many of our experiences and events. We will learn later that they also initiate various states of minds and linked emotions. So we create with them many aspects of our external identity like our profession, education, various achievements, interests, personal qualities etc.

Actually, our intentions are so powerful that we can even spiritually grow just by having intent to do so.

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
We continually create with our mind - with our expectations, desires, intentions, beliefs, views - 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 and so on. The border line between these two is our tolerance level.

Internally resisting things / not accepting things in life that we experience is the most common thing that people do. We often resist what we believe is:

- Not the way we like or want it to be,
- Not the way we expect it to be,
- Not good (for us and generally),
- Not right
- What we fear (e.g. that we will lose something, not get / achieve something)

And then as we go through life, things that we experience day by day, minute by minute either fall within our tolerance level or outside our tolerance level. Anything that falls outside our tolerance level we internally resist / do not accept, knowingly or automatically. Complaining and being negative is a form of resistance too. How much we resist it depends on how far beyond our tolerance level it is. How far it is from what we internally like, want, expect, find right etc.

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 stressed or even depressed. It also slows our development.

Our resistance to ourselves and to things that don’t even exist
We judge not only our experiences that we have day by day (are they the way we like / want / expect them etc) but also:

- Ourselves, and we are usually very strict with ourselves (lack of self love is covered on pages [ ]), and
- Things that have not even happen..

We decide all those things that we want to or need to do, achieve, get, change, improve, places we want or need to visit and so on. And if it does not happen we are not happy, we resist.

Or other people like our bosses at work, teachers, parents, relatives, friends tell us what we need to do, achieve etc. And again if we don’t do it they are not happy and often we are not happy..

And there is more, if we make a decision / choice that turns out not to be a good one, we are not happy.. But there is often a reason why we made the decisions we did and this is covered in the section Our decisions, choices, actions and reactions on pages [ ].

And then we carry lots of these resistances / feelings of not being happy about things with us into the future like a burden / another stone in our rucksack..

So in summary many people have programmed their mind with hundreds of conditions when they can be happy, joyful, positive and if they are not met they are not happy, negative etc. They have low tolerance level and also they carry lots of accumulated resistance from the past. 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 are not happy about so many things. They always like and want things their way...

Yet, as we said the real you does not judge, is happy and joyful, gives and receives love! The real you does not need to do something, go somewhere, get something, prevent something or improve/change something to be happy, joyful and loving. It just is. That is our true nature.

Many warm-hearted, compassionate, loving, tolerant and forgiving people are well connected to their true selves / uncovered their true nature and they have high tolerance level…

What happens inside when we resist
Resisting is not good for us:

The emotions that we experience during the things that we resist in life tend to get stored in our physical body and emotional body within our aura. The thoughts that we have during the things that we resist in life – such as being negative - tend to get suppressed into our subconscious and unconscious mind and stored in our mental body within the aura. Imagine how many not happy emotions and thoughts we have accumulated and stored over our lifes...

And this stored stuff tends to regularly come alive as we go through life. The suppressed not happy emotions and thoughts get triggered off by events / situations similar to those that we resisted in the past. and we re-experience the emotions and have the thoughts again..
The more we continue to resist the same things, the stronger the linked negative emotions and thoughts are likely to be.

At the spiritual level, our resistances strengthen our sense of separation from our true conscious self, soul, higher self, other people, the environment, god and everything that is as one.

Let’s stop resisting

So we really help ourselves a lot if we stop resisting things in life. It is not suggested here to accept everything even if it is wrong. There are many things that are simply not acceptable like violence. It is suggested 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, the train we are waiting on is not on time, the queue in the supermarket we are in moves slowly or even when a fly gets into our house (some people are so unhappy about this that they kill the fly they perceive as worthless and nuisance..)

By stopping to resist and accepting I also don’t mean changing our view that something not good for us is now OK, that something not right for us is now OK, I mean accepting that it just is, that it has happened, don’t let it affect us, be above it and so on.

There are other reasons why accepting many things, and accepting life overall as it unfolds is a good idea. As we said above, things are happening for a reason. Many things that happen to us are results of the past, such as the consequences of what we created with our mind (materialisation of the future potential we created with our thoughts, intentions, desires), or the results of our physical actions. Many things are carefully managed / organised from above including by our higher self to create opportunities and lessons for us to develop and learn.

So it makes little sense to resist these things, because we will not change them this way. Instead, when we accept things as they are, we are actually in a better position to change them. This is because when we accept things:

- We lift ourselves above the negative emotions that our resistance would bring. This way we are able to observe the things that we used to resist from a higher standpoint like the observer who is closer to his/her real conscious self, soul and higher self / spirit.
- This way we end up understanding these things better (why they may be happening / why we are experiencing them etc).
- And most importantly we have more power to change these things & create the reality we desire.
- Also our acceptance positively impacts the thing that we accepted (event that happened, a person, our weakness). This is hard to explain. Firstly the thing that we resisted magically tends to become less intensive for us. Our true acceptance can largely transmute / harmonise our stored negative emotions (see pages[ ]) Secondly, our acceptance of people, us and other living things and their actions (= accepting that they are the way they are, that they did what they did) gives them space and energy (love and light from us) for own change from within.
- We open ourselves to receive help from the other side to deal with the things we used to resist

So how do we generally reduce our resistance / accept more?

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

Here are good ways to reduce our overall resistance to things:

Have stronger intent to accept things and not resist them

This is the first thing to do because everything starts with intent.. It also makes a lot of sense now that we know that resistance doesn’t lead anywhere and it leaves a lasting burden.

We can start by saying aloud with our heart “from now on I will stop resisting things like ……. and I will accept things like….”

Become more aware of the things we resist and why we resist them – in the past and going forward day to day

This is the next thing to do is to. It is much easier to do it effectively when we develop 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, we immediately reduce our resistance to that thing. And each time we become aware = conscious of something new that we resist, we increase our consciousness by a bit 😊.

**Start becoming more accepting and permanently increase our tolerance level**

1. By starting to accept things that are happening which we would normally resist, we are increasing our tolerance level.

2. A faster but harder way to increase our tolerance level is to intentionally put ourselves in situations where we know we have a resistance problem. And then do our best to accept it... This may prove too hard and people may prefer to do the gentle Love bath ritual referred to below 😊.

3. Actually one of very common things that our higher self and the other side organises for us are opportunities for us to increase our tolerance level. How? By organising events that fall outside our tolerance level... We then have a choice if we accept them or continue to resist them...

There are also 2 spiritual ways that we can use to stop resisting specific things / increase our tolerance level:

- Transforming the resistances through our heart with a Love bath ritual
- Generally living more through our heart

Both are described in section [ ] on pages [ ].

Interestingly many people who devote time to grow their spirituality through religion, learning spiritual practises like meditation, yoga, healing naturally grow their tolerance level as part of their spiritual development. 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 floating, 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.

**What do we do with the stored negative emotions created through past resistance?**

We can clear the suppressed emotions stored in our mind and body as a result of previous resistances. How to do this is covered in chapter [ ].

**Our attachments**

We form mental and emotional attachments to the things that we strongly like, are used to and dependent on, desire, can’t imagine not having etc.

The problem is that these attachments work similarly like our resistances, described above.

- Like resistances, these attachments are stored in our subconscious and unconscious mind. When they are triggered off, they usually make us feel tight, like being in a straight jacket.
- In addition they create fear in us from the loss of the things that we are attached to. The fear then usually strengthens our desire to hold on to these things = the fear increases our attachments and brings out emotions of holding on to something very tightly & fearfully, which are not happy emotions...
- If then we suddenly don’t have these things any more or know we can’t get what we strongly desire etc, we experience very strong sense of resistance to the situation that happened, emotions of sadness, possibly even some physical pain. And again all these get stored inside – it can be a vicious circle...

At the spiritual level, our attachments strengthen our sense of separation from what we are not attached to, like our true conscious self, soul, higher self, other people, the environment, god and everything that is as one.

**How do we generally reduce our attachments?**

Because our attachments “behave like” our resistances, we can reduce our attachments in a similar way like we reduce our resistances. This is described above, so in a summary:

**Increase our intent to reduce our attachments**

Become more aware of the things we are attached to and why – in the past and going forward day to day. This is much easier to do if we develop higher awareness and increase our presence (how to do this is described in chapter [ ] on pages [ ]). As with the resistances, the great news is that just by becoming aware of what we are attached to, we immediately reduce our attachment to that thing, and we increase our consciousness by a bit 😊.
Increase our tolerance level by accepting not having things that we are attached to / strongly desire etc.

It is about:

- Recognising and accepting that if it is not meant to be, if we are not meant to have these things, achieve the desired outcomes etc., then it is OK. Realising that we can still be happy without them and other happy things that we either created with our internal reality or the other side organises for us will come instead.

- Realising and accepting that nothing fixed lasts forever and the nature of life is ongoing change. This is the universal law of Change covered on pages [ ]

Intentionally put ourselves in situations where we know we experience an attachment problem

This is a faster but harder way. We can for example temporarily or permanently give away things that we are attached to – e.g. to people that may need them – and then do our best to be OK with it, to let go. This may prove too hard and people may prefer to do the gentle Love bath ritual referred to below.

2 spiritual ways that we can use to reduce our attachments to specific things

- Transforming the resistances through our heart with a Love bath ritual
- Generally living more through our heart

Both are described in section [ ] on pages [ ]

What do we do with the stored negative emotions created through past attachments?

We can clear the suppressed emotions stored in our mind and body as a result of previous attachments. How to do this is covered in chapter [ ].

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 free will. Yet from the section How are our experiences and events created on pages [ ] we should sense that very often our decisions, choices as well as our actions and reactions can be predicted.

- This is either when they are kind of automatic as we are not fully present / alert when making these decisions / choices and taking actions / react. This happens often, e.g. when our mind is preoccupied with thoughts or absorbed by the past. E.g. when we wash the dishes, water the garden, travel to work on a same route every day;

- When we are deciding and acting 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 who comes to visit us 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.. So what is the secret to changing this? The obvious one – the driver needs to wake up. The driver is awake when we are very present, very conscious. When we are very aware of the environment and ourselves. How to achieve this is covered 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. Because they are heavily influenced by a combination of our:

- Internal reality that we have built with our mind, i.e. our current dominant intentions, desires, thoughts, beliefs, opinions, habits, attachments, resistances, values, personal qualities. Sometimes we are aware that we are basing our decision / action on this and that view, intention & 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.
- 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 and do things their way don’t like it when others tell them what to do and react accordingly,
- 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.
- Or somebody who regularly skips or forgets to water their house plants because they couldn’t be bothered. The plants will eventually die and the house will lose the vibrant life force that the plants were bringing – similar to this person’s internal reality, right 😊.

- Past experiences and memories – they also formed our internal reality – our beliefs, desires etc.

For example, we tend to not chose again / be negative about things that regularly disappointed us in the past like some products we bought, places we visited. Or we tend to do things the way we learned it, such as when at work, when cooking, driving.

- Accumulated knowledge & understanding

You may say that this is normal and the right way. If our decisions and actions were not influenced by our mind’s internal reality, past experiences, accumulated knowledge & understanding etc, then wouldn’t we act and decide in a random and crazy way? Not necessarily, but I get your point.

Despite that our internal reality, past experiences and accumulated knowledge can act a bit like a straight jacket and so limit our decisions and actions. You may have heard a saying that expresses it similarly: **the main limits in our life are those that we create with our mind**!

