



BECOME YOUR HIGHER SELF

GLOBAL PEACEFUL REVOLUTION THROUGH FAST SPIRITUAL AWAKENING

April 2013

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



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Foreword – About the Author

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

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

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

In the exciting days of the street demonstrations during the velvet revolution in Czechoslovakia in 1989, I was full of hope for a better life along with my fellow university students. In 1990, I even felt that the whole world is one step closer to equality and to embracing spiritualism when the Czech moral leader Vaclav Havel became the first president to invite the Tibetan spiritual leader Dalai Lama on a state visit.

Things in Czechoslovakia did not quite turn out the way I was hoping. The main slogan of the revolution “love and truth wins over hatred and lies” somehow fizzled out and people became more interested in breaking the friendship between Czechs and Slovaks and split the country in two. Spiritually oriented people like me remained in a minority but that did not deter us and we continued to meet in smaller numbers.

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

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

Back to the spiritual side, I have been going through a real spiritual awakening since about 2005 when my consciousness noticeably expanded and I connected with my Higher self and divine beings like Kryon. I have been guided how to further “open my heart” and progress my spiritual journey ever since. I also received various spiritual gifts to use in helping people and developed deeper knowing & understanding of how things are. With this higher awareness I could also see my deeper disharmonies, like stored emotions of fear that I needed to clear.

All this helped me realise that another and perhaps a faster [way to a happier world is through individual spiritual awakening](#).

In 2007 I decided to leave work because the selfishness was overwhelming, but to my surprise coincidences led me to take on a new role in a place where “love and light” turned out to be in short demand too. Whilst I found this frustrating, it proved to be a wonderful training ground for my further development. I helped a lot of frustrated colleagues empower themselves and create a happier reality for themselves.

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

Then in early 2011 my dilemma was answered when I got various messages that I am ready to write a book. A book that will help a lot of people to empower themselves and relatively quickly awaken spiritually in preparation for the happier times ahead. My heart jumped with joy and the next two years of writing were simply amazing. I am grateful for all the help I got. And now that it is done and you are reading it, I feel like I fulfilled my mission.

I would like to share a mystic experience that I had whilst writing the book. As I was getting nearer to finishing the main areas of the book, one day I noticed a picture of Jesus inside a glass-like vase next to my laptop. The picture formed from leaves and a stem of the flowers inside the vase (you can see the vase without and with the appearance in section “How can we feel divine beings?” on pages [].

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

I see the appearance as a support of my views about the masters that lived on Earth like Jesus and Krishna, which are different to the norm. I believe that they came to empower us and not to make us feel guilty or inferior. They came

to show us that we are all capable of doing what they can do, just like Budha did. That we can all discover our divinity deep inside when we open our hearts and overcome our egos. They also came to show us how to love, how to spiritually develop and how to heal others. But the religious authorities concealed or changed some of these messages..

I am also aware that there are some books out there in which the authors claim that they know what is coming and how things work, but then it appears that those things did not happen.

One reason is that people can change the future each day, so perhaps what these authors predicted was the most likely outcome at the time of their writing. Unfortunately there can be another reason for this. Some spiritual books have been written or amended to mislead people. Why? One reason is so that people lose faith in spirituality when the described things don't happen. This is more convenient for the minority.. A good example is 21st December 2012.

I can assure you that no publisher has been amending my words. Nobody edited the book with a view to mislead people or increase the book's sales. The wisdom coming mainly from deep within me remains pure.

Michael



Chapter 1 – First glimpse behind the veil

Who is this book for?

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

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

Additionally, this book is a gift for those who:

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

-Struggle to cope in life for various reasons. Perhaps because of the tough economic climate. Or they may feel like the world is against them and they are powerless about the things that are happening to them., Or life feels like a rollercoaster, quickly up and quickly down. They wish they can understand the things that are happening to them and know how to create a happier reality.

-Want to understand more about how things in life work - the visible and invisible.

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

-Believe in God or spirituality but are not receiving answers, guidance or help and so struggle to spiritually progress. And they still feel alone.

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

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

What do I want to achieve with this book?

I want to help you discover your true inner self, like I did. I want to help you expand your consciousness, spiritually awaken, connect and eventually “merge” with your Higher self - the other half of you ☺.

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

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

Just reading this book with an open mind should increase the amount of the love energy that you will feel (through more opened heart chakra).

