



MASTERING THE SKILL OF CREATING REALITY

Embracing Your Power As A Creator
& Taking Responsibility For Your Life



DANIEL SHAI

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& Taking Responsibility for Your Life**

DISCLAIMER

The author is not a healthcare professional. The term 'client' refers to a person who came to see Daniel to inquire into the Sun Ray Teaching and how to apply it in their lives and not for licensed therapy of any kind. The term 'client' is used only for purposes of convenience.

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Foreword

A wise person once said: “The meaning of life is to find your gift; the purpose of life is to give it away”. Finding the source of my gift is what Daniel has gifted me through the Sun Ray Teaching, and I am so honored to be writing this foreword as someone who has put to the test and found true the insights you are about to experience in these pages. I am excited that these teachings are collected into the book which you are now holding in your hands, so that they might reach more people in what I imagine will be widening circles of gentle power, assertive love and childlike wisdom.

You might be thinking: many books have been written about empowerment, healing, happiness and liberation, so what is so special about this one? Quite simply, it is that the clear and profound teachings it contains are appropriate to the zeitgeist of the New Age we are in. Right now, temperatures are rising, species are being lost to extinction, humans are losing the places they call home and our lives seem increasingly empty and consumed in distraction and addiction. It seems that despite our advanced global communication systems, we are more polarized than ever before, more isolated in our private spheres, clinging to our affiliations, leading our individualistic lives behind tall fences and closed doors. Ironically, behind our strict delineations of self we are lost, unsure of who we are or what our purpose is, following what our families, societies and leaders tell us, buying into the meaninglessness, consumerism and fear fed to us by politicians and the media.

At the same time, advances in several scientific fields are arriving at the understanding that our material reality is made up of complex networks of relationships, that organisms are interrelated and interdependent, that the Earth behaves as a living system, that the universe is ever-evolving and unfolding, and even that mind and matter are not separate, but shape each other in what seems like a borderless, flickering field. How do we reconcile our lonely lives with the crises we face, and the new information that is flooding in? As humanity, we are at a crossroads where we will have to awaken to ourselves as the powerful creators that we are, and reinstate ourselves as the beings which have come to manifest our joy, our love, our wisdom and our meaning here on Earth, in harmony and peace with the ‘more-than-human world’.

Yes, these are not new ideas in the history of the world. Ancient spiritual teachings have known about the holographic nature of our cosmos for a long time, about its inherent creative principle, and about the power of thoughts in shaping physical reality. Yet up until now, most of our contemporary western ways of healing have separated mind and body and ignored the human being’s interrelationship with other human and non-human beings, isolating the individual from his ecology, pathologizing her trauma and treating the symptoms. On the other hand, mainstream spiritual teachings have largely focused on spirit and ignored or vilified matter, urging us to deny our bodies, our emotions and our human selves, and causing us to dissociate from our ephemeral, poignant world.

The challenge of our time is thus concerned with integrating dualities, healing fragmentations, and bringing together in harmony and celebration the Divine Masculine principle and Divine Feminine principle in our psyches and in the world. The Sun Ray Teaching provides present-day tools for integration, wholeness, inclusion and

understanding. Here is a teaching that does not deny the self, but which clarifies, validates and empowers it, so that it may serve the Love that you are, and that you have come here to give and to receive. Here is a teaching that affirms our connection to, indeed our existence as, each other, the Earth, the Universe and the Infinite itself. Above all, here is a teaching which constantly points you back to your own wisdom and your own authority, instead of asking you to become a blind follower or devotee. Daniel does not speak from the pedestal of an ascended spiritual master, though he is one, but he writes from the heart of a fellow seeker, who is walking beside us through the forest of ever-expanding insight and joy, to the heights of our own unique mastery and the depths of our own heart.

Whoever you are and no matter your background, I could not be more thrilled that you have arrived here, for this book was written just for you. I hope you apply the teachings and judge their integrity and usefulness for yourself. From the bottom of my heart, I wish you a happy journey into a loving empowered state of being and further afield, into the vast expanses of our infinite universe!

Lilia Kapsali

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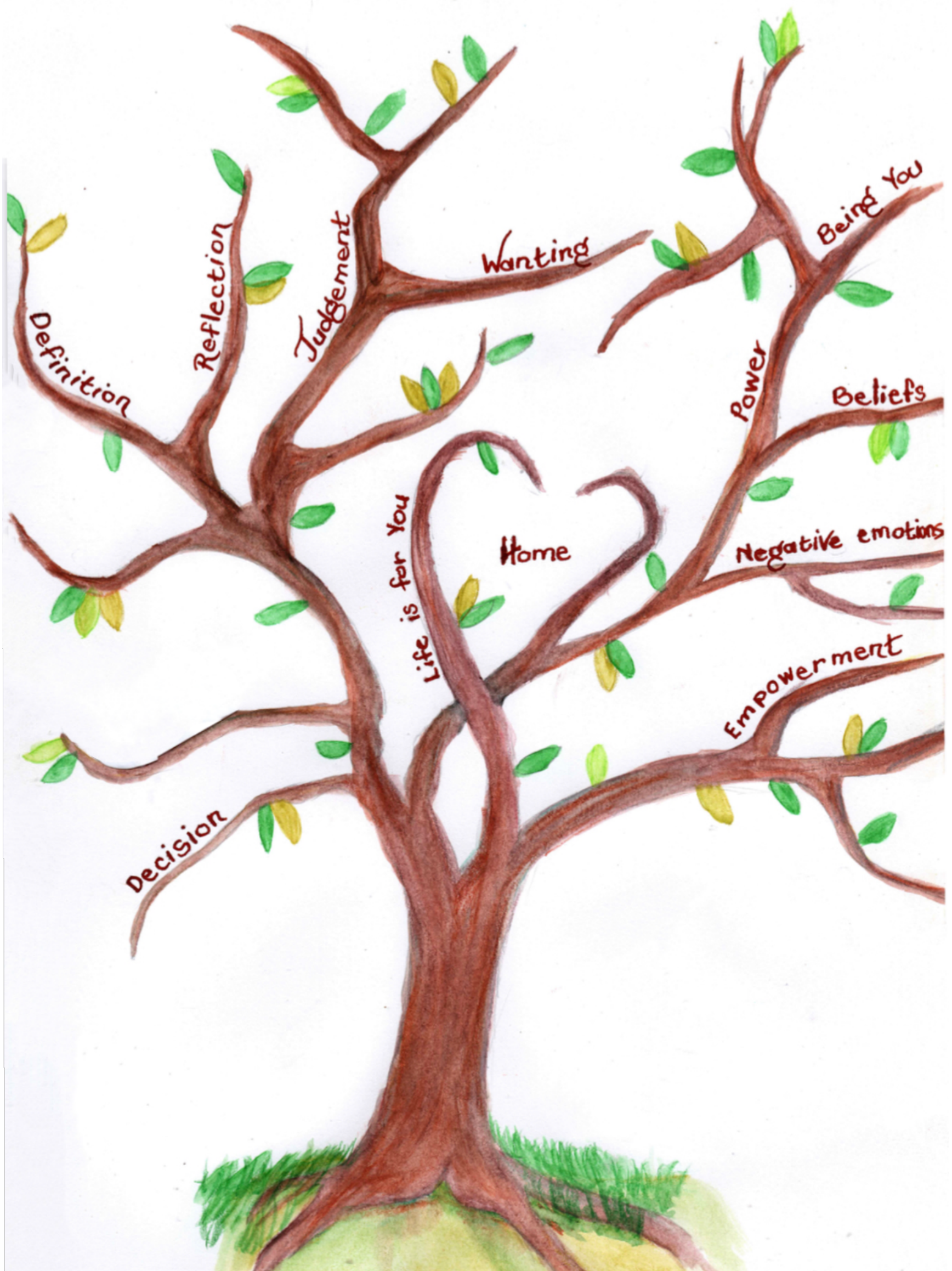
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How To Read This Book

This book contains two parts: the reading material provided herein and the toolkit.

The reading material starts with very general ideas and becomes more and more specific as you progress through the chapters. In fact, it may become too specific for you at parts. Why? Because part of the technique I use in helping you, the reader, release patterns, is exposing them. If you have certain patterns that I've exposed in this book, the sections that speak about them will captivate you. However, other sections that reveal patterns you don't have may not. Therefore, as you progress along this book, it is okay to skim through some parts that feel just too detailed for you (or simply don't resonate): Those parts are for someone else. By all means follow your joy and allow yourself to gravitate to the sections/chapters that call you.

The Toolkit For Making For Making The Decision About Who You Are is an easy read. It is less contemplative and more action oriented. You may find it simpler and lighter. Yes, there is some action for you to take there, some inner-reflection to do, but it is great fun for you are creating yourself! So come to it with that excitement and joy of creativity.

Once you've gotten the essence and the feel of what empowerment means from the reading material, that is the best time to cruise along to the toolkit. I hope you begin to see that you are in charge and find yourself ready to take charge. Indeed I hope you jump into the Toolkit with the realization that you are a conscious creator and that your point of power is now. The rest of the chapters in the reading material will wait for you, and you can feel free to pass quickly through the parts that less capture you and deliberate on those that do.

Surely, reading while also applying the conscious decision you will make with the help of the toolkit will enrich your reading experience, making the concepts become a living reality.

~

Truly, you contain all of this information, as the Tree of Contents (p.7) depicts. The tree is *you*, and its core is connected to each chapter. It represents your simultaneous (or multi-dimensional) nature rather than your linear experience. Surely, the experience of reading in a chronological order will feel like the information is "growing on you", yet I insist that you are but remembering what you already know.

This book introduces several of the basic principles of my teaching - the *Sun Ray Teaching*. Keeping in mind it is a teaching, you may understand why it is a read that requires digesting and may perhaps at times feel more like a course than a book. There are single sentences and single paragraphs that you could practice and contemplate for days. You will recognize them because they will stand out to you. Use the parts that really speak to you; those that don't might later, or maybe not at all. Let yourself digest the chapters at a pace that is comfortable for you, for you are by no means merely reading a book — you are dis-covering, or re-mem-bering, yourself. As you do, you will also begin to re-member your connection to the whole.

If, as you begin reading, certain ideas don't seem to make total sense to you, my suggestion is to trust that these ideas are gradually unfurling from chapter to chapter. Think of it as a seed becoming a tree. The first chapters are very potent - they are the seed form; the following chapters are the expansion of the seed outwards and upwards, in such a way that all aspects present within it are expanded upon. The other component in the expansion of the seed is your contemplation. Reflecting upon the material while you read as well as throughout your day, will help you grasp it better and see the truth of the material in your actual situations. This will bring it to life.

This book is a not merely a book - it is a technology. To use it you must actively apply the ideas to your own life. Otherwise it will remain dry information for you. *Think about your life as you read along*. The book contains many examples to help clarify what it says, but if you try to find examples *from your life*

you will certainly find the book more understandable as it will be far more relatable and therefore far more helpful. For example, there is a section where I talk about the feeling we get when we are tired of something in our lives and have had enough. The best use of this section would be to reflect where *you* are feeling fed up, tired and that you've had enough of something. Maybe you are tired of holding on to a particular way of being (like pleasing) or belief (like that you can't act on your passion). If you read the section with your personal example in mind, it will be clear to you and of great benefit. The recommendation is to do this with every section.

You might also find yourself in the examples I express throughout the book. The idea is that the more personal you allow this book to be for you, the more it will speak to you. This book is about you. Perhaps there are sections that won't resonate, but generally speaking. Therefore, don't read it from a remote stance. You will miss what it has for you in this way. Instead, allow it to speak to *you*, specifically. I promise you it is talking about *your* life.

Upon re-visiting a particular part of the book or just re-thinking about it, you might find that it seems all of the sudden a lot more profound than the way you originally understood it. The material is extremely profound because it is extremely simple. It will be understood differently from different levels of awareness; but it will also call you forth to a higher or more expansive state of awareness within yourself.

As mentioned, this book includes a ToolKit For Making The Decision About Who You Are. You are free to turn to the ToolKit at any point you feel to. It is quite likely that the first chapters of this book will inspire you to. You might experience an easier read if you complete the ToolKit rather early on.

You will likely find that once you are done reading the book for the first time you will be able to re-read the chapters in any order you like. Each chapter will feel like it can be read as a whole, without the need for chronological order.

The ToolKit can be re-visited just like any part of this book. In fact, it can go with you for life, for the decision we are making here can be made several times in our lives, at different times, and not only once.

There are work-sheets and tools at the end of the toolkit for your practical use. Use them if they resonate for you. Their aim is to help you remain aligned and grow more positive and empowered.

The information is here, how you decide to use it is up to you. You can begin reading, then do the ToolKit, continue reading more, use the worksheets, come back to the reading. You can play around with it as you feel.

I hope it serves you well!

Reinventing The Wheel

This book is not the invention of the idea of empowerment or liberation. Our teachers and wise women and men have shared with us the ways to liberation throughout history, and still do in present day. This book does not attempt to re-invent the wheel and yet it certainly does not merely reiterate. It aims to do nothing but share with you the concepts I have found incredibly empowering — some that I have heard from others and many that I have come to on my own — and make them simple enough for you to use. At some point there is no difference between understanding a truth through another or through oneself, for at the point of truly grokking it, it is as though you always had this knowing — and in fact, you did.

Many of my clients say that the *Sun Ray Teaching* is a merging of several different paths, and at the same time quite unique for it is a “more advanced technology”: once you “get it” it is quite a power boost like

no other. It is not its complexity that makes it difficult to grok, but its plain simplicity. To “get it” you might want to ask yourself:

Am I willing to accept that I have this power and that it's that easy to use?
Indeed you are already using it at all times!

The part of the *Sun Ray Teaching* presented herein is about using your mind - always in conjunction with your heart - directly. All the tools you require you already have - by default.

A great part of the power of this teaching is that while it may not share with you ideas that are new to you, its clarity may shed a new and brighter light on those same ideas. The ideas in this book are presented in a way that, given a chance, is likely to shift your way of thinking and seeing things. They are presented in a way that you can *use*. They are not of much worth if they remain theoretical, after all. I consider this part of Sun Ray to be a wholistic and integrated approach, the implementation of which allows us to navigate our lives feeling empowered and joyous.

We will begin by presenting the general ideas, and as we progress I shall go more into the specifics.

INTRODUCTION

Empowerment, in the Sun Ray Teaching, is a mostly masculine aspect of the teaching (unlike its approach to shadow work) in the sense that it invites you to shift instantly and directly, as opposed to a gradual process of shifting. This doesn't mean that it leads to masculine results, only that the approach itself is direct. Sun Ray teaches you that this is possible; it is but a matter of decision. Hence the approach is one that cultivates choice, reminding us of our free will. As we recall our ability to choose what truly serves us in any given moment, we may find — in the long run — that we've actually become more feminine. Many of the choices we make don't serve us and are based on the imbalanced masculine programming of our society. As we become more empowered, our need to attain and display power in the ways this world has taught us completely disappears. Simply, we stop going to war; we quit the game of overpowering, seeing clear as day it doesn't serve us. We become real individuals, who understand reality (what it is) far better and how each of us creates it 100%.

One of the results of true empowerment is a sharp increase in worthiness. This is what happened with me when I started implementing the ideas in this book. Indeed, I am about to share something incredibly precious with you. Precious because it changes entirely how you experience yourself and life. And it's so simple that it amazes me that it doesn't occur to more people. We're so used to thinking of ourselves in a disempowered way that we're barely aware there might be another option. The vast majority of us have been taught the disempowering way, but we can be shown a new way. A paradigm shift, no less. An opening up in what we know to be possible. A way that is actually more natural for us and makes more sense.

We have never been shown that we have the ability to make a decision - a very personal and special decision, that will shift absolutely everything in our lives and the way we experience it. We may have heard about the power of decision, the power of the mind, etc... but most of us think of it - whether we know it or not - as something theoretical, something we may be able to understand intellectually yet it remains far removed from our experience. That's because we haven't been shown exactly how to apply it in our own lives. Now! Not one day... And the moment you apply it you are *immediately* empowered.

This power doesn't belong to some few remarkable people, but literally to each and every single one of us. So prepare to learn, shortly, how to consciously apply your ability to make this personal and special decision - and make *everything* in your life flow in a brand new direction.

I know it's possible because I did it. When you do it once you become aware that you can do it any time: you can create your life deliberately and consciously. Of this we must become convinced.

If you think this is true only for some people and in some situations (it won't work in *my* circumstances is the biggest excuse), well I first applied this knowledge in full in a situation where I had nothing: no money, no bank account, no means to get to a job, no energy to work at a job even if I could get to it, no place of my own to live in, eating whatever I could get off of food stamps, and just generally fatigued mentally, emotionally and physically. Internally I was not at peace; I was feverishly *seeking* for peace, however.

I had reached a point of being so fed up, so stuck, that it was so unbearable, and I *had to* find my way out. You know, when you're pushed to the corner you often shine. You produce out of yourself that change that while things were still tolerable you held back on, because you felt you could afford to wait. Wait too long, however, and you become suicidal. It literally gets to the point of *do or die*. But it really doesn't have to. You can change things around *right now*. Why wait until it feels intolerable and unbearable?!

I didn't *die*, obviously. But what did I *do*? **I made a decision.** About who I am and about what I want to do in life. I decided to get clear; no more the fogginess of self-denial. I honored my passion, for a change, and allowed myself to see exactly what it's telling me, what I want. What **I** want, rather than what other people want *of* me. I backed up my decision with a vision. And ultimately what I did was... I did things *differently*.

What does that mean? It means I obviously couldn't keep being the same way doing the same things and expecting different outcomes. I had to start being different and doing different. I had to have an aim, a destination, and to *behave* in a way that is in accord with my aim, and *do* only what serves my aim. What this means, is that I stopped going against myself. For the first time in my life, I was fully on my side. And let me tell you... when you recruit yourself for something, when you are decided - you are whole. And when you are whole you move forward very powerfully. Good luck to whoever wants to stop you... The truth is no one can.

My passion was to do what I am doing today. To assist people in becoming the clear, conscious, deliberate and powerful creators they were born to be. To share the good news that happiness is readily available. First, I had to be the example. I was my first client.

I knew passion was the fire, the igniter, the voice of my true self calling me forth to be all that I am, and that if I was to break out of the jail I'd placed myself in, I could not afford to ignore my passion any longer. I needed to **act** on it. I needed to express myself in this world, rather than keep suppressing myself. I admit that since childhood this world seemed so mad to me that I'd spent most of my life trying to escape it. I had come to realize that all of my attempts to escape it were really leading to my own decay. It makes sense: how long can you hide without withering away? Now I had decided that if the world won't just invite the likes of me - a person incapable of fitting in - to share my different view, and if it won't make room for me to fit in, like I'd been hoping for decades it would (spread a red carpet for me, preferably, and place a throne in the room you make for me while you're at it, please) - *then I will make room!*

Those of us who can't quite fit anywhere can spend our whole lives feeling like outcasts, or we can make room for ourselves. We've all heard the saying "build it and they will come". It's not much different from "be the change you wish to see". You start, and then it grows on some people. Not on everyone - at least not at first - but on some. And then some more. If you don't start, however, nothing will happen.

So many ideas that have revolutionized our world had started off being ridiculed. Not that long ago it was inconceivable in the west that blacks would have the same rights as whites, and only one hundred years ago did women get the right to vote. Ideas grow on people. And those ideas which are pregnant with a paradigm shift may take some growing...

Anyhow, starting my journey of empowerment and acting on my passion first meant I needed to stop pleasing people. I needed to piss a bunch of people off because they didn't like the direction I had chosen - it had brought up their own issues for them (insecurities, fears, shame, jealousy). But I felt so on the edge that when it came to shrinking so that they stay pleased or shining and pissing them off - it was barely a choice: flying was the only option.

Since then I say, **"Fly! Don't ask for permission"**.

And today I would also add: Don't let anyone guilt-trip you for being you.

There were many people in my journey who unconsciously and without ill- intention sent me the message that I cannot do what I want to do, that I cannot be who I know I am. As I write this I am thinking of a few spiritual teachers actually (and books), who deterred me from my path by teaching me to deny my self and my emotions, due to their illusory nature. These teachings were detrimental to success in every area

of my life - from doing what I love to do wholeheartedly and joyously, to killing my relationships. They put ideas in my head that took me far far away from my natural self.

If you encounter a teacher or teaching that just feels disempowering and guides you in an unnatural direction, listen to yourself. No one is a higher authority. The true teacher is within, *a/ways*. Teachings are meant to point you to that inner teacher, *not to replace it*. The parts of the Sun Ray Teaching that I am about to share with you in this book are entirely about you being your full natural radiant self. Certainly I don't wish that you deny, neglect or disrespect any part of yourself. I am not asking you to give up anything except that which does not serve you. You could say, you are only asked to surrender your disempowering beliefs and habits, by surrendering to your inherent power, your magnificence, your light. And it's up to you, always, if you choose to do so or not.

Today I am thankful for everything I had gone through on the journey, including extreme self-neglect (mostly emotionally, yet physically as well), as unpleasant as it was. I feel it has allowed my Sun Ray Teaching to be more accommodating, accepting and understanding than the teachers and teachings I'd encountered, and over all to be an integrated, wholistic, compassionate and encouraging spiritual teaching.

You know, when I had made that life-changing decision about myself and who I would become in this life, I had no idea *how* it would happen. But I knew it would. I knew, because I knew that reality was coming *from* me, and I was willing to surrender the notion that it is happening *to* me, as though I am a victim of my circumstances. I made a clear decision, consciously and intentionally, and stuck to it like a leech. The universe bent according to my decision; it had no choice but to bring me back what I put out. It responds to us *perfectly*.

Everything I needed in order for my decision to manifest into a reality showed up: Guidance, incredible synchronicities and the means to do what I needed to do in order to move forward with my passion. All I needed to do was follow through.

Then came that moment... that moment where the external circumstances were about to completely shift. The breakthrough. They did. And I knew without any doubt from that moment on - that I 100% create my reality.

It's mechanics, although the jargon may sound spiritual. But if you apply what I am about to share with you, it will work just like clockwork. This doesn't mean it's easy from the get-go. It is no different than learning anything else; it requires desire, dedication and determination. Then it can't fail. In fact, it already works — you're already creating your reality. But the Sun Ray Teaching will enable you to do it deliberately, intentionally, purposefully and with conscious understanding of how you're doing it.

There really is nothing mysterious about creating your reality. Again, the question is will you *accept* that you have the power and that it is *utterly* simple?

Before We Start: The book, the teaching and yourself

This book offers a general guideline for achieving your empowered state, and manifesting a reality in which you feel passionate, ignited, lit, full of love and filled with glory. How? Through the utilization of the power of decision, of course, the power of your mind to direct the flow. While I would love to reach each person individually, a book can only be general. I hope you use your intelligence and intuition to apply what you learn here to your own personal situation.

The actual achievement of the empowered state comes not just from reading the book, of course, but sitting down and writing what it asks you to in the practical part, and most of all applying it over a period of time. The sheets & tools at the end of this book should help you with that.

Your experience is your best teacher. Once you experience your power, you will never see yourself or life the same way. You don't need to believe me, you need to experience it for yourself. This book can propel you into that experience. It tells you in a straight-forward manner how you are already creating your reality, and how you can now consciously use that to your advantage.

Through the book I will be challenging some commonly held beliefs. Without you noticing, just reading this book is likely to shift many disempowering beliefs you may be "harboring", so to speak. It might inspire you to be more and express more of who you really are. It might reveal the truth that happiness is not very difficult to attain.

There is repetition in the book. I think that it's only fair that these empowering ideas get a chance to not only to be mentioned but repeated, because the disempowering ones have been playing on repeat in our minds throughout our entire lives. Repetition of empowering ideas helps our minds get used to a new way of thinking. It also helps to connect different topics in the book.

As I mentioned, the book is a general guideline. People who are in different vibrational states are reading it, and try as I may I can't really address every space that everyone may be in, nor can I address absolutely every single challenge that may pop up on your path. Those things are possible only in personal work where I address a person's specific situation and level of consciousness. I have certainly taken into consideration that many different people in many different situations are reading this, and did my best to include as much relevant information as possible to assist as many as possible. With this in mind, if you find that some parts really don't resonate with you, that's ok - they're not meant for you - they're for someone else. Nothing in this book contradicts anything else, but if you are not in vibrational readiness for certain parts of the material, they just won't resonate with you. However, you may read this book again later, and suddenly those parts will absolutely speak to you. It depends where you are.

You have responsibility as well, dear reader. If steps could be given and just mechanically applied to make your life marvelous, it would be a soul-less robotic procedure. A teaching is, essentially, information. It invites you into a new and more expanded awareness. Your responsibility is to be involved and engaged in the process, not to passively be spoon-fed. My aim with this book is *not* to think *for* you. If anything, it is to get you to think - in ways you haven't yet. You always have been and always will be your own responsibility. Don't lay it on others, because they are not your saviors: you are.

As you read this book, I hope you check in with yourself every step of the way. Discern what is for you right now and what isn't. Allow yourself to become aware of how you block or limit yourself. Allow yourself to become aware of how you can do things differently. Use this book as a spring board to challenge and inspire you to have a different view of yourself and the world. Let this book inspire you to experiment with the ideas presented, and through your own experimentation will you *learn*. It's not the words that teach, but your experience. The purpose of a spiritual teaching is to help you learn the subject at hand: *you*.

Therefore, let us remove the illusion that you are about to study my teaching. The truth is that the Sun Ray Teaching is a tool (an advanced one) for you to use as you study *yourself*. Hence I said earlier to think of your life as you read the book. However, it is not merely a tool for studying yourself, *but for creating yourself*. May it be a light on your path, a tool to help expand your awareness of how you've been limiting yourself and how you may now experience more freedom. May it be an encouraging invitation into your natural self, your true *home*.

As you study and apply the ideas herein, ideas that didn't seem connected before suddenly will. Those can be fun "Eureka!" moments.

Always, it is important that you take what resonates.

Blessings, and an enjoyable read to you!

EMPOWERMENT

To be empowered doesn't require you to get power from outside yourself. It's already there. The only reason you may not be experiencing it is because you haven't been using it *consciously*. You have not been taught what your mind can do, and, in fact, already does.

You may have read quotes and books or heard teachers and coaches telling you that you are powerful, and maybe it momentarily brought you to the direct awareness of your power. We are wanting here, and indeed aiming, for that awareness to be stable enough to enable real changes in your life. That means living the understanding that your life is in your control, happening *from* you and not *to* you.

In the experience of empowerment, your fear makes room for love, appreciation and openness, your sense of being at the mercy of external circumstances dissipates, along with your depression, anxiety and littleness. It is the end of seriousness and heaviness. All of these are normal if one is disempowered, but no less than joy makes sense for those who truly know they create their reality.

The empowered don't keep themselves little, hidden, shrunken. It's not that they are attention-hogs - they're not full of themselves, just *fully themselves*. They don't require permission from anyone to be who they are. To the extent that you are permitting yourself to be who you truly know yourself to be, expressing yourself, living your truth and values and joy and passion - to that extent you are healthy, for no part of you is neglected. Depression, anxiety, overwhelm, fear (of the future), shame, guilt, doubt, lasting frustration - all of these *must* follow when one is shrinking oneself and denying one's truth. If you are to be happy, you must be like the sun: you must come out and shine, as you are meant to. The clouds of fear, guilt, doubt and shame must be cleared away.

It is incredibly uncomfortable, such a dis-ease, to hold oneself back for fear of rejection, living out that need to be approved by society. Disempowered. However, many of us get so accustomed to this dis-ease, so numb, that we are no longer aware at all how not-ourselves we are. We have become some robotic version of ourselves that doesn't even know what it truly wants and feels, what it loves and is passionate about. It has utterly forgotten that the purpose of life is no mystery whatsoever but is actually bloody obvious: *joy*, not achievement. All the while it intellectualizes and philosophizes and tries to pretend that it is living a fulfilled life - but there is a deep dissatisfaction and unquiet beneath the surface. Denial of one's natural self is a lot of work!

Our disempowered robotic self lives in a heavy sense of obligation, believing that it *has to* do all sorts of things. It no longer lives in "*I get to*". It no longer lives in wonder and believes in magick or the existence of possibilities beyond its routine, beyond what it has been taught is acceptable to expect from life. It thinks small and therefore lives small, living in the known, not in the new. It lives in time, not in the NOW, meaning it is always concerned for past or future and rarely ever just free in the present. The freedom of the present is the freedom *to be yourself* in the present, to *present yourself*, without shame or fear (of rejection). But the 'not-you' you have been taught and conditioned to be thinks the aim is to fit in rather than to be who you truly are. There is nothing more beautiful than the real you, unique and unlike anyone else in your expression. Success is not measured against anything outside of you, but only how much you allow yourself to be yourself. But while you are not you, happiness seems to come from without, and so the robotic self develops a false sense of control for itself, where it manages and organizes and plans everything, to give itself a sense of safety. But the very need for safety, through remaining in control and in the known, hating what goes against its plans, reveals that it actually feels incredibly unsafe. Hence it wants to control, out of fear of the unknown. It has no awareness of the magick of the flow, where everything is God's Kiss.

This version appears to be a carbon copy of you, yet is the furthest thing from you there could possibly be. It's your negative. An imposter has dethroned you and taken your place. You have been convinced that you are but a beggar, when in fact you are an Empress! You must re-member this. That's the journey.

This beggar is driven by negative control, where it tries to have control over things - rather than recognizing that true control is direct control of oneself, not one's environment. Positive control is control of one's quality of energy, one's state of being and vibration, one's responses, one's choices. It does not attempt to control what it can't, but only what it can.

In the same way, negative power is the attempt to have power over others. We do this only until we realize *there is no need* to control others at all, because we control our own experience, our own reality. We have the power to direct our experience, and we are using it always, either consciously or unconsciously, intentionally or unintentionally.

The way to get what we want is not through the futile attempt to control the way things happen or other people. In fact, this very attempt is what robs us of our peace of mind, ease and joy, especially because it's not possible. The attempt to control the external is an avoidance of facing the internal - all that isn't true in us - while trying to force our way to what we mistakenly think will make us safe and happy. No force is required. We must develop the habit of going in rather than out when things are not feeling right.

The way to get what we want is in the power to control the only thing we can: ourselves. This is all the control we need. We will see soon, that this is also the key to creating our reality.

While we think we are within our reality, truthfully our reality is within us. Perhaps this is similar to a dream at night, where we think we are inside the dream, but the dream is inside our minds. When we realize this, we re-cognize our power to dream the dream we wish to dream. It's *our* dream. It comes *from* us. Controlling *how* we are *being* is the main ingredient in determining *what* we experience.

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I mean it when I say that disempowerment - not being aware of your power and consciously using it - is the cause of all dis-ease and unease. I mean it when I say that the cure is of your mind and heart, and *not outside of you*. You have shut their doors, but thank Grace they can be reopened. And it wasn't your fault: you've always done the best you can, acting to the best of your knowledge. You simply have not been well-informed about who you are and what you are exactly capable of. You are on a journey of self discovery (uncovering more of yourself), calling to yourself this valuable information.

The cure to disempowerment is quite obviously empowerment. Empowerment is the state in which you are you (not the imposter). The true you is naturally healthy. To be healthy is to be whole. To be whole is, of course, to not be split and conflicted. Those parts of us that are, need to be integrated. We will not disown them but welcome them. We will face and own them, for you can't transform what you don't own. *Through integration we become whole. Through denial we remain split.*

Part of being empowered is having clarity. If you don't have clarity you don't move with conviction, you move with hesitation and doubt and uncertainty. A confused or foggy mind is not an empowered one, surely. So one of the aims of this book is to provide you with *clear* simple-to-apply steps, to make the process of empowerment not intellectual or theoretical - but experiential. If you wish to embody *any* knowledge, you must apply it. In the application it "comes down", so to speak, from the spiritual and mental to the emotional and physical.

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My journey began due to extreme fatigue. I was about ten years old when I started experiencing bouts of complete and utter depletion. During those bouts I was drained physically and mentally, feeling

completely foggy and utterly unable to function. In time, these bouts had visited more often, eventually becoming my normal state.

Everything was hard and heavy. With the loss of the immense happiness and excitement I'd experienced prior to this new exhaustion, came a tremendous amount of confusion that made thinking and functioning hard. Was I depressed? Yes, but I didn't know the word at the time. Today I understand that due to a big life-change that occurred at that time I had started to acquire negative beliefs, mainly guilt, that had sucked the life out of me, so to speak. The natural love energy that flows through all children gets distorted in one way or another when they begin to believe they are undeserving, guilty, unworthy, or when they become fearful (of rejection or abandonment, mostly) or ashamed.

For many decades to come, this sudden loss of energy that I'd experienced was a complete mystery to me. I didn't know then how we create our reality. I didn't know that nothing was random and every experience comes from some belief or other. My search for energy began. It went through psychology and philosophy and into spirituality.

My energy started returning to me only when I began to become aware of my negative beliefs and took full responsibility for them. In this process *blame* was entirely let go of. Gradually. I did not try to push away the negative beliefs and the unpleasant experiences and emotions that result from them, but to learn from them, even thank them, and choose new beliefs that would serve me better.