Our internal reality, past experiences and accumulated knowledge usually takes 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. It usually stops us from being free like birds who can fly a anywhere they want.. If we could do these things wouldn’t that be great? Actually we can, and in a “safe and sensible” way:

**Two ways out of the straight jacket**

We can do two things:

1. **Change our internal reality.** By changing our dominant intentions, opinions, thoughts, beliefs, desires, attachments, personal qualities etc., we will change the nature of our decisions and choices that we will make and actions that we will take. This is a good way, no doubt about it. But whilst changing our intentions is not hard if we want to 😊, changing the rest like our beliefs, opinions etc. is harder and it takes time..

2. There is a faster way. **We 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 (our higher self is close to our heart), 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 we are not consciously aware of, even including things that are likely will happen in the future 😊 (the dominant potentials) and many more.

**How do we make decisions and take actions with our heart and intuition?**

*We step back, look at the situation from a higher perspective and we feel the situation with our heart. We feel what our heart desires. We feel deep inside what is the right thing to do. During this we observe what deeper feelings we have about the situation / thing 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 is that in the state of higher awareness we wait for messages that come spontaneously into our mind in the form of ideas, images, thoughts. We need to have a clear mind though and learn how to spot them.. This is covered in more details in Chapter 6 - Communication with our Intuition and Higher self on pages [].

But for now it may be safer to use our mind too
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. 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, a good middle way is this. It is a bit long-winded though..

1. 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.

2. Then feel each possible decision / action with your heart and choose the one that your heart desires the most.

3. Then to be on the safe side also choose the best decision / action in the normal way (using our logic, considering our views, beliefs & past experiences, thinking about the consequences of each decision etc).

4. Are they both the same? If so (hurra), it is done. 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:

Imagine your lady friend Jane (single, has no children) is not working and looking for a job. She applies for quite a few jobs and finally gets 2 offers at the same time. Both jobs have something really good and something not so good about them. So how can she choose using her heart and intuition?

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

Jane 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.
- Observes if she gets any spontaneous messages – thoughts, images, voices. She also asks herself what is her gut feel. Her gut feels tells her that the 2nd job is the right one for her.

She then makes a choice with her mind – she will think about all the logical advantages and disadvantages and compare 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, past experiences, linked emotions will all be going through her mind. She concludes that the 1st job would be better mainly because she would be very comfortable with the role and she may lack some skills for the 2nd job, she will earn more money and the travelling is little shorter.

Jane then compares both choices and decides to go with 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. Jane then starts her new job but 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 her self she will feel ready to look for a job that her heart desires. Her higher will be organising coincidences / situations to help her find this job, even before she decides she will look for it 😊

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

Firstly, 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, situation etc. that gives 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 from our intuition / gut feel. And if it then turns out to be 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 etc. 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 the right decision at the time..

We are where we are as a result of everything up to this point
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, an emotion, another experience. And our words then immediately describe that. So our words are reflection of our inside…

So if we look beyond the words, if we observe and examine what our words and the words of other people reflect, what gave rise to them, then we will understand a lot more our and other people’s inside, their internal reality.

We can then spot when:

- Their intentions & desires are speaking - e.g. to be funny, to boost their ego such as to show they are clever / better than others, to speak about themselves, to get their own way or to find out about other people, to make others feel better, to help others etc, or/and
- Their emotions and feelings are speaking – e.g their love and care, joy, sadness, fear, resistance / negativity, anger etc. or/and
- They are describing / expressing the obvious things like their thoughts including the results of their logical thinking & reasoning, their views, beliefs, memories, their questions.

Understanding people’s inside through their words will also help us

- not be so affected by their words which normally affect us, don’t make us feel happy etc.
- better see and appreciate the nice things in people
- understand when people say things they don’t really mean

The main level 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 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 can be “swimming” in their emotions or/and look mainly for satisfaction of their physical senses.
- 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 to 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 etc.
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”. So I’m encouraging them to go beyond and develop higher levels of consciousness, like conscience, intuition, heart consciousness too.

- **Heart & intuitive**
  Where this is the dominant level, these people tend to live more through their heart than mind, they develop & rely on their intuition, focus on helping others, spreading love, doing things for the highest good. They live more spiritually, look for deeper fulfillment, 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 high level of energy, are dynamic, active, have strong determination, will, motivation, take initiative.

On the other hand, people say about somebody who has little inner drive to be quite passive, lethargic, “lazy”, 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.

The big question is how these people use their inner drive. 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 of the level of our inner drive / energy**

Let’s 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 depend 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 very subjective assessment and the scores are only indicative to give you an idea and a basis for comparison.

<table>
<thead>
<tr>
<th>Area</th>
<th>Score 1-10</th>
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<tbody>
<tr>
<td>1. Being generally active / dynamic vs. passive / lethargic</td>
<td></td>
</tr>
<tr>
<td>2. The level of your determination, motivation, will to e.g. 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 etc. compared to others.</td>
<td></td>
</tr>
</tbody>
</table>
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. Here are some signs of low energy levels - if you often feel tired even though you sleep normally, if you need to snack on sweet things, crisps etc. 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?
   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, 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). Use a score of 1 for 12 hours and more.
   For ages below 18 and above 60, different sleeping averages tend to apply. So it is best to use own judgment and comparison to peers when scoring.

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 a couple of hours) and a score of 1 for a very short (less than a minute).

Total Score

<table>
<thead>
<tr>
<th>Date</th>
<th>Score</th>
<th>Percentage out of 70</th>
<th>Comments</th>
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**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 us. 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 the order of 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 / hear the same thing. And it is all about experiences. The whole life is a journey of experiences, most of which we create ourselves.

1. **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 on their lips with our eyes. In that moment we may not hear and see anything else, it all gets blocked out.. Or what a small girl notices when she accompanies her dad on a shopping trip in a supermarket is usually quite different to what her dad does.

   The more we pay attention to what we see, hear, smell, taste, touch, the more we kind of 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 we can experience with shapes, objects, music, sounds, food, as well as words, images, thoughts, intentions, imaginations, actions, memories. Basically everything.
Some staff that we don’t focus on but perceive with our senses 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 staff gets stored into our [subconscious mind]. One reason for this is that otherwise our mind would not cope with the huge amount of staff and would struggle to focus on things it wants to.

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. Or the staff that people are describing when we talk to them. E.g. when we eat whilst reading or talking to other people or working. We are probably not aware of every mouthful we take and how it tastes as our mind is really absorbed by the book, conversation and work. Or when people go to work or school taking the usual root, often they are not much aware of what is happening around them. Their mind is wandering and thinking about work, school, past and present etc.

The question is if the mind of a spiritually awakened person filters less out of awareness. Yes but not too much less. Leaving too much in would be confusing and overwhelming. A spiritually awakened person tends to perceive more things simultaneously, but in layers to reduce confusion. For example when they are listening to somebody talking about something exciting like a story, they will feel through or possibly even experience the story but they still broadly see the person talking to them and stay loosely aware of what is happening around them. Their mind is wandering and thinking about work, school, past and present etc.

2. How does our mind interpret what it brought into our awareness?

As we implied earlier, our mind interprets what it brought into our awareness according to:

  a. if it recognises it, expects it, believes it is real & possible, if it wants to see it. If it does not recognise it, expect it, believes in it, the mind then may interpret it differently. It looks for a match in the memory, or if it does not believe it real & possible it often dismisses it and we don’t see it. E.g. When Christopher Columbus arrived with his big ships to America, they 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 nobody has seen these big ships before, they didn’t think anything like that could be out there. It is only when people allowed themselves to look at the see without pre-conceptions, with curiositly as to what makes the strange noise etc. they noticed the ships. So this is the first manipulation of what we perceive with our senses.

  b. Our Internal reality. Every piece of information that hits our awareness from our senses we then colour / manipulate by:

    • the experiences we had, by our memories
    • by what we learned
    • by our beliefs & views
    • by the emotions, feelings, thoughts, images we had in the past when we saw / heard similar things to what we see / hear now

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 seemingly the same thing.

E.g. Say 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 his girl may see a sleeping baby who is probably cold because she wears little and hungry because they have not yet fed her..

Later when the little girl who loves flowers sees a dandelion, she sees a bright yellow flower with lots of petals but small enough to fit perfectly in her little vase. Her dad may see a weed that spoils his otherwise perfect lawn…

Suddenly the girl sees a cat hiding behind a bush ready to jump on an approaching bird. She may still see a fluffy and cuddly animal, whilst her dad who is a bird lover may see a cruel predator..

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?
How does the outside world really look, sound, smells etc if we all see our own images tweaked by our mind, if we all perceive our own reality?

Tree analogy
Let’s answer this by looking at a tree analogy. Say we walk in the 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 (close, far, left, right, bottom, top).
- Depending on how much or little we pay attention 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 will not see it unless 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. A person looking for wood for his fireplace will see a different tree than a person admiring the tree for its beauty.

The 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 live in the world of ideas. Let’s step back. Where do all the things we see around us originate from? If you think about it there are two types of things surrounding us everywhere. Those made created / invented 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 / invented in somebody’s mind as an idea. And then the idea was materialised in the physical world.

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 & molecules randomly organising themselves? Of course not, they have also been created / invented by somebody’s consciousness…God’s and spirits’ consciousness…

So we actually live in the world of ideas materialised into physical form. That supports what we said earlier that we co-create external reality with our internal reality. So we can change as well as form physical and non-physical things with our ideas, intentions, desires, beliefs, views, feelings, emotions, and even information.

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 [2] 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 (consciousness and the levels of consciousness are explained in chapter []).

When are we present and when not
Unfortunately people tend to be not very present, not very conscious, not enough in the present moment quite a lot.

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 want to be withdrawn from here and now for whatever reason.

Please note that I’m not saying that we should not think about the past & future etc. No, it is often useful for us to “go to the past or future, visualise things etc. But no matter how strange it sounds don’t forget that all the past, the future potential and everything else can be accessed through 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.

So how do we stay present whilst going to the past? If we feel the past & future, the ideas and visualisations. If we use our heart rather than mind to do it... then we operate at a higher consciousness level, the heart level. When you do things with your heart you maintain your presence.

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, song and etc. is happening here and now, they are still present but fully focused on one that 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 ourself 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 😊.

As a result of not being present enough, 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, e.g. we eat automatically when we read whilst eating. 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..

People also get into various mental states and experience various emotions without realising it when they are not present.

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.

Many of you have experienced or heard about people having moments of extreme presence, such as when something happens to them and they act in a way a “superman would”. E.g. somebody is chased by a dog and they somehow in that moment manage to jump on a tree branch above their head, or somebody is about to have an accident and in that moment they do something magic and avoid it or don’t hurt themselves.

The power of presence
The more present we become, the more powerful our presence will be, the more people will notice it. And here I don’t mean because we will be louder or have dynamic body language. I mean us – our mind, heart and awareness being fully there in that room, in that conversation etc. I mean us looking people directly in their eyes when talking and emitting calmness, positiveness, love.

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 felt in that moment like the child was scanning the whole of you, looked 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 will react to it in their own way. Some will feel we are charismatic and look up to us, some will feel we listen to the more / will engage with us / include us more in conversations etc, some will be little less confident around us, some will confide in 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 beat / transform our fear with our own presence 😊.

Through both the increased presence and higher awareness we reach higher levels of consciousness, connect with the 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 😊.

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.

The power of increased body awareness
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 become more aware of our body language when talking to people.

We understand and can communicate with 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 sooner. 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 / dissolve them.

It may sound odd but we increase the consciousness of our body itself this way. As we increase our body’s consciousness we strengthen our immune system, we slow down our aging and achieve other health improvements. Please remember as we said earlier that there is a spiritual way to dramatically improve our health too = spiritually growing and so bringing our Higher self into our consciousness.
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 does that too, or doing sport and other exercise.

