



## **BECOME YOUR HIGHER SELF**

EXPERIENCE FAST SPIRITUAL AWAKENING

**January 2018**

[www.AWAKENINGKEY.com](http://www.AWAKENINGKEY.com) / [www.BECOMEHIGHERSELF.com](http://www.BECOMEHIGHERSELF.com)



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## Foreword – About the Author

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

These experiences and my desire to understand how these magical things work were key reasons as to why I started my spiritual journey quite early on in life. Despite the system hiding the truth about many things from us, and the lack of spiritual material available at the time, I persisted in my search for the answers to these never-ending questions.

Then in 1989 came the exciting days of the velvet revolution, which saw the non-violent collapse of the communist regime and the restoration of democracy. My fellow university students and I took part in a number of street demonstrations during the revolution, in the hope of a better life. You can imagine our jubilation when the iron curtain fell, and the Czech moral leader Vaclav Havel became the first people's president after well over 50 years. I felt that the country was one step closer to embracing spiritualism when the Dalai Lama visited in February 1990, and his special friendship with Vaclav Havel became clear.

I was ready to start building a fairer and happier society. We pushed through many positive changes at our university, like selecting a new dean and replacing political subjects with courses for learning English language. During this time, I also became a Reiki healer. How excited and full of hope I felt then.

But things in Czechoslovakia did not quite turn out the way many were wishing.

The main slogan of the revolution, 'love and truth win over hatred and lies', somehow fizzled out and greed started to emerge from the shadows and fester. Old forces quickly changed their coats and grabbed big slices of the state cake during the industry privatisation. Propaganda continued to be used effectively; at one point, people could not wait for the country to split into two and shake off our Slovakian friends. Spiritually oriented people like me remained in a minority, but that did not deter us and we continued to meet in smaller numbers.

Keen to explore the world, I did a fair amount of travelling after 1990. But I struggled to find abroad the better life for which we were fighting. I saw isolation, poverty and ignorance, and I realised that the whole world had a long way to go.

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

Going back to the spiritual side of my life, I have been going through a strong spiritual awakening since around 2004, and I connected with my Higher Self. I have been guided on how to further open my heart and progress my spiritual journey ever since. I have received various spiritual gifts to use in helping people and have cultivated a deeper understanding of how things are. With this higher awareness, I could also see my deeper disharmonies, like stored emotions of fear that I needed to clear.

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

In 2008, I suffered a herniated disc in my lower back. As spending long hours sitting at work made it worse, I knew this was my opportunity to go part-time and focus on helping people with their spiritual journeys outside of work. I loved this new way, but my ongoing back condition made me feel that I was not helping enough people and making the difference in the world I desired.

I was also troubled by seeing less people around smiling happily. Whilst yes, poverty was slowly declining and technology was making huge advancements, people were somehow more self-absorbed and rushing around than in the past. I was baffled by this and began thinking about what it takes for people to become more compassionate and tolerant, and how to make the world a happier place to live in. Natural human evolution does not seem to do it 😞. I concluded that it could be achieved once there are many more spiritually awakened people are around. I wished I could somehow help with this.

Then in 2011 my dilemma was answered when I received various messages that I was ready to start writing a book. A book that will take people on a journey of discovery, help them empower themselves and spiritually awaken relatively quickly. My heart jumped with joy, I quit work and started writing. The words were streaming in, it was simply amazing.



I know I wrote this book together with my Higher Self and I am really grateful for all the help I got 😊. And now that it is finally done and you are reading it, I feel like I have fulfilled my mission.

Here is what some readers said about the book:

**Marlan from Indonesia:** *"I am in love with your e-book. During my free time and travelling between my home and my office your e-book is becoming my favourite. Reading your book is always helping me to have clearer mind and stronger heart. In some parts I felt like reading my own life story, in other parts I felt like listening to my spiritual Dad talking with me (he is no longer with me). In other parts I felt like I am listening to my Higher Self talking to me... Reading your book is really joyful and amazing experience for me..."*

**George from Nigeria:** *"Your book helped me have the right view of spirituality and appreciate the divine within us. I am born and brought up in a strong Christian family, my previous orientation about spirituality was so naïve, but your book enlightened me, and I have broad perception now. You made me understand the possibilities within my practice and how to take caution."*

I would like to share with you a mystic experience that I had whilst writing this book. As I was getting near to finishing the first draft of the book, one evening I noticed a picture of Jesus inside a glass-like vase next to my laptop. The picture was formed from the leaves and the stem of the flowers inside the vase (you can see the vase before and after the appearance of Jesus in chapter 5 – 'Communicating with the Other Side'. I was deeply touched by this experience. I can only interpret it as a support from the Other Side for what I am trying to achieve with this book.

Maybe the appearance was also an encouragement to continue to hold my views about the masters that lived on Earth like Jesus and Krishna, which are different to the norm. I believe that these masters also came to empower us and not to make us feel guilty or inferior. They came to show us that we are all capable of doing what they can do once we overcome our egos, fully open our hearts, and discover our divinity deep inside. They came to show us how to love, how to spiritually grow and how to heal others. But the religious authorities concealed or changed some of these messages...

Actually, there are so many different spiritual concepts floating within this soup of world religions and New Age teachings that it is becoming hard to distinguish what to believe. Some concepts are so far-fetched (such as taking things out of context, interpreting the divine with the ego or talking about distant future) that they make people sceptical about spirituality overall. On top of that, unfortunately some spiritual information is out there to intentionally mislead people. Why? Perhaps for the same reason - to lose trust in spirituality.

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

As a general guidance, spiritual information should empower a person rather than ask them to surrender their free will or go against their integrity. It should not be a message of fear, which drags you down, but an uplifting and enabling message. The information should be useful for all, rather than any select group. Be wary of information that is taken out of context and does not show you the fuller picture.

So, I suggest that before accepting the things that you will read about, you see how they make you feel deep inside. And if they ring true to your heart, only then take what is useful for you.

Michael



## Chapter 1 – First glimpse behind the veil

### Who is this book for?

This book is for people who want to connect with their inner selves, and experience a fast spiritual awakening. The good news is that spiritual awakening, a key step in everyone's journey to enlightenment, is becoming easier and can happen faster as we have now passed the magic date of 21<sup>st</sup> December 2012. It is also for those who are already experiencing any sort of awakening, especially if they are not finding it easy. I offer these people my support and guidance.

It is also for those who are inquisitive about life and may feel that the things you were told don't quite stack up. There is something cooking under the surface, but you have only scattered nuggets of insight and have lots of unanswered questions in your mind.

Additionally, this book should be a helping hand for you if you:

- Struggle to cope in life for various reasons. Perhaps you may be struggling with your financial situation, feel trapped in any other way or battling with lots of unhappy emotions and events. You may suffer from stress, depression, or even 'the dark night of the soul', when everything seems to be going wrong and one's meaning in life is collapsing.
- Feel like the world is against you and you are powerless about the things that are happening to you. Your life may feel like a rollercoaster, full of rapid ups and downs, and you wish to understand why it is happening. You want to take control of your life, rise above the everyday dramas it brings, create a happier reality for you, and find inner peace.
- Believe in spirituality but are not receiving the answers and help that you need. Or you are not sure as to what the deeper meaning of you being here is, like there is something missing, leaving you feeling lost and alone. This book should help you feel a true connection with the divine.
- Are 'bored with life' because it does not make you truly happy. You have had enough of just plodding along and are not attracted to achieving the success defined by today's society – wealth, power, status. Instead, you are looking to re-discover joy, a deeper level of happiness, fulfilment and love. You may want to make this world a better and fairer place.



**Pict.1 Climbing together**

It is also for those who are simply looking for an exciting read and have an open mind.

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

Apart from giving people hope that better times are coming, I want to take you on an adventure. I want to help you discover your true inner self, like I did. I want to help you expand your consciousness, spiritually awaken and fully connect with your Higher Self - the other half of you ☺.

By doing this, you will find your true power and magnificence. You will become the great I AM that you are but just don't know it yet. You will be in a good position to claim back your freedom. Freedom that could have been taken away from you by those people, companies, political and belief systems, which suppress who you really are and hide the truth from you. Once you get there, you can help others discover who they really are too. You can help them find their inner beauty and power.

This book is a portal to higher consciousness, so just reading it with an open mind should act like a spiritual initiation, by connecting you with the higher parts of yourself and increasing the amount of the love energy that you will feel. After that, it is up to you how you utilise this new, amazing partnership with the higher parts of yourself, for everyone's good.

Warm-hearted people are actually at least partially awakened already. This book should help them realise how big what they have achieved is.

I'm looking at the world we live in from a different angle and reveal many secrets about the way things in life really work, especially those that governments and educational systems do not want us to know and are not telling us about... All of this will, amongst other things, put you in a far better position to understand the things that are happening to you and around you. It is one way of empowering you and helping you to overcome the difficulties you face and take control of your life.

All of this will contribute to the global peaceful revolution already on its way, and to the creation of a much happier and fairer world to live in.

I want to continue walking the path of **Martin Luther King Jr.** In 1963 he shared with the world his big dream of freedom and equality for African-American people. He said that 100 years had passed since 3 million African-American slaves were freed, and yet most African-American people were still living in segregation and in the chains of discrimination. 50 years later in 2013, things had definitely improved and Barack Obama's presidency was the proof of that, but things took a turn downhill again with the US presidential elections in 2016 ☹️... *"So, Mr King, we still have lots of work to do to fulfil your dream."*

Let's look outside the US. The lack of freedom and equality can still be felt to various degrees everywhere around the world today. What happened? Why did we allow it? Because people accept it as the way of life. Because the inequality is more subtle than it was in the past, and so people don't notice it so much. I hope that people who read this book will become the leaders of tomorrow and join me in healing the world from these injustices.

Whilst spiritual awakening is exciting, it is not always a walk through a beautiful garden full of blossoming flowers. Challenges will arise and will need to be overcome. Here I want to offer people guidance on how to overcome the challenges they may face.

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

### **Comparison to the magic book in the film 'The NeverEnding Story'**

For those of you who watched the film '**The NeverEnding Story**' (1984), do you remember the magic book that took the boy reading it to the other world? The other world was a fantasy but the more the boy read, the more the fantasy world started to become real.

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

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

### **Who will not like this book?**

This book is not for everyone. Some people do not agree with spirituality. They strongly believe in themselves, in the way they are and in things that they can see and prove. And so, they may be sceptical, dislike and disagree with what is revealed here, or laugh at it. But if they decide to carry on reading, I will do my best to touch their true inner self hiding deep inside and bring it to their awareness.

### **The way I wrote the book**

This book takes you on a journey of discovery across a wide range of popular topics. Each area opens the door to other connected areas within the next chapters. I will look at things from higher and higher perspectives and take the reader with me to higher levels of awareness. Here seemingly unconnected things suddenly start falling into place, like pieces of a giant jigsaw puzzle. So as opposed to other books which tend to focus on one specific area, I aim to show you a much bigger and fuller picture. This includes the visible and invisible in our world, the 'Other Side' where your Higher Self is, and the multi-dimensional universe...

I don't want this book to be a heavy read. I hope you will have fun reading it and it will put quite a few smiles on your face. Because don't forget, spiritual awakening should be enjoyable and a light-hearted approach helps achieve this.

Parts of the book are like an interactive spiritual guide. I aim to answer a lot of fascinating questions which people sometimes ask but usually do not find the answers to. For example: "Are the things that we experience in life one big coincidence?"

I try to explain things, including the complicated stuff like the 7 Hermetic universal laws, using straightforward language and everyday life examples. So, whilst these elements of spirituality may seem daunting at first, hopefully they will become far easier to understand through this book.

I have also created a number of interesting and easy self-assessment tests. Here, you can find more about yourself. For example, you can get a sense of your level of spiritual awakening, negative emotions and unconditional love.

This book also offers various methods and tools for taking control of your own life, creating a happier reality and clearing painful emotions stored in the body.

There is a lot covered here, but the clear structure should allow readers to pick what they want to read and focus on those things which have personal meaning to them. To distinguish between different types of information, I have used various colours in the text. The colour scheme is like this:

- Spiritual revelations and explanations
- Examples

### **Are you really ready to awaken, and what will start happening if you say ‘yes’?**

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

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

It is no coincidence that you are reading these words and facing this decision. Hopefully you were drawn to this book as an opportunity to significantly speed up your personal growth.

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

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

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

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

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

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

Another exciting change worth mentioning is that as you become more present, your senses will sharpen. Subtle things in nature should begin to feel more magical and you should feel more attuned to the love energy around you 😊.

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

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

If you are ready, then let's start. We will begin with the 21<sup>st</sup> of December 2012 and what really happened on that mysterious day.

### **Something profound did happen on 21 December 2012 after all**

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

But nothing positive seems to have happened on that day, nor afterwards, and so a lot of people who believed the positive predictions felt let down.

Well, let me tell you that something magic did happen on 21.12.2012. But rather than the 'miracles' that these sources predicted, it was so subtle that the vast majority of people did not feel a thing.

Primarily, **a huge amount of spiritual energy from the central Source**, which some describe as a gentle feminine energy, **washed over Earth**. In fact, a small minority of people did sense this energy in their own way. They felt a difference that day.

Here are some of the experiences that they (and I) had: They felt lighter, more peaceful and relaxed; their worries, fears and other problems seemed smaller; their mind was clearer; they felt drawn into the present moment and more connected to other people. Those who sense energy felt waves of gentle, warm, uplifting and loving energy.

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

I learned from Kryon (a divine being whose messages have been officially channelled to the United Nations in their own New York building) that the spiritual energy actually began to noticeably change on Earth as far back as 1987. This is when a planetary alignment called the Harmonic Convergence occurred. Two years later, the communist stronghold in the Eastern Europe crumbled and people won their freedom. The spiritual energies have been building-up since and reached a tipping point on 21.12.2012. This initiated a second, even bigger energy shift.

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

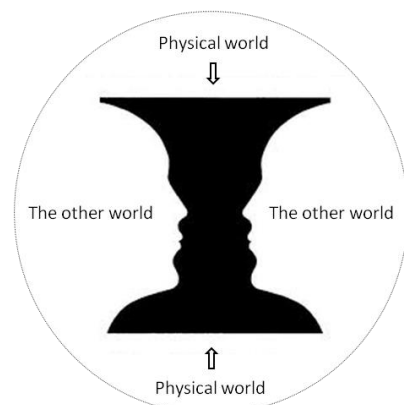
### What happened since?

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

**The perception of time speeding up is as real as the actual clock ticking.** If you feel this too, then you are standing with your other foot, or may be just a toe, in the second world which penetrates the physical world... Just like the boy reading the book in 'The NeverEnding Story' film 😊.

This other world, which I call 'the Other Side' or 'the Above', is here alongside the physical world all the time, like the famous picture to the right shows. The good news is that it is getting easier to spot it if one looks carefully. But how?

One way is by observing the coincidences happening to people. Hopefully you too have experienced more happy and helpful coincidences in the last few years than say 10 years ago. The unexplainable but perfect **divine mechanism which delivers 'coincidences' to people's lives at the right time for them is called 'Synchronicity'**.



**Pict.2 Two worlds**

Staying with the changes, **within this new energy we can materialise things in the physical world faster**, because the power of our consciousness is greater, and the speed of the synchronicity has shifted up a notch since the end of 2012. As a result, **it is easier to materialise our intentions and desires**, even though this is not noticeable for most people...

The problem is that this has a downside too, because people can wish for negative as well as positive things. Look how quickly previously unimaginable things have materialised in the world, for example in the US. We all need to be careful what we wish for...

**Overall, this energy shift is helping and often nudging more and more people to open their hearts, transmute their accumulated negative energies and expand their consciousness.** Yet most people don't realise that this is happening, and many resist it or struggle with it.

Another consequence of this shift is that **connecting with our inner child is becoming easier. And so is engaging with other like-minded people.** For example, many people in the United Kingdom, who voted to remain in the European Union in the June 2016 referendum and were disappointed to be outnumbered by such a small margin, found it very easy and comforting to spontaneously talk to and meet up with other Europe-friendly people. And yet they barely knew each other...

In our world of duality, it is unfortunately also easier for people to drift into their own internal reality and live in their 'own world' 😞. For example, you may have noticed how many teenagers and adults hooked on computer games are losing connection with the real world and other people, especially with those who are not like them. They prefer the online world to daily reality. A world where they don't have to worry if it is day or night, what to have for lunch or if they will be delayed on their journey to work stuck in traffic. And this is more wide-spread than just in the world of computer games.

The main thing is that people can indeed speed up their own spiritual development with less effort than in the past, if they wish.

### **Moving to Heart Consciousness**

So where is all this heading then? Despite lots of bumps along the way and some backward steps, a new era for Earth has started. **People and life on Earth are slowly moving to the next stage of evolution – from mind consciousness to heart consciousness.** In other words, **from ego dominance to the way of heart. This will result in a more compassionate life on Earth.** And guess who is behind this? The nice people like you and me 😊.

To those of you who struggle with today's world, it may seem like a fantasy; I understand that. It is clear that a lot of darkness still has to be cleared before that happens. But sometimes the darkness must be revealed to us before it can be cleared. And how many of these such revelations have there been over the last years? Countless... One area after another. We can see this from the various allegations of abuse in the film industry, sport, government organisations, even in the church 😞. Well done to **George Clooney** for giving women confidence to come forward with the sexual abuse they endured from the entertainment industry mogul Weinstein over decades. He said that he is hoping that the first few allegations made in October 2017 will be a 'watershed moment for society' where women feel safe enough to talk about this issue and feel believed. He put it so nicely and it opened the flood gates...

This does give the impression that the world has become worse, and many people have been feeling this way. But these areas are no longer so dark because many people have taken action to right these wrongs after these revelations have come to light.

This is one of the ways of building the foundation of this new era. The other main 'builders' will continue to be the 'open-hearted' people and their children. These children, often referred to as New Age children will make a big difference. Though they do need the right support, like our love and help, to realise their potential. So, it is our combined actions that will redefine human nature.

Our efforts are supported by the shift in the spiritual energy, which will be continuing until 2031. This is when the sun's alignment reaches the edge of the Milky Way galaxy.

The energy shift is bringing new tools to help us improve our lives and make this world a better place. Some are coming in most unexpected ways. Many of us have been going through a personal recalibration to the new energy. This can actually 'knock people off their balance' and is accompanied by health adjustments. But the resulting body's attunement to this new energy on Earth definitely bears fruit. It noticeably improves our ability to make most of what this new energy brings! Like our ability to create a happier reality for ourselves, which resembles what we carry in our hearts.

So, it is only fair that the warm-hearted people will not only build the new era, but will be the ones who will thrive in it the most later on. They will gradually start feeling like they are being carried by the stream - the stream of favourable coincidences and help from Above. On the other hand, life for people living to feed their ego, who thrive and dominate in the mind-based world, will feel like they are going against an ever-strengthening wind.

Our time is coming in other ways too! We will be gradually lifted above the cold-hearted people and become the new leaders 😊. But how?

As the global awakening gathers pace over time, people will eventually change their priorities and will become more attracted to leaders who have inner peace, are kind and honest. The ones with balance will be seen as the stronger ones, especially in places which lack stability. This will be true not only for the leaders of governments, but also for the leaders of companies, institutions and teams in the work place.

Before that happens, many have to experience the consequences of having elected the wrong sort of leaders. Remember when populism started sweeping the world's politics in 2016? How did these self-proclaimed populists get to power so easily? They fooled people into believing that they could bring the solutions to the problems created by the previous leaderships. How wrong were they? In many cases, their selfishness, greed and tactics of fear and aggression far superseded those of their predecessors.

These positive changes will be slower than we would like though. Similarly to when grass grows, you don't see the difference from one day to another. But we will notice how the way things work today will slowly be replaced by better, fairer and more compassionate ways over time.

And so, people and organisations emitting hate, selfishness, greed and ignorance will struggle to operate in the future. What a relief 😊.

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

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

The turnaround may be a long time away but the change has already started. The day will come when people will look back at the old times and will wonder how people were so 'barbaric' back then. How could they have been doing those things to each other? Like smashing each other's heads with boxing gloves encouraged by loud cheering of the crowds.

By 2031, this new era for humanity and Earth will truly be here. The old ways of loneliness, sorrow, despair and war will be slowly squeezed out. Unification instead of separation of hearts is coming... Do you feel the love energy now? It puts tears in my eyes when I imagine this 😊.

### **What will happen to the darkness?**

Back to today's reality. "So, *what will happen to all the darkness? It is people-driven, so it can't just disappear,*" you may say. You are right. In fact, it will often get bigger before it gets smaller. And it will unfortunately cause more damage. My heart goes out to the ones who are and will be affected 😞.

As more darkness is being exposed, some say that the world has gone mad and is in moral decline. Yet this darkness has always been there. Corruption, greed, and killings have been there for centuries. There is a difference though. As we switched the light on in the room, it made the darkness come together and intensify its actions.

Darkness represents control, especially over money and separation. Those in power are afraid to lose control, and so the darkness wants to keep it that way no matter what. They are very good at tempting others to join them...

The Islamic State was an extreme example of this. For the first time you had an army without borders and common language spreading across countries, as well as through the internet. It was an army of darkness trying to destroy anything that has wisdom, beauty, integrity, love and freedom.

Darkness intentionally creates fear. It thinks that every time it does this, people will be more fearful and obedient. But that is wrong. The suffering that darkness imposes on people unites them against the darkness and increases their support for each other. Together they are stronger to stand up to it and resist it more effectively. Together they have less fear of it!

But they must be careful not to fight darkness with their own weapons. If the light picks up a sword to fight darkness, it reduces its own light and the darkness usually comes back stronger, fighting on a battlefield so familiar to it. **The only way to truly diminish darkness is to create more light.** And this is happening even though it is not obvious, phew 😊. The squeezing of darkness by people with open hearts will be noticeable everywhere over time. But not without a price. Lightworkers sometimes suffer during their attempts to reduce the darkness 😞. But this will not last forever. Their light will eventually be strong enough to protect them.

And the lightworkers are not alone. The energy shift on Earth is helping the fight against darkness big time. It is a response to the light that we have turned on over the last few decades 😊. As the shift gathers pace, the dark will increasingly feel that things are not the same as they used to be. It will not be able to win with ease any more. Have you noticed that the darkness is already struggling to win over light in many areas?

As you can guess, it will not give in just like that. The dark will fight the presence of light and love with increased vigour for some time, screaming and wielding the sword in some cases... So, please be careful and have faith. The darkness will eventually start shrinking and its fight will slowly turn into a fight for its own survival.

### **The rising power of the customers**

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

People are already becoming choosy about what they buy as they are slowly realising that they don't need to buy so many things to be happy. And this will only intensify. In addition, many people are seeing through how adverts are manipulating their minds and are no longer falling for them as easily as before.

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

On top of that, new ways of buying and selling goods will continue to emerge. A revolutionary market place called 'the sharing economy', where people can more easily share products and services amongst each other, is growing into a dominant force. It connects the right people, cuts the middlemen and solves questions like: "*Why is it that every time I need to use something occasionally, I pay over the odds for it when people living nearby probably have these things and struggle to find storage for them*".

So, enjoying growing fruit and vegetables in the garden or having your own workshop full of useful tools doesn't have to be just a hobby anymore. There is still a way to go to dot the i's and cross the t's, but when this is functioning well, it will bring a lot of empowerment.

Another lovely development is the fast growth of crowdfunding as a means of raising money from the public for good causes. For many people in need, the impossible becomes possible this way, whilst the donors get a unique chance to participate in the success that they created and maybe get a small reward for it.

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

Hopefully you can see now that the happier world from this perspective is not as far away in the future as you may have previously thought.

### **Future inventions**

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

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

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

### **Climate changes ahead**

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

First, let's look at where we are now. Humanity has caused a lot of damage to Earth in the last 50 years, and yet some are still denying this. Now we are paying the price.

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

The ozone layer has been thinning since the 1970s. Because it acts as a natural protective filter against harmful ultra-violet rays from the sun, there have been an increased number of cases of skin cancer, sunburn, cataracts and damage to vegetation over the last twenty years. The good news is that we are beginning to see the benefits of the phasing out the main culprit, a substance called chlorofluorocarbons, which was mainly used in refrigerators and aerosol sprays. Thankfully, the ozone hole over Antarctica has started to shrink since 2012...

The global warming situation is quite concerning too. One cause of global warming is getting worse - pollution. As the burning of fossil fuels like crude oil, coal and natural gas increases, so does the amount of carbon dioxide emissions being dumped into the atmosphere. This greenhouse gas acts like a blanket over Earth and traps heat. On top of that the world forests, which convert a lot of carbon dioxide to oxygen, are shrinking at an alarming rate because of ruthless de-forestation all over the world 😞.

Some may say that the increase in the average temperature worldwide is tiny and we shouldn't worry too much. But in recent years, we have witnessed more changes than just a small increase in the average temperatures. Extreme weather like heat waves, rain in the deserts and droughts in previously wet areas have been quite frequent. The same can be said of natural disasters like floods, earthquakes and wildfires. We are seeing a real change in the climate. How much global warming usually contributes to this remains unanswered. Scientists are beginning to wonder if more is happening behind the scenes, and if we are entering a new stage of a global climate change cycle.

What then is really going on with the climate and where is it heading? We have to look for the answers at higher levels than the scientists are... **Earth is alive and it is responding. It is beginning to re-balance itself.** The universal law of



Balance plays a big role here too. Mother Earth will not allow that people run out of food and water. Rising temperatures and heat waves will not go on forever, nor cause parts of Earth to become uninhabitable either...

Surprising to many, after a period of rising temperatures we have entered a long period of what [Kryon calls a](#) cooling water cycle. As a result, it will eventually get pretty cold for quite some time, particularly during the winter. On the other hand, the heat waves are likely to continue for some time and this will leave many people confused about what is really going on.

The cold weather will be very tough, especially in the northern countries where it is already generally cold. To start with, more energy will be needed to heat our homes... The problem is that the electricity grid in many countries is not ready for this increased demand and already operating close to the full capacity. This may bring big rises to energy prices as well as local power cuts 😞.

So, we desperately need those new much cheaper methods of energy generation to be discovered very soon... If they are, it will act like a cushion for the challenges ahead, and worrying over whether you can afford to pay bigger gas and electricity bills may even become a thing of the past.

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

*“Will we see the reduction of the number and severity of natural disaster any time soon?”*, you may ask. Unfortunately, they will not go away for some time because they accompany the beginning of the cooling water cycle. They may also be part of the process of Earth’s cleansing of the negative energies accumulated by humanity. Watch out for the places with dark history and areas vulnerable to floods...

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

### **The refreshing of the Cycle of Life**

There must be more to this dramatic re-balancing, right? Indeed there is, in fact the cooling water cycle will lead to the refreshing of the Cycle of Life of Earth’s fauna and flora in the long term. But how does this work?

The increasing global temperature is leading to the gradual melting of the ice at the poles, resulting in extra water being redistributed throughout the oceans. Apart from rising the sea levels, it acts as an additional weight on the ocean bed, which is likely to cause more earthquakes 😞. The water also cools the oceans and they cool the air. This brings colder weather, more humidity, rain, storms and floods.

Here comes the good part. When you change the temperature of the oceans, it changes the life cycle of the ocean. Eventually the ocean will renew itself, bringing new life to the over-fished waters...

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

### **But we can’t wait that long**

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

If Earth cares in this way, it must feel pain as people damage it and everything it gave life to. If you feel similarly, then an opportunity may arise for you to do something, no matter how small, to show that you care for Earth as well.

I suggest that you keep an eye on any coincidences that will come your way soon. If you then decide to take the opportunity, you can rest assured that your contribution will make a difference. It will count more than you think.

May these coincidences also support that what you have read so far is real 😊. And may they serve as a clear message that you have already started awakening.



## Chapter 2 – Awakening and enlightenment explored

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

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

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

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

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

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

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

### What is spiritual awakening?

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

Spiritual awakening can be described in many other ways:

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

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

**-During spiritual awakening we expand our consciousness beyond the normal emotional and mental consciousness that people tend to operate at. We move into the heart consciousness, especially as we open and live more through our heart.**

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

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

Looking at things from the energy side, **during spiritual growth we raise our energy vibration.** (Everything vibrates at a certain level. e.g. matter vibrates at very low level compared to sound, and light, and loving thoughts & feelings vibrate at a very high level compared to selfish thoughts & feelings). As we do that, **we bring more of the light from our Higher Self and from around us into our aura.** In other words, **we start building our light body. We start emitting light and**

raising the energy vibration of everything around us, like people and matter, just by being there ☺. Your heart, mind and body become a carrier of the divine.

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

### How does spiritual awakening feel?

People who awaken spiritually do two things:

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

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

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

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

### The awakened state of mind and heart

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

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



**Pict.3 The awakened tree stump**

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

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

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

### Characteristics of spiritual awakening / expanded consciousness

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

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

### Living more through heart than mind

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

### Clear and peaceful mind

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

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

### Increased presence and Higher awareness

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

An overall tendency to enjoy doing less and “just being” more. It seems strange but a lot of things start happening when we “just are”, present and peaceful. How come? Because we get more into the present moment where we can access “everything” and co-create the future.

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

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

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

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

### Developed Intuition and Inner knowing

As we spiritually awaken, we strengthen our intuition / 6<sup>th</sup> sense. We become more open to receiving intuitive thoughts and feelings from our Higher Self.

With developed intuition comes less thinking. Thinking becomes clearer, more high-level and creative.

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

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

### Easier access to subconscious mind

As we expand our consciousness, we become aware of more things stored in our subconscious mind, which allows us to harmonise it.

### Gaining control of own life

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

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

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

#### Deeper sense of peace, happiness and joy

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

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

#### Being centred

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

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

#### Gradual increase of the connection with your Higher Self

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

#### Improved health

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

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

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

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

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

#### Gaining supernatural abilities

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

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

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

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

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

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

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

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

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

- *I suggest you go through each of the 28 areas of awakening / expanded consciousness and decide if you are experiencing these signs. Then score each area from 1 to 10 according to how strongly and often you experience these signs. 0 is not at all and 10 is strongly and/or really often. Some advanced areas have double or triple score.*

- *When you have finished, add up your scores to get a total score. Then calculate what percentage your score is out of 300 and write it into the box at the bottom. (actually 300 is not the maximum score, 400 is. 300 takes into account that people usually do not experience all signs and so it still represents a very high level of expanded consciousness anyway).*

*A score of 150 and more (50%+) demonstrates a noticeable spiritual awakening taking place ☺.*

- *Next time you take the test, you can add the new score in the table below so that you can see your progress.*

#### 1. Amplification of the senses. Increased sensitivity.

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

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

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

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

Score

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

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

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

Score

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

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

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

Score

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

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

Score

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

Score

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

Score

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

Score

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

Score

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

You are more “present” e.g. when talking to people and doing things and more alert in every-day situations.

Score

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

Score

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

Score

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

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

Score

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

Initial Score	Double it

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

Score

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

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

Score

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

Score

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

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 company / being alone.** Looking for moments of peace and really enjoying them. Losing interest in more extroverted activities. Finding it more difficult having to do lots of things during the day or to complete a task against a tight deadline.

Score

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

Score

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

Score

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

Initial	Double
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Score	it

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

Initial Score	Double it

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

Score

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

Initial Score

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

Initial Score	Triple it

25. **A sense of Oneness with all.** A direct experience of the Oneness. Being flooded with compassion and love for all life.

Initial Score	Triple it

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

Initial Score	Double it

27. **Energetic activity at the crown of the head:** Occasional tingling, pins & needles, itching sensations along the scalp or down the spine. A sense of energy vibrating on top of the head or running into the body like "sprinkles". Briefly feeling gentle pressure on top of the head. These may be signs of the opening of the 7th crown chakra and receiving divine energy through this channel.

Initial Score	Double it

**28. Re-balancing of the left and right brain.**

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

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

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

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

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

Score

Total Score

Date	Score	Percentage out of 300	Comments

**The New Age children**

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

More of today's children than in the past are born already spiritually awakened to a certain degree. Do you know a child with eyes so wise and peaceful that you can't believe they are that young? It's as if they carry so many life experiences already. These are 'old souls' who have been incarnating to Earth for longer than most, and so have been through and learned so much that they can be our teachers even as babies 😊.

They are sometimes called Star Children. One can say that they are coming to help speed up the transformation of life on Earth and show us what amazing things can be achieved through spiritual growth.

These kids bring hope; hope that the transformation to a better world will happen sooner rather than later. But they still need our support and love to truly thrive; just like most kids.

Here is another message of hope - look what happened to the awakened tree stump 😊.



**Pict.4** Message of hope

Broadly speaking, there are three generations of New Age children:

### Indigo children

Indigo children started being born mainly around the 1970s (there actually was another wave of Indigos born after World War II).

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

Many develop into fighters for truth and fairness, into warriors of light - just like the divine flying horse Pegasus ☺.

Their main collective purpose is to start breaking down the old ways of things that do not serve the majority. This includes things that are built on greed and controlling people, which inject fear and inferiority into society, and lack integrity.

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

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

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

### Crystal children

Then in 1990s Crystal children started arriving in bigger numbers. Do you know some small children who have large penetrating eyes and when they look at people, they sort of stare into their eyes? They can often make people feel like they are looking right into their soul and scanning them from inside out. With their 6<sup>th</sup> sense and higher awareness you can understand why people struggle to hide their feelings and intentions from Crystal children. This is quite contrasting to some teenagers whose eyes are lacking presence as they could be engrossed in their own world.

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

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

Crystal children have small egos and do not tend to feel restrained by society. Their affection and attractive personality make them popular with others. They tend to spot quickly tensions between people and often say: *"why can't people just get on and be nice to each other?"*

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

## Rainbow children

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

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

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



**Pict.5** Indigo and Rainbow children

Now that you have a bigger picture, I wonder if you recognised yourself, your children or your nieces and nephews as one of the Star children? If not, maybe you need to look harder 😊.

Parents of Star children should know that their children chose them as their parents because they have it in them to provide their kids with the supportive and loving environment that they need to be able to thrive.

And they want to share their amazing gifts with their parents too, because it is nicer to do things together with those you love...

## **What is enlightenment?**

So, these kids are marching towards enlightenment, aren't they? So are you.

With every step closer you take to your Higher Self, a bigger part of your Higher Self's consciousness and love enters your awareness and aura, until it is fully there 😊. Then you are complete. The 'veil' has fully lifted and the separation has evaporated. You will become as magnificent here as you are on the other side of the 'veil', and your Higher Self will walk this Earth hand in hand with you 😊... Isn't that a beautiful reunion?

When you connect properly with this second half of you, there will not be much difference between you and an angel. You will also have the ability to create 'Heaven' on Earth, which even the angels can't do. The ability to create a second true Home... Then, coming here to Earth will finally be like going on the most amazing holiday of a lifetime 😊.

When **Belinda Carlisle** sang that we are just beginning to understand the miracle of living in her amazing song '**Heaven is a place on Earth**', maybe she meant something pretty similar.

So, I would not be surprised if one day you see or feel that 'angel' in the mirror when you look at yourself...



**Pict.6** You or an angel?

The good news is that you don't have to purify yourself and raise your consciousness all the way to the level of your Higher Self, for that would be a bit too hard. Instead, your Higher Self will meet you half way 😊.

At this point it seems that you can even end the cycle of regular reincarnations, if you wish. Although mind you, many who reach enlightenment don't see it as 'job done', and They choose to come back enlightened to help others achieve the same.

By integrating our Higher Self into our consciousness, we bring the light of our Higher Self into our aura and our light body, which we have been building during our spiritual growth. And so, enlightenment can also be described as being substantially attuned to and filled with light, knowing light, acting in the way of light and the highest good, and profoundly emitting light.

An important thing to remember is that all of this does not happen at a certain point in time. Enlightenment is not a point of reaching perfection; it is not a finish line that needs to be crossed. **It happens gradually, and there are always higher levels of enlightenment and consciousness that you can reach.**

So, enlightenment is like reaching one of many high mountain tops and clearly seeing, feeling and being a part of everything around you. **It involves being one with everything there is, with the whole Being.** It is a realisation that the essence you feel inside, your spark of life, is the very 'same' spark of life that is inside other people. And together they form the whole Being, the Life itself. It is feeling and experiencing that **I am the great I AM.** In this state of connection with everything, one experiences an immense sense of bliss. Mind you, any personal experiences of enlightenment in that moment go out of the window because in this state there is no you ☺.

Whilst at the top, we see that there are even higher mountains that we can climb, where our vision will be clearer and feeling of oneness stronger. The good news is that to get there, we don't have to come back down from the peak we are on but rather just keep climbing.

**Eventually, every highly enlightened spirit who has completed the journey of incarnations experiences the magnificence of merging with the whole Being. The spirit's consciousness is now much more evolved, mainly thanks to the achievements of past incarnations. Moreover, because we are an individual spirit, and at the same time all spirits are part of one Being, our evolution goes on to increase the consciousness of the whole Being too. We enrich the whole Being in many ways, especially through that which we created, resolved and illuminated with our light.**

### Drop in the ocean analogy

Let's loosely compare the life journey with an imaginary journey of a rain drop.

Imagine that the whole Being is the ocean with the connected seas. Individual spirits are created as the water on the surface evaporates into the sky and forms rain drops. As soon as the drops fall on earth, they forget where they came from. They forget that they are part of the ocean, and they do not recognise their new form. In this way, newly born babies are also baffled by the 'clumsiness' of their new form, even though it takes them a bit longer before they forget who they are.

The journey ahead is not easy and quite different for every drop. Those that seep through the ground form little underground streams, which merge into brooks and rivers. No matter how 'big' they become, they experience a fair amount of suffering on the way, such as being polluted by peoples' carelessness. They also cause some flood damage themselves with their low level of consciousness.

Many times these drops evaporate into the air, fall back on earth and start the cycle again. One day though, they finally reach the ocean once again, hurrah! The beauty is that the drops return much more evolved, being fully aware of who they are and how they are one with all water. They enrich the Whole with what they bring with themselves. It is a shame that this includes lots of plastic bottles, but these get magically transformed into something much more beautiful ☺. This way the whole Being evolves too; it becomes much more conscious than before... And this cycle never stops...

### **What is it like to be enlightened?**

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

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

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

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

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

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

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

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

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

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

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

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

#### Experiencing raising Kundalini

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

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

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

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

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

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



## Chapter 3 - How things really are

### Who are you really? Are you your mind?

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

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

Good try no matter how well you think you did.

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

Interestingly, you are also in this state of a “higher mind” when you are very present.

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

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

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

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

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

And it is your analytical mind and your internal reality that tells you how you should feel - when you should fear & worry, when you should be happy & joyful and so on... Our internal reality actually drives many more things in addition to how we feel.

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

### **Loving not only our inner child**

I imagine my inner self as the innocent and loving child within me, similar to an excited and happy child in the moment they start 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?

As we grow up, we became more serious, taking on all of life's responsibilities, pressures, worries and demands. We move to living mainly through our mind and tend to forget or suppress the child within. Some adults find the thought of having an inner child ridiculous.

Many people start disliking various things about themselves at different stages in their lives. Some as soon as early childhood when peer pressure starts building up. They may not like the way they look, and dislike their lack of confidence, self-esteem, physical abilities or intellect. They may not like other things about themselves too, like if they are fearful, worry, make bad decisions, forget things or even get ill regularly. They often carry this unhappy state of mind, and its linked emotions, with them for a big part of their lives. What a shame 😞.



You can see the sad consequences of people generally not liking themselves or their body. They may not care about themselves much, e.g. they don't respect their body, don't look after their health and well-being, don't give themselves rest when they are not well, or don't create time to relax and enjoy life. They can also be tough on themselves, blame themselves for many things, and allow others to take advantage of them and even victimise them.

In summary, these people don't love themselves! Yet, they usually care for and love their children, partners, parents, and even pets...

It is becoming clear that **the key to our mastery is the opposite of suppressing our true self. Instead, it is to love ourselves and to love our inner child. It is allowing our inner child to express itself!**

Loving ourselves is to realise that deep inside, we are magnificent. **Katy Perry** expressed this so nicely when she compared us to fireworks in her great '**Fireworks**' song. She encouraged us to "let all our colours burst, and leave everyone amazed 😊". Our ego does a good job in hiding this from us and often leads us astray. So, let's be kinder to ourselves no matter what our ego tells us 😊.

Loving ourselves is accepting ourselves, including the things that we do not like. **When we compassionately accept what we don't like about ourselves, we forgive ourselves. This creates 'a sacred space filled with love energy'. Being in this space, in which healing can happen automatically, will then help us move forward with more ease.**



**Pict.7 My inner child**

Moving forward will mean different things to different people. For some, they manage to conquer a perceived weakness that they previously could not have overcome, no matter how hard they tried, e.g. being shy. Or moving forward could mean that people realise something important, such as that these perceived weaknesses aren't really flaws, but rather something that is helping us to develop both as a person and spiritually, e.g. having to wear strong glasses from a young age.

### **You are what you create**

Being able to express ourselves is as important to our wellbeing as having a good diet 😊. Expressing ourselves is being free; yet we are regularly stopped from expressing ourselves at work, in school, and for some in their private life as well. We are being pushed to oblige to the rules they created. This can do a lot of damage to us, our self-esteem, our confidence and our joy from life 😞.

Creating something is such a powerful form of self-expression. Do you remember those things you created recently? They might have reflected your inner self, your inner beauty. Even repairing something at home counts big time 😊.

We are all here to create. The possibilities of what we can create are endless, so don't let anybody stop you...

### **How to experience your inner you**

So, what shall we do to experience our inner self more than by doing the observer exercise and loving ourselves?

One way is to focus on your inner self, now that you know more about it. This way you can give it more space in your mind and become more aware of it. This is just like you practised during the 'awakened state of mind and heart' exercise earlier.

You can also simply imagine what your inner self is like and then repeat: "I wish to be my inner self". It is good to do this during meditation, where you focus on a quality of your inner you, one at a time, and hold and feel it for as long as you can. Alternatively, you can simply practise to have an empty mind during a meditation. With an empty mind you will be able to 'see beyond the mind' and so catch glimpses of your inner you. How? Usually by spontaneously feeling how your inner you feels, like sudden peace, contentment or joy.