It was a process of learning that I create my own reality.

Guilt, the belief that *I Am* not deserving, is extremely draining. It also brings one to self-sabotage his or her own path. That, along with fear and shame and the sense that *I Am* inadequate (and need others to complete me), can surely cause exhaustion, for truly, exhaustion is the result of keeping who you are — your unique expression — withheld.

Shifting these beliefs meant I was being more of myself, and expanding into more of my own energy by expressing myself more freely.

I had reached a point on my path where shifting my beliefs had truly sorted out my life, really. My relationships improved, as did my financial situation, as did the general sense of abundance in my life. I was healthier and more able to enjoy my life. However... I still felt like there was some degree of foggy lurking in my experience.

Disempowering or negative beliefs disconnect you from unconditional love. They separate. Shifting them into positive beliefs integrates, restoring your alignment with unconditional love. Your being *is* that unconditional love.

A mind that holds less negative and segregative beliefs can reflect that unconditional love, for our beliefs filter our the expression of our being. Guilt filters it one way, love another. Judgment filters it one way, acceptance another.

Let us be free to play as the creators of our reality.

The Present of The Present

We're incredibly blessed that it's always NOW. Many of us want a brand new start, and most of us fail to notice that the universe gifts it to us *every single moment*. Wherever you are, you're always at the starting point. THIS moment is a brand new moment. In it you can make a brand new decision. And this is true for every moment. You always get to start over.

So if things went shitty, if you got off-track - that's ok. Stop. Breathe. Accept that what happened happened. That's crucial. Don't spend time trying to fix what's already over. It doesn't matter. What matters is what you do NOW. The *only* thing that matters is what you're putting out vibrationally NOW. What you're DECIDING now. WHO you're being now.

What are you going to associate yourself with NOW? Failure or success? Angry because of the past or happy because of the fresh opportunity of the present? What you associate with is really a decision about who you are, the vibration that you will allow to define you. Associate yourself with crap, and crap will associate itself with you. Associate yourself with the things you prefer, and you will draw that standard to yourself, to your life.

It's always a fresh start as far as the universe is concerned. It's responding to *this* moment. If you insist on bringing the past with you into *this* fresh new moment, then it will respond to this brand new now but will bring you the same results as it has in the past, because you're putting out the same vibration. If you want something different you must *be* in a different vibrational state.

No matter your circumstances, no matter how big and deep the hole you dug for yourself, you can always, **NOW**, begin to put out something *new*. Leave the past in the past, where it belongs, and start feeling into what it is you really want to experience from *here* on out.

And if you're worried for the future, well ask yourself if that's the vibration you prefer to be putting out? Is being worried in the NOW helping you create the future you desire? I bet you've tried worry on for size many times in your life. Of how much assistance has worry been to you? Think about it. How effective is worry in creating solutions?

Wouldn't you prefer to be the person with the solutions rather than the person with the problems? Choose that.

The future is irrelevant because it's not *here*, just like the past. It's what you do NOW that matters, and the only time you *can* do anything is NOW. Spending your NOW worrying is not particularly productive... So forget about what will happen and what has happened and focus on NOW. Here you are, NOW, creating your life. You can't help it. You can't stop putting out some vibration or other.

It's good to wake up to the fact that you are a creator, by default. You are utilizing your power whether you knew you even had it or not, just by vibrating at a certain frequency. But what if we take control over how we vibrate? Why then we would be creating our reality consciously and deliberately - as opposed to randomly.

Choice Is Everything

I use the words choice and decision interchangeably throughout the book. Choice - or decision - is everything, as we will see in the next chapter, *Decision*. If we are to make use of our free will, we must become aware that we are always choosing. We must accept full responsibility for our experience. In doing so, we are essentially admitting we choose it. Thus we empower ourselves to choose *anew*. You see, if we don't admit that we are the one deciding our experience, how then can we decide to shift it? We leave ourselves stuck and disempowered. The aim of the Sun Ray Empowerment Teaching is indeed to bring us to surrender to the *fact* that we stand *always* in the place of choice.

If you are the dreamer of your dream, and you never cease dreaming, don't you want to *consciously* dream your dream? Don't you prefer to be in charge of your dream rather than at the effect of it? Don't you prefer to *dream awake*?

In order to do that you must come to understand that *everything starts with you and your decision of how to be*. How you choose to be determines which way you will go and how things will unfold on your chosen way. They might be smooth and easy, and they might be very rough. As cliché as it may sound, it's very literally *what you make it*.

Reality comes from you.

Indeed, you are a weaver of realities, or more accurately — a *chooser* of realities, for they all already exist. If they didn't you couldn't conceive of them in the first place. Reality, then, is not an objective and solid self-existing phenomenon, but a mirror of your mind.

We shall get into all of this shortly. In this section I only aim to emphasize that choice is a *key* component of empowerment. You choose your way; it is not something that happens *to* you, but *from* you.

You are far more powerful than you might know!

Sun Ray is about Being Yourself

The function of the part of the Sun Ray Teaching presented in this book is most definitely to give you tools that assist you in navigating your experience, yet ultimately it is an invitation to *be yourself*. Simple, yet one of the most difficult things to do in this world. So much of Sun Ray is about validating who you are, your preferences and desires, and understanding and overcoming your self-judgment. It is, in one sentence, about *allowing yourself to be yourself*. It is for you to give yourself the permission to be who you are — do not wait for anyone else to give it to you.

This may not sound like such a huge endeavor to you, but I assure you it is. Many of us are not even aware of the extent to which we are not being ourselves. When we start the work, we start to realize we are operating out of beliefs that are not even ours, and in many cases living a life that isn't ours — that doesn't represent who we truly are. We start to become aware of the disconnect from our natural self.

In the process of removing conditioning, I work with people's beliefs much of the time - the beliefs that block them from the permission to be who they naturally are. These beliefs often have to do with lack of worthiness, being deserving and good enough, lack of self-acceptance, and fear of rejection and hurt. They appear to me as distortions of love or love-energy deflected from its natural course. When the barriers of guilt, shame and fear are shifted, the energy returns to its natural course. Love is restored, in that sense, and the individual is in alignment with his natural — or true — self.

In a very real sense the Sun Ray journey is one of growing back down, to that open-minded and open-hearted child, who lives and plays without concern for the opinions and thoughts of others. The child whom expresses herself freely and does not have ingrained in her mind a whole 10-story list of wrong and right, of what to avoid so as to escape being judged or becoming self-conscious. This requires the practice of validating oneself and one's path. Indeed, to be in touch with yourself is to let the child and his joy out, free to create, free to imagine, free to love, free to be, free.

Playing grownup is complicated, often excruciating and indubitably exhausting, for it means maintaining a facade - wearing a mask for society that ends up suffocating you.

If the grownup is our prison, the child is our liberation. And if we are to be terribly honest with ourselves, we must all admit - without exception - that we are children. Of course I don't mean this in the sense that we are irresponsible and incapable of taking care of ourselves (this, however, sounds like a description of a grownup just as much as of a child, judging by the way our world operates and looks today), but in the sense that we are all innocent, innately joyous and free, playful and unburdened. We are all *spirit*... wearing a mask. Liberation as presented in this part of the teaching is the removal of that mask.

My method (which isn't really "mine" for it is just exposing the way reality works) *insists* that you *can* choose differently and in this way get different results in your life. You *can*, indeed, begin to make choices that gradually — although not necessarily slowly — lead to your liberation. You simply have to no longer make the choices that feed the facade, and begin to make the ones that feed your soul. Those choices

that are motivated by fear, guilt and shame are those that maintain the cycle of bondage and suffering, while those that are made simply because they are *true to who you are* lead to freedom — the freedom to be you. I call the first disempowering choices and the latter empowering choices.
We're making one or the other at all times.

We can choose - or decide - to respond to situations in our lives in a way that will make us feel better and lighter. We can choose to be a version of ourselves that we truly enjoy being. Most people aren't exercising their ability to choose: *they aren't aware they have it.*

That's because many of our choices, our decisions, our beliefs, *are unconscious*. Part of my job is to make those beliefs conscious and to show my clients how they are actually choosing those beliefs. Only if they realize they are choosing them are they then empowered to choose otherwise.

Becoming aware that what we are currently choosing is actually not-at-all preferred and can be changed, brings us to seek an *alternative way of being and thinking* — one that is preferred, obviously. Practicing choosing the alternative sooner or later turns it into one's natural way of operating. After all, whatever unconscious belief we were operating from before was nothing but a practiced choice. Whatever thoughts we practice, we come to believe. This is demonstrated beautifully in the Hebrew language where the word 'practice' (להתאמן) has the same root as the word 'believe' (להאמין).

Coming Out

Surely we recognize this term from the gay community, but each of us, if we are on the path of authenticity and courage, has our own coming out. This world doesn't exactly invite us to be ourselves, perhaps it *dares* us. We are all, in our own way, fighting the social conventions, that tell us what is appropriate and what is not, what is acceptable and what is not. We are living in a world where judgment is prevalent, and since it doesn't feel great many of us try to avoid it by quietly playing the role expected of us. If we don't go numb to ourselves, we reach a point where that is no longer an option because it becomes intolerable. "Coming out" is an empowering act of liberating ourselves, freeing ourselves to be who we are.

We don't "come out" once or in one area of our lives only. I find it to be an ongoing experience. It happens anytime we decide to express ourselves in a manner that is true to ourselves versus the way that is expected of us; anytime we honor what we actually believe versus what we are supposed to believe; anytime we let ourselves go in the direction that we truly prefer versus the direction most accepted by the world or those around us.

Where in your life have you experienced coming out?

In my journey I felt to an extreme degree that I do not belong in this world. I had tried to fit in, but it simply was not possible. I simply did not want to play the game of society, and, unconsciously, my attempt was to escape it.

Life has a way of forcing you to face it. Your patterns draw to you experiences and when you draw to yourself the same non-preferred experience over and over, you finally surrender: You surrender to looking at yourself rather than merely feeling like a victim. You ask: "what belief (that I do not prefer) must I be harboring within in order to be creating this experience?" That's when you begin to re-own your power. When I began taking responsibility my life began to shift. Escaping and disowning my creation wasn't working.

My coming out started when I allowed myself to live this life my way. That meant saying goodbye to a lot of things which lead to saying goodbye to a lot of people also. I “fired” two main patterns I was giving my power away to:

- 1) I fired authorities. If I was going to follow anything it would be my inner-calling. I stopped giving power away to authorities in the form of spiritual teachers, scholars and experts. If something felt right for me I went with it regardless of what so-called authorities were saying.
It is only our minds that make them into authorities. We buy into the rules that are taught to us about who or how we ought to be. We can stop at anytime.
- 2) I fired “pleasing”. When you please often you are living for others’ happiness. I was done with that; it was time to live for *my* happiness. So I fired “pleasing”.

The important message here is that:

A) You have the ability to fire beliefs and patterns that don’t serve you, since they work for you. And when they don’t work for you - fire them. Who wants employees around who create misery?!

B) There is no right way to live this life, no right way to be — there is *your* way. That’s why you have to throw away authorities and what everybody else says. Trust yourself. Trust what resonates *for you*. You don’t have to follow any particular set of rules: start to listen within rather than without.

Don’t follow; be you. If you follow, follow your inner-calling. Understand there is not a more trustworthy authority.

Coming out of my untruth and into my truth was a process of dealing with guilt. *Heavy* guilt. I had to come to realize that I was worthy of having joy! I had to realize that it was absolutely important that I feel good (as opposed to neglecting myself, as I had) and that I need to take whatever actions would support that. I had to stop believing I was responsible for the way other people felt and how they responded to me. I had to let them be responsible for themselves while I would be responsible for myself. Let everyone be the master of their destiny for you do not create their reality for them — they do. So you take care of your fate, and let them take care of theirs.

~

In the big picture of things, disempowerment is a slingshot to empowerment. The rubber band of the slingshot can be pulled back only so far before it propels forward powerfully. Certain things in your life and in the life of our world may seem quite dark, but keep in mind that before we can choose our empowerment we have to become aware of how we have been choosing disempowerment. That means we come to clarity regarding our barbaric, numb, disconnected, unintelligent and disharmonious behavior. We see it. Then this inspires us to look for alternative ways of being, that feel better and are more in tune with who we really are.

Reality can do nothing but reflect the content of our minds - collectively and individually. As we empower ourselves, we *must* see change in the reflection.

As I turned on the light switch within me, despite the tremendous fear and guilt, I started to feel significantly better. Gradually. This was the beginning of my own process of allowing myself to be myself. I started hearing my own truth from within, my own knowledge. I started *respecting* it. I was finally allowing my own wisdom to bubble up from within. This doesn’t mean I wouldn’t listen to anyone else, but that of what they shared I would take *only* what truly resonated within me as my own truth.

This process of recognizing what is true for oneself and what is not and then choosing one’s truth — grew into the Sun Ray Teaching. Well, it became the first part of it, which is the part that this book is mostly about. The first part is about sorting out myself from not-myself.

The principles I share in the Sun Ray Teaching are universal. They merely explain not how you *can* create

your reality — *but how you already do*. Sun Ray is but an invitation to do it *on purpose*. It will be accepted by anyone for whom it resonates. It does not need to reach or preach to those for whom it doesn't.

Sun Ray is truly about *allowing who you are to **come out***. Free to live and create your life according to your preferences.

DECISION

We are always deciding. Much of the time our decisions are not conscious nor intentional, but they are always ON.

What is it that are we constantly deciding?

The WAY: the way we are, the way reality is, what is possible for us and what is not, what meaning to assign to each situation, in what manner things will unfold (rough or smooth?).

We are not aware of it most of the time but when we tell our story of *the way*, we are not simply stating the way our reality is - *we are creating it*.

When we're approaching something with an "I can't" in mind, for example, that's us *deciding* that we can't, and also that it's hard. In the same way when we approach it with "I can", that's us *deciding* that we can. We can decide that things will happen easily, smoothly; it's only ourselves that make them difficult, after all, with our resistance.

While we think we are simply stating what's true, we are *creating* what's true. That is what we're deciding - *what is true for us*.

There have been many things I approached with "I can't" in my life. I truly believed, for example, that I cannot do marketing. Because I believed it I found a million justifications for why it's true. Life, being kind as it is, brought me to a point where marketing was absolutely necessary in order for me to grow and not stagnate. At first I wanted to pin the work on someone else, because "it's not for me". Eventually I said: "I have no evidence that I know how to do this, nor that I will enjoy it. However, I am simply *deciding* to see myself as *capable* of doing this, and will give it a fair shot, with a positive and constructive attitude". I recruited my willingness and got to work.

At first it didn't fully flow, as I had some learning to do, and some clearing as well: All the fears that were supporting my previous "I can't" had come up to be met. They had to do, mostly, with getting rejected, getting it wrong, making a fool of myself, failing. Every time we expose ourselves and place ourselves in a vulnerable spot, there may be fears coming up, and a seeking for external validation. It became clear that avoiding marketing was a way of keeping myself small, avoiding vulnerability, thus limiting my own movement forward, my own expansion. One of the things I learned from it was that if I share honestly and openly, from what wells up from the core of my being as opposed to what I think others may like and approve of, then I will always feel whole with what I put out there. If I *know* something to be true, I don't need anyone to agree with me. When I have conviction, I don't need to convince others. They are then free to respond as they do. I know that just as my truth is valid, so is everyone's. We each get to express our truth; but we must validate ourselves and not wait for or depend on others to do it for us.

After a short period of time, I found myself, to my surprise, having a blast with marketing. Without the fears and doubts it was just *fun*! It's a joy to express yourself authentically. It became an exciting creative outlet for me, and the energy around it stopped being heavy and became playful.

This is all a result of my decision. I decided *the way*. I decided how I'd go about it, who I would be in the process. I decided to use it grow rather than using it to stop me. Even if I'd have failed, at least I'd have learned something from it - and that is *extremely* valuable. Trying, experimenting and exploring are part of our expansion.

If something was true for us, in the past, it doesn't mean it has to remain true. This book aims, with the aid of the ToolKit, to help you consciously decide what you wish to be true for you. You don't have to be a slave to your past. When you make a deliberate and purposeful new decision about who you are, you are then allowing yourself to *tell a new story* - a story that you prefer.

In this new story you might allow yourself to be the person who responds with “I can”, the person who is open to the idea that “maybe that thing I need to do isn’t that hard”, or the person who responds calmly and with confidence and is no longer anxious and uptight. You decide upon *the way*.

Making a conscious decision about who you are is most definitely possible to do, especially when you keep in mind that ***you are making this decision all the time anyhow!*** Only it may never have been brought to your attention that you are doing this and that you can do it *consciously and according to preference*; that you are writing your story as you go along, moment-to-moment, telling yourself who you are and *using your circumstances to prove it*. By interpreting every situation in your life through the decision you hold about who you are, your situations end up serving your decision. Imagine they served *the decision you truly prefer!*

Who You Say You Are is Your Compass

Often I will hear people say something about themselves that they later admit they don’t prefer, like, “I am a control-freak”. They are making a decision about who they are there and then in that moment. If that’s who they say they are, that’s where the compass now points. It doesn’t *have to* point in this direction, but if that’s the story the person tells themselves about themselves, that’s how they’re going to show up.

This is why we want to state who we are *consciously*. When you know what you wish to experience and you consciously decide for it, one could then say you have a *conscious aim*. Without a conscious aim we find ourselves wandering, scattered, most likely confused - for we are not consciously owning our control. It’s the uncertainty of not knowing how - or who - to be; not knowing because we are not deciding — well, not consciously anyway. Most of us truly believe when we are stuck or confused that there is no other alternative, and if we believe there is, we tell ourselves that we can’t choose it. Let’s be 100% clear that that is us *unconsciously deciding* that we can’t choose it. In this way we create the *illusion* of being trapped. The first step, in this case, is to purposefully decide that we can choose otherwise. Of course we can! The next step is to become clear regarding the choice we prefer to make. More often than not it will be the exact opposite of the choice we are saying we don’t prefer. Remember: We are being this way or that way anyhow. The only question is whether it is the way we *prefer* or not.

When you know what your north is, so to speak, if you find yourself veering off in a different direction that you actually don’t prefer, you may recognize it as a distraction. When I am speaking of distractions, I am not referring to external distractions. A distraction is when you are not following your conscious aim, your north, or in other words, when you are not being the version you say you prefer to be. This occurs every time you interpret your situation through a decision that you don’t actually prefer.

As an example, if you say you are the person for whom everything flows smoothly and effortlessly, and then some unexpected event occurs, are you going to assign it the meaning that your decision does not hold or are you going to decide that the unexpected event actually serves your decision? You see, you may not know *how* the event will end up serving your decision that things flow smoothly and effortlessly in your sun-kissed life, but nevertheless you can indeed decide that it will. And it will.

The magick really takes place when we *trust* our decision, when we *embrace* it. We have to understand that reality has no power to decide *for* us — it adheres to what we say.

When you have a conscious north, your whole journey becomes much easier to navigate. When your aim is defined clearly, it is very easy to see when you are being in accord with your aim or in discord, when you are in accord with your preferential state of being and when you are not.

If you catch yourself sliding into a way of thinking and being that is not in accordance with your aim,

that's okay. Stop and re-navigate. In other words, if you have slipped into believing a truth that you no longer choose to experience as your reality (like, "I'm a control-freak"), simply remind yourself of what your current truth is (for example, "I know everything always works out, I decide to enjoy the present rather than fret for the future"). Remember that you are deciding to enforce one way of being or the other. This is the art of navigation.

I call it course-correction. That's all it is, and that's all it takes to consciously create a new experience for yourself. The old decision merely has some momentum behind it because you have been reinforcing it for some time, so it is natural to slip back into it. As you re-navigate toward your new and preferred decision, the old one will begin to run out of fuel, while the new one gains momentum.

It's not much different from working out, only this is a vibrational workout. You are training your vibration to be as you prefer it. At first you might feel rusty. You know the feeling when you go to the gym and it looks like everyone belongs there and knows exactly what they're doing, and you don't feel like you belong there to the same extent? At first your new decision about who you choose to be may be a little awkward, like speaking a new language. That's okay, you are acquainting yourself with this new way of being. If you *persist* in it, you end up *owning* it.

One reason we perpetuate our current not-preferred way of being is our belief that it somehow serves us. We always do what we believe serves us or lead to happiness. Comically and tragically we are often sorely mistaken! We must inquire into our current way of operating and see how it actually serves us. If you are a "control-freak", inquire into why you are operating in this manner. What purpose do you believe it serves? Is it actually making you happy? Perhaps it is possible to get the same or even better results while operating in a different manner? How would you feel if you operated from a relaxed and trusting state, if you could? Would that be more enjoyable for you?

I do this sort of inquiry with my clients often, until we come to a point where they really see that their current way of operating is actually moving them in the *opposite* direction of who they prefer to be and what they prefer to experience in life.

The next step is to clearly see the alternative to the current way and that it is possible for them to choose it. Most people don't choose the way they truly prefer simply because they don't see it as a real possibility. When someone says, "I wish I were as calm as David", they form their sentence in such a way because they are not allowing themselves to see that they can choose to be as calm as David. If they did, they would say, "I am inspired by David's calm way of being; I decide to adopt it and respond calmly more often as well". Acquainting my clients with a new possibility in such a way that it seems accessible to them is necessary in order for them to be able to choose it.

The process is letting go and letting in. As you make a new decision about who you are, life will provide you with situations that serve as opportunities to now apply your new decision. Having a conscious aim means you are *intent* on responding in those situations in the way you prefer. If we take the person who says they are a control-freak, just having the intent to respond with ease allows them to be more aware of *choice* when a particular situation arises. It's as simple as keeping in mind that there is an alternative, that the alternative is *accessible*, that you don't *have to* react in the way that you're used to. You have a choice.

In the process of letting go of the old choice and letting in the new you are essentially letting go of old beliefs and letting in new ones. You can't be *this* person who has *these* beliefs, while you still hold on to contrary beliefs. Simply, your beliefs that maintain the identity you don't prefer get chipped away as you maintain your intention to respond from a different story. You begin choosing to operate from different beliefs, letting go the old and letting in the new. You may not be fully aware of this as it is happening, but nevertheless this is, largely, what is technically happening. Simply, committing to your conscious aim allows everything that isn't in accord with it to fall away.

As an example, if you have decided that the truth of you is that you are a person who acts on their passion at all times, then a disempowering belief that may arise for you as you implement your decision is “I need the approval of others,” which is caring (maybe too much) what other people think. This belief *has* to come up, because as long as you care too much what other people think you will not allow yourself to truly follow your passion, particularly if your passion calls you to move in unconventional ways, that aren’t considered mainstream. Believing you need others to approve of who you are and what you do will limit you. As you begin to be the person who acts on their passion, this belief will come forth from the unconscious to the conscious for you to see it clearly and decide whether you wish to keep operating from it or not. The moment you say, “f*ck it, I will act on what my passion is guiding me to act on! I don’t care how anybody reacts nor whether they approve or not,” you are now literally a *different person* who is operating from a *new* belief - not the old. You are now the person you’ve consciously decided to be, who believes it is more valuable to be yourself than to be who you think others expect you to be. You no longer value limiting yourself for approval.

Think of changing beliefs as sorting through the clothes in your closet: you must determine which fit the real you and which do not. You are growing - maybe not physically anymore, but as a being. You are becoming more of who you *really* are. Certain things must be let go of and fall away. As you approach your new reality you can’t take the old one with you.

One of the most powerful things to understand when it comes to applying your decision about who you are, is that *you are always using your situations* to prove that your story about yourself is true. So, if you say you’re a control-freak, you will subconsciously use your situations to provide evidence for the story “I am a control-freak”. *But...* if you set your mind on demonstrating a different story, *you will use your situations differently*. If you set out to prove to yourself that you are a relaxed person who enjoys the unfolding of his or her journey, you will begin to create evidence for *this* story.

Eventually you will see that both stories - controlling and trusting - are just that: stories. They are equally available to you, and it is but a matter of which one you prefer to experience. You will see that it is truly up to you who you say you are, for you are not merely describing yourself, but *creating yourself*.

Who you say you are is your compass for what you will create. Intend to be and respond as the person you prefer to be. As you respond differently, your environment begins to respond differently to you. Because you’ve changed - everything changes. It’s a kinda magick!

Try it... The ToolKit was created to get you started.

Conscious Response versus Automatic Reaction

Decision-making is going on all the time, only it occurs on purpose or on automatic; either consciously or unconsciously. When it’s on automatic and unconscious, we don’t sense we’re in control. Our decisions, then, are just habits - the past repeating itself in the present, and reaching into our future.

When deciding consciously who we are, we are in essence deciding to be determined to see everything through the lens of that person, i.e. our preferred version. You could say we determine in advance how we will respond to situations, the general attitude. For example, if when a certain person comes to talk to us we choose (unconsciously) to react with anxiousness, we can decide that the next time the opportunity arises we will respond calmly, since we are now choosing to be a calm and confident version of ourselves. That means we resolve to respond to situations in our life in a calm and confident manner,

and to use the situations we would normally find stress-inducing *as opportunities to practice this new response*.

To help us with this, we can envision the situation in our minds, seeing ourselves be in complete control of ourselves, of our behavior. It might take a moment while envisioning the situation to find the version in which we see ourselves remaining calm. The seeking of that version is the paving of our way to our preferred response. It's as though we are creating a pathway to our preferred state of being. Once that possibility occurs to us in our minds, it is more likely to occur to us when the actual situation happens. It's as though the mind feels, "I've done this before". You feel ready. You're prepared. Of course in the actual situation we might find it more difficult, but not necessarily. Even if we do, the preparation certainly can only help.

Athletes use this technique, which I call *attuning*. For example, before running a sprint they envision the run, what they're going to do at each point, how it's going to feel. It's a matter of mindset and is very powerful to use in our lives.

Once you've responded in the way you prefer - say calmly - in a situation that you've always reacted to in a way you don't prefer - say anxiously, you now have the conviction that it is possible. The next time such a situation occurs you will simply say, "oh, right, I am *this* person now, who responds calmly", as you proceed to behave as this person would. You don't need to go through the visualization again. The possibility of responding calmly already occurs to you as well as the knowing that you are capable of choosing it. The next time a situation arises, you will be able to - in the moment - respond according to your preference. This is conscious responding: your habitual patterns are not automatically spewing out a reaction; you are in control, responding according to preference.

In the previous section we discussed course-correcting to our conscious aim. Simply having a conscious aim guarantees we will be more conscious of our reactions. It makes us monitor whether we are being the version of ourselves we prefer to be or not. Using our ability to visualize and pave our way to our preferred responses is one of the ways to course-correct. It is a tremendous help in allowing us to maintain our conscious aim. You may simply say to yourself, "Okay, I have responded in a way I truly don't prefer. I have a choice right now to keep doing that, or to let go of this decision (since I don't prefer it) and re-adjust to my new (and preferred) one." Using visualization and imagination, you re-attune yourself. It's either that or keep playing an out of tune instrument....

Course-correction is sometimes very easy and sometimes more challenging. It is necessary to validate the non-preferred decision you are currently living out, and not to beat yourself up for it. It is about what you prefer, not about what is wrong or right. *There is no wrong decision, only a non-preferred one*. Re-navigating your experience will sometimes require of you to literally *stop*, take a pause, validate where you are and how you're feeling, and only then will you be able to make a new choice. You simply cannot make a new choice while you are busy judging and resisting the previous one. Make where you are 100% okay first. It is crucial to understand that *you will not be perfect*, nor is that the aim. You will make decisions and respond in ways you don't prefer. But the less time you spend being frustrated with that, the quicker you will be able to shift to your preferred way. I emphasize in several places later on in the book that the only "place" you ever make a decision is here-now. By invalidating something of your past, you actually choose it again in the present. We must let go to let in. To let go is, essentially, to accept what has been, and bring our focus back to "what do I decide *now*?"

The moment of navigating your experience consciously is a very powerful and precious moment. In it we come to grasp the truth that our *reality is happening from us, not to us*. We realize we *can* direct the flow - and that we are and *always have been anyway*. You see, the person who reacts with nervousness or anxiously is doing so because s/he has decided - unconsciously - that s/he is the person who reacts in this manner. That was their unconscious aim or decision. In conscious navigation the element of *choice* enters the equation.

Before we introduce conscious responding into our lives we are like a button being pressed and reliably giving the same reaction each time. We are not conscious in that reaction that we are creators. We are not exercising our free will, since we are not acknowledging that we have the freedom to choose. We are not creative, since we are not inventing a new way to be that we might prefer.

Owning the fact that your relationship with every aspect of your life is in your control, you may take time to attune and align yourself with your preferred self in relation to each aspect. For example, if you feel that you are not being who you truly prefer to be around certain people in your work place, you can attune yourself to the clear and empowered version of yourself by course-correcting through visualization. Ask yourself how you would be at your work place and around each particular person if you were in your power. Find *that* version, attune yourself to that attitude, feeling and way of being (more about Attuning in the chapter Beliefs Are Beliefs - Not Absolute Truths). Remember that it is never about managing the other's state of being, emotions and behavior - but only your own. Finding your alignment in relation to every area of your life is a life-long on-going process in which you continuously "scan" for your most empowered response to anything that challenges you. Solution - or peace - oriented, seek for and find your relief and your peace in all relationships, from close people to not-so-close people, to money, to food, to your body, etc.

Always seek for what is required of you in order to be *whole* in every situation. What attitude do you need to let go of? What attitude do you need to adopt?

Find and allow yourself to be the version of you that you truly prefer to be. All the time.

Allowing ourselves to be clear and empowered in relation to everything is not only the best service we can offer ourselves, but it is a gift to all. We lead by example.

Remember that no one can force us to respond in ways we don't prefer - no one but ourselves.

Form Is Energy

Everything that you see, i.e. form — is energy. Your experience is a *formulated* expression of what you've been giving energy to, whether consciously or unconsciously. It has manifested into this. Welcome to wherever you are! Most everyone has heard the sentence "Energy flows where attention goes". Give your attention *consciously* and *actively* to what you want, think the thoughts you want to think, express the positivity, love, joy, abundance that you want to experience and your external experience will be *formulated* accordingly. It is a symbolic representation of your inner world.

It's not about what's true now, but about what you *want* to be true now. The most crucial point about this, where everyone gets it "wrong", is: *don't ask your circumstances to change first so that you can express what you desire to experience - you do it first*, knowing physical reality will follow - like a mirror.

You *can* do this. And that's my point. That *you* create your reality. You have been completely conditioned to think reality is the horse and you are just the carriage, just going along with what happens. *You* are the horse, reality is the carriage.

It is perhaps an odd paradox that in order to change your circumstances so that you can be more joyous, you have to be more joyous *first*. Perhaps it's not so strange when we think of it as being solution-oriented rather than problem-oriented. The latter approaches the situation in a way that perpetuates it, the first makes the necessary changes to improve it. The solution-oriented person is necessarily operating from a more positive and more joyous state of being, while the problem-oriented one from a

negative one: s/he has accepted the situation, rather than being busy resisting it, owned it and gathered the willingness to just do what is needed.

Perhaps now it seems less odd that in order for your circumstances to change you have to change first? Perhaps it even seems obvious that you are the horse, not the carriage? You must operate from a different place to get different results.

Step one will *a/ways* be making peace with what is, owning the current situation.

Step two - making the most empowering choices you can make in your current circumstances, to the best of your ability.

It's all about you and what you desire to experience.

Simply, our state of being (who we say we are) determines our entire reality. *What* we do, *how* we do it, and the *timing* of our actions, all come from *who* we are being. Actions are the output that creates our physical reality. Choosing a positive solution-oriented state of being magickally brings us to take the right action at the right time, which ends up bringing about the best results.

~

You are never a victim of your circumstances, but the creator of them. Who you decide to be determines your circumstances and not the other way around — that you let your circumstances determine who you are.

It's never about anyone else, but about you and your choices.

'Ego': A name for your disempowering ways

Many spiritual teachings use the term 'ego'. Fretting and worrying, comparing and judging, they say, are functions of the ego. It is responsible for all the unwanted experiences produced by our thinking, that cause us suffering. Then these teachings go on to say, "you are not your ego". Brilliant! To put all the things you don't prefer in one pile and then say "all that... is not me!" is a way of aligning to what we prefer (like peace and enjoying the present moment) by determining what we don't prefer.

This isn't very different from what we are now beginning to do consciously, really: we are deciding who we prefer to be and committing to that, while no longer identifying ourselves with what we don't prefer. We are essentially saying: "The qualities of myself I don't prefer are not who I choose to be; I choose to experience the qualities I prefer".

The only difference, perhaps, is that the non-preferred aspects are not referred to or spoken of in this teaching as belonging to some other entity. No one and no thing other than ourselves is responsible. There is no enemy or parasite amidst us. There are only aspects we do not prefer to experience, and aspects we do.