**Overcoming negative emotions and solving problems with higher awareness**

People experience various new or old negative / unhappy emotions during “every-day dramas” that life brings. By stepping back and observing self and the situation from higher perspective, 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 are in better position to understand the reasons for us feeling the emotion in the first place. This is covered under emotions in the section “Changing the individual mental states causing these emotions” on pages []

With higher awareness - seeing, feeling & 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 with higher awareness**

Becoming more present and developing higher awareness brings along many other benefits that we can make most of during day to day:

- Interestingly our six senses sharpen. It may feel like we see, hear, taste, feel more and better. And we start being aware of so much more around us than other people.
- We will communicate and listen more effectively and so understand and engage with people better. We should be more aware of their emotions, body language, intentions behind their words and actions, their point of view, some beliefs, values etc. And this will help us not to get affected by people’s behaviour, their negative emotions and every day life dramas that these create.
- Our thinking will become clearer, more focused & to the point, more direct, more succinct. We should become more creative.
- We 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 become a “multi-tasking expert” at work, in running the household etc.
- We improve in sports, which often forces us to be very alert / present.
- We will become more aware of our own mental states and negative / unhappy emotions that we used to experience not knowingly. And many more.

We may also start developing some other characteristics which come along with spiritual awakening, such as stronger ability to create desired reality and creativity boosts - see spiritual awakening section on pages []

**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:

- Strong intention to have higher awareness and be very present.
- Observing, feeling and creatively thinking from higher standpoint / “standing back”
- Being very alert and aware of our surrounding and having subtle body awareness.
- Clear mind. Developing a mind free from clutter like busy and uncontrollable thoughts, resistances and attachments, fears and worries. And not talking to ourself in our mind and instead observing, feeling, sensing.

In those moments that 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 😊. And, surprisingly for some, this will actually allow you to be more aware and more present.
Having strong intention does not take much and the following 3 Observer exercises are great for learning the rest - observing from a higher standpoint, increased presence as well as clearing the mind. 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. if when sitting and resting it is easy to be aware that we are doing that, that we are peaceful & content. 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. If you get closer to the real conscious you.

[As you practice being an observer of yourself, it will become more natural and you will be able to maintain this “higher” awareness for longer. Our objective is to develop this into an ongoing higher awareness - in the corner of your eyes you additionally see everything from a bird’s eye perspective...]

**The Observer exercise for 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 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 2 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 / 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 while but as you practise your skill, expanded awareness and with it results will improve.

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 used as input into the various other self-assessments covered especially 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 – same as 4 above

3. Observe your body language and reactions in response to what the person says and his/her body language

**Advance level**

**Observe self during uncomfortable / difficult / stressful situations**

1. Watch how you feel overall - same as 3 above but focusing on how does the situation make me feel

4. Observe your mind – same as 4 above

5. Observe your body language and reactions in response to the situation

**The Observer exercise for increased presence**

**Beginner**

**Thoroughly observe an object**

Pick a medium-sized varied object like a mug, fruit, picture, flower, statue, pet or tree that you see around you and start observing it in real detail.

Explore the details of how it looks and try to feel the object with your 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. 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. Where appropriate imagine how it would feel if you licked it.

Now step back, look and feel the object as a whole and summarise how you feel about it. 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**

This can be even more fun once you start feeling the energy of different rooms. It is best to do it when you are relaxed on your own in any room at home, restaurant, shop, 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.

Start by making yourself be fully in that room here and now – mentally and with your heart. 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, crammed, is it tidy, messy etc.
- What is the overall atmosphere of the room? Or if there are people there, what would be the overall atmosphere?
- Any other senses like smells, sounds.
- 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 like – dynamic, slow, smooth, sharp etc. Guess what they may be like – warm, easy going, cold, serious etc.
- Now feel what atmosphere these people create together – warm, merry, peaceful, dynamic, dull, uncomfortable, tense, cold, noisy etc. And how does this atmosphere compares to the atmosphere of the room without people. Are there any similarities 😊
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 mind below. It is a good idea to do this once you achieve the intermediate level for clearing mind..

The Observer exercise for 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, 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 things 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 3 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 etc. 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 = we feel the nature.

Find a quiet and comfortable spot to sit in the nature.

Start observing and feeling the scenery around you with your 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 weather like the wind and the sun, 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).

Spiritually awakened people may additionally feel how especially the trees are somehow aware of their presence there. They may even have brief senses of knowing how the nearby tree feels 😊
Our intuition is a higher part of us. It is kind of one level above our conscience. It is a higher intelligence itself as well as a carrier of messages from our higher self, soul, spirit guides, divine beings, God.

Let's look at an example of intuitive messages: You are walking down the street. You get a sudden sense to look left. You look and there is a second hand furniture shop in front of you. You then either get a sudden thought to go in, or 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 relative stares at you that he/she always wanted but they no longer sell it. And it is in such a good condition, waiting for you 😊

Recognising intuitive messages
Intuitive messages usually come in the form of an inner feeling, sense or images and occasionally as a voice. It is often an intuitive flash where we receive all at once. By this I mean not one message after another but a number of things in one. This is because they come from outside our 3D world, outside the linear time where all happens at the same time.

The messages come at its own will without any thought. Intuitive messages feel right and they have no fear or doubt attached to them. Fear and doubt about something is created by the mind. It's more like a little spark of inspiration that just clicks. The same with what we feel with our hearts.

Initially it tends to be pretty hard to recognise the intuitive messages. Especially to distinguish between messages from the intuition and from what we create with our mind. It takes some practice and experience. As a person starts to clear their mind of busy thoughts, spiritually awaken and become aware of their higher parts, it becomes easier to recognise intuitive messages.

Intuition comes fast. The mind is slower, but it can still block, ignore or dismiss the message from our intuition and feelings from our heart. Thoughts get in the way of intuition in two ways. To start with, busy mind full of thoughts does not allow the intuitive messages to come to your attention. And then if they make it through, many people start thinking about the messages and conclude that logically it does not make sense so they dismiss it as a silly thought. Their mind usually tries to talk them out of it, saying things like "it can't be true, it would be foolish to follow it etc.

Or some do the opposite. When they get a sudden thought they say "Well, I just thought that myself. It can't be from my intuition / Higher self / spirit guides / even God. But that's more often who it was from 😊

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…

Please bear in mind that there is a risk that we choose to follow what we think was our intuition and it then turns out to look like the wrong thing to do. Yes, we may have got it wrong or we didn't and it will become clearer later that it was the right thing to do..

State of Knowing
As you spiritually grow, your intuition strengthens. The more you awaken, the more messages you will get. When you reach higher levels of spiritual development and start connecting with your Higher self, your intuition will take on additional exciting dimension. You will start developing an ongoing sense of Knowing deep inside you. You will kind of recognise a spiritual truth when you hear it = it will resonate with your heart. You will begin to know in your heart what are the right things to do, how things are etc. – again those right answers will resonate differently inside than the wrong answers.

This is very different to normal state where people use their logic, reasoning, experience, knowledge and so on to know how things are and what are the answers to some questions...

Practising intuition
There are many ways to practice intuition besides spiritually growing and connecting with higher parts of us. Many books have been written about it. For example 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 image of somebody comes to your mind.

Other ways of communication by the higher parts of us
There are many other ways that the other side including our Higher self communicate with us than just through our intuition. Mainly:
Through signs, symbols and other messages

The other side communicates with us via various signs and symbols, especially after we start looking for them. These can appear in the papers & magazines we read, TV, on our journey anywhere. Even somebody talking to us or to somebody else (and we overhear them) may say something which is a message for us.

And how can we tell that the thing we spot etc. is communication to us? Here are some hints:

- **When the sign/message closely relates to us**
  E.g. when it answers the question we have on our mind, when it feels like a guidance to what is best thing to do in a particular situation, when it points to something very relevant to us, when seems like an answer to our problem and so on.

- **When the sign/message coincidentally keeps repeating**
  E.g. when I started looking for communication from higher parts of myself I started noticing that very often I intuitively looked at the digital clock and the time was 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, 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 or shall I say when you start getting this or similar kind of messages, then you know you have connection and it’s time to celebrate 😊

creating events and experiences for us

Whether we know it or not, the other side communicates with us through creating events and experiences for us as we explained earlier.

When can we feel and communicate with 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 Budha, our spirit guides and guardian angels? When is that possible?

- **When we raise our consciousness to their level.**
  Impossible, you say? But we have a piece of god inside us 😊 so nothing is impossible. Spiritual development can be hard and slow process though but here is the good news: No matter how far we all progressed with our spiritual development, we will all expand our consciousness on the magic day of 21.12.2012. Some people will open up psychically. The more people progressed with opening they heart and their general spiritual development up to that day, the bigger jump they make… This will be wonderful for many, but also a bit scary for others, such as some materialistic, egoistic and intellectual people who believe in nothing else than their mind, intellect and what they see with their own eyes. Imagine how a greedy banker will feel when they starts seeing a fairy floating between his trading computer screens 😊

- **Sometimes the divine beings, especially angels, significantly lower their vibration and so appear in the levels of consciousness that we operate at 😊**

### Chapter 6 - Emotions and Personal qualities

**Emotions vs. Physical feelings**

It is important to understand the distinction between emotions and physical feelings.

*Physical feelings*

We can say that our physical feelings are our physical sensations like feeling hot, cold, hungry, thirsty, painful, itchy or our senses of touch, like something feels rough or smooth. They tend to be our bodily reactions to the external environment.

These physical sensations are actually influenced by our mind and personality too. E.g. the same kind of pain may feel very different to somebody who is brave and somebody who fears pain.

*Emotions*

On the other hand, we can say that emotions are our non-physical sensations / feelings like feeling of happiness, gratefulness, jelousy, worry, shame etc.

Emotion/feeling is a moving energy (energy in motion = e-motion). Each type of emotion, such as joy, fear, anger, hate, excitement has different kind of energy, which feels differently.
Feelings/emotions are universal language across dimensions. People who can communicate with nature like animals & trees, e.g. Little Grandmother, communicate with them mainly through feelings and not thoughts.

Because emotions are complex - they are linked to the whole person, to our heart, mind and body - psychology still struggles 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 around 90 different definitions in psychology and this is most confusing...

**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...

**How do we and our body feel emotions when they arise?**

Because emotions are energies, when we 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.

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. But our body always responds to the emotions we experience, so a good way to recognise the emotion that we are experiencing is to observe our own body’s response (body language, how are we feeling inside etc). Many people actually struggle with that because of their limited awareness, so they can ask somebody else to observe their body language for them.

**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. lying 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 either recall the state of mind that gave rise to the emotion, or the emotion is triggered off by similar experience / thought and even memory of that which created the emotions in the past. This is covered later on pages [ ]

Without reacting to anything that just happened, we feel an ongoing emotion of say happiness, sadness, being merry, negative etc. It may reflect our mood, attitude, personality / personal qualities, how much our heart is open. Or they may be a combined reaction to many things that happened in the past.

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 a 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.

So 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.
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...

How do we change the emotions we feel?

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.

Personal qualities and personality

As we said because emotions give colour to and enrich our experiences every second, we experience lot of emotions. Happy ones and unhappy ones, new ones and old ones. These abundant feelings/emotions build our personality. We all have various personal qualities, e.g. being kind, calm, tolerant etc. These personal qualities are in essence regularly experienced feelings/emotions of the same nature. Or more precisely, personal qualities are regularly experienced mental states that bring emotions characteristic of those personal qualities. E.g. a person who fears or envies a lot (=mental state) tends to be fearful or envious.

