



# Particles from Heaven

Self-Realization

Alfred George Shaheen



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This book is not intended as a substitute for the advice of health professionals. Readers should regularly consult health professionals in matters relating to their health and particularly with respect to any symptoms that may require diagnosis or medical attention.

Your Soul is Heaven in You.  
You and Your Soul are One.  
Love Your Soul.

“Be ye therefore perfect, even as your Father  
which is in Heaven is perfect.”

Matthew 5:48 (KJV)



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# Introduction

Many people don't know their soul because it is of a different dimension than their heart and mind. Yet knowing one's own soul is the most natural thing that anyone can do.

Your soul is part of you. It is located throughout your physical body, but at a superior level of vibration. That vibration is the dimension of Heaven.

The moment you receive the energy of your heavenly soul in your heart and mind, any fear of death will greatly diminish or disappear. You will know that "you" were never born and that "you" will never die. But that "you" are part of this eternal heavenly being that you now know is your soul.

Your soul is dimensionally one with God. When you are one with your soul, you will naturally be one with God, also.

Oneness of your heart and your mind with your soul is called "spiritual union" or "inner oneness." The result of inner oneness is self-realization. For when you are one with your soul, you will know yourself as a *Particle from Heaven*, a child of God on earth.

It does not take years or even weeks to know your soul and to experience spiritual union. The techniques in this book are simple and natural. They will reveal your heavenly soul to you

within a couple days of practice and lead you to self-realization as quickly as you are willing to completely surrender your heart and your mind to your soul.

The information in this book is concise, yet comprehensive. Upon its completion you will have reawakened to the inner (*heavenly*) dimension of your being, and you will know how to successfully walk the inner road to God within you.

There is no generally accepted nomenclature for this type of literature. Therefore, in addition to fully defining words and terms commonly used in this subject, I've also introduced new terminology to ensure a clear and comprehensive understanding of the principles and techniques presented herein.

Italicized words in parentheses after a word are either the definition of the word or a synonym to aid the reader in understanding the relationship between different words with the same or a similar meaning.

This book is best understood if its chapters are sequentially read, as each one builds on information presented in preceding chapters. If you skip around, you will come across principles and terminology, especially those unique to this book, that were defined and discussed in a previous chapter.

Each technique will prepare you for the following technique. As such, they are presented in the order in which they should be learned. Ideally, you should not continue to the next chapter until you have successfully performed, in some measure, the technique in the chapter you are reading.

Once the details of a technique are understood, you can easily and quickly refer to a summary of that technique at the end of its respective chapter.

It is highly recommended that anyone who reads *Particles from Heaven* also reads my book *Instant Harmony & Happiness: Activating Your Happiness Chakras* and practices the techniques presented therein.

*Instant Harmony & Happiness* is a standalone book for spiritual and non-spiritual people alike. For those people who desire to know their soul, however, *Instant Harmony & Happiness* and *Particles from Heaven* are companion books and should be read together.



# Your Soul Body

## Chapter One

Your soul body is part of your being (*heart, mind and aura*). It is located throughout your physical body, but at a superior (*purser*) level of vibration.

Your soul body is perfect beingness, perfect peace and perfect happiness. Its energy is ethereal, soft and light. Its pureness transcends all physical energy. Even its joy is not the exuberant state of happiness as commonly defined; but it is a *perfect* joy; pure, gentle and silent, eternally glowing from beneath the surface of its body.

The *Soul Body Technique*<sup>™</sup> (SBT), presented below, will guide you in knowing this perfect part of yourself, which when known, will release (*demagnetize*) your being (*heart, mind and aura*) from the vibrations (*influences*) of all physical energy.

When you experience your soul, you will have a transcendent experience, an otherworldly or heavenly experience, one that is completely free of all darkness.

Knowing your soul body is a process of tuning the frequency of your mind's eye<sup>1</sup> and your sense-awareness<sup>2</sup> away from the physical vibrations of your body toward the pure vibrations of your soul. This is easy to accomplish using the SBT™.

*Soul Body Technique*™ (SBT):

Sit with your eyes closed. With your mind's eye and your sense-awareness, watch and sense your entire physical body and the energy of your aura<sup>3</sup> one to two inches beyond and around your body.