Another, more gradual way to experience your inner you is to look at things through the eyes of your inner you. How? By developing the qualities of your inner you. Isn't this actually what spiritual growth is all about 😊? According to the spiritual law '**Similar attracts similar**', you will attract your inner you into your consciousness. I will give you more guidance on this in *chapter 4* – 'Achieving higher awareness and becoming more present'

The good news is that you have already brought a bit of your inner you into your awareness, so there is no doubt that your inner you is beginning to show itself 😊. And it has no plans to go away, because once you bring it into your awareness, it is hard to forget about it. You could try to push it back under the carpet, but you will always know it is there.

You may wonder how much deeper we need to delve inside from where we meet our inner self to reach our Higher self. Well, one can say that there is still a way to go, but to connect with your Higher Self is actually not that hard. **The more you become your inner you and live through your heart, the more you connect with your Higher Self.** Chapter 5 gives you more guidance on how to communicate with and interpret the messages from your Higher Self.

Hang on, have I forgotten somebody here? What about our Soul? How about if we say for now that your Soul is your inner you. This is quite close and avoids confusion. But if you want to know the difference now, please see the section 'Levels of Consciousness'.

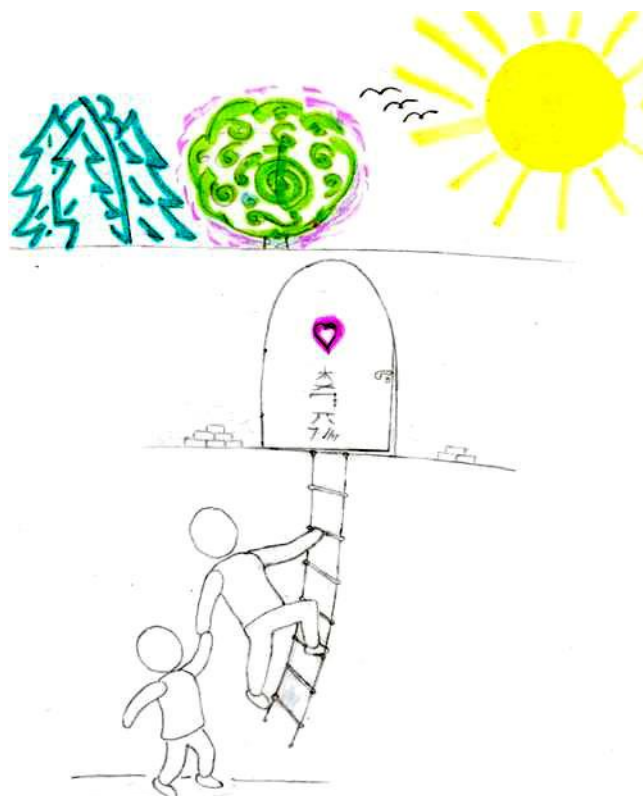
### **Meditation: Attuning to healing Reiki energy**

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

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

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

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



**Pict.8 Reiki garden**

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

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

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

I felt very lost and was going through a very emotional and painful period in my life. Seeking desperately some help, I was introduced to Michael's book and later managed to contact Michael. He said that he will do his best to help me get through it. He gave me free consultations and distant Reiki healing sessions at specific times. When he was

sending Reiki, I was amazed to immediately feel the energy around my body. Mostly it started with a slightly heavy sensation in my head and tingling feeling in my feet. Then I felt a relaxing and peaceful state of mind, connection, acceptance and love through my whole being. In some occasions I could see flashes of colours and even loved ones who already crossed over. At the end I felt lighter and refreshed like waking up from a deep sleep. The calmness of my body and mind after each Reiki session together with the book and consultations gave me the strength to hold on, see the bigger picture of my situation, understand, accept and slowly crawl out of the deep dark I was in.



### **Our Life Journey**

You are the brave one who chose to come to Earth, and probably not for the first time. You agreed to forget who you really are and disguise yourself as a seemingly fragile human being. You came with a mission to undertake a journey of discovery. A journey very specific to you, but with a common nature for all of us. A journey of re-discovering who we truly are inside. Isn't that exciting? The angels and other divine beings stay on the Other Side, as they can help us better from there.

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

The great thing is that we are not all the same underneath, despite our divinity. That would be a bit boring, don't you think? It is exactly the opposite. We are all unique, with an amazing set of skills waiting to be discovered. Thanks to this, we have another life mission, which nobody can fulfil better than us. This one I will let you discover for yourself 😊.

The journey is pretty long, but we have plenty of guidance along the way. A big source of guidance are our own experiences. Our life is filled with millions of them. We select many experiences, whereas others are selected for us. **They allow us to grow and develop.** We then choose what we take away from these experiences, such as whether we learn and develop from them, and where we go from there.

Everyone is at a different stage on their journey. When we were born, we were already at a certain point on that journey. Some mystics would say that we were at the finishing point the last time we were here. This makes sense but there is more to it than this. Our journeys are different every life time, and so it does not feel like a continuation of the same journey, even though it is. This is because we are meant to experience different aspects of the whole every time we come.

When you were young, did you read **The Complete Tales of Winnie the Pooh**? The Pooh Bear and Christopher Robin experience different things in each story. There is no plot that continues throughout the book as the stories are not linked. So, each story can be read separately from the other stories. But there is a theme running throughout the book - the experiences shape Christopher, a playful child who grows up to eventually become a school boy.

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

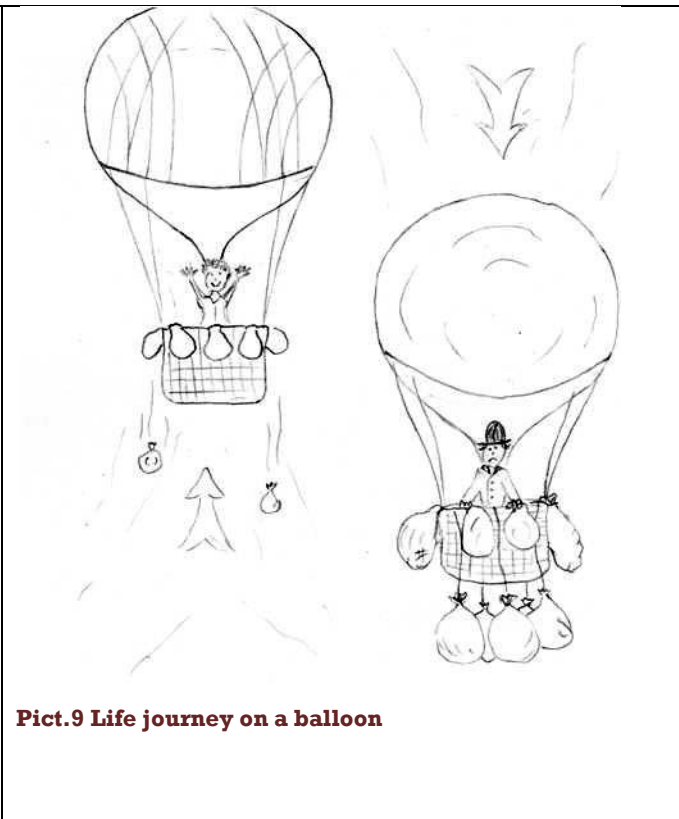
It is like we are on a hot air balloon in the sky. What determines whether our balloon goes up or down is the sand bags hanging from the big basket? We actually create and drop these ourselves as we go along in life.

So, the balloon can be going up or down and at different speeds depending on what we do with these sand bags. Do we make more of them and either slow the balloon down or reverse its rise? Or do we drop some bags and speed up its rise or reverse its decline?

The higher we rise, the lighter we feel, and the brighter and clearer it gets. This allows us to see more with greater overview. On the other hand, the lower we fall, the heavier we feel and the darker it gets.

And it is up to us how big a distance we travel during each lifetime and in which direction...

It is easy to see that the best thing to do here is to keep dropping those bags. But if we don't know about them, don't know how we can drop them, or are not aware that we are creating them, it is much harder. It is easier and more tempting for some to make more and go down.



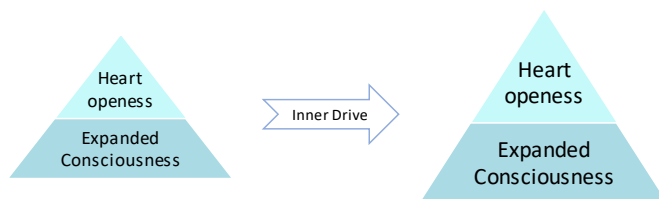
**Pict.9 Life journey on a balloon**

But remember we don't get many opportunities to rise without the balloon when we are on the Other Side... It is much harder to expand our consciousness when we are not physically here... We take it with us 😊. This way, some people are stuck with their low levels of "Earth consciousness" on the Other Side. Christianity goes further and calls it being stuck in Hell...

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

As we said above, the common answer to where we are on our life journey would be linked to how much we are spiritually evolved. But this is very broad and hard to quantify, so let's break it down into three more measurable qualities that we can assess ourselves against:

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



**Pict.10 Measuring spiritual development]**

There are also other ways to assess how spiritually developed a person is, such through their aura or chakras. We will refer to these later, but the good news is that they are linked to these three characteristics above.

Going back to the inner drive, by this I mean our determination and effort to spiritually grow and drop the sand bags from the balloon. It is not the inner drive to build our ego 😊.

You may wish to complete the Inner Drive test now rather than later, in which case please refer to **Appendix 2**. Straight after doing this test would be a good time to start building a simplified picture of your overall level of spiritual development by plotting the test results so far into a pyramid in **Appendix 1**.

### Your life journey does not need to be as hard as many find it

Looking around, it is sad to see how many people are not content with their life. Some are just plodding along, perhaps quite bored at times, and many are truly struggling. They say things like 'I need to get through the day at work and then I will relax'. But then when they get home after work, something else happens, and the time to enjoy themselves gets delayed again. The same thing happens the next day. And so on. These people continue to travel to a moving destination, but they don't particularly enjoy the journey.

And guess what happens when some eventually do arrive at their destination? They don't stay happy for too long, as they set their mind on a new, more exciting destination. And off we go again. Do you know somebody who got a promotion at work and soon started to work on the next one straight after?

Because most of our life we 'travel', life is actually more about the experiences on the journey, rather than the destinations themselves once we finally reach them.

Take the example of the period just before Christmas. Children often experience it differently than busy parents. For them, this time is often filled with excitement. They tend to really enjoy all the preparations at home, like decorating the house, helping to make their favourite Christmas food, or the festive activities in nurseries.

Whereas this period can be quite stressful for some parents. They are busy finishing things at work that can't wait until after Christmas, searching for presents, preparing food, cleaning the house, planning for receiving visitors or travelling, and wrapping presents in the late evenings after the kids fall asleep. As this can be a race against time, the queues in the shops and crowds may suddenly bother them, as well as the occasional thought of the credit card bills that will be knocking on the door very soon after Christmas.

Another reason why people tend to find their life hard is because of all the things happening to them that are outside of their control. They often feel like they are alone in a small sail boat on a stormy sea. The waves and the wind throw them from side to side, and they feel they have lost control of their boat. So, they take each day as it comes, enjoy 'the happy days' and bear through the hard ones. So unfair!

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

There is one more common life hurdle. Whilst we are busy overcoming every-day challenges that life throws at us, we can easily lose our sense of the direction in which we are heading. This is just like walking blindfolded on a huge field with lots of lumps and holes, and you have to try not to stumble.

So, to find true happiness, peace and joy during this journey often seems like too much to ask for... But it does not have to be this way! The blindfold can be removed, and you have a compass in your bag of goodies too. I want to help you overcome your struggles and find deeper happiness.

Let's start by learning how to take the blindfold off. This will allow you to more easily step over the lumps and eventually choose a more comfortable path to walk on as you figure out which direction is right for you. Your Higher Self, a guide you can trust, will really help you with this. Then it should be much easier to enjoy the journey...

### **How do we experience each moment in life?**

First, we need to better understand how we actually experience life - every second of it. Then we will be able to learn how our experiences are created before they happen, including the events that happen to us and the situations we get into...

We can start by saying that we broadly experience every wakeful moment in two ways. The obvious one is perceiving the external reality around us with our five main senses. These perceptions bring us physical sensations. For example, an ice lolly looks colourful, feels cold and tastes sweet. They also trigger thoughts, visualisations, and feelings that form part of the experience as well, like being happy until the lolly starts melting and dripping on our fingers 😊.

It is not just this perception of the outside world that can give us an experience. The mind is usually racing to bring up new thoughts and visualisations, and their attached feelings. This way new experiences are pouring in, whilst our physical senses seem to have been pushed into the background.

Most thoughts come and go, but the more dominant ones keep reappearing and begin to form our thought patterns.

We also experience deeper states of mind like our beliefs, desires, and values. Similar to thoughts, these states carry feelings, but are sitting deeper in our mind than our thoughts. They are quite engrained in our mind and reappear whenever something triggers them.

All of these things make up our internal reality. I'm sure you can imagine that there is so much in there because we have built upon it throughout our entire life. And prior to that... No wonder that it may be hard to close the door to this 'packed garage'.

In the language of science, our internal reality is a very detailed map in our brain, which consists of billions of connections between billions of neurons. We build and re-build these connections as we go along.

Our internal reality is extremely powerful. It has a big influence over how we feel and what decisions we make. What matters though, is how much we get absorbed in it. This depends on how much we allow it to take over us. Think of all those people who are still mentally at work even though they 'checked out' out for the day a long time ago. Some

could be on holiday on a tropical island and it would make little difference... Or do you know people who are submerged in their own reality so much that they act like they are not here? Always daydreaming, distant, not listening? This is actually becoming a real problem for many as they can't shake it off as easily any more.

### **The subconscious and unconscious mind – they're not just the storage of our internal reality**

So, we get all these constant experiences and then what? They all get stored somewhere, right? The common answer is in the subconscious mind. You may have also heard about the unconscious mind. Does anything end up there too?

Because the subconscious and unconscious mind are still not fully understood, there are many different definitions floating around, usually created by psychologists like Sigmund Freud, doctors and scientists. Some definitions confuse the subconscious mind for the unconscious mind. Additionally, the spiritual aspect of the mind is seldom recognised, even though quantum physicians are getting close. Thank goodness.

It is clear that not just all of our experiences, but our whole internal reality, is scattered in our mind. Let's say that what we recall easily or what takes some effort to pull out, tends to be in the subconscious mind. On the other hand, what we can't recall or have purposefully buried because it perhaps gives us strong unhappy feelings or we are denying it, has sunk well into the unconscious mind.

We then use our conscious mind like a spotlight in the black theatre to bring various bits into our awareness. The more we expand our consciousness, the more we can bring under the spotlight 😊. Clever, isn't it? The way this happens is very smart too.

In one way, we find it easier to access pockets of our subconscious mind and even unconscious mind at will. This may bring benefits like improved memory.

In another way, more things come into our awareness seemingly spontaneously. But we do not start remembering all sorts of random and unimportant things, like what we had for breakfast 9 months ago. It is more sophisticated than that 😊. The higher parts of ourselves 'send' into our awareness very useful things, like where we put something that we have been searching for years. The timing is usually perfect, just when we really need to remember 😊. Other memories that may be 'sent' into our awareness are those that we have been denying or suppressing because they were too painful. They start gradually popping out when we are ready to face them. This is then a chance for us to accept what we had denied and try to see the suppressed experiences differently to dissolve the pain.

There is another very important role that our subconscious and unconscious mind play. We could compare it to an extremely intelligent computer in control of our bodily functions and possessing a deeper understanding of how things work (even things we don't know about). It also knows the answers to complex mathematical questions, can understand foreign languages we have never learned and has other supernatural abilities that cannot be explained.

But this idea of a hidden super computer in our head somehow does not stack up. We are not robots and something is missing, isn't it? This is where the spiritual side comes in. It is the higher parts of ourselves who are behind this magic computer. **Our subconscious and unconscious mind, together with our heart, are the vehicles that allow our Higher Self to express itself in the physical world, to communicate with us and to 'run the body'.**

### **How are our experiences created?**

Our experiences don't happen randomly, even those out of our control. **What we experience, the events we attract, and the situations we get into are all created not just by us, but also by** our internal reality and the Other Side. Many revelations and surprises are coming, because things are not as they seem...

#### **What WE create**

Let's start with the obvious one. We create many experiences by making freewill decisions and taking freewill actions. This ranges from bigger ones, like deciding how to spend our day, to the tiny ones we make every second, like what we will look at.

The experiences linked to our decisions and actions often come later, rather than straight away. For example, when you buy tickets to attend your favourite event, or when somebody eats a lot of sweets and doesn't brush their teeth...

Our freewill is a great tool in co-creating a happy reality for ourselves, such as in the way we arrange our home. Although, the thing here is that you usually do not know exactly what is going to happen after you exercise your free choice. For example, you don't know what you will see on TV after you decide to put it on, unless you know that you have already seen it before. Or you don't know what you will find in the new book you just bought, or who you will meet on the walk you have decided to take.

Also, making decisions freely is not as easy as it should be. We usually think our decisions are spontaneous, but it could have easily been our old beliefs, attachments, resistances or maybe fears that were actually behind that

decision or action. As a little demonstration, you can think for a minute how everybody in your family would react if somebody jumped in front of them in a supermarket queue when they were not looking 😊. And then see if you can link their reaction to a dominant part of their internal reality. Actually, next time you are confused by the way somebody has reacted to what you said or did, remember that it may not be personal, but rather a sign of the very different internal reality that this person is submerged in.

### **We interpret the external reality according to our internal reality**

Our internal reality isn't just behind our decisions and actions, it is also behind how we interpret the external reality surrounding us.

Our beliefs, views, intentions, desires, fears and other personal qualities all influence how we perceive the outside world. They play a bigger role than most would think, especially if we are not fully aware of them and their influence. This is usually the case when they have been formed a long time ago, perhaps as far back as in our early childhood. Can you remember some of those things that your family members or teachers used to drum into you over the years? It is still common in Eastern Europe when an adult asks a small child something, and the poor kid doesn't answer straight away, that the parent 'pardons his behaviour' by saying that the child is shy. The stronger characters find it annoying or ignore their parent's comment but many subconsciously start believing it 😞.

As children, we soak in like a sponge the environment surrounding us, including its traditional, moral, cultural and religious features. Even though we forget about it when we grow up, these beliefs and views stay pretty active in our subconscious mind until we realise this and change them. As a result, many adults continue to interpret the external reality according to the beliefs and views that they formed in their childhood. Let's look at three more examples.

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

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

Peter formed a view in his childhood that he is a bit ugly looking. He grew into a handsome young man but struggled to find a girlfriend. He always felt that the girls he liked, who usually enjoyed playing sports like him, would not want to go out with him. And when he tried, he was very quick to conclude that the girls did not like him. He thought that he saw this rejection in their body language, in the way they spoke with him or when they did not reply to his text message promptly.

Perceiving the outside world in our own way can go so far that **each person sometimes physically sees a different, unique reality around them. We often see what we want or expect to see, or what we believe is there. Our 'own reality' then creates our individual experience.** As a result, each person's experience may be very different even though they are both looking at the same thing!

For example, somebody who believes in the goodness of people will tend to spot the good in others, whereas somebody who believes that people are inconsiderate, will interpret many things they do or say as insensitive.

Alternatively, if somebody carries inside them a lot of fear, they may find something to be fearful about in many things, whilst others would not experience fear in the same situation. For example, when somebody religious living in India, who was taught to fear God, sees a statue of Godly figures, they may perceive them similarly to the picture on the left below. On the other hand, a tourist visiting India, without any knowledge of local traditions, may see the same statues as nice, colourful figurines, like the picture on the right. Yet they are both looking at exactly the same statues...



Here is another snag of perception. Because people often see with their own eyes what they want to see, it naturally fools them into believing that they are right. Can you think of somebody who likes to complain about things? Don't they tend to find something to complain about almost everywhere 😊. And so, it is hard for many people to change the way they see things or to be convinced by others that things are different. This often leads to disagreements and even arguments between people because both individuals are convinced that they are right.

**We virtually attract an external reality that resembles our internal reality**

There is more - welcome to the world of magic. We virtually attract what happens to us seemingly out of nowhere. **Our mind magically attracts events and situations that reflect 'the person' that we have built with our mind up to that point.** It is that powerful. The divine mechanism that makes this happen is one you should be familiar with by now – synchronicity.

Let's start by looking at how we can attract the things linked to our strong desires and intentions. Of course, this happens less frequently than we would like, otherwise everybody with a strong desire to win the lottery would do so 😊. Still, it is good to be careful about what one wishes for, as one will have to live with it, should it arrive 😊.

There are many other factors that influence what will happen (such as the Other Side), but one thing is clear: our intentions and desires are very powerful.

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

Many people say they really wish for something and it never happens. Could they have already written it off with their doubt? Have they wished for it strongly enough? If so, maybe it will come later. But there is always a good chance it will not happen because it is not meant to be. It is very hard to know this and just as well. Nice surprises are more enjoyable, I guess.

A word of warning: as we said, the mind tends to attract what we concentrate on and **it struggles with the word 'Not'**. To some extent, it still can attract the things on our mind that we do not want and those we fear. So, always try to think of the positive side of things, and do not think of what you do not want like being ill, lonely, late or failing exams.

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

Here is a handy tool to assist you in attracting what you wish for – it's a good imagination. Creating images in our mind representing our desires and intentions gives them more power.

I give guidance on how to improve imagination in the *"Improving intuition and imagination"* section. But you can start straight away. Why don't you spend some time one morning before leaving your home saying aloud affirmations for the day like *"I will have a good day today and overcome every challenge that will come my way"*. Whilst doing that, try to imagine what this could be like. Then watch what happens during the day.



So far, we've talked about attracting what we want to attract. Now the less obvious one: you may have heard the saying that 'Life gives us a Mirror'. If so, did you work out what mirror? The 'mirror' could be the type of people we attract into our life, or the events that happen to us. They act as the mirror by reflecting who we are, perhaps because we don't recognise or admit it to ourselves 😊. The universal law of 'Similar attracts Similar' plays some role here... And so, the mirror is the opportunity for us to recognise the similarity to how we are inside, and then do something about it if needed. Here are some examples:

Many people who believe that they have bad luck, actually tend to attract bad luck. Similarly, somebody who feels like a victim, tends to attract situations that make them feel like a victim 😞.

Or those who think that people are grumpy, tend to meet grumpy people more often than those who think that people are generally friendly and nice. Similarly, 'positive people' tend to attract more 'positive people'.

Please bear in mind that these are generalisations. It does not automatically happen like that. But hopefully it does give you an idea of how things work.

*As a little practice to spot where life gives you a mirror, maybe you can look at the people that you spend a lot of time with, except for your family as we will cover them later. Then think of what positive and negative personal qualities you perceive in them and honestly ask yourself if you can find any of these qualities in yourself too?*

In summary, can you see how many other things are behind our experiences than what we create with our freewill decisions and actions in the here and now? And I haven't even mentioned those experiences directly brought by our Higher Self 😊.

### **What is organised from ABOVE**

The Other Side independently 'creates' experiences, events and situations that happen to us every day. Who do I mean? The other half of us plays a big role in creating these, along with our guardian angel. Those who we were close to but are no longer here squeeze in quite a bit of help too 😊.

Many people will not agree that things happen like this. We already talked about intuition bringing sudden, great ideas and making people think that they were theirs 😊. But what about all those coincidences that happened to you which were definitely not the result of your previous actions, and yet they led to something big without your intention? Can you think of a situation where an important person to you was brought into your life by a coincidence? Or was there a time when you did something without really knowing why you did it, and then it later transpired how good it was?

We can put most experiences, events and situations we get into, which are created by the Other Side into a few groups: **opportunities or lessons for us to learn and develop from, or a direct help.**

### **Help from Above**

Let's start with the easier one. Help from Above usually comes through coincidences when we need it, whether we ask for it or not. Think about all those people who miraculously escaped a car accident unhurt. Their guardian angel may have had something to do with that... I know what you may be thinking now though. What about those poor people who do get badly hurt in an accident - was their guardian angel asleep? Of course not, they can rest assured that their guardian angel loves them unconditionally and would have saved them if it was possible.

Help from Above also comes in the form of guidance as to what the best course of action for us to do is. Such help comes in many ways, including through our intuition, and external signs or symbols around us.

**The more we open ourselves to this help, the more help we receive. Having faith in the Other Side and genuinely desiring their help may go a long way.**

Whilst a prayer is perhaps even more powerful than in the past, thanks to the new age we are in, it is worth bearing in mind though that the days when it was enough to visit a place of worship and then wait at home until the help knocks on the door is largely a thing of the past. A response to a prayer these days comes through coincidences when we go out there and search for the help. This has something to do with so much more being accessible to us now, compared to the days when having a car was a luxury and computers featured only in science-fiction stories.

### **Opportunities**

There are many opportunities for us to develop as a person - mentally, emotionally, spiritually, and physically - and expand our consciousness. The Other Side organises lots of these opportunities, but we often don't recognise them. Some are coincidental, but others seem to be a natural consequence of something happening before. It actually takes a bit of practice and skill to identify them, as some opportunities are quite sophisticated; they are truly out of this world 😊. Here is a tip: if you await the opportunities with curiosity, or even excitement, and watch out for them from afar, you will really increase the chances that you will pick them up.

Once you spot these opportunities, or shall we call them gifts, of course you can freely decide if you take them or not. Actually, **if we choose not to take the opportunity** – consciously, or because we don't recognise it - **the opportunity usually comes back later, and sometimes in a similar form.** For example, for somebody who is shy, the amount of opportunities to increase their confidence will be countless.

Very common opportunities organised from Above are **opportunities to learn about ourselves, people, life, and the world,** in order to better understand what is going on. This includes learning about how the universal laws work.

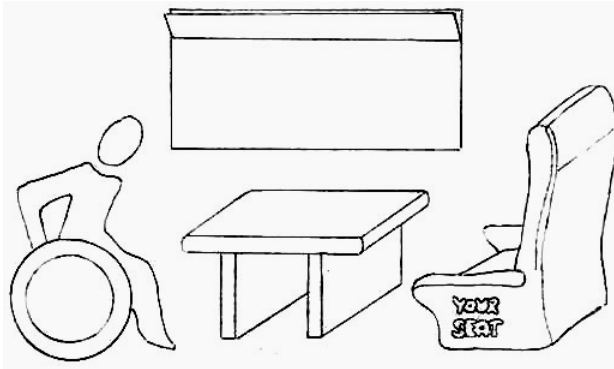
How about this opportunity organised from Above? Let's pretend it is for you 😊. Will you take it?

Imagine coming up to your reserved seat on the train ahead of a three-hour long journey. You find it and are happy that it is a window seat with a table. For a split second you are wondering why there is no seat on the opposite side to the table. Suddenly a passenger is coming to take that space opposite you; it is a man on a wheel chair...

Coincidence? Only one seat out of nine hundred seats on this train is like this.

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

Or will you look deeply into his eyes, give him a genuine smile and chat to him during the journey instead of reading a magazine full of adverts?



**Pict.12 Opportunity organised from Above**

Because our essence is love, other opportunities we receive are **opening our heart and increasing the love that we feel and spread** - perhaps through developing our love-based personal qualities.

Linked to this, we get **opportunities to harmonise our negative emotions and our 'unproductive' personal qualities.** Did you know that simply experiencing our negative emotions is an opportunity to recognise them and to decide that we don't want to experience them again? Though this can be quite hard to do - just think of a person who gets angry regularly 😊.

Here is another example. A greedy banker keeps bumping into beggars and has quite a few relatives who regularly ask him for money to help improve their situation. When he meets these people, he gets stingy and feels negative emotions towards them; he completely lacks compassion. Can you see how these events actually make him experience his 'disharmony'? They give him the opportunity to realise it, to decide to change it, and then actually change it... But he continues to be the same way and resists giving anything to them.

Then there are the **opportunities for us to let go of our resistances and attachments.** For example, if we **manage to increase our acceptance of the way life unfolds, this is very powerful, and it brings many positive, often unexpected consequences.**

Some religious people ask God to take their pain away when they are suffering due to poor health. But the Other Side does not just take it away. Instead, it sends them suitable opportunities to overcome the pain and improve their health themselves. What many people don't realise, is that this happens automatically even if we don't ask for it.

Another type of nice **opportunities are those to 'make up' for our past decisions and actions** that we may regret and would have done differently today. Can you think of any that you received?

## Lessons

Sometimes it feels like we don't have much choice as to what to do like we have with opportunities. Sometimes we just 'land in it', like when something unfavourable happens and we are left to pull through it. Let's call these lessons.

A lesson comes along for the greedy banker one day, when he 'accidentally' makes a really big mistake at work, which costs the bank quite a lot of money. He tries to hide it but he gets found out and loses his job. Because he has a large mortgage on his big house and a loan on his posh car, he ends up having to give up both.

Things don't go well from there as he can't find another job. Not much later, he needs money just like the people that used to annoy him before. He finds that all his former work colleagues do not want to help him; they would actually rather have nothing to do with him... He can now clearly see the stinginess and greed on them and himself. Life gave him a mirror, right? 😊. And he finally starts changing. Then suddenly things get better...

If you look at what happened from a birds-eye view, do you see how this unpleasant situation actually created another opportunity to learn and develop for the banker?

When we are in a lesson, we clearly still have a free choice if we learn and develop from that lesson or not. It is easy to see the lesson negatively though, dig our heels in and fight back. Especially if we don't realise it is a lesson... Just like in the case of little Josh. Josh is very attached to his superhero toy. He prefers when nobody else plays with it, keeps it in a safe place and even puts it in bed next to him when he goes to sleep. You can see what is coming, right? Josh loses the toy one day.

Will Josh be resentful and nag his mum until she gives in and buys him an even bigger superhero? Or will he accept the loss of his toy and learn to not be so attached to other toys? Maybe next time.

**If we generally do not want to learn and develop from our opportunities and lessons, because it is not our priority, then we often get tougher lessons that 'push' us to learn and develop.** Yet, our experiences are usually much happier when we intentionally choose to develop as a person and spiritually... So why would anybody want to be 'pushed' when there is a much nicer way?

Here is an example. Tina is a fashion model and is sort of full of herself. She has a young son who lives with his grandma because she is too busy travelling to posh places and does not find time to look after him, even though he tells her many times how much he wants to be with her.

Tina's job is not all bed of roses though. She has a very selfish boss. He is well regarded in the fashion industry but shows little respect and care for her. Another life mirror, isn't it ☺? Tina puts up with it because she likes her lifestyle and fears that she would not be as successful if she worked for somebody else.

Time for a big eye-opening lesson, right? Here it comes: unfortunately, Tina's modelling career ends early at the age of 34 because of sudden health problems and the stress of being pushed out by younger models. As modelling is all she knows, she mentally breaks down and ends up frail in need of care when she reaches 40. But her son is not interested to look after her. Unfortunately, Tina's mum is getting weak herself and would not manage to be her carer... Tina truly realises her selfishness and really regrets her past behaviour. She finally starts changing and finds love for her son. It takes a few years, but eventually he forgives her and helps her get better.

### **How can events be created by the Other Side and our internal reality when it is often logically impossible?**

It is difficult to believe that many events impacting us are created from Above or by our internal reality. People are much more comfortable to believe that these are either the result of their own decisions and actions, or pure coincidences. But they are only fooling themselves.

**The more we awaken, the more we discover the amazing sophistication of everything that happens. It is as if our life is a huge training ground where everything seems to be magically connected with everything...** Even other people's random actions affecting us may have a place in this training ground. This can include people we don't even know, who seem to have nothing to do with us. But this is the real world, and the common perception that things are not connected and that most things happen randomly is just an illusion...

Yet this sophisticated mechanism of how seemingly random things happen for a good reason cannot be explained. For example, Brian was meant to be going on a week-long business trip to Canada, but it got called off last minute because the host fell suddenly ill and nobody else could cover the business matter with Brian. That same evening Brian's wife had a medical emergency and was taken to a hospital. Brian was so grateful that he was there with her and could look after the kids over the next few days...

Some things seem even logically impossible to happen, like when somebody wins a lottery because they selected the number that they had seen in their dream and got it exactly right.

But when things are organised outside of time and space, the impossible becomes possible.

There are many sacred mechanisms involved here alongside 'the actions of our Higher Self', like synchronicity and the Universal laws. They will never be fully understood, yet the Universal laws virtually shape how the physical world functions. Here is just a taster of some of the main Universal Laws:

- **Law of Karma** – mainly "you get what you give / you harvest what you sow"
- **Law of Similarity** – mainly similar attracts similar
- **Law of Balance** – e.g. each system strives for balance
- **Law of Rhythm** – e.g. things move in cycles, which creates balance
- **Law of Spiral** – e.g. opportunities keep coming back like a spiral until they are taken

The way the future is created through the materialisation of dominant potentials also plays a big role here.

## Can we change what the Other Side has organised for us?

You can see that many opportunities and lessons organised from Above are a reaction to our actions. Take George, who is quite impatient and gets easily irritated by other people. Guess what happens when he books a holiday abroad? He ends up in a room next to noisy people 😊.

In this case, we do have the tools to try and change what the Other Side has organised for us if we don't like it. Of course, one is our own actions to change it. In the case of George, he had no intention to put up with it and paid for a room upgrade to a quieter area of the hotel. But escaping the lesson usually does not work in the long term. Whilst it may bring temporary relief, another similar or bigger lesson is very likely to come later... In less than a month after George got back from his holiday, he gets a new boss at work. This person really irritates him 😊. What will George do this time? Will he move jobs before his patience runs out?

Then there is a prayer, a genuine prayer coming from the heart. But even a prayer may not work for the reasons you now know. If George prayed to be moved to another department, I can't see his Higher Self taking much notice 😊. But if he prayed for help with accepting the way his boss is, no doubt some opportunities will be sent his way. George may coincidentally discover some really good qualities of his new boss which will help him to see his boss in "a better light"...

So far, we have talked about the events organised from Above that we can change. What about some of the choices made before we were born, like who will be our parents? These are quite hard to change now, right?

## What about events created by other people?

This is where all of the above comes together, so it is a good place to practise.

Sometimes it is obvious why somebody did something that affects us, like when other people react to what we have done or how we are, e.g. when we are nice to them and they are nice back. It is not always like that though, as people react according to their internal reality, so don't expect that "you always get what you give" 😊.

Similarly, we interpret other people's actions according to our reality. Unclear as a result, what they intended may not be what we pick up. E.g. an 18-year-old girl tells her boyfriend she no longer wants to go out with him because she is not ready for such a close relationship yet. The boy does not believe that and is convinced that he is not good enough for her. She is so pretty after all, and he is not 'a good entertainer' and not as handsome as others. Can you see the boy's internal reality in play there?

Often the motives are more masked so it does look like a coincidence 😊.

How about if I describe a situation and you try to work out why this event may have happened to both people? The clue is to look for what you have heard a few times before, i.e. what can the event and linked personal experience bring to both individuals? Can it be an opportunity or lesson to learn something or develop, e.g. realise something about themselves? Then, think about what they can do to make the most of this opportunity or lesson.

Joe forgets and misses his sister Gina's birthday party, even though she talked about it for quite a while. This is because that evening he gets really wrapped up in his work at the office (even more than usual), because he has been making good progress in his research. Gina actually calls him a number of times, but Joe's mobile happens to be switched off. More than one coincidence there 😊. Gina then gets really angry with him. She is a successful actress and likes things to go her way...

Did you have a go? Let's see if we both thought about similar things. I will also think about Joe's possible next steps.

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

Joe 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 to her or will he get offended by her anger because he doesn't think it is such a big deal? His internal reality will guide his decision. His decision will show him who he really is. If he chooses to get angry, this will be an opportunity to realise his weakness perhaps later on.

You may have just about accepted that this one was not a coincidence. It gets even more difficult though.

How about when we experience something as a result of the actions of many people in the past? Like living in a small country where suddenly a guerrilla war breaks out and we had no clue it is coming. A coincidence? Not really, as our Higher Self knew what the most likely future of that country is and somehow felt we would benefit from that initial experience. Maybe it will give us enough determination to make the leap of faith and move abroad.

Finally, how about if it was a complete stranger who did something that affects other people, like a group of vandals 'decorating' a few houses with graffiti. A coincidence? Probably not.

You may say, “hang on, but what about if worse things happen like this? Maybe somebody gets run over by a car because of the driver’s carelessness, and the shock causes them permanent mental damage???” And I agree with you there; coincidence seems like the only acceptable answer. Surely this person’s Higher Self would not plan this as an opportunity for their conscious self to try to accept their mental handicap for the rest of their life. It seems too harsh! But then, what do we know?

To summarise this big section, there doesn’t seem to be such a thing as a coincidence, even though there are some grey areas that are not yet fully understood. Our experiences and events are usually created by our present and past decisions and actions, our internal reality, and the Other Side like our Higher Self.

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

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

It is now time to explore your main life events, and what you may have chosen before being born.

## Understanding what we chose before we were born

As we said earlier, **we, as our Higher Self, chose many things before we were born as part of our big life planning session**: the happy things and the challenging things. Overcoming the challenging things during our life will hugely move us forward. Many other Higher Selves and divine beings also actively participated in this planning session.

Are you getting a sense of what you chose? Here is a clue; how about all those characteristics that define you on day 1 when you are born? Like **our parents, relatives, if you are a boy or a girl, the shape of your face, the colour of your skin, the place and period you were born into...** They all provide your environment, as well as some of the key opportunities and lessons that you wanted to experience and grow from, if you choose to.

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

I understand that some of you would never have made some of these choices if it was up to you. Like if somebody grows up without a dad, in a country stricken with famine, or as a refugee 😞. But unfortunately, that would have also been a part of their Higher Self’s plan, even though it sounds harsh. So, if you had it really tough, please do not be angry and resentful with your Higher Self for these choices. That would be the opposite to what we are trying to achieve through awakening. Our Higher Self is the other half of you, after all. Instead, now that you know how it works, this should help you deal with the tougher things in your life and hopefully move on faster. **Be proud of yourself that you are so developed that you chose tougher life circumstances.** One thing to give you comfort and courage is that **our Higher Self chooses such things that we have the potential to cope with.**

If you are married, you may ask if you have chosen your partner too? Our Higher Self has quite probably agreed with the Higher Self of your partner that you will meet and feel an affinity towards each other. But then it was up to you both what you decided to do about that 😊.

The next big one is our kids. Earlier we said that it is a mutual choice, but you may wonder who chooses whom first? Let’s look at it another way. Who shapes whose life more? It is probably the parent’s role that is more influential, which would imply that the child ‘proposes’ to the parent first. Well, is there such a thing, because on the Other Side things don’t happen in a linear fashion, one step at a time, like here on Earth? So maybe the perfect match presents itself on a plate and the diners grasp at it as fast as they can 😊.

Now, do you think that the unborn children would know if their chosen parents are likely to get divorced, if they might be neglected, or if one of the parents is likely to pass away early on in their life? Yes, they see this potential out there and still choose them, brave hearts ❤️. Let’s hope that when it happens, they get lots of help to overcome it.

What about when the couple decide they want a child but cannot conceive no matter what they do? I’m sure there are plenty of souls who would want to be their baby, but being childless is another very tough life lesson the parents’ Higher Selves no doubt chose for themselves 😞. Some then do find the courage to adopt a child, whilst others devote their life to helping children. Respect, my heroes ❤️.

Then there are people like Lisa, who is freshly married and really wants a child, but her husband does not seem keen. One day Lisa asks him over a romantic dinner when would be a good time to start planning a family. An abrupt answer comes back: “I don’t want kids, remember that our car is a two-seater.” Lisa does not give up and keeps on trying for a

few years to get her husband to change his mind. He does not like the pressure and digs his heels in. As Lisa loves him, leaving him or conceiving without his knowledge is out of question for her. She also knows that he does not even want to talk about the possibility of adopting a child.

Feeling trapped and unhappy for a few years, Lisa eventually decides it is time to let go. It takes her some time, but she manages to accept the fact that she may never have a child of her own in this life time. Around this time, Lisa resigns from her job at a local post office and starts working for a children's charity. She finally finds fulfilment. To her surprise, she notices that this begins to positively impact her husband. He takes interest in meeting some of the kids Lisa is helping at work, and one day over another romantic dinner he asks her the same question Lisa asked him all those years back...

If there was not a happy ending to this story, would you wonder if Lisa's Higher Self had still agreed with the Higher Self of her potential child that one day this lifetime, or the next, she will be his/her mum? I know this is going a bit far, so let's look at it another way. You know that in some cases pregnancy happens without the intention of one or both parents, right? Do you think that the three Higher Selves had not agreed this prior to that? I don't. They probably felt that this would be a huge opportunity to develop for everybody involved...

The very sad thing is that sometimes there is no happy ending in this situation and such child is aborted. You may know somebody who went through this terrible experience. I know even more... It is enough to think just for a split second about the ruthless rule governing China for a very long time: that each family is allowed only one child ☹️☹️☹️. My heart goes out to all of these poor beings.

One more question on this very sad subject could be 'why would somebody's Higher Self choose to be conceived when it is very likely that they will be aborted?' We are all divine and some take on much bigger challenges than others.

Let's quickly turn the page. It sounds unbelievable, but we even choose some **core personal traits that will define us to start with**. Rather than being fixed qualities, these are more our tendencies to be certain way (e.g. angry, fearful, courageous). **We will either be born with these tendencies or develop them in early childhood through things we have little control over**. Which things do I mean here? We often have limited control over the way our parents raise us in first few years of our life, don't we?

Why would we choose personal qualities in the first place? **Some we choose to help us in life**, e.g. somebody who is naturally very calm. **Some we choose so that we try to wrestle and overcome them in life**. **We are usually meant to realise these qualities in us, take responsibility for them and harmonise them**. It is all very individual. Here is a typical scenario: if somebody's parents are really strict and angry with a child, and the child becomes fearful, introverted and shy, do you think that this is just bad luck for the child? No. It feels harsh, but they had probably chosen fear to be one of the main things that they will want to overcome in this life... The same thing can be said when parents make their child feel inferior, worthless, unloved, uncared for. I hope that with this insight and knowing how magnificent these people really are, they overcome these challenges much more easily. Resolving big life challenges like these is so huge and empowering.