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:

- Heart-based / spiritual emotions, such as being in love, feeling happy, joyful, merry, peaceful.
- 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,

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 they build up strong energy (power). 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 any more. 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 hold onto positive emotions like feeling happy, merry etc. 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 or we forget about the situation, 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 think of the situation again, because we have not removed the cause, we will get into the same state of mind and feel that emotion again, whether it is a negative or positive one.

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 things 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.
- In the physical body

Our emotional body is the first place where the emotions are stored. We explained in the section [ ] on consciousness levels on pages [ ] that the emotional body goes through the physical body. And so 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...

The physical body tends to initially store the suppressed negative emotions in the muscles where they can do less harm. This protects the organs 😊 but if the suppressed emotions accumulate, they may end up affecting organs too.
The stored negative emotions then affect the energy flow through that area, create energy blocks, lead to muscle tightness & aches, affect blood circulation, upset the chemical balance in the area and more. This is expanded in the section [ ] How does our mind affect our health on page [ ].

How can we recall stored emotions?
We can mentally recall the stored emotion itself, the event or the mental state e.g. the non-forgiveness that brought the emotion.

Or the stored emotion can be unintentionally triggered off by various things.

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?

Suppressed 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 / they don’t know what to do about it.

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: 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
<table>
<thead>
<tr>
<th>Negative emotions / personal qualities</th>
<th>Linked situations &amp; events when felt that emotion / displayed that quality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Selfish / self-centred / egoistic / inconsiderate / mean, wanting things own way, fussy, Or even ignorant, arrogant, harsh, “cold hearted”,</td>
<td>Feeling powerful / desire to be powerful, feeling superior, desire to control others, to put people down with words (incl. through humour) and actions</td>
</tr>
<tr>
<td>Greedy, stingy</td>
<td></td>
</tr>
<tr>
<td>Envious, jealous</td>
<td></td>
</tr>
<tr>
<td>Hateful, being nasty, cruel, wanting to hurt somebody / destroy something, “having no feelings”</td>
<td>Unhappy, sad, serious, miserable, grumpy, melancholic, depressed,</td>
</tr>
<tr>
<td>Not relaxed, stressed, tense, agitated,</td>
<td>Anger-based emotions like feeling angry, annoyed or even aggressive, violent, fierce, furious</td>
</tr>
<tr>
<td>Not tolerant, strict, harsh, impatient, disrespectful, prejudist, racist,</td>
<td>Fear-based emotions like fearful, worrying, feeling anxiety, nervous, shy, embarrassed, mentally weak, undecisive,</td>
</tr>
<tr>
<td>Being negative, pessimistic, complaining,</td>
<td>Lazy, lethargic, slow, inactive / lifeless, bored, dull</td>
</tr>
<tr>
<td>Closed, withdrawn, not communicative, not friendly, shy,</td>
<td>Putting self down, not believing in self, self-blame, disliking self, hating self</td>
</tr>
<tr>
<td>Non-truthful, two-faced</td>
<td>Resisting, frustrated, complaining,</td>
</tr>
<tr>
<td>Non-forgiving, bearing a grudge,</td>
<td>Not trusting, doubtful, having no faith and belief in God</td>
</tr>
<tr>
<td>Feeling empty, lonely</td>
<td>Ungrateful, not appreciating, taking things for granted, spoilt</td>
</tr>
<tr>
<td>Feeling constrained, feeling like being controlled, feeling like a victim,</td>
<td>Careless</td>
</tr>
<tr>
<td>Rough, clumsy</td>
<td></td>
</tr>
</tbody>
</table>

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: 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.

<table>
<thead>
<tr>
<th>Positive emotions / personal qualities</th>
<th>Your Score (0-10)</th>
<th>Negative emotions / personal qualities</th>
<th>Your Score (0-10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Loving,</td>
<td></td>
<td>Hateful, being nasty, cruel, wanting to hurt somebody / destroy something, “having no feelings”</td>
<td></td>
</tr>
<tr>
<td>2a Considerate, kind, nice, caring,</td>
<td></td>
<td>Selfish / self-centred / egoistic /</td>
<td></td>
</tr>
<tr>
<td>2b</td>
<td>Generous / giving,</td>
<td>Inconsiderate / mean, wanting things own way, fussy, Or even ignorant, arrogant, harsh, &quot;cold hearted&quot;,</td>
<td></td>
</tr>
<tr>
<td>2c</td>
<td>Humble, modest</td>
<td>Feeling powerful / desire to be powerful, feeling superior, desire to control others, to put people down with words (incl. through humour) and actions</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Happy, joyful, merry, cheerful,</td>
<td>Unhappy, sad, serious, miserable, grumpy, melancholic, depressed,</td>
<td></td>
</tr>
<tr>
<td>4a</td>
<td>Calm / relaxed, peaceful,</td>
<td>Not relaxed, stressed, tense, agitated, Anger-based emotions like feeling angry, annoyed or even aggressive, violent, fierce, furious</td>
<td></td>
</tr>
<tr>
<td>4b</td>
<td>Tolerant, patient, accepting, respectful, laid back, lenient</td>
<td>Not tolerant, strict, harsh, impatient, disrespectful, prejudist, racist,</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>Fearless, healthily confident, courageous, mentally strong, decisive,</td>
<td>Fear-based emotions like fearful, worrying, feeling anxiety, nervous, shy, embarrassed, mentally weak, undecided,</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Being positive, optimistic</td>
<td>Being negative, pessimistic, complaining,</td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>Energetic, bubbly, excited, passionate, active, alert, fast, very present</td>
<td>Lazy, lethargic, slow, inactive / lifeless, bored, dull</td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>Communicative, approachable, easy going, friendly, open</td>
<td>Closed, withdrawn, not communicative, not friendly, shy,</td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td>Truthful</td>
<td>Non-truthful, two-faced</td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td>Accepting, letting go</td>
<td>Resisting, frustrated, complaining,</td>
<td></td>
</tr>
<tr>
<td>12.</td>
<td>Forgiven</td>
<td>Non-forgiving, bearing a grudge,</td>
<td></td>
</tr>
<tr>
<td>13.</td>
<td>Trusting, having faith and belief in God</td>
<td>Not trusting, doubtful, having no faith and belief in God</td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td>Fulfilled</td>
<td>Feeling empty, lonely</td>
<td></td>
</tr>
<tr>
<td>15.</td>
<td>Grateful (thanking is an expression of gratitude), appreciative</td>
<td>Ungrateful, not appreciating, taking things for granted, spoilt</td>
<td></td>
</tr>
<tr>
<td>16.</td>
<td>Feeling free</td>
<td>Feeling constrained, feeling like being controlled, feeling like a victim,</td>
<td></td>
</tr>
<tr>
<td>17.</td>
<td>Conscientious, diligent Gentle, graceful,</td>
<td>Careless Rough, clumsy</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total Positive Emotions Score</th>
<th>Total Negative Emotions Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Positive Score less total Negative score</td>
<td></td>
</tr>
</tbody>
</table>

| Measure of heart openness / unconditional love | Total Positive Score less total Negative |
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.

**Releasing stored negative emotions and experiencing mainly positive emotions going forward**

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 how this brings feelings of deeper happiness, joy, love, peace etc.
- It also heals our physical body. 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 show it in their physical appearance, such as features in the face and posture. E.g. the eyes of a person suffering from depression may look more distant than normal.

  More is covered in the Health section on pages [ ].

- It is part of a spiritual awakening in that 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 don’t allow us raise our energy vibrations. When we release negative emotions / change the states of mind causing these, we release what is holding us down... And so we actually get lighter and lighter until we feel like we’re floating..

  Actually the good news is that the bigger the release of negative emotions we achieve and the more heart-based emotions we experience, the bigger jump in personal and spiritual development we make. And the bigger increase in consciousness we experience.

**So 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 is 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 can noticeably reduce the emotions, even though we have not changed their cause..

As we said earlier we can experience stored emotions intentionally by mentally recalling the stored emotion itself or recalling the event or the mental state e.g. frustration, non-forgiveness that brought the emotion. 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 😊

We can also experience stored 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.

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, he 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:

1) 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?

2) 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

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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. 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.

3) 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 doesn’t really need to buy all these things and can be happy without some of them.

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 doing this.

I created a guiding template that you can use (see below).

If this still does not work, then you may want to follow the 2 spiritual ways covered later.
Template for identifying & changing internal reality behind the negative / undesirable emotions

Following this table below will help following the above steps.

<table>
<thead>
<tr>
<th>Undesirable / negative Emotions / Personal qualities</th>
<th>Linked situations &amp; events when felt that emotion / displayed that quality</th>
<th>View, belief, thought, intention, desire, attachment, resistance, habits or value behind the emotion</th>
<th>New changed view, belief, intention, attachment, resistance etc.</th>
<th>Other solutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Put here the negative qualities identified in the Negative emotions &amp; qualities assessment</td>
<td>e.g. when in bigger groups of friends &amp; teams at work, when speaking in front of people when talking with girls</td>
<td>e.g. people may not listen to me, may not like what I have to say &amp; suggest. girls, may not be interested in talking to me, may laugh at me low confidence in self</td>
<td>I mean well, I have good ideas, people like talking to me because I’m genuine and kind</td>
<td>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</td>
</tr>
</tbody>
</table>

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.

[The body does many things to deal with the stored negative emotions. E.g. It goes through cycles of experiencing the physical symptom / problem, e.g. muscle inflammation, during which it works on balancing the physical problem. This also gives us the opportunity to help with relieving the physical symptoms.] This [miraculous] process is described 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 ways which also help strongly 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 the 4th dimension and heart consciousness (see description under the Dimensions and 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 the method that I use and it works wonders. In addition to generally opening and living more through our heart, we can step back and in simple words “through our heart” transform our stored negative emotions and unwanted personal qualities 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..

How come? 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.

Similarly, 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 development. This is what we are meant to realise on our life journey and do it...

So how do we do that? Here is the secret: You surround the negative emotion / quality with own love energy of the heart.

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.

And don’t forget that as we said earlier, the more positive / spiritual emotions and qualities we have, the more love we carry and so the closer we are to our higher selves.

I do all this in a small ritual and call it the “Love bath ritual”

**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:

7. **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 3 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.

8. **Moving into (or near) alpha brainwaves – the Rainbow walk**
   With your eyes closed imagine individual colours of the rainbow in the following sequence. 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.
   - White
   - Yellow
   - Green
   - Turquoise / Light blue with bit of green
   - Blue
   - Purple
   - Pink
   - Red
   - Orange
   - Yellow
   - White

9. **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. We need to accept us as we are with our perceived weaknesses first and then we can do the transformation with more love.

- 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..

4 Moving from alpha back to beta brainwaves – Rainbow walk backwards

Imagine the colours in this order and in the same vivid way: white, yellow, orange, red, pink, 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 7 - Health

Chapter 8 – Earth and Universe

The duality of Creation
Some mystics say that before the Universe / Creation there was only Oneness / Consciousness. All was one, there were no opposites. And then a part of Oneness split into Duality = the Universe was created.

It is true that the whole Universe / Creation is characterised by duality. But Oneness and multidimensional universe are timeless and limitless. And so 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 / mass – the physical side, visible and invisible.
- Spirit – life, being, consciousness; the non-physical, conscious and spiritual side. [Next chapter] is devoted to spirit / being.
At the level of Matter, the duality means that everything within the Universe / Creation has its pair of opposites, a pair of contrasting aspects, which are held together by the forces of polarity. Just as the saying goes - “every coin has two sides”. Ancient Chinese observed this duality well and called the opposite forces / qualities / aspects of matter “Yin and Yang energies”.