If we were to see 'the ego' as an autonomous entity, it would be us against it. We would be hallucinating an enemy, then trying to overcome it. But when it is just you and aspects of yourself - some express your light while others your shadow - you have all the power and control. There is no enemy - within or without, only choice. This is what our next chapter discusses.

We decide who we are. We can decide to be our enlightened version by choosing only the aspects of ourselves that reflect our light. Every day, as we scroll through its content, we can decide to side with

Mrs. Fret and Mr. Worry, with judgment and comparison and confusion — or to align ourselves with the version that experiences light in each and every situation and area of our lives. Perhaps we've known ourselves enough as the darkness, and we now decide to know ourselves as light.

~

In the Sun Ray Teaching there is no talk of eliminating the ego. The ego merely keeps you — *spirit* — focused in this dimension. In truth, you are never moving — you are projecting this experience of time and space. You are also having many experiences — or lives — simultaneously. Without the ego you would not be able to be focused solely on *this* life. Also, without the ego you would not be able to explore physicality and limitation, as you are doing. The ego provides the lens that narrows your vision as spirit, so that you perceive yourself to be here in the physical, and *only* here in this realm. Without the ego, it would be like trying to have a particular exploration within a dream but constantly waking up and therefore not being able to really maintain the focus of the exploration.

If the ego's function is to keep us focused in this exploration, then we could say its job is to make sure we perceive this moment that we are perceiving in our physical reality. That's really its entire function. It doesn't know how things will come to us nor when. However, we ask it to control those factors: we try to control things and make them happen. We think we know *what* needs to happen too. All of this controlling of the external is what I refer to as 'negative control'. 'Positive control' is control of oneself, and it comes with the knowing that reality is a reflection — a topic that we are about to discuss in the following chapter.

The ego needn't be eliminated, only not asked to perform functions that do not belong to it. How? As the chapters of this book unfurl, we will see that we not only have a physical mind (the ego), but also a higher mind which guides us perfectly on our journey (section Consciousness, chapter Life Is Not Against You). We will learn *trust*, which is something one can't live without and yet be healthy. Trusting in our higher minds and the love of existence, we relinquish forceful control or manipulation of others, we let go our plans (we can have them in pencil, but not in pen!), we find that all we need do is take care of ourselves — our state of being.

~

Could it be that the cure to suffering is making conscious decisions that align us with our preferred way of being always? Well, try being empowered and suffering simultaneously. It's impossible! Defining who we are is giving ourselves a permission to be *the way* we want to be. We say: "I am not who you tell me to be, nor who you think I should be - I am who I decide to be. Who I choose to be is *always* my decision!"

Freeing ourselves to be as we prefer really is the end of suffering. We must realize that *in every scenario there is an empowered way to be and respond*. We then stop bending ourselves into all sorts of mental and emotional yoga poses, trying to deal with our situations from a disempowered state, struggling and stumbling through them. The struggle is not necessary. You can *always* find how to be at peace and empowered in relation to *anything*. It's a matter of allowing yourself to find that version. Let us now own our creatorhood and determine our experience according to preference.

Bottom Line

Our beliefs create our experience. Our beliefs are nothing but practiced choices or decisions. All we need to do in order to change our experience to the one we prefer is to make a new decision about who we are. We live the story we tell, and therefore we want to consciously and deliberately *tell the story we prefer*. By responding to events in our lives according to our preferred story, we entrain ourselves,

vibrationally, to be the person we prefer to be. The entraining takes place each time we are able to respond *differently* to the *same* situations. Attuning helps us do this, by visualizing our preferred response *before* we find ourselves in the actual situation.

When we respond to our situation as the person we prefer to be, we are being *creative*. We are responding out of our new decision, and not out of the past. In other words, we are not bringing the past into the present again, we are creating something new because we are acting in a new way. To act in a new way is not to re-act, and that is what is meant by conscious responding.

Our new and different responses and actions lead to a different reaction from our environment and the world. Being a different person — the one we prefer to be — we make different choices, that lead to different results. Quickly we find ourselves in a reality that we prefer.

Simply, our new decision about who we are leads us to make new decision in our lives, which in turn lead to new results. There is nothing very mysterious about the process. We need only remember that we are going to be one person or another, and it is up to us to choose to be the person that we prefer.

Remember

*If you don't decide consciously who you are, you decide unconsciously.
Take the wheel or allow the past to dictate the future.*

To Know How, Know There's No How

When I was in a tremendously difficult spot, I could do nothing but pray.
I asked Him: "How do I get out of this situation?"

I heard: "Get out!"

"Yes, but *how*?", I asked.

"Get out!"

"Howww???", I exclaimed.

"Get out!", His voice said in the same tone, *again!*

I paused for a moment, and began to see that He wasn't being a smart-ass, He was answering my question perfectly. There is no "how", there is just a decision, and the *acting* upon that decision. It seems that while *I* was not aware that I had the power to get out of the situation, the possibility of my helplessness did not occur to *Him*. At all.

Suddenly I saw that I could absolutely get out of the situation, and it never was the case that I couldn't - *the door was open **all along***, I was just afraid and so I didn't *want* to. I wanted to stay where I thought I'd be safe and comfortable. Perhaps I was afraid to want what I wanted to want.

As though hearing my thoughts, I heard him say: "You always get what you want."

He lead me to own my responsibility: I was in that situation *because I chose to remain in it*. There was nothing ever blocking me from leaving, except my own fear and perhaps my lack of awareness of my power to *just leave*. Maybe I didn't allow myself to truly know I deserved better?

"When *I* create," he went on, "I say 'So be it!,' and so it is. It is no different for you."

The person who chose to remain in the situation and the person who chose to leave were two different people. You could say they were both me, but different versions. The first was not respecting or valuing himself very highly, while the second was.

"Why did it take me *time* to make the empowering decision?," I had to ask.

"Because you had forgotten who you are," I heard. "Being of The Creator, you are a creator. But you saw yourself as a victim, because you have the power to say 'I Am A Victim,' and so it is."

"Wow", I said. "It is built-in within the victim experience to forget that you are a creator! We create our own forgetfulness! What makes us remember?"

"*You* do," He said, "when you are done with your creation, when you are done with your exploration". He went on: "You simply sealed off awareness of all dimensions except those in which you wished to have your experience. When you were done, you unsealed one more dimension and thus 'ascended' or 'woke up' to more of your actual nature. Thus you re-membered the 5th dimension, which is to say you made it a member again of your consciousness; you removed the Self-imposed veil from your awareness. By doing so, now viewing everything from the 5th, you clearly see that the first 4 dimensions happen *from* you. They are included *in* you".

I was quiet for a moment. I found this to be fascinating. What clever creators we are! "More awaits!", I said eagerly.

"Always".

"Thank you", I said.

"Indeed, thank you", He replied, and I felt I was talking to myself — the part of me that re-membered it all.

EVERYTHING IS OUR DEFINITION OF IT

Without defining things we cannot have any experience at all. Definitions give experience. Beliefs and decisions are definitions, that give us particular experiences.

As an example, physical beauty has been defined differently in different eras and cultures. As the people of the time defined it, so they saw and experienced. If you are not knowledgeable in history, you don't have to go very far back to see how our concept of beauty has changed in just the past decades: we mock the look we thought was cool and pretty in the 80s, for example. We might look back and say, "that was a phase". However, everything is a phase, including what we consider to be beauty today. As our definitions change, the way we experience beauty changes as well.

Many of our definitions are agreed upon on a collective level. We've defined the parameters of the human experience and the human body. We do this from the level of spirit, so that we have the game all set up when we incarnate and do not have to worry about holding all the rules in place. Once in a while an individual will "break" the collective agreement and do things we consider to be impossible, such as a yogi in India lying on fire without getting the slightest burn, or meditating for weeks without moving, eating or drinking.

Remember that nothing actually has power *over* us. We *give* things power. Therefore, our definitions determine the effect a particular thing has for us. If you believe the way you eat is harmful, you will get that effect not really because of the food, but because of the power you attribute to it to make you feel a certain way. We can apply the truth that - "it's not what happens but how you think about what happens that determines the effect it will have in your experience" - to anything: it's not what you eat but how you think about what you eat that determines its effect.

This is why science is baffled at certain things that happen sometimes, like a woman who has smoked since she was little living over a hundred and claiming the secret to her long life is actually the smoking; or people regaining their ability to walk after an accident when the doctors determine they will never walk again. Athletes who are able to do things that were not conceived of before they came into the sport are another example of this. There are endless examples of people who chose to *think* differently about what is commonly acceptable. Michale Jordan once said, "You have to expect things of yourself before you can do them". His use of the word "expect" is the same as defining that you can, believing that you can - for it is our definitions that determine the effect we produce.

We find the people who do exceptional things to be exceptional because it is not easy to break collective agreements. You can't just tell yourself that you don't believe smoking has any effect just so that you can feel good about your smoking — you would have to actually truly believe that. The woman who has lived over 100 may have associated smoking with ease and relaxation, states of being that are overall conducive to health. It doesn't mean cigarettes didn't affect her, but they affected her in a different way perhaps than most because she was smoking from a space of self-love, whereas most smoke from a need to escape, nervousness, anger, etc. It may have been a nurturing activity in her mind, in her definitions. Don't forget that a century ago people thought completely differently about smoking.

We have to truly and fully believe that something has a particular effect in order to experience that effect. It doesn't serve us to be dishonest about what we actually believe so that we can try to get away with eating food we don't actually believe is healthy and doing activities that we don't truly believe are good for us. All of us can shift our beliefs about almost anything, but to a certain degree. For example, there may be people who are able to levitate but there are none that can fly. The reason that we shift beliefs gradually is for the journey of growth. We always become our next level. If we just transcend all the levels at once, there would be no experience of a journey, of growth, of delighting in new abilities and new

freedom.

When I say abilities I don't means superhero abilities - not necessarily at least. Having a series of bad relationships and then, through learning, experiencing a good relationship - is an example of a new ability and a new-found freedom. Experiencing lack throughout your life and then shifting your beliefs and allowing yourself to experience abundance is also a new ability and a new-found freedom. All growth into the light from the darkness is.

One area that clearly demonstrates the power of belief is what is referred to as "miracle healing". You know, the guy who gets up from his wheelchair and walks, and such examples. What happens in such cases, in essence, is that the person aligns with a version of themselves that is healthy. Instantaneous healing demonstrates that while we think of healing as a process, it really is only a shift: from deciding to be the person who has a particular limitation, to deciding to be the person who doesn't. The person who doesn't have the limitation never did. There was no process of healing involved, only a shift from deciding to be this version of oneself to deciding to be the other version who never had the problem at all.

Remember that since injuries or physical limitations can be the most incredible teachers, such shifting is actually not always what serves the individual best. That's why not everyone will be able to shift from one experience to the other.

However, the point is that our experience really comes from how we define ourselves and how much power we attribute to things in our lives. Some people sleep less and feel absolutely fine, perhaps because their definitions are not influenced so much by articles that would have caused them to believe they require a certain amount of sleep in order to feel fresh. Some people define themselves as strong and healthy, and feel the effect of this, while others choose - albeit unconsciously - to think of themselves as weak and pathetic, therefore retrieving that effect. Really, nothing is anything but the way we think about it. *While we think our thoughts merely describe what is, our thoughts are in fact creative: they create our experience.* And so, everyone has a different experience. It is up to you to determine yours. There are surely things in your reality that you can shift in such a way that they will serve you better. What things do you normally think about negatively? How is that serving you in producing the experience that you prefer? How would you have to think about it differently in order to get the experience that you prefer?

Change is as easy as starting to think differently about things in our lives, and being determined to commit to this new way of thinking. Truly, before you change your actions, change your thinking - then your actions will follow. Align yourself with whatever action you wish to take by thinking positively about it - whether it is the trip you are about to take, the new partner, the bank account, the purchase of your new home or whatsoever it may be. Taking the action from a place where your thoughts are aligned is not only going to produce the best results for you, but - most importantly - it is going to feel great! Like life is a gift....

Change is about changing your relationship with things in your life, your attitude toward them. It greatly helps to understand and remember that there actually isn't anything "out there", there is only you and your created experience. To change your experience you don't need to go out and change the external, but to go in and change your definition, your belief, your conditioned way of thinking.

Shifting your experience is something that you can do in a moment. In fact, you already do. You are deciding how to think about things, how to respond. The more you notice that you already do this, the more you will become aware of your capacity to do this and begin to use it *consciously*. It's the simple awareness that "I don't have to think about this in this manner, it hurts me. I can think about it in a different way". As you begin to use your creative ability, you will find that "reality" is quite malleable. Things are only as fixed as our beliefs and definitions are.

THERE IS ONLY YOU and YOUR REFLECTION

The Subject of Your Exploration

Everyone - without exception - is exploring themselves. *You* are the subject of your exploration. All the things you go through are what *THIS* is about.

While we think we are exploring things that are outside of us — nothing is. Outside of us, that is. And everything you see “out there” is an aspect of you, “in here”. Truly, there is one single relationship that all of your relationships — with humans, nature, finances and absolutely everything — reflect.

The “outer” is a self-awareness mechanism: through your relationship with the “outer world” you learn about your relationship with aspects of yourself. You become aware of your inner world through experiencing the “outer”. Specifically, this exploration is the process of uncovering the portions of your consciousness that you did not know were there, i.e. the unconscious — both positive *and* negative aspects of it. Hence the process of living leads you to uncover negative beliefs, but also to expand into more of who you are as a total consciousness, allowing more love and blessedness into your experience.

The easiest and probably most relatable example I could use, is that of learning from our romantic relationships. So many of us have had the experience of changing partners only to find out that while the partner might be new — the patterns are old. This reveals to us that there is an unconscious point of attraction in us that is creating the same story all over again. As we become aware of the story, we shift it. Now we tell the story *consciously*.

~

What if there was no wrong or right, just preferred and not-preferred, joyous and not joyous?
What if you followed only what you prefer, only the joyous and the healthiest choice?

What if it doesn't matter what anyone else is doing, unless it inspires you?

What if everything that enters your experience is just an offering. It says to you: “Do you wish to focus on me?”, “Is it joyous for you to focus on me?”

What if it's completely up to you what you give energy to?

This life is between you and yourself. Yet how much do you make it about others? Spending your time comparing, ending up feeling inferior and unworthy. Or complaining about how someone else is preventing you from living your joy — as though someone other than you is calling the shots.

What if others were just there to show you what you prefer — perhaps by them showing you what you don't prefer — and thus allowing you to be clearer about *your* path. What if you'd move in that direction, attune yourself to your preference, and thank them for serving you in getting clear?
Is there any need for the drama behind it all?

No one controls you. Your own control of your state of being can draw to you more preferential circumstances — circumstances that suit you better. Therefore, focus on controlling your state of being rather than controlling the environment.

Nothing's Personal, It's All Choice

It's like you're all alone, looking at a screen that reflects back to you every aspect of you in a constant flux; and it's up to you what to skip and what to say 'yes' to. When you say 'yes' to something, it grows: that aspect becomes more dominant in your experience. But an aspect also grows when you try to get rid of it, change it, avoid it or fix it. That's because you're focusing on it, meaning you're giving it your energy. Indeed, by resisting things we don't prefer, we give them energy to remain in our experience, if not grow.

Everything is vibration and you are a *vibrational chooser*. All the vibrations exist, but you get to experience the ones you choose to focus on. Vibrational choosing is what you can't help but do, non-stop.

There is no off-button for creation.

Life is constantly offering you something or other as you scroll through the content of your day... your life. Except this content is... *you*. You're looking at aspects of yourself. And it's up to you which aspects you wish to emphasize.

You contain *everything*. All aspects. All vibrations.

Do you think you have to focus on that which you don't prefer? Why? The art of flowing on your path is actually the art of letting go that which you don't prefer, and focusing on that which you do. It's saying 'yes' only to that which you desire to experience more of.

Letting go that which you don't prefer can mean literally stepping out of a particular situation, or just not reacting to it. For example, if someone is being incredibly dramatic, it's up to you whether you respond with drama as well, or you let that be *their freedom to be how they choose to be*, and respond in the way that *you* prefer to respond — perhaps with ease and calm.

The other is merely offering you an option — would you like to join the drama and emphasize that aspect of yourself, or would you prefer to choose something else? Saying 'yes' only to the option you wish to experience more of is a decision between you and yourself. Making it about the other is giving your power of decision away to them, as though they can decide what you will experience.

Seeing life as offering you aspects to experience, opens you up to choice. Perhaps I should say it opens you up to the fact that *you are always already choosing*.

You have the freedom to respond as you desire, according to what you prefer. I highly encourage you to become aware of this in every single situation. Practice it. Start seeing everything in your reality as aspects — or qualities — of yourself being offered to you. Your "job" is to say 'yes, I will participate in this', or 'no thank you, I would rather participate in something else'.

Those aspects that you choose to participate in (like ease, as mentioned before) you will express. And what you will express, will be your experience: what you put out (ex-press), you get back (experience). If someone is being dramatic and you decide to participate in the drama, you will express that, and experience the drama. But if you decide to respond with ease, allowing the other person to have their drama, you will express ease in your response, and will experience that.

The drama will be in your awareness, but not in your experience.

In every **now** you are making this choice, this decision of what to participate in, and therefore express. You're giving your energy to something or other. The question is: Are you giving it to that which you prefer? Are you consciously choosing, or set to automatic reaction?

It always keeps coming back to this question.

Since when you observe your reality all you see is aspects of yourself, we can say that reality is your reflection. It is your self-portrait, a symbolic representation of your inner landscape - your beliefs, decisions, mental constructs, out of which are born your emotional state and your behavior. Change your decision — and the reflection must change. A change in the inner must reflect in the outer. That is how you paint your self-portrait — by controlling the inner, not the outer.

While *all* that you observe is aspects of yourself, not all of it do you choose to experience. Only the aspects you express do you actually experience. Let's say that in a traffic situation someone is reacting toward you with anger, yet you respond very calmly and do not get 'triggered' by their anger. Although you are aware of the anger, you *do not experience it*; your experience is calm and peace. You could have chosen to express anger, blame, guilt, judgment, yet you — remembering that you are a vibrational chooser — chose peace and therefore experienced only that.

It is enough to see that you are focused negatively — getting angry and blaming, let's say — to know that you are giving your power away, hallucinating the cause of your experience to be outside of you. Non-reaction can be achieved by understanding this alone — that *the other does not and cannot determine your experience*. Reacting to the other becomes pointless when you understand that *it is about you and what you wish to create*: by focusing on that which you prefer *within*, you will see that self-portrait without.

Creating your reality according to your preference is by default a non-reactive way of being. It's about *your* preference, not what the other did or didn't do.

Your reflection (who you are being) is truly seen in your *relationship* to all that is around you (money, people, situations, work, health, etc). The way you respond changes the reflection. The choice for peace *in relation* to the driving situation calls forth a different reflection of you, because you are being someone different. Perhaps before you chose to respond in this way you would always shrink (energetically) when another got angry at you. Now that you have responded differently and not given energy to that insecure aspect, the reflection must stop reflecting it and begin to reflect the aspect you *are* giving energy to (peace, in our example). Simply, your reflection changes because your choices change, meaning that when you make different choices consistently your circumstances must sooner or later reflect them back to you. If your choice for the state of peace is consistent, your circumstances will gradually begin to reflect back to you less and less turmoil. There is no mystery to this: it is simply because you are no longer engaging in the conflict and the confusion, whereas before you did. You are making different choices, being clear and empowered. You are placing yourself on a different path when you choose peace, and things unfold differently than if you were to keep unconsciously choosing conflict.

Conflict is always a result of dwelling on that which we don't prefer: trying to fix it, trying to eliminate it, trying to change it in some way or other. The conflict *appears* to be with the external world — with the *other*, but it is a split within oneself, resulting from wanting to experience a particular way of being yet not allowing oneself. In other words, conflict occurs when you do not respond in the way you actually prefer. It is a state of disempowerment.

The moment you allow yourself to know that the external is a reflection and not an objective reality that is apart from you, choosing the experience you prefer becomes incredibly easy. Said another way, letting go of the idea that *anything* is personal, liberates you from conflict. Now, instead of blaming another for placing you in a position that you don't prefer, you simply save your energy and *change yourself* rather than the other. The power to experience what you prefer is *yours*. By giving your power over to another, holding them responsible for how you feel — you hold yourself hostage. You rob yourself of your response-ability (ability to respond) because you gave it to them. This is a clever way to create the illusion that your power is outside of you. It isn't, and that's why it doesn't matter what the other person is doing. They can't make you focus negatively. You have the ability to choose to let them be as they are and let yourself be as you prefer to be.

If someone is doing something you don't like, that doesn't mean you must judge them. In fact, what would you gain from that? You can let them be as they are and let yourself be as you prefer to be. They are not preventing you. If you desire to remain positive, you will let go of judgment and find a way to see the situation in a brighter light. This may bring you to be more understanding of the other, maybe more supportive; or maybe you will just let them be and move on, without any grudge.

Test the idea that everything is aspects of you and the ones that will remain in your reflection are the ones you choose consistently. I guarantee you will find it very empowering, because it means the power can never be outside of you. Changing yourself changes the reflection. Knowing this, you lose a lot: blame, accusation, resentment, hatred, judgment. That's how many (if not most) people spend a *lot* of their time. I hope you don't get bored!

What if you lived your entire life in such a way where nothing is personal? *You would simply be using every situation to your advantage.* Whatsoever you don't like about your reality, you will ask, "what is this reflecting to me?" — and you will make the change in yourself, choosing to focus differently, rather than spending your time blaming the world. In time you will find that you have let everything and everyone "off the hook". And when you have let everyone "off the hook" you will have restored love and honor for them and their exploration. Simply, the moment you stop seeing others as interruptions or impediments to your path, you are then able to be space for them, to accept them as they are, not requiring they be different than they are.

Give it a shot. See everything in your life as reflecting to you what you are focused on, thus allowing you to shift it if you are in a focus you do not prefer. Test it and see. You just might find you completely stop mucking about with the external, and tend to where the reflection is coming *from*.

Beat Yourself DOWN With Comparison Or Love Yourself UP (Head or Heart)

To illustrate the truth of reality being a reflection, and to demonstrate the idea that we can use it to our advantage, I would like to use the following example: Let's say you're a woman and as you're out and about you see another woman who looks so gorgeous to you and seems to have it all together, and this makes you self-conscious and insecure. If you're a man you can think of a situation where you see another man who appears to make you feel self-conscious and insecure. Really, to benefit most from this section you can think of *anyone at all* who appears to cause you to feel not enough in some way or other.

Now remember that the way you feel in relation to them is *your reflection*. They are reflecting to you the way you are focused. Therefore, see this is as an offering, which says: "Do you wish to focus on this aspect of yourself?"

What is your reply? Hopefully, if the aspect is inferiority and self-invalidation, your reply is, "Surely not. How would that serve me?!"

Life has showed you — through this reflection — what you don't prefer, thereby allowing you to know that what you do prefer is to feel good about yourself, secure and confident. Now, you will be participating in (giving your energy to) one of the two; that's unavoidable. Which one do you choose?

If the choice you prefer seems a bit out of reach for you, again you can use visualization to attune yourself to the version who walks confidently. Your mind alone, however, will not do the trick: *your heart must be employed. Always they must work together.* In order to attune yourself to the version you prefer you must remember that the woman or man actually have *no power* to make you feel unconfident. It is your own thoughts that are doing that.

Let me explain.

In this single situation there is much being offered to you, if you care to use it to your advantage. It opens up the whole question of worthiness. It provides you the opportunity to become aware of how you are measuring your worth, and whether in this way you are being kind and gentle toward yourself.

Our disempowered tendency in such situations is to make it about the other woman or man having it better than we do, and about what other people might think when they look at her/him and then at us.

Comparison is a very painful and disempowering feature of our mind (I am speaking of negative comparison. Later on in the chapter *Where Power Isn't* I will introduce the positive use of comparison as well). Even when we think of ourselves as better than another, it is still the same game of making our sense of worthiness, value and self-love dependent (upon being better than), thus guaranteeing it can at any moment be threatened. But comparison is merely an option. The other option is to see it doesn't matter: It's not about what others may think and *you don't have to see things through anyone's eyes but your own*, nor is it about the other woman or man. Bring it back to you. It's about what *you* want to experience, and the entire point is that you have *choice*. Life is offering you aspects of yourself to say 'yes' or 'no' to. Will you use the woman or man as your justification to feel inferior, or will you put the comparison feature aside and recognize that your worth is not dependent on anything and need not be affected by this situation?

Will you use the situation as an opportunity to judge yourself or love yourself?

*Remember: life is not giving you situations in order to **tell** you who you are, but in order to allow you to **decide** who you are.*

You can decide to be the person who beats themselves up. Any situation where the comparison feature is enabled will be used for this beating. If you decide that you are inferior, there will always be someone you encounter whom you can use to "prove" to yourself that you are. In the same way there will always be someone to "prove" your superiority. But it's the same game. The need to feel superior is but an avoidance of feeling inferior. What you are running away from is always right behind you. It is, therefore, very much a part of you — until you face it. Feeling superior does not dissolve the buried sense of inferiority and worthlessness.

Having choice means beating yourself up is not the only option. You can decide to be the person who respects him or herself. The word re-spect actually means to look again. Take another look at yourself, and see yourself in a new light. You are worthy not because you are better than others. It has *nothing* to do with others. *It's about how you treat yourself*. Respecting yourself is making room for yourself, including yourself, counting yourself in, valuing your voice, knowing you belong and that you deserve the same as everyone, which is to say you deserve the best.

The eyes of love count *all* in, seeing everyone and everything as worthy.

Have some re-spect — look again at all beings, and see that while we've been caught up in the game of specialness ("All animals are equal, but some animals are more equal than others," George Orwell; *Animal Farm*), we are actually *all* unique. Each and every single one of us has value, and that includes you! You have to look with your heart, which is why I said the mind is not enough. Your heart knows what perspective respects you the most; and if it respects you the most — it respects all the most, for when you heal yourself, we all reap the benefits.

Your heart thinks in ways that do not occur to your conditioned mind. Think with your heart more often.

Another important thing to understand in this respect, is that the value and beauty that you see in the man or woman is *your own*. How would you recognize it if you did not contain it in the first place? As they say, "it takes one to know one". What hurts is that you disown your own value and beauty, separating it from you and placing it on others as though it belongs only to them but not to you. You project it outwards, and we see this often with celebrities as well as gurus.

Think again, for this way of thinking hurts you: *anything* you see in another you already contain, and those

that inspire you are in your reality *by your invitation* so that you may *choose* to give energy to the aspect they are reflecting to you; not so that you may reinforce your inferiority.

It's up to you. There is no one else choosing for you. It is a matter of thinking with your heart in order to conceive of your preferred reality, and then *allowing* yourself to choose this reality.

Comparison, in its negative use, is but a way we beat ourselves up. It is judgment. We judge from a deeply buried false notion that judging others somehow will make us feel better. If we can say we are better in some way, shape or form, then we're allowed to feel good about ourselves, we unconsciously believe. This is a trap: someone will always be better than you too, and then you will feel the pain of feeling lesser. Besides, needing to be better in order to feel confident and secure is merely a cover-up for one's own self-judgment. Comparison is unnecessary when you accept yourself: you arrive home with the realization that you are okay as you are. You don't need to be like anyone else. That job is apparently already taken. But there is no one being you — but you. Don't leave your post, because if you do we will miss out on your unique gifts!

Validate yourself. All of you. Without exceptions. Not once, but from here on out. Everything you feel. Every heartfelt desire. Each preference. Never be embarrassed about being you.

Judgment hurts. Ending comparison is deciding to love oneself, unconditionally. It is the ascent from being head-centered to being heart-centered. It is no longer seeing yourself (and therefore anyone) through the lens of "not enough". It is no longer measuring yourself against made-up social standards. It is being happy with yourself, as you are and as you wish to be. It is embracing your uniqueness. It is knowing your value and not leaving it to others or to society to inform you of your measure of value, as if they have the power or authority to determine it.

There is *nothing* cooler than being yourself. *Nothing*. If others see that or not, is immaterial.

Every situation in which comparison arises, with it is offered the choice: would you like to use this situation to keep judging yourself, or do you prefer to love yourself and acknowledge how awesome you are?

You are enough!

If you use the situation to make the choice to see yourself positively (by saying 'yes' to love/self-validation), you just might end up *thanking* the other woman or man in your heart for being there to present you with the choice and the possibility to embrace who you are. You will have used a situation that at first seemed disempowering in an empowering way. Love knows... that it's not *either* you or them that are beautiful or valuable, nor are there gradations — it is *both* you and them, and your beauty and value and maximal (i.e. not lacking at all). Equality is (and no one is more equal than anyone else...). E-quality simply means that every being in existence has quality, value. In my book it stands for Even-Quality: evenness of value and worth.

When you see yourself positively, you cannot see another negatively. Said another way, when you validate yourself you will not invalidate another. Remember: it is a reflection. As you see yourself you will see the world; as you see the world you will see yourself. Treat yourself kindly, and you will not be able to be unkind to others, and vice versa, as you treat others genuinely kindly you will not be able to be unkind to yourself (On the difference between kindness and being nice later on, in the chapter *Where Power Isn't*, section Peace, Patience & Kindness). It's all vibration: if you judge another your place *yourself* in a negative vibration; If you love yourself, the world will appear brighter.

Heart-thinking, as I call it, being inherently respectful, doesn't compare — it values: It values the uniqueness that the other has to offer. What it doesn't agree with it can still respect while simply not choosing to adopt or focus on it.

You may recall I'd mentioned previously that you will use your situations to prove some story or other about you is true. Using our example to demonstrate this, if you go on looking for reasons to prove your inferiority, you will keep finding them everywhere. You will then believe your insecurity is justified. Of course you are not aware that you are looking for proof of your inferiority while you're doing so; if you were you probably would stop. Becoming aware allows us to choose: do you wish to keep doing this now that you are aware, or do you wish to use your situations in a way that will serve you better?

The situation with the gorgeous woman or intimidating man doesn't *inherently* mean "I'm inferior". That's *your* definition. That is the filter you may be watching it through. Actually, the situation can be assigned different meanings, and those meanings come *from you*. Assign a negative meaning — you'll get a negative experience; assign a positive meaning — you'll get a positive experience. If your story is that you're valuable, and you understand that doesn't *at all* mean you have to count anybody else out — you will begin finding evidence all over the place of your value. Perhaps you will notice people beginning to express gratefulness toward you for something that you did that helped them move forward. Perhaps you will begin to notice that you are treating yourself more kindly, which means you value yourself more. The reflection never lies....

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We are shifting the gestalt from you taking your cue from what's around you, to you being the cue-giver. You focus on that which you prefer, and reality alters itself to reflect that.

Self-Talk

Making decisions that are more aligned with self-love is making decisions in accordance with your higher self. To make the choice you prefer, you have to believe you are worthy of it. That means you need to love yourself in order to give to yourself. The way you talk to yourself plays a big part in that.

When I work with people on shifting their beliefs, that automatically shifts their self-talk. Their narrative changes completely as they become the person who respects themselves and their process.

I have said that beliefs are really practiced decisions. In order to shift them we need to make new decisions and commit to them. Ultimately, ascension is nothing but shifting decisions made from a state of negative ego to ones aligned with our higher selves — or our ideal version.

Becoming aware of our self-talk lets us know whether we are being in accordance with our conscious aim — our preferred version — or not. What negative self-talk are you aware of in your life right now? You can stop it and re-navigate. Where can you be kinder to you?

Stopping our negative momentum can be challenging sometimes. The first helpful step is to not judge ourselves for judging ourselves. *It's okay that we feel negatively.* Aggravation and frustration are okay. We'd benefit more from listening to ourselves — to our aggravation — than being aggravated about being aggravated. The point is never to deny what's going on within us, for as I have said before, denial creates a split in us: in denial we remove that which we don't prefer from our conscious awareness, fooling ourselves that we'd gotten rid of it. We haven't. If things come up the point is not to push them back into the unconscious, but *to acknowledge them*.

Acknowledgment heals us. As we acknowledge and accept those parts of ourselves that feel unpleasant, we are actually listening to a part of ourselves that we'd at some point disowned because we deemed it invalid. If aggravation arises, what is it telling you?

It's telling you what you prefer through what you don't prefer.

For example, if you reached out to a friend for help and their response aroused aggravation in you, your aggravation may be informing you that you believe that you deserve a more helpful response. Maybe you're the kind of person who gives really helpful and encouraging responses to others in their time of need and a part of you is telling you that it's time for you to receive as well. Acknowledging the message in this way lets you know what you prefer: to receive more caring responses. *Validating* your preference is key to aligning with it. And aligning with it is key to receiving that reflection from your reality. Now you will find that you will either make new friends whose advice you will find to be very on-point, or those friends will respond differently to you next time, reflecting outwardly the change that you'd made inwardly. The central point is that you have to *acknowledge* that you deserve something in order to allow yourself to receive it.

To conclude, when we allow the less pleasant experience to be there, we validate it. We validate *ourselves*. That part has a message for us. In some way, shape or form it lets us know what is no longer working for us. It helps us come into new clarity. After validating what we don't prefer (the less pleasant or that which isn't working for us), we must then validate what it is pointing us to, which is what we do prefer and will serve us better. We have to let our preferences be the sign-posts on our path that they were designed to be.