So, how does our Higher Self choose our likely personal characteristics? By choosing the time of the year we will be born... How is this linked, you may wonder? The answer lies in Astrology. **Our Higher Self is choosing our star signs based on the position of the planets when we are born** 😊. Bingo! In an unbelievable way, the position of all the planets in our solar system when we are born (mainly the first and second dominant planet) does strongly influence, if not determine our tendencies for certain qualities... Our place of birth actually comes into play too here, because the position of the planets is measured against the place we are born. And so, every person has a unique setup. But remember that we are talking about the tendencies for personal qualities, and so people trying to make a mockery of Astrology have plenty of arguments as to why it does not work.

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

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

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

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

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

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

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

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

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

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

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

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

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



**Pict.13 Time to say good bye to suffering**

### **Autistic and other mentally handicapped children in new light**

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

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

But it is not their condition that gets them down the most. It is the stigma associated with a mental disorder that they cope the worst with ☹. How would you feel if everybody looked away as soon as you walk into a bus, shop or, God forbid, an expensive restaurant...? I hope the day will come soon when these people will no longer regret that they were born on Earth ☹.

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

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

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

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

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

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

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

I offer a straightforward approach to do this together with an easy to follow self-analysis table in **Appendix 3**.

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

## Understanding our main events

### Our past events

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

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

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

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

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

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

## Self-analysis – Understanding better our main life events

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

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

The question is how to go best about it. The approach I suggest together with an easy to follow self-analysis tables is included in **Appendix 4**.

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

## How is future created - The illusion of linear time

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

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

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

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

## Feeling the everlasting present moment

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

If you think about it, every moment you experienced in the past happened in your present moment. And similarly, every moment you will experience in the future will also happen in your present moment. What do I mean? Now that



you finished reading the previous couple of sentences, time moved forward = you are in the future compared to then ☺. And yet you are still in your present moment right now...

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

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

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

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

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



**Pict.14 Everlasting moment**

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

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

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

### **Potential future versus materialised future**

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

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

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

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

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

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

### **Which potential future happens?**

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

Are you perhaps still wondering how this can work, how can the dominant potential materialise? The other side like our Higher Self together with the workings of the sacred universal laws organise the outcome and we often receive the

outcome through synchronicity / coincidences. We need to be out there though so that the coincidences can happen. We can't just sit at home and hope that we receive a letter offering us the perfect job because it is our dominant potential ☺. We need to actively search for it. And when we do, we coincidentally find the perfect job at the right time...

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

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

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

Here is an example of two life potentials:

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

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

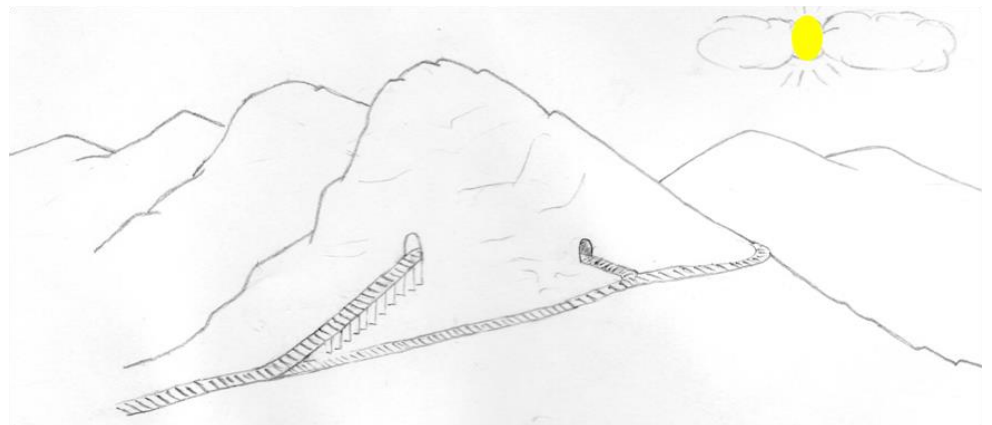
When Rio starts working, the 2<sup>nd</sup> potential continues to materialise. I say continues to materialise because the fact that the garage is near where he lives and that he got the job offer there didn't happen by coincidence ☺. Rio really likes his boss. He learns a lot from him and the boss helps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

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

### How do we change the track for our train?

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

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



**Pict.15 Which train track will be your future?**

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

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

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

When clairvoyants predict future for people who came to see them, they either get into a state of mind which allows them to enter the inter-dimensional space and see all the various potentials there. It is likely that the amazing

Nostradamus did it this way too. Or they connect with various divine beings, other spirits or their own Higher selves and receive messages from them.

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

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

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

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

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

## What defines who we are as a person?

Earlier we talked about who we are at the deeper levels beyond our mind. But let's stay with who we are as a person.

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

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

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

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

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

- Decisions & Choices
- Actions and Reactions
- Words

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

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

## Our resistances

### Our resistance to our experiences

When desirable things happen to us, we tend to be happy or take them for granted. When undesirable things happen, which are out of our control, we are often up in arms.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

So, in summary, many people programme their mind throughout their lives with hundreds of conditions when they should be happy and if these are not met, they are not happy. These people pay a price for their low tolerance level. For example, you may have noticed that some people are very often negative about things, they seem to find

something negative about so many things and you rarely see them happy. Or do you know people who always like and want things their way? And how often have you seen these people being truly happy for longer than a day?

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

### **Let's stop resisting**

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

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

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

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

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

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

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

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

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

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

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

### **Our attachments**

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

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

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

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

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

## Tips to reduce our attachments and resistances

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

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

### Have stronger intent to accept things and not be attached

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

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

Here I mean both in the past and going forward day by day. It is much easier to do this more effectively when we have developed higher awareness and increase our presence.

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

### Increase our tolerance level

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

It is also about realising and accepting that nothing lasts forever no matter how permanent or fixed it seems. The nature of life overall is an ongoing change and so there is not much point in resisting it or clinging on.

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

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

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

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

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

### Transform the resistances and attachments with a Love bath ritual

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

## Our decisions & choices and actions & reactions

### How do we make them and can they be predicted?

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

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

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

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

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

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

Here are various examples:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

- We step back, look at the decision point from a higher perspective and feel the situation with our heart. We feel what our heart desires and what is the right thing to do deep inside. During this we observe what deeper feelings we have about the situation / question we are deciding on. The spark that comes from our higher selves are our deeper feelings (e.g. feeling really happy, feeling love and compassion). And it is these deeper feelings that guide us how to make a decision from our heart.

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

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

- We wait for messages that come spontaneously into our mind in the form of ideas, images, thoughts, whilst we are in the state of higher awareness. We need to have a clear mind though and know how to spot them... This is covered in more details in Chapter 5 "Communication with the Other Side".

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

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

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

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

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

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

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

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

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

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



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

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

Like we said, in most cases those decisions reflected the person we built with our mind and heart up to the point of that decision. So, we would have really struggled to make a different decision at that time... Every “wrong” decision / action brings us something like an experience, event and situation which give us an opportunity to learn and develop from it.

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

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

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

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

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

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

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

## Our words

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

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

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

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

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

## The main levels of consciousness at which we operate

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

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

-Emotional

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

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

#### -Mental

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

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

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

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

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

#### -Heart & intuitive

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

#### -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.



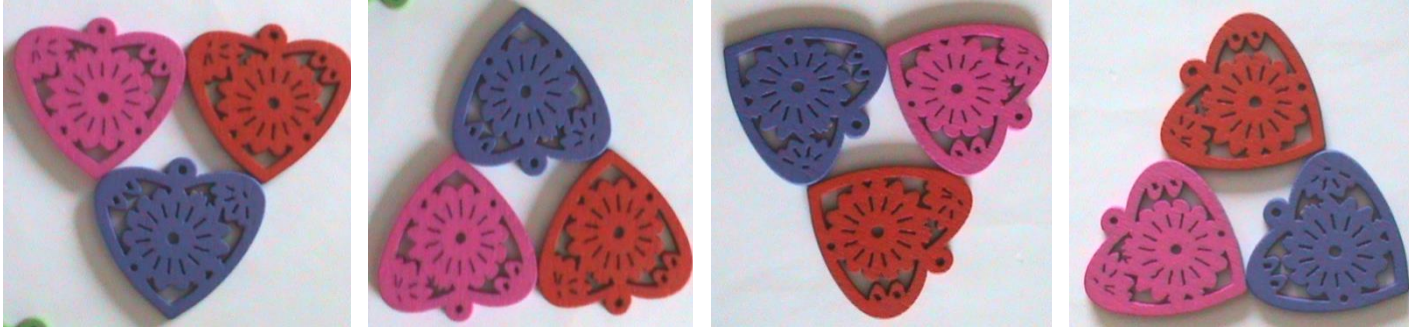
## External reality: do we all see the same things?

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

But actually it is not just this. In the first place our mind also determines what it brings into our awareness from what our senses pick up. Everyone's mind further adjusts what they physically see, hear, taste, feel, smell to their own image of reality. We will look at how this works in more details below.

As a result, the external reality that we perceive is even more personalised than we think. This personal reality then creates our individual experiences, which are often different to somebody else's experience even if we both look at or hear the same thing. And it is all about experiences. The whole life is a journey of experiences, most of which we create ourselves.

Have a look at these four pictures. Each picture represents one person's view of exactly the same three hearts...



**Pict.16 Different yet the same**

## How does our mind determine what it brings into our awareness from what our senses pick up?

As a starting point, out of all that our senses pick up we bring into our awareness mainly what we focus on. Our focus is key. What we focus on naturally dominates in our mind at that point. It is straight there in our awareness, much clearer than the rest. For example, when we try to listen to somebody in a noisy environment, we are focusing on what they are saying with our ears and eyes. In that moment we may not hear and see anything else, it all gets blocked out. Or imagine a small going shopping with her dad. What she notices is usually quite different to what her dad notices.

The more we pay attention to what we see, hear, smell, taste, touch and imagine, the more we experience these things. Colours become more alive and trigger feelings in us (e.g. red may make us feel energetic, light green calm etc.). The same with other things like objects, music, food, or inner visualisations.

Some stuff that we don't focus still enters our awareness, kind of as a background. E.g. things on the left and right to where we look, background noises like passing cars. And the rest, which is a large amount of what our senses pick up, our mind filters out! It never passes it into our awareness... So, our eyes actually see a lot more and our ears hear a lot more but we are not aware of it. This filtered out stuff gets stored in our subconscious mind. One reason for this is that otherwise our mind would not cope with the huge amount of stuff and would struggle to focus on things we want to focus on.

And it gets worse 😊. Sometimes our mind blocks almost everything that our senses pick up. This is when we focus on something completely else than what our eyes, ears etc. are picking up in that moment. Like our thoughts, memories and other visualisations. E.g. when we eat whilst reading or talking to other people, we are probably not aware of every mouthful we take and how it tastes as our mind is really absorbed by the book or conversation. Or when people go to work or school taking the same route, they are often not very aware what is happening around them. Their mind is wandering and thinking about work, school, past and present and so on.

The question is, does the mind of a spiritually awakened person lets more into our awareness? Yes, but not much more. A spiritually awakened person tends to perceive more things simultaneously, but kind of in layers of priority to reduce confusion. For example, when they are listening to somebody talking about something exciting like a story, they may experience the story, be well aware of the person and stay loosely aware of what is happening around them. As a result of this, when something sudden happens like somebody throws an empty can of Coke into a metal bin, they don't "jump" like the person telling the story.

## How do we interpret what our mind brought into our awareness?

As we implied earlier, we still need to interpret what our mind brought into our awareness.

Our mind swiftly looks for a match in the memory first. We then "label and categorise it" in our mind according to if we recognise it, expect it, believe it is real & possible, if we want to see it. In extreme cases, such as where we do not

believe that what we see is real and possible, our mind can still dismiss it and block it out. The story about when Christopher Columbus arrived with his big ships to America is a good example of this. The crew noticed that the native Indians initially did not see them approaching the shore even though the Indians were there looking out to the sea. This is because no Indians have seen these big ships before and they didn't think anything like that could be out there. It is only when they allowed themselves to look at the sea without pre-conceptions, with curiosity as to what makes the strange noise, they noticed the ships.

The second manipulation of what was brought into our awareness is done by our Internal reality. Every piece of information that hits our awareness from our senses we then colour by the experiences we had, by our memories, by what we learned, by our beliefs & views, by the new or old emotions and thoughts we had in the past when we saw/heard similar things.

As a result, we do not perceive things "raw as they are" but in our own colours. Colours that we understand, colours that reflect our point of view, internal reality, our state of mind. And so, people may see very different things in the same thing.

E.g. A little girl convinces her dad to play with her and her doll in the garden even though he was looking forward to watch football on TV. Both will probably perceive different things during play. Dad may see a plastic doll with oversized dress that has pen marks all over and needs a wash, whilst the girl may see a sleeping baby who is probably cold and hungry because she wears little and they have not yet fed her...

Later when they spot a dandelion, the little girl may see a bright yellow flower with lots of petals that will look beautiful in her hair. Her dad may see a weed that spoils his otherwise perfect lawn...

In all cases the two realities and resulting experiences are very different...

One more interesting thing. Did you know that over time our brain loses the distinction between the reality we remember and the reality we experienced in our dreams? And so sometimes we remember experiences from a long time ago and we are not sure if these are our experiences or these were our dreams...

### **What does the outside world really look like?**

The question is how does the outside world really look like when we all see our own images tweaked by our mind?

Let's answer this by looking at a tree analogy. Say we walk in nature and see a tree. Depending on our point of view, the tree looks slightly different from every single position that we look at it (from close, far, left, right, bottom, top).

Depending on how much or little attention we pay to the tree, we see different things. The more we pay attention, the more we see. If we don't pay attention to it at all, we may not see it until we bump into it 😊.

Depending on how we personally feel, we also see the tree differently. If we're happy, it looks more beautiful than if we are angry or sad, and so on.

Depending on our views, beliefs and attitude towards the tree, we see different things too. A person looking for wood for his fireplace will see a different tree than a person admiring the tree for its beauty.

This tree is all these things and so is the external reality. Quantum physics found that the physical and non-physical things are possibilities of reality... Everybody who has a point of view (consciousness) then sees their own possibility of reality. In many cases we perceive same realities, and in many cases we perceive different realities.

### **We live in the world of ideas**

On top of that we can say that we live in the world of ideas. Stepping back, where do all the things we see around us originate from? There are two types of things surrounding us everywhere. Those invented and made by man like cars, houses, computers and those occurring naturally like nature, water, metal, air, planets & stars etc. Before anything was made by man, it had been created in somebody's mind as an idea... And then the idea was materialised in the physical world using somebody's inner drive.

What about the things occurring naturally? Do you think that they formed themselves randomly out of chaos? Does nature with all its incredible sophistication and beauty look like it just happened by atoms and molecules randomly organising themselves? Of course not, they have also been created by somebody's consciousness...

So, we actually live in the world of ideas materialised into physical form. This supports what we said earlier that we co-create external reality with our internal reality.



## Chapter 4 – Achieving higher awareness and becoming more present

We said earlier that a key part of the “awakened state of mind and heart” is having higher awareness and being very present & alert. In chapter 3 we also said that this is a way to discover who we truly are inside, to get closer to our Higher Self and expand our consciousness.

### When are we present and when not?

Unfortunately, people tend to be not very present and conscious quite a lot. We said earlier that we are not very present and don't notice that many things around us when our mind is preoccupied with own thoughts & visualisations. Similarly, we are “not really here” when our mind is in the past or in the future, including when we worry and fear. Or simply when we are withdrawn from here and now for whatever reason, such as because we are tired.

Please note that I'm not saying that we should not think about the past and future. No, it is often useful for us to “go to the past or future, visualise things etc. But no matter how strange it sounds, remember that all the past, the future potential and many more can be accessed in the present moment... **We only live in the present moment!** Every moment we experienced in the past or will experience in the future, we experience in the present moment... So, **the more present we are, the more fully we really live.**

There are two other situations when people wonder if they are present or not:

The first one is when they are really engrossed in something that they are doing, like watching a great movie, listening to music, doing their hobby etc. Here they don't really notice much else around them. Because the film or the song is happening here and now, they are still present but fully focused on that one thing. As we increase our presence and awareness, we will be able to be engrossed in the film and at the same time aware of what is happening around.

The second situation is when we talk to ourselves in our mind as a way to accompany our thinking. Well, this does reduce our presence because we are little busy listening to our own voice commenting, judging and comparing ☹.

When people are not present enough, they get into various mental states and experience various emotions without realising it. This is more common than you think.

Similarly as we said earlier, people make lots of choices and do lots of things that they are not fully aware of. Like when some people keep looking for things that they left somewhere in their house, like glasses. Or we do some things automatically. When we become more aware of our own choices and actions, we can take more responsibility for them and for their impact. We can use them more effectively to create the reality we desire...

And finally, most people are not aware of their body most of the day. Yet having ongoing body awareness (“at the back of our mind” feeling the body from within) connects us more with our physical selves and anchors us in the present moment.

### The power of presence

The more present we become, the more powerful our presence will be and the more people will notice it. Here I don't mean because we will be louder or have dynamic body language. I mean us being fully there in that room, in that conversation and so on. I mean us looking people directly in their eyes when talking whilst emitting inner peace.

You may remember when a small child looked for a while directly into your eyes, intensely and deeply but peacefully. A while which felt like eternity. And you may have felt in that moment like the child was scanning the whole of you. The child looked right into your soul and somehow understood how you are feeling, what is on your mind, your strengths and weaknesses...

People will subconsciously feel our strong presence and they will react to it in their own way. Some will feel we are charismatic and look up to us, some will want to engage with us more, some will confide in us. On the other hand, others may feel a bit shy or less confident around us. How did you feel when that child looked deeply into your eyes?

Going back to the fear, when we look directly into the eyes of something / someone that we fear, we often transform our fear with our own presence ☺.

Our heart plays an important role here too. **The more we do things with our heart, the more present we are.**

**Through increased presence and higher awareness we reach higher levels of consciousness, connect with higher parts of ourselves and so activate higher intelligence within us, like our intuition.** This higher intelligence is beyond thought and will help us to know and feel things rather than having to think about them ☺.

Developing strong presence may take some effort, so I am describing below 3 interesting observer exercises for practising different levels of own presence (I called them exercises for beginner, intermediate and advanced)

It is incredible but **there is actually no limit how much present / conscious we can be**. If we are present / conscious, we can always be more present / conscious. We can always awaken more spiritually.

Many of you may have had or heard about people having moments of extreme presence, such as when something happened to them and they acted in a way a “superman” would. E.g. somebody is chased by a dog and they somehow moment manage to jump on a tree branch above their head. Or somebody is about to have an accident, they do something magic and avoid the accident or escape unhurt.

### Connecting with our body

Being more aware of our body and so connected with it helps achieve a lot of things. Our mind and body become more aligned and we can “do more with our body”. Just think of what gymnasts, practitioners of martial arts and yogis can achieve with their bodies thanks to their high body awareness and presence ☺.

We also become more aware of our body language when engaging with people and we understand our body better. As a result, we can spot signs of body discomfort sooner like tense shoulders or increased temperature, and can deal with it faster. Advanced Reiki practitioners are able to identify / sense energy blocks or various inflammations inside their body and they then direct healing energy to them to reduce or dissolve them.

It may sound odd but we increase the consciousness of our body by increasing our body awareness. As we increase our body’s consciousness, we strengthen our immune system, we slow down our aging and achieve other health improvements.

There are many ways how to increase our body awareness, like by simply concentrating on and feeling our body (the first observer exercise for higher awareness below helps with that), or doing sport and other exercise.

### Climbing the ladder to higher awareness

Let’s look at higher awareness now. We can always look and try to understand things from higher and higher perspective. We can always improve our understanding how it fits into the bigger picture. And how the bigger picture fits into an even bigger picture. Let’s illustrate this on the sequence of these four pictures ☺.



**Pict.17 Bird’s eye view**

The more we raise our awareness, the bigger and clearer picture we can see. Because everything is ultimately connected with everything, there is no end to how high we can climb... The more we raise our awareness, the wiser we are and the more peaceful and accepting we get.

So why don’t you start looking at things around you and happening to you from a higher perspective, just like you did when you looked at the pictures above... You will realise a lot of new things ☺.

This may take some effort though, so I am describing 3 interesting self-observing exercises for practising increasing levels of awareness below (I called them exercises for beginner, intermediate and advanced).

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

People experience various new unhappy emotions during “every-day dramas” that life brings. By stepping back and observing self and the situation from a higher perspective in these moments, we raise ourselves above the emotions, above the dramatic situation. And when we observe everything at this higher level, the emotions as well as the drama become less intense. We are no longer “stuck” in the drama...

Secondly, we get in a better position to understand the reasons for us feeling the emotion in the first place. This is covered in the Emotions chapter.

Additionally, seeing, feeling and creatively thinking from a higher level, we can solve many problems & challenges that we could not solve before. **This is because good solutions to many problems are at a higher level than the problem itself. The higher level, the better the solution...**

Also remember that **there are no problems that don’t have solutions**. Why? Problems and their solutions are pairs of opposites in the dualistic world....

We also said earlier that higher awareness gives us better ability to understand our experiences and why many events are happening to us.

### **Day to day benefits of being present and having higher awareness**

Becoming more present and developing higher awareness brings along many other benefits that we can make most of during day to day. Let me list some.

Interestingly our six senses sharpen and we start being aware of so much more around us than other people. This should help us communicate and listen more effectively and understand people better by being more aware of their emotions, body language, intentions behind their words & actions, their views, beliefs & values. And this will help us not to get affected by people's behaviour, their negative emotions and everyday life dramas that these create.

Naturally, we also become more aware of our own mental states and negative emotions that we used to experience not knowingly. Our thinking should become clearer, more succinct, focused and to the point.

We should become more creative and improve our ability to do and observe more things at the same time. Not only be fully aware of every mouthful when we are eating and reading at the same time 😊, but we may eventually become a "multi-tasking expert" at work, in running the household and so on.

We may improve in sports, which often forces us to be very present. We may also develop some other characteristics which come along with spiritual awakening, such as stronger ability to create desired reality.

### **How to develop higher awareness and become more present**

As you probably know by now there are a few essential things we need to do to develop higher awareness and become more present:

-Having strong intention to have higher awareness and be very present.

-Observing, feeling and creatively thinking from a higher standpoint / "standing back". Being very alert and aware of our surrounding and having subtle body awareness.

-Having a clear mind. A mind free from clutter like busy and uncontrollable thoughts, resistances and attachments, fears and worries. Not talking to ourselves in our mind and instead observing, feeling and sensing. In those moments when your mind will be fully clear, you will start feeling silence and peace inside you. This is precious, you are getting closer to your true self and Higher Self 😊.

Having a strong intention is not that hard and the 3 observer exercises below are great for learning the rest. Regular meditation is another way to clear the mind.

It is easier to be the observer when not much is happening and our mind is not busy. E.g. it is easy to be aware that we are peaceful when we are relaxing and focusing being peaceful. But as soon as we start thinking, interacting with people, physically doing something, then being an observer of all this at the same time can be pretty difficult. But most rewarding and effective too... For example, when somebody is getting into an argument with you, you can stay calm, unaffected and nice when you "shift more of you into the observer" at that moment and so get closer to the inner you.

As you practice being an observer of yourself, this will become more natural and you will be able to maintain higher awareness for longer. Eventually you should develop ongoing higher awareness.

### **Observer exercise: Higher awareness**

#### **Beginner level**

#### **Observe self in a peaceful state**

This is similar to the Observer exercise we did earlier to feel our true conscious self, but with a different focus.

##### **1. Quick breathing relaxation**

Sit down in a comfortable and undisturbed place and close your eyes. Relax by breathing through your nose deep in and out for about 2 minutes. Fully concentrate on your breathing, feel the air travelling through the nose, your lungs expanding.

##### **2. Connect with and observe your body**

Now move your attention to the rest of your body and do two things:

-Relax your muscles, starting with shoulders, arms, hands, body, legs, feet and then face.

-Observe how your body is. Look for things like if you have tight shoulders or stomach, are you physically energised or tired, are there any areas where you feel any sort of discomfort or pain, is your heart beating faster, are your hands sweaty etc.

Bear in mind that because our physical body reacts to the emotions that we feel, observing our body is another way to spot the emotions that we are experiencing.

### 3. Watch how you feel overall

Now take a step back and start watching how you (not your body) feel overall in this moment. Good, OK, so so? Are you happy, positive, content, indifferent, negative, not happy, annoyed etc.? Can you spot any other emotions you feel and states of mind you are in?

### 4. Observe your mind

Then the crucial bit, Become the observer of your mind. Watch from higher perspective over your thoughts and anything else that comes into your mind – visualisations, images. Also watch what words do you say to yourself inside? If your mind is clear, then wait and see what comes next.

An important thing here is to be kind of an independent observer, who is peacefully watching with anticipation, without judgement, who is interested and wondering what he/she will “see” without expecting anything.

Observe your mind like this for as long as you like, 3-5 minutes is good.

At first you may find doing this strange - be the actor as well as the audience at the same time - and you may struggle with it. Initially you may be able to do this only for a little while but as you practise this (it is a skill), it becomes easier.

Then when you finish it may be useful to write down the main things you picked up. What was the nature of the thoughts, images and any linked emotions? Was there a pattern in them? This can then be a useful input into the various other self-assessments covered in the Emotions chapter.

## Intermediate level

### Observe self during conversations with people 😊

1. Watch how you feel overall - same as 3 above but focusing on how does the person and the conversation make me feel
2. Observe your mind during the conversation as per 4 above
3. Observe your body language and reactions to the person, e.g. to what they said and their body language

## Advance level

### Observe self during uncomfortable and stressful situations

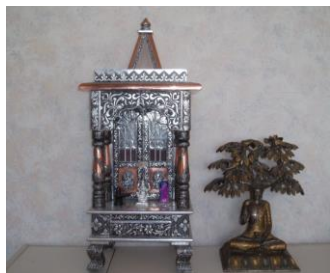
1. Watch how you feel overall - same as 3 above but focusing on how does the difficult situation make me feel
2. Observe your mind during the difficult situation as per 4 above
3. Observe your body language and reactions to the difficult situation

## Observer exercise: Increased presence

### Beginner

#### Thoroughly observe an object

Pick a medium-sized varied object like a mug, fruit, picture, flower, statue, pet or a tree that you see and start observing it in real detail. Notice more and more detail, just like the sequence of these pictures.



**Pict.18 Eagle eye**

Then step back, look at the object as a whole and try to feel it with all your senses. Feel how vibrant or dull are the colours, absorb its shape, how sharp or smooth are the edges, what is it made out of. You can smell it and touch it (or imagine you are smelling it and touching it). How does it smell? How does it feel on your hands? How cold or warm,



how rough or smooth is it? Then imagine how it would sound if you tapped it with a spoon and if you dropped it on the floor. If you want and it is appropriate, you can imagine how it would taste if you licked it.

Now summarise how you feel about the object as a whole. Is it nice, OK, not very nice? What do you enjoy about it and what you don't?

### Intermediate

#### **Observe and feel the energy of a room you are in**

It is best to do it when you are relaxed on your own in any room like at home, in a restaurant, shop or at the airport. Places of worship, museums and castles are particularly interesting. They all will have different energies and may bring up different feelings for you if you will manage to be well present. This should be real fun once you start noticing the difference between the energies of different rooms.

**Start by making yourself fully be in that room here and no.** By that I mean that your attention is fully devoted to the room, you push aside other thoughts not related to the room and you feel the room with your heart.

**Notice and observe the individual things in the room first** (if there are people in the room don't observe them for now). How do the main things make you feel individually, what do you like and not like about them? If any objects in the room are moving, how does their movement feel - gentle, rough, sharp, smooth?

**Then step back and start observing and feeling the whole room.**

-Notice the space, the depth and width, notice if there is any colour scheme / pattern of the things you looked at. How are they arranged in the room, can you see any shapes created from the objects?

-How does the arrangement make you feel – comfortable, cramped, is it tidy, messy etc.

-What is the overall atmosphere of the room? Or if there are people there, what is the overall atmosphere?

-What else can you pick up with your senses, e.g. sounds and smells.

-Overall, what do you enjoy about the room and what you don't?

**Then bring the people in the room into your observations.**

-Briefly observe each person. What do they look like, what are they wearing, what is their movement and body language, e.g. are they dynamic, slow, smooth, sharp?. Guess what they may be like, e.g. warm, easy going, cold, or serious.

-Now feel what atmosphere these people create together, e.g. warm, merry, peaceful, dynamic, dull, uncomfortable, tense, cold or noisy. And how does this atmosphere compare to the atmosphere of the room without people. What are the differences?

-And what about the overall movement of people in the room, is it slow, dynamic, rushed, chaotic, organised?

For comparison you may want to **go to another room** and without scanning the details, absorb the whole room and people there. Then **compare** how different you feel versus the previous room.

### Advanced

The advanced exercise for increased presence is part of the advanced exercise for clearing the mind below. It is a good idea to do this once you achieve the intermediate level for clearing the mind...

#### **Observer exercise: Clearing mind**

Before you start, have a strong intent to clear your mind.

### Beginner

#### **Concentrate on an object**

Pick a smaller object of a simple shape, like a pebble, ball, candle, leave or rubber and start concentrating on it. Just stare at it, feel it and try not to think of anything. If a thought, image or other visualisation comes into your mind, gently push it away and carry on concentrating on the object.

Initially it may be hard to keep the mind completely clear and that is OK. In that case try to continually reduce the number of thoughts that come to your mind until your mind is empty and stays so for a while. Once you achieve this for 1 minute or more, it may be a good time to move to the intermediate exercise.

### Intermediate

#### **Observe your mind**

## 1. Quick breathing relaxation to connect with your body

Sit down in a comfortable and undisturbed place and close your eyes. Relax by breathing through your nose deep in and out for about 2 minutes. In the first minute or so fully concentrate on your breathing, feel the air travelling through the nose, your lungs expanding. Then move your attention throughout your body and relax your muscles in each part. Starting with shoulders, arms, hands, body, legs, feet and then face.

## 2. Observe your thoughts

As with the earlier exercise start independently observing your thoughts. Peacefully watch from higher perspective and whenever a thought, image or a visualisation comes into your mind, gently push it away... And keep on "watching".

By shifting your awareness to this higher level less thoughts should come into your mind and you may feel a sense of calmness. When you manage to keep a clear mind for about 3 minutes you have just done a powerful meditation 😊.

## Advanced

### Connect with nature

We connect with nature when we are very present, our mind is clear and heart is open.

Find a quiet and comfortable spot in nature, sit down and make yourself comfortable.

Start observing and feeling the scenery around you with all your senses. Try not to think of anything. If a thought, image or other visualisation comes into your mind, gently push it away and carry on concentrating on the scenery.

Feel the space, feel the objects, absorb their colours and shapes. Feel the silence and the sounds, feel the temperature, the sun, the breeze, look for the beauty.

Just absorb what you perceive, don't comment, analyse, judge, compare.

As you connect with nature this way, you may find the colours more shiny, the shapes more vivid, the objects more alive. You may even notice a white layer surrounding the tops of the trees in the distance (the first layer of tree auras).

People in advanced stages of spiritual awakening may additionally feel how the trees are somehow aware of their presence there. They may even have brief senses of knowing how the nearby tree feels 😊.



## Chapter 5 - Communicating with the Other Side

We said that our intuition together with our heart is a bridge to communicating with our Higher Self. Our intuition is a higher intelligence in itself.

### Recognising intuitive messages

Intuitive messages usually either come in the form of an inner feeling (a 6<sup>th</sup> sense, a gut feel), or as sudden ideas, realisations, sparks of inspiration and visualisations. And even as a sudden recall from our memory. It does not happen by chance when we remember something important at just the right time you know ☺.

You may ask what comes from our heart and what comes from our intuition. Our mind and heart are connected but to simplify it, let's say that our 6<sup>th</sup> sense / gut feel comes from our heart. And our sudden ideas, images, visualisations etc. tend to come from our intuition. But watch out, they can easily be the result of our thinking.

The intuitive messages come fast and at its own will without any thinking. Intuitive messages feel right (our heart in action ☺) and they have no fear or doubt attached to them. Same thing with our 6<sup>th</sup> sense / gut feel. Fear and doubt about something are created by the mind.

The mind is slower than intuition, but it can still block or ignore the message from our intuition and feelings from our heart. To start with, busy mind full of thoughts does not allow the intuitive messages to come to our attention. Where it does come to our attention, many people find it difficult to know if it was from their intuition or the product of their thinking. Many start thinking about the message, often conclude that logically it does not make sense and they dismiss it as being silly and foolish to follow.

Let's look at an example of intuitive messages: You are walking down the street and get a sudden sense to look left. You look and see a second-hand furniture shop in front of you. You then either get a sudden thought about going in, or may be something you see in the shop window is making you feel like going in.

Then your rational mind jumps in saying that you don't need furniture, you would not buy used furniture anyway and so on. If you act upon your intuition, you walk in and carefully look around. And then suddenly just the perfect present for your ant that she always wanted but they no longer sell it stares at you. And it is in such a good condition, waiting for you ☺.

The other thing that can happen is that we think it was our intuition / gut feel, but it was not. This often happens when we are attached to things and make assumptions about things.

E.g. Amanda's daughter Susan is a bit fragile and Amanda worries about her. Amanda notices one day that Susan looks pale and she gets a sudden thought or a feeling that Susan will be ill.

Here is an example about making assumptions: A baby boy called Arian is a placid and a healthy baby and rarely cries. One evening Arian is unsettled and cries quite a bit. His mum gets a sudden feeling that Arian is hungry after she realises that she fed him a bit less today because they were out most of the day.

Intuitive messages often arrive as an intuitive flash where we receive a number of things at once. These flashes come from outside our 3D world and linear time where all happens at the same time...

Some people get a flash of an event just before it happens, others get a flash of the person who is calling and why they call before they pick up the phone. You may have experienced a flash in some of your dreams where you suddenly understood a lot about a situation or a place in that dream (e.g. why you are there, what it means, what will come next). The problem is that as soon as we start thinking about the flash, we tend to forget a lot of information and feelings that the flash contained.

So, what now? You may be thinking that it seems quite hard to recognise intuitive messages. Yes, it takes some practice and experience but it is not that hard. In general, as a person starts to clear their mind of busy thoughts and brings higher parts of themselves into their consciousness, it becomes a more natural thing.

Many of you are probably still disappointed that it is not even easier to recognise intuitive messages. So here are a few tricks ☺.

### Answers come easier after a question

Just ask the question without any attachments and expectations and then wait curiously and patiently for the answer. Watch for the sudden messages and feelings. Yes, this is very simple and obvious but many people don't believe it can work this way.

We can initiate communication with our Higher Self this way too ☺. You can address a question to your Higher Self in your mind as normal, during meditation, whilst falling asleep or in other ways. If you do this during meditation, it helps to imagine how you are meeting your Higher Self and then asking the question.

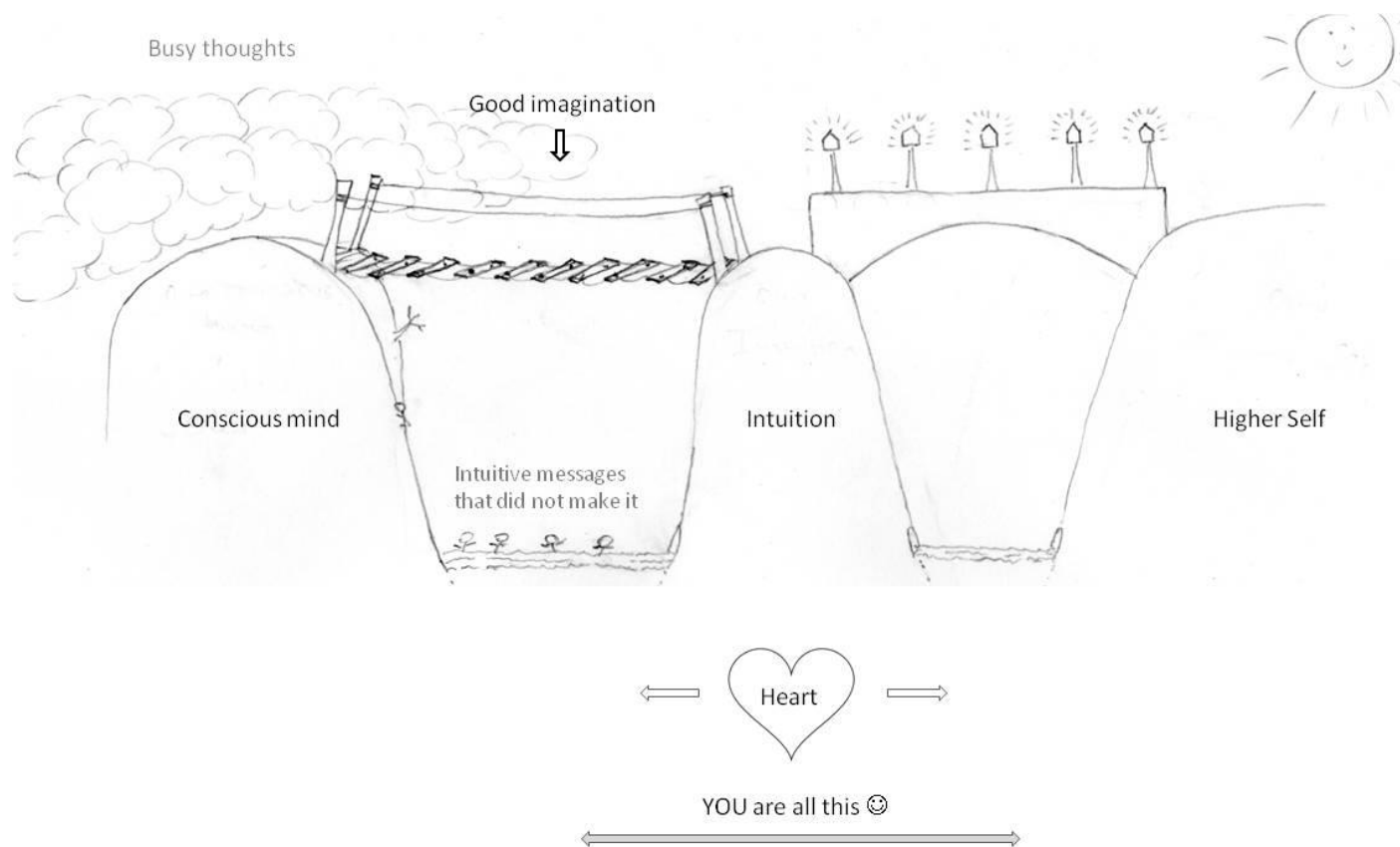
The harder part is to recognise and interpret the answer. People with very good imagination may receive the answer straight away when the imaginary person spontaneously answers their question during the meditation. Usually we need to wait for the answer a bit longer.

The power of imagination

The other one is having good imagination, which allows intuitive messages to be spotted more easily.

Developing good imagination is like building a bridge from our conscious mind to our intuition. Messages from our intuition can then “walk over the bridge into our consciousness instead of trying to make a big jump to the other side”. Also, it is hard to jump when you do not see the other side because of thick clouds (our thoughts).

In other words, people can recognise intuitive message better when they come as a sudden image or visualisation than when they come as one of their many thoughts and ideas. E.g. Emily was at work and suddenly a picture of central heating flashes in her mind. She knew her intuition was telling her something and remembered that she needs to leave work early because an engineer is coming in the afternoon to repair her central heating...



**Pict.19 The bridge to our intuition and Higher Self**

**Interpreting intuitive messages**

The job does not end when we recognise an intuitive message. We then need to correctly interpret it, especially if it is not obvious. Like if it is in the form of a symbol, unusual coincidence etc. Also, if we get an intuitive flash of a number of things in one, then our additional challenge is to remember all the pieces whilst we are interpreting the flash. After that we still need to act on the intuitive message and that takes some determination and faith...

**State of Knowing**

As you spiritually grow, your intuition and gut feel strengthens. The more you awaken, the more messages you will get and the stronger your gut feel will be.

But there is even better news. **When you reach higher levels of spiritual development and start connecting with your Higher Self, you will additionally start developing an ongoing sense of Knowing deep inside you.** It is hard to describe it. It will feel like more than receiving messages from your intuition here and there. It will feel like you already know it with your heart. E.g. you will begin to know in your heart what are the right things to do for you, how things are, whether people are saying the truth and so on. Those things will resonate differently inside you than the other things, like what is not a good idea for you to do. In the state of Knowing you should recognise a spiritual truth when you hear it as it will resonate with your heart.

This way is so different to the normal way of people using their logic, reasoning, past experience and knowledge that it may seem unbelievable to many. Hopefully it does not seem unbelievable to you, having discovered your divinity ☺.

### Improving intuition and imagination

There are many ways to practice intuition besides spiritually growing and connecting with higher parts of us. Many books have been written about it. As we said earlier, learning to clear our mind, asking questions and then watching out for intuitive messages, and improving own imagination goes a long way. Practising this during a meditation is usually quite effective but one can practise this during day-to-day activities too.

How about easy ways to improve imagination? I would suggest closing your eyes and visualising various objects, happy scenes, fantasies and memories. When you do this, try to feel them with all your senses. See and feel the colours, absorb the shapes, touch the objects. How do they feel, cold or warm, rough or smooth? Listen to the sounds. What can you hear? Smell the flowers, taste the food...

I like to imagine being on a beautiful island and exploring it by foot. I'm excited and intrigued about what I will find and allow my imagination to do the rest. My imagination often surprises me by creating scenes which reflect what my intuition wants to tell me or how I feel inside...

Why don't you try it for yourself and join me? I usually start exploring my island from here (see picture below). maybe we will even meet and have a nice chat on this bench where I love to relax. Aloha, my friend ☺.