We can see the opposites everywhere in our world. 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.

More often things 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.

This important multi-dimensional characteristic of the Universe as well as consciousness is expanded in the Dimensions section on pages [] and the Level of consciousness section on pages [].

The main purpose of Earth and Creation

The Universe / Creation mainly exists as a training ground for the development of consciousness, souls and spirits. And so the Earth is also a training ground for the development of consciousness, soul and spirit of everyone who chose to incarnate here...

It is the duality that offers us the opportunities for development but unfortunately it also brings suffering ☹.

All places on Earth and in the whole Creation 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 places, “light places” are the opposite.

So what determines the level of energy vibration of a place? It is the level of consciousness of people, animals, physical things and non-physical things in that place that impact the level of energy vibration there. And we are talking about a cumulative level of consciousness including the past. And so a place where a war battle took place will carry very low consciousness until it is raised.. On the other hand, we feel at least subconsciously so much better somewhere in beautiful scenery like on a romantic beach or in a place devoted to weddings.

We will cover in more details later how the level of consciousness and energy vibration is linked (on pages []).

So, the lower the consciousness in an area on Earth (and in the whole Creation), the denser that place / the lower the vibration of energy there.

The denser the place, the greater the duality / the opposites (the extremes, the negative & positive). The greater “the struggle of light and darkness”. There is actually an ongoing struggle of light and darkness in the whole Creation...

And the bigger the duality / opposites, the bigger are the opportunities for our evolvement at an accelerated speed. But also the more possibilities exist for people to suffer there ☹.

This works the same way the other way round, i.e. the higher the consciousness, the higher the energy, the lower the duality and the lower the opposites.

And so one part of our life journey is to learn about these various opposite sides and their different aspects & intensities e.g. tolerance and non-tolerance. We learn mainly through own direct experience but learning indirectly through reading about things, seeing them on TV etc. is also an important way. This learning allows us to:

- Realise there are opposites within that spectrum, and appreciate their differences. E.g. we can appreciate love more when we know hate.
- Then we are in much better position to choose what we want to experience and who we want to be.
- And then make those choices and decisions and so define who we are.

The struggle of light and darkness on Earth or Where the world is and where it is heading.

Mainly because of relatively low consciousness / spiritual development of the majority of people, many physical and virtual places (e.g. on internet) on Earth are pretty dense places. The ongoing struggle of light and darkness, of low consciousness with high consciousness is big here ☹. And so is the suffering of many people ☹.
But often the existence of light and darkness, of “highest good” and “the absence of good” in our world is not so visible, like it is in the fairy tales. 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. Also many others 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...

And the darkness that I’m shining a torch on in the sections below brings suffering to many people 😔 Almost everywhere you look you can find some suffering. 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, cross the bridge to higher consciousness and permanently experience the 4th dimension. 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 1) greed, 2) power, 3) gaining control over people, 4) putting fear into their lives and 5) protecting selected companies so that they can dominate, 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.

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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).

  Over the years they hugely increased the prices and so reduced living standards of many people, they sell products that they can’t sell well in Western Europe because people in Eastern Europe have no idea what are the latest models. They use local people mainly for lower paid jobs like assembly of products and use local suppliers only if they accept very aggressive and unfair terms from the multinational companies. They closed down lots of local companies, sent people on the streets with low redundancy packages and moved the production to Asia.

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, do things for free etc. 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! These people tell us what we need to do, when we need to do it (incl. evenings & weekends), how we need to do it. 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.

So many people work like crazy to “satisfy their bosses” and earn the money they need. And often they don’t like their job and being controlled by their bosses. So they unhappily carry on because they feel they don’t have an immediate choice and because of the fear of what would happen if they stood up for themselves or even said “No more!”. They fear that their standing up for themselves may not work, that it may go against them, they may end up under more pressure by their unhappy boss 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 secrets 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 development.

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 to slide into poverty, or even become homeless and be forced to beg on the street. With it comes cruel rejection by the 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 with and more help from the other side, people develop warm hearts and other spiritual qualities, spiritual development without believing in the divine is pretty hard 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 very positive opposites. We talked about some already - it offers big opportunities for our evolvement at an accelerated speed.

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 greed and power addiction that we will be talking about 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 ones like having a job is another way of being with people, making friends, being part of something, learning new things, developing 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” 😊

**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 prey 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.

- **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. There are many similarities with the investment banks…

- **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?

**What is the alternative system?**

So, is there an alternative system? We talked about the Scandinavian system but it has weaknesses too. So let’s visualise for a minute knowing that nothing is impossible:

How about 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.

Because this is so different it seems like it will take very long time to get there. But as more and more people open their hearts and spiritually develop and higher spiritual energies continue to arrive to Earth, this vision will be transforming into reality faster. In fact, there is a big potential that humanity will get there within the next 20 years. And many clairvoyants have seen this in their visions and communications with divine beings. You may want to read the book 2012 and beyond from Diana Cooper…

So we can all contribute to make this happen, knowing that “the force is with us”.

**How are people changing the world for better?**

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.

Look at all the brave demonstrators who started the Occupy The Wall Street movement 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.
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..

And what about the extraordinary courage and desire for freedom and a better life of people in Libya and other countries during the ongoing African and Middle East uprising. Incredible. And 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.

So following their heart, overcoming their fears and “combining forces” with other people who feel the same, these people are realising their power. Add to this the invisible help from others watching with compassion and these people can and will move mountains. Eventually they will all 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.

Let’s stop feeding the system

The other thing we can do is to stop feeding the system. We talked above 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 (may be 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 thinking about things like:
  - Is the product good for my well being?
  - Does this product 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 & 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.

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 do not know where to start.

By our own spiritual awakening and empowerment, by acting in partnership with our higher self in creating our reality, 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 get together with other spiritually growing people of similar intentions, such as during various spiritual & religious events, group mediations & 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. Huge changes of mainly spiritual nature are happening on Earth too and this is affecting everyone. They increase overall consciousness of people and help them with their transition & with transmuting their accumulated negative energies.

To spot them and understand their benefits we need to step back and look at things from much higher perspective. I will list some of the main ones below. Actually some of these changes will not seem positive to people without further insight, but they all lead to a better world and higher dimensional living eventually.

1. The time is speeding up, or more accurately we perceive time going faster. You probably noticed that around you. For example the days seem to go faster than they used to, by the time we know it it’s lunch time, then kids finish school and soon it’s late afternoon and time to go home from work for many. This perception of time going faster intensifies when one focuses their mind on something and so forgets about the time. In other words when one is 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, are stressed at work because of the amount of staff to do, are too busy to keep friendships, don’t have enough time to spend relaxing time with their families and so on. In order to cope, many have made choices to drop things that they wish they could do because these can wait whilst other tasks “have 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, which can lead to emotional and mental overload, stress and even going crazy and depressed. The large number of experiences often can not be processed by our minds and they are often stored in the unconscious mind and create disharmonies.

- People’s life lessons and karma are “speeding up”

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...

- One way that people deal with this is that they speed up physically and mentally and perhaps get more organised. Then we may just manage it all, but the chances are we will be tired & exhausted many evenings. Also, we may not feel a satisfaction from the 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 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 self 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.

But we need even bigger solution to deal with the speeding up of time and all its consequences because the above usually does not fully overcome the pressures. Once people spiritually awaken, the speeding up of time stops being an issue.

2. It takes more effort / energy to maintain order of material and non-material things, to prevent disintegration / chaos. For example things may break down faster, it’s harder to manage bigger groups of people say at work & school, things (physical but also non-physical like relationships, health) can get messy more easily, house can get cluttered more easily and so on.

3. Spiritual energies on Earth are significantly changing mainly to reflect higher spiritual development of the small minority and to move life on Earth into the next phase. Actually higher spiritual energies have been
gradually arriving to Earth as far back as 1987 when a planetary alignment called the Harmonic Convergence occurred. This is now really speeding up:

- the Earth energy portals (there are 33 main portals) are opening up from 2012 to spread spiritual energy / light from the stars and other energy sources within the universe via the leylines (energy channels connecting Earth to these sources). In general this will help the majority of people spiritually develop, even though people will be absorbing different amounts of these energies / light into their auras according to their level of development and location.

- As we said earlier a shift, a quantum leap in spiritual energy [takes place] on 21 December 2012. This will affect everyone inside:
  - In general people will go through various levels of psychic opening, an increase in their awareness. They may not be initially aware of this. Their sensitivity to energies will increase and some will even start to see and hear “beings from the other side”. Materialistic, ego-centered and other people who will not be ready for this spiritually are likely to struggle with that in their own ways. Some will even develop mental problems, particularly if they resist the psychic opening that they experience.
  - As we said earlier, people who will have sufficiently opened their hearts / reached high enough spiritual development will go through a bigger shift on this day or anytime after that. Because they can receive and carry this much higher spiritual energy & light their heart chakra will fully open and they will experience a wonderful expansion in their consciousness and further opening of their heart. On that date or whenever they are ready, they will cross the bridge to the heart consciousness and permanently experience the 4th dimension, whilst physically staying in the 3-D physical world.

- The shift will affect people in other ways too but the above two impacts are key.

- As we said earlier, there will be another transition lasting 20 years before a truly New Age begins.

As a result of the changes of the spiritual energies, mother Earth is going through big changes and cleansing / purifying herself. For example many weather changes, water flow changes, earthquakes, volcano eruptions, movement of the north and south pole, gravity changes are linked to this transformation. And there is a lot more to come.

And the energy change is having big impact on us in many ways:

- It is easier to communicate with (e.g. via intuition) and receive help from the higher parts of our selves like our soul and spirit and from God, our spiritual guides and the divine beings like angels.

- It is much easier to spiritually grow and awaken, discover our real conscious self & true nature, and connect to our soul and higher self. Achieving enlightenment and ascending 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. Similarly it is easier to feel emptiness inside for example when people lead shallow lives.

- On the other hand people who resist spiritual growth may be “pushed” by life more than before to spiritually grow and deal with their disharmonies. This happens for example through the “random” events and experiences they have.

- Linked to the above point, things are becoming more intensive. Harmony becomes bigger harmony and disharmony becomes bigger disharmony. 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 should push them to deal with them.

- The power of love is more visible and spreading love is kind of more satisfying and fulfilling.

- When one is balanced / centred and in harmony with the environment, one can experience deep peace and happiness more easily

- People’s dis-harmonies cause more pain and suffering. It’s also easier to feel emptiness inside

- Healing takes place faster, harmonising body, mind and spirit is easier.

- The mind can create reality more easily and things can be materialised in the physical world faster, for example when praying.
- Our ability to know without thinking is greater
- The power of meditation is greater
- Simple things often carry more beauty and harmony. And more

And what about the impact on the nature – animal kingdom, trees, water etc? Because all levels of consciousness are connected (see pages [ ]), this energy change as well as the conscious spiritual development of people is having big positive impact on the other life forms and their evolvement! Many positive changes in animals’ behaviour are visible today already and the time will come relatively soon when lion will lie down with the lamb after all ☺.

So what is the conclusion of all this? Thanks to many of us and thanks to divine interaction, the world continues to be a better place at an accelerating rate, despite the existence of a fair amount of darkness and a bumpy ride on the way.

**Matter, Energy and Light**

Now let’s step back even more and look at what is the Universe made up of – matter, emptiness or/and aether? Also why does it exist and how does it link with the Other side / the consciousness..

**What really is matter?**

We define matter as the solid things and the non-solid things that are made up of atoms and molecules, like gas, electricity, sun light.

We know that all particles which make up atoms are in motion - they pulsate / vibrate, move in circular motion... And so do atoms and molecules, electricity, sound and light. But what makes it vibrate, what gives it this life?