The way from our non-preferred states to our preferred ones is through loving ourselves. *As we are. Where we are. Once we make whatever we're feeling okay, the negative self-talk ceases.* We become open to hearing what that aspect of ourselves is telling us. With the information it provides us we make a new decision, choose a new narrative and head in a new direction.

Practical: Using The Wisdom

How to apply the wisdom that there is only you

Take a situation that makes you uneasy and apply the following steps:

- 1) What is this situation bringing up in you? How does it make you feel? Look at your attitude toward it. What kind of energy are you in?
- 2) Remember: The situation is meant *for* you (not against you), as an opportunity to become clear on what it is you prefer, so that you can express *that*. It's not about the other person/s but *the aspect they are reflecting back to you*.
- 3) Is this the aspect you wish to focus on and create more of?
- 4) What is the aspect you wish to focus on and create more of? Or, asked another way: what would be an empowered response to the situation? The empowered response gives you a sense of relief and perhaps peace or strength, and that's how you recognize it. Employ your heart to *feel* your way toward it.

*See the full process alongside an example at the worksheet There Is Only You at the worksheet part in the Toolkit.

Applying the wisdom allows you to *use* your situations, your circumstances, instead of just being clueless, helpless and wishing they change so that you can feel better. You can feel better before the circumstances change, once you ask these questions, because they give you clarity and empower you to respond in the way you actually prefer to respond. They allow you to become clear about your negative belief and choose otherwise.

Using this wisdom completely takes the charge off the situation. It stops being personal, and also you stop feeding the negative energy (or the negative beliefs) once you ask the questions. You stop feeling victimized and confused by the circumstances as the situation becomes clear and you now know how you wish to proceed and respond.

Bottom Line

If your experience is determined by you and reflected back to you, you are fully responsible for it. This, I promise you, is the best news in the multi-verse! The more you own your responsibility as the creator of your experience, the more you are free. Owning your responsibility is owning your power, and disowning it is disowning your power. Hence full ownership of your responsibility is the end of suffering, for you can never again feel that things are happening *to* you, only *as* you — and/or *from* you.

You are in charge. Since you are always deciding, as we've said, you are responsible for your decisions. Whatever idea you are focused on, you will experience joy or misery accordingly, as well as an increase or decrease in energy. It is up to you to maintain the focus you prefer, moment-to-moment.

THE END OF JUDGMENT

If you accept the premise that reality is a reflection that shows you how you are focusing, then judgment doesn't make much sense. There is no point in judging the reality, but only in letting it show you whether you prefer the way you're focusing. If you don't, simply use your reflection to remind you to shift your focus. If reality seems to be frowning upon you, what will you gain from judging and hating it? If you don't prefer that experience, find a positive focus rather than remaining locked in the negative one.

The creation of your reality is all up to you. Everyone in your reality is serving you - even, and perhaps especially, those that show you what you don't prefer. As you decide to *utilize* their service by using them to show you what you do prefer, and as you begin focusing in that direction, your path will unfold in a very powerful way, reflecting to you your new choices now. But if you decide to remain in blame, hatred or any form of judgment toward the people who are presenting contrast into your life, you will simply be getting more of that reflection, since you are still frowning at the mirror, and also cursing it for not smiling back.

Everyone in your reality is the version of themselves they need to be to match your frequency of consciousness. If you have, for example, attracted to yourself insecure partners, thinking you could fix them, you may find - after experiencing a series of very difficult relationships - that you don't prefer this. You may *use* the people in your reality (which are your reflection) to show you what you do not prefer. The moment you state that what you *do* prefer is to be in a relationship with a person who is confident in who they are, your entire focus shifts. You are, in effect, stating that you are no longer intent on putting out the energy of fixing, and are now putting out the intent to enjoy a relationship with another without needing them to be different.

Being a giving person is not at all similar to being a fixing person. Fixing is an attempt to change the reflection instead of changing yourself. Giving is simply giving the love and kindness you have to share without requiring the other person to be different than they are. Giving is about you giving what you have to give; fixing is about the other.

For giving to be enjoyable, you require a partner who is able to receive. If they are not, they will continuously misunderstand you, or find some way or other to block your love. They do this unconsciously, of course. Our tendency is to try and fix them at this point so that they can receive us, rather than simply learn from our reflection what we need to change *within*: we need to allow *ourselves* to receive; meaning we might like to acknowledge that what we have to give is valuable and that we deserve to be able to truly share ourselves.

As long as we don't realize the change needs to be made within, we constantly try to change the reflection. When the reflection doesn't change to match our preference, we judge it. What if, instead, we learned that if it isn't changing, perhaps we ought to just learn from it and move on? It would save us a lot of time, energy, upset and experiences that we don't prefer.

Of course we ought to honestly communicate with our partners, and we ought to do this without judgment. How? We focus on ourselves: what we are experiencing and what we prefer. That is different than focusing on what is wrong with *them*. The truth is nothing at all is wrong with them! They are simply reflecting to us something we don't prefer, in order to serve us in the never-ending process of creating our reality. We must uncover the aspect *within ourselves* that they are reflecting back to us. Then, having made it about *us* and not about them, our communication with them is likely to flow better, because we are being responsible for our experience, rather than pinning the responsibility on them.

For example, you can say, "I feel that you misinterpret my intentions" and give examples without being judgmental. Remember, you are talking to an aspect of yourself. The way the partner responds is their

response-ability. They might show you that perhaps you can express yourself more clearly, in which case you will have learned better communication. Or, you might find they simply truly are unable to understand you, in which case you might thank them in your heart for the learning they'd offered you, for they have helped you become aware of what is important for you to have in your experience: people who can receive you, your gift.

Say that you have decided to leave the relationship behind. Life will now send new people into your path in order to allow you to choose according to your preference. Perhaps first you will encounter those who represent what you don't prefer, and it will be an opportunity for you to apply your new decision about what you deserve. This will allow you to become crystal clear about your preference. Having crystal clarity means having no resistance. Therefore, this is when the manifestation that you do prefer arrives. Now the people who can receive you will begin to show up in your reality. Who knows, that may include a new partner sooner or later.

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Attempting to fix others is a result of judgment. Judgment is but a way of saying something is not good enough. Hence it needs fixing. Of course, as we've just seen, whatever we believe needs fixing "out there", is merely pointing to something we don't prefer "in here". *That* is where the change need be made. One powerful way to go about this is to simply ask yourself: "What am I not allowing myself to acknowledge that I deserve?" If we are in a situation that we are trying to constantly fix, then we are not where we truly prefer to be. If, out of self-love, we acknowledged that we indeed deserve to be where we prefer, where (or what kind of relationship) would that be?

Believing that people outside of us have power over us, we resort to blame. This is nothing but laying the responsibility for *our experience* on another. If we understand that we are entirely responsible for our own experience - for we create it 100% - then the need for blaming others evaporates. It's not about them, it's about us.

Believing that people and organizations outside of us have power over us also leads to the desire to eliminate them. If I am trying to have peace by judging all the wrong things in the world, it is obviously counter-intuitive. The idea that by eliminating that which we don't prefer we come to peace, is in fact the cause of war. Eliminating a race, eliminating a country - eliminating the ways that are not our way, because they are not "the only right way." Peace doesn't fight. That may seem obvious, but we don't behave that way. When you see something you don't prefer - don't fight it; let it be and move on. You may say, "I would never behave in that way, I absolutely do not prefer to be a part of that energy, and therefore, without understanding those people at all, I will wish them the best, send them love, and allow them to exist.... because existence does. Now on I go".

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At the end of the day, we never have to get rid of anything. Isn't that a relief? We only need to change our focus from that which we don't prefer to that which we do. *We* need to be different if we prefer something different. As long as we are judging what we don't prefer, we are only remaining at its level. Hence, what you resist, persists.

Judgment Is The Way To Manifest What You ***Don't*** Prefer

As you read this section, I hope you think of all the things in the world that you don't prefer (even hate and wish to eliminate) yet dwell on. Perhaps it's the president, Big Pharma, fast food corporations, particular people, etc.

When you feel powerless you are believing that receiving that which you prefer depends on others and on things outside of you that are not in your control. Negativity goes hand in hand with being disempowered. It is poison. There is no use in injecting it. However, our species is a little insane, believing that being negative can produce a positive effect. Another way to say it is believing that judging (or hating) something can make it go away. The contrary is true: what you judge sticks to you. Assign a negative meaning to something and you get back a negative effect.

For example, let's say I hate you, yet I believe this has a positive effect for me. If I didn't think my hate was serving me in some way or another, I wouldn't choose it. Of course, I am choosing it automatically and not consciously. In my mind I am seeking *relief*, and I am convinced that I will have it by telling myself how much better I am than the lowly creature you are. I unconsciously think putting you down somehow puts me up. I assign so much power to you (without being aware of it, of course) that I get incredibly disturbed at the thought of you. I have decided that you are the root of my problems and maybe even the world's problems.

Truly, I do not prefer anything that you stand for. However, the idea that by judging you for your ways I am serving myself (or you, or anyone) is insanity. Really, I want to control you, because you are operating in a way that is not in accordance with my way. I may say I really don't agree with those people in the world who say their way is the *only* way, but without noticing it - I am one of them.

All of this is done completely unconsciously, obviously. Hate is poison, judgment is poison - and as I've said, we inject poison only when we are not aware we are doing so.

Surely, I (the person in our example) am not at peace, and I will *never* find peace while I'm waiting for it to come to me from outside rather than *from* me. I will never find peace while I'm attempting to fix, control and rearrange my *external* reality, completely overlooking the fact that *it is a reflection* and that my control and power are actually *inner*: I control the way I think about things, and my actions follow from there. My power is in *allowing* you to be as you are, and rather than focusing on your ways (which I don't prefer), focusing on what I wish to create.

If you're a judge, reality will provide you with plenty of things to judge. If you believe you need to fix things and straighten them out or remove them from existence in order to create that which you desire, then you will actually never create that which you desire, for you are busy fighting that which you don't. The reality of being surrounded by loving and empowering people, for example, is not created by blaming and trying to change the people that currently surround you. If you spend your time judging them and trying to teach them (which is fixing them) and straighten them out, that's where you're investing your energy (which is your currency). Therefore, you are likely to keep having people showing up in your reality whom you feel you need to fix. Stop fixing, and allow them to be as they are. They are *reflecting* you back to you. You yourself are not being loving and empowering (you are judging and blaming them, seeing them as needing to be different), yet you expect reality to give you back what you yourself are not putting out. By truly being loving and empowering yourself, all those people who are not a match to this vibration will fall out of your reality or change their relationship to you, as you will be making room for the people who *are* a match to your new vibration: people who have no interest in judging you, and can actually receive you - for that is who you yourself are being.

If someone is judging you, let them. If you begin to tamper with fixing their perception of you, you make yourself dependent upon their approval of you. In other words, by not allowing them to judge (it's their choice!), you are in resistance - which means you are once again focused on that which you don't prefer.

Everyone is creating their own version of reality, let them. Don't be so focused on what they are doing - remain focused on what it is *you* wish to create and experience.

It's really simpler than it may sound: if you want peace, don't go to war. Every time you are attempting to fix things in the external, you are going to war. It's not your responsibility to change others. Only yourself. And teach by example. This way you allow others to change *if **they** want to*, and not because ***you*** want them to.

The only reason we're fixated on fixing the world and others, is because we assign to them the power to affect us, unconsciously endowing them with the ability to make decisions *for* us regarding our experience of reality, and that scares us. We don't realize that if we focus on health, for example, our reality will give us health no matter what Big Pharma is up to. Focusing fearfully and angrily on all the ways I or others can get sick is *not* the vibration of health. The vibration of health is the love of health, the appreciation of that feeling. In the same way, the vibration of peace is the love of peace, not the judgment of all the things that seem to get in the way of it. Not knowing this, that no one can influence our reality without us allowing them to, we begin to hate those whom we believe are influencing our reality negatively. We think we need to eliminate their ways (and in extreme cases maybe even eliminate them), for their ways are not agreeable to us. So now we assert *our way*, and, without noticing it, we have become those who attempt to decide for others: we become the very thing we judge and fear. We have become part of the war of "my way" versus "your way".

As long as the problem (on a personal or global scale) is perceived to be "out there", there will be war - not peace.

All of this chaos is attributed to powerlessness. If I know I create my reality 100% - not 97%... then *no one* affects me. Unless *I* choose to allow them, of course. No one can force me to see things negatively - that is *always* my own interpretation. One has to come to terms with the truth: Either *I* am making my own decisions (empowering truth), or others are for me (disempowering lie). Technically speaking, it is *always* myself who is deciding, even if my decision is to make *their* decision my own.

An empowered being has no need for hate or the actions that follow from it. Knowing I create my own reality, I know it is up to me whether I wish to be affected by something I don't prefer or not. Once I hand my power over to something outside of me, I now think my peace is dependent upon that thing. So now I am restless, for my own power is not in my hands, but belongs to something I can't control. When I get to the point of "enough!!" or "no more!!" I will finally decide to take my power back.

But if I am empowered I will not hand my power over in the first place. I will simply allow that which I don't prefer *to be*, knowing it does not have to affect my reality, for I, individually, create my reality. We all do. That thing that I don't prefer has zero power to decide anything for me. Knowing I am the arbiter of my experience, I have no reason whatsoever to attempt to change it or to not fully allow it to exist.

~

That which I don't prefer and feels heavy to me is what I perceive as darkness, while that which I do prefer and feels in alignment for me is what which I perceive to be light. I will always have *both* in my awareness, but I will always choose *one* to focus on and *be*. Hence, it is *not* about eliminating the darkness. It will never be eliminated! It is only a matter of focusing and giving my energy to that which I prefer, the light. The darkness is a companion on our journey! Without it we would not be able to follow the light.

All the darkness you see in the world, let it be. Don't deny it or try to pretend it is not in your awareness. Now let it serve you, by showing you what it is you do not prefer. Now you can thank it, and allow yourself to see what it is you do prefer. Go there. Bask in it. Love the peace, the health, the abundance. Love the light. Decide to create *that*.

Dwelling on the darkness defeats the purpose. It creates more of it. By doing so you become a part of the problem, not the solution. You help maintain things as they are, rather than being the new. *Use* the darkness in service of the light. That is what *enlightening* is. Indeed, the darkness enlightens... if used to point to the light.

~

It becomes clear what *confusion* is when we define it as misplacing your power - placing it outside yourself instead of recognizing where it truly is. When you re-member your power (make it a member/part of yourself again), clarity is restored. When you forget or overlook your own power, confusion is there because you necessarily are mucking about with the external, trying to find ease and rest where they will never be found.

Simply, confusion arises when you are tending to the wrong thing, wrong in the sense that it is incapable of giving you what you truly prefer. You must stop going out when you are confused, and come back to yourself. Clarity is naturally here.

Believing in powerlessness, when something apparently negative occurs, one uses it as proof that one is a *victim*. An empowered being will always find positive use for anything that occurs, no matter how negative it appears to be on the surface. For the empowered, everything is always serving them, because they *decide* it does and because they are open and willing to see *how* it does. There is always light to be found in every seeming darkness, there is always growth and learning to be thankful for, there is always a gift to be received no matter how hidden it may seem, and always an opportunity to cultivate *trust*.

Judgment As A Blinder

Every time we judge someone we deem them not worthy. We've been taught to gauge people by artificial measurements, such as their looks or their financial situation. There is nothing wrong about this, however, it doesn't allow us to simply see *the person*. Our measuring distracts us, as we believe a person is defined by his or her situation and appearance.

Judgment looks for what is not good enough in someone, while love sees through the outer presentation, honoring the being. Everyone is on a journey, the circumstances they wear temporary and for the purpose of their particular exploration. Behind it all they are the same as you.

Judgment is a blinder to beauty. You always find what you look for, and judgment looks for what's wrong and what's ugly. If you want to find light, you will find it in every single being, even those that you currently believe you abhor. If you want to find understanding, you will bring yourself to see a bigger picture than you currently do. In order to find greater understanding you have to let go of your current one. That means you must release the idea that your judgment is an absolute truth. The things you declare as "bad", as though they are *inherently* bad, are things that also serve the greater whole in the bigger picture. We often cannot see the full effect of a particular event. However, if we *choose* and are determined to find the good effect that came out of a "bad" situation - we will *always* find it, no exceptions. Everywhere there is darkness, there is light. *Everything* you perceive in your reality (which includes the global reality) has a positive effect that you can tune into. But in order to do so you must give up the judgment of it as inherently bad. You must give up using your head and begin using your heart, for judgment is of the head and understanding of the heart.

In the eyes of love, everything that is deserves to be. How do I know that? Because whatever it is, *is*. Meaning, existence allows it. We indeed must have the segregative in order to have the integrative. Every

experience needs its opposite. We, too, can look at things through the eyes of love, realizing that everything belongs. It is not possible to eliminate anything from existence, only to use it to our advantage by letting it show us the preferred direction of our creation. When you shift your reality, you do not eliminate others - you simply focus your awareness in such a way where they do not occur to you.

A RADICAL NEW VIEW OF WANTING

The ToolKit is about assisting you in making your conscious and deliberate decision about who you are and how you intend to respond to your environment, situations and circumstances.

If you don't consciously determine your direction, how do you know where you are going? You may *think* you know where you are going, but really.. you're not going there if you're not *being* in accordance with your destination — if you're not being the person you need to be to get where you need to go. You may be *hoping* to get there.. but that's not the same as actually going there. You may pray or wish.. but again — that's not actually going there. *Becoming the vibration of your destination* is going there. And when you become the vibration of your destination, you don't care about getting there, because you don't experience the lack of not being there.

I have mentioned before that you contain it *all*. Existence is like a hologram, wherein every part contains every other part. Every *one* has/is the entire *oneness*. When you manifest a set of circumstances, you do so from *within*. You allow a certain aspect of yourself (like, abundance or health, for example) to come forth; you allow yourself to *be* it. When you are being it, it begins to be reflected to you from what you consider to be “without”. In truth, you have chosen to focus on that aspect of yourself *within*, from the infinite options that exist within you — and it then manifested *without*. You chose to be the vibration of your destination, and because you didn't feel the lack of the destination — there was no resistance for a new reality to be reflected back to you.

The secret, therefore, is in being the reality you wish to experience now.

Remember: all realities exist *within* you.

All manifestation techniques are about getting you to allow yourself to *be* the reality you wish to experience. Whether they use visualization techniques or techniques for shifting beliefs or energetic techniques, angels, ETs, violet flames and so on... it's all about getting you to allow yourself to be what you want. That's how healing works as well: the healer acts as an excuse for us to allow ourselves to be the healed version of ourselves. The healing is actually done *from* you, not *to* you, although the healer acts as your “authorization” to shift.

My Bakery Lacks Nothing

We are used to thinking of wanting as not having. In my radical new view of wanting, wanting *is* having.

How so?

Let's say you enter my bakery, full of all the delightful baked goods you could possibly want. You wander around for a while, then approach the counter to ask me whether I have a particular pastry that you only saw in France. You did not see it while exploring my bakery. Nevertheless I am happy to inform you that I do have the particular delight you are wanting. You did not miss it — it is simply not currently on display. As I said, my bakery is full of *all* the delightful baked goods you could possibly want. My bakery lacks nothing.

This is the situation with each and every one of us: we lack nothing. *You contain all aspects, all realities, all possibilities*. How can a being who contains everything be lacking anything?¹ Therefore, the goods you are seeking are... within you. Your wanting is only perceived as lacking if you do not know that you *necessarily* have what you want. *If you didn't contain it, you couldn't want it.*

¹ Expansion on the idea of containing everything at the end of the chapter.

The goods in my imaginary bakery represent aspects of existence. Any aspect you wish to experience, you can. If this aspect is not on display in your experience, the secret is *you simply need to call it forth*.

You see, if you contain *everything* but wish to experience only *particular* things, you cannot have everything on display all at once. Some things will therefore appear to be outside of your awareness.

Let's say you are experiencing the aspect called lack. You are looking at your current situation through the eyes of "not enough". Now let's say you wish to experience abundance. Are you going to look for this aspect outside of yourself? Or are you going to call it forth (from within) into your awareness? It is but a choice for your preferred — or desired — state of being (remember illustration 2, where you are the being (the sun) in the center, and all states of being are *equally* available to you). If you allow yourself to know it's there, within, if you allow yourself to know that you already have what you want — calling it forth will be as easy as changing glasses.

In order to get the reflection of abundance — if that is your chosen aspect to focus on — all you have to do is *insist* on viewing any and all situations that arise in your life through those glasses. Insist and persist with your decision to interpret everything with abundance in mind, for, remember — you will interpret your situations one way or another *anyhow*! Do it according to preference, consciously, intentionally, purposefully. *Decide* that everything is serving your creation of abundance.

In this way, you will always eat the pastries you enjoy! Bake the reality of your preference. Enjoy the process!

~

You are your reality. Whatsoever you are being is the reality you are experiencing. To *get* a different reality means to *be* a different reality.

What You Want to Have is Pointing to Who You Want To Be

Our normal approach to wanting has to do with the wanting of physical objects or specific detailed realities. Why do we want the things we want in the first place? Because of how we believe having those things will make us *feel*. This begs the question: Why not skip the middle part of needing those things in order to feel how we want to feel, and go straight from the wanting to the feeling? Why make the feeling dependent upon having a particular thing?

A client of mine's favorite car was a 4Runner. She wanted badly to own one. When she told me this I asked her how she would feel if she did. She described a different person than the one she knew herself to be. It was clear that the version of her that owns a new 4Runner was who she preferred to be. This version was more confident, productive, energetic, seemed to have things more under control and felt more successful. This version was more responsible and carried a sense of being worthy of receiving the reality she truly prefers, career-wise and otherwise.

She used visualization techniques to manifest the car. As I said before, all manifestation techniques are about getting you to allow yourself to *be the reality you wish to experience*. Every time she visualized how it would feel to own the 4Runner, whether she knew it or not she was tuning into *who she would be* if she owned it. *What* she wanted was reflective of *who* she wanted to be, and each time she visualized driving and owning the 4Runner she was shifting her idea of herself.

She was becoming the vibration of her destination. We removed some beliefs about getting the 4Runner, that had to do with guilt and judgment. They were preventing her not only from allowing herself to have her dream car, but mainly from *being the person who owns it*. The version of her that she envisioned when dreaming of the 4Runner was not a person who felt unworthy or guilty or insecure. These things had to move out of the way if she was to be the person she preferred to be. After removing them, she had the 4Runner in her driveway the following day.

While many law of attraction teachings focus on the having of the object, we might see from this example that the object merely serves as an opportunity to expand into more of our potential. It's not about the 4Runner. It's about her becoming the version of herself that she prefers to be and experiencing that dream, that reality. It's about what the 4Runner meant to her specifically. When we become who we prefer to be, the details that fill in our new reflection (reality) are less important. They perfectly match our chosen and displayed state of being. We don't really have to worry about the details and the objects.

This in no way means you should *not* get the object. First, the object may come to you in unexpected ways. Buying something isn't the only way to have something, of course. Oftentimes things break down or stop working because our higher selves know it's time for us to have new and better. Our higher selves are not blind to our material needs and are not against physical pleasures. The idea, however, is not to depend on the object in order to be and feel the way you prefer. It's the other way around: be and feel as you prefer, and let the rest unfold. In this way, if you do buy something, it will be what I call an *aligned purchase*, as opposed to an *impulsive purchase*.

In an aligned purchase, you buy something because it reflects who you have now become. In an impulsive purchase you buy something hoping it will make you into who you prefer to be but have not actually decided to be. It is a prayer to the object to somehow make you (feel) better, to somehow transform you into who you want to be. The object can do no such thing. It can only reflect back to you who you are being.

When you have decided to be and respond differently to your environment, the new you will sooner or later feel deserving of new things. Purchasing those things when it feels right is actually reinforcing the you that you have decided to be, as it is *acting* out of the new version.

In this way, if you've decided to be the abundant version of you, you may find yourself actually paying for services that you never would have allowed yourself before, thus acting on your new and preferred abundant version. You will feel that paying for those services confirms your decision about who you are.

To conclude, while wanting seems to be telling me ***what I want to have*** it is really telling me ***who I want to be***.

It is a guide to my preferred *state of being*.

This is a radically different view of *wanting* than most of us have. It's telling you what you *do* have, and to therefore be and have (behave) as that person (behave as the person who feels abundant, for example, if that's what you want).

It's like wearing the energy you prefer. Just as you change clothes, you change energies.

Being and Manifesting

*This section is not saying anything new, but it is saying it in a different way. As I said at the beginning of this book, I am giving these ideas a chance to be repeated, a lot, since they are opposite to the way we habitually view things.

You may call forth any aspect of yourself at any moment. In order for that aspect to become a consistent reflection you must call on it often. In other words, you make a conscious decision — a conscious aim (here we are again) — to be the person who sees life through abundant eyes, if that is what you prefer. This guarantees that your experience will feel more abundant, and who knows what opportunities you might create for yourself.

It's simple. If you *want* health then focus on health, not on sickness. Do not focus on the fear of sickness but on the love of health. Let the feeling of health be present in your reality. In this way you call forth this aspect from within. You can envision yourself healthy in order to connect with this aspect, if you wish. The most powerful connection is by simply feeling your love and deservingness of health — for in this vibration there is no resistance. Allowing health to manifest and become natural in your reality merely requires a commitment to connect with it more and more often (remember, you are a vibrational chooser, choosing the vibration of health), until you eventually surrender to it, letting it take over. I am only suggesting you commit to what you say you want. It shouldn't be difficult, therefore, to be intent on doing so.

All manifesting truly is — is re-calling a desired aspect from within your infinite self. It is calling it forth by connecting with it. All that's required in order to connect with an aspect is true wanting, true desire. Desire makes you move your energy in the direction of your wanting. It makes you shift your focus. By now you know that reality — which is a reflection — must follow.

Each time you are being what you want, you are the vibration of your destination. You cannot experience lack, then. *At the point when you being the vibration of your destination has become second nature to you (say you've become accustomed to viewing everything through abundant eyes), no re-calling (calling again) of that aspect/vibration is required any longer — it is already re-membered, i.e. made a part of you again.*

~

To summarize:

Wanting is *not* telling you what you don't have, *it's telling you what you **do** have within you, and that you are simply desiring now to call it forth!*

Lack Desires

When I believe things outside of me can complete me, I feel I *need* them. Specifically that could mean a relationship, a certain amount of money, a particular event to occur — like passing an exam or an interview, etc. We often confuse what we actually need with what we either want or *think* we need.

When a desire causes me to be in a state of lack, that is simply a *reminder* that I am using my desire in a way that doesn't serve me. I'm attaching it to a particular person, thing or event when I can use it guide me to my desired state of being. Simply, *I can use desire as a pointer outward or inward.*

When I use my desire to point me inward, I let go of needing the outer. This doesn't mean I won't get the relationship, the money or success with the exam or the interview, it simply means I'm not *attached* to those outcomes; I thus do not make my happiness nor value dependent upon them.

How do I know I actually need those things anyway? I don't. There is no way I could plan my path. I mean, I thought I needed to advance in university, for example, in order to succeed in my life, and yet, lo

and behold, I'm so delighted I didn't! I enjoy what I do tremendously and academia wasn't my particular path.

Honestly, I don't care too much what happens, because I am already complete. We are about to delve into this in the next chapter. The only time I don't experience that is when I tell the story of lack; when I unconsciously decide that I am the person who is lacking or whose life is insufficient in certain ways. That is a decision.

If I believe I need a relationship, shall we say, I ought to inquire into why I believe I need it. This inquiry will always come down to wanting a certain feeling (like being loved), being a certain person that I want to be. That's what the desire is actually pointing to. However, lack desires turn the equation around, making it seem as though first something needs to occur in the reflection and then the desired change will occur. That is why lack desires are often followed by impulsivity. They pressure us by telling us that we need to get a particular shiny thing in order to feel complete. They bring us to imagine certain outcomes are necessary, and we attach to those outcomes.

Scenario 1:

Suppose I follow what I *think* I need and pursue a relationship. Having not looked inside to see what my desire is actually pointing to — a particular state of being that I wish to connect to — I am going to unconsciously expect and demand the person with whom I enter the relationship to provide it for me. This relationship will become a learning experience for me, where I come to understand that making my happiness dependent upon others is the formula for misery. Pursuing a relationship, as we can see in this case, would actually have you going *out* of your way, in the sense that you moved toward something that you didn't need (but only thought you needed) at that particular timing. Ultimately, you did need it, paradoxically, in order to learn that you didn't. Now you are wiser, knowing that being what you want will call forth to you everything you need — not in order to complete you, but simply and purely for your joy of expression and expansion. The partner is there to allow you to express your love, not for you to depend on for it.

In general, being in “getting mode” is a state of dullness, and being in “giving mode” is a state of fullness. Rather than begging the external to provide what I need, *I* become the provider. I am an emperor, not a beggar. When I decide to provide love and respect myself, like magick people come into my life who show it to me.

Your own love gets reflected back to you through others.

It comes from you.

Scenario 2:

Now let's suppose I follow the desire for a relationship inward. I powerfully shift my energy, placing myself in an entirely different vantage point, from which I can now actually *receive* a reflection (a reality) I actually prefer. Once again, it is about attuning myself to the state I prefer, for that state already exists within me. I may simply use a question: if it is the feeling of being nurtured that I want, I need only ask myself what that would feel like. I may then use visualization, imagination or perhaps a memory that connects me to the feeling. You could say that by following the desire inward, *I compete myself*, as opposed to asking the external for that. More accurately, I simply allow myself to recognize that I am already complete. Desire never meant I wasn't, it just asked me to call forth a quality that I needed. Like a GPS, it gave me direction.

*There is **power** in not needing anything in particular to occur, for it is the acknowledgment that you are whole, by default.* When you begin using your desires to embody the particular states of being they point to, that will be the end of lack. You then cannot help but approach the world not from a need for outcomes, but from joy, passion or inspiration. That means you are open, available to what occurs and

not seeing things as obstacles to your needed outcomes. Every apparent obstacle is but a pointer to more clarity.

To summarize:

You are always already complete and always becoming more. It might seem like a paradox to the logical mind, but the heart understands: it is the joy of expansion! While lack desires suggest you have some holes to fill, I offer the perspective that the holes are an illusion. You are whole, with no holes. You are not lacking. A creator, who contains everything, cannot possibly be lacking, however you can be focused in a way that makes you *feel* lacking: even that possibility do you contain; even lack you do not lack.

*The reason we want anything is **not** because we are incomplete.* The wanting or desire simply point to the *more* that is within us. When “more” is not about greed or the seeking for completion, it is *reveled* in: it is exciting to dis-cover *more* of what you deliberately forgot (this will make more sense as the chapters unfurl, particularly in the chapter Your Story Is The Best). It is exciting to grow! Our desires inform us of the direction of our growth.

There is forever *more*: our perspective of ourselves forever changes as we explore our infinite selves. Wanting is getting us to connect with the next version of ourselves. Asking “who would I *be* if I had that thing?” allows you to see what else (what more) is possible for you and be that person *now*. Then, you get to see how the reflection responds to you now that you are *this* person. How exciting! (More on this in the ToolKit, chapter Vision & Goals).

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Once you get the hang of the fact that you are forever observing and creating your own self-portrait, you may become quite playful with your reflection, quite creative with your painting. You will see the mechanism clearly: I decide who I want to be —> I have fun being my preferred self —> I have fun seeing myself respond to my circumstances as *that* person, *knowing* they must alter, they have no choice. Simply, *I have fun creating my reality!* It’s not a task nor a mystery, it is something I am always doing, but now have reclaimed my conscious control over. From here on out, life can never seem random again: I can understand the appearance of each and every reflection in my life, for the outer is but showing the inner. Examining my inner landscape I can always come to understand what the outer reflection is a representation of. I need always bring it back to me. After all, I am *only* creating myself, my world, my youniverse.

Bottom Line

There is no lack in you. You have it all; you *are* it all. When a desire arises in you or a contrasting experience takes place, it merely points out that you wish to find a focus that feels good to you. *You are the ideas you’re entertaining*, and if they feel as though they weaken you, call forth those ideas in you that strengthen you (even if they appear to come from “without” — like a book or a video, it is only a semblance, for they truly arise from your own consciousness as do voices of other people in your nighttime dreams). Remember that no one can cause you to experience anything that you do not prefer, but you — or namely the ideas you are entertaining. Guaranteed, entertaining ideas that feel good, light and empowering to you will immediately end all sense of lack. It’s not about having the object you think you want as much as it about feeling the way you wish to feel. The ideas you entertain determine that. Align with the version of yourself that feels inspired. Align with who you create(d) yourself to be in the ToolKit.