**Pict.20 Entrance to the magic island**



**Pict.21 Place for daydreaming**

Here is one more suggestion for practising intuition: When your phone rings, don't look at who's calling. Instead see if you can feel who it could be or if a sense or an image of somebody comes to your mind.

### Other ways the Other side communicates with us

There are many other ways that the other side including our Higher Self communicate with us than through our intuition and our heart. It is mainly **through outside signs, symbols and other things happening around us, especially after we start looking for them.** Welcome to the world of magic ☺.

These signs and symbols can appear in the papers & magazines we read, on TV, on our journey anywhere. Even somebody talking to us or to somebody else may intuitively say something which is a message for us.

So how can we tell that the signs and messages which we spot is communication to us? Here are some hints:

#### **-When the sign/message closely relates to us**

For example, when it points to something very relevant to us, when it seems like an answer to our problem or like we said earlier to our question, when it feels like a guidance to what is best the thing to do in a particular situation.

E.g. Sarah loves music. She has been learning to play piano for a while but she is struggling with. One day she feels like giving up. That evening she sees George Michael on TV singing "you gotta to have faith". She senses it as a message from the other side and carries on with the piano lessons. Soon after that she experiences a breakthrough by suddenly recognising individual notes. This then makes playing piano a joy for her rather than a struggle.

#### **-When the sign/message coincidentally keeps repeating itself**

For example, when I started looking for ways to communicate with my Higher Self, I noticed that I often intuitively looked at the digital clock and guess what? The time on the clock was regularly two same numbers, like 11.11 or 12.12. When it happened more than once in a day, I knew that this is a big message for me. Later I realised that the

message was very profound yet simple. It was like a tap on my shoulder saying: “We are here communicating with you right now and we know what you are going through.”

So, if you are ready and desire so, hopefully it is your turn to receive a loving message from the divine side in one way or other very soon ☺. Watch out for the headlines in TV and magazines that grab your attention and instances when you intuitively look at the clock. And don't forget to celebrate when you notice any coincidental repetitions ☺.

In addition to the outside signs & messages, whether we realise it or not, the other side also communicates with us through **creating events and experiences for us** as we explained earlier.

### How can we feel and see divine beings?

We talked about receiving messages from the other side including higher parts of ourselves. But what about actually feeling or even seeing divine beings like fairies, ascended masters like Buddha, our spirit guides and guardian angels? When is that possible?

One answer is **when we raise our consciousness to their level...** Impossible, you say? But we have a piece of God inside us, so nothing is impossible ☺.

There are actually easier ways that we can see or feel divine beings.

If you have good imagination, you may be able to feel the qualities of a divine being when you look at their picture or a statue. Just like you may feel the qualities of a little kitten when you see one. Cute, cuddly and fluffy... Actually, this is a real way of energetically connecting with that being... We will practise this in a minute.

Rarely the divine beings, especially angels, may make themselves visible to us. This is when they significantly lower one aspect of their energy vibration so that little bit of them can appear at the level of consciousness that we operate at.

We can then see and feel them in a number of ways.

We can see them as light even with our eyes closed. We can see for example an angel shape that we recognise or more often they can appear as flashes / sparkles of light or “a ball of light” (referred to as an **orb**) “dancing or floating in the air” ☺.

Another time we can feel their presence instead of seeing them. I often feel a rush of energy through my body and goose pimples when I connect with them, for example during a meditation or when hearing / reading a genuine channelling by them.

### Exercise: Feeling an angel

Why don't you try to feel an angel yourself? Below is a picture of an angel statue. I can connect with this beautiful angel energy quite easily.



I suggest that you thoroughly observe the angel first and feel it with all your senses, just like in the Observer exercise for increased presence. What qualities do you feel?

You can then go even further and send the angel some love or a question. Then stop thinking and peacefully wait to see what you feel or if you get any sudden images or thoughts.

Do you actually know what attracts angels to us? You probably guessed that it is our prayers, our love and compassion. But did you guess that our joy and healing others also attracts angels to us? ☺ Healers who channel divine energy, e.g. during Reiki treatments, are often surrounded by angels ☺

**Pict.22 Angel**

### Exercise: Seeing divine beings

And now how about trying to look for divine beings in this magical forest and maybe they will appear to you ☺.

I regularly go to this spot and feel the presence of divine beings there.

A good way is to look deep into the forest and let it draw you in. When you are “fully there”, half close your eyes and feel the energy of the place. Then curiously watch the sunny spot up in the distance. You may want to ask them to help you feel or see them and then patiently wait.

Some people experience something the first time they do this, others much later. Just feeling a sense of peace and serenity, raises your energy vibrations and brings you closer to the higher levels of consciousness.



**Pict.23 Magical forest**

If you find this hard to do then not to worry. Divine beings can also make a visible energy imprint into matter of an aspect of themselves, which we can easily see. For example, when a picture of a saint suddenly appears on an object (without a secret human intervention ☺). Below are some examples of such appearances. Seeing the pictures is also a chance to connect with these beings.



**Pict.24 Vase with and without Jesus** As I mentioned earlier, a picture of Jesus appeared on my vase at home.



**Pict.25 Tree spirit** I regularly go to a nature reserve to feel and see this being. Is it the imprint of a tree spirit?

Of course, the appearances do not come out of nowhere. The divine energy interacts with matter to create the visible imprint. The picture of Jesus formed from flower leaves leaning against the inner surface and a stem. The leaves then gradually separated from the vase and the picture eventually disappeared.

### Are ghosts of people real?

It is relevant to mention the appearance of ghosts of people here.

The good news is that when ghosts of departed people appear, they are not as real as they seem. They are a holographic image of the departed person locked in time. It is their energy imprint at the time when they were here, in that place. As a result, the ghost image does not react to people observing it and it usually looks like a short film scene shown in a 3-D cinema and replayed over and over again. So, there is no need to fear.

And for those who have fear of various negative energies perhaps because they can sense them more than others, here is something you may find useful to know.

This pentacle amulet is used by many healers for protection from negative energies. What can you feel when you look at it? Can you feel its powerful yet gentle and harmonising energy?



**Pict.26 Pentacle**





## Chapter 6 – Health Secrets

In this section I want to look at our health from high perspective where many seemingly unconnected things fall into place. I want to talk about poorly understood causes of general health problems and reveal other interesting things I discovered mainly through personal experience and deeper insight.

### Where do western and eastern medicines fall short?

Many people who believe in alternative health approaches would say that the classic western medicine focuses on treating the symptoms and consequences of health problems rather than their true causes. The symptoms then go away but the causes and underlying disharmony stay and show up again later, perhaps in a form of a different health problem.

To be fair, over the last 30 years western medicine made a big jump in treating and understanding various illnesses and many of their causes. But they confess that they still don't understand the causes of many health problems. How often do the doctors prescribe antibiotics or anti-depressants which then don't work and make the situation worse ☹.

Despite the progress, western medicine still mainly focuses on treating individual problems when they arise and it does not pay much attention to the very early stages of a problem, like reduced blood and life force energy circulation. One area they study well though is the impact of stress on health.

A couple of warnings though: Anti-depressant drugs actually sedate people and numb their feelings, and have lasting negative impact on mental, emotional and spiritual health ☹.

The other problem is that many drugs that big and powerful pharmaceutical companies make and classic doctors prescribe have other negative side effects which can cause other illnesses... You may have noticed how long is "the possible side effects" section of many drugs leaflets... Where people develop other health problems because of the medication, they usually end up buying more of these drugs ☹. It can be a vicious circle...

The alternative western medicine, like homeopathy and eastern medicine look at the body holistically and do focus on treating the causes of health problems. Many Chinese and Indian medicine methods look for reduced life force energy flows and try to improve the circulation of blood, life force energy or lymph in the affected areas, such as with acupuncture, acupressure, herbal medicine, massages, diet, cupping.

This is great and it helps a lot. But when the underlying cause is at emotional and mental level and it is not harmonised, then what often happens is that people who recover may still experience similar health problems later again. They have not dealt with the primary underlying cause...

And most medicines also struggle to find the hiding invaders. Why? Because when they are hiding, they are usually not active and not in the blood. So, the immune system is not fighting them, the person does not have many symptoms and the blood test then does not reveal anything either... So, it can be like looking for a needle in a hay stack (there are many other viruses and bacteria that harmlessly live in our body). But it does not have to be so hard.

Next, I will shed some light on these areas.

### The amazing immune system

Overall, our body strives for balance and good health which is our natural state. Our immune system is the main guardian of our good health.

It is incredible how our immune system protects us and looks after our well-being. The immune system is formed by many bodily systems and organs which act in harmony to protect our body from various invaders and to strive for balance. This is very complex, so let's simplify this and focus on the main players - the blood with its amazing white blood cells and the lymphatic system.

But first, let's look at what are the external invaders that our immune system protects us from.

### What are the main external invaders?

They are the obvious ones like viruses, harmful bacteria, fungi and parasites.

And then the less obvious ones, that usually cause problems after they manage to build up in the body above certain levels. These are **toxins** that we usually absorb from food and air like heavy metals, pesticides, food preservatives, antibiotics, many other medications and chemicals, radioactive substances.

### The body defences

To get inside the body, the invaders need to get through the first line of body's defence like the skin, mucous membranes, body acids, saliva, tears, sweat and healthy bacteria.

If the invaders like viruses get through these defences, then it is the white cells' turn to spot the invader. Because blood gets to every living cell in the body, the tiny white blood cells flowing in the blood act like body guards, watching out for any invaders in the blood and the whole body.

When the white blood cells find the invaders, they mobilise their forces and act to destroy them. During this fight the white cells produce antibodies specific to the invader and usually increase their own army by multiplying themselves. No wonder the doctor can easily spot that the body is fighting something when the blood tests show an increased number of white cells and/or antibodies...

Even when the invader is gone, the antibodies stay in the body ready to act quickly if the same invader returns...

The blood also carries toxins to the liver and kidneys where many can be dealt with.

The lymphatic system helps protect the body during filtering out body fluids from the tissues. Another type of white blood cells (lymphocytes) are present in the lymphatic channels and they fight any detected invaders that have contaminated body fluids.

Let's remember the various excretory systems in the body like the urinary and sweat gland systems. They also act to remove the invaders (especially toxins) and other things that the body does not need like residues and extra liquids.

This whole thing is so amazing and clever that our body deserves lots of respect and a pat on the shoulder ☺

### **Stem cells**

By the way, did you know that red and white blood cells are produced from stem cells inside bones, in the bone marrow (soft tissues inside bone cavities)? And these stem cells are quite miraculous because any other type of cell in our body can be repaired or grown from the stem cells (e.g. cells in skin, kidney, liver). Many scientists and doctors are trying hard to create these various cells and even body parts from the stem cells. The very sad thing is that they often use stem cells from human embryos. And they kill these little beings as part of the process ☹.

### **What do the cells and organs need to properly function?**

Except for good body defences that we talked about above, the cells and organs need many other things to properly function. Especially energy, water, oxygen, nutrients like vitamins & minerals and hormones. And it is the blood that supplies them with most of this...

### **What kind of energy do we need?**

There are generally two types of energy that our body needs – the measurable energy (in kilocalories) and the subtle not yet measurable energy.

The measurable energy has many forms like mechanical, thermal and chemical energy. We receive it usually in the form of thermal energy from food and liquids and our body then converts it in the other types of energy.

The subtle energy is called life force energy or Chi. Chi flows into cells through a subtle energy system. We get Chi from food and liquids as well as air.

### **Gaining and burning those calories**

It is very interesting how our body gets, burns and stores the thermal energy from food and liquids.

Our body extracts energy out of what we eat and drink during digestion and metabolism. This energy is hiding mainly in carbohydrates, fat and proteins in the form of simple sugar called glucose. This extracted glucose is then carried to the cells and organs in the blood.

Glucose is then converted into energy inside the cells and organs when it interacts with another important thing that the blood carries – oxygen. The oxygen virtually burns glucose, which creates "small heat". This "heat" then powers our body... Our body can use this energy not just as physical heat but also to power and operate all its processes e.g. breathing, circulating blood and lymph, functioning of organs, growing and repairing cells etc.

Actually, there are other ways to create energy from glucose, such as during body movements when muscles use enzymes to "burn" the glucose. No wonder we feel warmer when we exercise ☺

Extra glucose that isn't needed is first converted to glycogen and stored in the liver and muscles. Further excess glucose is stored in the body as fat....

So how much thermal energy does our body need every day to do everything it needs to? You may know that women use on average about 2,000 kilocalories (kcal) a day and men about 2,500 kcal a day (one kilocalorie is often referred to as one calorie).

So how much is that? A medium-sized apple has about 70 kcal and a Mars bar chocolate has 260 kcal which is nearly four times as much. That is 13% of the energy that women use on average in a day. Quite a lot, hey. No wonder it tends to be easy to put on weight when one regularly indulges in a lot of fast food, chocolates and so on ☺.

OK, but this still does not tell us much, right? How can we imagine how much energy is 260 kcal? Think back about the fact that this energy is like heat. And so we can say that 260kcal is equivalent to an amount of heat that is needed to warm up 1 litre of water by 260 degrees Celsius (about 470 degrees Fahrenheit). That is huge and would not work because the water would evaporate first. So, let's say that it is the same as warming up 10 litres of water by 26 degrees Celsius (47 degrees Fahrenheit).

That is a lot of heat isn't it. All that in a small Mars bar? Let's look at it differently. If we could set fire to a Mars bar with a match stick, the flame would be quite big, wouldn't it. And it would not go off straight away... So, there is a lot of heat in the Mars bar after all. No wonder it takes so much effort to "burn off" that Mars bar in the gym after we ate it ☺.

### **Why do people get ill in general?**

Let's go back to understanding what happens when people get ill.

Of course, there are lots of different illnesses but in general one of two things usually happens. You can probably guess it now:

-An invader like a harmful virus, bacteria, fungi or parasite spreads throughout the body. Or various toxin invaders build up inside the body.

-The cells, tissues, organs and various areas in the body do not get what they need and get out of balance / stop functioning properly.

And how can this happen?

Knowing how our body is protected by the white blood cells in the immune and lymphatic system and how it receives what it needs mainly through blood and life force energy, we can say that one or both of two things need to happen:

-The immune and/or lymphatic system does not manage to stop and remove the invader. This can usually happen in two ways – the immune / lymphatic system is either weaker and struggles to fight the invader off, or it does not reach / find the invader.

-Blood and life force energy circulation reduces in an area of the body. This means that not enough nutrients, glucose energy & life force energy and white blood cells get to that area e.g. organs & tissues.

It also means that the area can become susceptible to building up of toxins and settling by other invaders. This tends to develop gradually and often leads to chronic health problems.

### **The message coming through physical pain**

In very simple words, physical pain is usually a way of the body communicating to us that something is not right. So, it is good to keep an eye on any sensation of physical pain or discomfort and then look to understand what is the pain trying to tell us.

For example, when I eat something that is old, stale or not good in other ways, I get a sensation of heaviness or mild discomfort in my belly straight away. Yet the food has only just arrived to the stomach which is well above the belly ☺. So, this sensation must come from "higher senses", similarly like when Reiki healers feel the energy blocks with their hands when they treat people (e.g. pressure, prickly sensation, mild dull pain)

### **When does the blood and life force energy circulation reduce in an area of the body?**

I don't want to talk about an overall reduction of blood and life force energy circulation in the whole body as other books cover this. Instead I want to explore a less understood area - when does blood and life force energy circulation reduce in a particular area of the body.

In simple terms, when this area becomes vulnerable... An area in the body can become vulnerable for various reasons but often because of energy blocks, damage by various toxins, previous illness / accident, but also simple things like bad posture, too much sitting.

**Lower blood circulation usually follows after lower life force energy circulation in an area of the body.** Think of the saying – Where energy flows, life = blood goes...

The energy blocks are often caused at the mental and emotional level, like by stress and stored negative emotions.

### **Vulnerable area is a good place for invaders to settle in**

Because the immune and lymphatic system may not be so active in the vulnerable areas of the body, various invaders can settle here. Also, toxins may build up here because they are not being effectively removed.

Many chronic health problems are a result of long-term infectious deposits or building up of various toxins in the body, combined with weaker immune system which cannot deal with them.

### **Where can't white blood cells reach and find invaders at all?**

You may think of dead cells that we continually shed and replace but there are other places in or body where white blood cells can't reach and so find the invader.

Blood, lymph and life force energy does not circulate in stored mucous and fat ☺. And it is especially excess mucus that offers ideal hiding place to invaders like viruses and toxins. And here they can stay dormant for quite a while until something triggers them off into action. Bingo!

The immune system does get a chance to fight the virus – when people get ill with it, i.e. when the invader gets active, multiplies and spreads through blood. But this is a bit late though ☺

Going back to mucous: mucous is actually an important part of various body functions but it is when excess mucous builds up, then things can get out of balance. Excess mucous can line the digestive system and so noticeably reduce its effectiveness in absorbing nutrients. Or it can line up the respiratory system which people tend to notice faster e.g. it can lead to frequently blocked nose, sinuses

Excess mucous builds mainly from consuming a lot of mucous building food and liquids like cow's milk, yogurts, other dairy products and wheat food high in gluten like white flour.

A classic example is the herpes simplex virus that causes cold sores. People who suffer regularly from cold sores on the lips have herpes simplex virus hiding in the mucous of organs, glands or bodily functions responsible for digestion and resting. The virus gets triggered off into action usually by stress, cold weather or longer exposure to strong sunlight e.g. on a beach holiday ☺. When these people visit a pharmacy or a doctor, they will probably get something to treat the symptom = cold sore or/and reduce the activity of the virus = send it back to its hiding place...

### **What triggers off invaders into action?**

There are various things that can trigger off hiding invaders into action like stress and other ways of weakening the immune system, change of weather, catching a chill through exposure to cold weather or a draft.

### **Emotional and mental causes of health problems**

We already mentioned that negative emotions and states of mind cause energy blocks in the body. This is a less understood area, except for the consequences of stress which is well studied by medicine.

### **Our attitude to our health is more important than many think**

Our attitude towards our health is very important. If we want to be / believe that we are healthy & strong, we (a part of brain called hypothalamus) send these signals to our cells / body. The cells / our body then listen to these messages.

If on the other hand we focus on being ill & weak, like we think about it, fear it, believe it – e.g. believe that being in a stuffy room all day will give us headache, then we also send these messages to our body & cells and they listen to them too ☺.

For example, somebody strongly believes that if they eat oily food then they will have stomach ache. Then often they really get stomach ache after they eat oily food even though their digestive system can handle it well...

Remember the rule that we attract an external reality that reflects our internal reality.... Actually after 2012 our ability to create external reality with our mind intensifies and so our attitude towards our health will have even bigger impact on our bodies.

Like we said above, it is clear that it is not just our attitude that influence our health / what happens.

### **How do stored negative emotions affect our health?**

We store our emotions in the subtle emotional body as well as in the physical body.

The stored negative emotions tend to create energy blocks, which then reduce the energy flow through that area. It depends on the amount and intensity of the stored negative emotions.

The physical body tends to initially store the suppressed negative emotions in the muscles where they can do less harm. On one hand this protects the organs, which is very thoughtful of the body ☺. On the other hand, this usually leads to some muscle tightness & aches (we may not feel it in the case of deeper muscles), and it affects blood circulation in that area. It may also upset the chemical balance in the area too.

Yet when people experience strong muscle aches and other muscle problems, what do they normally do? They don't look for causes which are hard to find anyway, but tend to get themselves or from the doctor painkillers or anti-inflammatory tablets. Then they expect that all pain goes away quickly. If not, the doctor is likely to increase the dosage...

But if the negative emotions keep on accumulating over time, they may end up affecting organs too ☹️. The impact may be so small that people don't notice it for many years.

Louise Hay actually mapped in her book "Heal your body" what kind of emotions and states of mind may cause what type of health problems. In other words, she is suggesting that if somebody has too much of stored emotion X or too often gets into a state of mind Y, then he/she is at risk of developing a health problem Z. But it is very important to remember that the described health problems may also be caused by other factors too like previous actions, diet, lifestyle etc.

Let's show the impact of negative emotions on a good example:

Frank carries a lot of fear. These emotions mainly store in his belly (at the level of belly button, not higher where stomach is). If the fear is big or/and experienced for a long time, this tends to create energy blocks in the belly, reduces energy flow and blood circulation through the intestines and leads to some muscles tightening. This then may negatively impact Frank's digestion system if he eats lot of sugary and salty food. Initially, he may get occasional stomach aches, bloating, he may not digest the nutrients as well as before, digestion may take longer, some food e.g. oily food "may not agree with him".

But over time his symptoms deteriorate. He has more regular stomach aches, more food "does not agree with him" and catches a few stomach bugs.

This is because his intestines and whole digestion system became vulnerable. As a result, food toxins build up there together with mucus from eating too much dairy products. Also eating too much of refined white sugar and salt caused Frank's intestine environment to get out of balance / become too acidic. This is an ideal environment for overgrowth of the fungi type of bacteria in the intestines (sometimes called Candida or dysbiosis).

This example also explains why some people who eat a lot of sugar, salt, fatty food, dairy products and so on don't have any digestion problems described above, and other people have the digestion problems.... The people in the first category have strong digestion system (accompanied by good blood & energy circulation), which can handle the pressure from large quantity of unhealthy food & liquids.

### **Health problems beyond our control**

And then there are poorly understood causes of health problems which are beyond our own control... Some health problems can't be prevented no matter how strong the immune system is, no matter how good the energy and blood circulation is, no matter how emotionally and mentally balanced a person is, and even no matter what a person did in the past to prevent the health problem.

This seems to happen either when the health problem is a **lesson organised from above**, such as a food allergy developed at a very young age for no reason **or body's own way of getting into balance**.

### **Health problems as lessons organised from above**

We said that some health problems which happen outside our control had been planned by the other side. This is hard to accept for anyone because it does not feel fair and any suffering is not nice. It helps me think that we are all "angels in disguise" and have the inner strength to get through it. The other side loves us and would not send us something that we can't cope with or that would damage us. And the rewards for getting through these health problems are beyond our imagination and will stay with us forever.

**Experiencing these health problems gives us an opportunity to develop, learn / realise something, overcome them & become stronger, change.** We then decide how we react to it, what we do about it.

Knowing this may help people accept their health problems which happened outside their control and give them more strength to overcome them.

Let's look at an example. What do you think about a sad situation when a small child on a healthy diet suddenly becomes diabetic? It is not something the child could have caused him/her self. So, was it a coincidence then?

It can't be a coincidence because things in life don't happen randomly. If they did, then everything would be such a chaos. In this chaos things could not sustain themselves and would fall apart. In this chaos we would have seen over the past million years lots of planets including our Earth randomly floating in the universe and crashing into the huge amounts of flying objects in space... But they are not, they all move and evolve in a very sophisticated manner, which must have been created by a higher intelligence.

So, there must also be a reason for the child developing diabetes. Some doctors would say that it was in his/her genes and these were passed from the parents. Yes, some were but others were not. **So, somebody must have “chosen the full set of the genes”**. I think you can guess who – the child’s **Higher Self**. But how could that be when many genes were passed from the parents? **By choosing / agreeing with the Higher selves of the parents that they will be their child...**

### How do our bodies march towards balance?

As we said earlier, our body strives for an overall balance and good health which is our natural state. The working of the universal laws of Balance and Rhythm / Cycle support our body in its effort too.

So, if our body / organs get out of balance because of what we did in the past (e.g. been in a stressful job for years), our negative stored emotions or even our life lessons, the body starts a process to get back to balance.

There are many ways how the body tries to get back to balance / overcome an illness on its own. If it succeeds to get back to balance, it may do so relatively quickly or more gradually in stages over a longer period of time, like during ongoing body cleansing. Here our body often follows a rhythm / cycle. During the cycle the underlying “disharmony” gradually reduces as shown below (the smaller the wave, the smaller the disharmony):



Or if it takes longer:



Let’s look at how a cycle of loosening of tight muscles tends to happen.

Do the tight muscles suddenly become loose? Usually what happens is that in order for the tight muscle to loosen, it tightens more first. And then the muscle loosens beyond the starting point... And then this may repeat at some point later again...

This technique is actually similar to what many physiotherapists do when they loosen patient’s muscles during a therapy. This can often happen naturally for example when one gets a cold because during a cold, muscles tend to tighten too ☺.

Whether the body recovers on its own from the health problem or gets worse instead, and how long will the recovery take depends on many things like:

- how much out of balance it is and
- do we continue to increase the dis-balance with our actions and mind. Clearly this is often how things get worse and not better.
- what actions are we taking to help our body overcome the health problem.
- is it perhaps against the plan of the life lesson that we recover? (e.g. life-long illness or life-long impact of an accident).

As these are pretty difficult questions, it should be easier to look at it from another angle - trying to identify any health issue patterns and cycles in our recent past. And then looking to see if the pattern / cycle suggests that the linked health problem is improving or deteriorating. I created a straightforward self-assessment to help people do this.

This assessment should also help people with identifying any potential vulnerable areas in their body and get an idea how to strengthen them. The resulting better overall insight you gain, should help you discuss own health issues confidently with a doctor / alternative health specialist, and steer them in the right direction in the search of your health improvement.

### Self-analysis: Spotting and better understanding health issue cycles & patterns

I suggest to complete the table in **Appendix 6** which guides you through the following approach:

- *Take a bird’s eye view of your health over at least the last 5 years and write down in chronological order the health issues you remember.*
- *Then look if you see any repetition of one type of health issue, and note it down in the table*

- *Then look to see if the health issues form any patterns, and note them down in the table, e.g. you may find that one type of health problem happens together with or often closely follows another type of health problem (such as in the case of Frank's various digestion issues described in a later example. Or you may find that you get something e.g. a cold only during winter and spring.*
- *Next thing is to find out if the health problems, which form the cycles and patterns, seem to be reducing or increasing over time.*
- *Then think if these health problems point to any underlying vulnerable area in your body, e.g. the digestion system.*
- *Then try to work out and write down:*
  - *What could you be doing that that does not help the possible vulnerable / may weaken it? e.g. being stressed, eating too much white sugar and salt, not doing any exercise.*
  - *What have you been doing that does help the possible vulnerable area?*
  - *What else can you do to strengthen the likely vulnerable area.*

When you are done, hopefully you will have much better insight into your overall health and how to improve it.

### **Some of our unintended actions & decisions bring our health lessons or help our body's march to balance**

Remember how we said earlier that some decisions we make and actions we take were made with our intuition / heart even though we didn't realise it. And how some things that happen to us have been organised from above... And this applies to our health too.

Some "silly" decisions we made and we regretted them as soon as we realised that they negatively impacted our health may have not been silly at all. **We made them intuitively = higher parts of ourselves made them because the resulting situation was either needed for our body to continue its march towards balance, or it was an opportunity for us to develop.**

A good example is when somebody gets a cold because he had forgotten to take an umbrella to work on one chilly winter day and then got really wet because it rained a lot. May be the body needed to remove excess mucous from the body or re-balance itself in another way....

Or when an accident happens to somebody completely outside their control... The key thing is to realise what is it that this lesson offers them....

This should not be so hard to accept when we know that higher parts of ourselves also oversee our health and run all our body functions that we do not consciously control (most of what goes on inside our body ☺). Our organs & even all our cells are actually conscious too, they know about each other and work together as one. No wonder the scientists continue to discover that our body and brain is much cleverer than they ever thought before...

So, please stop blaming yourself for all those things you did unintentionally which negatively impacted your health. All those things that you would have never done if you had known what would have happened to you.... You did not do it on purpose so it was probably meant to happen!

You may rightly argue that in some cases it would have not happened if you were more aware. Like when somebody never noticed that they ate food that has gone off because they were so absorbed in the book they were reading whilst eating. You are right, it was this person's lesson to increase their awareness / consciousness and could have been avoided...

But instead of being annoyed with everything that happens in such situations, the best thing is to accept it and then try to see why did it happen, what lesson was in it for me. Once you work it out, learn & develop from it, e.g. by changing yourself to prevent this from happening again.

By generally increasing our consciousness and becoming more aware of higher parts of ourselves, we start understanding a lot more about our health and about the things that happen which affect our health.

### **How are our bodies reacting to the clearing of mental and emotional baggage and overall spiritual growth?**

**As we spiritually grow and clear our emotional & mental baggage, the body changes with us.** It is energetically unblocking / increasing energy flows, loosening stiff and aching muscles, improving blood circulation in previously affected areas, speeding up detoxification, cleansing in other ways and becoming healthier. It even increases the light it carries and may become lighter in weight ☺.

The emotional releases and body cleansing can be accompanied by such physical symptoms like colds, sore throats, headache, stiff and aching muscles, chills, which come and go quickly.

It is good to watch how you feel after recovering from say a cold. Do you notice a positive difference between the way you felt before getting for example a cold and after recovering? E.g. feeling lighter, having clearer mind, more energy, looking more vibrant. And even having sharper senses like seeing colours more vividly, experiencing deeper tastes, clearer hearing and improved sense of smell.

I appreciate that these things can be hard to spot straight after the recovery though. If you manage to notice these things, then that is a good sign that a form of cleansing took place.

By the way, these things like experiencing sharper senses should be familiar. We covered them under the signs of spiritual awakening ☺. Is it not wonderful to see the bigger picture and realise how everything is connected?

### Key ways of improving health

Everybody may have an idea of what is good for them. But summarising the above, a good thing to do in general is to:

-Strengthen the immune system

-Detoxify the body (there are so many available ways that we can follow described in various literature, like suitable diet)

-Increase the flow of life force energy & blood overall and in any known vulnerable body areas.

This can be done in many ways like regular exercise, massages like Shiatsu massage, acupuncture, acupressure, or healing techniques focusing on removing energy blocks.

Also, by releasing accumulated stored negative emotions and avoiding building them up going forward.

-Where this is relevant, reduce excess mucous by reducing the intake of mucous-building food and liquids. And one can have a go at a mucous clearing diet which usually includes higher amounts of raw fruits and vegetables and wholegrain food.

To quickly get an idea how much you are doing to improve / keep good health, I suggest you think of these 3 things: how many or few “negative emotions you carry”, how much exercise you do, and how good is your diet. I drew another pyramid to capture this.

A good combination of all three is usually the best. Though, it is good to see how some people manage to keep generally healthy by being really strong in two (or possibly even one) area, yet weak in the third area. E.g. generally healthy footballers get a lot of exercise and are usually on a good diet, yet they may carry plenty negative emotions...



**Pict.27 Building blocks of health**

Remember that the other side also influences our health. **We receive opportunities and help to improve our health from the other side.** The more connected we are, the more this happens. It is then up to us if we decide to take the opportunities or not. e.g. we accidentally come across a great offer for annual membership in our local gym, or we meet somebody at our friend's party and she / he recommends an appealing and cheap therapy which turns out to be very effective for us.

We also have access to spiritual healing. We can improve our health in many spiritual ways, **if this is appropriate in context of our life lessons.** For example, through a genuine prayer or our spiritual growth. **Actually, some highly spiritually developed people can access the personal state of their health before their illness has occurred and bring this to their cells & body...**

Or we can get help from a good healer. These healers don't really heal the person. They help the person to balance themselves, for example by acting as a channel of healing energy.

On the other hand, we also said that some health problems are beyond our conscious control, like when they are organised as lessons from above ☺.

### Unknown way of slowing down ageing

So far, we talked about the more obvious ways of slowing down ageing, such as removing toxins from our bodies and, clearing our emotional and mental baggage - they both accelerate ageing.

Here is a secret - there is another way complimenting the above. **The more we are in the present moment, the less we age.** After all, the present moment is a state of no time, so we can't age there too much ☺. When we are in this state, our body clock slows down. Here we can also see how life around us moves forward pretty fast, and so does the body clock of people rushing around all day...





## Chapter 7 – The mysterious Emotions

Emotions are your indicator / feedback of the frequency of your state of mind

The happier more positive emotions you have, the higher is your frequency / level of consciousness.

Consciousness and vibrational frequency go hand in hand.

- When in higher state of consciousness - Heightened perception, higher frequency
- When in lower state of consciousness – lower frequency, limited perception

Ego is restricting the flow of life force energy, love and intuition through body

Anything that brings you joy raises your frequency / consciousness

When in high frequency you raise consciousness of all who come in contact with your aura

### Feelings and emotions – what is the difference?

Let's start by looking at the difference between physical feelings, non-physical feelings and emotions because it is easy to get confused.

We know that physical feelings are the sensations that we experience with our senses, like when we touch something, feel cold or hungry and so on.

Emotions, on the other hand, are quite complex and they are linked to the whole person - to our heart, mind and body. You see, there is a spiritual as well as an energy side to an emotion, rather than just a mental and physiological (body) side. And this is often poorly understood. For this reason, psychologists and scientists still struggle to agree on what an emotion is. So, there are lots of different definitions floating around, which is most confusing.

Let's say that emotions are subjective experiences linked with various states of mind, like happiness, gratefulness, worry or shame.

From energy perspective, **emotion is a moving energy** and the word "emotion" was probably derived from "energy in motion" ☺. Each type of emotion, such as joy, fear, anger, hate, excitement has different kind of energy, which feels differently.

We can experience an emotion for quite a while, e.g. when we are in love, or for a short-time e.g. when something small makes us angry. Emotions give physical sensations too, e.g. when we fear something, we may get "butterflies in the stomach".

The funny thing is that people can have emotions but not be aware of them. And this is where feelings come into it. When we are aware of our emotions, we say that we feel them. So, a feeling is really our conscious awareness of the emotion itself. What a surprise that we are back to awareness ☺. We can then go on and say that the greater our awareness, the more we feel our emotions and the easier it is to change them.

Out of interest, **feelings are also a common language used throughout the universe**. Did you know that people who can communicate with nature like animals, e.g. Little Grandmother, communicate with them mainly through feelings and not thoughts?

To avoid getting hung up on the difference between feelings and emotions though, let's just use the word "emotion" going forward.

### Feeling emotions

#### Why do we have emotions?

We have emotions because we are spiritual beings. They are a big part of us and we were created this way for a reason. Without emotions we would be like robots.

The main reason is that emotions give color and enrich our experiences every second. Just think about what happens when we focus on something with our senses, like when we see a cute animal, smell roses, hear somebody saying something nice or not nice, watch people arguing or fighting. Depending on how we perceive it and interpret it. We usually experience weaker or stronger emotions associated with that.

**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...

These abundant emotions that we experience every day then build our personality, our personal qualities. In other words, our personal qualities kind of describe those emotions that we experience regularly. E.g. when somebody is, for example, fearful or envious, they tend to experience emotions of fear and envy regularly.

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

Because emotions are energies, when we consciously experience an emotion, we feel its energy first with our heart and then our body reacts to the energy of the emotion = we feel the emotion with our body. And we may express it externally. Physical expression of emotions is a way of releasing the energy of this emotion...

Some people would say that they feel the emotion in their mind, but it is the heart that feels not the mind... The mind plays an important role in initiating the emotion (explained later) and spreading the emotion throughout the body.

For those who are interested, let's look at how this happens in more details. When we feel the emotion with our heart, a part of the brain called hypothalamus produces chemicals called peptides, which carry information about the emotion. These peptides are then sent to our body cells through blood. They pass the message to the cells and the cells kind of start feeling and experiencing the emotion too.

At the same time the energy reflecting that emotion quickly spreads throughout the body. As a result of both (the peptides in the blood and the energy) we feel the emotion in our body and we often express the emotion externally.

E.g. when we are angry or happy, we feel anger or happiness with our heart and then almost instantly we feel it with our body, e.g. muscles tighten or relax, breathing speeds up or slows down, various hormones are released that make us feel stressed or relaxed, heart beat and perspiration changes. We may also express these emotions through raised voice, smiling etc

Similarly, when people are really nervous or scared, they feel the emotion in their heart and almost instantly they may feel a stomach ache, increased heart beat, sweating or even shaking and goose pimples. Or people may feel warmth when they are loved. Continuous negative thinking and speaking makes body feel uneasy and can lead to us feeling unwell overall.

### We are not always aware of our emotions

An important point is that people may not always be aware of the emotions they experience in a given moment. Some people are immersed in their emotions just like fish is immersed (and not aware) of the water it swims in... (see picture below). The water needs to become quite different to what the fish is used to before it notices it ☺.



**Pict.28 Swimming in emotions**

And we know how hard it is to change something that we are not even aware of...

What else happens when people are immersed in their negative emotions? These emotions then often seem to just happen to them automatically.

And there is more. When people are not conscious of their emotions, they often kind of become their emotions...

Similarly, people can also be easily immersed in their habits, beliefs, automatic thoughts and even actions. We are immersed in something at any point in time. And we develop as a person in general when we step outside of what we are immersed in and observe / recognise it.

Some people are actually semi-aware of their unwanted emotions and habits but they choose to overlook them or deny them.

So how do we become aware of what we are immersed in? Remember the "Who am I observer exercise". By stepping back and observing things from bird's eye perspective.... By observing our emotions, states of mind and our body. That is something animals cannot do...

We described earlier how our body always responds to the emotions we experience, so good way to recognise all emotions that we are experiencing is to observe our own body's response (body language, how are we feeling inside etc).

### How do we decide what emotions we feel?

This is a crucial question. Why do we feel one emotion and not the other? For example, just the thought of hiring a car whilst on holiday makes somebody excited and somebody else anxious even though they both may be very good drivers.

In the split second before the emotion turns up, their sub-conscious mind whizzed through many things in order to decide how they should feel about it. It created a mini vision of what that could be like and compared it against the previous experiences, what it knows or believes to be exciting, dull, stressful so on. This is all skewed by how they feel in that moment too. If they are in a good mood, things may look much more positive 😊.

The mind then looks for matches. Any matches it finds are used to make a quick judgement about how they should feel about the situation, about what state of mind they should get into. And then bang, the emotion pops up. For example, when somebody tries hard to look after their parent whilst they are not well, and instead of being thanked, they push them away. Feeling unappreciated would be the most likely match here. Or how would you feel when somebody intentionally lets you down?

Why don't you try to pick up some causes of emotions on this story of Bill, the burger man?

Bill loves eating a lot of meat and never liked vegetables. If somebody serves him a vegetarian meal, he is not happy 😞. The only problem for Bill is that he hasn't got much money and meat is not cheap. Being a college student, he regularly gets weekend jobs. One weekend he 'coincidentally 😊' ended up working in a cattle slaughter house. There he saw the killing, fear and suffering of the animals first hand. He was shocked by it all and felt a lot of compassion for the poor animals.

The following Monday, Bill goes to a nearby kebab shop to buy his favorite beef burger for dinner. Just like the week before. But somehow, he is not enjoying eating it this time. The excitement is gone and the burger does not taste that good either. He thinks that it may be out of date, complains and gets his money back. But strangely something similar happens the next day in the school canteen when he eats beef stew. He is baffled and wonders if he is coming up with a cold or something and his taste buds are playing up. He feels pretty healthy though so dismisses this idea. Suddenly he remembers the slaughter house experience and makes the connection...

Suddenly he feels like having something light, goes back to the counter and gets a salad bowl with dressing. Surprised by how light the plastic bowl is, he mutters to himself "*how is this supposed to fill me up?*" But when he tastes it, he can't believe how refreshing it is and how many tastes it has. He never noticed this before when he had salad. Eating salad was like eating grass for him 😊.

Soon after that Bill discovers Indian vegetarian food and becomes a big fan. Just as well there are more Indian takeaways than kebab houses near where he lives.

So, what happened, what changed the way he felt? His slaughter house experiences were pretty intense and his subconscious mind could not ignore them. Similar emotions linked with the states of mind he had over the weekend were pouring in again... Actually, his body reacted faster to the experience than him. His taste buds changed before he realized what is going on. They too received a wake-up call over the weekend 😊.

### **The hidden link between emotions and states of mind**

Hopefully it is clearer now that we are subconsciously choosing which emotions we will experience. But did you pick up the link between emotions and states of mind?

**We don't choose the emotions directly: we choose our states of mind**, such as being grateful, optimistic, forgiving, disappointed, frustrated, ashamed or full of regrets, **and they then carry various emotions with them! The states of mind depend on how we have built our internal reality and how it then compares to what we perceive. And so, your emotions reveal what state of mind you are in, oops 😊...**

Can you see, it is all about the states of mind. Why? Because they are our reactions to the outside world and this is the name of the game called 'Life' 😊. The universal Law of Spirit and Mind puts it another way by saying: "**We, as our state of mind, exist in the mind of the All.**"

There are virtually endless states of mind we can get into. As we spiritually awaken, we get into new states of mind and experience new linked emotions. Hopefully deeper feelings of love, peace, joy and happiness within.

### **Our attraction to emotions**

We naturally like to experience certain emotions more than others. People actually spend big part of their life searching for things that make them feel the way they want to feel. The common emotions that people search for are either heart-based emotions, such as being in love, feeling happy, joyful, merry, peaceful, or ego-based emotions, such as feeling desirable, superior, in control.

Funnily enough, the second type seems easier to find. Just having somebody reporting into them at work feeds the ego quite nicely 😊. Or take the explosion of people taking selfies and posting them on internet. What happened to taking pictures without 'me' in it? That seems so last century... The social media enthusiasts fitting the celebrity-seeking self-obsessed generation create best possible images of themselves, often digitally enhanced, and use them to create their online identity. What an ego-booster, spiced up with the excitement that they may get a string of followers, including strangers, attracted to their image or tweets. *[Pari, there are a few points here and they seem too*

*crammed into one sentence?]* But how long does the ego stay up in the clouds? It is very easy to get hung up on that identity and to feel pretty uncomfortable and anxious having to face the real world without that digital make-up. Mind you, this is not new. People were creating their desirable identity for everyone to see way before Facebook. You must have seen some people always wearing attractive cloths, may be quite tight fit to emphasise a few bits. How would they feel if they had to wear a baggy oversized sweater one day? Actually, quite awkward.

Or take the sexist lad's culture that has been sweeping mainly the English-speaking countries since 1990s where rowdy macho young men show so little respect to women 😞. What an ego booster... When they finally grow out of it, or shall I say 'if', no wonder they will likely struggle to build genuinely close relationships with women.