Einstein answered this when he discovered that all matter is energy. Atom particles are pulsating energy. This is complicated to understand [explained in the advanced section on Aether on pages [ ] so let’s just say that this energy makes the particles move / pulsate / vibrate in a continuous cyclical way.. Up and down, up and down… And it is this continuous cyclical vibration, which creates matter and allows it to hold on to the form it has. Rock stays as rock because of its specific structure of atoms and molecules. This structure holds together = the atoms and molecules do not go wondering about because they and their particles pulsate together in the same pattern. And so they “stick together like magnets”

**What gives matter its energy? – Spirit**

But where does this energy creating matter and holding all together come from? What is the source of this energy? The answer is spirit / life force and its consciousness. Spirit is the source of the energy... As spirit has been created from God’s essence, the ultimate source of the energy is God.

And so because all matter is energy = all matter emits energy, the energy in matter is a reflection of the spirit / life force within matter..

So we can conclude that matter without spirit / life force can not exist, it does not function. Wood, metal, water even air can not hold together / keep its form without spirit. Atom particles can not form atoms, atoms can not form molecules, molecules can not form structures creating different types of matter without spirit.. The energy emitting from Spirit holds it together and makes matter into what we see or what we can measure.

So all matter like stones, metal, water, plant, animals, people emit life-force energy. This life force forms an aura around physical objects. Auras can be measured by our science, and they can be sensed or seen by sensitive or spiritually gifted people (felt as warmth, seen as different colour light etc).

We will be exploring spirit and consciousness later on pages [ ].

**The main purpose of matter**

Here is one more secret. The main purpose of matter - the physical form in Creation is to offer us – our conscious us, our soul and spirit the opportunity to develop, raise our consciousness and so raise the level of our vibration, emitting energy and light. (see how consciousness is defined on page [ ]).

**Link between levels of energy and levels of consciousness**

Now that we know that everything contains energy and spirit with consciousness, the next question is “Are there different types of energy and different levels of consciousness?” Of course.
As we said earlier, the main factor that distinguishes the energies in the Universe is the level of the energy vibration. Everything in creation has its own rate of vibration. **The level of vibration of energy generally reflects the level of the underlying consciousness** of the spirit/life that emits the energy). The higher the level of the consciousness, the higher the level of energy vibration it emits. Take the healing Reiki energy. We know that it is energy / light of high vibration and so it is emitted by high level of consciousness...

That also means that the more we increase our consciousness and get closer to our Higher self = integrate more of our Higher self into our consciousness and aura, the higher energy and more light we carry and emit.

**Light**

How does light fit into this? [It is something like this - the higher the energy vibration, the more light it contains?]

The lower the consciousness, the lower the energy vibration. The lower the energy vibration, the more dense and heavier the energy is, the more it “falls, lower and lower”... and the harder it finds to rise. Similarly, the higher the energy vibration, the lighter the energy, the higher it raises, the harder it finds to fall. Just like that balloon with sand bags. The lower the energy, the heavier the sand bags. The higher the energy, the lighter the sand bags. The difference being that there is no earth at the bottom to stop the balloon from falling..

Like we said, as thoughts, intentions, beliefs, habits, desires, emotions, perceptions, words, decisions and actions, emit energy too. “Negative” and dark thoughts, beliefs, habits, emotions, words have heavy energy of low vibration and “positive” and spiritual thoughts, intentions, beliefs, habits etc. have light energy of high vibration... And these virtually either lift people’s consciousness up or drag it down. And up and down can be millions of miles apart. So people create their own Heaven or Hell whilst on Earth. And this distinction will become even more visible after 21.12. 2012...

Things get more complicated with physical things.. Solid matter is formed from denser energy of lower vibration. In comparison sound, electricity and light is formed from energy of higher vibration. (as we know there are different types of light -visible light, ultra-red, ultra-violet light - and scientists keep discovering higher and higher frequencies of light, for example the Gamma rays...) Matter also emits energy in the form of an aura. Take crystals – they are formed from much denser energy than our thoughts, but the aura energy of crystals, which reflect the level of crystal consciousness, is generally of much higher energy level than our thoughts. And so crystals can heal us ☺...

**Explanation of energy vibration for the scientific reader**

The scientific reader may be objecting that we raise our energy vibration as we evolve, and would say that we lower it instead. We are both right because vibration energy has two aspects:

- **Frequency**, which refers to the number of cycles that the vibrating wave makes in a period of time. The more cycles, the faster it vibrates.
- **Amplitude**, which refers to the height of the wave itself. The higher, the further it reaches - up to the sky, and even throughout the universe...

The simpler and less evolved aspects of the universe have high frequency and low amplitude of vibration. As they evolve their frequency decreases and amplitude increases. So the more evolved aspects of the universe have lower frequency and higher amplitude.

The energy field of a human being is also vibrating, and the frequency and amplitude of this vibration reflects the degree of evolution of the person. The less evolved person, one who often experiences his or her world in terms of separation, illness, stress, and imbalance, vibrates at high frequency and low amplitude. And as this person evolves, his/her frequency slows down and the amplitude increases.

There is a similarity between the person’s frequency of vibration and his/her brain waves frequency. As one goes down the other goes down too.

This vibration is carried in the body, according to Buddhist/Hindu/Taoist tradition, in a series of over 365,000,000 branching channels called nadis found in what mystics call the subtle body. The major channels in this system make up what the Chinese call the acupuncture meridians. Initially these channels are tight. And just like when a tight guitar string plays a high frequency note, tight nadis vibrate at a high frequency. As an individual evolves spiritually and in self-awareness, the nadis loosen, and gradually slow their vibration. This then allows more life force energy, light and love to flow through them ☻ It is pretty simple isn’t it.

**Natural movement of energy**

The natural movement of dualistic energy is to achieve balance of the opposites, of Yin and Yang. The duality of the Universe and energy is expanded in the Universal laws chapter under the **Law of Duality and the Law of Balance** on pages [ ]
Moving energy with consciousness
Because the source of energy is spirit with consciousness, energy including Chi / Aether is directed by consciousness / spirit. And so people also direct Chi and other energy flows with their consciousness. For example during:

- Thinking, visualising, desiring, resisting, praying etc.
- Various types of energy healing like Reiki, chakra balancing, crystal healing.
- Yoga, Tai Chi, Chi Kung, martial arts moving universal life force energy / Chi.

Energy flow can also be directed physically like through movements, using various tools & objects etc. For example:

- Alternative medicines like Chinese medicine, Accupuncture, Shiatsu, Accupressure
- Feng Shui
- White and black magic, rituals

Creating matter with consciousness
Because the energy originates from spirit / consciousness, it is ultimately spirit / consciousness including ours that create matter. This explains the saying “mind or heart over matter” and “you see what you want to see”. This is covered in more details in the section External reality on pages [ ].

That is why Sai Baba could create matter with his consciousness / heart.

Aether
Aether is the medium from which matter is formed and which carries energy.
We said that matter is ultimately energy and the source of energy is spirit. Because spirit / consciousness is everywhere, energy should be everywhere too. Yet science books are telling us that in between the smallest pulsating particles inside atoms there is nothing, just a vacuum. And this nothing takes much bigger space than the pulsating particles. According to them the Universe is then largely nothing and here & there is energy in the form of pulsating particles of matter. Well, that is wrong.

The empty space of the universe is not empty at all. It contains Aether. It is hard to describe what it looks like but it has been known for thousands of years in many ancient spiritual traditions. It is called the life-force energy, Chi, Ki, Prana. [Christianity actually seems to call it the Holy Spirit?]

Back to the scientific point of view: the aether, is a non-material fluid which passes through the entire universe and which is the medium that:

- Forms matter by allowing the vibration of the particles of matter (the vibration is the expression of the energy) and,
- Allows movement of all types of energy throughout universe.

This is because energy needs a medium to express itself in and a medium to transport it.. Just like waves need a medium to wave and move in. Best thing is to think about waves in water or sound in the air. A wave in the water is actually moving energy created by a source. Let’s think of a stone falling into water. Here, the stone becomes the source of energy and the energy spreads as waves.. The waves in the water need water = a medium to move. This is because it is the water that “carries” the wave, that carries the energy by moving up & down. Similarly, sound (another energy) needs the air to move as it is the air that vibrates and that way it carries the sound / energy.

Love energy
Let’s talk about love 😊. Here I do not mean just the feeling we have towards a person we are in love with or love towards our child. I mean pure unconditional love as the highest form of energy. Love one can actually feel towards all people, self, nature, physical objects, ideas, visualisations etc.

Love is the most powerful force in the Universe. It beautifully connects matter and spirit / consciousness as will be explained below.

Where does love energy come from and where is it located?
Love is singular. It arises from oneness. So it is not subject to opposite forces, like the dualistic Yin & Yang energies.

The biggest source of love is God and then spirit, including our Higher self. We are further down the road, some near, some far..
The love energy is everywhere and it spreads through the whole universe using Aether as the transport vehicle. It fills the vacuum – the huge space between the smallest particles of matter. Yet scientists can’t find it. So the love energy must be in matter too – it is in the air, a tree, in the soil and metal, in our body.

How does love manifest itself in physical form?

We usually can’t feel much of this love other than the love we know, yet it is meant to be everywhere. But may be we need to look more carefully. In the physical form love manifests itself as beauty. So the beauty of flowers and nature overall is manifestation of the love energy.

Many people would say though that when they look around they don’t see beautiful things even in the nature. Well, this is usually because they are not present enough and actively don’t look for beauty. They also 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.

One form of beauty in the universe is 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 thing has its unique role without which the whole would not work, when all is in balance the body “works magic”.

Spinning beauty

So when we become more present & alert, we notice more beauty and sophistication around, especially in nature. And it goes beyond that. The sacred rule is that when you truly look for beauty in the physical world, 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 found 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 😔

The role of our heart

The feeling of unconditional love opens the heart. Our heart is the bridge to our Higher self via our soul*. So through our heart we also receive and feel love from our Higher self, from other people & their Higher selves and from anything that has a spark of life within. We also “pull” the love energy from the vacuum *outside*** with our heart. Our heart is very powerful, you know.

Just think of when the love that we feel is so strong and overwhelming that it even makes us cry with joy. Like when a mum looks at her newborn child. In that moment she actually did not create all that love herself with her heart. She also received lots of love from her Higher self and “pulled” it from outside, from the vacuum. 😊

If someone’s heart is closed though, their Higher self can not emit this abundant love for them in a way that they can feel it. So it should be beneficial for everyone to open their heart 😊.

*at a consciousness level, we are connected directly to our Higher self via the 7th chakra.

**The 6th third eye chakra also channels unconditional love towards all people and all life forms.

Our heart has many other roles connected with the love energy. Apart from the obvious that through our heart (and heart chakra) we emit and spread our love, we can also transmute energy mainly from our emotional and mental body to the love energy via our open heart and heart chakra!

So far we talked about unconditional love. But lot of people love conditionally. It is then their ego rather than heart that loves. E.g. a dog owner loves his dog. The dog does what he says and it makes him really happy. But when the dog does not listen, the dog owner gets really angry with him. So it is more his ego that loves here, the ego that loves control.

When do we emit love energy?

It is clear that everyone feels and emits different amount of love. People say the warmer and more open their heart, the more love the person feels and emits. And similarly the colder and more closed their heart (e.g. selfish, self-centred etc), the less love the person feels and emits. That is a good description of something very hard to explain.