Maintain a relaxed certainty in your mind's eye and in your sense-awareness that your soul body and its perfect peace exist at the exact same location as your physical body, but at a much purer (*finer*) level of vibration.

Don't try to see and sense your soul body anywhere other than at your physical body. If you think it is somewhere else, you will miss it.

Your mind's eye and sense-awareness should be relaxed, steady, and sure.

When you see and sense your soul, its perfect energy will replace the vibrations of your physical body.

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1 In your mind, locate where you can see mental visual images. This is the central part of your mind's eye. You will likely sense that your mind's eye is energetically connected to different points of energy called "chakras," along the centerline of your forehead.

2 Your sense-awareness is your natural ability to be aware of the sensations of your physical body. You use your sense-awareness all the time. Just as you can be aware of the sensations of your physical body, you can likewise become aware of the sensations of your soul body.

3 For detailed information about your aura, your sense-awareness and awakening your natural ability to sense energy, refer to the book *Instant Harmony & Happiness: Activating Your Happiness Chakras* by Alfred George Shaheen.

Practice the SBT™ for one to two minutes at a time. Relax into the exercise. Return to the technique several times per day.

It won't take long, perhaps a day or two of regular practice before the physical vibrations of your body begin to subside. When these lower vibrations disappear, you will feel free (*demagnetized*) from physical influences (*energy currents and vibrations*) and you will know the perfect part of yourself.

When you awaken to your soul, silently sit with it; silently be at peace with it.

Continue to relax your mind's eye and your sense-awareness into purer levels of your soul body's perfect peace and joy. Remain with your soul until you feel that your time with it is complete.

Your soul body is inside your physical body. However, when you perform the SBT™, you include one to two inches of your aura because your physical body can produce a heavy layer of physical energy as the initial band of your aura around your physical body. By expanding the peace of your soul out into this initial layer, the vibrations of that band of physical energy will also subside.

If your mind becomes active when you turn your mind's eye to see and sense your soul in your head, it is because you are stimulating the physical energy of your brain.

The energy of the mind and the energy of the brain are different. If one looks at the relationship between their mind and their brain, they might think the two are one and the same. The difficulty in differentiating mind from brain occurs when the mind, by its awareness of the brain, activates the brain's physi-

cal energy and becomes filled with it to the point where mind and brain become indistinguishable.

The mind experiences a type of unity with the energy it receives. While the mind is filled with brain-energy, it can sometimes be difficult to tell the two apart.

Therefore, if while performing the SBT™, you look to see and sense your soul in your head and you activate your brain-energy, turn your mind's eye back to your torso where it is easy to know your soul. This will reestablish the peace of your soul in your mind's eye and sense-awareness. Then you will know what you are looking for when you turn back to see and sense your soul in your head and your mind will not inadvertently activate your brain-energy. Go back and forth, as necessary, until you know the perfect vibrations of your soul in your head as you do in the rest of your body.

Your initial awareness of your soul body via the SBT™ will open your energetic connection between your mind's eye, your sense-awareness and your soul. This will make it easier for you to see and sense your soul body the next time you perform the technique.

Consistent practice of the SBT™ will continue to open and strengthen your connection with this transcendent part of yourself until all you'll need to do to become aware of your soul is to think of it.

Upon completion of the SBT™, the harmony of your physical body and aura will be much purer than before you performed the technique.



For several reasons, it is important to always reactivate *Your Auric Forcefield*<sup>™4</sup> upon completion of the SBT.

Place your sense-awareness on the energy of your aura and perform the *Happiness Activation Technique*<sup>™</sup> (HAT) or the *Auric Forcefield Technique*<sup>™</sup> (AFT).<sup>5</sup> Make sure that you sense the harmonious buzz (*vibration*) of your aura before you resume your daily activities.

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4 Your Auric Forcefield<sup>™</sup> is the natural strength of the harmony of your aura developed by performing the techniques presented in *Instant Harmony & Happiness: Activating Your Happiness Chakras* by Alfred George Shaheen.

5 To learn about the *Happiness Activation Technique*<sup>™</sup> (HAT) and the *Auric Forcefield Technique*<sup>™</sup>, refer to the book *Instant Harmony & Happiness: Activating Your Happiness Chakras* by Alfred George Shaheen.

## Soul Body Technique™

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