It is great when people look for heart-based emotions. **They are the qualities of our Higher Self, so by us experiencing these, we get closer to our Higher Self!**

Here is a little tip. The way people are towards animals and nature tells us a lot about their inside and the emotions they like to experience. You must have seen some dog owners who love their pets more than themselves, and others who mainly have dogs to control them 😊.

Some people desire certain emotions or physical sensations so strongly that they become addicted or obsessed with them. The obvious ones like addiction to alcohol, cigarettes and drugs, as well as money, power and gambling. Then the less obvious ones like craving for chocolate, coffee or attention 😊.

If that happens, people tend to 'lose control' over the emotions and sensations that they are addicted to. It is then hard to stop them just by saying 'no more'. On top of that, this strong attachment acts like a magnet to attract external events bringing them emotions of similar nature. For example, if somebody has a very strong belief that they are 'a victim', they are likely to attract events which will make them feel 'a victim'. They may be prone to accidents like people spilling drinks over them or hurting themselves. Or they may be attracting people who will try to control them.

### **Do emotions get stored anywhere?**

We tend to experience physical feelings whilst the cause is there, such as people stop feeling hungry when they gobble up a big meal. Similarly, emotions tend to be felt as long as the cause is there. Some for a short time, others for a long time. For instance, somebody may get angry about something small for a little while and then it stops bothering them. On the other hand, people can hold onto grief, grudge, disappointment, unforgiveness for a very long time.

But we don't feel the emotion all the time whilst the cause is still there. When we change our attention to something else or when 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. And then as soon as we recall that memory or get into the same state of mind, like we get into the situation again or something else triggers it off, we feel that emotion again. E.g. if a dad feels unhappy that his daughter plans to marry somebody whom he strongly disapproves, he will feel unhappy or possibly angry about it whenever he thinks about it, until he changes his mind and stops resisting. It will probably take a lot of effort by his likely son in law before the dad changes his mind 😊.

So, what happens to the emotion in the meantime? We said that an emotion is energy and energy does not disappear. Instead, the emotion's energy is added to our aura. It joins with the same energy already there within the subtle emotional body of the aura (the emotional body is explained in the consciousness section). The more of the same emotion there is, the more visible is its colour. Why don't you have a picture of your aura taken to see all those beautiful colours dominating your aura 😊?

Guess what? In addition to storing the experienced emotions in our aura, we also store them in our body. And this can be quite painful, virtually, and affect our health 😊. For now, let's stay with the thought how interesting it is that our physical body including individual cells can store love and peace as well as hate and sorrow.

One common thing with experiencing these emotions is that we allow them to be felt, even though sometimes we hide our emotions. If we are upset about something petty, we try not to show it so others don't laugh. But at least we are allowing ourselves to be upset and that is still good.

It is worse when we push our emotions down because we don't want to feel them. It is tempting for people suffering from deep sadness or a depression to try to suppress how they feel, instead of dealing with the causes. Having said that, the causes here are often so engrained and quite complex that it is difficult to work it all out. Suppressing them then becomes the easiest way out.

If one day these people decide to go to the doctor and open up about their depression, the chances are that they get antidepressant tablets. The problem is that these will put the lid back on and do a good job in desensitising the person so they feel less pain 😊. Nobody says that overcoming depression is easy but going for a therapy must be better

than pills. Generally, pills easily lead to more pills until some people become walking pharmacies ☹️. No wonder sometimes people turn to alcohol instead ☹️.

Actually, our subconscious mind also decides what gets pushed under the carpet. It polices the emotions experienced and decides if there are any emotions too tough for us to deal with. If so, it pushes them deep into our subconscious mind and we forget about them. Things like childhood traumas perhaps linked with close people passing away ☹️. Psychologists call this 'repressing emotions'.

So, you can see that there are a lot of emotions floating inside us. "*What are we supposed to do about it all*", you may ask. How about release the painful emotions and experience more of those happy ones going forward? Before we learn how to do that, let's look at what triggers off buried emotions (change to title name?) and reveal more emotional secrets.

### **What triggers off buried emotions?**

Even if we suppress emotions at times, the good news is that whatever we suppress, we can recall back. Only that way we can do something about those we don't like ☹️. When we simply decide we want to deal with the suppressed emotions, we allow them back to the surface... Even deciding we will no longer deny them to ourselves pushes them up.

Did you know that stored suppressed emotions can be triggered off unintentionally too? And sometimes they can cause real chaos... Past emotions can be triggered off by similar but usually unrelated experiences, perceptions, thoughts etc. These then get us into the same state of mind which initially 'created' the suppressed emotion. The stronger the suppressed emotion, the more easily can the emotion be triggered off.

People generally do not realise that this is happening and are often baffled by why they feel certain way. It often troubles them, but they don't know what to do about it as they don't seem to have control over those emotions.

It is amazing how many people regularly experience various emotions from their childhood when they grow up because similar but unrelated things keep triggering them off. Just like Jane did: When Jane was a teenager, she played outside with her friends but had to be home by 7pm. Otherwise, her mum would be really annoyed with her. This made Jane feel angry and embarrassed in front of her friends. She successfully suppressed these feelings eventually and forgot about them.

When Jane got married and had kids, she struggled to build a good relationship with her mother in law. It was getting to her because she could not quite point to the main reasons. She admitted to herself that what bothers her the most about her mother in law is something quite small. Whenever they visited, it has become a tradition that her mother in law would be cooking every lunch time and would always tell them what time food will be served. Even though she did it mainly so that they can plan their day, instead of appreciating this, it made Jane feel angry and embarrassed. Especially if they did not manage to be there on time. The she was even anxious that they would all get really told off.

As soon as Jane realized how silly it is because her mother in law means it nicely, she changed her perception about the situation and never had the same feelings during 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 odd situations in her life that made her feel the same way... This is because she has not changed / harmonized the mental state which caused these emotions...

What about repressed emotions, do they show up? Our subconscious mind, or is it our Higher Self ☺️, is very clever here. Only when we are ready to face our repressed emotions, it releases them into our consciousness...

Small children are experts at another crafty way how to bring up their happy emotions. They intentionally put themselves in situations, which they know will make them feel that way again. You may have noticed how they want to do something that they enjoy again and again, like watching their favorite cartoon. Even though they know what is coming, which tends to put adults off, they look forward to the same funny moments and burst out laughing every time ☺️. Don't underestimate the healing power of a happy laugh ☺️.

After one releases a lot of suppressed and repressed emotions, an amazing thing often happens as a reward. The physical appearance starts changing and the person becomes more beautiful ☺️. The eyes tend to get more present and happier, and many people start looking younger in their face.

### **Is there something that connects all emotions?**

Is there something more 'real' than 'forces of polarity' which connects the opposite emotions? Here is the secret. **Emotions that we experience and qualities that we have are actually expression of certain amount of unconditional love or the lack of it.** Love towards others, self, material things, living in general and so on.

This applies to the opposite emotions as well as all the emotions in between. **The positive emotions generally carry a fair amount of unconditional love, whilst the negative emotions lack unconditional love.** All emotions can really be put on a scale of how much unconditional love they carry and the scale goes into minus too 😊.

And it is us who choose how much unconditional love we put in. In the moments that people experience negative emotions like hate, they choose to close their heart and emit no unconditional love. Whereas when they forgive, the love just pours in from their heart. So, after all, it's all about love isn't it 😊?

### How open is your heart?

Do you want to get a sense of how open is your heart, then? if so, this test can help you build a picture of 'how much' of your own unconditional love you experience and spread. How? By building a fuller picture of your 'positive and negative' 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...

By the way, **Lorna Byrne** who saw and spoke with angels from young age, had much easier way to do this. One of the angels would simply make a number on Lorna's hand(s) which showed how much love a person she was looking at emits. Usually it was between 1 and 10 but occasionally it was in the hundreds, wow 😊. Lorna beautifully described this in one of her books as "We are all pure love. But most of us have locked this love within ourselves and don't let it out."

Let's go back to this method, unless you have a better way 😊. Please remember though that this test is very indicative, as categorisation into boxes is a human concept, which helps to understand relationships and differences between things. There are as many ways to cut and slice a cake. Similarly, scoring is always very subjective and points to a trend rather than something definite.

### Self-Assessment test: Measure of own unconditional love

The table has the common personal qualities organised in two categories – what people would generally call the positive ones and negative ones. They are put loosely against each other to indicate opposite qualities. I say loosely because this is not an attempt to find the matching pairs. Emotions are very fluid and change like colours of a rainbow. In a rainbow, there are no divides between colours as they effortlessly merge into another and emerge out of another.

- I suggest you go through the qualities line by line and give yourself a score for each category between 0 and 10 depending on how often and how strongly you experience them. 0 is not at all and 10 is strongly and really often.
- To see where you generally are on the 'love scale' 😊, please deduct the total negative qualities score from the total positive qualities score and then calculate it as a percentage out of a total of 200.
- There is a good chance you missed something because you are not yet well aware of it. Why don't you make the bold step and ask people close to you how they see you? Or even ask them to score your qualities. it run them through the list of e below and see what they would tick 😊. But remember these are their subjective interpretations.
- Similarly, as in the previous test, you can ask people close to you how they would rate you...

Strong unconditional Love

Absence of Love



	<u>Positive personal qualities*</u>	<u>Your Score (0-10)</u>	<u>Negative personal qualities*</u>	<u>Your Score (0-10)</u>
1.	Loving		Hateful, ignorant, disrespectful, prejudist, racist, mean, nasty, cruel.	
2.	Considerate, kind, nice, thoughtful, compassionate, caring, understanding, empathic, sympathetic, focusing on others' wellbeing & happiness.		Selfish / self-centred / egoistic, vain, inconsiderate, wanting things own way, fussy, arrogant	
3.	Happy, joyful, merry, cheerful		Unhappy, sad, serious, miserable, grumpy, melancholic, depressed	
4.	Calm / relaxed, peaceful		Not relaxed, stressed, tense, agitated, Angry, annoyed, aggressive, violent, fierce, furious	

5.	Tolerant, patient, accepting, respectful, easy-going, laid back, lenient,		Non-accepting, intolerant, stubborn, strict, ignorant, disrespectful, impatient,	
6.	Finds it easy to let go		Strong resistances and attachments or even obsession with / addiction to things, compulsive	
7.	Being positive, optimistic		Being negative, pessimistic, complaining regularly, cynical, grumpy, frustrated	
8.	Fearless, healthily confident, courageous, decisive		fearful, worrying regularly, anxious, nervous, suffering from phobias, indecisive	
9.	Energetic, bubbly, excited, passionate, active, alert, fast, very present		Lazy, lethargic, slow, inactive / lifeless, bored, dull	
10.	Communicative, approachable, easy going, friendly, open		Closed, withdrawn, not communicative, not friendly, shy, easily embarrassed	
11.	Belief in self, feeling self-love and self-worth		Low self-esteem, putting self down regularly, not believing in self, blaming self regularly, disliking or even hating self	
12.	Generous / charitable,		Greedy, stingy,	
12.	trusting, undoubting, content, unenvious		jealous, envious	
13.	Humble, modest		Feeling superior, desire to have power, to control others, to put people down	
14.	Truthful		Non-truthful, two-faced, deceitful	
15.	Forgiving		Unforgiving, bearing a grudge	
16.	Trusting, having faith		Not trusting, doubtful	
17.	Fulfilled		Feeling empty, lonely	
18.	Grateful (thanking is an expression of gratitude), appreciative		Ungrateful, not appreciating, taking things for granted, spoilt	
19.	Feeling free		Feeling constrained, feeling like being controlled, feeling like a victim	
20.	Conscientious, diligent Gentle, graceful		Careless Rough, clumsy	

	<b>Total Positive Emotions Score</b>		<b>Total Negative Emotions Score</b>	
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<b>Total Positive Score less total Negative score</b>	
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<b>Measure of heart openness / unconditional love</b>	<i>Total Positive Score less total Negative score as a percentage of 200</i>	
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How did you do? Hopefully you got over 50% 😊.

Do you realise that you also identified a chunk of your negative emotions that you experience regularly? Hopefully you managed to pull some from under the carpet too. Let's look at how to harmonise these.

### How to harmonise stored negative emotions and qualities?

Tackling stored unhappy emotions is challenging but really empowering and rewarding. Yet, we get very little guidance on how to do this in schools, at work or in reference books.

So, if people feel emotions they don't want to experience, the first thing they might think about is what can they physically do so that they don't feel like that anymore. Avoiding the situations is often high on the agenda. For instance, if their friend is no longer nice to them, they might stop the friendship.

If this can be done, then great, even though in many cases it may just be running away from it. But what if the situation cannot be avoided for now? Perhaps when you were in school and one teacher was really getting on your nerves 😞? Here people may tell themselves not to feel like that in that moment. If that doesn't work, they may try to think of something that makes them feel better in that moment, like laying on the beach instead of being in that lesson 😊. Or somebody may help them see things differently. Just like in the case of Pedro: When he drives, he gets easily angry whenever another driver does something he does not like. One day, he and his wife drove to the nearby shopping mall. When they were at a traffic light, Pedro shouted at the driver in front of him because the car did not move as soon as the traffic light changed to green. His wife quickly jumped in and said: "Actually, the car couldn't go straight away because I saw that a lady with a pram was still crossing the road." That day it worked and Pedro even managed to squeeze a smile out.

Even if these strategies work, the problem is that they dealt with the symptom and not the cause. Here people try to change how they feel similarly as when they change a TV channel if they don't like what they are watching. 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...

Let's look at other more effective ways, including two spiritual methods that I use (#3 and #4). These are especially good for changing negative qualities. I suggest that you read all methods first and choose which way feels most suitable for you. Usually, a combination of the first or second method with one of the spiritual methods is a very good approach.

## 1. Observing and accepting

We can noticeably reduce unhappy emotions just by observing and accepting them.

So, next time you feel a particular unhappy emotion, try to do the following:

- Allow the feeling to come out, don't resist it, let it get bigger if it wishes.
- Try to detach yourself from the emotion by starting to observe it. You no longer want to be that emotion. The emotion is there and you are here.

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 detach yourself from that emotion.

- Then accept that emotion. Accept that it is part of you and be happy that it is being released and will get smaller. This will further reduce its intensity and increase the speed of the release.
- Keep observing the emotion until it becomes really small or evaporates.

If you don't want to wait until you feel that way again, you can always speed things up by intentionally putting yourself in situations that you know will make us feel that way again. For example, Pedro can decide to drive very slowly and then get ready for the heap of reactions by fellow drivers 😊.

When a bigger emotional burden is being released, usually when a suppressed or a repressed emotion comes out, people may feel that the experienced emotion is getting more and more intensive. The natural thing to do would be to stop observing and try to stop the feeling. But actually, if you manage to continue to observe and accept, you allow the emotion to reach a peak. As soon as it reaches the peak, the emotion will 'fall off the cliff', and you will feel a great sense of relief. Some people feel like they just dropped a big burden they carried. In that moment 'something' in our mind re-organises and we may suddenly feel noticeably differently than before. Like we reached a deeper level of calmness and inner acceptance.

Remember though that even though this method releases negative stored emotions, it does not remove what caused them in the first place. And so, we are likely to experience them again when we trip over the cause, even though they should be less intensive at that point.

## 2. Changing internal reality causing the emotion

This is an incredible way, which goes right into the cause of the emotion. But please remember that reshaping bits of our internal reality is actually pretty hard to do. The internal reality sticks, is stubborn and hard to change. Yet, it co-creates our reality today and our future tomorrow, and so it almost runs our life 😊.



Many of our views, beliefs, intentions, desires are well engrained in us. We have been feeding them over a long time. If we have a go at changing them, no wonder some hold on to us like crazy. So, making the changes may take some effort, and it needs your strong intention. For example, in some parts of the world strict traditions like arranged marriages, marrying relatives, and parents of the bride paying big time for the groom marrying their daughter are considered normal. Women living there often accept that being '2nd class' citizens to men is normal 😞.

The change in the way we feel may not happen overnight as the new view, belief or intention needs to get embedded in the mind first. The unhappy feeling may only reduce gradually as it is squeezed out by the happier one.

In addition, removing some negative emotions this way, like fear and worrying, is often quite difficult. This is because they are usually deeply 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, e.g. that there is nothing to fear in a particular situation, yet they may still continue to experience fear when the situation comes, even though less of it. In these cases, following the ways of heart described below should be the way to go.

Going back to this method, I recommend that you follow these steps:

- Having chosen the unwanted emotion / quality you want to deal with, identify the situation / experience during which you feel the emotion or display the personal quality. Try to recall the situation / experience to feel the emotion again.
- Then look into what can be behind that emotion. What perception, view, belief, desire, thought, non-acceptance, attachment, etc. linked to that situation / experience made you feel that way? Be honest with yourself and dig deep.
- Once you work it out, think how you can change that view, belief, intention, non-acceptance, attachment or whatever else is behind that emotion. One of the objectives is to get into a more positive state of mind about the situation / experience.

It is beneficial to look at everything from a higher stand point. This may allow you to see things differently or realize that there are other changes you can make.

- Decide what changes you will make in your head and physically to reinforce the new way.
- Then just do it. To embed the new bits of internal reality, it should be helpful to regularly repeat the new view, belief, intention etc. aloud.

### **Self-analysis: Identifying and changing internal reality behind undesirable emotions**

Writing up the results of each step would make this more powerful. It will also allow you to go back to it anytime to either add more stuff or use it as a checklist. So, I put together an easy table to follow in **Appendix 5**. This can also be used for all the other unproductive emotions you may want to change, and to re-build your internal reality overall.

Before you have a go, here are a few examples of performing some of the above steps:

- **Changing a point of view**

Going back to the teacher that may have been getting on our nerves in school, we could give him a benefit of the doubt because maybe it was not his fault for being miserable. He could have been going through some serious family issues.

Going back to Pedro: during his routine health check, the doctor surprised Pedro when he told him that his blood pressure increased beyond the normal levels and asked him if he is stressed in any way. That took Pedro by surprise. At home Pedro made the link to his driving and decided that he will try to stay calm when driving and not be affected by the fellow drivers. He started telling himself that it is not worth taking blood pressure tablets for the rest of his life because of them and that they will pay the price for being pushy drivers one day. After a few months of diligent practice of his new attitude behind the wheel, Pedro could handle even rush hour traffic jams without his blood pressure budging.

- **Changing unwanted personal quality**

Frank knows he gets very stingy with money. It never bothered him until he lost a couple of friends recently because of it. Frank decided to change that and be more generous. But somehow the decision itself did not make him generous 😞. He knew he has to look deeper and genuinely asked himself why is it that he is so stingy.

Frank admitted that he is stingy mainly because he needs the money to buy lots of things for himself and to save some for rainy days too. And yes, he does not enjoy giving his money away to other people. He felt little

embarrassed about it as he already has a lot of possessions compared to many people. He can see that he doesn't really need to buy all these things and can still be happy without quite a few of them.

He thought that if he was to give some change to homeless people on the street, that should actually make him feel good inside because such small good deed can stop that person going hungry that day.

Frank wished to change his stinginess really deeply and repeated his intentions and changed beliefs aloud every morning for a week. During this period, he felt a gradual relief like he was releasing some kind of burden that he carried.

When Frank started giving change to homeless once a week, he was amazed that it was no longer that painful 😊. Next month he went for a walk with his small niece, he intentionally asked her if she would like a really nice but expensive ice cream. He was relieved that when she agreed, he no longer felt the 'stingy' emotions he used to. When he was giving her the ice cream and saw her excited and grateful face, it made him happy. He was proud of himself.

By the way, regular repetition of the new belief aloud is great but I recommend that you **always phrase the new belief in a positive way and exclude the word 'NOT'**. This is important because **the subconscious mind struggles with the word 'Not' and tends to act like it is not there**. For example, one can imagine and say "*I am a generous person*" instead of "*I'm not a stingy person*", to avoid the subconscious mind creating an image of a stingy person anyway.

- Looking for solutions from a higher stand point

A 4-year-old Josh often eats very little and leaves plenty of food on the plate. His mum gets angry when she spends long time preparing it. She thinks he is very fussy and can't accept that.

By looking at the situation from higher perspective and thinking why Josh may be fussy, she may realise that he may not feel as hungry as other kids, something may trouble him or his body may have intolerance to certain food that she regularly uses during cooking.

Jane is an independent single young woman and it really frustrates her when her mum asks her if she has a boyfriend yet. She can't accept it and finds her mum very nosy. By looking at it from a higher perspective and asking herself why her mum like that is, Jane may realise new things. Perhaps that her mum is not nosy but worries about her a bit because she does not want her to experience what she did. You see, her mum was the only child, was generally shy and felt lonely for many years before she met her dad.

This realisation helps Jane partially accept why her mum is asking. She feels compassion towards her, and next time her mum asks again, Jane explains to her that she is happy like this, she has many close friends and she never feels lonely. Her mum finds it very comforting and stops asking.

### 3. Approaching things with an open heart

You may have expected this to be the first spiritual way. When we approach things with an open heart, we feel and emit more love. This love energy magically impacts our state of mind in that moment and the emotions we experience. You know what happens when we pour more love into an emotion, right? Judging, comparing and analysing takes a back seat.

This love energy also spills over into our internal reality in that moment too. It switches off some conditions we programmed, increasing our tolerance and allowing us to be spontaneous. It also contributes towards transforming some engrained views, beliefs and other bits in there. All this without us doing any mental work 😊.

The more often we are like this, i.e. operate from heart consciousness, **the more strongly we initiate a self-healing process and harmonisation of accumulated negative emotions**. As a result, we experience more positive and happy states of mind and linked emotions during the day, and have more empathy and compassion.

### 4. Transforming a negative emotion to a positive one through the heart

Some people say "*if I can magically transform my negative emotions and unwanted personal qualities to those positive ones that I want to have, to the person that I want to be*". Well, this can be done faster than one would think. After all emotions are energies, and the main feature of energy is that it can't disappear but it can be changed from one type to the other type of energy. Considering that opposite emotions are two sides of one coin and carry different amount of unconditional love, that must mean that **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 sounds magical and too easy right? Well, it is magical and very powerful, but it does need some effort.

How do you do that then? To start with, you look at your negative emotions/qualities from a higher and compassionate perspective. **See them as your children who need care and love to overcome their difficulty. You are the loving parent who will give them the love that they need**. After all, we all have parts of us that are less developed and stubborn. We

should not blame ourselves for it but instead find a way how to help these parts move forward and catch up with the parts of us that are already walking in the sunshine.

Here comes the secret: You then surround the negative emotion/quality with own love energy of the heart. It is a gradual process so one needs to do it more than once. I do this in a small ritual which works wonders and call it the 'Love bath ritual'. You can actually also use the 'Love bath ritual' to strengthen your positive emotions and qualities 😊.

For much increased effectiveness, I suggest that you begin with a quick breathing relaxation and a meditation to connect with your body and slow down brainwaves from beta to alpha (or near-alpha) frequency. Here we have improved visualisation, creativity and more power to transform the emotions. I move to alpha waves through a meditation, which I call the 'Rainbow walk'.

### Love bath ritual

#### i. Breathing relaxation

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.

#### ii. Rainbow walk

The idea is to imagine entering into a rainbow through a white colour, walk through the main 7 rainbow colours and then come out on the other side through white again 😊.

It is best if you can imagine the colours with your eyes closed across your whole 'internal screen' and feel them. You can also imagine various objects in each colour for a short time, e.g. a lemon for yellow. Try to make the objects as big as possible though.

If you struggle with this and perhaps see just a grey or black screen, apart from general visualisation exercises, you can practise by looking at the colours below one by one, closing your eyes and trying to imagine the colour you have just seen. If you are able to feel the colours in your mind instead of seeing them, that's fine too.

Here is the sequence of the colours to imagine (if you can't remember it, then you can record the sequence and play it, whilst listening with your eyes closed).

<ul style="list-style-type: none"> <li>➤ White</li> <li>➤ Yellow</li> <li>➤ Green</li> <li>➤ Light Blue</li> <li>➤ Dark Blue</li> <li>➤ Purple / Violet</li> <li>➤ Red</li> <li>➤ Orange</li> <li>➤ Yellow</li> <li>➤ White</li> </ul>	
<p><b>Pict. [ ] Rainbow walk</b></p>	

#### iii. Recall, observe and accept the emotion (similar to the other techniques)

##### ➤ Recall and feel the emotion / quality

You can feel the emotion / quality directly, mentally recall the situations, or recall the experiences / mental states that brought the emotion.

##### ➤ Detach yourself from the emotion by curiously observing it

This is not easy and takes some practice. A good way to observe it is to give this emotion a shape and a face. E.g. Fear can be a scarred rabbit hiding and shaking in the corner.

The moment you manage to observe the emotion rather than be the emotion, you should notice that the emotion becomes less intense. The more curious / interested you can be about what you are observing, the more you can separate yourself from that emotion.

- Accept the emotion / quality as being part of you

Accept that the emotion is part of you and be happy that it is being released. **We need to accept ourselves as we are with our perceived weaknesses first, and then we can transform it with more ease, strength and love.**

#### iv. Love bath

Now it's time to do the magic ☺.

- Feel compassion towards the emotion / quality

Just like you would towards a sad or crying orphan child who has nobody to love them and who kindly asks you to hug them.

- Bath emotion / quality in own love

**Gently take the emotion in your hands and put it into your heart. Imagine how you are giving and surrounding this emotion with lots of love and care.** Just as you would to that child who desperately needs it. You can give that emotion a long loving hug. And once more ☺. Asking your Higher Self for help with this is quite powerful.

#### v. Rainbow walk backwards - moving back to beta brainwaves

Do not forget that when you finish you should follow the reverse way to get back into beta brainwaves. Nothing would happen if you don't do that, but you may just find the jump quite noticeable when you open your eyes and readjust to beta waves.

Imagine the colours in the following reverse order and in the same vivid way: white, yellow, orange, red, purple, blue, turquoise, green, yellow and white.

Then open your eyes and enjoy the transformation!

And that's it ☺. **You transformed that disharmony according to how much love you gave it ☺.**

Of course, you may need to do this quite a few times especially with stronger emotions & qualities which are deeply rooted. But each time you do it, that negative aspect will lose its strength and the positive aspect will gain in strength...

#### Prayer and Ho'Ponopono

For some of you all this may be too much to do, and you are looking for a big short cut ☺. Then why don't you try a genuine prayer where you ask to no longer feel some unwanted emotions or lose some personal qualities? You never know, you may be lucky ☺.

Or you may fancy trying an ancient Hawaiian practice, called Ho'Ponopono, usually associated with forgiveness. It is much bigger than that though. Regularly chanting the Ho'Ponopono mantra from the bottom of our heart, whilst feeling through the meaning of the words, profoundly purifies our mind, body and soul over time. The words are very simple but can't be deeper: **"I love you, I'm sorry, please forgive me, thank you"**.

If you are struggling to forgive someone, yet you really want to do that, then you can imagine the person and repeat the mantra aloud a number of times for a few days, meaning every word. And then watch what happens next time you meet that person ☺.

#### Other ways of harmonizing emotions

Our Higher Self has a beautiful way to help us deal with our sufferings and emotional burdens: through our dreams. It builds perfect settings for each thing troubling us and guides us on how to overcome it ☺. Just as in the case of Mia. Mia was scared of dogs. In one of her dreams a big dog appeared and started to bark at her. Mia did not have courage in the dream to stand up to the dog and runs away. The dog starts to chase her and Mia gets more scared. Then she thinks of her dad, and he magically appears. He catches the dog and for a second it looks like all will be OK.

But Mia did not deal with her fear, did she? And so, her Higher Self puts a twist into the dream. The dog suddenly starts to bite her dad. Because of Mia's strong love for her dad, she could not bear to watch it. She picks up her courage, runs to her dad, grabs the dog and ties up his mouth with a string that magically appears in her hand. Job done! Dad is safe, she faced up to her fear and won this time ☺.

The other way of harmonizing emotions is through exercise. When people regularly exercise, they feel better. This is not just because it improves health and fitness, and can lead to the body releasing hormones that make people experience happy physical sensations. It is also because exercise releases some unhappy emotions stored in the body.

If you are not into exercising, then how about trying a massage? Shiatsu massage specifically focuses on dissolving energy blocks in the muscles, many of which are caused by stored emotions.

Reiki and other energy healing, Bach flower essences and Holotropic breathing are alternative therapies that release emotions. They are more powerful and far reaching than a massage and exercising, but they still don't deal with the causes.



## Chapter 8 – Earth and Universe

### The main characteristic of Universe / Creation

#### The Duality of Creation

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

The whole universe / Creation is characterised by duality, but because Oneness and the universe are timeless & limitless, the universe did not start at certain point in our linear time. It has always been there and always will be there. And it is constantly changing and evolving.

At the highest level, the duality of the universe means that everything is made up of two parts:

- **Matter** – the physical side (visible and invisible)
- **Spirit (life) and its consciousness** - the spiritual side [largely covered in the next chapter].

At lower levels, the duality of the universe means that everything has its pair of opposites, a pair of contrasting aspects. Just as the saying goes - “every coin has two sides”. These pairs are held together by the forces of polarity... Ancient Chinese observed this duality well and called the opposite forces / qualities “Yin and Yang energies”.

We can observe the opposites everywhere. Day can't be without night, light can't be without darkness (=absence of light), matter can't be without emptiness, sound can't be without silence.

Similarly, the opposites exist in the world of emotions. And so there can't just be love, happiness & peace. There must also somewhere be hate (complete absence of love), unhappiness & no peace.

The opposites are usually more subtle than this. Things tend to have different amount of both opposites. Using the Chinese terminology, one thing can have more Yin and less Yang and the other thing can have less Yin and more Yang. E.g. each part of the day has different amount of light and darkness, each person has different amount of masculine and feminine features etc.

The Universe / Creation is also a multi-dimensional space. We live in the 3-D universe but it has many more dimensions and realities... All dimensions and realities are linked with each other.

### The main purpose of Creation and Earth

#### Training ground for the development of consciousness

The Universe / Creation mainly exists as a training ground for the development of spirit's consciousness. The Earth is a big training ground for the evolvement of consciousness, soul and spirit of everyone who chose to incarnate here....

It is the matter itself and the dual nature of things that offer us opportunities for evolution. The bigger the duality / opposites, the bigger are the opportunities for the evolvement at an accelerated speed of people present there. Unfortunately, where there is high duality, there are more possibilities for people to suffer there too ☹.

All places on Earth and in the whole Universe are kind of unique. They all have own level of energy vibration. The energy there determines the “energetic density” of the place. “Dark places” are energetically dense & heavy places, and they have low consciousness. Energetically “Light places” are the opposite.



**Pict.29 Roman garden**

Can you feel the different energies of these two places?

The Roman garden has a mysterious feel and its energy is a bit sharp, whilst the “Teletubbies land” feels cuter and more playful like in a fairy tale scene.



**Pict.30 Just like the Teletubbies land**

Not only physical places in the Universe have their own level of energy. Remember that the Universe is multi-dimensional and has many levels of existence (explained in the “Levels of consciousness” section). So, all non-

physical places have their own energy too. Just think about all those fantasy animations you have seen... There were probably some beautiful as well as dark places...

You may be wondering if there is a link between the level of duality and the energy vibration. This question is hard to answer because duality can be very subtle, and one has to be very abstract. One can usually feel, but cannot explain logically that **the denser the energy (and the lower the consciousness) e.g. of a place, the greater the perceived duality / opposites. The greater "the struggle of light and darkness" there** (it works the other way around too). There is actually an ongoing struggle of light and darkness in the whole Creation....

### Experiencing opposites

One part of our life adventure is to learn about various opposite sides of life and their different aspects & intensities.

As a result, our life journey is very varied and unique.

I mean this very broadly too, e.g. we learn about different emotions, states of mind, places of high and low energy vibration and so on.



**Pict.31 The variety of our life journey**

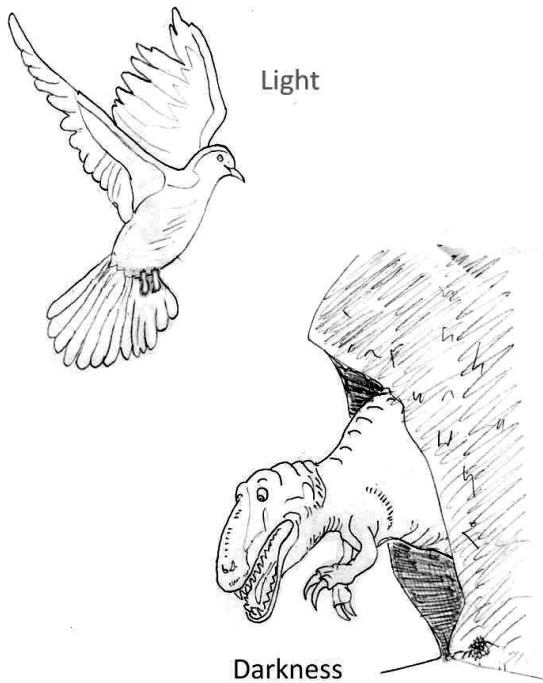
We learn mainly through own direct experience but learning indirectly through reading about things, seeing them on TV etc. is also an important way.

What is good about this then? When we learn about these different opposites and appreciate their differences, e.g. we appreciate love more when we know hate, then we are in much better position to choose and decide what we want to experience on our life journey and who we want to be.

### The struggle of light and darkness on Earth

Many physical and virtual places on Earth are quite dark places and have pretty low consciousness (an example of a virtual place is the internet or the newspapers). There is a lot of suffering on Earth and the ongoing struggle of light and darkness is big here ☹.

But often the existence of light and darkness in our world is not so visible, like it is in the fairy tales or on the picture below. It is more hidden but it is there... One just needs to look more closely and between the lines.



Before we do that, let's stay with what darkness is, 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. Many other people who have not awakened yet get easily influenced by the darkness and then they either participate in spreading it or are passive onlookers ☹. As passive onlookers they know about some things but usually feel they can't do much about them. But unless they act in their own individual ways to reduce the darkness, they are indirectly allowing the darkness to thrive....

Darkness brings suffering to many people and that breaks my heart ☹. The divine knowledge of why suffering exists does not make me feel better at all. I have strong compassion for all people who have to go through any suffering and I am sad that I can't do enough to stop it right now. But I really hope that this book will help many people overcome their suffering, and continually experience the loving heart consciousness. And that it will encourage many to help others achieve the same ☺.

### **Pict.32 Light and Darkness**

As was implied earlier, **seeing darkness and suffering is an opportunity for each of us to bring light and love into it** (this does not mean fight it with a sword ☺). This way we not only reduce it **but also increase our own light**. For example, people born into poverty and various forms of suffering are waiting for us to help them. Their suffering is an opportunity for us to help them and so develop ourselves. Such a shame that so few people do it.

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 2<sup>nd</sup> 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.

### **Corporate Capitalism**

They say capitalism gives people freedom, creates free market and so on. Yes, in comparison to say communism or other dictatorship regimes it gives people a lot more freedom (communism in many countries led to dictatorship, starvation, repression, torture, labour camps and executions). But over the centuries, capitalism has developed into strong corporate capitalism. The system effectively gives power to a small minority of people and takes away freedom from the majority of us who go along with it. But it is just not so visible because the way of life in corporate capitalism has been accepted as the normal way.

In summary, corporate capitalism is about feeding egos and mind dominance. It is not about living through the heart. Corporate capitalism is far too often about greed, power, gaining control over people, "injecting" fear and a sense of inferiority into people, and protecting selected companies so that they can dominate and make money at expense of others.

In summary, the pure idea of capitalism which is really good - that each person can improve their condition through engaging with other people to give and receive services & products using a common currency - is not really the cornerstone of the system any more.

Fortunately, there are many people who do not experience these things in their work place and outside work. This is often because of the choices they made, their efforts (e.g. to be empowered at work, to create nice working environment) and by "being lucky". But it still exists and there are many people who suffer because of it.



Corporate capitalism has also achieved many good things:

- More people have climbed out of poverty in the past 50 years than did so in the 500 years before that.
- People live much longer (life expectancies across the world have almost doubled in the last 100 years)
- More people can read and write and have higher education than ever before
- Huge advances in technology have made life more comfortable, information easy to get and cheap, travel more affordable, and many more.

### **Protectionism**

Corporate capitalism is a system where selected companies – the big ones, state companies, companies with special interests are often protected in all sorts of form (by regulations and laws, subsidies, trade barriers like tariffs and quotas and politicians) and are 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 an environment where corruption can thrive. 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:

-Both corporate and economic systems dominant in Western Europe - Rhine capitalism and Anglo-Saxon capitalism create ideal environment for protectionism. 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.

-Take the Common Agricultural Policy (CAP). This system virtually gives money called subsidies to selected big and smaller farmers no matter what they make and sell. This allows them to kill competition who can't grow food cheaper without subsidies. On top of that CAP usually guarantees minimum prices for the products of the farmers in this club and it protects the farmers by limiting imports of food (through tariffs and quotas) from outside the EU.

### -Or the whole transition of Eastern Europe to capitalism

If you ask people of Eastern Europe today how has life improved since they entered the European Union and its so-called free market, many will be surprisingly pessimistic. They will tell you that it is not a free market at all. Because the European laws favour the West European multinationals (e.g. the Common Agricultural Policy) and because money is king, the rich West European multinationals now dominate Eastern Europe (supermarkets, utility companies, pharmaceuticals etc).

These companies often sell products that they no longer sell well in their home markets because of newer models or higher quality standards there. Many of these companies use local people mainly for lower paid jobs like assembly of products, and they use local suppliers only if they accept very aggressive and unfair terms. But because there are very few alternatives, local people have learned to accept things...

Don't get me wrong, there have been many success stories of the transition, like the Czech car maker Skoda bought by Volkswagen.

### **Control**

These dominant companies then control a lot of things: the market place, companies that supply them with products and services, huge amount of the available jobs and so people's lives.

But we need to look further back than to the last decade to find probably the biggest mechanism of controlling people. That almost everything costs money. The most basic things that we need sometimes cost as much money as some can earn. Just think of food, having a place to live with all the associated bills including for collecting rubbish, health care and transport. We have to 'pay to live', and so many people in the world spend their lives in a 'survival mode'. Some are desperately trying to stay out of poverty. To be able to comfortably finance raising a child on top of that can be a luxury for many people. It is not a surprise that many children from poor families don't get enough food.

This got a lot of attention in the United Kingdom in 2016 when a government led-study concluded that more than 1 in 5 children turn up to school hungry every day in some parts of Britain, and that school dinners are the only hot meals eaten by some kids. No wonder they struggle to concentrate in school and may fall asleep, especially during boring lessons.

Of course, many countries have a social system in place, which catches the poorest and most disadvantaged people without jobs, puts them in state-run accommodation, and pays them benefits so that they don't end up begging on the streets. But there are usually limited number of places available, and many people don't qualify ☹️.

I know that the communist systems tried in the past to give people some necessities for free but they failed miserably because they took much more away than they gave.

In the capitalist system, there is no such thing as a 'free lunch', but private companies are queuing up to offer people a way out of their financial difficulties. It is a trap called 'a loan' ☹️. It all starts so innocently. Once you show interest, they initially make you feel fortunate that you qualified for a loan. Then all you need to do is sign a piece of paper. Boom, you just surrendered your own power to the banks. Before you know it, the interest due and repayments start making a dent in your finances. But don't you dare miss the repayments, or the banks will show you pretty quick who is the boss. As you know, they can get quite ruthless if people don't obey...

I know that buying a first house or a flat without a mortgage is unimaginable to most, and when interest rates are low, a mortgage does not seem like such a burden to many. But when, say after 10 years, one finds that they still owe so much, yet they paid big money back already, having a mortgage does not feel so rosy any more. Especially if they allowed other loans to creep into their lives, such outstanding credit card bills or even getting a loan for a new mobile phone. Then the word 'trap' may start to feel very real.

This is all very sad but in the life of duality there is also the other side of the coin. Because of these tough conditions, many people develop warm hearts, appreciate small things in life and find peace inside when their families' basic needs are met.

One thing this 'survival mode' does not achieve though is to leave room for people to truly empower themselves ☹️. Devoting time to spiritual growth needs time and spare money. So, does finding fulfilment through doing things for free – simply out of love and for nothing in return. There are actually so many people who want to volunteer in charities or look after others in need by being care workers, but they just can't afford it ☹️.

Mind you, when people eventually manage to overcome this hostile environment and find a way to spiritually grow and do things for free here and there, it has much bigger positive impact on them than if they did it whilst constantly encouraged by the system.

Back to the control. We are made to believe that the 'best thing in life' is to be rich, powerful and good looking. When people manage to become richer and more powerful, the system then encourages them to feel superior above other people, interact with people of similar status and isolate themselves from others.

How many people in the world live in gated communities where only certain people are allowed to enter ☹️? South Africa is just the tip of the iceberg. There are many more places in the world but they are not so obvious because the barbed wire was replaced by more subtle deterrents. Have you seen some golf communities scattered around the US? Lots of posh houses, a lush green golf course, lakes and a shopping mall encircled by a wall?

We are also encouraged to grow desire for physical things and buy and use up ever increasing number of products and services. On top of that, it is meant to be trendy to be 'a throw-away society' and frown at things that are older. Economists craftily call this healthy consumer behaviour and a consumer-led economic growth. Many benefit from this, usually not us though. It just increases our dependency on earning more money to be able to satisfy our injected desire to buy new things, whilst the product makers stuff their pockets with extra profits.

Many changes in fashion and product design are engineered exactly for this reason. I have seen 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. Or buying a set of 7 contact lenses each week, wearing each one for just one day and then enjoying new freshly made ones the next day is meant to be really cool?

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 they buy them, these things often become ordinary somehow...

The peer pressure among teenagers and even children to wear designer clothing and to have fashionable toys and gadgets is often very strong. Those teenagers and kids who don't have these things are made to feel uncomfortable or even inferior by their richer peers.

## Is having a job really a way out of this control?

Even if we don't get influenced by these society trends, we still need money. It is nothing new that the way to earn money is to have a job. And so most people spend the majority of their adult lives in a job, if they are 'lucky'. In a job, which they may not enjoy, but it pays the bills.