When you're ready, once and for all let go of controlling events/outcomes in order to feel how you wish to feel. Events and outcomes don't matter, only how you feel does. Your actions flow from here. You are always going to be all right, and the only times we forget that is when we entertain disempowering ideas for too long. Entertain only empowering ideas to remain in a positive feeling place. *Use* disempowering ideas when you experience them to find and align with empowering ones. Nothing scares or depresses you but your own ideas. I dare you to focus only on what you actually prefer, that makes you feel worthy, powerful, positive and beautiful.

~

Exploration the Idea That You Contain It All

I will attempt to explain this here, in five short paragraphs:

The reason it is true that you contain everything is because you, essentially, are existence itself. This can be known by tuning into the absolute fact of your existence. Not so much your existence as Paula or James or Nathan, but your very *being*. You *are*. Feel it.

Your point of reference may shift, your idea about yourself is different today than from when you were 5 years old. Your way of viewing yourself is in constant flux, however the fact that there is a *You* here to at all have a different idea about or a different view of — suggests that *something* persists. Something *is*. In fact, this *something* is not at all moving, but only viewing itself from different perspectives. It's the shift of the perspective that is felt as movement. It's constantly in a different relation to itself. Nevertheless *itself* IS. It exists.

Think of it this way: existence is the thread that runs through everything that exists, quite obviously. The common thing for everything that exists is existing. At the core of all things is the fact of their being, or beingness. They *are*. Beingness, existence, is what persists, or in other words - is eternal, timeless.

Often this point brings people to ponder death and wonder if this means they will exist beyond it. If you can begin to understand that you are existence itself, then you might begin to know that you could never *not* exist. In death, your view of yourself will shift. But you will still *be*. Existence doesn't suddenly un-exist. Where would non-existence be anyway, if it doesn't exist? There is only existence. And it is not subject to time. It is NOW.

Existence contains everything that exists. It must. The things that don't exist - don't exist. So everything that *does* exist, is existence. And existence may see itself in infinite different ways, thus getting different points of view of itself. You are existence having one of those infinite points of you. And being existence, you have "within you" all possible points of view. The problem is only when you see yourself separate from existence, as though there is existence and then there is you. You are existence, expressing a YOUUnique aspect

BY *BEING* YOURSELF YOU ACCOMPLISH EVERYTHING

While we tend to look for solutions by doing more, the solution is always being more... of ourselves.

The *Only* Challenge

Often when life doesn't go as planned we get frustrated. The occurrence of experiences we don't prefer is seen by us as an interruption, when it could be an opportunity.

Wisdom would have us use those experiences to our advantage: When we are going through an experience we don't prefer, in the process we are becoming clear about what we do prefer. That's what the challenging experience is there for. Overcoming the challenge means finding your own voice — your truth — within the situation. That is the same as getting clear on what you prefer.

One of my clients became very concerned for the environment. He had a depressed view when it came to the situation of our planet. It's not possible to argue with the facts. Many of us simply deny them. However, this client was acutely aware of them. Being so focused on these sad facts, how could he be anything but depressed?

My advice was certainly not to deny the facts nor to ignore the situation. *First we must face whatever comes up - not run away from it.* Then we must remember that *everything* - no exceptions - *is a reflection.* So, being focused in the way he was, the reflection (reality) could show nothing but gloom. Often when we are buried in facts it seems like no other alternative is possible. Facts by their very nature tell us "this is how it is!" and we then forget that *we create how it is!*

There is *always* an alternative, as what we don't prefer points us to what we do. Surely this caring heart wanted to see our beautiful earth healthy and radiant, but *dwelling* on the facts was actually creating the opposite view. By being judgmental and sad about the situation and also angry about other people's lack of awareness and care, he dug his toes deeper and deeper into the reality that he didn't prefer, as he was giving it his energy. Where in your life are you doing this?

The magick question for my client was: *"If you could give your energy to anything, what do you wish to give your energy to?"*

He thought for a moment, then his face brightened as he remembered he wishes to be a part of the solution and not the problem. He remembered what Einstein said about it being impossible to solve a problem from the same level of consciousness it was created. In other words: You can't solve the problem by feeding the problem; you must be focused on the solution. Find your way to give your love to the planet, rather than your pity.

At the end I asked him, "Do you like being treated as weak?" "No", he replied, because it's not true. Even if I'm having a hard time that doesn't mean I'm weak, I'm just dealing with a lot".

"Exactly! So do you think Mother Earth needs our sympathy... or our love... in action?" "Of course!", he said. "She needs me to think positively and stop crying over the problem. She needs us to reconnect and we surely don't do that by dwelling in depression and justifying it with facts."

"It's often too easy to forget that our way of thinking truly determines the reality we see," I said. "As you align with hopefulness within, you will begin to see it without. You will find evidence that our global situation

is indeed solvable and you will see people coming up with ingenious solutions to help the planet and ourselves (they're inseparable). You may very well be one of them. They will pop up everywhere and you will see very real changes made by different countries, states and individuals regarding their environmental attitude."

I can vouch that that is indeed what had happened. My client was not denying the facts, only responding to them in a way that was actually helpful. It first starts with shifting your energy, which means shifting the ideas you are entertaining about the situation. In this case the shift was from the story that we are doomed to the story of the earth thriving and humans feeling connected to her. *Every single time we experience something we do not prefer, it challenges us to leave our heads and find the truth of our hearts — what we truly prefer.*

You are always choosing the reality you align with. Deliberately choose the one you prefer.

The current situation of our planet is a reflection of our own disconnection. When we will allow ourselves to be more natural, more simple and childlike, we will find our connection to nature being not only restored, but enhanced. Becoming aware that we are one with this earth will end global warming and begin global warmth: a condition in which each care for all, for we see no one (including animals and plants and all parts of nature) as separate from us.

It starts with how we think. If we will begin to think with our hearts we will find unending love and gratitude for the planet that sustains us, as well as joy for the spaces she provides us to roam free and play. This will be a new decision about who we are in relation to each other and nature. A new decision means a new direction, which means a new reality. It's always this simple: *if you want a new reality, make a new decision.*

This deliberately chosen example of global warming shows us that really the challenge is to let what we don't prefer be the spark that moves us to find what we do prefer, rather than dwelling on the unwanted. My client found what he prefers when he allowed himself to see what he actually wants to see, rather than be absorbed in reality as it is. He believed he *had to* see it that way. And that is the whole point — you never "*have to*" because *you always have choice!* I cannot emphasize that enough.

So, see the reality you prefer to experience. It's not about the specifics of that reality, but about how it *feels*. It's about connecting with that aspect you desire, as we said in the chapter *A Radical New View of Wanting*.

Truly, we may understand that ***the only challenge is to be ourselves***. There literally is no other challenge, for every challenge invites us to find our true voice *and act on it*. Every single time you find your true voice you will feel relieved. It's always a relief to let go of things you're holding onto that are not yours. Liberation is nothing but allowing yourself to be yourself. Each time you do you might be amazed at how things align for you. Make the saying "follow your heart" real by daring to actually live it.

Where in your life do you feel challenged at the moment? Can you see that the challenge is there to help you come to new *clarity* within yourself?

On the other side of the challenge is a new level of you, a version even more aligned with your higher self. The initial confusion the challenge brings to you "pushes" you to new clarity, which brings you to more empowerment.

~

When we regularly embrace the contrast, we actually begin to experience less and less of it. That means we gradually stop having experiences we don't prefer, or at least they are short-lived. This is one of the differences between what people in the new age call 3D and 5D. In higher dimensions there can still exist

variety, but without having any option that is perceived as negative. So how do we then choose? One option always appears, in a given moment, as *more exciting* than any other option, even if only slightly.

In my life everything is preferable. I love it all. It's a matter of then listening in, tuning in, to see what feels right to do now. And now. And now. This is not a way of operating from the mind, through rules, but more of a spontaneous flow. It is the Divine Child.

Turtle Power

While power is mostly associated with swift forward movement, I wish to acquaint you with a power that has to do with very slow movement. So slow, in fact, that it feels like you are not moving at all. It feels like you are *centered*.

We live in a fast-paced era. The pace in which people physically move and walk increases every decade now, in this age of information, which perhaps we ought to call "the age of over-stimulation." While mindfulness and similar practices are prevalent in our era to the point that they have practically become mainstream, our stress and depression levels are through the roof. Many live in nearly constant anxiety, accompanied by sleep problems and dependency on medication through pills, alcohol or drugs. Many of us in the first world have zero financial issues and surely no imminent threats, and yet we live in a state of overwhelm. By what? Perhaps overwhelmed by a constant demand to produce and perform. Perhaps overwhelmed by deep confusion as to what's going on with us and our lives as we take little time to pay attention to inner processes, fascinated with outer processes that we see in the world - on the news and online, mainly. Overstimulation keeps us focused outward (seeing what everyone else is doing), neglecting our inner landscape — our connection with ourselves.

As we drift further away and disconnect from our natural selves, we become sicker. I have said at the beginning of this book (chapter Empowered) that to be healthy is to be yourself, not who you think you should be. Yet we think there is someone we should be; we imagine a certain standard and measure ourselves against it. In today's world we are bombarded by images constantly, selling us - whether intentionally or not - all sorts of shiny ways to be (and look!). We are racing toward our projected standard.

Perhaps in the past they raced toward an imaginary standard as well, but the pace was far slower, and therefore far less demanding and straining. Everything is faster today. Back when we had rotary phones, dialing took time, today it takes one click of a button and we get terribly frustrated if it somehow takes more, because it feels like we're wasting time. An entire book of such examples of the differences in pace between then and now could be written easily, if it hasn't been yet. The point is that our expectation from life is completely different than it was in the past. We expect things to work fast. With our technology and information at our fingertips, today we get more things done in one day than we did in a week just a few decades ago.

While this is wonderful on the one hand, the expectation of having things done faster is also adding to our stress. The race to achieve the idea of who you think you ought to be is moving a lot faster than it used to. Also, there is so much information surrounding us that we must constantly discern and decide what we wish to focus on and what to skip. Today there is so much variety and choice that many of us try to cram as much as possible in. It's not the 80s where there were just few channels on TV and only so many articles in the newspaper that you could read (not the entire worldwide web), and just the albums you bought at the store to listen to (not literally anything you want).

Yoga and mindfulness and meditation are on the rise and have been for some time, as a result of eastern wisdom traveling west in the past century, and perhaps as our attempt to find some balance, relaxation

and peace amidst the storm of information. Maybe these practices are actually helpful in some regard, but it is not likely that more than a few who teach them get to the actual bottom of the issue: we are disconnected from ourselves.

The trending “spiritual” practices of these days offer improvement — a better feeling in your life, more health, better body. All for what, though? So that we can be the producing machine society expects us to be? So that we can look great and make it seem like our lives are completely together? True health comes from connection with oneself, moving from one’s authenticity. The practices themselves that are trending these days may be excellent, but *what is the motivation?*

What if it’s less about where you’re moving *to* and more about where you’re moving *from*?

Those who know what the issue is live calmly through this age, just as they would have any other age. The secret is the same: don’t buy it. What? Everything the images project - the you you should be, the life you could have.... If you know that your path will provide you with everything you need to allow you to be the most fulfilled you as you simply move from your excitement, then you are not susceptible to the show. You let the world be the world while you let you be you. You are tuned into your own beat and move from intuition and play, not the impulsive need to gain more — even more health. Whatever is fashionable and trending doesn’t capture you. You’ll go if you want to. The world running its course doesn’t sway you off your axis. It doesn’t make you go out of your way. You don’t get distracted by shiny things. You remain steadfast on your path, in your alignment, *feeling* your way, *discerning* what you actually need and what you merely *think* you need.

When you are connected with yourself, you are in tune with the Divine. There is nothing more powerful, and in this state of completion you don’t have the need to jump on the next fad that everyone is on.

Once again we visit the choice between listening to the voice of our natural self versus the voice of “better” and “more”. You can always have a better body, a better house, a richer husband, a prettier younger wife, more places you’ve visited on your checklist, more accomplishments to be proud of, your social status can be higher. Heck, your meditation can be more perfect, as well as your yoga practice. They too can become stress factors from the vantage point of “better” and “more” rather than methods that provide calm, health and relaxation. Indeed, they have largely become just another part of the show of projection a successful shiny image.

The idea that when you get that “more”, it will be “better” is a false hope that in the *next* moment salvation lies. At the same time it necessarily makes *this* moment never enough, because “better” lies forever over there, where we are not. The fastest way to grow is to let go of the “more” and the “better”, and be real with yourself. Look at how you are feeling, be honest and transparent, for you know what goes on within you. Covering it up with “more” and “better” won’t save you, and won’t allow you to see what you *really* need.

Anything you do for the show will not make you (lastingly) happy. Even if it appears to be “spiritual”.

Being real with yourself really cuts to the chase. You allow yourself to see who you really are, what excites you, what you actually believe versus what beliefs you adopted that never felt like they were yours. You approve of yourself, rather than spending your energy on becoming what you believe you need to be for the world to approve of you or for you to consider yourself good enough. When you feel whole within yourself, there is no sense of “missing out”. The world doesn’t tempt you to leave yourself and become inauthentic.

Truly, peace is the grandest shiniest thing of all these days, a diamond in the ruff - better than breast enhancement, even surpassing in value an annual income of millions. It does not exclude those things, but it does not chase them in the name of happiness either.

~

I have lived most of my life in a hurry. I was always ahead of myself, never quite where I actually was. There was always something that could make it all a little bit better, if I could just have it. But when I had it, there was still always something that could make it all a little bit better. It never ends.

I was 100% devoted to being in a rush (albeit unconsciously), until I exhausted myself. It's exhausting to never be happy with what you have, with who you are, with where you are in life. The lack of willingness to accept that you are enough, makes you run and chase and try really hard to become someone that you won't even like being. And the farther you run from your natural self, the more problems are going to show up for you. You're out of your flow.

There is tremendous power in slowing down. Slowing down is a version of letting go. Letting go of the false need to be further ahead than you are, *which is the need to be someone other than who you are*. I call this *Turtle Power*. When you slow down, you quiet down and you become more present. You breathe. You notice more things, and you can appreciate them more. You might then notice that you are doing pretty darn well, and can relax the need for achievements, results, outcomes, "more" and "better" and projecting an image to raise your "social approval rates."

If you're in the flow, and your flow is fast, by all means enjoy it. Turtle Power is a power reserved for when you are beginning to feel anxious, uneasy, restless. It is a **deliberate decision** to slow down, and I mean literally, physically, as well as the intention to slow down mentally. Slowing down in this way allows you to be more gentle and kind toward yourself, to ground, and to accept where you are and how you are (feeling).

Most of us measure ourselves according to our level of productivity. But it's okay to rest. I like to say that R.E.S.T. stands for Receiving Energy Source Transfers. We all need to stop and allow ourselves to receive, and be renewed.

When I was living my life in a hurry I was never content. The more present I became, the more aligned I became with the flow of my life, and the vice versa is just as true. In this fast-paced society we need all the reminders we can get to *enjoy the journey*. Those who run ahead feel like they're lagging behind. That's why they run ahead. There's no end to it. It's not about getting ahead but about finding your alignment. It always comes down to using what you don't prefer to focus yourself on what you do.

Turtle Power is one way to connect with our feminine energy, perhaps with the water element, to balance out our aggressive fiery movement forward.

It is incredibly important to nurture and nourish ourselves. It is important to have an attitude of welcoming this moment, open and trusting, rather than merely wishing for the next one. It is important because it is a matter of whether you are actually present in your own life or merely rushing forward. Remember, we are not merely human doings, we are human beings. So...

*Don't forget to **BE**.*

~

You exist. Take a moment to retreat into your shell, your Home, and to notice that basic fact from time to time.

Who is experiencing all this?

I feel grateful beyond what can be expressed for the fact that I am. To *be*, Shakespeare, 100%, final answer!

Bottom Line

*“Treading along in this dreamlike, illusory realm,
Without looking for the traces I may have left;
A cuckoo’s song beckons me to return home,
Hearing this, I tilt my head to see
Who has told me to turn back;
But do not ask me where I am going,
As I travel in this limitless world,
Where every step I take is my home.”*

~ Eihei Dogen

WHERE POWER *ISN'T*

Your power isn't "over there" - whether "over there" is in the future when the circumstances change, or perhaps in the past when you used to be better. It isn't "over there" in the other person you admire, nor in another person's approval of you. It isn't "over there" in a particular group. It isn't "over there" in that thing or activity that you were told will give you power. It is always right here. No matter the circumstances. It is *you*.

In this chapter we'll just be skimming over all sorts of different ways we seek power where it isn't, i.e. outside of us. Just having awareness of these ways can be helpful to us. And, as mentioned in the beginning of the book, always think of yourself and your life as you read along.

Depending on Other People for Power

Since each and every one of us creates her or his reality 100%, we are inherently independent. Not separate, but independent. Each one of us has 100% of the power to choose his or her focus. However, we can - by sleight of hand - make it seem as though we are dependent upon another in order to create the reality that we prefer. When I believe you need to be different in order for me to have the experience I prefer, I am making myself dependent. The truth is you don't have any power to make me experience something I don't prefer, unless I seem to misplace my power, believing it is in your hands.

This is true for people who are close to us, as well as our government. It is true for anything at all that we normally attribute the power to make us feel a certain way. The idea, once again, is that we inherently have the ability to respond in a way that we prefer. That is our response-ability. What we do, however, is make believe the responsibility belongs to agents outside of us. When we surrender to our power, we realize: suffering is truly optional. No matter what the government decides or what the people close to us decide, *that never robs us of **our** power to decide. That is our independence.*

When people attempt to have power *over* others, they are actually directly denying their inherent power. They believe that in order to create the reality they prefer, they must control others. Therefore, perhaps strangely, a lot of people who may seem very powerful are actually strongly believing in their own weakness. The more dependent on others you perceive yourself to be, the more you are operating from a belief in weakness.

This can mean depending on others to admire and praise you for your impressive achievements. It can mean needing others to "stroke your ego." It can mean emotional dependency, needing people to respond to you in particular ways or else you get angry or sad: I call this "emotional stickiness." It can mean needing others to stay below so that you can remain on top. Depending on others can mean any way whatsoever in which you attempt to avoid facing your belief in weakness. Feeling as though you lack something within, you naturally attempt to get it from without.

When other people in our lives are tasked with doing the job that we've assigned them, like being our emotional care-takers or glorifying our ego, for example, then we cannot love them. In our minds they are in our lives to fulfill a certain function. They are there for us to get something from them. We don't allow them, then, to be as they are - we want them to be as we believe we need them to be.

Love always allows all the freedom to be as they choose to be, while allowing oneself the same. In order to love you, I need to control me - never you. I need to control my judgments, my worries, my fears — all the clouds covering my love, overlaying it with non-acceptance of you as you are, as I avoid dealing with what you bring up for me.

In the more extreme cases of dependence on others, people appear as nothing but obstacles when they're not promoting our goal, and assets when they are. We treat them as objects that we can either use to work for our advantage or not. Unfortunately this is not very uncommon. But everything exists, and we don't have to focus on it nor judge it, and we certainly don't have to choose this way of being. If there are areas in our lives where we find we might be behaving in this manner, we might want to acknowledge that so that we can shift it: make a new decision to respond differently, for you truly do not need to manipulate other people in order to create the reality you prefer. You may decide, if you so wish, to embody integrity.

Integrity is but the state in which we are not trying to change the outer for a particular outcome. It is free of manipulations and control ploys.

Control ploys can be very tricky, so much so that the person doing them may not be aware at all that they are. Emotional blackmailing is one such a form of control. One actually plays the victim in this sort of ploy, in order to get what they believe they need from the other. Guilt-tripping is a phenomenon that not a single person on this planet has not experienced, whether by family or by classmates or by his or her religion. If you do not require the approval of others, you cannot be manipulated and controlled. Control ploys always use your fear, shame, guilt and fear of abandonment (four core beliefs, some of which we will touch upon in the chapter Understanding Negative Emotion) to manipulate you into being a certain way or doing a certain thing.

Religions use all sorts of control techniques, appealing to people's guilt, uncertainty, shame and fear of abandonment. I don't think there is much need to get into this. And of course religions can also be beautiful. One can have very different experiences depending on their point of attraction, i.e. the beliefs running in their consciousness.

~

When we speak of "the powers that be" we are fooling ourselves. In the eyes of those who attempt to control masses of people, the most dangerous thing you could know is that you are your own authority. You are the author of your reality. Period. You choose with which eyes to look at whatever is in front of you. There is no authority outside of you. This immediately places the power back where it really is - in you, because, once again, no "authority" has the power to decide anything for you. What you put out, you get back. If, due to your belief that you are a victim of "the powers that be," you put out that story — how could you get anything else?

The power is in your hands, and "the powers that be" - a reflection.

The world reflects our level of consciousness. When we believe we are victims we will create the evidence for that through our governments, justice systems, corporations, etc. We always find what we are looking for. When we focus on and complain about everything we find to be wrong with the world, how could we not create more of that? In the very beginning of this book, in the chapter *There Is Only You and Your Reflection*, I explained that any aspect you try to get rid of, change, fix or avoid — you will get more of. Anything you judge, will stick to you. Don't muck about with the reflection, *accept it then shift your focus.*

We are the authors of this world. We are responsible. Nothing is happening to us, it is happening from us. Let's write the story we prefer to experience. Let's focus only on what we wish to experience more of.

~

You are the supreme authority also when it comes to scientists and experts of any sort, who tell you how you should eat and sleep, how good something is for you and how bad another thing is, etc. We have become so used to listening to "authorities" that we have utterly forgotten to listen to ourselves. It is not that we should not listen to them at all, but that while we listen to them we ought to tune into ourselves. We ought to see if it resonates for us. We ought to ask ourselves: "do I choose to make what I'm hearing

my truth?” You may understand that others are sharing their truth, but that doesn’t make it *the* truth. It is up to you whether you wish to make it your truth. All truths are valid.

This goes for “spiritual authorities” as well. All anyone can do is present you with a particular way of going about a certain thing. But it is 100% for you to decide whether you wish to make their way your way.

We seem to take a lot of things shared by “authorities” to be facts about what works and what’s possible, but in actuality *these facts are our beliefs*. Shifting - or stretching - our belief of what is possible in a particular area, changes the “facts”. This is the point behind Jesus walking on water and saying our faith can move mountains. He said we all inherently have this ability, and that is because we are not at the mercy of our reality, but the creators of it. This is an appropriate place for the saying, “you see what you believe.”

It ought to be said that attempting to behave like you don’t believe something is not the same as actually shifting your belief about that same thing. If I say I don’t believe that eating only junk food for a month will have any effect on me, I can tell you (speaking about myself) that I am simply in denial of my actual belief. Being honest with myself, my actual belief is that eating only junk food for a month will feel very wrong for me and out of alignment, and will affect me physically. If I am able to actually shift my belief about this, that is a different story. Then I will truly be able to do it. We must honor our belief-system, for attempting to go against what we *actually* believe will not result in the way we hope.

Yogis have done and still do many things that our normal western society considers impossible. There are many things within the esoteric world that I will not get into that would seem utterly inexplicable if we don’t take into account the extraordinary power of the mind.

It is important to have an open mind that allows us to question the limits as they are presented to us by those we accept as specialists. Most certainly we can learn a lot from them and they help us advance, yet at the same time they may also limit us. Sometimes, accepting their authority, we make what we hear them say into our truth when it doesn’t serve us. Our way may be different, our needs may be different. It is important to tune in and see what resonates and what does not, *and trust that*. It is important to have a mind that questions rather than obeys — a mind not easily indoctrinated.

You are a divine light. Everyone is that. In truth there is no higher or lower, no better or worse. Everything works together, as everything is part of a whole. You forever create your experience (even in “death” you won’t find the off switch of creatorhood!), and it always comes back to allowing yourself to do it according to your preference, not limiting yourself by anything external. The simplified version of this would be — if it feels good to you, go for it! Of course, as long as you honor your belief-system and don’t try to do things that are not backed up by your belief — your knowing that it’ll work for you. I give this caution so that we won’t use the idea of doing what feels good in order to escape our truth (like consistently eating junk food and lying to ourselves that there is no harm in it for us). We would benefit from being honest with ourselves about whether we are saying we want to do something in order to avoid something else (avoidance tactic), or because it is genuinely in our excitement.

~

The more positive you are, also the more loving and encouraging you find yourself being toward others. The empowered empower. The empowered know that it is best that everyone be in their power, that they be fully themselves. Benefitting the whole is benefitting oneself, and benefitting oneself is benefitting the whole. It’s the natural way. The best contribution to oneself and all comes that way: The more everyone shines, the brighter *my* reality. I *love* having positive encouraging loving people around me. I do my part in creating that, which is to be the example. What you give, you get. But you have to give for the giving, not for the getting.

*The most empowering thing you can do for **yourself** in relation to others is genuinely want the best for **them**.* When you do not sincerely wish them the best and empower them toward it, it's as if you believe there aren't enough goods to go around. It is the belief that when someone else has more or is doing wonderfully, you somehow lack (competition). But each one of us creates 100% of his or her reality, and therefore, the idea that you having an awesome and epic reality diminishes mine simply cannot be true. Only I can diminish my own reality by operating from lack beliefs such as this. No one's reality is actually ever lesser than anyone else's, but the way one thinks about it makes it seem so. It's all energy used differently.

Comparison has negative and positive use. Learning from another or being inspired by them is a positive use. The negative use of comparison is focusing on what I lack, while the positive is focusing on what I am excited to acquire or become - excited by the growth and expansion your example offers me. The negative use of comparison is a way we beat ourselves down. It can also be a way we build ourselves up, by making another seem lesser. Either way it is judgment, and therefore is not truly capable of making us feel better, although we do it because we somehow believe it serves us. We've been taught comparison as a way to measure our adequacy. But the standards we measure ourselves against are made-up. Every culture, every society, every religion, every era has its own standards. If you are adequate in one culture, you may not be adequate in another. Measuring our adequacy against external standards is but another way of giving our power away. Don't seek confirmation of your worth without - know it in your gut. It comes from the divine, not from other people.

~

Owning one's power does not mean lack of cooperation. Being independent does not mean one is closed. On the contrary, trusting your ability to respond positively no matter what happens allows you to move with less fear, thus enabling you to be more open. Without fear you are free to say 'yes' when it feels right and equally free to say 'no'. In this way when you say 'yes' it is authentic, and not done out of pleasing or fear of rejection. In cooperating with a truly empowered person, usually whoever is involved comes out feeling good and refreshed, as though they'd received a shot of positivity, encouragement and love. The truly empowered are wonderful to cooperate with because they simply do not play ego-games. There isn't the slightest need to dominate, fight for center-stage, control. Just authenticity and integrity. There is nothing they are trying to get. They only do what serves the situation best. Once again, the benefit of the one is the benefit of all, and vice versa.

Paradoxically, in truth we are all 100% independent *AND* 100% co-dependent. We are all individuals *and* we are all one whole. We are always interacting with the whole (Creation) in one way or another; we are the whole interacting with itself. We cannot be separate, and being independent in no way means that we are. Simply each of us is the whole having his or her unique experience of the whole. But where one is, the whole is. Each contains all.

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There is ease when I know where power truly lies and to whom it belongs: it's in every single one of us and belongs to all of us. When you try to tamper with the natural laws and project power to be where it is not, you're bound to hurt yourself and make a mess for those around you, as you become an agent of chaos.

Depending On Things or Activities for Power

Anyone who hasn't realized where power truly lies, must be hungry for it. Power hungry people are not happy people. Power hungry people are not just people in seeming positions of power, but the guy who is trying to feed his confidence through his good-looking girlfriend, hoping to find his empowerment in this way, and the woman who is trying to complete herself with prestige, believing her empowerment will come from the way others will then treat her.

The person who creates an outward appearance of all being incredibly well while denying their inner turmoil is in a state of pretend-power. They *do* have power — the power to create happiness, but they don't *know* they do. The attempt to display true power and control is a front for inner issues not dealt with. It is a projection of an image out of need for others to recognize one's value. One who knows the power lies in her does not seek outside.

There are more ways that being power hungry shows up than I can mention here. In this section we will focus on how we use objects and activities to feed our hunger for power.

Looking for power outside of us is using the external to try and complete ourselves. When we do this we become obsessed with things. For one it may be food, for another body-image, for another drugs and for another being a workaholic. We either think that we get our power through one of those things, or we are using those things to try and avoid the feeling of being powerless and helpless. Really, it's one and the same: if we weren't feeling powerless in the first place, we wouldn't seek power.

Even activities that are considered to be very healthy can come from a thirst for power. The person who works out often, for example, may come to believe that power comes from a particular feeling of the body, and become obsessed with working out. When I say obsessed, I am not referring to the amount of hours s/he works out, but to the person's way of thinking about it — his or her reliance on the activity in order to feel complete. The dependency created between working out and power is false. The power is always in *us*, to find our happiness in any circumstance — also the one where our bodies are no longer capable of doing much of a workout.

If I perceive my happiness to be coming from the activity and not from me, then I become attached to it. If I know that I can find my happiness in any circumstance, I will enjoy the activity while it's available to me, and I will express my joy in different ways when it is not.

This clarity of *where* the power is makes the whole difference. If we do not have this clarity we end up making things - food, looks, status, etc - far too important. We lay too much weight on them for in our beliefs they've become the key to fulfillment.

When things are too important, too heavy, it means we are obsessing over them. We are attached to them. That's why when we lose them we can become very angry and bitter - maybe violent - or suppressed and depressed.

Life never goes as we plan, and yet somehow we still act shocked every time life takes a different route than we'd thought. That's because we strongly attach to our plans. More often than not, the need for life to go a certain way has to do with what other people think. For example, I might care too much for my looks because I think I need others to see me as beautiful, or I might be anxious about my success in university or in my career because I think I need others to see me as smart. I depend on things like my looks and career to project an image of myself that looks powerful, believing that in this way I will be powerful. Power, contrary to this belief, is in *not needing* anyone to think anything in particular about me. If I know my value, you can think whatever you like. I won't obsess over looks or my career or anything at all just to be seen a particular way by you, I will simply follow what actually truly excites me, knowing my happiness and state of being are in *my hands* always and never in yours. In other words, I genuinely and

authentically mind my own business while allowing you to mind yours, for I know we each determine our own experience.

I have been speaking of obsession and attachment going together, for whatsoever you are attached to you are actually obsessed with due to your belief that you need it. Perfectionism is a rather common form of obsession that comes from relying on external things or activities in order to feel complete. In perfectionism we attribute great significance to doing something in exactly a certain way. If it isn't, the outcome is not good enough. Then our minds obsess over it and cannot relax.

We may develop obsessive relationships even with things that are supposed to be good for us, like healthy food. Buried beneath our perfectionism is a fear of what might happen if we don't eat healthy. In this person's universe, s/he has given food immense power. We could say they've made it a god, and now they fear it: if they don't approach it correctly, there will be consequences! Of course this person is not aware that everything is vibration, and therefore the reality they're creating is actually a reflection of their fear, not their empowerment. Perfectionists are seeking empowerment where they will never find it. Indeed, what we *think* (believe) is far more significant than what we eat. Trying to keep the body healthy without keeping the mind healthy is counterproductive. I have met with countless people who have had the healthiest diets and yet were fatigued regularly and got sick often. They expected healthy eating to take care of all that ails them. You can eat as healthy as you want — and they took it to extremes — but if you won't be honest with yourself and directly face your issues, no perfect diet will cure them. You may pray to the god of superfoods and cook your food in the perfect way, but this god has no power to heal your mind, and it's the mind that ails you: your disempowered decisions and beliefs.

That said, of course healthy food has its place. But no thing outside of us should be worshipped, nor should salvation be sought in and through it. Healthy eating habits, then, serve the health of the mind — but they can never create it. It does happen often that when a decision has been made to feel better, change in eating habits follow. That's when the change of diet works.

A general misconception is that we create change in our minds through our bodies. It's the other way around! The experience we create is always a result of decisions and beliefs. When we decide that we deserve to feel good, because we respect and honor ourselves, we will eat the food that supports us (and for each one it will most likely be different). The action (eating healthy) is always a result of the decision or belief ("I deserve to feel great"). Until we change *our minds*, food won't make the difference, nor exercise nor anything. We have to agree in our minds to be that thriving version of ourselves first! That's one of the reasons why people who try to lose weight don't succeed even after trying over a dozen different diets. They are holding on to some belief that doesn't allow them to receive the effect they say they desire. Perhaps they don't believe they deserve it, or they have a fear of what will happen if they actually succeed in losing the weight. We always say we are ready to let go of our struggle, but somewhere it defines us, and we become attached to this identity. Many times I've had clients ask me, "but who will I be if I don't have that struggle anymore?"

Sometimes, however, it is part of our storyline in life to never lose the weight so that we can experience that our worth does not depend on our weight and looks. Accepting ourselves as we are, without the slightest trace of shame, is the direct and unconditional route to happiness. It cuts the middle part which is the condition: if we lose weight, then... we'll approve of ourselves.

Funny enough, many times when people feel good about themselves as they are, they start losing the weight. Too often when you stop needing something, it comes to you.