We emit love and open our heart (to different degrees) not only when we do the obvious, like feel / say / do loving, kind & caring things, when we are compassionate, We emit love when we are merry, joyful, happy, fulfilled,
understanding, tolerant, playful, peaceful and even “just” positive 😊. This is explained in the Emotion section on pages []. We open our heart when we make decisions more from the heart and not mind.

Our mind can be a huge obstacle to receiving and spreading love
This is because we control how much we open our heart mainly with our minds! Sadly people often use their mind, their free will to limit the amount of love that they feel and spread. The mind can easily shut the heart out, for example when a man feels like crying and he talks himself out of it.

There are many ways how we control with our mind how much love we feel and emit:

- with our intent and attention for love
- with our resistance to love – the more we resist love with our mind the less we feel it
- with our personal qualities, the way we are:
  - the more positive / spiritual qualities we have developed, the more love we feel and spread (see section [] describing personal qualities)
  - When we accept us as we are with our perceived weaknesses, we express unconditional love towards self. With this we can more easily heal ourselves at all levels and unconditionally love others.
- with the nature of our thoughts, intentions, desires, beliefs, opinions, habits, habits etc. – the higher the vibration of these, the more love we feel and spread (see section [] for explanation),
- With our words and actions – the higher the vibration of these, the more love we feel and spread (see section [] for explanation)
- depending on how pre-occupied or calm our mind is – the busier the mind / the more it is preoccupied with thoughts and emotions, the less space is left for feeling love.. After we “clear our mind”, become peaceful and more present it is easier to feel love and one can experience love more intensely
- depending on our connection with our higher self – the more we are connected with our higher self, or actually the more we just consciously allow them to send us love, the more love we can receive from them.
- depending where our awareness is / at what level is our consciousness
  - Do we “operate” most of the day from our mind or our heart?
  - Depending on how much we are physically aware of our heart and body during the day. Usually very little. Yet when we are aware of our heart and body, we are more us, and we are closer to our higher parts of us.

Akashic energy / Torsion waves
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. As energy spreads in the form of waves, 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 / Consciousness and Higher Self

And now about 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 (unless we are too attached to move there once we’re gone), is not really that distant other side as many believe. And it's not split into heaven, hell and a place in between. It is not a place somewhere beyond the universe, because there is no physical space behind the borders of the expanding universe. The multi-dimensional Universe is limitless.

The other side is actually an inter-dimensional state of being, with an inter-dimensional consciousness. One combined Being / life / spirit with one combined consciousness, which is made up of individual sparks of life / beings with individual consciousnesses.

This one Being with one consciousness - all life there is - penetrates all dimensions of the universe and breathes life and energy into it. Into every bit of it. And the energy gives all in the physical universe a form and keeps it hanging together.

So the other side is here, there and everywhere..

Does the absolute God exist above this or is God part of this? No human can answer or understand this..

How can we feel the one Being / one consciousness

We can feel it in many ways. By feeling the life inside us and realising that it is also a part of all life there is 😊. Or we can feel the one Being / one consciousness by deeply feeling the silence between sounds and/or the spaciousness around us, especially in the mountains. One needs to be very present and almost submerge self in it. And then the silence / spaciousness magically becomes alive...

You may have read about people who experienced much stronger connection with the one Being. They were describing an amazing and most strange state of briefly feeling or even being everything around them including the surrounding trees, animals etc.. In that moment they knew how the trees & animals felt and they were amazed how much they knew 😊

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 to clarify this:

Imagine your mind is everything there is. The One consciousness is like the overall state of that mind (happy, sad etc). That state of mind is determined by many things / ingredients together – usually a combination of mind’s thoughts, intentions, beliefs, opinions, desires, habits, perceptions and emotions. Each ingredient has very noticeable impact on the overall state of the mind.

In this analogy you are that one ingredient, that one thought. That thought reflects you and your level of development. So as you are developing and changing, your thought is changing and so is the overall state of the big mind changing.

The funny thing is that this is actually not an analogy. This is how it is... 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.

What is consciousness and who has it?

Quantum physics says that consciousness is a point of view. Take the human body. A cell has its own view of what is happening to and around it, so does a nerve, an organ and so on. So they all have consciousness..

From spiritual perspective, anything with a spark of life in it is conscious / has consciousness. As we said, because all individual parts of the Universe have a spark of life within, they must also be conscious / have certain level of awareness too. Not just the things that are alive, like microorganisms, cells, plants, animals & people. But even the smallest particles of matter including atoms & molecules, metal, rocks, water, air, earth, sun, planets, light etc.. In fact, the multi-dimensional Universe as a whole is a conscious & self-aware being too.

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The divine beings without a physical form like [elementals], spirits of nature like fairies, angels, archangels and many more are clearly conscious too.

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. We also carry all parts of One consciousness inside. Within each higher self is a perfect replication of the totality of consciousness and the multi-dimensional universe.

This confirms 2 important things:

- Each part in universe is ultimately connected with everything else in the universe. We are ultimately connected to everything alive, to everything that has consciousness,

- 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 the Hologram.

**Higher self**

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 [and of other divine beings:] It is our eternal godly form.

And so each spirit / higher self is capable of the work of God too in constantly co-creating the Universe and everything in it.

This implies and is often stated by mystics that our Higher self is absolutely perfect. That it is the same as say 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 and so on, when we are perfect anyway...

The essence of us and so of our Higher self is perfect = the life within us is perfect when it is part of Godself. But the consciousness of our Higher self, the energy and light that it emits is not at the absolute highest point. It is evolving and growing.. And we play an important role in this development...

Our higher self is an individual being but at the same time it is, together with all other spirits, part of one big Being! All life there is as one Being… Similarly, the consciousness of our higher self is part of the One consciousness of all life there is...

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!

Our Higher self is the spiritual parent of our Soul. Our soul is a spiritual parent of us, our conscious self.

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 so operate outside time and space.

**Our consciousness vs. our higher self’s consciousness**

Our consciousness (not our internal reality) is actually one part of the consciousness of our higher self! Which part of our higher self? 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 enters your awareness, your aura, the physical world. Until it is fully there = enlightenment 😊

**Can we help our higher self evolve?**

As we raise our own consciousness, we positively impact the consciousness, energy vibration and light of our higher self too! And this is one of the ways how the consciousness of our Higher self evolves. Or better how or Higher self gets to know itself more and more..

So this must be one important reason why we incarnate into Creation, why we are here!

[But watch out! People who reduce their consciousness during their life actually “negatively” impact their Higher self in terms of the light / energy it emits.]

**Soul**
There is lot of confusion as to what is the difference between our soul and spirit / higher self. To avoid confusion and to avoid complicating everything, let’s just say that our soul is the unique expression of who we are. It is similar to our real conscious that we talked about in the section Who are you really? Are you your mind? on pages [ ].

It is kind of the innocent and loving child within us that we talked about in the section Love for self on pages [ ]. The child that is very eager to learn and develop. We can often feel this child when we live through our heart. 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 this and in 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 [ ]).

**Levels of consciousness – levels of existence and chakras**

Let’s better understand the various levels of consciousness. It is best to imagine them as the levels of existence which are all linked with / overlap each other.

Please do not confuse this with the other definitions of levels of consciousness used. E.g. medicine means 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 have done a good job defining levels of consciousness from their perspective..

The various levels of consciousness / existence are universal levels and they penetrate the whole multidimensional Universe and beyond! So the other physical and non-physical beings within the physical universe and beyond operate at or access these various levels too.

The beauty about us humans with a piece of God inside us is that we have the ability to operate at a very wide range of consciousness / existence levels. Actually we have the majority of the levels within us already (remember the Hologram structure of consciousness described above and the universal law As outside so inside..). They are even linked to our physical bodies mainly through chakras and they form our non-physical bodies seen in our aura..

But people usually do not expand their consciousness enough and choose to operate at a narrow range like thoughts and emotions.

As we expand our consciousness to include “higher levels”, we also deepen our consciousness at the “lower levels”.

Let me give you the picture of the broad and overlapping levels of consciousness:

**Physical level** – existence of matter which has own consciousness. It is our physical body.

**Energy = Aether level** (Chi / prana / life force energy)

We talked about aether in section Creation / Universe, Matter and Energy on pages [ ].

We do have Aetheric or energy body (sometimes called the subtle body), and our physical body is 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, through which Chi / life force energy flows. It is the true skeleton / energy structure of everything making up our physical body. It is formed before the physical parts grow. And our cells, organs and other parts of our body then grow in such a way to fill this energy structure. It is the same with other living organisms, physical objects and matter overall.

The energy body has a huge amount of energy channels. The main channels are called meridians by Chinese and small channels are called nadi by Budhist/Hindu tradition. Chinese mapped these very well in the accupuncture science. The main energy centers and cross roads between the body and various levels of consciousness are called chakras. The chakras receive the universal life-force energy which then circulates through the energy channels in our energy body. We receive the universal life-force energy in other ways too, like through breathing, eating and drinking..

The energy body actually stretches out 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 and it 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 this energy body and the energy flowing through it.

**Emotional = Astral level**

These are our feelings, emotions, instincts, emotional attachments / addictions.

These emotions and feelings are reflected in people’s emotional body. Suppressed emotions are stored here too. This is covered in the chapter on emotions on pages [ ].

Just like the energy body the emotional and higher subtle bodies go through the physical body. 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 lot more fluid. Like the etheric body it stretches out outside the physical body. It is a little bigger than the energy body and so it forms the 2nd layer of human aura.

The emotions and feelings reflected in the emotional body actually have different colours depending on their nature, strength and clarity. 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.

The emotional body is connected to the 2nd sacral chakra.

**Mental level**

These are our thoughts, linear thinking, intentions, beliefs, views, opinions, i.e. big part of our internal reality. These are reflected in people’s subtle mental body in the form of energy.

The thoughts and other mental activity have their structures and shapes within the mental body depending on their nature, strength and clarity. Regularly repeated thoughts, intentions, desires etc. gain strength and dominate the mental body.

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 tend to believe only in the power of their intellect may lose their connection with their heart and intuition.. So, to summarise, intellect is great tool when used “by the heart”

The mental body generally looks like structured yellow light.

Because many thoughts etc. generate emotions and feelings, these mental structures in the mental body also carry various colours which reflect these emotions and so 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..

**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. People would then use the saying that they have “guilty conscience”.

Many spiritually developed people tend to have conscience fully within their consciousness.

**Heart consciousness = Intuitive level**

This is our heart as well as our intuition, inner vision, instincts / gut feel.

As we said earlier our heart is the bridge to our Higher self via our soul. Our soul channels through our heart love from our Higher self.
The universal heart consciousness contains pure and loving spiritual feelings and thoughts, strives for highest good and it is a vast source of knowledge (the intuitive aspect). You may recall that we said at the beginning that many people will be moving permanently into the heart consciousness from 21.12.2012 as they cross the invisible bridge..

Warm hearted people (people who live from their hearts more than their mind) and people who developed their intuition often operate at / regularly access this level..

Many geniuses like the great scientists, philosophers, artists & musicians operated at this level of consciousness and got the ideas and feelings from there 😊 Same with psychic people / clairvoyants, shamans accessing this level. [We also tend to operate at this level when we are doing what we love like playing or listening to music, are very relaxed, meditate, are deeply happy etc. Being submerged in the present moment in any other way tends to take us into heart consciousness.]

Linked to our heart is the 4th heart chakra, the 4th aura layer and the non-physical heart body. The heart body penetrates and stands out above the other bodies and looks similar like the emotional body with clouds of different colours. These colours do not reflect emotions but various feelings, e.g. arising when we build relationships with people. Additionally each colour is underlined by shining pink light, (the colour of the love energy)

The heart chakra channels unconditional love - the love energy. The colour of the love energy is pink. We generate love with our heart and spread it through the heart chakra. We also receive the love energy via the heart chakra from two other sources – from our soul / higher self and from outside. [This is covered later [ ] together with living from the heart and accessing intuition on [ ]

Linked to our intuition is the 6th third eye chakra, the 6th aura layer and the non-physical “intuition body”.