Here it comes again though. The need to have a job is actually another great way to control people 😞. To start with, it is not easy at all to get a job that earns well and is really enjoyable. Most of us have to start from the bottom and make our way up. But we need to get through a metal door before we can even start at the bottom of a pile. To open this heavy door, we usually need to have good education, demanding qualities and experience that the employer is looking for, and be better than anybody else applying for that job. Getting university education costs a lot of money in most countries though, and not everyone can afford it. Sometimes the educational system may even discriminate against those who come from certain social or ethnic background 😞.

Then there is the job specification requirement for experience in the field. This is a real straight jacket and drives many young adults crazy. How can they have work experience when they have just finished school? This straight jacket, manifesting itself as peoples' CV, continues to weigh on people throughout their lives, especially if they dare to move to a new field that they have not worked in before...

We eventually overcome all this and get a job. Any job for some. The moment we become employed, we become controlled by people above us in this organisation 😞. Every employed person has a boss, right? These people tell us what we need to do and set us deadlines. How many times is it so much that the day feels too short to do it all, unless we put our personal life aside? Complaining about this to work colleagues over a shared evening pizza in the office usually does not make much difference; they are in the same boat...

What happens if we don't obey bosses' orders or they don't like our outputs or behaviour? Their ammunition is overwhelming. They can give us a bad appraisal, reduce our salary, stop our career progression in the organisation, make us feel unwelcome, move us into a job we don't want to do, sack us, pass bad references to our potential new employer and many more. I know companies where staff received a warning if they spent too long in the toilet, were penalised for taking a short break to drink water, and were too scared to take time off when ill to the point that ambulances had to be regularly called into the workplace.

Some bosses are never happy no matter how hard their subordinates work and how well they do 😞. And they often feel superior. If you are employed, what is it like at your work place? Do the company bosses go out for lunch with the 'ordinary employees', or do they feel too superior for that? Do the subordinates add fuel to the fire by feeling inferior to their bosses? I hope not, but I know companies where the employees are gripped by a sense of dread and worthlessness inflicted on them by management that speaks and treats them with contempt. Changing shifts and working hours with only a few hours' notice is one of many of their ways.

There is another trick used in the companies to control people, especially in the manufacturing and service sector: linking their pay to performance targets. Here, people's pay is linked to how many units of something they make or do every day. This may encourage them to act selfishly and turn them into feelingless production line mini-robots. But what about people who try hard yet still come below the targets? Maybe they simply felt unwell. It is not only their pay that drops... Being at the bottom of the performance list can have a big negative impact on people's self-esteem. The humiliation, embarrassment and pressure to improve can be really stressful and harmful.

Are the bosses not seeing the damage that they are causing with this attitude? Many do, but they would probably argue that managing people by fear brings results sooner than managing them through praise, motivation and lengthy training.

Even if people perform well, there is always the risk that they could be made redundant as part of 'efficiency and effectiveness improvements' to increase companies' profits. 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 end up working like crazy to 'satisfy their bosses'. They do not have time to enjoy their job, and whilst they do not like the control, they unhappily carry on because they feel that they don't have a choice. Naturally they fear what would happen if they stood up for themselves or even said "*No more!*" They fear that it may not work, that it may go against them, they may end up under more pressure or even get fired. Yet, standing up for ourselves is our basic human right!

Some employees develop a self-esteem problem called 'the not good enough mother' in the counselling profession. This refers to a situation where a new mum tries hard to look after her baby but people keep telling her that she is not doing it right and what she should do instead. This mum ends up feeling that she is a bad mum and loses her self-esteem. There are lots of people who come to hate going to work for this exact reason. And yet their boss may simply have unreasonable expectations or may perhaps feel threatened by how good the person is 😞.

If things then get too bad, employees may start looking for another job. This could be too late though and they may be forced to resign before they land something else 😞. Yet, if they had made the move sooner, they would have shortened their suffering. If you happen to be in a similar situation and allow your job or boss to wear you out, could it be time for a re-think?

Actually, do you know that people who are spiritually awakened find it easier to stand up for themselves and are often successful? They have healthy confidence in themselves, are quite present in interactions with people, and emit 'an aura of respect'. They also act to create a reality they desire, supported by the Help from the Other Side. They may get others to see how valuable they are, attract a warm-hearted boss, or manage to progress quickly to become their own boss.

Hang on, have I forgotten something? What about becoming self-employed and starting own business? No bosses from day one, can you believe it!

### Is being self-employed any better?

Being self-employed is appealing because it usually empowers us, allows us to express ourselves and use our talents. We can even merge our business activities with our hobbies. It is for the tough cookies though. Figuring out what people should be willing to buy from you when so much is already sold out there is not easy. Obviously, you also need to make a profit which will pay for your salary, hopefully pension, and may be interest on the loan and loan repayments if you had to take one to start the business.

Then there is the ongoing pressure put on you by the competition because they see you as trying to take their customers and profits away. Especially if you end up competing with companies that have big muscles, who set the rules of the game. Imagine you overcome this by not competing with these guys but becoming a supplier to them instead. Perhaps you get chosen by a supermarket chain because you have a great product that will sell well. That must be good, right? Yes, except that you may get fleeced over time 😞. They put so much pressure on you to keep reducing your costs, and yet they pocket most of the profit from each of your product they sell.

The need to keep selling is not always pleasant as experiencing rejection here is very common. Not just having your product or service rejected but even not paying you after they bought it from you...

So, the market place can be a fierce and lonely place even if you have a wonderful product 😞. Think about the small grocery shop owners who live behind the counter of their shops and yet make such small profits because they can't compete on price and choice with the national and international retailers who attract most customers anyway...

Despite this, many people do well and have lots of positive experiences, hurrah 😊! They usually have entrepreneurial spirit and big determination. Just in case you now think that this is not for you, remember that there are plenty caring and gentle people who made it too 😊. Don't they have additional qualities they can use to be successful in this area?

### Is being unemployed any better?

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. They need to meet various conditions specific to each country, e.g. have almost no savings in Great Britain. If they do get a dole, this is usually temporary and not enough to survive anyway. 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 treated as underclass. Some people then end up with noticeable inferiority complex. Where is the justice in that?

If they don't find anything for a long time and the self-employed route is out of their reach, they may fully slide into poverty or even become homeless and be forced to beg on the streets. With it comes cruel rejection by society who labels them as outcasts. When they lose an address of residence, it is very hard to get back into the system, which often no longer registers them 😞. Some may turn to crime, gangs, or drug dealing from desperation to beat this. This cleverly adds to the atmosphere of fear that many people live in. The system really lets these people down, doesn't it 😞?

So, this route is definitely not recommended. Besides, there are lots of positive aspects of having a job. There are the obvious benefits, like being with people, having an opportunity to make friends and learning new things, as well as spiritual benefits. Have you noticed that many jobs are directly or remotely about helping others? Helping anybody with an open heart is an important way of growing spiritually. Remember, because **we are all connected at the deepest level, by helping others we also help ourselves**. We receive something in return from the Other Side, often more than we give 😊. It is a shame many people help others in a job mainly because they get paid for it 😊.

Stepping back, I know that being subjected to a various degree of control whilst trying to earn money may still feel undesirable. Fully taking back control in this area is very hard to do though. I'm outlining an alternative system as a

way out of this later, but first let's look at the other features of 'today's system' to understand better what we need to overcome.

## Fear

Fear is another 'tool of the system' alongside control. Apart from the fear of losing a job, there are many other things out there that can inject fear into people's lives.

One is being frequently spoon-fed with a lot of **Negativity**. Just look at the media, they tend to feed us with negative things all the time. Do we really want to watch in the news or read in the newspapers every day about all the people who were killed and committed a crime? There are lots of happy events happening every day too. Where are they? Are journalists really not finding them interesting, as they rather enjoy reporting about the gruesome stories?

We are bombarded by violence in many other ways. Whether you are watching a TV, playing a computer game or even sitting in a school lesson, it pops up sooner or later. Often, the scarier the film or the adventure computer game, the better it is considered to be. It is pretty hard to feel at peace and not in a constant state of tension whilst playing these types of games, don't you think? Yet, our kids get so absorbed in the games that this scary virtual world feels pretty real to them. Some shown violence is racially inspired, even though this message is usually quite subtle.

Or why are there so many freely available internet sites with illegal material, which the authorities for some reason do not close down even though it should be easy to do? I understand that we don't want the government to censor every site as that would be quite intrusive, but there must be more that they can do. If police knew that child abuse imagery was held in a house or drugs were sold there, they would raid it. So, why don't they shut internet sites doing the same thing and reprimand their owners for it?

This abundance of negativity impacts us in many other ways than creating fear inside us. It makes us feel that these things are happening all the time, so they are kind of normal. This numbs our feelings and even attracts some people to the dark side... Thank God, at least the majority of the children programmes on TV are giving happy, loving and empowering messages. Fancy watching your favourite kids' programme again 😊?

Then there are rules that authorities make up which instil fear in people and define their behaviour. Did you know that you get fined in Germany if you decide to walk across the road on red even if there are no cars around?

So, why are there so many sources of fear out there? I will let you answer that question for yourself.

It is fair to say that each central system needs an element of order to function though. But the order does not need to be enforced through control and fear. Wouldn't a system that actively promotes moral values and puts the well-being of all its citizens first, encourage an element of self-control and self-discipline from within?

If you thought this is not good, you ain't heard nothing yet. But fortunately, this has nothing to do with capitalism. Have you heard of honour-based crimes committed to protect or defend the honour of the family? In many communities around the world family members are carefully monitoring the behaviour of their children to ensure that they conform with the engrained traditions and usually strict rules of their culture. They are helped by people on the streets watching like hawks in many self-policing communities. If anybody is spotted doing something out of line, it is seen that the person has brought shame to that family, and action needs to be taken to protect the family honour.

Incredibly, typical rule violations are for example becoming involved with a boy or a girl from a different culture or religion, wanting to get out of an arranged or forced marriage, or wearing clothes or taking part in activities that might not be considered traditional within a particular culture 😞.

The 'corrective action' is often drastic; you may have heard stories. Parents may virtually commit crimes on their own kids, including keeping them locked up in the house, physically abusing them, heartlessly disowning them, selling them into a lifetime of slavery or even planning to end their life to keep the honour within the family 😞😞😞.

How good to know that these crimes are taken very seriously by the police in the multi-cultural United Kingdom. It is time for the authorities in other countries to follow their lead!

Let's think about **religion** next. It is great that it gives people faith, connection, help and all that other good stuff. But it is not all bed of roses, far from it. It is clear that since the cave man days, people led wars and killed in the name of religion. Lots of racial hatred has been ignited by religion. Have you also noticed how the majority of religions and sects worldwide do not empower their believers, inject fear into them and create a separation between them and people of different beliefs? They make them feel small and guilty. They prefer them to be sheepish and obeying. Some go further and openly suppress women 😞. And when the followers decide that it is time to move on, it can get quite tricky to leave. Who wants to be shunned?

Trying to find the other side of the coin, one needs to ask if there is anything positive about the abundance of fear around us? We already said that such extremes of duality offer big opportunities for our involvement at an accelerated speed, even though this may seem harsh. Those who successfully overcome the various ways of fear imposed on them make a big jump in their empowerment and in finding strength and inner peace. They then get in a stronger position to help others achieve the same. They become the New Age leaders creating a fairer and happier world without fear and control. They become the pillars of strength and the lighthouse to whom others will come for help, guidance and inspiration.

Unfortunately, we are not done yet with the disappointing characteristics of corporate capitalism.

### **Greed and Power addiction**

Whether it is due to corporate capitalism or the ego, people are enticed to be greedy, powerful, and have sharp elbows to get there. Do you know anybody who would be happy with no increase in their salary at the end of the year or whenever they improve their position in the organisation they work in? This hunger for ever-increasing salary and more senior and powerful positions spreads among company employees like a plague. It is hard to resist it and stay pure...

As people make more and more money, they are then encouraged to feel that they still don't have enough. And so, they continue to chase their tail, whilst happiness eludes them.

Greed and obsession with increasing profits drives many companies into being heartless machines. Some adopt a strategy of wild cats relentlessly chasing their prey, and nothing can stop them. Mind you, when lions have eaten, they sunbathe, whereas these companies are always hungry 😞.

Some companies employ such dishonest tactics that it is beyond belief. After all, to win in this dirty game takes a lot of effort. They usually have a bag of tricks how to squash competitor machines, woo customers and then rip them off. Many tricks go hand in hand. For example, the better they are at squashing competitors, the more they can rip customers off.

What about those competitors who are hard to beat? The trick is to make secret agreements with them to jointly increase or hold prices 😞.

Have you fallen for any tricks yourself recently? Maybe you booked a holiday whilst wiping out your full budget, only to find out later how many hidden extra costs there are, including having to pay every time you want your holiday room cleaned or towels changed. Or perhaps you ordered a meal in a restaurant in Italy and could not believe how many things were added to the bill: something for the privilege of visiting their restaurant especially if you are a tourist, something for using their cutlery, plates and a chair, and all this before a tip if you liked the food.

Let's look at some other examples of greed and power addiction. I wonder how they compare to your list?

Let's start with the traders who buy and sell commodities like rice, wheat and potatoes on an exchange to make profit. 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 perhaps because there are food shortages, they buy huge amounts of this type of food. They never intend to collect the food and consume it, they simply sell all before it is due for delivery. And they pray that more bad weather comes and destroys the crop of the commodity that they had bought, so they make even more money.

What kind of a people would find pleasure in studying the satellite pictures of the weather forecast during their lunch break at work to predict the next disaster and make lots of money out of it? They must know that many people who depend on this food will be in despair 😞.

A lot has been said about the greed of cold-hearted mega rich investment banks. Or the small loan sharks charging extortionate amounts for small loans to desperate people and threatening to send debt collectors at the first opportunity. Some actually target people who they believe will not be able to repay the loan. Here they stand a good chance to clutch the pledged guarantee with their claws, which often far exceeds the value of the loan.

There are lot of selfish, dull and strange people inside financial institutions who have cold hearts like ice and could not think of anybody else but themselves. They sometime don't even know the name of people sitting two desks away from them...

The greed is not just a feature of financial companies though. A lot has been said about the sharks of the industrial world: the oil and energy companies. Similarly, you may have formed your own views about the pharmaceutical giants.

Or how can people work for casinos, betting agencies and other gambling companies when they know that these companies make the life of many people hell? They fleece them of their savings, break their marriages, or create

gambling addicts who often end up thrown out on the streets. This way, they indirectly encourage crime as a way to finance the gambling addiction.

Finally, let's think about 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...

I wish these people manage to overcome their greed and desire for power. Freeing themselves from being controlled by these demons is so liberating.

### **Where is the world heading?**

I know that we can't do much about the fact that everything costs money for now, even though I wish that there was a different currency than money. Imagine if we could somehow pay for things with our 'love energy'. Then going to work to earn this 'money' would look very very different 😊.

Despite this, there must be an alternative to this system! 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. Where each person could contribute to the highest good in a way that fulfils them and makes them deeply happy by doing what their heart and not mind desires. Where people who want to express themselves creatively, serve others, connect with nature, or attune to spiritual dimensions could do so as part of their work without obstacles.

### **Let's stop feeding the system**

People play an important part in keeping the system going alongside the mechanisms in place that govern it. How? By feeding the system. After all we are the customers who 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. But why should we work for a system that makes selfish rich and selfless poor?

One way to start building a fairer system is by stopping to feed the current system.

Here are some tips:

Do we really need to keep buying so many things to be happy? Less is often more... Why don't you go through your receipts from last month and question each item? Asking yourself things like "Did I really need it, did I use it, did it give me what I was looking for?" is a very healthy reflection on your buying habits. Where the answer is "no", why don't you save yourself the money next time and see how you will feel without it.

Are the things that you buy good for your well-being? Do you check how much refined sugar, salt, E numbers, preservative and other chemicals are in the food and drinks you buy? Are you sure the toiletries, liquid soaps and shower gels that you use are as good for you as the adverts say?

Are you falling for the adverts that instil fear in you and perhaps make you run into the nearest pharmacy to stock up on things your body does not really need?

Do you feel uncomfortable to return products that don't meet your needs? Remember lots of retailers guarantee a refund if you are not 100% satisfied 😊. It is so easy these days to check how other customers found the product or service they bought. Why don't you join them and expose all the faulty products and companies with awful customer service out there 😊?



**Pict.33 Fancy going shopping?**

Are you buying and doing things for the real you, or the 'pretend you'? Perhaps whilst under peer pressure, because it is fashionable, or because others are buying it too?

I wonder what the last hotel you stayed in was like. [wondering smiley]

Do you buy branded products out of habit or to boost your ego?

Do you like eating lots of meat? If so, do you realise that you are feeding the animal killing machine and reducing your energy vibration? Hope I'm not exceeding your tolerance limit here 😊.



**Pict.34 Pork leftovers**

When you speak with a sales person, do you question what they tell you or want you to do? Does it make sense? Could they have a second agenda? As a consumer you have lots of right, and written complaints are usually taken seriously.

Do you feel good about the organisation that you work for? Do you believe in the products and services they offer?

Are you selective about what you watch on TV and your mobile, or you allow media to control you? Don't let them choose what they will feed you with. A passive couch potato watching anything that is on TV is their ideal target...

I suggest you think about where else you could be controlled and consider how you can release yourself from those reins. But be careful, the horse rider usually carries a whip 😊. Best thing is not to let the rider jump on you to start with. Have you seen the animation **Spirit: Stallion of the Cimarron (2002)**? What an inspiration 😊.

The other way to win over the system is for people to drop their isolation and unite. Unite with people of common interests, with customers, with parents. When people unite, their power grows strongly, especially over companies.

The emerging 'sharing economy', where people share for a fee products and services between each other through a market place, like empty seats in their car on their way to work, helps with this nicely.

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

The wonderful thing is that a greater number of people world-wide have been realising their power. They are taking more charge of their life and striving to make a difference. Some demand honesty and fairness in their work place. Others found a way how they can work for charities or other non-profit making organisations and still get by financially.

People have also been realising the power of groups. They are increasingly using them to point out what is not right and demand changes. They organise petitions or even go into the streets. Their combined voices are being heard one way or other.

Do you still remember the brave demonstrators who started the 'Occupy The Wall Street' movement in New York in September 2011? Most protesters were college-educated young adults, many of whom were unemployed or underemployed and in big debt from having to pay for their education. They stood up against the social inequality that corporate capitalism creates and against the massive income gap between the bankers and the ordinary people. The movement spread quickly around the world with ten thousand people taking to the streets and putting up tents in the world financial districts.

Even though it was eventually dispersed often with force, it made a lasting impact. The regulators quietly reacted by asking for more transparency from the financial institutions, and the raised awareness of the injustice stayed with people for some time. Not for long enough though if you think that the majority of American voters chose Donald Trump as their next president 5 years later 😊. What changed? One needs to look back at least to 2008 when Barack Obama was elected the first African American president of the United States. The positive changes he started to introduce did not agree with everyone, and this may well have started a backlash. People resisting progress, education and the loss of their privileges were determined to 'Make America Great Again'. They found in Mr Trump the perfect self-serving advocate who can rewrite the principles of right and wrong and bring the old days back. Just as well this started another, even more powerful backlash 😊.

Going back to the other fighters for a better life, do you remember the extraordinary courage of people raising against dictators and tyrants during the Arab Spring in North Africa and Middle East in 2011 and 2012? Their strong desire for freedom, change of corrupted repressive regimes and for a better life for all was incredible.

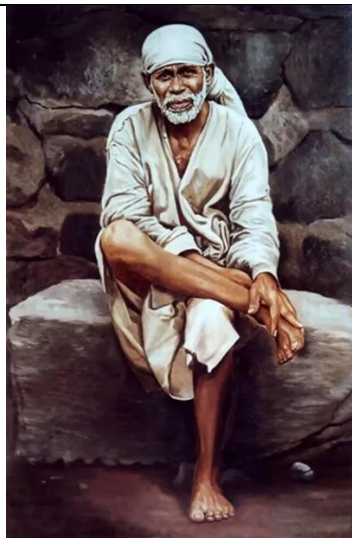


It started off so well when the Tunisian president in power for 23 years Zine El Abidine Ben Ali was ousted without violence, and free election followed. There was also big hope in Egypt after the peaceful demonstrators withstood police brutality and forced the Egyptian president Hosni Mubarak to resign.

But then things started going downhill 😞. What a tragedy that others took advantage of the uprisings and initiated violent large-scale conflicts, which ignited deadly civil wars in many countries including Syria, Libya and Yemen.

The resulting suffering of ordinary people in these countries and their ongoing determination for better life for their families has generated so much compassion around the world. It has sown the seeds of a positive change about to happen one day in the future. Eventually people in Africa and Middle East will free themselves from those who are making their life a misery. They will build a lovely new home no matter how hard it will be. It will take a lot of time and pain but they will get there!

Turning to the open wound on Earth that has not been healing for centuries called Israel, Kryon says that a day, unimaginable to many, will come when a most beautiful sacred building will be jointly built by two sides who fought each other for centuries. With the way things are going there though, will it be only our grandchildren who will see that day 😞? I hope not.



**Pict.35 Sai Baba of Shirdi**

The secret to having peace there and on Earth overall is for people to recognise a piece of the same God inside all humans and put the personal differences aside. The Indian guru **Sai Baba of Shirdi** and the father of Sikhism **Guru Nanak** were already leading us on that path centuries back. They condemned distinction between people based on religion or caste and considered themselves neither Muslim nor Hindu. How nice that Guru Nanak was revered not only by Muslims and Hindus but also by Buddhists. They all claimed he is theirs 😊. What a shame that most did not listen to them as Muslims and Hindus have been far from friends till today 😞.

Somebody actually did listen. All those people who elevated **Sadiq Khan** to the hot seat of London Mayor in May 2016. The first ethnic minority mayor of the city won their heart because he had the common touch with people. They saw him as one of them who truly understands their concerns. They admired his devotion to unite varied communities, build fairer and more equal city, as well as fix many cracks in local transport infrastructure, whilst making travelling more affordable. They believed in him, and he did not let them down by working relentlessly on his vision of helping London become a global beacon of tolerance, acceptance and respect. (A person who embodies modern-day multicultural London; he builds a personal connection with whoever he meets)

Let's come closer to home again when looking for the coming change. You parents are shaping the future of the world every day because you are shaping your children who are the future. When I look around, I see a new generation of young people born after 2000. They are different aren't they, these so-called Centennials? Whereas the previous generation referred to as Millennials get labelled as quite self-centred but anxious, these kids are less self-absorbed and more assured. Many do not have fear. Many do not succumb to be controlled by a strict, non-tolerant authority. They want to be free and engage in a dialogue with the authority.

Many Centennials are not pretending to fit with others and are open about who they really are inside. They don't spend weekends shopping as they tend to be happier with less and do not want money to control them. They don't spend evenings in pubs and clubs either, getting loud and drunk, smoking all sorts of things and then suffering from hangover the next day.

They don't live by the motto 'work hard and play hard' as they don't want to be worn out by their 50s. They enjoy life by taking it more easy and want to live a long life to achieve their ambitions. No wonder they are interested in health and well-being.

The Centennials prefer to do what they enjoy rather than being 'stuck in any job'. They value things they can actively co-create. They are a generation of makers, creators and inventors. They thrive in change, not oppose it. And they are changing the world as we speak... The beautiful thing is that as time goes by, more and more people of all ages will become like this.

In 1980s there was one **Nelson Mandela** carrying the torch of equality. He inspired so many, and today our dear Nelson can look at the Earth from above and celebrate because he will see many new 'young Mandelas' lighting up the darkest places with their torches. One of them is **Malala**.

Malala's torch is so strong and her light spreads so fast that she has already lifted and inspired tens of millions of girls, young women and parents around the world. Malala Yousafzai lived in a village in Pakistan ruled by a vicious Afghanistan group Taliban. She attended a school that her dad set up until Taliban banned girls from going to school. That did not deter her and at the age of 11, Malala started her fight for the rights of girls to have education in her

village and in Pakistan overall. One of the things she did early on was to blog for BBC Urdu about the terrible life under Taliban.

Malala knew very well that when girls are deprived of education, they become vulnerable and powerless. That makes them easy prey for those who look to force women into modern-day slavery through early marriage or unpaid work. On top of that, you have the cruel tradition rife in parts of Asia, Africa and Balkans that parents of a girl pay 'dowry' to the husband for the privilege that he marries their girl 😞. It encourages men to treat women like servants, especially as the 'dowry' tends to be large sums of money, gold or even property 😞.

Taliban did not like what Malala was doing and came after her when she was travelling home from school on a bus in October 2012. They ruthlessly shot Malala in her head and casually jumped off the bus. Yes, this is real 😞. But Malala was not ready to leave, she was only 15 and has not finished her job yet. And so, despite all the odds, she has survived and continued her fight, which turned into a world-wide movement for the rights of girls and young people to education. Malala gave a passionate speech at the United Nations on her 16<sup>th</sup> birthday and gained support and commitment of the world leaders to broaden the availability of primary education. That day, 12 July, became the Malala Day 😊.

People like Nelson Mandela and Malala show us that we all can overcome our fears and move out of our comfort zone. If we join them, we can achieve positive change that was unimaginable 10 years ago. You see, when we combine our light with other people who feel the same, we realise how much power we have. Add to this the invisible help from the Other Side and we all can move mountains.

For those of you who may fancy an even easier step, here is a tip. Remembering that your light positively impacts everything around you even if you do nothing, how about just going to a place or standing next to somebody who needs your light 😊. And don't worry, nothing and nobody can reduce your light but you 😊. If people actually don't respect you for spreading good, and they look down on you, don't let it affect you - you know better. The other good thing is that your action will sow a seed in them no matter how shallow they are.

When we meet other spiritually oriented people, such as during various spiritual events, group meditations and prayers, our positive impact is multiplied. Two people together create the power of say 4 individually, three the power of say 9 and so on. The power can be so big that it can make visible waves. Take the annual festival of light in India when hundreds of millions of people meet and intensely pray. Scientists tend to spot extra solar activity by the sun during the festival. Did you know that this extra 'light' is actually a response to the festival 😊?

## How is Earth changing?

Thank God that we are not alone in changing the world for better. Let's look at some other important changes happening on Earth. These things can be better seen when one steps back and looks at things from much higher perspective. I also give my view on how to make most of some of these.

### Human consciousness is rising

As we said, higher spiritual energies have been gradually arriving to Earth as far back as 1987. A huge amount of spiritual energy from the Centre, which some describe as a gentle feminine energy, washed over the Earth on 21.12.2012. This was a tipping point, marking the beginning of a new era for Earth. People and life on Earth are moving to the next stage of evolution - to "heart consciousness" and to a more compassionate Earth.

And it does not end there. **Various earth energy portals like the Sphinx in Egypt are "opening" generally from 2012 to spread spiritual energy / light from the stars and other energy sources within the universe via the ley lines (there are 33 main portals; ley lines are energy channels connecting Earth to these energy sources).** People will be absorbing different amounts of these energies / light into their auras according to their level of spiritual evolution and location.

The energy shift will continue until around 2031, by which time this new era for humanity and the Earth will be truly here.

And these energy changes are having big positive impact on us in many other ways:

-They are helping people with their spiritual growth, with transmuting their accumulated negative energies. As a result, the overall human consciousness is raising, **it is easier to spiritually grow and awaken, discover our real conscious self & true nature, and connect to our soul and Higher Self. Achieving enlightenment is not as hard as it used to be.** People who intentionally move forward in their development may find the journey more enjoyable and fulfilling.

On the other hand, **people's dis-harmonies are causing more pain and suffering. It is one way to push people to deal with their disharmonies and so spiritually grow.**

**-It is easier to communicate with and receive help from higher parts of our selves like our soul and Higher Self, our spiritual guides and the divine beings like angels. The power of meditation and prayer is greater.**

-The power of love is more visible, and spreading love is kind of more satisfying and fulfilling. Simple things often carry more beauty and harmony. When one is balanced / centred and in harmony with the environment, one can experience deep peace and happiness more easily

And did you know that the higher spiritual energy on Earth and raising human consciousness are having a big positive impact on the nature too? On animal kingdom, trees, water and all other life form. It helps them evolve! How come? Because all levels of consciousness are connected. It is visible today how many animals have become wiser and more developed. And there is more to come. The time will come when lion will lie down with the lamb after all ☺.

### **The time is speeding up**

Or more accurately, like we said earlier, we perceive time going faster. For example, the days seem to go faster than they used to. By the time we know it is lunch time, then kids finish school and soon it is late afternoon and time to go home from work for many.

This perception of time going faster intensifies when we focus our mind on something and forget about the time. When we are more in the present moment. For example, when doing something that we enjoy like hobbies, talking to people about interesting things, watching / reading something exciting, playing as a child.

This has a big impact on people's lives:

People can't manage to do all the things that they used to. How many people around you complain about their hectic lives and are stressed at work because there seems to be less time to get things done. Completing an action list at work seems to be getting harder because the action list often tends to grow faster than we manage to shrink it ☺. And how many people don't have time to be with their families, to keep in touch with their friends or to relax. Some are too busy to even eat and sleep. And so many people made choices to drop or delay "happy things" that can wait and they keep doing "unhappy things" because these need to be done first.

Other things around us may seem to happen faster too, especially when we slow our minds down to relax. For example, it's easier to be late for appointments, shopping, transport, miss the program we wanted to watch, burn the food we're cooking ☺ and so on. The bills we have to pay also seem to arrive faster and money generally "does not last long" unless well controlled. So as things pile up / get out of control people may feel like they can't cope with it all, helpless, stressed.

People experience more emotions, feelings, thoughts, events in what seems a shorter time. Their life lessons seem to be speeding up. Both can lead to emotional and mental overload, stress and even going "a bit crazy" and even depressed.

So, in summary life can be like a rollercoaster, quickly up and quickly down, struggle to get up again, but before we know it its heading down...

### How to overcome the speeding up of time?

One way that people deal with time speeding up is that they try to adjust by speeding up physically & mentally. And perhaps they get more organised. Then they may just manage it all, but the chances are that they will still be tired many evenings. Also, we may not feel a satisfaction from a hectic lifestyle and may feel like robots operating on the maximum speed.

But this can't be the only solution. The other one is to reduce the number of things we have to do and/or start doing things more effectively. And so, simplify our life so that we have time for things that truly matter, and find joy and peace in what we do.

Best starting point is to be honest with ourselves and think about the reasons why we do all the things each day that we do. And then decide if we do the things for the right reasons, what really matters to us and what we can manage without, what can we do differently.

And then there are other ways to deal with it. We tend to do these things naturally when we spiritually awaken. For example, we increase our ability to experience and do many things simultaneously. Or we create things outside the linear time in the present moment and then we enjoy surfing on the wave of time and look forward to the materialisation of things we already created.

## Things are materialising faster in the physical world

We said that as a result it is easier to materialise our thoughts, intentions and desires, even though this is not noticeable enough for most people... It has also become easier to speed up our own spiritual expansion and connect with people. **Healing takes place faster**, harmonising & clearing body, mind and spirit is easier.

On the other hand, **more of the unresolved issues that people carry inside are "coming to the surface"**. This gives people opportunities to resolve them faster even though they usually do not see it that way.

Similarly, it is becoming easier for people to drift into their own internal reality. And to lose connection with people, especially those who are not like them. You may have also noticed that some teenagers and adults hooked video games and on internet are losing connection with the real world.

Another result is that **harmony becomes bigger harmony and disharmony becomes bigger disharmony**. And **similar attracts similar faster**. As a result, people who are peaceful, forgiving, compassionate, loving etc. may experience these feelings more strongly and so move closer to their real conscious self, soul & Higher Self / spirit. Similarly, people may experience their disharmonies more strongly which also pushes them to deal with them.

## It takes more energy to maintain order and prevent disintegration / chaos.

This is probably surprising for many. But perhaps less so when we consider these examples. It is harder to manage bigger groups of people say at work and in school, it is harder to keep operating various processes in companies with little effort, things may break down faster (including relationships ☹), house can get cluttered more easily.

Finally, we talked earlier about mother Earth rebalancing self to refresh the cycle of life of fauna and flora. This is accompanied by climate changes, especially at the beginning of the cycle.

## The mystery surrounding matter and energy

Now that we have the bird's eye perspective on where we are, let's go back to matter and energy and examine these building blocks of the universe.

### What really is matter?

Classical physics defines matter in a straightforward way. It tells us that matter forms when atoms bind and make up molecules, which then bind with other molecules... The resulting matter has mass (similar to weight) and volume (it occupies space). And it can be in four forms – solid, liquid, gas and plasma.

That is easy to understand and clearly distinguishes matter from energy like light, and from consciousness. But then quantum physicists came and confused everyone. They found big links between matter, energy and consciousness. Thanks to Einstein's theory of relativity we learn in school that all matter is ultimately energy. This is because matter acts like energy (it displays both wave-like and particle-like properties), its mass is the reflection of its energy and it can be converted to energy & vice versa.

This is still confusing for many people because we know that there are many forms of energy like heat, light and electricity, and these are quite distinct from matter like a solid rock.

And quantum physicists went even further when they realised that the behaviour of matter is influenced by the consciousness that observes it. Have you heard of the saying that the result of an experiment depends on who is watching? You may have heard of people complaining that when they call an engineer to fix a problem with their electronic device like tv, the tv suddenly starts behaving while the engineer is there. Amazing isn't it.

If we compare these findings with the spiritual revelation that we started this chapter with - that the two building blocks of the dual universe are matter and spirit with consciousness – then things seem to get even more confusing.

Let me make sense out of it and show you at the same time how the spiritual perspective nicely joins up with the quantum physics discoveries ☺.

### The interaction of matter and energy is the key

The main characteristics of matter is that it absorbs energy. What happens in the room when you switch the light and heating on? The room lights up and gets warm because the air absorbs energy from the light bulb and the heater...

What about colours? The colours that we see are actually those frequencies of visible light that the objects do not absorb but reflects back... If the object absorbs all light then it looks pitch black.

If we look at light closer, we find that light is both waves and tiny packets of energy called photons (named the wave-particle duality in quantum mechanics). A beam of light, which has very large number of photons, spread by building up electromagnetic waves. The higher is the frequency of light and other electromagnetic waves, the more photons

they contain. And these photons are elementary particles of atoms which make up matter.... Can you see how the distinction between matter and energy is shrinking?

Here is another less obvious example. Albert Einstein's famous theory of relativity equation  $E=mc^2$  says that energy is reflection of mass. So as physical things build their mass, they build their energy too. Think of paper and what happens when you burn it. It releases this energy as heat, the paper fades away and loses its mass...

Whilst matter can pop into and out of existence, the main characteristics of energy is that it never disappears. Instead it gets converted from one type of energy to another. E.g. when we move our muscles, our body converts thermal and chemical energy into kinetic energy...

The interactions between most energies have been understood by science. And there are many energies like potential, kinetic, thermal, chemical, electric and electromagnetic energies (they include a wide electromagnetic spectrum like visible light, infrared & ultraviolet light, x-ray, gamma rays / nuclear energy, radio waves). But is there a type of energy that the other energies may possibly be derived from or converted into, which scientists have officially not recognised yet? You know that I am heading to the world of subtle energies like **life-force energy**, also referred to as **Chi and Prana**, the love energy, thoughts, psychic powers etc.

Officially, science has discovered only the basics here and have a long way to go. For example, they managed to take pictures of auras and acknowledged the life-force energy. They recognised that water reflects thoughts and emotions. Or they recognised that people can move objects with their "psychic powers". But if you mention the love energy in the scientific circles, they may still laugh at you.

Unofficially, science knows a lot more than we think. Internet is full of leaked information about various amazing secret scientific experiments. It is not convenient to tell people though how powerful and intelligent unconditional love energy really is...

Back to the fact that matter absorbs energy. This means that **matter can also absorb all kinds of subtle energies**. You may have heard that some gardeners give "lots of love" to their fruit and vegetable plants during watering and then the strawberries and tomatoes usually taste sweeter and are bigger. They are not crazy after all ☺. Or many people have favourite cloths which they wore for a long time and they don't want to throw them away even when they start to tear. The reason why they still feel good in them is not only because they like their look or the texture...

Similarly, matter with high energy vibration can increase our energy vibration. Healing crystals are one example but people usually do not feel their beneficial effect. They do feel uplifted though when they visit beautiful places like beaches, mountains and botanical gardens ☺.

### **All energies come from a source**

The other characteristic of energy is that it comes from a source. There are two types of sources of energy. The original source and then whatever / whoever absorbs this energy. Air becomes the source of heat after it absorbs it from the heater... By being alive, we are already the source of the life-force energy and we become the source of love once we allow it to emit from our core.

Here comes the surprise. **The original source of all energy is spirit ☺**. (we can debate if the original energy is the love energy and all the other energies have been converted from it, but it is not important; spirit and consciousness is covered in Chapter 9.

So, matter and spirit do come together, after all ☺. We can kind of say that **spirit gives matter life through energy**. Matter without spirit cannot exist, it does not function.

Let's use scientific terms and say the same thing. We know that atoms and molecules are in motion. They pulsate / vibrate. And it is this continuous cyclical vibration of atoms and molecules in a particular pattern, which creates matter and allows it to hold on to the form it has. A stone stays as a stone because of its specific structure and motion of atoms and molecules. (there are also other forces in play that hold atoms together like magnets so that they do not go wondering about). But what makes the atoms pulsate, what gives it this life? In simple terms, it is the energy that makes atoms pulsate...

### **How does energy spread?**

**Energy spreads from the source like waves on water**. Water allows energy, i.e. the waves to move.

Let's imagine we throw a stone into water. The falling stone becomes the source of energy and the energy spreads as waves. How? By water moving up and down in a way that carries the wave...

Let's think about the weight of the stone. The bigger the stone, the bigger its weight and the bigger the energy it will pass on. How? By making the waves bigger... The height of the wave reflects the level of the energy in the wave. It is called amplitude.

It does not mean though that for a wave to have strong energy, it must have high amplitude. High energy-charged X-rays have tiny amplitudes but huge frequency (lots of waves in a period of time). And so, the combined energy of all the X-ray waves is still huge.

How far does the wave travel? We may see the wave from the stone reaching the shore on our side, but it does not get to the other side of the lake, right? The wave = energy gets absorbed by the water in the lake.

Please bear in mind that these classic characteristics of waves do not always apply to the spiritual energies. E.g. spiritual energies, as well as our thoughts and emotions, can travel throughout the whole universe. This is fascinating and more is covered on this in the section Akashic energy / Torsion waves.

### **How does consciousness fit with matter and energy?**

OK, this is all great, but you may ask what about consciousness, how does that fit into it?

**Because energy ultimately originates from spirit and spirit has consciousness, then energy must be conscious!** Bingo!

This also means that if matter absorbs energy, then matter also absorbs consciousness... E.g. the life force energy emitting from matter is conscious. This life force energy forms an aura around physical objects. Auras around objects are conscious and can be sensed or seen by sensitive or spiritually gifted people (felt as warmth, seen as different colour light etc). Many advanced healers feel the life force energy emitting from objects and they use these feelings to choose suitable healing objects.

Finally, going back to the beginning of this section, this supports what quantum scientists were surprised to find – that the behaviour of matter is influenced by the consciousness that observes it.

So, it all came together at the end, didn't it? Isn't it great that the revolutionary quantum scientists brought science closer to spirituality? The day is near when they will come to us and say: "Can you teach us how to spiritually grow? We can tell you now that we had discovered the power of unconditional love in the labs, and now we want to bath in it ourselves." ☺.

### **Link between energy vibration and level of consciousness**

As we said earlier, the main factor that distinguishes the energies in the Universe is the level of their vibration. Everything in Creation has its own rate of vibration. You are probably sensing by now that **the level of the energy vibration goes hand in hand with the level of its underlying consciousness.**

**The higher the level of energy consciousness, the higher the level of its vibration** (it works the other way around too - the lower the energy consciousness, the lower its vibration).

Remember what we said about spiritual energies like the love energy and healing Reiki energy? They have very high energy vibrations and consciousness... Similarly, the more we increase our consciousness and get closer to our Higher Self, the higher energy vibration we have and emit.

Energy with low vibration is dense & heavy. It is kind of "falling and finding it hard to rise". Similarly, energy with high vibration is light and kind of "rising / finding it hard to fall".

A great example of what behaves like this are our thoughts, intentions, emotions and words ☺. The more "love" they contain, the higher their energy vibration. Just like the balloon with sand bags. But watch out, there is no earth at the bottom to stop the balloon from falling...

The difference between dark and loving thoughts & actions can be huge. The "up and down" can be millions of miles apart... Reflecting on the above, **people create their own Heaven or Hell whilst on Earth.** And this distinction will become even more visible after 2012...

It works like that with physical places on Earth too. The level of energy vibration there is influenced by the level of consciousness of people, animals & other life there, as well as the physical things there. And we are talking about a cumulative level of consciousness including the past... So, a place where a war battle took place will carry very low consciousness and "heavy energy" of low vibration until it is raised... On the other hand, we feel at least subconsciously so much better somewhere in a beautiful scenery like on a romantic beach or in a place devoted to weddings.

### **Moving energy and creating matter with consciousness**

It should be no surprise now that **the movement of spiritual energy including Chi can be strongly influenced by our consciousness.** People direct Chi for example during Yoga, Chi Kung, Tai Chi, martial arts, Acupuncture, Acupressure and Shiatsu. The movement of Chi in an area like a house is well described by Feng Shui.

Similarly, the saying says "mind or heart over matter" says, **we can create or alter matter with our consciousness.** The Indian spiritual leader Sathya Sai Baba showed us how this can be done.

## Love energy

Let's talk about love ☺. Here I don't mean just the feeling we have towards a person we are in love with or love towards our child. I mean the love energy, love which one can feel towards all people, self, nature, physical objects, ideas, visualisations etc. I mean **pure unconditional love as the highest form of energy and the most powerful force in the Universe...**

**Unconditional love is singular. It arises from Oneness** and is not subject to duality like Yin & Yang / the life-force energy. **So, the biggest source of the love energy must be God and spirit, including our Higher selves.** We are another source of unconditional love, some big, some small...