Another possibility to consider is that the heaviness in our minds can show up in our bodies, as fat, or a particular pain or several other ways. So, there can be several reasons behind any condition, but rather than looking within to understand what our reality is reflecting to us, we immediately try to change the external reality. We need to change ourselves, not the mirror. The mirror will follow....

Each one of us can sense what the reason for our situation is when tuning in. All we have to do is be willing to be honest with ourselves, and willing to receive the clarity.

When we obsess over particular things and activities, it's because they have become the way we permit ourselves to feel good. For example, we subconsciously think "I've eaten perfectly healthy today, so I can allow myself to feel good now!" But when this person doesn't eat healthy, they feel guilty. By realizing they are giving too much weight to food in their universe, they can find the way to lighten up. As a result, they will become more balanced. Ironically, they wanted to eat healthy in order to feel better, however giving food the power to determine for them whether they can feel good or not had the opposite effect: why not withdraw our power from all things and all activities right now and know that feeling good is but a decision we make? That is, why not stop making it dependent on a million different external things? It doesn't matter what you ate or what you did or didn't do: Nothing has the power to make you feel a certain way unless you give it that power.

When I was depressed, years ago, I tried to exercise to feel better. I remembered that before I was filled with guilt, exercise felt absolutely wonderful. But now it didn't. I was exhausted. I also felt ashamed that it didn't help, because it proved that something was wrong with me. Of course it did! — That's what I was believing! So that's the story I set out to prove. Unconsciously, of course. No activity made me feel right, because I didn't allow myself to feel right - I didn't deserve it. My story was that I am wrong. One cannot hold beliefs that cause self-destruction and self-sabotage and at the same time actually receive good things. So even the good things, like exercise, end up being destructive. And even if a person with this kind of a story gets a flow of good things coming into their lives, they won't stick — unless they change their beliefs.

Any time we worship something outside of ourselves, we are projecting our power outwards, disowning it and seeing the object of our worship as owning it. We may worship a particular object, like a statue, a ritual or a person. The object and the ritual are methods we create to allow ourselves to utilize our power, but they themselves do not contain any power; they are "permission slips". As for the person - living or dead - whom we worship, what we see in them *is in us*. They are an example of a way of being we might prefer to choose. The feeling we get when we see or think of them, *is in us*. It is available for us to connect with at anytime, as I have expressed in the chapter A Radical New View of Wanting.

All objects and activities in your life ought to be avenues through which you express your joy. Don't see them as *causing* your joy, but as expressions *of* it.

To conclude: We don't deliberately avoid our own creatorhood - our creative power, but because we are not aware that we are 100% response-able, we seek without. Food, yoga, fitness, leisure can become our perceived source of power, just like success, prestige, looks and money. Whether you consider yourself spiritual or not does not really matter: Each identity uses different things and activities to feel powerful, but the creative power is not in any of those things — it is in us.

Power *Isn't* in The Next Moment

Your power is always in your response, and your response is always *now*. Therefore, by responding according to preference in an empowered way *now*, you don't depend on the next moment in order to be okay: you empower yourself *now*. Being unwilling to be empowered in *this* moment is, forgive the dramatic term, forsaking yourself. Grounding yourself into this moment, particularly if it is a difficult one, and facing it - is being present with yourself.

Your power is always in the present. Therefore, by being present with whatever is happening you remain consciously connected to your power. Always face what is, denying, suppressing or shoving nothing aside.

I asked one of my clients, whose life has changed dramatically since we've begun working together, what advice she would give, knowing what she knows today, to someone who is in a difficult situation. I loved her wisdom and wish to share it with you. She said: "Stop fighting. That's the first thing. Decide that whatever is happening in your universe is okay. As you decide to be done arguing and let the unfolding take place, it doesn't take too long before things just work themselves out."

Toward the end of the last sentence she started laughing, remembering her own path and how when she let go and trusted things just always worked out for the best. Having seen that that's how it works, she mastered letting go and letting be. She mastered choosing the empowered version of herself that trusts rather than struggles. That is how she maintains her alignment at all times.

If I spend my moments insisting they should be different, I simply cannot enjoy them. Whatsoever is showing up is what I must respond to in the most empowered way that occurs to me. Insisting it should be different is merely postponing dealing with what needs to be dealt with. Accepting what is, and then finding the positive response is the two-step dance of empowerment.

Anytime you find yourself hazy, out of focus, in your head - ground yourself in this moment. Then center yourself in your heart. Clarity will ensue.

Power *Isn't* in The Previous Moment

I find it to be an incredible present of the present - which is all we ever have - that *this* present moment is always a brand new start. We hallucinate that the past has reached into this moment. It hasn't. Right **NOW** you can begin to focus your energy in your desired direction, to put out your preferred vibration. If you say, "but my past patterns of behavior are still present now" as some kind of proof that the past in fact has reached into the present, well all you're doing is *bringing* it into the present. You are basically disempowering and de-throning yourself, claiming that you are a mere result of your past - that your past determines who you are, and not **YOU**.

Are you aware that your power to create is in **THIS** moment? In **THIS** moment you can make a new decision and begin new habits and new behaviors. Or, in **THIS** moment, you can keep reinforcing that which you don't prefer, and get more so-called "proof" that the past dictates the present and future. It's all about what you are doing **NOW**. You can respond to your environment in the exact same way you have in the past, thereby recreating the same version of yourself in the present. Or change.

Change begins with a *different* response to the *same* set of circumstances. Whatever your circumstances, your power is in your response. As we have discussed previously, life is offering you different aspects, and it is up to you how you respond to what it offers. In fact, that is your response-ability. How you choose to respond, in the **NOW**, is all that **matters**. Literally. It's about what you wish to create for yourself. Let *that* be the guideline for your response, and not automatic reactions that engage you in what you don't desire.

THIS now is a clean slate! Use it to begin to enforce whatever it is you do prefer. You will then be creating new patterns, in no uncertain terms. You can start **NOW**. In fact, you can only start **NOW**, and **NOW** is always a fresh start. A brand new opportunity to express what you want to experience, to give energy to who you want to be, to decide and declare anew who you are.

This now is where your power lies. Not in the past. Nor in the future.

Peace, Patience and Kindness

- * Peace of mind and empowerment come simultaneously, for every time you make an empowered choice you end your struggle and conflict. Peace comes from the decision to accept what is and trust the unfolding.

Once you recognize that you have the power to respond in a way that brings about no suffering, you enjoy the peace of knowing that you are always powerful and that you cannot lose it. If we are to be accurate, it is not that power is found within - that is just to counter the idea that it is found without. But the truth is power is not something you have, it is something you *are*. You are creative power.

No one is helpless. Those who believe they are simply haven't learned yet that they have the ability to make empowering choices. Difficult situations may not improve instantly, but a slight improvement is nonetheless an improvement. And another slight improvement on top of that is yet more improvement, and so on. Always the improvement begins with the full acceptance of the situation as it is, and the decision to trust the unfolding.

- * Patience is wisdom. It teaches us to ease up and accept where we are, and not be in a rush to where we want to be or think we should be. When we emphasize the gap, we are holding ourselves stuck, because we are in resistance. Patience teaches us to find what is good and abundant about where we are, to become positive *first*, and *then* the situation will change - whereas we always make ourselves dependent, asking the situation to change first and only then will we agree (maybe..) to be positive.

While you might equate patience with waiting and boredom, the mastery of patience actually leads to the exact opposite. While you may be several steps ahead in your head, patience is gentle, quiet and present here and now with life, in full trust. It acknowledges the perfection of the journey, calmly excited about where you are *and* where you're going.

The power lies in *not* waiting for the circumstances to change in order to be the person you prefer to be. You can keep waiting for her or him to change, or for more money to appear in your bank account, or the promotion to come, or the news to be different, etc. There is no power and no mastery in that. Being able to determine your state of being *despite* the circumstance is mastery. The wise woman laughs because she knows reality is happening *from* her, while nothing can happen *to* her. She is not asking the mirror to show kindness toward her - that would be absurd - she has to express kindness and the mirror will reflect it.

- * Kindness, many don't think about this, isn't equal to being nice. Many times people are nice out of guilt or social appropriateness, but they are not genuinely kind. We've all experienced someone being fake-nice to us (especially in the US), and we've all felt the emptiness of that gesture. It isn't kind (and that isn't a judgment, by the way, but an observation). It is also not genuine to be nice to another because it will get me into heaven in the next life. We are not conscious that being nice is a manipulative tactic that we use in order to get something we want. We've been taught it's the way to be.

It seems impossible to separate being nice from pleasing. Pleasing an authority figure, whether it's a higher-up at work or God, always involves self-interest. I want something from them. Kindness, on the other hand, is about Self-interest: serving you is serving me, and serving me is serving you. Generally, being nice is a learned and conditioned behavior and comes from the head, whereas being kind is a

genuine heartfelt gesture that comes from respect for self and other. Indeed in being nice one may not respect oneself at all, but in kindness there is no lowering of oneself but the uplifting of both self and other, as one. It's not the head's function to understand we are one, but the heart - while it might not come up with an intellectual argument for it - just knows. Kindness doesn't trouble itself with getting, but genuinely wishes to give. Hence I define it as the act of empowering yourself or another.

As an example, in the name of being nice, people will often not put up a boundary that is necessary to put up for their well-being. If you ask them why, they may say something like, "I don't want to hurt his/her feelings". It may seem like they're concerned for the other's feeling, but their most likely concern is about being judged or rejected for standing up for themselves. This honors neither self nor other. Self-kindness, on the other hand, would most certainly put up the necessary boundary in the name of health and self-respect. Kindness, unlike being nice, is not compromise. Pleasing another and empowering them are mutually exclusive.

Such actions as pleasing come from the assumption that the other is powerless and you as well, for if you don't please them they may have to face certain emotions inside of them that they will not like, and you might have to face their rejection. Pleasing, therefore is guided by fear, littleness, shrinking. It allows everyone to remain in their comfort zone and avoid growing. It doesn't allow each one to be responsible (response-able) for themselves, but is a form of attempting to take responsibility for the other - really only in order to avoid facing what we fear (rejection). Empowerment, on the other hand, is guided by love and trust. Empowerment embodies the knowing that doing what serves you, serves everybody else as well. People can learn and grow, for example, from you sharing your unique perspective - but if you merely say what you believe they wish to hear you are not offering them anything new, that they might want to choose.

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If I would have spent the entirety of my life pleasing my parents, I would have been too depressed by now to get out of bed at all. How is this empowering? I did not dishonor my parents by following my truth, in fact I allowed them to grow on *their* path by having to face all that my choices in life had brought up for them. I grew, they grew. And what I love the most is that they learned to allow me the freedom to be who I am, to accept me - even if they don't understand me, and to love me even if they don't agree with me. This, in my view, is beyond precious: to accept something even if you don't understand it, to learn that love doesn't depend on agreeing, to allow another the freedom to be their unique self.

It took courage on the path to stand up for who I am, but it did so much good - that at first looked bad - because people reacted with drama. How they chose to respond to my breaking out of the mold was their responsibility, however. Until humanity learns to grow willingly and happily, we grow kicking and screaming, creating drama.

Don't be fooled by how it looks at first, try to see the bigger picture. Being the empowered unique you always produces a positive effect - even if you can't see it right away. It offers others growth that by remaining your diminished version you would never offer, for this version merely maintains the status quo. It offers you growth, for you are choosing to be true to yourself, while, as a side-effect, you are showing others they can do the same.

Pleasing & The Need for Approval

The more we acknowledge our own power, the less we go out of our way, because we learn to discern between what we need and what we simply think we want but don't actually need. We learn from experience that wanting the things you don't need is taking a detour. It is exactly what going out of your

way is. (See Lack Desires in Chapter A Radical New View of Wanting, and Turtle Power in chapter Don't Live for the Outcome).

One of the temptations for which we go out of our way is the need for approval. We didn't have it when we were born. There was no possibility of not listening to ourselves at a very young age, but with social conditioning that changed. Your parents or whoever was responsible for you expected you to be a certain way. Gradually a conflict developed within you between the way you naturally are and the way those around you expected of you to be or desired you to be. While very little, you didn't understand many of their responses. You couldn't have known that they'd gone out of their way in their lives and were conflicted within (although you sensed that energetically), and that this affects the way they respond to you. You most likely thought their responses had to do with you - not with their belief system. No one enjoys the feeling of guilt, of being wrong; no one wants to be rejected and abandoned. This, truly, is where you left your path first - the need for your parents' approval, the desire to get love from them and seeing that it isn't always there but only when we behave a certain way. It felt wrong to you not to be approved of and loved, not just by your family but by other kids as well. Children at a very young age realize that acquiring certain things or behaving a certain way wins them points with other kids. You started going out of your way to fit in.

As we grow older we may realize that fitting in feels right only at first, absolving us of the sense that we are wrong. Later on, being right - in societal terms, can feel quite wrong.

We've been well-trained to seek outside for the love and happiness *we already contain inside*. Remember it's a reflection? The outside that we are so desperately trying to get our happiness from - is but a mirror of how we are being. We do all sorts of things in hopes the mirror will smile at us lovingly, but the last thing we do is smile lovingly toward ourselves. When we do, we're not really bothered with the approval or disapproval of others. We know we need to be ourselves, and whether they "get it" or not is not our responsibility.

Just as we're allowed to be ourselves, they're allowed to "get us" or not "get us".

It is the fear of rejection brings us to please others, and pleasing others has no end. If others reject you, that's ok and probably has more to do with them than with you. Everyone can only respond to life from their own level of understanding, their own level of consciousness. You can only be response-able for your responses, you cannot respond for others (you don't have the response-ability). If they choose to be upset because you won't go out of your way for them (i.e. please them - do what they think you should do or be how they believe you should be), that's their freedom. Why should you fear their upset? (Of course, I am not talking about dangerous and violent situations here where your physical survival is at risk.) Because you believe you need their approval. But you don't, you have your own!

You will either listen to them or to yourself - that's the choice. It may take you several detours, where you leave yourself, to learn this - yet it is a truly liberating lesson.

Against common human conception, pleasing is not loving. It is an action of self-interest taken in order to receive approval or love. Therefore, the motivation is not one of giving, as love would have it be. Love gives, naturally, because it honors. When I don't please you, I demonstrate that it is ok for me to be me and for you to be you — love will be there anyway, you don't have to go out of your way for it, nor do I. In other words, the love is not conditional. Each one gets to enjoy being themselves and each one gets to enjoy the contribution of the other. If you tell me only what I wish to hear and act in a way that you believe pleases me, I feel deprived of true connection, as well as the ability to grow from your genuine input.

In Hebrew the word for "happy" and "approved" (or "approved of") are the same word: מאושר.

Coincidence? I think there's a deliberate gem of wisdom hidden there: the feeling of happiness is feeling approved. If you want to be happy, approve of yourself.

The universe or existence has approved of you. Otherwise would you exist? It's kind of petty of others to disagree with existence regarding the matter, don't you think? Don't you think you yourself ought to agree with existence regarding your own approval? I'm just saying that maybe... it's ok to be you. Maybe existence even wants you to be who you are meant to be. Maybe existence needs *you*, specifically and uniquely, and while it may seem to others at times like you are interrupting their plan - you are actually fulfilling a much bigger plan. Maybe.

If All-That-Is approves of you, then what meaning does the disapproval of James or Henrietta hold? They really have no say when it comes to your worth. Besides, if you gain their approval, great! - what are you going to do with it? Put a trophy on the shelf that states "gained the approval of James and Henrietta"? Or perhaps store their approval in the garage? Really, what are you going to do once you get the approval of others? There is nothing to do with someone's approval of you. The more you think about it the more you see how meaningless it is. If they approve of you, yippee for them. If they don't, oh well. Either way you have nothing to do with *their* approval nor disapproval of you: it's *theirs*. Don't make it your problem.

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Love and pleasing look very different from the standpoint of a conscious creator. Love is about allowing all to be who they choose to be. Pleasing is about keeping yourself limited and small for others. If the whole world does that, who gets to be themselves? Indeed the entire world is miserable because everyone is living to please each other for scraps of love. Why not make love unconditional and love everyone as they are? And the answer, of course, is because we don't realize our power, for once you realize no one creates your reality for you but yourself, there is simply no reason for you not to allow others to be as they wish to be. Their creation of reality doesn't affect yours, unless you choose to let it.



Whether they will serve to hinder your path or accelerate your growth depends on how you choose to use their presence in your reality.

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Going out of your way or leaving your path is doing something that is not you, or does not honor you. When you leave your path for the purpose of getting love or approval from others or for the promise of happiness from things that aren't actually right for you - you are on a detour. However, the detour becomes an integral part of your path when you are learning from it. Then it is no longer a detour, really, for you have used it positively as a step of growth on your path.

Perhaps the detours teach us that detours are not necessary; that our attempts to "get there fast" actually slow us down; that we prefer to trust our path and there is no need to leave it for something that appears "better".

Once you've integrated these lessons, you might be ready to become a leader rather than fit in the ranks. Those who become empowered naturally lead by example. They stand out simply because their ways are different than many, as the true empowerment is new to our world. In a world where everyone is trying not

to be themselves but who they think they *should* be, we could use an example of someone who is shamelessly their natural self. This would be an example of happiness, for when you allow yourself to be yourself, you are without conflict and therefore whole, complete, happy. People need to learn in order to grow, even if the lesson might challenge their belief-system and bring up things to look at, initially upsetting them. Followers we have enough of, leaders are quite few.

Bottom Line

Right where you are — there power lies.
Always.

BELIEFS ARE BELIEFS - NOT ABSOLUTE TRUTHS

Reality isn't fixed - our minds are fixed. That's why we seem to get the same reflection over and over. Sooner or later we must get it that the reflection only mirrors our beliefs, and we must attune ourselves to a new belief — that we prefer — in order for the reflection to change.

Reality is as malleable as we are.

One of the things that block us from shifting our beliefs is that we think that what we believe is absolute. We don't realize *it's just a belief*. This is a built-in mechanism of beliefs, if you will: they make themselves seem true. Obviously, that's the whole point in believing. They do this so well that our beliefs appear to us as truths, so much so that we often find it hard to accept that something else can be true. And so, the scarcity-focused person, when suggested to that there is another way to look at his situation, says, "No, there isn't. This is *the truth*, this is the only possible interpretation for my reality; can't you see?". He is right, only in so far as *it is the truth he has decided upon*, but not that it is the *only* available truth or interpretation of his reality. He is deciding to make the reality he no longer prefers still true by insisting his belief is an absolute unchangeable truth. My job is to begin to show him that he can make a new decision, choose a new belief, and the way he feels will change as a result, as well as his actual physical reality. There is *always* another way to look at things.

If it is not serving us, we can change what is true for us. It's in our control. It's in our power. That's empowerment. And it is what the application part of this book allows you to do: decide anew.

You can decide which beliefs to let go of, and which to adopt. You can drop your "I can'ts" and adopt "I can". You can drop "I don't deserve good things coming to me" and adopt "I deserve the best". You will decide for one or the other either way. What beliefs that you have are hurting you, and what could you replace them with that would be kind?

When you become aware that you are believing something that doesn't serve you *and that you don't have to*, you automatically drop it. Different people create different experiences of reality for themselves, because they believe different things. You can create a different experience of reality for yourself by deciding to believe differently. If some truths you have decided about yourself and about what's possible are no longer serving you - it's time to decide anew.

We do this by a simple statement, that says, "Now, *this* is who I am". You switch the tune, change the story, flip the drama to a playful comedy, if you so desire — because *you can*.

The sooner you will surrender to the fact that *you can simply choose*, the quicker you will reach your empowerment. The process you deem necessary in order to get to the point of choice can be arduous and difficult or instantaneous.

Be differently, and you will feel and act differently. All change in behavior begins with a decision to *be* differently. *Be~have means that to have a new experience you need to be a different person*. It's simple. You can be a different person. Right now. I wonder if you hear that.

You Always Find What You're Looking For

If you believe in scarcity you can't experience abundance. If you believe in abundance, you can't experience scarcity. Each belief will find evidence that it is true. So the scarcity-focused person will always notice what s/he doesn't have, how little there is of something, how expensive things are, how quickly things run out, how little time there is in a day, how hard it is to come by money, etc, etc, etc. The

abundantly-focused person may outwardly have circumstances that seem far from extravagant, but nevertheless this person will notice how easily and effortlessly things come to them, how they always have what they want, how everything happens in perfect timing, how much joy what they have brings them, how rich their interactions are, how much they love doing what they do and enjoy how they spend their time, etc.

Another example is the person who goes through their life feeling like a loser. Nobody consciously and deliberately decides to think of themselves as a loser. They are either too well-taken care of growing up to a point where they never learn to do anything on their own, or they get called 'loser' at school, or they are treated as good-for-nothing by their parents — and they end up believing that about themselves. Since they believe that they either can't (don't know how to) be self-sufficient, or are useless, or are losers plain and simple — they create the evidence for it everywhere in their lives. They may overlook great opportunities or sabotage them, make poor life choices like being in abusive relationships, and overall keep themselves small. Even if they behave as though they are winners, on the unconscious level of what they *actually* believe about themselves the 'loser program' is running.

We see what we believe, we prove our stories about ourselves, and that's why we want our stories to be *conscious*. In the same way that someone creates the proof that they are not good enough, someone who walks the world with the feeling that s/he is a winner, will create *that* evidence. We create our reality. The difference between someone who succeeds and someone who fails starts at the level of identity - of how they see and think of themselves. If I believe I'm a loser, what are the odds I'll see myself as capable, and approach my challenges with the attitude to persevere, persist and turn what appear to be walls into doors (I call this turning my "I can'ts" - walls, into "I can!" - door)? I can't see and treat myself as a loser and yet have the attitude of a winner, surely. Also, if I do not see myself as deserving of wonderful things, my inability to receive them will cause me to sabotage my success. I have to love myself.

Think about this for a moment: have you consciously decided who you are, or have you let the environment decide for you? Have you let your past tell you who you are NOW, in the present, thereby dragging the past with you and never experiencing real change in your life? Have you let other people, your parents, your friends and co-workers determine for you what kind of person you are, what you're capable of, where the ceiling of your success lies?

The extent to which your answer is 'yes' is the extent to which you have given up your power, given it away, overlooked its presence within you.

You can shift your beliefs using conscious decision. As we've been saying, your circumstances will always prove what you already believe to be true. Your beliefs are nothing but the story you are telling about yourself and reality. Repeat the same story consistently, and it becomes a belief. In other words, your decisions become your beliefs once they are practiced enough. That's why you can alter your beliefs by changing your decisions about yourself and what's true for you. You simply begin practicing your new decision and in time it becomes your new belief.

This can happen very quickly! You have decided upon a certain way - the way you are and the way reality is - and *change* is nothing but a change in direction, stopping going down that way and going down another you prefer. The phrase "change your ways" speaks to this. As I mentioned before, it is about changing the way we define ourselves and the way we interpret what happens.

When you change your story, decide anew, you begin using your circumstances differently. The *same* circumstances now support a *different* idea, a different decision. *You are always using your circumstances to support **some** idea, some belief, some decision.* Have you noticed, for example, that when you are focused on the idea of lack you can be in the most beautiful place on the planet, yet still feel terrible? And yet, focused upon the idea of abundance (which can also be joy, ease, love) you can have humble surroundings and feel inspired and elated. How is this? It's the story you tell, the thoughts you think. It's

how you are focused. It's the idea you are deciding to support in the moment: lack or abundance. You will always find the truth you are looking for. Put another way: your circumstances will always show you what you are deciding (consciously or unconsciously) to see. They are a reflection.

One powerful example of this is people who are in prison yet are far happier and consistently more blissful than the lot of us. Even in prison you will find the truth you have decided upon. It's hard for our conditioned minds to accept, perhaps, but reality can only reflect our beliefs, thoughts and decisions back to us. Reality, like a mirror, has no mind of its own - it merely mirrors yours.

Since situations don't have their own built-in meaning, even in prison one can assign positive meanings to them. If one decides to give energy to the idea that being in prison is a gift, one will find the evidence. For example, one might begin to feel grateful and even delighted that they have time to read and educate themselves more than they did before. One might become less identified with their body and less dependent on physical pleasures, connecting more to the reality of their spirit. They might realize that the reality of prison is *exactly* what they needed to push themselves into this incredibly valuable realization.

There is light in every situation. If there is darkness, there must be light. We contain the entire duality, however in difficult circumstances it doesn't even occur to most of us that the light is there too. And yet, often it is unbearable circumstances that force us to find the light and the peace in order to end our suffering.

The quicker we find the light in a situation, the quicker we end our suffering.

As I mentioned earlier, we tend to think it's the circumstances that determine how we feel. It's the content of our *thoughts*, far more than the contents of our surroundings, that determines how we feel. It's *what we're looking for* in the situation. The situation takes on a different hue when we think about it positively as opposed to negatively. And if we want to experience peace and freedom, we will truly try to find the positive interpretation, and be~live that version of reality. We already know what the miserable version is like: been there, done that.

The *same* circumstances can look completely different from a *different state of being*. We all know this because we all have mood swings. However, when we begin to consciously decide to see what we want to see, we find that we are far more consistent and swing around less. We become centered. Our joy becomes less and less dependent on our circumstances.

This book meets you wherever you are in your life. It does not ask you to change your circumstances, but only to make a new decision - which will cause you to see the same circumstances... differently. That's not where our process ends, though, because like magick the circumstances re-arrange themselves to match your new decision. So, whether or not you want them to change - they must.

Attuning

Attuning is a process I had mentioned earlier. It is the process by which we come into our preferred (or aligned) state of being, usually by simply envisioning ourselves responding in an empowered way in situations we find challenging. In general, much of this chapter is somewhat of a repetition or summary of much we've been saying, with the added dimension of relating it all to beliefs. What does attuning have to do with beliefs?

The process of attuning *changes our beliefs!* Attuning is, essentially, asking the question: *What would I need to believe in order to be the person I prefer to be?*

Feelings result from beliefs. When we are searching for a feeling, we are, in fact, “scanning” for the version of ourselves that has different beliefs, which then allows us to have the feeling we are wanting. Therefore, when we are visualizing ourselves respond in a particular situation in the way we prefer, we are actually being a different person with different beliefs. That’s why it requires “scanning”: in the “scanning” we let go of the beliefs that are not allowing us to respond in the way we truly prefer and adopt the ones that do. In the same way, when we use a memory to connect us to a certain state of being that we prefer, we are shifting our beliefs to allow ourselves to attune to the frequency of that memory. The same goes for when we ask a question such as *“How would you behave in this particular situation if you were in your power?”* Since our behavior results from our beliefs, seeing ourselves behaving in an empowered way requires shifting ourselves into more empowered beliefs. In each of these ways of attuning I mentioned we are literally selecting different beliefs.

This goes to show that we shift between different beliefs all the time, without necessarily noticing. When we are down, for example, a conversation with a caring friend can make us all of the sudden feel much better, because throughout the conversation we were shifting our beliefs; our outlook has changed. Genuine laughter can do this too, as it aligns you with a brighter version of yourself. We are, truly, continuously shifting beliefs. If we already shift between versions of ourselves all the time, surely we can do it consciously and upon choice. We can simply ask the question mentioned above: *What would I need to believe in order to now be the person I prefer to be? Or: How would I feel if I were being my preferred version?* Switching to a different state of feeling means that we have shifted our beliefs around.

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A client of mine learned attuning for the first time the other day. She’d just started working with children, and we used attuning to find her preferred way of being at her new work, particularly around the staff. Her habitual way of being was what she so brilliantly called “emotional managing” — trying to make sure others feel good around her. I guided the attunement process with questions. Indeed, questions like the ones above cause us to “scan” and eventually find a new way of being that had not occurred to us before (at least not in the particular circumstance that we are working on). Through our conversation and a little bit of guidance, she found within her an empowered way to be at her new workplace.

A few days after we did the attunement to her preferred version I asked her if and how her experience had changed at work. She said she was feeling more comfortable and was able to navigate her experience better from moment-to-moment. In her words, “(The attuning) helped me realize better what being in alignment for myself means, which has helped me focus inward rather than outward. It’s what has been reminding me to notice how I’m feeling and to find my excitement in the moment instead of thinking about the others.” She goes on to say, “which is why I had fun... I think, because I was focused on myself, ironically”.

Interestingly, I did not tell her in our session to focus inwards rather than outwards and to find her excitement in each moment (even though that quite sounds like me...) — she came to that version of herself on her own. Seeing that she could choose (or attune herself to) a state of being that she prefers brought her the realization that she could attune herself from moment to moment. Seeing that she has control over herself, she automatically dropped the need to control others. The only reason we try to manage others’ emotions anyway is because we think we will feel better in this way. Now that she’d found the direct route to feeling good - controlling herself, controlling the others no longer seems necessary. She shifted from managing the emotions of others, to managing her own, tending to her own alignment.

As an example, she says: “When the kids at work are acting out, I ask myself how I prefer to see it, how I prefer to feel about it”. This shows she is not automatically reacting, but consciously attuning herself with a response she prefers. She is able to pause before responding (more on “the pause” a few sections down, *To Be or Not To Be... Affected?*) “I know it’s a simple concept but I don’t think I was quite getting it before!!”, she goes on to say, “And the idea that there is no right or wrong - just preference, just choice”.

Since the simplest things are the most profound, they are the most difficult for our conditioned mind to grasp. We are conditioned to control the external, rather than tend to the internal. No one taught us that our reality is a reflection of our state of being. Now she'd broken through the conditioning, understanding the truth of these simple concepts through her own application of them in her daily life. To be able to respond out of preference and not obligation nor guilt nor fear — is liberation.

As our short talk continued, I was happy to learn she was adjusting to a new way of being: “selffirst” (self first). It is no coincidence she is working with kids, who still haven't lost their natural self-centeredness. What perfect examples of being “selffirst”! Each one of us must tend to their own alignment if we are to be of service and value to others, if we are to be truly *present* with others. She told me that one of the teachers in her class was trying to teach the children what “selfish” meant and that they'd thought it was a kind of fish. Children can teach us to express ourselves fearlessly, like we used to before we suppressed the child in us.

When I asked this lovely client of mine if she could describe the process of attunement, she said “It was kind of like magic” and called it “vibrational alchemy”, which is a perfect description, I think. “It felt like a process of transformation”. And all it took was a few little questions.

We all want to feel good, no exceptions. Attuning is but re-viewing a difficult situation in our lives and “scanning” for how we can feel good in it. It's a matter of *allowing* ourselves to find that good feeling, that empowered version of ourselves — and we will only allow it if we can accept that we deserve to always feel good. That's transformative.

As we concluded our conversation, she described managing her alignment as “finding the rhythm of the pendulum and calibrating myself to it so I don't run counter to it”. Isn't that the whole idea of attuning? It's basically accepting what is happening exactly as it is, and then going with it, or in other words, responding to it in a way that liberates oneself rather than imprisons. Really, that's the only choice we're ever making. If you desire liberation, you will find it in every situation. There isn't a fixed formula for it, each situation requires its unique attunement, but the general rule is don't fight the situation - respond to it in the way that allows you to feel as good as you can in relation to it; or simply, interpret it positively.

My client really got it! And on the first go! I think that the mere realization that she could respond according to preference in every moment changed everything for her, for she realized it is pointless to try to feel good through controlling other people and trying to manage their emotions; all that's required is to be aware of how *you* are seeing the situation, and to choose to see it in a way that serves you.

In the case of this client, the shift in beliefs that occurred and is stabilizing, is no less than a paradigm shift: from controlling the environment to controlling oneself, moment-to-moment, listening in, finding what excites her and acting on it. Isn't this the movement from the head to the heart? It is inevitable for anyone who choose to become empowered.

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In order to attune oneself to one's preferred or empowered version, one must simply know that there is *always* a way to be at peace within every circumstance. It is not a matter of whether it's possible or not, but just “scanning” to find it. “

What would I have to let go of in order to be at peace and happy in this situation?”

— is another example of a guiding question for attuning. The questions lead us in our “scanning”, causing us to sift through our beliefs (whether we know it or not), until we find the state of being and feeling we were looking for. Having found it once, we begin to become aware that we can find it anytime we desire. Naturally we come to see that our alignment with who (or how) we prefer to be is always in our hands.

To summarize:

Questions, visualization (including using memory) and conversation (with a friend or coach or therapist) are the best ways to attune ourselves to our preferred version in relation to any particular area of our lives. We do this often and so quickly, in the moment, that we don't even notice, but when it is a bit more of a challenging situation for us, we need to truly take a few moments to ask the question that feels right, or to visualize or to do both, so that we can step out of our struggling self and into or smoothly flowing self.

Using Your Circumstances To Your Advantage

Your experience is greatly determined by *how* you are using your situations. By using situations - particularly difficult ones - as **reminders** of the choice you actually prefer - you shift to an empowered focus.

Since whatever aspects you are saying 'yes' to grow and grow and the aspects you are no longer focused on begin to dis-appear, your current circumstances have to change to reflect your new *way of being*. This is what happened to me when I first applied the principles I am sharing with you here. From having no means and no money whatsoever, I found myself with means and money and significantly more independence, in an entirely new place that offered me more possibilities in every area of my life. It all started with "changing my ways"...