By the way the 5th throat chakra, 5th aura layer and the non-physical body is mainly associated with our communication, hearing / listening, self-expression and creativity.

Actually the non-physical bodies above the mental body are usually referred to as one body – the spiritual body.

**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.

Mainly these two divine levels of consciousness are linked with our 7th crown and 6th third eye chakra. 6th because other than intuition, this chakra also channels unconditional love energy which is wider than love towards people. It includes love towards all life forms and life as such. It also channels the energy of spiritual ecstasy.

The 7th chakra connects us directly with our higher self residing at the Nirvanic level (not via our soul like the heart chakra), God, the universe and all there is. It gives us access to information about our life potentials and learnings / experiences / skills etc. from our previous lives.

This chakra is also linked with our desire to live. When this chakra is open, our desire to live as well as to develop is very strong. We also start to sense / understand the bigger picture, how things fit together.

Actually we have further higher chakras than the 7th but these are more chakras of our godly self.

**Upper nirvanic level**

Higher levels where angels, archangels, forces managing and co-ordinating Creation reside.

The levels above these higher levels are generally part of the absolute God rather than levels of consciousness.

**Do we operate only at one level of consciousness at a time?**
As we have emotions together with thoughts, the answer must be that we can operate at a number of levels at the same time. So we can be in the heart consciousness whilst thinking and experiencing emotions. There are times when we are mainly at one level, for example in the mental level when adding numbers, or just in the heart level the moment we just give unconditional love to our newborn child.. The same applies to operating in different dimensions 😊

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Dimensions
Let’s link the levels of existence / consciousness with the mysterious dimensions.
There are 2 types of dimensions:

- **Dimensions are used by science to define the structure of the universe.**
  We live in 3 dimensions which define the physical space and scientists have discovered many more dimensions within the universe where they found pulsating energy etc.

- **Spiritual dimensions**
  These are closely linked to the levels of consciousness. The higher dimensions are separate from but exists simultaneously with the 3rd dimension. All dimensions are linked with / overlap each other.

  Broadly speaking, as we increase the level of our consciousness (or it is increased for us 😄), we start experiencing those dimensions linked to that level.

4th Dimension

4th dimension is linked to the heart consciousness. And so warm hearted people (people who live from their hearts more than their mind) and people who developed their intuition already often operate at / regularly access this dimension, whether they realise it or not..

We said earlier that especially on and after 21.12.2012 many more people will start permanently experiencing the 4th dimension. This will happen as they cross the invisible bridge and their consciousness will be permanently raised into the heart consciousness...

We physically do not move into the 4th or higher dimensions, we experience a shift in the state of our mind and start feeling these higher dimensions, simultaneously with the 3rd dimension. We continue to physically be in the physical 3-D world.

These are some characteristics that describe the 4th dimension:

- Love is an expression of the 4th dimension
- Timelessness – the illusion on linear time is lifted, the past, present and future potential happen at the same time in the present moment
- Spacelessness – everything is here, nothing is there in the distance
- It is the realm of ideas, knowledge
- There is no matter, like in the 3D dimension, everything exists in various forms & patterns of energy
- One experiences quickly that which he/she focuses on (at the energy level), e.g. desires, intentions etc.
- One has soul awareness

These qualities create the experiences of unity, being and flow.

Brain waves

Our brain emits brain waves. Their frequency changes according to how relaxed we are and how conscious or not we are.

It generally works like this: Our brain waves slow down as we relax and get closer to our subconscious and unconscious mind (e.g. in sleep).

The brain waves can be measured by scientists but there are very few machines / gadgets one can buy to measure these. Most biofeedback machines measure skin resistance (see below on the link between skin resistance and levels of consciousness).

There are 4 main types of brainwaves, ordered from the highest frequencies to the lowest.

- **Beta** (above 12-13 pulses per second in the Hertz scale)
  The realm of our conscious mind.

  We tend to be in beta 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 our beta waves tend to be in the upper half of the scale..

- **Alpha** (7.5 to 12-13 pulses per second)
This is the gateway to our subconscious mind. Our subconscious mind stores those parts of our internal reality that we are not consciously aware of in the present moment (see more in the subconscious section on pages [ ]). We can access parts of our subconscious mind whilst in alpha.

We tend to be in alpha during physical and mental relaxation but whilst aware of what is happening around us.

Whilst in Alpha we tend to have improved visualisation (ability to create images in our mind), improved imagination, creativity, learning, concentration and memory, enlarged mental clarity and better understanding of images like diagrams and drawings.

So it is ideal state to learn new information, memorise facts & data, perform hard and complex tasks, learn languages, analyse complex situations.

Normal meditation, relaxation exercises, and activities that bring the sense of calm help people get to alpha. The renowned 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)**
The realm of our subconscious mind. The deep-seated parts of our internal reality are sitting in the deepest parts of the subconscious mind and we can access them when in theta.

When we are in theta we tend to have a connection to our soul, easy access to our intuition, perfect memory and visualisation, very vivid images, huge creativity, exceptional insight into things / situations / problems. We also often have even deeper spiritual connection and a sense of oneness with the nature, other people and the whole Universe.

People normally get to theta waves during really deep meditation with reduced alertness / wakefulness and light sleep.

**Delta (0.1 to 4 pulses per second)**
The realm of our unconscious mind.

People are normally in delta when they are unconscious like during a deep dreamless sleep and in very deep transcendental meditation where awareness is completely detached. Many our body organs and functions like the immune system and automatic self-healing function at this unconscious level.

Delta is the gateway to the consciousness levels above the heart level. It is also a gateway to the collective human unconsciousness.

Delta is associated with deep healing and regeneration.

**How to consciously move to Alpha brainwaves – the Rainbow walk**

Wouldn’t it be great to effortlessly move into the Alpha brainwaves whenever you want and then benefit from improved visualisation / imagination, creativity, concentration, memory, mental clarity etc?

And there is good and easy way to do it with your eyes closed - I call it a Rainbow walk.

I describe below how to get there or near there. But 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 serious should 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..

Moving from beta to (or near) alpha brainwaves

- Close your eyes
- Imagine individual colours of the rainbow in the following sequence. 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.
  
  White  
  Yellow  
  Green  
  Turquoise / Light blue with bit of green  
  Blue  
  Purple  
  Pink  
  Red  
  Orange
Moving from alpha back to beta brainwaves

- With your eyes closed imagine the colours in this order and in the same vivid way: white, yellow, orange, red, pink, purple, blue, turquoise, green, yellow and white.
- Then open your eyes and enjoy the achievement!

Brainwaves of spiritually awakened person

The big question is if our brain waves change as we expand our consciousness? Do they also slow down? We did say that even when we expand our consciousness, we usually still operate at the lower levels at the same time. And so it is with the brain waves of a spiritually awakened person. He/she tends to be in delta, theta, alpha and little bit in beta at the same time.

Similarly as with higher levels of 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 but also often in children of preschool age! After school the pattern starts gradually to change and shows more and more high beta frequency found in most adults.

How can we get an idea of what brainwaves are we at? (without a brain wave machine)

Our body responds to how relaxed we are and what brain waves are we at. Actually our skin responds to it in ways that can be easily measured… As we relax and reduce the frequency of our brain waves / move down from Beta, our skin produces less moisture / sweat. And this changes how our skin can conduct electricity (how much electricity it allows to pass through). The less we sweat, the higher the skin resistance / the less electricity it conducts…This can be easily measured by various biofeedback machines / gadgets available on the market.

[How consciousness links with all – picture]

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 free will. 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.

**The 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.

These energies have different qualities, with some of the main being:

<table>
<thead>
<tr>
<th>General</th>
<th>Wood</th>
<th>Fire</th>
<th>Earth</th>
<th>Metal</th>
<th>Water</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colour</td>
<td>Green</td>
<td>Red</td>
<td>Yellow</td>
<td>White</td>
<td>Black</td>
</tr>
<tr>
<td>Flavour</td>
<td>Sour</td>
<td>Bitter</td>
<td>Sweet</td>
<td>Pungent</td>
<td>Salty</td>
</tr>
<tr>
<td>Climate</td>
<td>Windy</td>
<td>Hot</td>
<td>Damp</td>
<td>Dry</td>
<td>Cold</td>
</tr>
<tr>
<td>Direction</td>
<td>East</td>
<td>South</td>
<td>Centre</td>
<td>West</td>
<td>North</td>
</tr>
<tr>
<td>Season</td>
<td>Spring</td>
<td>Summer</td>
<td>Late summer</td>
<td>Autumn</td>
<td>Winter</td>
</tr>
<tr>
<td>Plant Lifecycle</td>
<td>Sprouting, growing</td>
<td>Blooming, fruiting</td>
<td>Ripening, harvesting</td>
<td>Withering, decaying</td>
<td>Dormancy, storage</td>
</tr>
<tr>
<td>Activity</td>
<td>Generates</td>
<td>Expands</td>
<td>Stabilises</td>
<td>Contracts</td>
<td>Conserves</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Human Body</th>
<th>Wood</th>
<th>Fire</th>
<th>Earth</th>
<th>Metal</th>
<th>Water</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yin (full) Organ</td>
<td>Liver</td>
<td>Heart, pericardium</td>
<td>Spleen</td>
<td>Lungs</td>
<td>Kidneys</td>
</tr>
<tr>
<td>Yang (hollow) Organ</td>
<td>Gallbladder</td>
<td>Small intestine, triple burner</td>
<td>Stomach</td>
<td>Large intestine</td>
<td>Bladder</td>
</tr>
</tbody>
</table>
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
Tissue | Ligaments, nerves, nails | Blood vessels | Fat, muscles | Skin, hair | Bones, marrow, brain
Life cycle | Infancy | Youth | Maturity | Old age | Death

| Personality | Emotion Ability | Anger, | Joy | Obsession | Grief | Fear |
--- | --- | --- | --- | --- | --- | ---
Emotion 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)

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 free will decisions and actions
- our changes to our potential created 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**

Because of this we can say (being simplistic) that all material and non-material things are also organised in circles. This is because they contain various combinations of these energies, which are themselves organised in a circle. And so everything is at a different point in these circles.

In other words, imagine a circle with the extreme opposites (100% Yin and 100% Yang) on the opposite sides of the circle (left and right), and all the other things with different proportion of these opposites are on the circle between the two opposites. Here are some examples of this:

- Sun rise, morning, afternoon, evening, night are on a different point in a circle and each has different amount of light and dark.

- Extatic, very happy, happy, content, indifferent, bored, not happy, angry, furious are a different point in a circle and each has a different amount of love.

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 development 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 become liquid (this bit does not 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=mc² 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
- 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 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 straightforward 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, 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 development, 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) which help us to:

- Gives 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.

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. For example 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, toungue, 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), fyziognomy (face), iridology (iris of the eye).

Law of an open system

Everything is in itself an open system. Open system is like a lake, it 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..

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
1. When more water starts flowing in (and the amount of water leaving does not change).
2. 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
3. When more water starts leaving
4. 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.

So 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 unhealthy 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, unhealthy 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 staff: 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 overacid 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 (ajurveda) 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 development. 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 every part of the All has its own individual identity. That way everything is ultimately connected with everything.

So we are an individual identity – an individual being, consciousness and spirit - but at the same time we are 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
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 down in their spiritual development…