And there is more. **The love energy is in matter too. Where there is life-force energy, there is love energy...** The love energy is actually meant to fill the huge space between the smallest particles of atoms, where scientists claim that nothing except for vacuum exists. It is waiting there to be pulled ☺...

If the love energy is meant to be everywhere, how come we tend to feel so little of it then?

It is clear that people emit the love energy through their open heart, smile & happy eyes, and that we can feel. A lot of people's thoughts, emotions, personal qualities and actions are charged with the love energy too but we may not spot that. Same with the nature, even though nature is quite cruel as well – such is the duality...



**Pict.36 Love energy in water melon**

Then love manifests itself in the physical form in many other ways.

Can you feel the subtle love energy in this carved water melon? It is very beautiful and warm. It draws you in and you feel the peace ☺.

Smaller children tend to be more receptive to energies and sensitive to people's emotions. They feel things that the adults usually pay little attention to. Their good imagination helps them with this too. For example, a small child would probably feel the caring and loving energy emitting from this teddy bear.



**Pict.37 Loving teddy bear**

Now imagine that a small girl built this animal scene in her garden. When she comes to be with her animals, would she see lifeless pieces of plastic like some adults do? No. No. She would probably smile and greet the animals. She may feel instant connection and happiness. She may feel that some animals are greeting her back. They are not afraid, they are happy that she came. Even the geese are smiling ☺.

The girl may bring them some food and may feel that the animals know that she is caring for them and protecting them. She may feel a sense of fulfilment.

This girl actually experienced the heart consciousness ☺ and bathed in the love energy until perhaps she got distracted by her worrying mum calling "don't get your new shoes dirty".



**Pict.38 Child feeling heart consciousness**

## There is no limit to how much love we can feel

The amount of love and compassion that we can feel has no limits. It can be so strong and overwhelming that it can make us cry with joy. Like when a mum looks at her newborn child.

Or think of the amount of compassion that a person must feel for an orphan child when they decide to adopt it. My hero in this regard is the mum of Emmanuel Kelly (a severely disabled Emanuel became known for his amazing performances at the Australian X Factor in 2011 as well as for a heart-breaking life story of being abandoned as a new-born baby and left in a shoe box in Iraq war zone). When she saw Emanuel and his similarly disabled brother in the Iraq orphanage, she felt so much compassion for these innocent boys who became the victims of the Iraq invasion, that she could do only one thing. Adopt them, take them to a new happy home in Australia and be their loving mum....

Did you ever wonder where does all that overwhelming love come from in these types of moments? Did the mum looking at her new-born baby create it all with her heart? Actually not. In that moment **she also received lots of love from her Higher Self and she "pulled" the love energy from outside too -from the vacuum between atoms ☺**. How?

Feeling unconditional love and compassion towards somebody or something opens our heart. Because our heart is the bridge to our Higher Self\* (via our soul). through our heart we also receive and feel love from our Higher Self, from other people & their Higher selves, from other life forms and from the vacuum. Our heart is very powerful, you know...

Scientists are discovering this too in their own way. For example, they found that the energy field emitting from heart reacts to things before they actually happen... And they wonder how come the heart knew it in advance ☺. Because the love energy transforms other energies, **we can even transmute the lower energy from our emotional and mental body into the higher love energy with our open heart and heart chakra!**

On the other hand, if someone's heart is "cold", they feel very little unconditional love. They are also closed to the abundant love energy emitted by their Higher Self.

So far, we talked about unconditional love. But lot of people love conditionally. It is their ego rather than heart that loves. E.g. John loves his dog Rex, especially when Rex does what John says. But when Rex does not listen, gets really angry with him... So, it is more John's ego that loves Rex. And ego loves to control...

\*at a consciousness level, we are connected directly to our Higher Self via the 7<sup>th</sup> chakra.

### **Our mind can be a huge obstacle to receiving and spreading love**

It is clear that everyone feels and emits different amount of love. People say that the warmer and more open is somebody's heart, the more love this person feels and emits (and the other way around). That is a good description of something very hard to explain.

It is clear that **we control how much we open our heart with our minds**. What a shame that people often use their mind to limit the amount of love that they feel, receive and spread.

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

To start with, we do it with our intent & attention for love, as well as with our resistance to love. The more we resist love with our mind, the less we feel it.

And then it goes deeper. As we said earlier, our internal reality and linked personal qualities act like canal gates. **The more positive / spiritual qualities we have developed, the more love energy do the gates let in and out**. We don't have to be loving and compassionate to feel and spread love. When we are merry, joyful, happy, peaceful, fulfilled, understanding, tolerant, playful, and even "just" positive, we feel and emit the love energy ☺.



**Pict.39 Mind over heart**

Similarly, **the higher the vibration of our thoughts, intentions, desires, beliefs, words & actions, and the more peaceful our mind is, the more love energy do the gates let in and out**.

And let's not forget about the way we are towards ourselves. **When we accept ourselves with our perceived weaknesses and negative emotions, whilst desiring to harmonise them, we express unconditional love towards us**. With the support of the love energy we can then more easily overcome these weaknesses & emotions, heal ourselves and unconditionally love others, you know. It is harder to do this when we dislike ourselves for our weaknesses & negative emotions, and it is impossible when we deny them.



## How does love energy manifest itself in physical form?

So far, we have been talking about the invisible love energy, but we said that it can manifest itself in the physical form too. **Love manifests itself as beauty...**

The beauty of flowers and nature overall is manifestation of the love energy (even the bee on the picture noticed it ☺). And so is the beauty of music and even colours and shapes. Not just pink colour carries the love energy...

**A different type of beauty in the Creation is its sophistication.**

Just think about the sophistication of our body, nature, the sun. Isn't it beautiful how everything in the body works in synchronisation, every little part has its unique role without which the whole would not work? When all is in balance the body "works magic".



**Pict.40 Bee admiring beauty**

## Spotting beauty

Many people would say though that when they look around, they don't see beautiful things even in nature. They may argue that nature is cruel because animals eat each other. And this is there too, such is the duality ☹. But are these people present enough and actively looking for beauty? They usually tend to look at things with the view / expectation that they are ordinary, that there is no beauty. And then they see what they want to see, what they believe that they will see.

When we become more present & alert, we notice more beauty and sophistication around. And it goes beyond that. The sacred rule is that **when you truly look for beauty, beauty starts revealing itself to you.** It works like magic. Especially when you genuinely look almost with respect and humbleness.

Try it few times and you will be amazed. You should gradually start noticing more beauty in things (e.g. colours, shapes, design/function/meaning, etc.) and in what happens around (e.g. changes in weather, what children do & say etc.) Additionally, beauty should "jump out" where you don't expect it (e.g. "coincidentally" see/find/hear something beautiful).

When we spot something beautiful, is it our mind that spots it first? No, it is our heart that feels it first. It is our heart that feels love, not our mind ☺. You may remember when you unexpectedly came across something beautiful which took your breath away. You were very present and absorbing the beauty for a short moment. And then as soon as you started thinking about it and so became less present, the feeling of beauty started to fade ☹

## Water is divine

Pure water with its healing qualities contains a lot of love energy. Because water is the main building block of the human body, drinking pure water helps to purify and detox our physical body.

And there is more. **Water strongly absorbs the energy vibration of the consciousness that surrounds it. It absorbs thoughts and emotions of people surrounding it...**

A Japanese pioneer researcher Masaru Emoto beautifully proved this already in around 1999. He discovered that crystals which formed in frozen water changed according to what thoughts and emotions Masaru directed towards them. Clear water that "received" concentrated expressions containing element of love like "thank you" and "I love you" words or uplifting music formed beautiful, complex and colourful snowflake patterns. In contrast, dirty, contaminated water as well as water that received negative expressions like "I hate you" or heavy metal music formed incomplete, asymmetrical patterns with dull colours.

And so, drinking pure water that received loving thoughts, emotions or music increases our overall energy vibration. It also **plays an important role in helping people who reached advanced stages of spiritual evolvement activate their 3<sup>rd</sup> DNA strand.** Who would have thought that pure water is another catalyst of human evolution, hey?

Our body does not just get what we drink, eat, breathe but also what we give it with our mind... As water makes around 70% of our bodies, **our body does absorb the vibrations of our own thoughts and emotions too...** This further explains what we said in the earlier chapters - that our emotions affect our health and that our body parts store our negative emotions...

But let's go back to basics. Using purified water to speed up our spiritual growth is great but not many people worry about that. Many people in the world worry that they may not have enough of any drinking water to survive ☹. What a crime that pure water in our world is a commodity and you have to have money (and in some poorer countries lots of money) to drink it! As a result, many people around the world rely on dirty and contaminated water... I really wish I can change that!

Actually increasing significantly the supplies of clean non-contaminated water is not as hard as you may think. A liquid form of an amazing mineral rock (called black mica) discovered in 1960s can clean a dirty pond\* in a few hours. It can be found deep underground (and in some volcanic eruptions) where it has been purifying underground water for millions of years...

\*This substance purifies water in a miraculous way. It separates water contaminants like heavy metals, nitrates and industrial chemicals, which can then be easily filtered out. It neutralises bacteria and enriches water with the right balance of minerals. The resulting pure water should even have healing properties because it has been restored to its most balanced state...

So why does nobody seem to use this mineral rock to help people suffering or even dying from contaminated water around the world? It did take a while to develop technology to convert the minerals into liquid form but that can't be the only reason. It is not hard to work out that spreading this mineral may not be in the interest of some companies who control the limited sources of clean water... Can you feel "the murky waters" of corporate capitalism again? Fortunately, people like us are infusing love energy into them as we speak ☺.

### **Akashic energy / Torsion waves**

We talked about love energy earlier. The other type of spiritual energy is Akashic energy. **Akashic energy is special in that it carries information, knowledge, symbols, archetypes etc... It is the energy of communication.** Quantum scientists call this Akashic energy Torsion waves.

So, **when we create thoughts, intentions, beliefs, views, desires, emotions etc. we create these torsion waves which carry the information about these thoughts, beliefs, views, emotions etc.** Similarly, our higher selves, angels and other spirits / higher levels of consciousness create torsion waves with their thoughts, intentions, feelings etc.

Where do the torsion waves with the information about our experiences travel then? They travel to the far ends of the universe, actually they don't travel, they get there immediately!

**These torsion waves form a huge hologram that spreads through the whole universe, infinitely and coherently... It stores / records everything. Everything that ever happened, every little thought that was ever thought by anybody, every emotion that was felt by anybody, all the knowledge, all the discoveries by other civilisations in the space waiting to be discovered by humans...**

Higher levels of consciousness starting with our intuition 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 and 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.

The existence of this information hologram also explains how some psychic can read somebody's mind, speak a foreign language they never learned, telepathy and many other psychic abilities involving information.

And what about "mind over matter, such as moving or bending physical objects with the mind, that we talked about earlier? Here the torsion waves that psychics emit with their intentions physically affect matter.



## Chapter 9 - Spirit / Being and Consciousness

### The Other side

#### Is the other side really the other side?

The other side, which many call the eternal home or the place where we are when we're not incarnated in Creation, is not really that far. It is not a place somewhere beyond the universe, which is limitless anyway, and it is not split into heaven, hell & a place in between.

The other side is actually an inter-dimensional state of being, with an inter-dimensional consciousness. **One combined Being, one combined Spirit, all life there is with one combined consciousness.** It penetrates all dimensions of the universe.

The one Being is made up of individual sparks of life including ours ☺. The individual sparks of light have their individual consciousness, which at the highest level merges into one.

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

Does the absolute God exist above this, or is God this One Being? The answer is probably yes to both but no human can fully understand this...

#### How can we feel the other side?

We can feel the other side in many ways as it has limitless number of forms. We can feel the one Being by feeling the life inside us and realising that it is a part of all life there is ☺.

Or we can feel another side of the one Being by deeply feeling the silence between sounds or the spaciousness around us, especially high up in the mountains. One needs to be very present and almost submerge self in it. And then the silence and spaciousness magically become alive....

Or when we step back and look "between the lines" at the random things. E.g. when we look at the space instead of the objects. Then sometimes we notice something. We may notice a meaningful shape out of a number of independent objects which are randomly scattered. And this shape carries a message for us. On these pictures the message for anybody looking at it is "I see you too" ☺.



**Pict.41 Heavenly smile**



**Pict.42 White smile**

The three birds forming a "heavenly smile" was easy to spot, but did you see the friendly face in the snow, with a big round cheek on the right where the path ends?

You may have read about people who experienced much stronger connection with the one Being. They were describing an amazing but strange state of being briefly connected or even becoming everything around them including the surrounding trees, animals etc... In that moment they knew how the trees and animals felt. They knew how wise the trees are and that the trees are aware of their presence...

#### Without you the whole is not whole

Because you are part of the whole Being, it must mean that **without you, and without every single one of us, the whole Being is not whole.** So important we are ☺.

Let's use an analogy of the mind. Imagine the whole Being is one big mind and we are one ingredient of its state of the mind. Without us the overall state of mind would not be the same. Without the light of our Higher Self, the total light would not be as bright ☺.

## Higher Self

Is there something that has not yet been said about the Higher Self? It would be nice to know where the Higher Self really is, right? Well, the Higher Self is not an individual being residing in one place within or above you. It is pure light, so it is easy for them to be in many places at the same time. Mind you, you too are a multi-dimensional being residing in many places at the same time - don't tell me you don't remember any of your vivid dreams 😊. For now, imagine your Higher Self generally hovering at a level of consciousness well above where your inner self is.

**Your Higher Self is a bunch of love and has abundance of those qualities that have lots of unconditional love in them, like compassion, empathy, joy and peace. Your Higher Self is a bigger source of unconditional love for you than you can ever imagine.** No wonder your heart is the bridge to your Higher Self.

Does this suggest that your Higher Self is absolutely perfect and has nowhere further to grow? If so, then your Higher Self would be as perfect as the Higher Self of Jesus, Buddha or the legendary Indian Lord Krishna? The gut feel probably tells you that there is some sort of difference. Well, the life within us and our Higher Self is perfect, but do all Higher Selves have the same level of consciousness? Unlikely. And so, even our Higher Self is evolving through increasing its own consciousness.

## Soul

There is a lot of confusion as to what is the difference between one's soul and Higher Self / spirit. Imagine your soul as the unique expression of who you are whilst incarnated in Creation. It is very close to your inner self, the innocent and loving child. The soul must have strong muscles as it carries one's experiences and memories from all incarnations. If it needs support with anything, it goes to its spiritual parent, the Higher Self.

Can you see somebody's soul? To get to your Higher Self, you need to walk over the bridge. To see your soul, you just need to peep through a window. Are you guessing what is the window? It is your eyes. But remember, the window may often have closed curtains.

Our soul resides within us in what some call a Causal body of the aura. This temple of our soul is built over all our incarnations. It contains, among other things, all positive aspects that we have created in this and previous lives.

## Levels of consciousness

Can we distinguish the various levels of consciousness? It is hard because of their kind of dual nature. They can be imagined as various **levels of existence which penetrate the whole multidimensional universe** and are linked with each other. From the energy perspective, the levels of consciousness can be imagined as various **levels of energy vibration**, which overlap each other.

(Please do not confuse this with the other very different definitions of levels of consciousness used by people. E.g. the medicine uses consciousness levels to refer to the levels of person's wakefulness = we can be conscious, unconscious, in altered state of consciousness such as during epilepsy. We also have conscious, subconscious and unconscious mind. And psychology / psychotherapy (e.g. Sigmund Freud) have done a good job defining levels of consciousness from their perspective.)

Let me give you a simplistic picture of the broad and overlapping levels of consciousness. I will also refer to these levels within us. The beauty about us humans is that **we have the ability to significantly expand our awareness and operate at a very wide range of consciousness levels.** But people usually do not expand their awareness much and choose to operate at a narrow range of consciousness like thoughts and emotions.

## Etheric level

This is the world of **the life force energy (Chi / prana)**. (covered in section *Matter and Energy*)

Within us it is our **Etheric or energy body**. Our physical body is actually built on this body. Imagine the energy body as an exact 3-D mirror image of our body, with all its bones, organs, cells, nerves etc. but all made up of tiny light blue threads of energy channels (=flowing energy). This forms the skeleton of everything making up our physical body. It is shaped up before the physical parts grow. Our cells, organs and other parts of our body then grow in such a way to fill this energy structure. It is like that with other living organisms and similar with matter overall.

The main energy channels in the human body are called **meridians** and the small channels are called 'nadi' (by Buddhist/Hindu tradition). Chinese mapped these very well in the acupuncture science. The main energy centres and cross roads between the body and various levels of consciousness are called **chakras**. The chakras receive the life-force energy which then circulates through the energy channels in our energy body. We receive Chi in other ways too, like through breathing, eating and drinking...

The energy does not just circulate in the body "through" nadis and meridians. Like blood, it moves through every cell in the body.

The energy body stretches outside the physical body by about 0.8cm to 5cm. And it is this 0.8-5cm that is referred to as the **1<sup>st</sup> layer of human aura**, which has a light blue colour...

The energy body is connected to the 1<sup>st</sup> **root chakra**. As we said above, many alternative medicines like acupuncture work with the energy body / energy flows.

### **Emotional level**

This is the “world of emotions” including our emotions and instincts. Our current as well as stored emotions are reflected in people’s **emotional body**.

The emotions and feelings reflected in the emotional body have different colours depending on their nature, strength and clarity. If they contain element of love, they are surrounded by the love energy which emits from heart consciousness. And so, the emotional body looks more like a body made up of small smudges or clouds of different colours overlaying each other.

This is the highest level of consciousness that the vast majority of individual animals operate at.

Just like the energy body, the emotional and the higher subtle bodies go through the physical body and stretch outside. The emotional body does not exactly mirror the physical body like the etheric body. It does broadly follow the structure of the physical body but it is a lot more fluid. As it stretches outside the physical and the energy body, it forms the **2<sup>nd</sup> layer of human aura**.

The emotional body is connected to the **2<sup>nd</sup> sacral chakra**.

### **Mental level**

These are our thoughts, intentions, beliefs, views, opinions, attachments, resistances, i.e. the majority of our internal reality. This mental activity is reflected in people’s subtle **mental body** in the form of energy.

Thoughts, intention, desires etc. have their structures and shapes within the mental body depending on their nature, strength and clarity. Through regular repetition they gain strength and dominance in the mental body. If they contain element of love, they are kind of surrounded by the love energy which emits from heart consciousness.

The mental level is the most common level of consciousness at which humans operate.

**Intelligence** is linked to this level of consciousness. On one hand the more intelligent / intellectual people are, the more mentally alert they are, the faster they think, the better they may be at understanding logical things, the more knowledge they carry in their mind, the more they think ahead etc. But this often leads to becoming absorbed by their mind and so getting stuck at the mental level of consciousness. People who strive to become very intelligent or/and believe only in the power of their intellect may lose their connection with their heart and intuition... So, to summarise, intellect is a great tool when used “by the heart”.

The mental body generally looks like structured yellow light.

Because mental activity generates emotions, mental structures in the mental body also carry various colours. These reflect the underlying emotions and are emitted from the emotional body.

As with the above bodies, mental body penetrates the physical body, stands out above the energy and emotional body = forms the **3<sup>rd</sup> layer of human aura**, and is connected to the **3<sup>rd</sup> solar plexus chakra**.

Reflecting on the above, this shows that the structure of our physical, energy, emotional and mental body is a graphic expression of our physical, emotional and mental state. It reveals our emotions, personality, past experiences, thoughts, intentions. You name it and it’s there ☺.

### **Conscience or Higher mental level**

**From this level people start to access or even integrate into their awareness higher levels of consciousness that originate deeper within them.**

Conscience is the part of the mind, the inner feeling that “tells” people / makes them feel they did the wrong thing if they e.g. did something not nice to somebody else. They may then react to this by feeling guilty and say that they have “guilty conscience”.

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

### **Heart consciousness**

The universal heart consciousness contains pure and loving spiritual feelings & thoughts, and strives for the highest good. It is also a vast source of knowledge and wisdom. Sometimes heart consciousness is referred to as the Intuitive consciousness, because we access this knowledge mainly through our intuition. This also gives you a clue how a lot of great scientists and inventors made their discoveries ☺.

Here are some other characteristics of heart consciousness:

**-Timelessness – the illusion of linear time is lifted, the past, present and future potential exist at the same time in the present moment**

- Spacelessness – everything is here, nothing is there in the distance
- Everything exists in various forms & patterns of energy
- We experience quickly the energy of what we focus on

Isn't it exciting that the changes on Earth described earlier are slowly bringing the universal heart consciousness into our daily lives? (covered in the section "Moving to heart consciousness").

As we said earlier, we tend to experience heart consciousness when we "have our heart widely open" as well as when we develop our intuition / 6<sup>th</sup> sense and expand our consciousness in other ways.

We operate from heart consciousness when we are in a state of unconditional love, compassion, peace, unity and joy, as well as higher perspective and understanding. Or when we are doing what we love like playing or listening to music, are very relaxed, meditate, are deeply happy. Being submerged in the present moment in any other way tends to take us into heart consciousness too.

This level corresponds to a subtle astral body, which can be seen as the 4<sup>th</sup> layer of human aura, and to the 4<sup>th</sup> heart chakra. The astral body is complex. In simple terms it reflects those things that have an element of the love energy, such as our relationships and how we feel about things like people, objects, places, and situations that we have experienced.

The astral body penetrates and stands out above the other subtle bodies and looks similar like the emotional body with clouds of different colours. Additionally, each colour is underlined by shining pink light -the colour of the love energy).

The heart chakra channels the love energy and can transmute energies from the emotional and mental body into the love energy. We also receive the love energy from our soul / Higher Self and from outside via the heart chakra.

**Karmic level**

This is the first Godly / divine level of consciousness. It governs karma and fate. It contains information about our life potentials and previous lives. Our soul resides at this level.

**Nirvanic level** (sometimes called **Atma** and **Brahma consciousness**)

Everything in everything in the Universe, creates the structure and outline of everything.

Our Higher Self resides at this level.

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

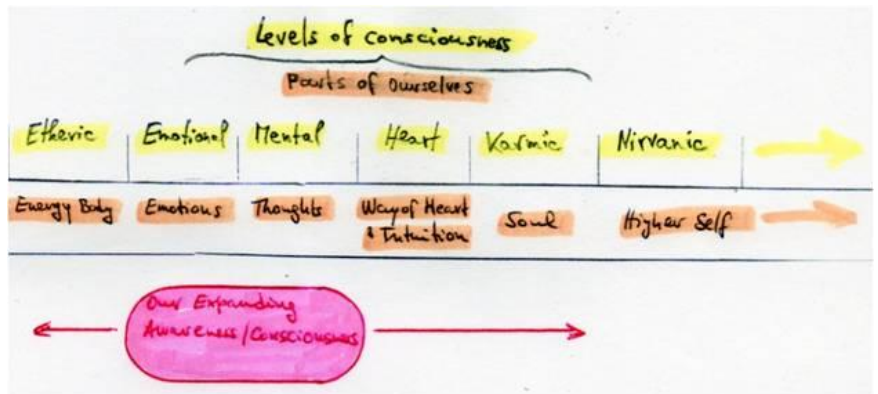
**Even higher levels** which are **part of the absolute God** rather than levels of consciousness.

**What levels of consciousness do we normally operate at?**

There are times when we are at one level of consciousness, e.g. at the mental level when adding numbers in our head (with no attached emotions). Generally, we tend to operate at more than one consciousness level at the same time. E.g. when we play cards keen to win, we are at the emotional and mental level. Or when we give somebody a Reiki treatment, whilst feeling the energy flowing through our hands and wishing that they recover, we are mainly at the heart and etheric level.

Having said that, we tend to spend more time at one level than at the other levels, as we talked earlier. The heart consciousness should be the dominant level for the spiritually awakened people. They can access the Karmic and Nirvanic levels 😊.

Isn't it wonderful that as we expand our consciousness to new levels, we bring new parts of us into our awareness, just like on the picture?



**Pict.43 Expanding our consciousness**

## Chakras

We said that chakras are our energy centres and we covered four main chakras within the levels of consciousness above.

In addition to the first four chakras described above, there is the 5<sup>th</sup> throat chakra, 6<sup>th</sup> third eye chakra, 7<sup>th</sup> crown chakra as well as the little talked about 8<sup>th</sup> and 9<sup>th</sup> main chakra.

The 5<sup>th</sup> chakra is mainly associated with our communication, hearing / listening, self-expression and creativity.

The 6<sup>th</sup> chakra is linked to our intuition, visualisation and inner vision. It channels a broader type of unconditional love towards all life forms and life as such, and the energy of spiritual ecstasy.

The 7<sup>th</sup> chakra connects us directly with our Higher Self residing at the Nirvanic level, all life and God. It is also linked with our desire to live. When this chakra is open, our desire to live as well as to evolve is very strong. This chakra gives us access to information from our previous lives like our learnings, experiences and skills.

We have many smaller energy centres / chakras too, e.g. on the palms of our hands, on our feet and knees. Many of our organs are smaller energy centres too.

Not just people have chakras / energy centres. Animals, trees, plants and even the Earth and the whole Universe have main chakras and other energy centres. Many spiritual and religious structures like pyramids and shrines, as well as places of natural beauty are located on various Earth's energy centres....

### How do chakras communicate with our body?

The chakras interact with our body through the nervous system and more importantly through the endocrine (gland) system. The endocrine system is an important mechanism that controls how the body works.

Each of the seven main chakras is associated with one main gland. For example, the throat chakra talks to the thyroid gland. The chakras also influence the organs and body functions near to where they are located, like the third eye chakra influences the eyes, ears and nose.

How do the chakras interact with the glands? They "tell them", together with the brain, how much hormones each endocrine gland should produce. The hormones are then released into blood and travel to the cells, tissues and organs to give them "chemical messages" about how they should function.

So, if a gland is out of balance, then the linked chakra tends to be out of balance. For example, if a thyroid gland is out of balance, then the throat chakra is out of balance. Actually, if a chakra is out of balance longer term, then this can lead to a variety of other illnesses.

### What gets chakras out of balance?

Surprise, surprise, it is mainly our regular emotions and states of mind which get chakras out of balance. For example, fear impacts the 1<sup>st</sup> chakra, guilt the 2<sup>nd</sup> chakra, anger the 3<sup>rd</sup>, sorrow the 4<sup>th</sup>, lies the 5<sup>th</sup>, illusion the 6<sup>th</sup> and attachment the 7<sup>th</sup>.

Let's look at a great example of how our emotions affect our body via the chakras and glands - Blushing... When people get really embarrassed (a form of fear), their 1<sup>st</sup> root chakra slows down in that moment and the adrenal glands on top of the kidneys receive instructions from the chakra and the brain to produce more adrenalin. This extra adrenalin then causes blood vessels in the face to expand and the increased flow of blood shows as blushing...

## Brain waves

You probably know that our brain emits brain waves which reflect our state of mind. The frequency of the brain waves changes according to various things, like how relaxed we are, if we are awake or asleep.

We can say in general that our brain waves slow down as we relax, reduce our wakefulness and fall deeper asleep. Brain waves change as we spiritually grow too but not in the same way.

### Types of brain waves

There are 4 main types of brainwaves as follows (ranked from the highest to the lowest frequencies):

**Beta** (above 12-13 pulses per second in the Hertz scale)

This is the realm of our **conscious mind**.

We tend to have beta waves during normal consciousness and alertness, during normal daily activities. Especially when we are logically thinking and processing stuff on our mind. When we experience emotions of stress, anger, fear, the frequency of our beta waves increases.

### **Alpha** (7.5 to 12-13 pulses per second)

This is the [gateway to the surface of our subconscious mind](#). We tend to be in alpha during deep physical and mental relaxation.

Whilst in alpha, we tend to have improved visualisation, creativity, learning ability, concentration, memory, enlarged mental clarity and better understanding of images like diagrams and drawings. And we find it easier to access parts of our intuition when in alpha. So, it is an ideal state to develop intuition, learn new information, memorise facts & data, perform hard and complex tasks, learn languages and analyse complex situations.

Meditation, relaxation exercises, and activities that bring the sense of calmness help people get to alpha. The well-known Silva Method by Jose Silva is based on taking you to alpha... And so are some super learning and super memory courses...

### **Theta** (4 to 7.5 pulses per second)

This is the realm of our [subconscious mind](#) with those parts of our internal reality that we are not consciously aware of. We can access even the deep-rooted parts of our internal reality / subconscious mind when in theta.

We are in theta in light sleep. One can also get to theta during deep meditations with reduced alertness / wakefulness.

When in theta, we tend to communicate easily with our intuition, have huge creativity, perfect memory & visualisation, and very high awareness combined with exceptional insight into things. We are also connected to our soul and may even experience a sense of oneness with the nature, other people and the whole Universe.

### **Delta** (0.1 to 4 pulses per second)

This is the realm of our [unconscious mind](#). Many of our body organs and functions like the immune system and automatic self-healing function at this unconscious level.

People are normally in delta when they are unconscious like during a deep dreamless or in very deep transcendental meditation where awareness is completely detached.

Delta is associated with deep healing and regeneration. It is the gateway to the divine levels of consciousness (above heart consciousness) and to the collective human unconsciousness.

### **Brain waves of spiritually awakened person**

The question that many people ask is what happens to our brain waves as we expand our consciousness / spiritually grow.

It goes hand in hand with what happens when we expand our consciousness to heart consciousness. We still operate at the lower levels simultaneously. And so, it is with the brain waves of a spiritually awakened person. He/she tends to be in delta, theta, alpha and less in beta at the same time...

Similar to heart consciousness, people can experience this awakened brain wave pattern for short moments of time or longer periods. Sudden deep insights and aha-experiences are usually linked with a brief flash of the awakened brain wave pattern.

The awakened brain wave pattern is common in advanced yogis, which is no surprise, as well as in children of pre-school age! As soon as they start school though, the pattern starts changing towards more and more higher beta frequency, just like for most adults ☹️.

### **How can we get an idea of what brain waves we are at?**

There are very few inexpensive devices one can buy to measure brainwaves.

But there is an alternative way to get an idea... Our body responds to our brainwaves and to how relaxed we are. Our skin responds to it in ways that can be easily measured...

As we relax and reduce the frequency of our brain waves, our skin produces less moisture / sweat. And this changes how our skin can conduct electricity (how much electricity it allows to pass through). Because water is a good conductor of electricity, the less we sweat, the higher the skin resistance and the less electricity it conducts... This can be easily measured by various reasonably priced biofeedback tools available on the market.

### **How to consciously move to alpha brain waves – the Rainbow walk exercise**

You are probably familiar with the Rainbow walk as a good way to move to or close to the alpha brainwaves because I already described it in details in the emotions section (Love bath ritual). It may be useful to summarise it here.

A good start is to do a [short breathing relaxation](#) to connect with your body.

- Sit down in a comfortable position, close your eyes and relax by breathing through your nose deep in and out for about 2 minutes. In the first minute or so fully concentrate on your breathing, feel the air travelling through the



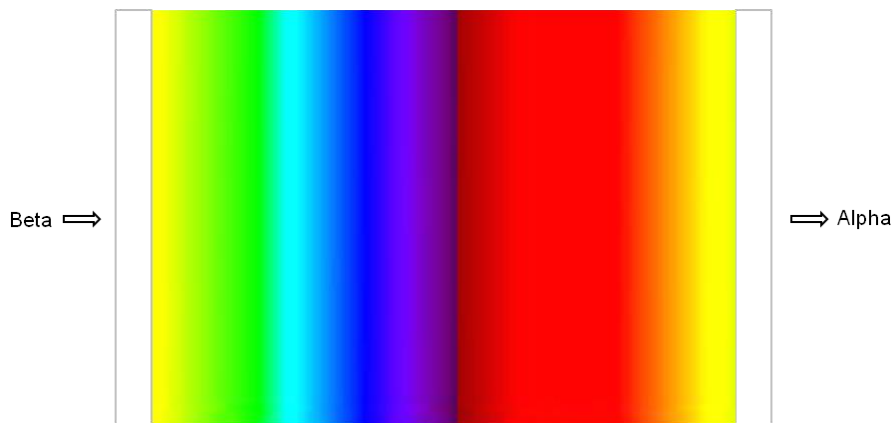
nose, your lungs expanding. Then move your attention throughout your body and relax your muscles in each part. Starting with shoulders, arms, hands, body, legs, feet and then face.

### The Rainbow walk exercise

- Continue to have your eyes closed and imagine individual colours of the rainbow in the following sequence (if you can't remember it, then you can record the sequence and play it whilst listening with your eyes closed). They naturally follow like in rainbow. As we start and finish with white, it is most natural to follow / proceed with yellow.

It is best if you can see the colours across your whole internal screen as if you walk through the colour and feel the colour. If you struggle with that imagine an object of this colour and make it as big as possible.

- White
- Yellow
- Green
- Turquoise / Light blue & green
- Blue
- Purple
- Red
- Orange
- Yellow
- White



**Pict.44 Rainbow walk**

And you should be there or near there and able to enjoy improved imagination, creativity, concentration, memory, and even mental clarity.

### Moving from alpha back to beta brainwaves

Do not forget that when you finish with what you are doing in alpha brainwaves, you should follow the reverse way to get back into beta brainwaves. Nothing would happen if you don't do that but you may just find the jump quite noticeable when you open your eyes and readjust to beta waves...

With your eyes closed imagine the colours in the reversed order and in the same vivid way: white, yellow, orange, red, purple, blue, turquoise, green, yellow and white.

Then open your eyes and enjoy the achievement!



## Chapter 10 - Important laws of the Universe

The Universe / Creation is functioning according to many sacred laws some are known as Hermetic laws. Understanding them and living in accordance with them is like effortlessly swimming in a river in the direction of the current. There is little struggle, we get a lot of help from the Universe and the other side.

The laws (mainly in bold red below), are described very briefly in various spiritual material. And so, I'm revealing more what is behind them and providing many examples. I want to help readers understand how they work, how they may affect their day-to-day lives and how they may apply them.

### Law of Duality / Polarity - 7<sup>th</sup> Hermetic law

At the highest level the duality in Creation means that everything is made up of two parts - **Spirit and Matter**.

**All things in Creation are dual. Everything within Creation has its pair of opposites, a pair of contrasting aspects, which are held together by the forces of polarity** – “every coin has two sides”. The Oneness outside Creation is singular. (Actually, at higher levels of Creation, i.e. not in the 3-dimensional physical Universe the opposites are the same in nature and the difference between them fades away).

One side (aspect, characteristic, force) would not be complete without the opposite but complimentary side. These two opposite sides are part of the Whole. Day can't be without night, light can't be without darkness, matter can't be without emptiness, sound can't be without silence, breathing in can't be without breathing out, and so on. We may be surprised but the same applies to the non-material world! **There can't exist love without hate, there can't be happiness without unhappiness, there can't be abundance without poverty and so on.**

The denser the place in Creation, i.e. the lower the vibration of matter or energy there, the greater the duality, the greater the opposites.

This does not mean that both opposite sides have to be equal in their amount, i.e. that one thing has to have the same amount of the two opposites. The amount of love and light on Earth does not have to equal the amount of hate and darkness! We humans largely decide this with our freewill... Actually, there is ongoing struggle of light and darkness in the whole Creation.

### Yin & Yang



Ancient Chinese observed this duality well and called the opposite forces / qualities / aspects **Yin and Yang energies**. Energy is a perfect term because as we said above, everything is made up of energy.

Let's look at the main opposite qualities of Yin & Yang:

-Yin: still, passive, reaction to action, internal / inside, full, reducing, lower, famine, soft, cold, water, dark, moon, feeling, giving.

-Yang: moving, active, initiating action, external / outside, hollow, increasing, higher, masculine, hard, warm, fire, light, sun, thinking, receiving / accumulating.

Actually, when we look at things in real life, they are not like a coin, with 2 same sides. Things tend to have different amount of the two opposites. Sometimes a lot more of one than the other. And so, the Chinese characterise things according to how much Yin and Yang they have.

For example, a man is a lot more Yang and a woman 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 around. Or a tree has different amount of some of the opposites, like hard and soft parts, light and dark colours, still and moving, full and hollow, depending on where it is in its life cycle.

### Law of Change

**Everything in Creation is in motion, nothing is static.** Nothing fixed lasts forever. **Change is the nature of the Universe.** This is the cornerstone of the Chinese book I 'Ting.

And so, when things are in motion and changing, the amounts of opposites are changing too.... Creation is one big dance. Similarly, the Chinese describe life as a dance of Yin and Yang.



## 5 Elemental energies

Having studied the different proportions of Yin & Yang energies in things, the Chinese realised that there are 5 main categories of the mixture of Yin & Yang energies (by this I mean that one category has e.g. 10% of Yin and 90% of Yang, the others e.g. 30:70%, 50:50%, 70:30% and 90:10%) They call these 5 categories the **five Elemental Energies, namely the energies of Fire, Earth, Metal Water and Wood.**

**Pict.45 Five Yin & Yang energies**

These energies have different qualities. Some of the main are:

	Wood	Fire	Earth	Metal	Water
<b>General</b>					
Colour	Green	Red	Yellow	White	Black
Flavour	Sour	Bitter	Sweet	Pungent	Salty
Climate	Windy	Hot	Damp	Dry	Cold
Direction	East	South	Centre	West	North
Season	Spring	Summer	Late summer	Autumn	Winter
Plant Lifecycle	Sprouting, growing	Blooming, fruiting	Ripening, harvesting	Withering, decaying	Dormancy, storage
Activity	Generates	Expands	Stabilises	Contracts	Conserves
<b>Human Body</b>					
Yin (full) Organ	Liver	Heart, pericardium	Spleen	Lungs	Kidneys
Yang (hollow) Organ	Gallbladder	Small intestine, triple burner	Stomach	Large intestine	Bladder
Vital function	Nervous system	Blood, endocrine system	Digestion, lymphatic, muscle systems	Respiration, skin	Urinary, reproductive
Senses	Eyes	Tongue, throat	Lips, mouth	Nose	Ears
Bodily Secretions	Tears	Sweat	Saliva	Mucus	Urine, sexual fluid
Tissue	Ligaments, nerves, nails	Blood vessels	Fat, muscles	Skin, hair	Bones, marrow, brain
Life cycle	Infancy	Youth	Maturity	Old age	Death
<b>Personality</b>					
Emotion	Anger,	Joy	Obsession	Grief	Fear
Ability	Initiative	Communication	Negotiation	Discrimination	Imaginative
Virtue	Benevolence	Propriety (honest behaviour)	Faith	Rectitude (correct social behaviour)	Wisdom
Attachments	Answers, choices, goals	Pleasure, desire, love, divinity	Manipulation, loyalties, security	Perfection, order, standards	Mysteries, death, visions, facts
Tendencies	Busy at work, risk	Excitement, contact	Comfort, company	Follow orders, make judgements	Solitude, isolation
Emotional need	"Adrenalin"	Being in love	Being needed	Being right	Being protected

The [Indian tradition](#) also recognises 5 manifestations of energy and calls them [Air, Fire, Water, Earth and Ether](#).

The corner stone of the [Chinese medicine and Feng Shui](#) is the flow of the 5 Elemental Energies inside the body and in the environment.

## Law of Balance – 5th Hermetic law

Now, how does it all stay together, when everything in Creation is in motion? How come everything does not go crazy or break down, but sustain itself and usually evolves itself. There must be some self-controlling mechanism, right?

**The Whole needs a Balance to sustain itself. Everything naturally strives for harmony, for balance.** So, achieving the state of Balance is what it is all about, **balance is the natural state.** Balance is needed at all levels of Creation, from the smallest particles individually to all that is together. So how can balance be created? There are a number of ways:

### 1. Balance of the opposites. When the opposite aspects are in balance it acts like a magnet that holds things together with the forces of polarity

Broadly there are two ways of balancing the opposites:

-Balance of the two direct opposites, e.g. a balance of push and pull forces which creates stillness (like during the game when two kids pull a rope with the same strength = the rope does not move...), a balance of giving and receiving, a balance of inflows into and outflows from an open system – covered in [ ], a balance of action and reaction (law of Karma), a balance of the north & south pole forces,

-Balance of the various types and amounts of the opposites, i.e. the balance of the various Yin & Yang energies = the balance of the 5 Elemental energies in the whole. This is the main objective of for example [Feng Shui](#) science. This is expanded in the universal [law of a Circle of Energy](#)...

The whole Creation is made up of various types and amounts of opposites, which together create the Whole and so it is in balance. Creation is like one big ball. If you think about it, in a ball every point on the surface of the ball has its opposite point on the ball in relation to the middle of the ball.

Let's go back to the examples of this described in the Law of Balance – Yang-based man and Yin-based women, or different amount of daylight and darkness in each day depending on the season. So where is the whole and the balance? In these cases, the whole is man and women together - the human race, and the sum of all the daylight and darkness on the planet.

Don't forget that we can't look at things in isolation because each thing (system) is a part of a bigger thing (system), which is covered by the [principle of the Open System](#). And because of this, if one side is dominant in one thing (system), the other side may be dominant in the bigger thing (system) that the smaller thing is part of, which also creates a balanced state.

### 2. Movement in a rhythm, cycle or a circle – covered by the Law of Rhythm and Cycle (6th Hermetic laws)

#### What happens when things get out of balance?

So, what happens if things get out of balance? **The forces of Universe start pushing things towards balance once they are out of balance.** And that applies to everything within Creation. The Chinese refer to this drive towards balance as the [dance of Yin and Yang](#).

There are so many ways where things can become out of balance and there are also many ways to achieve that balance back. But in essence this is what usually happens:

- One side increases / becomes more dominant → the other side then increases, or the dominant side reduces again to get to balance.
- One side decreases → the other side then decreases, or the smaller side increases again to get to balance.
- The movement gets out of rhythm, cycle or circle.

These are many examples in day-to-day life how this self-balancing mechanism works:

-When we create dis-balance in our bodies, our body tries to balance itself in various ways and this could include an illness.