(remember that what we are always deciding is our way; the saying "change your ways" means make a new decision about how or who you choose to be). I changed direction completely. I stopped shrinking myself to please others, and began allowing myself to be as bright and powerful as I am, and to share that with whomever would be interested and would find it beneficial.

I started to express only what I prefer. I literally stopped keeping myself in conversations and situations that depleted me. I allowed the others to be displeased and to attempt to guilt-trip me, but I was resolved to let myself shine - to be and express myself fully, without holding back. I knew I was responsible for myself and in the same way the others in the situation were responsible for themselves: they could choose to respond positively to my change; the option was available. I knew they had something to learn from the situation as well, and that by allowing myself to shine I would in fact be teaching by example.

My circumstances hadn't changed, but I *used* them differently. Previously I was using them to stay small, be quiet and maintain my place on the bench - far away from where risk-taking and the hurt of falling on my knees had chances of occurring. I truly believed I would never be able to find myself in this world, to be able to be myself and live my joy in it. I believed the world require I compromise who I am and just fit in - which is why I was attempting to escape it.

Now I was using the same circumstances to emphasize a different decision: that I am worthy and have something worthwhile sharing; that I *do* have room in this world and living my joy is not only possible - but the *only* possibility for me; that it's time to express, not suppress. Pretty quickly I found evidence that supported these ideas: I began writing and sharing the wisdom I'd acquired throughout my journey in different online forums, and got a lot of interest. Gradually my interactions with people became coaching sessions and I even began giving online seminars. I was giving my energy to what I prefer by simply acting on my joy, while at the same time stopping giving it to what I don't prefer by no longer engaging in the interactions and conversations that did not allow me to express myself. It's no coincidence that once I decided to express what I *really* feel and know (rather than what I thought people might want to hear), there were people interested. When we hold our true self back, we withhold our gifts from others.

It is true that with my new decision to allow myself to be myself more fully I had physically left some people behind, but I began gaining the "right" people in my life - those with whom I could share my

passion and it would be of mutual benefit. The people I left behind didn't care for hearing my truth as much as they wanted me to be there only for them to share theirs.

I merely followed my joy, every moment. I did only what felt like it was filling me rather than depleting me. I began to value myself enough and love myself enough to allow myself to be good to myself. I stopped abusing myself by insisting that I cannot stand up to certain people for fear of how they will react. They didn't react positively to my change but I had dropped the need for their approval and allowed them to be whoever they chose to be. I chose myself.

Re~forming

As far as the mechanics of creation go, more and more energy flowed in the direction of my new decision about myself and what's possible for me, and my circumstances eventually altered to *formulate* a new reality that would match that energy (Is this spirituality or a physics equation?). My circumstances at the time simply could no longer support my decision to express myself fully. I cannot emphasize it enough that reality follows our decisions. It will match who we say we are. What most people do, however, is back off from their decision when they don't see their reality change fast enough. Yet you don't have to question at all whether the external reality will shift or not, for it is law. If it cannot support your new decision in its current form, it *will* shift! Once your new decision has acquired momentum, and the old lost momentum - reality *must* match the new one.

Remember, I did not ask my circumstances to change in order to be who I wanted to be - I started being that person *first*. I did the best that I could with what I had. I did not let my circumstances hold me back, by pleasing those around me, keeping myself small while keeping them pleased. I behaved in accordance with my aim, allowing myself to do what I love no matter what those around me thought about it, and to thrive. I couldn't have altered my reality had I acted in a way that is discordant with my aim. In other words, you can't decide to express your truth and then behave in a self-suppressive manner.

It's important to mention that I did not complain about what I don't have. Even when there were unpleasant things occurring in my reality at the time, I didn't wish them away. I simply reminded myself that *I* create my reality - no one else has any power to affect my commitment to my decision and direction unless *I* allow them to. In other words, I didn't allow the unpleasant moments to remain my focus, I *chose* to come back to my decision - my new truth - over and over.

LIFE IS NOT AGAINST YOU

Trust: Take Me Higher, Self (Ego vs. Higher Self)

In the Sun Ray Teaching I like to specify exactly what it is we are trusting when we speak about trusting the Universe or Life, and that is our own Self, which is often termed our Higher Self.

You are very intimately cared for. You are very *specifically* cared for. You are not without guidance on your path, by one who knows what you need, and when you need it. When you establish trust in your Higher Self, you *know* that nothing happens to hurt you. On the contrary, every occurrence — particularly the unexpected ones — is there to *serve* you.

When I re-membered my Higher Self, if I shall put it that way, a great relaxation came over my life. I could no longer perceive something “bad” happening. Whenever something unexpected and not according to plan occurred, I instinctively knew that it was a piece of a bigger story, that turns out in my favor. Therefore, unexpected and seemingly unwanted occurrences no longer “bummed me out”. I understood them to be gifts from my Higher Self.

One way to put this shift is that I no longer employed my ego to interpret events and happenings, but was able to remain quiet in the face of whatsoever seemingly negative event was happening and feel that beautiful feeling of trust in my Higher Self, Its intelligent orchestration and love.

Our Higher Self sets things up in a way that will cause us to grow. If we always got what we wanted we would remain in the known, essentially moving around in loops. The Higher Self is what enables us to spiral up instead of loop around, for it introduces into our reality those things that we simply cannot conceive, those factors that we never could have taken into consideration in our planning — it introduces the unknown.

Our ego, on the other hand, aims to control, using what we already know, i.e. the known. It's innocent, it simply believe this is the way to protect us. It didn't get this idea from nowhere, but from the way we were raised as children. At some point or other in our childhood, we all realized that we need to present ourselves in a certain way in order to receive validation. Love was something we could receive if we met certain conditions. So, the short story is that we stopped being ourselves and became who we needed to be in order to receive love and validation, from our parents and our friends. We didn't know that being yourself is as cool as it gets, so we tried to be what we thought others defined as cool. How uncool that is! There is nothing cooler than being you! Anyhow, the ego became concerned with projecting an image of ourselves that it thinking others will like, so that we can receive validation and love from them. It was — and is — its way of protecting from hurt. And this goes on until we learn to validate ourselves, for once we do, we truly do not mind whether another validates us or not. When we are whole with ourselves we no longer ask others to respond to us in particular ways, for we do not seek approval from them. More on this in the chapter *Where Power Isn't*.

In the Sun Ray Teaching, the ego is not an enemy. It is actually a friend that took upon himself — with the best of intentions — a job that is not his to do. The way to release this aspect of ourselves from this controlling job is to simply let it know that we no longer require validation from without, and therefore we need no longer feed the image that we've been trying to project to the world, hoping they would approve of who we are. We also must let it know that we are not firing it, but simply allowing it to return to its original job, which is to keep us focused on our exploration, for if we were to lose this focus we would re-emerge (as we do in “death”) as our total consciousness and instead of having a *journey of re-membering* we would already know it all.

The ego does its original job flawlessly. It is an incredible strain for it to do the whole controlling thing, because it is not natural to it. Also, it doesn't work: try as you may, you cannot control others nor events. Your control is in your response. It is in the way you choose to see what is happening. This indirectly does control the environment, because the environment is but a reflection of the way you are choosing to focus, as is emphasized in the ToolKit in the section *The Environment Doesn't Decide, It Reflects* (chapter Application).

When we no longer make decisions in our lives out of the need to feed our mask, we automatically make the choices that are coming from our Higher Aspect. We allow ourselves to feel what is true for us, and act on that. We no longer take into consideration whether our parents or friend or society will approve of it. We honor ourselves.

As we stop being who we think we should be and start being who we are, we are, in essence, embodying and expressing our Higher Self. It is expressed through our way of being, the choices we make and our actions. This, truly, is an experience that is wonderful beyond description, for knowing ourselves as our Higher Aspect does is feeling maximal worthiness, total deservingness, and truly — the end of fear.

Fear is but the belief in a negative outcome, motivating us to avoid hurt (which *is* the negative outcome). Feeling supported and taken care of always, never forsaken, fear has no place to share its gloomy view. Re-connected with our Higher Self, nothing ever again seems out of place. Everything is placed in our path *only* to serve us. We are loved. Trust takes the place of fear. And what seemed in the past to be a negative occurrence is now perceived as an exciting one, for we are about to find out what growth and expansion it leads us to!

The next section (Consciousness) will help us understand this better. The bottom line of this one is that to grow we must feed our spirit, not our ego's desire to be someone for others, i.e. to project an image. The more we feed our spirit, the more we feel ourselves becoming whole and fulfilled and connected to our Higher Self (which *is* spirit). We spiral up, we ascend, we expand into more of our own total consciousness, we re-member, we re-establish our innate worthiness and allow ourselves then to live the life of our preference.

Ultimately, as we express our Higher Self more and more, we come to see that this physical life is not separate or different from spirit, but *is* spirit, expressing itself. There is no idea, then, that this life is not spiritual. In fact, there is nothing in existence that isn't.

Consciousness

You are consciousness. The reality you perceive right this instant is a physical representation of yourself, made out of your own consciousness. It is, in other words, literally a reflection. To better understand this, think of your dreams at night. What are they made of? Are they not the projections of your own consciousness? The body you experience in the dream is made out of your consciousness, as well as all things perceived within the dream, which are "outer" symbols for "inner" aspects of yourself. Whether in your nighttime dream or waking dream — which are both equally real to you while you experience them — this is the case. They are simply different modes of reality, if you will, all occurring in and as your consciousness.

You are the ever-present home of the ever-changing environment. The Reality of all realities.

You are not controlling anything outside yourself, because there is no such thing. I emphasize in this book that reality is a reflection because then we know how to create change: we shift our focus from the current aspect being reflected outwardly — if it is an aspect we don't prefer — to an aspect within (not without) that we *do* prefer, which then gets reflected back to us. In this way you may understand you are in control of your experience.

There are many modes of reality, many dimensions of existence, many layers of consciousness. You, truly, contain *all* of them. But you don't remember. And that's the point! (Until it isn't...). This is a journey of transformation, wherein we come out of the darkness into the light, meaning we are coming out of forgetfulness into remembrance, separation into wholeness. You are dis-covering only more of *yourself*.

You exist on every possible level of existence (you are multi-dimensional), and when you experience anything, you experience yourself. You are there, otherwise no experience would be there. You are there to experience whatever it is. When you will experience something vastly different than this physical reality, *you* will be the one experiencing it. You will still know "I Am experiencing", "I Am here". It will feel like you, always, no matter what you experience, no matter on what plane of existence. You will always be you, you are everywhere, and you will always be.

You are on the journey of becoming more and more of your grand magnificent self.

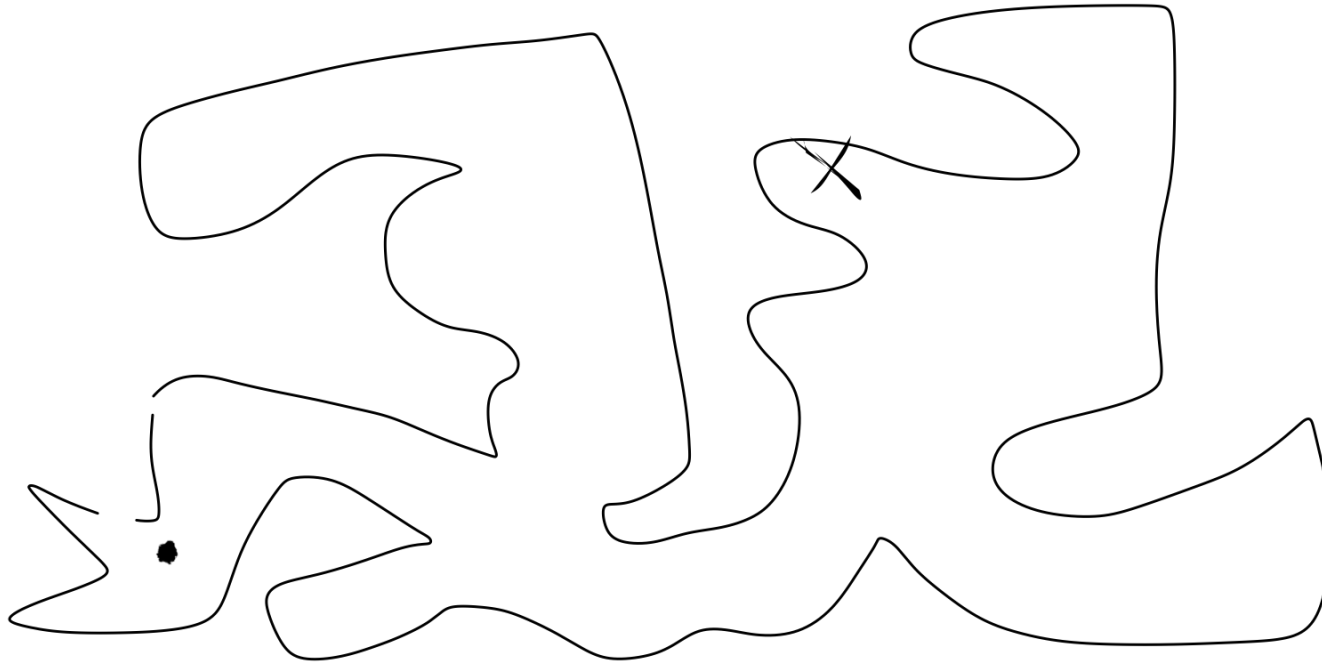
We are multi-dimensional in nature, and infinite. We are not one personality, living in one particular solid reality. Not at all. Nothing is solid (but only appears to be), all is consciousness (or spirit) and it is experiencing many levels simultaneously. As we integrate we re-member that *we are* all of those levels. Nothing is outside of you, not really, but you create the semblance that it is, so that you can experience physicality and explore the idea of an objective reality. Sooner or later, you re-discover that it *is* you. You are dis-covering yourself, and you will never un-cover anything else. Higher dimensions are not really higher in the sense that you don't contain them (meaning they're outside of you) but they seem higher because you don't *remember* that you contain them - that you *are* those levels as well. They are *vibrationally* higher, and as you raise your vibration, you re-member that you are and have always been those higher levels as well.

An example of this is the idea that spirit is "above" you. We think of it that way because, technically, the vibration of non-physical reality is higher (or above) the vibrational range of physical reality. However, how could it be above you when it *is* you? It only seems to be while you, as consciousness, believe yourself to be physical only, and not non-physical as well (or, more accurately, non-physical consciousness expressing in a physical manner). When you wake up to spirit, *you* then experience yourself as spirit. You go, "Oh, I was this all along, how obvious!" At absolutely every level of consciousness you experience yourself as yourself, no matter how different the experience in each level might be from another level.

Naturally when we divide our consciousness into portions, each one existing in a different dimension or plane of existence, that portion that experiences itself in the lower density (where there is less light, less remembering) will not be aware of its connection with the rest of itself. It will experience itself not only as separate from its own larger portion, but from everyone and everything, to some degree. This is why we think we are not in full control of our lives but are imposed upon from without. We don't remember the other portions of us that are contributing to our experience, like decisions we made from higher levels (which are not many but only act as parameters for our physical experience), nor are we aware of our higher mind, which guides us.

I like to give the example to my clients of an hypothetical two dimensional being, represented by a dot on a paper (view image below). Let's call it Henry. Henry lives within a strange shape. He wants (whether he knows it or not) to get to where the X is. It is a journey he decided upon — out of his free will on the level of spirit — before incarnating. He has total free will — on his two-dimensional level — of how to walk the course he has decided upon. Of course, Henry sees at most 0.1 inches ahead of himself in each direction. Being two-dimensional he knows nothing of above or below, only ahead, behind, and all angles of left and right.

You, being a three dimensional being (four, adding the dimension of time), have the ability to see Henry's *entire* reality all at once. If someone told Henry you could do that, he might think you're a god! You can see all possible ways for him to get to his destination. For example, he can head forward and then go up taking the first left turn he has, which will only result in turning around to come back down and continue.



This probably wouldn't be the way you would advise old Henry to go. You are actually in the position to tell him the best route possible. Without your guidance it might take Henry quite some time to find the best route. You see, Henry can't see far ahead, as we said, and there is therefore a great chance that he will bump into walls countless times along the way. He is utterly clueless about the way to the X. What seems obvious to you is not nearly so for him. There is a great chance that his way of getting to the X will be to make nearly every "wrong" turn possible, encounter nearly every block possible, until finally stumbling upon the X. A terrible and excruciating journey awaits Henry if this is the case!

By Grace, Henry hears a voice. He doesn't understand where it's coming from, but it is your voice, coming from above. Henry has no concept of above, so he is startled a little. But your voice is kind and warm and gentle and he feels that he can trust you, even though you are - for the moment - foreign to him. It might be that he trusts you only because he's tried so hard to move along his path but he keeps hitting walls! He figures that he might as well listen now.

You guide him beautifully through the path of least resistance, and Henry has a wonderful time cruising along, so much so that by the time he reaches the X he'd already forgotten he even wanted it. The journey had been so fulfilling!

This is not too dissimilar to our situation with our higher minds. They can see our entire reality and all the possible routes, and can guide us through the path of least resistance. However, we like to insist that we know the way to go, when really all we can see is very little ahead, if at all. To be honest, all we've got to go on is our feeling, our intuition. Lucky for us, that's *exactly* how our higher mind speaks to us. It gives us a *feeling* of what will serve us best to take action on right now. If you really pay attention, you will see that you know when something *feels* out of the flow.

We all know that sometimes the best course of action - even on a busy day - is to take a nap. Yet do we listen to our intuition or to our chattery minds that compel us to complete our checklist? And yet, if we would just take that darn nap for 10 or 20 minutes, our functioning would improve significantly, and not only would we get everything done, but we would enjoy it a lot more because instead of fighting our way through it we would have the energy and mental or physical faculties necessary to actually be present through it.

Trust in your higher mind takes time to learn, and we learn it best when we actually see it has our best interest in mind *always*. My clients find their lives change entirely when they finally surrender to their path. They decide to listen to their own higher mind and even set an intention every morning to listen and act on what *it* says, rather than what their controlling mind says. They begin to develop a deep trust in life,

and the experience that ensues, they report, is one of total ease, flow and bliss. The way things manifest in life when we allow ourselves to listen to our intuition (or higher mind) is magickal, beautiful, full of synchronicity, serendipity and wonder. It is a miraculous way of living, and the miraculous becomes the rule - not the exception.

The only thing left to add regarding the higher mind is that it is you. Imagine Henry is your lower self - only lower in the sense that he exists in a lower frequency, not in the sense that his experience is somehow less valuable than yours. If Henry remembered everything, he would see the entire journey and already know everything it had to show him. He could not then experience growth, nor surprise nor the ecstasy of his idea of himself growing and expanding. Henry has to forget in order to have a journey. But he is not left in the desert, he has plenty of guidance and support. Part of his journey is learning to hear it. You, as Henry's higher self, know that he will merge with you. You are, if you wish, his future self. He will grow to become you. Thus you are clear that you are guiding yourself, just as your higher self is clear that you are not two separate beings, but the very same consciousness simply experiencing itself in two different modes of reality.

When you become your higher self, through the process we call *ascension*, this will seem obvious.

Guiding Henry you would find any means to get him to listen. Part of that will be leading him to certain information that might open him up to things that will serve him and are relevant for him on his path. Part of that might be inspiring him to listen to a certain song. Maybe showing him through symbols that he understands an idea that will be useful for him. Whatever you can use, you will. And the same goes for your own higher mind in relation to you.

Your intuition is your ability to tune into the thinking of your higher mind. It is, therefore, higher thought, if you will. As you let go of trying to control the path and begin trusting that you are given everything you need, you will find your ability to listen to your intuition increase significantly.

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Whether your current experience is, in your mind, a result of the past, or of a decision made pre-incarnation, or whatsoever cause you ascribe, the only thing that matters is that you are fully responsible for everything you experience. It is never true that the cause of your experience is outside of you. It doesn't matter how the experience was caused or from what level, all that matters is that you see yourself as the creator of it. Otherwise, you will see yourself as the victim of it. If you see yourself as imposed upon, how could you possibly experience freedom? But if you see everything as happening *from* you... how could you not?

Surrender is never to something that is apart from you. It is to your own wisdom, your own true self, your own power and being. It is leaving only your resistance behind, and allowing the fullness of you in. There is nothing but yourself that you could surrender to.

No one but you shapes your experience. No one decides it for you. It is only your thoughts that make you suffer. Your situation is literally incapable of making you suffer, but your negative definition of it is what does. It is you who determines how you see and respond to this and every moment. Therefore, tell the story that makes you feel fortunate, beautiful, delighting in what is, not the story that makes you a victim. The journey is your own, or, put another way - you own it. As we said in the chapter *There Is Only You and Your Reflection* - it is between you and yourself.

Are you starting to realize you're in charge?

It's always been up to you, love.

An analogy I like to use is that of a folded rug. As you roll the rug open, bit by bit, more and more of it is revealed. We are like this folded rug, containing everything already but aware only of the part that is showing. Our Higher Self knows what needs to unfold next and at what rate we are ready to expand. In a sense, we have different topics, beliefs or set of ideas that we are exploring in a given time in our lives. Our Higher Self knows what is relevant for us to explore or ascend through at any given time. It knows what step we need to get on in order to get to the next one. So many of the things that we consider interruptions are actually absolutely necessary to our growth. If we understood that there is no mistake in their being there, we would use them instead of attempting to get rid of them. Our Higher Self gives us exactly what we need. Our job is not to try and change it when we don't like it, but to ask what purpose that is in our favor is it there for. It's all *for* us.

There is nothing against us.

Earlier, in the chapter *There Is Only You and Your Reflection*, I said that this life is between you and yourself. Now we can more accurately say that it is between you and your Higher Self. It is the Higher Self that brings you whatsoever can help you expand. Of course it can only bring you that which matches your decisions and beliefs — your reflection; however, it does so incredibly intelligently, in such a way that allows you to use your reflection as a feedback loop that enables you to learn and expand. That essentially means that built-in to your reflection (your reality) is a ladder to your next level. There is and will always be a voice in your reality that invites you to open up to *more*; this is your Higher Self speaking through some reflection in your reality. It can be inner, of course, and it can be through signs, through songs, or through circumstances that push you to open up to *more*... of your Self. Whether you listen to it or not is up to you. Your Higher Self never decides for you. You have free will in this regard. Your Higher Self has free will in presenting you with the particular reality you have chosen (through your decisions and beliefs) in the way that will serve you best. Therefore it is a complete game-changer to understand that you are always receiving the best. In this way you *trust what happens*. This is incredibly relaxing, and is the end of the perception of a thing called “mistake”.

Connecting

The more positive you allow yourself to become — by choosing to see *everything* positively — the more you allow yourself to become aware of unconditional love. The nature of positivity is connective, meaning it connects you. Of course if you think the universe, life or God is against you, you cannot possibly be aware of unconditional love. Negativity disconnects you, separates you.²

It is only when you start to accept that life is *for* you, in your favor, that you begin to see it as love.

Just the other day a client wrote me: *“It helps to have your perspective, as your uncompromising confidence in life being **for** us has got me squashing all thoughts of doubt.”*

Surely, when you feel life is *for* you, you feel supported, even assisted and lifted. Before I accepted this truth, I lived, unconsciously, with the feeling that everything was against me. I felt like I had to do everything on my own; the strain of control. There was no help - only hindrances, interruptions and annoying obstacles. I was very angry inside, no matter how well I might have hid it even from myself. I felt so emotionally malnourished and lacking nurture. I didn't know it, but I was trying incredibly hard to maintain a particular identity, for fear of being judged. Everything felt like an uphill battle!

I was completely unconscious of this until someone very lovingly pointed it out to me. It was almost as though the universe was speaking to me through him; love was trying to reach me. It was as though he

² To understand that positive energy connects and negative separates simply look for examples from your life of what occurs when you approach a person with genuinely positive energy. You move closer to them, energetically. You are open to them. Your energy invites them to connect with you. When you approach someone with negative energy you create more distance between you. It is the same between you and yourself.

saw through me, into the beliefs I operate from, and then looked at me so sincerely, and said: “There is nothing against you”. Tears rolled down my face without end, and he hugged me. It is a moment I will never forget.

Fear maintains us in a place where we perceive threats. We’re afraid of punishment. But this experience began opening me up to the understanding that there truly is nothing threatening me — it is just my own mind, *my way of thinking*, that makes it seem so. It took several years since that moment for me to truly live the experience of *openness*, having no need to defend against imagined threats, allowing myself to know I am always safe, forever held, nurtured and supported.

Connecting to the feminine within, in perfect harmony with the masculine, was like receiving a huge hug from the universe; it felt like being kissed by rain after walking for years in a desert, throat dried, lips parched and skin broken by the sun. In truth, though, this love was never absent — only my ability to experience it was covered up by my negative beliefs. I was brought up in a society and environment that encouraged in males the “tough lonely warrior” identity.

Of course, since reality reflects our beliefs and state of being, the core belief that life was against me showed up in every area of my life, mostly in relationships, sometimes to the degree of paranoia. My partners could only reflect back to me the idea that I was all alone, not belonging anywhere and always misunderstood, fighting through this difficult and cruel life. Poor innocent me, my needs never recognized, moving forward despite the the difficult people and situations constantly presented to me by life. I told the story of neglect, and every aspect of my life reflected that to me.

If, looking at my circumstances at the time, you were to agree they appeared difficult, that is beside the point. The point is what I was believing, which created my circumstances. It’s never about the circumstances, but how we respond to them.

As you begin to accept that life is in your favor, you begin to understand that there really is no such thing as an experience that is extraneous or an interruption. You may have plans in pencil, but you are surrendered to life’s plan. If things don’t go according to your plan, it’s because there is a better plan for you. Life knows what you need better than you do. And if you trust this, you don’t get frustrated that something happened that is not according to your plan, you know that whatever is happening *fits* and is *part of the path*. Trusting life allows you to connect with this knowing that *nothing is out of place*. Life is intelligent and purposeful. Therefore, rather than responding with frustration you respond with openness, welcoming the turn in the road — *because you know there’s a gift in it for you*. Life is not trying to bully you, but *to give you something*.

The outlook on the future and the unknown is radically different seen through the lens of “life is for you” versus the lens of “life is against you”. Seen through the latter, one has much more tendency to worry, doubt and fear. Seen through the first, there is no perception of a mistake or an interruption, for however the path unfolds it serves you; the unknown holds a gift — not a punishment, and one experiences the positive expectation to receive it. In other words, the unknown and unexpected are exciting, not threatening.

Why do we almost constantly think we are going to be punished by something in the future? Isn’t that what worry, anxiety and stress really are — the fear of future punishment? Something happened in our past that hurt and we’re spending our present avoiding hurt in the future. From this comes our false sense of control — attempting to control events and people, contriving and planning and forcing ourselves or others. We try to project an image in order to be validated and loved by others, to avoid the pain of rejected. It’s unnatural and the stress and anxiety take their toll in time. What we need do — rather than spend so much effort upholding an image for others — is validate ourselves.

All this fear of punishment is simply a result of the lack of awareness of love. If life were recognized as a loving supportive guide or “parent”, the hurt of the past would be recognized as a purposeful and positive lesson that supports our growth. Ultimately the lesson is that no one hurts me but me.

How much would you have grown without challenges? How much would you have learned without mistakes — trial and error? The future can be seen as holding our own exciting potential that is waiting for us, rather than holding pain, hurt and dangerous things to avoid.

Is life a gift or a punishment? You answer to this question determines your entire experience.

This question, by the way, links to the two modes of thinking presented in the chapter *It's Not What Happens, But How You Think About What Happens*. If we are choosing to see life and all of its moments as a gift, then we are choosing to see that everything is going right and can only go right. If we are choosing to see life more as a punishment and something to fear, then we are indeed choosing to see how things may go wrong.

Ultimately life is teaching us that we are hurting ourselves. Yet we attribute the cause of the hurt to life or to another person or to anything outside of ourselves. It is our *beliefs* that hurt. By reflecting them back to us through our experiences, life is allowing us to become aware that our hands are held a little too close to the fire. It is alerting us to *move our hands away*. At the right distance the fire no longer hurts - it is warm and cozy.

Also, ultimately, what we refer to as life is naught but the bigger portion of our being. It is not something *other* than us. It is our higher self, if you will, that is guiding us (I will discuss this in the following chapter *Your Story Is The Best*). Why would our own self attempt to bully us? Why would we be cruel to ourselves? On the contrary, the bigger portion of us is attempting to awaken us, and awaken us it will sooner or later. When we realize we are being lovingly guided and supported, this creates an attitude of harmony and cooperation with life. It allows you to let go of your own planning and accept higher mind's plan. There is no such thing as interruption.

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Trust in life eases the mind more than anything else. While substances can do this temporarily, as well as partners and activities we love - cultivating trust in life promises a life-time of quality, positivity and an ability to be far more relaxed and calm and less fearful and doubtful. You are supported.

Everything is for the best. It doesn't mean everything is easy, but it is for the best. Having trust in this, in the unconditional love of the universe, helps make it significantly easier. The less resistance you have on your path, the quicker you move through difficult times, and the faster you grow because you are not being negatively stubborn.

The universe knows you deserve everything. You may have not caught up to that knowing yet, however. The universe withholds *nothing* from you. As you allow yourself to become open and vulnerable, you begin to feel the warmth of the sun rays nurturing you, loving you, seeing you as the most worthy being in existence. *Every* being is the *most* worthy. Love knows no shortage of worthiness. In its eyes your value is *maximal*. By its very nature unconditional love doesn't measure the worth you deserve - it is *unconditional*. You don't need to earn it or prove yourself. It doesn't matter what you did or how you measure yourself, in the eyes of unconditional love - existence itself - you are 100% deserving of love.

“Once a young woman said to me,
“Hafiz, what is the sign
of someone who knows God?”

I became very quiet,
and looked deep into her eyes,
then replied,

“My dear, they have dropped the knife.
Someone who knows God has dropped
the cruel knife

that most so often use upon their tender self
and others.”

— Hāfez

Your Path Unfolds Perfectly

Your path provides you with everything you need in order to be who you prefer to be. It adjusts itself to support you as you go along. You are very creative in the way you support yourself. When you're not getting what you want, remember that you're getting what you need. There is no question of your path lacking anything, but only the question of - are you using what it is providing. In other words, are you learning from what reality (you) is reflecting to you (see chapter *There Is Only You*)? Are you seeing those non-preferred moments as opportunities rather than barriers?

Unpleasant moments or times call your attention, so that you can ask these questions. If they weren't unpleasant we would be deprived of the capacity to recognize that we are deciding something we do not prefer. Therefore, don't wish your unpleasantness away; question what it is you must be believing (or what it is you must have decided) in order to get that experience. Then change your mind, make a new decision.

Knowing *the value of unpleasant experiences* and how well they serve me, I am *far* more welcoming of them these days. I see no enemy, just reality being kind enough to show me what I've been vibrationally putting out. There is no need to try to avoid them. It's about how we *use* them.

Allow your path to reveal to you who you have been choosing to be. Allow it to reveal your beliefs. Allow it to reveal your preferences. Act on them. The more you decide to be positive on your path, seeing every single thing belongs, the more you will allow it all to serve you. Thus you will grow in your ability to appreciate everything on your path, and you will also grow faster since you are growing with the flow.

Your gift to all is yourself, and that is the most precious gift you could give. Understand that part of discovering who you are is becoming aware of who you are not. So, with a mature attitude, we may accept that certain things that are less pleasant on our path need to be there to show us the way. Challenges need to be there as well, to stretch us onto our next level.

When I say your path lacks nothing, I also mean very practical things. Your higher mind includes grocery shopping in your flow. It includes doing the dishes, cleaning the house, etc. It is not true that so-called mundane activities are “downers”. Anything is a “downer” when it's done out of timing, out of alignment or simply with a negative idea or definition of the activity. When your energy is not lined up with something, it's not going to feel good or flowing. Finding out which of these is the reason it is not lined up

greatly helps to be in the flow. Ask yourself: Is it simply the wrong time? (Am I being impulsive?) Is it that I am thinking negatively of this activity? Or is it that it just isn't something I need, or isn't relevant for me?

These questions apply to everything on your path. You can ask them about anything, and they will help you take action from an aligned state.

Doing what you need to do creates abundance. I am not speaking of abundance as money necessarily, but more as creativity. The more you act on your passion, the more you create. As you begin working with whatever you have, you find later on that you have so much more to work with. Your abundance has grown, as a result of acting on your passion. This is why doing what you need to do now is the fastest route to your expansion, the way to grow with the flow. It is allowing each now to be a step to the next. This is what serves you best.

Bottom Line

Nothing bad really happens. Everything is there to serve you. Life is in your favor.

UNDERSTANDING NEGATIVE EMOTIONS

In this chapter I would like to take a look at some emotions that are prevalent in our lives, in connection to the material I have shared so far. Understanding emotions more deeply allows us to understand ourselves better - particularly our beliefs and decisions. While I would love to share about *all* emotions, that would take an entire book. In this chapter I will focus on anger, shame and fear.

Remember that emotions result from our beliefs, definitions and decisions. Understanding emotions, therefore, is understanding the beliefs and decisions from which they are born. This places us in a position to shift those decisions, which, in turn, will shift our emotions.

Anger

Anger is not a negative emotion. It becomes negative when it turns outward toward another. Once it has become judgment it has become blame or hate. Anger is natural and useful. When it is used for its purpose it is actually very short-lived. I will explain.

We spend much of our time *insisting* we are stuck in something, and we are stuck in it only until we allow ourselves to acknowledge that we have the power to change it - that we have the power to decide differently. We create whatever process we deem necessary in order to reach that moment of *allowing* ourselves to make the empowering decision. Funny enough, in that moment of allowing it seems like *nothing more than a decision*. However, *before* that moment it seemed like a whole process was required to get us *to* the point of making the decision.

Often we make a new decision when we are tired of the old one. When my clients come to me physically sick, I say, "Great! What is it you are sick of? What are you letting go?" When we are tired of something we recruit the power to change our ways according to our preference.

If we are being in a way we don't prefer for a long period of time, we grow more and more restless. The restlessness of feeling caught in something that we don't prefer finally gets to the point of "enough!!" That's when we apply the Nike slogan and finally *just do it* — leave the relationship, stop letting someone speak to us in a certain way, change a habit, take an action we've been procrastinating... whatever *it* is.

This "enough!!" moment is anger. It is being tired or sick of your way of being or of something in your reality to the point that you find it intolerable or unacceptable anymore. It is a powerful decision to quit what isn't serving you and shift to what is. Anger, then, is a rush of alignment. It is your inner voice telling you that you simply will not endure lack of alignment in a particular area of your life any longer.

The anger need only last as long as it takes you to get the message - that you are ready to take *new action*, and begin a *new creation*. But for most of us the anger persists much longer than it needs, because we make it about the other person or we spend some time beating ourselves up for having remained in a certain situation for as long as we did. Then anger turns into blame (for another person) or guilt (turned toward ourselves). We treat the situation as though someone committed a crime - the other or ourselves. However, the purpose of the anger is simply to powerfully lay down a boundary; to clearly tell us to *stop!* going in the direction we are going, for it is a direction we don't prefer - and to start going in the direction we do.

The action required when anger arises depends on the situation, obviously. At times it will be speaking up and stating a clear boundary with someone. Other times it will be cutting ties with someone. And yet

other times it will be just between you and yourself - a decision to stop doing whatever you have been doing that has not been serving you, and to take new action.

In my sessions sometimes I encourage people to come to this point of “Enough!!” You can’t convince someone to take a different action and really commit to it if they don’t see the necessity themselves.

Restlessness persists until we surrender to the fact that we are doing this to ourselves. We can continue to be restless, or choose to see that we do have the power to do differently. We attribute power to many things, believing that they cause the change in us. In truth, the power always comes from you, and when you *decide* something, your entire reality immediately starts flowing in that direction. Anger is a powerful current of energy that allows you to make powerful empowering decisions. Simply, it is you taking your power back.

In short: restlessness persists as long as you insist that you are powerless. The moment you are sick and tired of behaving in this way, you allow yourself to put your foot down and you create change.

The Decision that brings forth the energy motion of anger (not blame, not judgment) is: No more of this!!

Shame

In our daily or normal use of the terms ‘shame’ and ‘guilt’ we often use them interchangeably. Guilt is the belief that you have no worth and are not deserving. Shame is more particular: In shame, a person can feel a general sense of having value, but in specific areas of their lives they feel inadequate, wrong or not good enough. Shame is prevalent in those who compare themselves often to others, constantly measuring themselves against a standard they believe they’re supposed to meet. Shame, then doesn’t allow the person to be themselves, for they feel there is a particular way they need to be. Fitting in is valued over being oneself.

Since shame is self-judgment, when it is projected outwards it is a judgment of others, finding something about them to be wrong and not accepting them as they are. This often sounds like accusation and condemnation. We subconsciously think that by finding fault with others we are somehow absolved of our own. In that moment of accusation, we are in the right while the other is in the wrong. There is no salvation in self-righteousness, however, only a denial of our own self-inflicted pain through our self-judgment.

When we are ashamed of something we did in the past, we say, “I feel guilty”. We usually use the terms shame and guilt interchangeably, as I mentioned. We associate guilt with the feeling of having done something wrong or bad, for which we fear the consequences. In other words, we’ve sinned and are ashamed to confess. That is why those who feel guilty fear punishment. When we are ashamed of (=judging) something we did in our past we tend to call that guilt.

The Decision out of which is born the energy motion of shame is: I do not accept this part of myself.

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Shame as a reminder: Shame is primarily a reminder to look at the aspect of yourself that you are attempting to disown. Whatever it is that you are attempting to deny or ignore is the very aspect that is coming up for you to integrate. It is asking to no longer be looked at through the eyes of judgment, but through the heart, with love.

Shame is a reminder that you are beating yourself up - a reminder to see where you are as enough. It is a reminder that you are creating a gap between where you are and where you believe you ought to be, and thus invalidating yourself. The more you emphasize the gap, the more out of alignment you are holding yourself. You won't get to where you wish to get to by declaring where you are as not enough. It is a reminder that it really doesn't matter if other people judge you for being how you are, feeling how you are, having what you have. When you decide to *accept yourself*, those who love you and are important on your journey will come around to it as well. We see the versions of others that reflect ourselves back to us.

It is a reminder to love yourself. It is a reminder to appreciate what you have, and to be thankful that you can grow with what you have - that you can use what you have to grow.

Shame & Anger: When you accept every aspect of your life exactly as it is, you are empowered. Having no shame means that you can show up just as you are, without having to wear a mask or maintain an image. Trying to maintain an image is one of the most exhausting things. At some point one feels so done with the facade that they decide they no longer care about what others think, they just need to be themselves. The energy of anger can bring about the end of shame in a particular regard.

Have you heard the story of the man everybody loved who was always thin and all of the sudden started becoming fatter and fatter. He grew quite big! Being ashamed he tried to hide it, so when he went out or attended social events he wore a corset. As he kept growing, wearing a corset became increasingly difficult. He gradually stopped going out, unless he absolutely had to. To his misfortune, everybody liked him and kept inviting him out. He began to decline the invites; but when his best friend, who was also the funniest person he knew, invited him to his wedding, how could he decline?! With immense effort he'd managed to get the corset on. Breathing was difficult, which made talking difficult, and laughing was impossible. He pranced around the wedding, as though he weighed nothing, but concealing his sweat was very difficult - it required constantly wiping his forehead and neck with a handkerchief. It was time for his best friend to toast his bride. Being the funny man that he is, he made everybody laugh several times. Our skinny-fat gentleman began to laugh and had to stop himself because he felt the corset would burst wide open if he really let himself go, along with the buttons on his shirt. He realized how limited he was feeling. He wanted to join the laughter and was so tired of holding himself back. He decided he would let his shame go, and along with it his belly. He no longer cared or had the energy to hold up the pretense. The pressure on his corset was great, and the corset was already tearing at the seams and had lost a stud from all the times he'd wore it. As the groom cracked his most hilarious joke of all, our gentleman, now carefree and allowing himself to enjoy himself, exploded into laughter and his corset blew open, releasing his belly underneath his shirt which managed to hold its buttons in place! His laughter was so loud! A release of a long time of suppression had him laughing longer than everyone else. They all turned around and to their surprise saw a fat man. Realizing what had happened, our hero stopped laughing, looked at his belly, and resumed his laughter. It's difficult to tell if people knew, but he was laughing at his absurd attempt to be who he thinks he needs to be rather than who he is! The exhausting effort of holding his stomach in, and how he could barely talk and at how his face grew red and sweaty because he could barely breathe. The whole exhausting effort to portray himself as thin, when he hadn't been for a very long time now - seemed so utterly ridiculous to him, not to mention insane. As he went up to greet and bless his best friend after the toasting, the groom — pointing to his friend's belly — said in that emotional moment: "I hope you're filling that up only with things as sweet you". All the horrible things he'd imagined would happen if he let himself just be himself, didn't. Life went on, people still loved him and invited him everywhere, and he was fat and happy.

Being You Is Effortless

The main cause of exhaustion is trying to be someone you're not. We are not really aware of the amount of effort it requires to go against ourselves. We get sick and tired of shrinking ourselves for others, trying to fit in, forcing ourselves to hold beliefs that don't really feel like they're ours. Sooner or later we come to see that it is too exhausting to live for others: we must live for ourselves — we must *be* ourselves. It is then we learn that controlling others is unnecessary in order for us to be happy, because we now know happiness comes from allowing ourselves to be ourselves. Everyone will learn this sooner or later.

Many people live a life that is not meant for them, and then pick up meditation and a spiritual practice while taking good care of their bodies, and wonder why they still don't feel happy, get sick often and feel sluggish. They're not being who they really are. One can only pretend to be happy being someone they're not for so long. No wonder mid-life crisis is a common phenomenon. No wonder many people don't know what to do with themselves when they reach their pension: they've spent so much of their lives just doing what they believed they had to, that they don't even remember how to listen to a deeper voice, one that doesn't follow an external schedule or revolve its entire life around completing a checklist - but is an *inner* call of the natural self, saying "this is what I *feel* like doing". Not listening to this voice is self-neglect.

Each moment requires a creative response. Living from a fixed idea doesn't allow flow. It is the following of a pre-set idea about how you should live your life and who you should be that makes one unnatural. We move from our heads and not our being, and therefore are unnatural. The head has a plan, thinking it knows the way, while our being is tuned into a completely different kind of plan - one that is in harmony with yourself and all that is. The heart fills you up, the head - when it's out of synch with the heart - drains you.

Attempting to be a certain person, you are merely fulfilling a contrived plan, which you think will bring you freedom and happiness. You are trying to be someone, but because that someone isn't you - you are actually going in the opposite direction of your freedom and happiness. To be you, you don't need to try. It takes effort and focus to maintain the identity that isn't you, always trying to be "right" and do "right" and appear "right". It actually requires far less strain (if any) to simply allow yourself to be who you are, without trying to be someone for others. Also, it serves everyone better because you are then offering your unique perspective, rather than feeding them what you think they wish to hear. If you offer them what they already know and believe, they don't truly get the opportunity to become acquainted with a new aspect, perhaps one that they would like the option to choose for themselves.

Fulfillment is the liberation of yourself from the ideas of trying to become something that is not natural for you. Be selfish, because by not serving yourself you are not to serving anyone. Fill yourself up, and you will overflow with things to share. It might sound like a paradox, that selfishness alone leads to - or *is* - selflessness. Offering yourself freedom from judgment, comparison and self-denial, you will offer the same to others. Allowing yourself to be yourself you will automatically encourage others to be their authentic selves, just by your actions, by your example. Being an example is, truly, how we inspire each other - *far* more than our words.

We all aspire to freedom, but there is no rigid, set, fixed formula for it. Freedom is not a destination, but the way itself. It is a moment-by-moment decision for the most empowering option that occurs to you. We are always deciding, as you already well know by now. We decide to either act on our intuition or complete a checklist. We decide to beat ourselves up for something or accept and be kind to ourselves. We decide to fret and worry about something, or to trust and relax, knowing everything works out for us. We are always deciding.

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Shame and the past: When it comes to shame regarding the past, this is what we normally call guilt. The idea you should have done or been different is a reminder to forgive yourself. It is a reminder that everyone makes mistakes and no one can undo them: the only thing left for you to do is *learn* from them. If you have learned from them, be thankful for the clarity and empowerment they offered you.

It is also a reminder that the people who were involved in whatsoever situation you feel ashamed or guilty about are on their own journey and call forth their own lessons. They are finding their clarity and empowerment as well. On the level of spirit, nothing happens without agreement. Everyone has their own exploration. It is not for you to take the fault. Life is happening *from* every single being, not *to* them. You may think you know what is good and what is bad for a certain being or person, but you don't. We don't see the big picture. We don't see what their theme that they chose to explore in this life is. We don't see how perhaps the seemingly awful thing that occurred to them was perhaps their path of least suffering - because we are not aware what other paths were awaiting them.

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Shifting out of shame can be broken down into steps:

Identifying shame —> Feeling sad or getting angry: If sadness arises it is usually part of the process of accepting the situation and will lead the “forgiveness” step; if anger arises it is the energy saying “I fully acknowledge I prefer *not* to feel this self-diminishment” —> Owning responsibility, “this is *my* creation” —> “forgiving” yourself for your creation (it is in quotes, because truly there is nothing to forgive, you did nothing wrong, but self-judgment - or shame - makes it seem you did) —> Accepting yourself as you are. The “forgiveness” stage is the removal of the judgment, which places you in a position to choose acceptance. You can go through another stage before forgiveness of trying to project your shame outwards in order to escape the unpleasantness of the feeling.

Fear

The general theme of fear is that of avoiding hurt. When fear runs our lives that is what we are busy doing. We scan all the unwanted and potentially painful possible outcomes that might occur (*always in the future*) and spend the now worrying, stressing and fretting about them. Rather than being focused on moving toward what we love, we are focused on getting away from hurt. We are motivated by the desire for safety. We believe that by imagining the least desired outcomes we are protecting ourselves, when in fact we are simply focusing on that which we do not prefer.

Fear goes hand in hand with other beliefs, mainly guilt, shame and abandonment. He who is guilty fears punishment. The future holds hurt, and the present is spent in an attempt or hope to avoid it. While one believes that his experience is not in his hands, he attempts to take actions to secure himself against the coming hurt (punishment). But he is caught within the core structure of fear and guilt, playing their game. It is only when he realizes that they have no hold of him, that he is free of their game. He understands that *he* determines his outlook, and he does not have to look out through the lens of fear nor guilt. The future may hold no punishment whatsoever. That was only his belief that made him see the future as scary and terrifying. Fear merely offered him an option for how to relate to the future - the option to believe that the least preferred outcome will occur. But the future is unknown. He decided to fear the unknown merely because it is unknown. He decided it holds hurt and therefore spent his presents covering up against the hit.

Trust is the attitude that does not fear the unknown. It welcomes it. It does not try to protect itself from anything, it is *open*. It is the decision that life is a gift, not a punishment. Therefore, arms, heart and eyes

wide open it wears the vibration of expectancy, allowing the unfolding of the path. Trust does not see a mighty blow arriving this way, an aggressive gesture - it sees a loving one. Its relationship with All-That-Is is healthy and unconditionally loving, one of knowing you are already held and already safe, and therefore do not seek safety. Indeed, safety is not attained by the avoidance of pain or hurt, but by the acknowledgment of love. For what is hurt but the illusion that love has abandoned us.

Religions attempt to earn God's love, the love of All-That-Is, but in fact it is already given. And it is unconditional.

Fear shows up through shame when we attempt to hide a certain part of ourselves. Of course, we hide in order to avoid hurt, usually in the form of disapproval or rejection from others. Of course it is *us who* disapprove of and reject that part of ourselves, wanting to cut it off so that it won't be a part of us. Our desire is to look good in the eyes of others is so that they will value us, so that then we can value ourselves. We are simply innocently mistaken that our value comes from without, from others, and this mistake causes us to care way too much how others see us.

When we accept and own and welcome that part of ourselves that we were so ashamed of, and no longer associate it with the idea that it means something is wrong with us, fear has no hold of us. We can show up in the world shamelessly, having no trouble with how others may choose to respond to us, simply because we know that howsoever we are is not wrong.

The Decision that brings for the energy motion of fear is: Something is going to happen that will hurt and damage me.

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To summarize:

Fear is the belief I am going to get hurt.

Fear & Guilt: Fear shows up through guilt when I believe the hurt will come to me because I am deserving punishment. When I know that I am deserving - that I am loved and worthy, in other words - I shift into trust. Life is full of gifts, to me, not punishments (and that includes the afterlife, for truly life is one, and our experience of it is our relationship to it).

Fear & Abandonment: Fear shows up through abandonment when I believe love has deserted me. I try to get this love from outside of me now. If someone leaves me or dies I might interpret it through the eyes of loneliness (the belief in the dis-connection or separation between myself and other/s) and grief (the belief that something can be and is lost). I might remain frustrated, angry, sad and bitter, for my perceived source of love has been taken away from me.

As long as I believe in the absence of love, I do not feel nourished, but rather, neglected. When I allow myself to re-member that I am a member of All-That-Is, never cast out, I no longer fear the hurt that *is* the perceived absence of love. Loneliness, despair and grief have no long-term use for me (yet may be episodic) when I know that nothing can be lost and that we cannot truly separate. I may have cast other members of our oneness out of *my awareness*, but none of us could ever *actually* be cast out. We are all~ways connected whether we are aware of it or not. When loneliness, despair (the belief I am helpless, stuck and powerless to shift my reality - which leads me to grief) and grief are short-lived, they don't cause bitterness and an overall cynical or negative approach to life. (I will speak more to this in *Sadness*).

Fear & Shame: Fear shows up through shame when I believe a part of myself is inadequate or inappropriate, and I must hide it or cover it up. When I allow that part to be, without being embarrassed about it - without believing it ought to not be there, I do not fear showing up simply as I am.

~

Does fear serve me or paralyze me? Every one of us must not hurry to think they know the answer to this question. If it were so obvious would we choose fear so often? Would we allow it to stop us from doing so many things, out of shame, out of the sense of inadequacy, out of the general sense of being undeserving or unworthy, out of the fear of getting hurt and being unloved?

Ask yourself how fear has served you. Look at your life now, and also think back. How is fear helping you become who you wish to be? How is it helping you move forward?

It is quite likely that you have found that the only way it serves you is by showing you what *not* to put your focus on. It fills your head with dreadful images, of failure, of betrayal, of not having enough, and in the global scale with war, disease... the least desired outcomes. When you fear someone or something in your current reality, it means you are, unconsciously, believing this person or thing will bring about horrible outcomes. You are seeing scary images in your mind, without being aware. So you fear reality, instead of recognizing that you have the power to shift how you choose to see it. When you see it differently - it is a different reality. That is the point of the idea that you create your reality. In the reality where you are playing fear's game you spend your time hating what is and dreading the future. In the reality where you don't focus on (and therefore help create) the war, the famine, or your own personal fears - you spend your time appreciating peace, abundance and health (and therefore help create more of that), looking forward to the future.

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Fear of Failure

Fear is expressed through the other three core beliefs, as we've seen. One fear that I would like to dive into is the fear of failure. Why do we fear it? What is the hurt that we're trying to avoid? First comes to mind the way others might see us if we fail. That only hurts if we choose to see ourselves the way we project they will - as not good enough. It cannot be expressed too often that it is *only* our own self-judgment that hurts us - not the judgment of others. The sense of inadequacy that we associate with failure, is shame. When we fail, we feel shame.

Believing that we are not good enough we fear we might not be loved. After all, our society praises those it considers to be successful, while often mocking those whom it considers to be failures. This is related to fear of loneliness, abandonment. How much fear it creates when you associate failing with ending up alone or alienated! How much pressure it puts on you!

It is very easy to see the connection fear of failure has with guilt, when failing is seen as plain out wrong. When we tell someone "you're a failure!", we are in essence saying "who you are is plain out wrong!" (Because you should be a success, of course!) So, failure is associated with being undeserving of feeling worthy. When you succeed, *only then* may you allow yourself to feel worthy. We believe worthiness to be something we earn through success.

How many of us really stop to ask what success really is and what failure really is, and whether the definitions of our society are really the ones we wish to buy into.

How do you measure success? Your answer depends on the culture you come from, your religion, as well as the era you live in. If you are a hunter and gatherer, your idea of success is surely different than that of a western businessman. If you are a Japanese Kamikaze pilot in WW2 your idea of success is different than if you are an NBA player in the year 2019. If you are poor and barely have enough food to remain alive, your idea of success is eating. If you are in a culture that allows you to have several husbands or

wives, your idea of a successful marriage is different to the commonly accepted (Christian) idea of a successful marriage in the west. On and on it goes, showing us that success is subjective, not objective. It can only be measured according to the goal you've decided - for some reason or other - that you need to achieve, whether that is blowing up your aircraft with maximum impact or closing a huge money-making business deal.

Success as it is created by society is a mind-made (up) goal that the individual's aim is to achieve. Upon achieving that goal, he or she is considered "successful".

As we can see, the goal is *external*. Our sense of value and worthiness depend on its achievement. We feel inadequate or not good enough before we achieve it. Even if we are amazing at what we do, that, often, does not constitute 'enough'. And even if we achieve being the absolute best in our field, we will then seek that wonderful feeling of worthiness, happiness and glory by creating another imaginary goal for ourselves. All along we fail to recognize that the worthiness, happiness and glory are inside us, thereby making our access to them conditional and dependent upon external achievements. O, the joy of achievement is so fleeting! 'Not enough' comes rushing in immediately after. But if we make it unconditional we could enjoy our worthiness and glory consistently. In fact, through all our attempts at success, that is all we truly seek to achieve. Hence, success is the achievement of joy, or happiness or the sense of worthiness, or glory - *not the achievement of anything external*.

Success is internal. Defined simply, it is joy. For everything we ever do we do in order to feel joy eventually, even if it might take many years. Success is always that moment in which we feel joy, and that is why we want it. *We want the joy*. We are convinced achievements are the way to get there, because that is what our society has taught us. So we've made our joy conditional.

"Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. **4** Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven." (Matthew 18:3-4).

Children never believe they need to achieve things to be joyous, until we teach them that. They prefer what they prefer, and that's that. It never occurs to them that they might need to achieve the things we believe they need to achieve, until we teach them that. It never occurs to them that receiving love and having a sense of worthiness might depend on achieving these things. It never occurs to them that they might need to do something they don't love in order to be perceived by others as having value or being worthy of approval. They, indeed, are in the lowliest position, having achieved nothing at all except *being*. Their sense of worthiness depends on nothing (yet), their joy and playfulness are inherent (and not saved for the weekend nor is there a need for alcohol and drugs in order to subdue the stress and fear in order to access the joy), their light is not dimmed (yet), theirs is the kingdom of heaven (until we teach them out of it).

Perhaps it is best to take this lowly position. He who strives lacks. That's why he strives. He who has everything does not strive. Also, he is at ease, happy and enjoying every step of the way. He gets it... the kingdom of heaven is within him.

We've redefined success. My definition of it is *being connected with who you prefer to be*.

So what is failure? Being disconnected with who you really are. In other words, when you are not being true to who you prefer to be, that is failure. It is an inner thing, like success, of course.

With this definition, we can see that true failure is responding to your "external failure" (according to your society's idea of failure) in a way that you don't prefer. If because of your "external failure" you become someone who you don't prefer to be, that is the true failure. Of course, you can always choose again, thus using your failure as a re-minder of who it is you prefer to be.

Be who you desire to be, who you prefer to be, who you want to be. Allow yourself that. That's all this book is saying from beginning to end.

See “external failure” positively, without participating in the judgment game our society has around it. When you do not judge failure as wrong, you won’t fear trying. If I fail, I fail, so?! It doesn’t make me wrong, nor lesser, nor cause me to lose value in any way. On the contrary, I have learned and grown and expanded, and am therefore more, not less. No matter what others think, I am happy that I allow myself to grow, and I accept without any difficulty that failure is a part of my success.

The belief-system of our society lies on fear. Others judge you because they judge themselves, and they judge themselves because they are afraid - afraid they’re not enough, afraid they don’t deserve love, afraid of being hurt. So they are protecting themselves, defending themselves - yet there is no enemy, only a fearful belief-system, which creates enemies, in order to sustain itself. Fear needs an enemy. Therefore, allow others to participate in this belief-system if they so choose, but having the awareness you have now, you may choose whether you wish to participate in this game, or, perhaps, you would rather play with love. If so, accept yourself and all, recognize your unconditional worthiness and that of all, trust the unconditional love of life itself and expect gifts!

Carrying the Past into The Present

Remember that each moment is new (Chapter It’s Not What Happens But How You *Think* About What Happens, section The Present of The Present). We are never truly caught in a belief or emotion. We are always choosing, but when we choose the same belief over and over again, it appears as though we’re caught. Knowing what our emotions really are about allows us to respond to them in an empowering way.

The knowing that we are never trapped in a belief or emotion allows us more freedom to shift. We do this not by denying the emotion but always by facing it. We listen to the emotion, receive its message for us and be enlightened by it: it brings to light something that we are doing that doesn’t serve us. Now we can decide differently.

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The moment we *use* the emotion, we are no longer bringing the past into the present. Therefore, here is a summary of the way we can use each emotion mentioned to bring ourselves into powerful alignment:

Anger - is a call to action. It says: Take the action you’ve been holding back on. If it’s to lay a boundary, lay a boundary. If it’s to speak up, speak up. Remove the judgment from the other person and then express what you need. If you have blamed yourself, forgive yourself, decide to learn from your experience, and decide on the way you prefer to be *now*.

Shame - You are perfect *exactly* as you are. Whatever it is you are judging about yourself, accept it. Say: “This is the way I am. There is no problem with it”. Have fun where you are with what you have. Stop being focused on lack. What you don’t have, you don’t need; what you can’t do you don’t need to do. Get in the flow by accepting what is and responding positively. Interpret your situation in the most positive way you can creatively think of. Tell the story that makes you feel appreciation and self-worth.

Past Tense Shame (Guilt) - Forgive. Let the past go, for you cannot control it nor change it. You must *accept* it.

Feeling ashamed for something you did, you may feel sadness. Sadness will bring you to letting go — letting go of your self-judgment. That is forgiveness toward yourself, and it will allow you to move on.

If due to certain past actions, certain aspects of your life seem to be permanently damaged, you will find your forgiveness on a deeper level. A part of you is always pure: your being. Connecting to your being, which is untouched by any and all events, allows you to see that you are not your story. You are not your reputation. Truly, the one who feels guilty and ashamed is the *story* of you - not you. Who you really really really are is whole and beyond judgment. Look at yourself without judgment and see.

Fear - Let go of what you can't control. Do you wish to be ruled by possible (yet unlikely) hypothetical negative future scenarios? Come back to the present. Don't miss your life by worrying for the future. Focus on the NOW. Take your power back by remembering that you can focus on what you prefer. Fear has only the power that you give it.

ALWAYS HOME

The idea of wanting to be in a place other than where one is, is quite prevalent in the human experience. In the spiritual community, the idea that home is elsewhere (in spirit, usually) is most common. This view is understandable, of course, since our nature is sizeless, ageless, unlimited and so on — and being human is quite the contrast to that.

However, as cliché as it may sound, another way to look at it is that home goes with you wherever you go. In fact, home *is* you. No matter what perspective you hold - whether incredibly expansive or incredibly contracted - *it is always still you that is experiencing that perspective, experiencing yourself*. The one thing you cannot get rid of, if you will, is you. In this light we may say YOU ARE HOME. If you read that as meaning that you are *at* home - that is correct, and if you read that as meaning that you *equal* home - that is correct as well. You *are* home. There is no home “elsewhere”.

This, if you wish to adopt it, you might find to be a very liberating perspective, as where you are now is always the best. There is nothing missing. The feeling of home will no longer depend on the environment you consider yourself to be within. The environment is actually within you, matter of factly, and you are the ever-present home that accommodates infinite environments (portraits of yourself), for you are an infinite being.

Home is not a box, nor a place, or anything outside of you. Right where you are, there is home.

EPILOGUE: LIFE HAPPENS FROM YOU

Not to you.

This, in one sentence, is all I'm ever saying. We are not the victims of our lives, but the creators of them. Only one can be true, for they are mutually exclusive: either you are a creator or a victim.

We create our path by how we choose to vibrate. Responding to a situation in one way leads down one path and responding in another way leads down another. Our response comes from our way of thinking. If we think positively about the situation, finding our truth in it and acting on it, the choice we will then make will lead us down our preferred path. Good decisions in life come from honoring and listening to oneself.

Nothing is more important than how you're feeling, as I have said before (chapter Don't Live for the Outcome, top p. 94). We give great importance to what *might* happen or what *has* happened, but what's *happening*, present tense, is surely most important because the present is your point of power. Not just what's happening externally, but mainly what's happening internally: each moment you have *some* preference, and your preferences are your sign-posts. The decision you make here and now will take you either on your preferred path or on a non-preferred path. To create according to preference is simply to listen to yourself in every moment. It is to care about how you are feeling more than anything else, and to discern what action need be taken to maintain yourself in the best-feeling place you can be. Sometimes no external action at all will be required, but only an internal one — to change your thinking. Listening to ourselves, with the intention of remaining empowered - healthy (whole) and free of suffering, informs us in each unique situation of the action required.

You direct your life, and the evidence of your power is found in your response-ability: your ability to respond. Remember that you always decide who you are and respond out of that. The fact that you can decide to be a certain way and then respond to events in your life according to that decision, is proof of your power. Owning that creative power is empowerment. It is, ultimately, the end of victimhood, littleness and every disempowering approach to your life.

People are not creative because they are not aware of their creatorhood, and therefore can't help being in a state of victimhood, characterized by automatic reactions rather than purposeful responses. *What we are is creative power*, yet when we don't know that we seek for it outside ourselves, believing that things outside can complete us. We're already complete. We're already in charge. We can choose to surrender to that — surrender finally to the fact that we are our own saviors. We are free! Free to create from our joy and excitement, from the fullness we already are.

Creativity is the mark of the empowered. I'm speaking only of the kind of creativity that is in the context of how one lives his or her life. The kind of creativity from which is birthed an out-of-the-box type of thinking, not bogged down by routine, rules, mediocrity and the mundane. Indeed, the kind of creativity that allows your response to be fresh, alive and joyous - and perhaps unexpected. Why unexpected? Because creativity allows you to rise above your automatic repetitive reactions - what you might call above the circumstances - and *respond in a way that has nothing to do with others and everything to do with **who you choose to be***. In other words, your game is about being who you prefer to be - no longer about correcting the other, proving yourself right to the other, pleasing the other... it's simply no longer about the other. Just the joy of creating yourself. It's about the values that *you* choose to express.

This is it. This is the secret of empowerment. If you don't let external circumstances hold you in a state in which you don't prefer to be, out of whack with yourself - you will cease letting them telling you who you are and what's up, and begin *telling them*. And that's as it should be, because you are a creator. A *conscious* creator is necessarily *creative*.

~

Our tendency is to think that things need to be a certain way for us to connect to our joy. When they're not that way, we feel frustrated. When we get the circumstances we want, we will use them as an excuse to allow ourselves to feel happy. *Skip the excuse, and feel happy NOW.*

The happiness does not come from the circumstances, it comes *from you*. The circumstances can be used to justify your happiness or your misery, but they create neither. You're expressing *some* vibe or other right now - whatever you're putting out, *you* are doing it. You are choosing how to feel.

Does your happiness need justification? Does it need a reason? Ultimately, it is a choice. And when you accept that, you can choose it without conditions. You can express it, be it, right now. Happy in and with each moment.

The Bottom Line

The bottom line is: you're always responding — which means you're always responsible. Physical life is a sort of feedback loop, where you put out a particular vibration and get what matches that, so you always have something (the feedback) that you are responding to. And you are always offering a vibration... you are always creating. You have the freedom to keep putting out the same thing, if that's your preference, or to start offering a different vibration (by choosing a different state of being, a different response), always according to the experience you prefer to have. If you're always creating, and you become conscious of this, you remember to be creative. You begin to play with your reality, which funny enough, begins to feel a little less solid. It loses its denseness.

The circumstances begin to lose their weight. When joy is already present, because you consciously chose it, you are unable to care too much about outcomes and future details. The NOW becomes the most magickal place. You trust *yourself*, not the circumstances - you trust the joy comes *from you*, the circumstances only allow you to express it. In your responses - internal or external. When you understand that joy comes *from you*, you cease asking the circumstances to supply it for you. You see clearly now: *you* are the source and the cause, not the circumstances. In other words, the circumstances are there not to *give* you joy, but to allow you to express it - for it is already within you.

You are free to respond to whatever occurs as you wish. I like being creative. I realize that how I live every moment is who I am. I decide to be this person or that person. I respond to the reflection, yet I also *am* the reflection. I am the entirety of the reality I am experiencing. All I do, I do to myself. If it's all me, what part of it could possibly be invaluable? Every moment is appreciated when every moment belongs to you.

The Joke

If everything happens from you... who could you possibly be?

You are already the power. Nothing outside of you can cause you to feel any way. Because you believe it can, you try to get your happiness through external things. Nothing can give it to you. *Nothing*. Not eating the right food, not having the perfect body, not having loads of money, not have a house on the beach, not even having the ultimate satori or enlightenment experience. *Anything at all* that sells you the idea that what you seek is somehow "over there" is not true. You running after what you already have and are, without noticing it, is the joke.

You are it. You need nothing to validate you. You need nothing to complete you. Remember who you are. Everything you see is an extension of you. Everything you do is an expression of you. How could any of it complete you when you are the source? Everything is your own power manifest. None of it is separate from you. But do you dare own your grandeur?

Are you afraid to acknowledge your power? Don't be. It is your liberation. By bring all the power you attributed to thing outside of you back to its source, you come to re-member who you really are.

I bow before you.