-When we travel a long distance across time zones, we get jetlag = our body cycle gets out of rhythm. It takes our body a little while to adjust the internal rhythm again.

-Can you imagine what would happen if our Earth was forced to move out of the circular trajectory around the Sun...

-Extremes in life can be followed by their opposite expressions to get back to balance, e.g. extreme excitement can be followed by extreme sadness.

## Other balance-based principles

The stronger influences the weaker to become stronger. If light enters darkness, light does not become darkness but darkness changes to light. E.g. If a person shining lots of love and light enters a room filled with hate, he/she influences people there to reduce their darkness as opposed to becoming full of hate him/her self too...

### Law of Rhythm / Cycle - 6th Hermetic law

**Everything moves in rhythm or cycle. All things are in some way rhythmic / cyclical or circular.**

**-Moving in a circle is like moving in a cycle.** In both cases you regularly get to the same position after same amount of time.

If we look around, we notice obvious cycles or circles like day and night, seasons of the year, waves, tides, circular movement of Earth and other planets around the sun, water circulation on Earth, blood circulation in our body, our breathing in and out, heart beat. And the less obvious like circular movement of atoms & their particles, of solar system within our Milky Way galaxy, and our galaxy within the Universe...

**-Energy is a form of a rhythm because it vibrates.** And as we said above, everything is energy, not just light, sound, electricity etc

**Rhythm / cyclical movement creates balance. It equalizes both sides.** This can be explained on the swing of the pendulum. The swing of the pendulum to the one side is equals the swing of the pendulum to the other side. Then as the pendulum slows down, the swing reduces to one side and is followed by the same reduction to the other side.

Applying this law, the following is also valid:

**-Whatever is rising will fall, whatever is falling will rise.**

**-What flows in will eventually flow out again.**

**-Whatever is rigid eventually breaks apart.**

**-If we live in harmony with natural rhythms, we go with the flow of life, with the tide. Harmony is the flow of life.**

Because everything is in motion, nothing is static, the **Creation is a balance of eternal movement.** The universe lives by this dynamic balance in easiness, harmony and love. This is because even though things in Creation continue to change, the overall balance, the balance of the opposites is still maintained

How can we imagine this again? Let's use the ball = Creation, but include the inside content of the ball too. Imagine the ball is fully filled with water. And now shake the ball. The water particles start spinning around, yet again at any point in time each water particle is in relation to the middle of the ball exactly opposite to a second water particle within the ball.

### Law of a Spiral (coil)

Above we defined how everything is moving in a rhythm / cycle or a circle. But you must have noticed that on top of this these things usually change as they move in these circles or cycles. So, we can say that **in physical time things move forward / develop in a spiral.** For example, predictable changes of the length of day & night during the year, yearly seasons, somewhat unpredictable changes to nature cycles like weather patterns and water flow as a result of e.g. human impact / global warming Earth, changes to body cycles like blood circulation and digestion as we are getting healthier or unhealthier.

And this applies to life / future too:

#### **Life moves forward like a spiral**

For example, life cycle of growing up and getting old, being a parent, learning new things (e.g. to play music). It seems similar every time yet we move forward every time. Even what we call our routine – sleeping, eating, sleeping, going to school / work every day ☺ is a spiral because it is not the same every time, it is not chaotic / completely different every time, it usually gradually develops, changes.

#### **Future unfolds / happens in spiral-like cycles, in patterns.**

**What will tomorrow, next week, next year bring for you, others and the Earth is not random It is this spiral-like movement of things forward that plays an important role in forming the future. The corner stone is that things are moving in loops which are similar yet each one a step forward. And we and the "other side" then kind of move the direction of the spiral\*... By small adjustments, big bends & jerks, forward, backward, anywhere...**

Like we discussed above there are many things that play a role in determining the future:

-the materialisation of our created potential,

-linked with this our freewill decisions and actions

-our changes to our created potential through our thinking & changing beliefs, opinions etc.

-the way the other side plans our experiences / things that will happen to us for us, like our life lessons / opportunities, help to us.

-the working of universal laws

This makes it more difficult to predict the future, but the one who has the overview of the majority of the factors = our Higher Self can see well what is most likely going to happen tomorrow.

Let's look at an example of how future unfolds. Take for example Joe who works as an architect and is designing a new house at work. Joe is a bit shy and has been finding his job a kind of boring recently. So, what will his tomorrow be like?

Joe's daily pattern is reasonably predictable and the basis of his tomorrow is likely to look similar to his today – he will travel to work, start the day by a morning briefing with the team, will carry on designing the same house, discuss stuff with his colleagues, have a lunch, travel home.

Then there will be other less predictable things that will happen that day. E.g. He finds out that his boss will be transferring to another office and some interesting responsibilities will be passed onto Joe. Also, his train will be delayed and so he will be late for the morning briefing. The first event is a materialisation of the potential that he created with his mind - wanting to do more interesting things. The second event was organised by his Higher Self as an opportunity to raise his confidence when interacting with his colleagues.

Then he will have lots of thoughts about work, family, football, experience various emotions, learn something new, he may even change his belief about his job being boring. Through this he adjusts his life potential and so his future.

**The opportunities to learn/grow/clear disharmonies keep re-appearing in a spiral kind of way until we take them**

How many times have you noticed this pattern of events?

-an opportunity to learn / grow / clear own disharmony arrived (by opportunity I mean a kind of an event that gives a choice about how to respond),

-you decided to ignore it, and

-then soon after that it arrived again, may be in a different form.

-You took it on / positively responded to it and with that you moved forward in life

For example:

Somebody who is selfish & greedy comes across lots of instances where they can give and help others who need their help. When they finally act on it, the experience positively changes them and moves them forward. Or same thing with somebody who is shy: the amount of opportunities to increase his/her confidence will be countless...

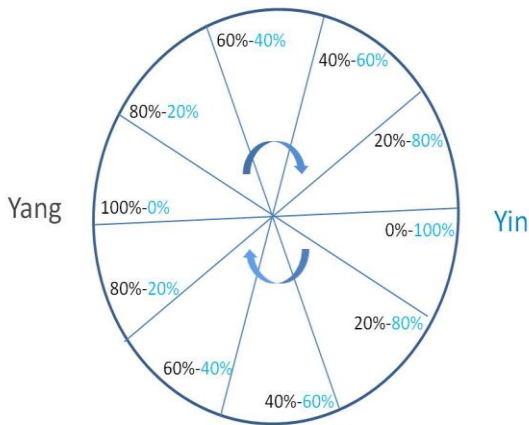
We are really interested to learn to play piano but put it aside because we are too busy with work and looking after our children. But until we start it, we are likely to experience various "coincidences" which will remind us of our desire, encourage us / make us more excited about starting to learn to play piano, and give us solutions how this can work...

Often these opportunities arrive so often that we don't notice them and/or don't realise that they are the opportunities we and our Higher Self attracted for us to grow.

**The principle of a Circle of energy**

Let's go back to the 5 Elemental energies and Yin & Yang within them. We said that the 5 Elemental energies - wood, fire, earth, metal and water (which are contained in everything in the physical world) have increasing and reducing amount of Yin & Yang. I illustrated this by making up percentages starting from 10% & 90% increasing / decreasing to 90% & 10%. So, what does that mean? It means that:

**The various combinations of Yin & Yang / the 5 Elemental energies in material and non-material things create a circle**



**Pict.46 Yin & Yang 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:

-Morning, afternoon, evening, night are on a different point in a circle and each has different amount of light and dark.

-Ecstatic, 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 evolvement of our consciousness, soul & spirit, the existence of opposites gives us opportunities to develop**. And so there can't just be love, happiness & peace. There must also be hate, unhappiness & no peace, and the things in between them too.

Part of our life journeys is to experience both opposite sides, their different aspects & intensities. In other words, experience many different points on the circle, e.g. on the love and hate circle. This experience and knowledge then help us make choices and decisions who we want to be.

We have kind of defined above how the Whole, the Creation looks like. **The Whole / the Creation contains all possibilities (some materialised in the physical world and some not)**. The Whole is made up out of a huge number of circles with things and possibilities on every point of the circles... Many things are naturally on many circles at the same time.

How does this look then? There is one physical object that can look like this... The surface of a ball. You can draw endless number of circles around the ball. There will be many points where many circles will cross.... So, whilst very simplistic, **the whole Creation can be imagined as a multi-dimensional ball, where everything that exists (materialised or as possibilities) is connected in various ways**.

Additionally, the circles are organised in a hierarchy. At the highest level are circles of archetypes (such as symbols). They are being created by the highest levels of consciousness. These archetype circles then cascade down into circles of more concrete things which represent the archetypes.

### **Movement of energies / the way things change**

We said that the Creation / Universe is dynamic, everything is in motion. So how do things / energies move?

#### **The amount of Yin & Yang energy in things moves along that circle.**

The Chinese intentionally chose the names of the 5 Elemental energies in such a way to show how they move in a circle:

- water energy changes to wood energy =when we water wood it grows
- wood energy changes to fire energy = in other words wood burns
- fire energy changes to earth energy = burnt wood changes to earth ash,
- earth energy changes to metal energy = earth condenses itself into metal,
- metal energy changes to water energy = can become liquid (doesn't quite work...)



Applying the principle of a circular movement of energy, **things tend to change more gradually and more predictably than it may seem**.

In some cases, the change of things can still appear dramatic, like when things jump from one extreme to another. But the energies still move to the other extreme = other side of the circle by following the path of the half-circle. This movement will probably be extremely quick and so not noticeable.

For example, a car can be working very well and then suddenly it does not start one day, or a light bulb suddenly goes off one day. Or a person moving from extreme excitement to extreme sadness after the excitement is gone. But in both cases things started changing way before we noticed it. The car's battery and light bulb's spiral was gradually getting "worn out" until the point that it was too weak to start the engine by a flick of a key and "carry the electricity current and convert it into light". In the third example when the excitement finishes, the person's excitement very quickly drops to nothing and then he very quickly starts getting sad because the excitement is gone until he/she is very sad.

**The 5 Elemental energies increase and control / reduce each other in a predefined way.** Just like above:

- water energy increases wood energy
- wood energy increases fire energy
- fire energy increases earth energy and so on

This knowledge is used in the Chinese medicine to for example increase the function of a weakened organ.

**The 5 Elemental energies control / reduce each other in a predefined way**

- Water energy reduces fire energy = water extinguishes fire,
- Earth energy reduces water energy = earth absorbs water,
- Wood energy reduces Earth energy = wood "absorbs nutrients & energy from earth",
- Fire energy reduces metal energy = fire weakens metal,
- Metal energy reduces wood energy = metal crushes wood.

This knowledge is used in the Chinese medicine to for example reduce inflammation / stress of an overworked organ.

## Law of Relativity

**Everything is relative according to the point of view**

This is not the famous Einstein's equation  $E=mc^2$  but it is linked to what Einstein discovered.

Let's look at an example. If we draw a circle with a star on top of the circle, the position of the star and of anything else on the circle depends on from where we look at the circle. If we look at the circle upside down, the star will no longer be at the top but at the bottom...

And so, it is with everything else in life – the physical and non-physical things. **Things are different according to the point of view... Every observer sees a different reality according to their point of view. The perceived reality adjusts to the observer's point of view.**

You may ask, how can my reality change / adjust to my point of view? If 2 people look at the same thing and are looking for different characteristics of it, the thing does not start displaying these 2 characteristics to both people. The thing stays the same as it was, but what changes is what we kind of extract from that thing / situation that we observe. We extract what is aligned with our point of view. And so, one person may see / notice something different than the other person.

## **How is our point of view formed and how it changes?**

When we perceive something with our senses – see, hear, feel, taste, smell something, hear – we form a point of view in many different ways:

**-We compare what we observe to various things that we know and have experienced.** For example:

A grey colour is dark in comparison to a white colour but light in comparison to black.

An unemployed single mum in England living from government dole and in a council house paid for by the government may see herself as poor. But when she sees poverty and famine in some poor African countries, she will feel rich.

If somebody gives a few coins to a beggar on the street people may see this person as being generous. This person may see himself / herself as a bit of a tight person when he/she comes across somebody who gives a quarter of his/her monthly salary to a local orphanage with children without parents...

**-Beyond comparing, we form a view based on our own perception.** And our perception is based on our understanding, expectations, beliefs, intents, opinions, habits, values, personal qualities current emotions & moods, attachments and resistance. For example:

When we are introduced to somebody, we may get a very different impression of that person at that point compared to when we get to know this person better.

If we interact with people whilst in a bad mood, they are likely to appear to us more negative, not happy or even annoying, than if we interact with them in a really happy mood.



So, we can conclude that our point of view will change over time as we change our perception. And it is different to other people's point of view because their perceptions are different and they compare what they observe to different things to us (what they know and have experienced)

Adding to that the universal **Law of Similarity** (similar attracts similar), we go a step further: **The mind virtually attracts the things it wants to see / it believes in. We live that what we mentally align ourselves with.**

So, if we look for what we want to see and what we believe in, e.g. goodness in people, friendship, love, we gradually start attracting and seeing just that (it is not so straight forward because there are other factors that influence what we attract, such as our life lessons and our created life potential)

**Now you may understand how "dangerous" it is when we want to see and believe in "the not nice things" - because we will attract them too.**

**And when what we want to see and believe in appears, then this confirms to us that we were right about these things / that life is really that way. After that nobody can convince us otherwise. Actually, somebody can... You by changing your beliefs, opinions, habits, perception, desires, personal qualities, attachments and resistance as to what you want to see...**

Let's look at an example. If we think people are grumpy / not nice, we actually meet more grumpy / not nice people, than those people who think that people are generally friendly and nice. But once we change our point of view / belief about people, we will start meeting more of the people that are aligned with our new views / beliefs. Magic isn't it?

Here are more truths, expanding on the above:

- **The way we are ourselves determines the way we experience the outside world.**
- Therefore, **the outside world that we see is often our mirror** (everybody tends see something different...). **When we change, everything around us that we perceive will change.** This is actually an application of the **3rd Hermetic principle of As below, so above, as within so without.**

### **Law of Similarity – 4th Hermetic law of Resonance and Attraction**

This law is very powerful and works wonders in the Universe... It is one way of creating the overall balance.... Again, very simple and very deep - **Similar attracts similar** (like attracts like)

Love & light attracts more love & light, positivity attracts more positivity, negativity attracts more negativity, egos attract bigger egos, darkness attracts more darkness, aggression attracts more aggression, hate attracts more hate, and so on.

So, for example, if we are grumpy, pessimistic and frown at people, we attract unfriendly people / pessimists / people who will frown at us even before we at them.

If we focus on own spiritual progress, we attract people on similar paths and spiritually advanced people who we can learn from, spiritual events and other help on our journey, such as divine beings.

If somebody enjoys violence in films and video games and would love to join in on the fighting and killing / destroying to win, then they attract people of similar mind set and possibly events filled with violence etc.

#### **Other things that we attract**

But please bear in mind that we don't just attract similar things. As part of our life journey, we will also attract into our life people / events / circumstances (not similar to us) that:

-Give us opportunity to learn and understand something from it. For example, a shy person will attract a confident person to learn to be more confident;

-Give us opportunity to grow, move forward

-Gives us opportunity to form a point of view, make choices / decisions and so define who we are

-Helps us experience various aspects of Creation. This then helps us during our decisions, forming our views and beliefs and building our intents and desires.

For example, we can attract violence so that we can decide if we want violence or not and how strongly not. Will we be against violence strongly enough that we will actually actively help stopping violence, e.g. through charity donations, voluntary work in a charity and so on. Or will we just think violence is no good.

And the trick is to work out why we attracted into our life what we did... Once we learn to do that, we will move through our life journey at a lightning speed.

### Law of Karma / law of action and reaction – 2nd Hermetic law

**Each cause has an effect, each effect has its cause. What we give is what we get, what we sow is what we harvest.**

For example, when we give something precious away for good cause, we may soon receive something even more precious from somewhere else...

**Equal creates equal. The effect equals its cause in quality and quantity.** This is because:

-Equal opposites create balance. And balance is the cornerstone of the whole Creation – see **law of Balance**

-Each action has a certain energy which eventually returns to its source, to the creator of the action (in all sorts of forms)

There are no coincidences, nothing happens by chance. Things are a cycle of cause and effect.

Every thought, every feeling, every action is a cause which has an effect. The cause can arise on many different planes of Creation.

Karma is not the punishment for our wrong doings as many people see it... The law of karma helps us understand both sides of duality including their more extreme sides... It helps us form a view if we want to identify ourselves with / operate in the extreme sides of duality.

E.g. if somebody enjoys violence in films and video games and would love to join in on the fighting and killing / destroying to win (cause), then he/she will attract events filled with violence (effect). This should help him/her form a view if they want to continue identifying self with violence – like it / think its good / participate in it - or they want to change.

### Law of Correspondence or Analogy - 3rd Hermetic law

These laws show how everything is ultimately connected with everything.

#### As above – so below, as below – so above

As on the spiritual level, so on the material level. [Everything that happens on the spiritual level happens on the material level] And so material world is a reflection of the non-material world.

Similarly, the other way around. 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. 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 people and their culture and

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!

The way of the hologram It is similar but lot more disguised at the physical level. For example, each cell carries the imprint of the whole body. Similarly, other parts of our body carry information about us, our health, our organs – eyes, tongue, face, hands, feet. Various alternative medicines discovered how various parts of our body tell us the condition of the whole body - reflexology (feet and hands), physiognomy (face), iridology (iris of the eye).

### **Everything is an open system like a lake**

Open system has “things” flowing in and “things” flowing out, just like water flows into the lake and out of the lake.

**Each open system is part of a bigger open system, which is part of even bigger open system. The biggest open system is all there is.**

This is another great way how everything in Creation is ultimately connected with everything. It is the working of the Law of Correspondence or Analogy.

Take an animal cell as an example. It receives blood, energy, information etc. from outside and sends these things out. A cell is a part of a bigger system – it forms together with other similar cells animal’s skin, bones, organs etc. The individual organs are a part of a bigger system, being the animal itself. And animals are part of the animal species system, which is part of the nature system... And it does not end there... Same with the man-made things like houses, cars, roads economies and so on.

**The open system is in balance when its inflows and outflows are equal, are in balance...** (combination of the Law of Balance and Karma). Similarly, a **balance of giving and receiving (or taking) creates harmony**. Like the balance of Yin and Yang...

This is exactly how a lake works... **If the amount of water flowing in is the same as that flowing out, the lake’s level is stable and it does not cause a flood or dry out.**

### **How can the inflows be controlled?**

It seems to us that the lake and other open systems like people do not seem to control how much they receive. Except for when they take things for themselves... **But there is another way that the system can influence how much they receive... By controlling how much they give.** Let’s see how this works with the lake. If the outflow increases, what needs to happen so that the lake stays balanced? It needs to receive more water...

And so, because Universe strives for balance, it works like this elsewhere including in the non-physical world too even though it is more difficult to see and measure! **The more we give, the more we receive. The less we give, the less we receive.** This is actually another way of describing the Law of Karma = **our action of giving brings about a similar reaction of receiving.**

Here is a nice example of this law in action. Josh loves birds. He regularly fills a bird feeder in his garden with seeds. He is surprised how quickly birds eat all the seeds, so he decides to buy another bird feeder to feed more birds. Over the next year he notices that often when he goes to buy extra seeds, he comes across various offers like “buy one big bag of seeds and get one free” 😊.

Let’s apply this law to our interactions with people.

-In life we receive (=inflows) happy things like presents, money, smiles, love & care, friendships, compliments. We also receive not happy things like “bills”, frowns, negativity, non-understanding, aggressivity, orders, swearing. And here it works too - the more we give these things, the more we receive them because we are attracting similar reactions to our actions...

-While giving freely what we are seeking, we are letting abundance into our lives. We will then get as much abundance, as we are able to open ourselves to.

-While spreading love, harmony and peace we are creating love, harmony and peace on a bigger scale than we think. And so, it will seem to us that we will then receive more love, harmony and peace than we originally spread.

-On the other hand, by grasping things, holding on to things and not giving we create a blockage, a dis-balance. The universal self-balancing mechanism then usually kicks in. It strives for balance in various ways, e.g. puts pressure on the blockage to open it, weakens the blockage. The ways of this may vary again, e.g. the person experiences a loss, a reduction of receiving, or the person finds it harder to hold on to the things, gets ill or feels rising stress until he/she lets go of the thing he/she holds on to so tightly.

### **How does an open system / lake get out of balance?**

Going back to the law of balance of inflows and outflows, let's think of situations when the lake stops working well:

#### Inflows bigger than outflows = Flooding

- When more water starts flowing in (and the amount of water leaving does not change).
- When the amount of water leaving reduces (and the amount of water coming in does not change)

In both cases the water level starts rising and unless the flow is changed at some point, the water starts flooding surrounding area, or bursts out over the dam...

#### Outflows bigger than inflows = Draught

- When more water starts leaving
- When the amount of water coming in reduces.

In both cases, the water level starts going down and unless the flow is changed at some point, the lake starts drying out.

### **What do we need to do to correct a system being out of balance?**

-If we just want to stop the water rising or falling and stabilise it at the new level, then we match both flows, i.e. increase the smaller flow to match the bigger flow or reduce the bigger flow to match the smaller flow.

-If we want to reduce or increase the water back to the original level and stabilise it there, then we increase the smaller flow above the bigger flow until the original level is achieved and then match both flows. Or we reduce the bigger flow below the smaller flow until the original level is achieved, and then match both flows.

If the lake = any system gets out of balance, in some cases the correction happens naturally because of the forces of the Universe functioning according to the universal Law of Balance. But in many cases other cases we need to help correct it to avoid a breakdown.

Now, let's look at how this works in life, focusing on the human body:

**Increased inflows:** When our body receives too much of something that is not good for us – e.g. breathing in toxins whilst living in a very polluted area or breathing in fungi particles whilst living in a damp & mouldy flat, or eating lots of unhealthy food which contain lots of fat and non-natural sugar and salt (both contribute to creating over-acid digestive environment which is ideal for growth of fungi-based unfriendly bacteria in the digestive environment and which can damage digestion).

**Reduced outflows:** When our detoxifying organs (liver, lymphatic system) do not function / detox us well and/or our excretion systems (urinary, digestive, perspiration systems) do not function well / excrete all unnecessary things.

In both cases (often both happen at the same time) our body = lake starts accumulating things that are not good for the body like toxins, excess fat / cholesterol, mucus, unfriendly bacteria in the intestines, casein (milk residue).

**Body's attempt to create balance of inflows and outflows:** The body initially tries to correct this problem and get back into balance by for example stretching the liver function, storing the toxins and fats in various pockets of the body where they will cause less harm and so on.

But the body usually can't cope e.g. because the harmful inflows are too strong or/and the outflows are too weak. So, it will get out of balance and eventually may become "ill", e.g. the toxins can damage the organs, excessive fungi can disrupt the friendly/unfriendly bacteria balance in the intestines which can lead to damaged digestion (dysbiosis), 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 over-acid digestion environment / reinstate alkaline-acid balance, stimulate liver and excretion systems, exercise = convert the fat into energy through exercise.

It is a shame that this simple key to correcting health dis-balances is not recognised by the health care system ☹ Many doctors usually do not treat the causes but just the symptoms. They tend to prescribe us anti-fungi creams, lots of different tables etc. The good news is that many of the alternative medicines like the Chinese medicine, homeopathy, targeted detoxification, Indian medicine (Ayurveda) focus on the causes, look at the whole body, personal environment and unfortunately only sometimes at the mind which is a big "cause of physical problems" too.

It is clear that these principles apply in the non-physical world too and we already talked about it under the balance of giving and receiving above. So, let's just touch on what happens during spiritual growth. We kind of increase the outflows = give more love, help more others, surrender things and so on. To gain balance, we start receiving more love, help, light and new things in our lives ☺

### **Law of Spirit and Mind - 1. Hermetic law**

The Source of all Life is Spirit

The Universe is spiritual and mental. Spirit / mind stands above matter.

**We as our state of mind exist in the mind of the All.**

At the mind level, thoughts and intentions have the power to create and change; they are the means of Creation as the action of the mind...

The intensity of the inner wishing and longing is an important factor of Creation

**All is One and at the same time all has its own individual identity. That way everything is ultimately connected with everything.**

So, we are all an individual identity – an individual being, consciousness and spirit. But at the same time, we are all One, we are all the Whole, the life that is in everything, one big consciousness, one big spirit.

**Observer can become the observed**

If you observe something so intensely with all your senses that nothing else in that moment will exist, at some point the difference between you and the object disappears at the conscious level. Your consciousness will merge with the consciousness of the observed object which feels like you have become the observed object. This can happen because at the level of consciousness you are both you and the Whole, and so you are already closely connected to the object that you are observing because the object is also part of the whole.

For example if you intensely watch a flower, smell it, touch it, listen to it, feel its presence, send love to it and nothing exists for you in that moment other than the flower, then you may be that flower for a while, i.e. your consciousness merges with the flower's consciousness and you suddenly know how the flower feels, feel the stem, leaves and roots of the flower (just like the flower feels them) as if they were an extension of you, e.g. of your arms and legs.

**Truth – part of 7<sup>th</sup> Hermetic law of Polarity**

**We cannot logically understand the Truth with our mind, we can only grasp it with our heart.**

**All truths are but half / incomplete truths at the higher level of understanding / consciousness.**

And so, this book paints a picture of the understanding of the truth at certain level of consciousness. More complete and accurate truth is known at the levels above this one.

**Love is the most powerful force in the Universe.**

There are many other universal principles about Love but this is the main one.

### **Laws specifically relating to human development:**

#### **Law of Opportunity**

**The opportunities for growth and learning (including balancing own disharmonies) continue to appear.** For example, whenever the circumstances are suitable, when you intend / desire it, when it is needed for fulfilling your task & mission and so on. It is then up to us if we decide to take the opportunity or not.

For example, somebody decides they want to learn to play an instrument, and soon they come across all sorts of things that help them to progress this.

#### **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 a lot of time at work & earning extra income for quality time with family, or simply give money away to people who need it, give up time for voluntary helping work and so on.

**All sacrifice is ultimately a gain. The experienced loss, which may be painful and big at first, turns out to be smaller and not that painful after it is compared with the new that has arrived / that we received.**

And how do you receive? Opportunities either arrive suddenly, often in the form of coincidences, and you are given choice if to take them or not. Or good things, happy experiences and so on just happen to you.

**Sacrifice works if you sacrifice with your heart without expecting any reward back.**

A good example is when you see a beggar on the street and she/he makes you feel compassionate and wanting to help him. Then you give him some money (more than loose change) wanting to help this person (without thinking to yourself “if I give him I receive something later”). After that I either experience a sudden burst of love inside or soon after that a coincidence happens and I receive. For example, my circumstances change positively like things change at work, in school with my friends & family, allowing me to move forward with my life. Or people suddenly start feeling more peaceful, happy, joyful, their imagination or memory improves, they receive spiritual gifts to use for helping other people and so on.

Actually, life often puts us intentionally into situations where we can decide if to sacrifice and so move forward or not.

#### **Creation of personal realities**

**That which we give our attention to, becomes our reality. We experience what we give our attention to.** This is because energy flows where attention goes.

#### **Law of Reincarnation**

**Human spirit chooses reincarnation into Creation as a way to develop its consciousness.**

**Earth is the only place in the whole physical universe where we have the ability to spiritually develop by our own intent.** Elsewhere the life form needs an evolutionary process to spiritually develop and intent has no power in this regard...

So, living on Earth, no matter how hard life is, is meant to be a privilege and huge & wonderful opportunity for all of us. But not many people realise this and take the opportunity. Some actually use their intent to go backwards...

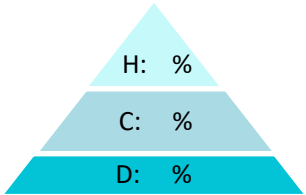
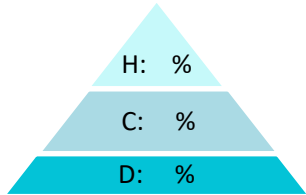
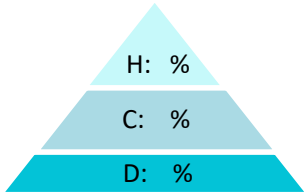
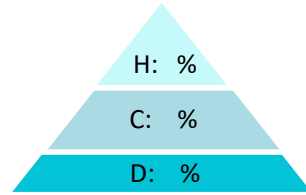
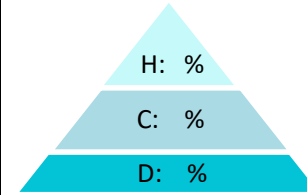
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## Appendix 1

### Summary of 3 self-assessments: The overall level of your spiritual development

- *There are three pyramids below. Each pyramid is a simple visual representation of each of the three discussed measures at a different point in time.*
- *Please put your consciousness score from the Awakening test into the pyramid below under “C” and the inner drive score from the Inner Drive test under “D”.*
- *It is better to / I suggest you do the Heart openness test once you get to it whilst reading the Mysterious Emotions chapter. This is because it is beneficial to make the link between emotions and unconditional love and so appreciate how this unique test was created. Then you can put the score into the pyramid under “H”.*
- *When you feel at a later stage that you have made noticeable progress in these areas, you can do the self-assessments again, add the percentages into the next pyramid, and compare the scores.*
- *Please remember that the scores for each assessment are indicative and simplify a reality where there is no maximum or minimum. In addition, all assessments have a common limitation. They are judging and categorising, which is a human concept. Yet everything is relative, depending on what we compare it to. But hopefully it will still be useful.*

Date:	Date:	Date:	Date:	Date:
				

## Appendix 2

### Self-assessment test: The level of your Inner Drive to spiritually grow

- I suggest you go through each of the 5 areas in the table below and assess yourself by scoring the first two from 1 to 10 and the last two from 1 to 5.
- 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 30 and write it into the box at the bottom.
- When you do it next time, you can add the new score below the last score to see your progress.

		<u>Score 1-10</u>
1.	Think of how strongly you desire to spiritually grow, how does it compare to your other priorities. Score 1 would be if it is right at the bottom and 10 right at the top.	
2.	How much effort do you put into growing spiritually?	
		<u>Score 1-5</u>
3.	How much energy do you have overall, do you get tired easily (when you are healthy, physically rested and not hungry)?  A very active and dynamic person would generally have high energy levels. A very passive and lethargic person would generally have low energy levels. You may want to think about how much you actually get done / achieve in a day compared to others.	
4.	How good is your concentration? Are you able to concentrate on things for a long time whether you like them or not (e.g. at work or in school)? This also depends on if you get bored or distracted easily.	

### Total Score

Date	Score	Percentage out of 30	Comments



## Appendix 3

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

Here is the approach I would follow. It is quite straightforward and I built it into the self-analysis table below.

- For more insightful results it is good to be in “the awakened state of mind and heart” during the analysis described in the section *How does spiritual awakening feel like*. And try to be impartial 😊
- Then think of each related person and the place you grew up in the following way:
  1. What are the main positive and negative qualities and other things I see about them?
  2. What can I learn and how can I develop from each?
  3. Did I learn and develop from each and if so how?
  4. Is there anything important left for me to do?

*I give some examples in the table under “Mum”. Add as many key people and lines for each person as you wish.*
- If you are quite an intuitive person, let your intuition help you answering these questions.

Main People & Places	Positives & negatives perceived about them	What help do they offer & give me	What opportunity to learn do they give me?	What opportunity to develop do they give me?	How much have I developed in this area?	What important things I still need to do to develop / learn more?
<b>Mum</b>	Positives					
	e.g. she is very caring	e.g. knows how I feel and always is there for me	e.g. how it feels when somebody cares for you, when they care too much and too little	e.g. To become more caring myself and have a healthy balance with my kids.	e.g. I care for my parents, relatives, children and friends. I am much less caring towards other people though.  I also don't express my caring emotions that much.	e.g. I should care more for my neighbours and be kinder to people that I meet  I should express my caring emotions more  Now that I'm an adult, sometimes I find mum's caring for me too much. Like I'm still that vulnerable child in those moments. I should talk to mum openly about how I feel and then remind her nicely in those moments not to worry about me because I'm OK.
	Negatives					

	e.g. she worries regularly and has various fears		e.g. fears and worrying goes together. They are often not rational and can be ingrained from childhood. Reasons could numerous including lack of security, fearful experiences.	e.g. help mum overcome her worrying and fearful nature.  Explain to her where it may be coming from and look for possible causes in her childhood etc.	I learned to overcome fears when I was younger with positive thinking and confidence building.	I still worry about my kids more than I should. I can see how the worry transfers onto them.
<b>Dad</b>	<b>Positives</b>					
	<b>Negatives</b>					
<b>Brothers / Sisters</b>						
<b>Main relatives</b>						
<b>Country born in</b>						
<b>Place grew up in</b>						

## Appendix 4

### Self-analysis – Understanding better our main life events

First, I will describe the approach that I use to do this. It is built in the self-analysis tables below so you may not need to follow it step-by step.

The idea is not to spend 'days' on this but instead start building the picture of the events & their causes, focusing only on the really important events and on areas where the answers come more easily. Then you can always come back to the harder ones later as you gain new insight from this book and your Higher Self...

Because there are a few areas to cover, the self-analysis is broken into 5 parts:

- Master list of all the important events that happened to you
- Events reflecting your Internal Reality
- Events created From Above acting as Lessons
- Events created From Above acting as Opportunities
- Identifying Patterns in events

Where you struggle, just fill those spaces where you know or sense what the answer may be. If you are quite an intuitive person, let your intuition help you answering these questions.

For more insightful results it is good to be in 'the awakened state of mind and heart' during the analysis described in the section How does spiritual awakening feel like.

- *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 – 1<sup>st</sup> column in **Table 1**.*
  - *You may prefer to think only about the not happy ones, like injuries, people issues, rejections, non-achievements, losing jobs, losing close people. To have a fuller picture, I suggest to include unexpected events / coincidences as well as those events resulting from actions & decisions by you and other people.*
- *The next thing is to find out **how was each event created** (rest of **Table 1**)*
  - *I suggest you move from one column to the other one and fill in only the column where you answer yes or may be. This will help you determine the type of event it was. It may be good to focus on the easier and more obvious ones first and then come back to the harder ones. Where you are not sure, you can put a question mark against it.*
- *Then let's look at the **events created by your Internal Reality** (**Table 2**) and determine these important things:*
  - *How can I change my internal reality to attract what I desire (intentions, beliefs, views, values)?*
  - *What future decisions and actions can I take to confirm this changed belief, view, intention, value etc?*
- *Then let's look at **events organised from Above** (**Table 3 and 4**) acting as lessons and opportunities:*
  - *Did I learn what I was meant to learn and did I develop from the events organised from above?*
  - *Is there anything important left for me to do to learn, develop or resolve the lesson and so move forward?*

- If you feel like taking on a challenge, you can try to analyse the unhappy **other events which resulted from actions and decisions of other people** by following the questions in **Table 5**.
- Finally, it is time to reflect on the above findings and look if you can identify any **overall patterns (Table 5)**, like repetitions of certain type of events, similar opportunities and lessons, and what is connects them.

**Table 1 - Master list of all the important events that happened to you**

<b>MAIN EVENTS</b> <small>-&gt;Name them and put what they brought / how they affected me</small>	<b>Was it result of my past decision / action?</b> <small>-&gt; If yes, which ones?</small>	<b>If not, was it result of decision / action of other people I know?</b> <small>-&gt; If yes, which ones?</small>	<b>Could it reflect my Internal Reality, i.e. my intentions, desires, beliefs, views etc?</b> <small>-&gt; If yes, which ones?</small>	<b>If not, does it feel like it was created from Above because it brought opportunities or lessons for me to learn &amp; develop from?</b> <small>I-&gt; If yes, which ones?</small>	<b>Or did it feel like Help for me?</b> <small>-&gt; If yes, what help and did I take it?</small>	<small>If not put question mark in this column</small>
Age 0-5						
Primary school / Age 6-11						
Secondary School & Teenager years						
Early & late 20s						
30s, 40s, 50s & so on						

**Table 2 - Events reflecting your Internal Reality**

<b>Events reflecting my INTERNAL REALITY</b>	<b>How</b> it reflected my internal reality, i.e. what intentions, beliefs, views, values	If this was not happy event, <b>what beliefs, intentions, desires, views, values do I need to change</b> to attract happy event instead?	What <b>future decisions and actions</b> can I take to confirm this changed belief, view, intention, desire, value?
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-> Get from Master table	-> Copy & expand from Master table		

**Table 3 – Lessons created From Above**

Events created from <b>ABOVE</b> acting as Lessons -> Get from Master table	Description of the Lesson in more details	What have <b>I learned</b> and how have <b>I</b> developed from this event?	What important things <b>I need to do</b> to learn & develop more to complete the lesson, move forward?

**Table 4 – Opportunities created From Above**

Events created from <b>ABOVE</b> acting as Opportunities -> Get from Master table	Description of the Opportunity in more details	Have I taken the Opportunity? If not, why not?	If yes, what have <b>I learned</b> and how have <b>I</b> developed?	What important things <b>I need to do</b> to learn & develop more to make most of the opportunity?

**Table 5 - Identifying Patterns in events' types and causes**

Identified <b>PATTERNS</b> in <b>TYPE</b> of events	What do these events have in common? e.g. similar causes of these events such as beliefs, intentions, views, desires or opportunities, lessons, help, actions & decisions	
<b>Repeating Events</b>		

<b>Similar Events</b>		
<b>Identified PATTERNS in CAUSES of events</b>		
<b>Repeating or similar beliefs, intentions, desires, views behind the events</b>	Why do I continue to have these dominant beliefs, intentions, desires, views?	How can I change the beliefs, intentions, desires, views attracting the events? Or how can I strengthen them if it is a good pattern?
<b>Repeating or similar Opportunities to learn &amp; develop</b>	Why am I getting these repeating / similar opportunities?	How can I learn and develop from the opportunities & lessons?
<b>Similar Help received</b>	Why am I getting this similar / repeating help?	If I want to continue receiving this help, what can I do to do so?
<b>Other patterns identified</b>	Why could the pattern have happened / is happening	What can I do to break the pattern if it is not a good one?

## Appendix 5

### Self-analysis: Identifying and changing internal reality behind the unproductive emotions

Here is a summary of the steps for harmonising unproductive emotions described in more details.

1. Identify the situations and experiences when you felt the selected unproductive emotion up and write it down in the 2<sup>nd</sup> column. Try to recall the situation / experience to feel the emotion again.
2. Look into what can be behind that emotion: what perception, view, belief, desire, thought, non-acceptance, attachment, etc. linked to that situation / experience made you feel that way? Once you work it out, add it into the 3<sup>rd</sup> column.
3. Then think how you can change that view, belief, intention, non-acceptance, attachment or whatever else is behind that emotion.
4. Decide what changes you will make in your head and physically to reinforce the new way, and write them down in the 4<sup>th</sup> and 5<sup>th</sup> column. Then just do it.

Unwanted Emotions / Personal Qualities	Linked situations & experiences when felt that emotion / displayed that quality	View, belief, thought, intention, desire, attachment, resistance, habits or value behind the emotion	Changed view, belief, intention etc. Reduced attachment or resistance	Planned Action
e.g. Shy	e.g. when in bigger groups of people, when speaking in front of people  when talking with girls	e.g. people may not listen to me, may not like what I have to say & suggest.  girls, may not be interested in talking to me, may laugh at me  I'm too hung up on the shyness.  low confidence in self.	e.g. I mean well, I have good ideas, people like talking to me because I'm genuine and kind.  It is exciting and fun to talk to girls.  It is not a big deal to be shy. It shows I'm a sensitive, caring and understanding person.	e.g. increase belief and confidence in self.  Increase self-love through .....  Reduce fear with the Rainbow bath ritual.  Spend more time with female cousins. Then join a volleyball club and play in mixed teams.

## Appendix 6

### Self-analysis: Spotting health issue patterns and vulnerable areas in the body

1. Step back and write down in chronological order in the table below all the main health issues that you remember you had over the last 5 years.
2. Look for any repetitions and note them down in the table.
3. Can you see any patterns in the repetitions? For example, you may find that one type of health problem happens together with or closely follows another type. Or you may find that you get something only during certain part of the year. Note all these down in the table.
4. Then try to spot which repeating health problems seem to be getting worse and better over time.
5. Next thing is to pinpoint the likely vulnerable area in the body. Does the nature and location of these health problems point to any?
6. Now try to work out and write down:
  - o What could you be doing that weakens the likely vulnerable area?
  - o What have you been doing that does help this area?
  - o What else can you do to strengthen this area?

Types of Health issues experienced	What and when?				
	This year	Last year	The year before	The year before that	The year before that
➤ List them below, one type per each line e.g. stomach problems	e.g. about 3x upset stomach, frequent indigestion, 1x stomach bug, occasional heart burn	e.g. about 2x upset stomach, occasional indigestion	e.g. 1x stomach bug / diarrhoea during holiday in Egypt, stomach bloating		

Spotted repetitions and other patterns of health issues
➤ List them below, one per each line e.g. more types of stomach problems and increasing number of stomach upsets each year



Which health problems in the patterns are <b>improving</b>	How is it improving?
e.g. stomach bloating	It stopped 2 years ago
Which health problems in the patterns are <b>getting worse</b>	How is it getting worse?
e.g. stomach upsets and indigestion	e.g. stomach upsets last longer and heart burn sometimes follows; indigestion getting more frequent especially after eating late or heavy meals

To what <b>vulnerable area</b> in the body are the patterns pointing to?	What could I be doing that <b>weakens</b> the likely vulnerable area?	What have I doing that <b>helps</b> the likely vulnerable area?	<b>What else can I do</b> to strengthen the likely vulnerable area?
e.g. digestive system	e.g. getting stressed and worrying too much, a few courses of antibiotics last year to tackle ear infection, eating lots of sweets, doing little exercise	e.g. eating fair amount of fruit and vegetables	e.g. consider colon cleanse and liver detox, start anti-candida diet and eat more fibre, exercise 4x a week