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

All this will contribute to the global peaceful revolution already on the way, and to the creation of much happier and fairer world we will live in. I'm inspired by the Indian leader Mahatma Gandhi who, empty-handed, led India to independence from the British rule with a peaceful revolution.

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

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

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

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

I also want to renew faith of people who feel let down by the mysterious day of 21.12.2012 because nothing positive seems to have happened. I want to reveal how life is slowly changing towards a better and fairer world after all.

I try to explain everything including the complicated stuff using straightforward language and so make it easier to understand.

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

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

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

- Develop higher awareness and become more present (right here, right now) This way become more aware of ourselves, including what we carry in our mind ☺, and everything around us.
- Move to living more from the heart than from the mind. Increase the love and light that we shine and receive. Through this become the carrier of the divine, raise own vibration and move closer towards enlightenment..
- Increase the ability to create a happier reality.
- Find deeper purpose and peace, become happier and more joyful.
- Become the leader of tomorrow and join in healing the world.

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

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

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

Comparison to the film Matrix

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

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

Who will not like this book?

This book is not for everyone. Some people do not agree with spiritual awakening. They strongly believe in themselves, in the way they are and in things that they can see and prove². These people may not want to carry on reading. And if they do, they may be sceptical, dislike & disagree with what is revealed here or even laugh at it.

But if they carry on reading I will aim to help them become more aware of their inner self hiding deep inside.

How is the book structured?

This book takes you on a journey of discovery across a wide range of areas.

For example, because there are no coincidences, how do we “attract” the things that we experience each day, the events that happen to us? What have we attracted to learn from or to wake up to and what is the result of our thoughts and beliefs? Or what have we attracted as our opportunities to make decisions and so define who we are?

As part of the explanations and revelations about how life really works, I explain the principles of the universal laws, such as the 7 Hermetic laws. No other book seems to reveal so much about them and apply them to everyday life through practical examples. (I actually learned a few things from Kryon and his channelings - this divine being also officially channels for the United Nations in their own New York building ☺)

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

The book offers methods and tools for getting in control of your own life, creating a happier reality, clearing unhelpful emotions stored in the body and balancing other disharmonies like attachments.

This is a practical book and I give many day-to-day examples which explain the principles covered.

To make it easier to follow, come back to and distinguish the type of information, I highlighted some things in different colours.

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

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

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

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

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

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

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

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

Basically, on one hand things around you will begin to feel more magical ☺ and you should also start feeling more of the love energy (*explained in the Love energy section on pages []*).

On the other hand you will start to see things more clearly with greater ability to step back and see the bigger picture. And you will notice things that you did not before. Some of them you may not like or you may be disappointed about. For example, you will realise how many people around you are not aware of basic things like some of their emotions and thoughts.

But remember that your awakening will have positive impact on people around you, a bit like when you light up a match in a dark room. And so you should be in a better position to help others.

Many things that you will read in this book may sound unbelievable to begin with or simply not true, but please give them a chance. Just by being aware of this new information you should soon start to see things in a different light. So initially you may just want to observe with curiosity the coming coincidences, events & messages from your inner self, and make up your mind later.

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

Some people may find the awakening journey harder than others, for example because they will face things that they may have denied in the past. But please remember that **once you decide to spiritually awaken, you will be guided and protected by your higher parts of yourself. And your Higher self will not let you fail. The force will be with you and you will reach the finish line if you don't give up.**

It is not about the finish line though, it is about the journey to it.

This journey is well worth travelling because spiritual awakening is also a way to become in charge of own life and to experience increased happiness. It is a way out of the “drama” of everyday life.

With each bit of progress we make on the awakening journey, it gets easier. We get more help from the other side, the journey tends to get more enjoyable and the light at the end of the tunnel becomes brighter.

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

Let's begin with the mysterious day of 21 December 2012

What really happened on 21 December 2012?

A lot has been written and promised about this date. Of course there were fear-based negative predictions, but more sources were talking about an exciting new beginning. This is because a galactic alignment took place on this day whereby the sun (winter solstice) was aligned with the centre of our Milky Way galaxy, as seen from the Earth. This happens only once in about 26,000 years (25,765 years) and completes the astronomical cycle also called the precession of the equinoxes or the Earth's “wobble”. The ancient Mayans who were amazing astronomers and mathematicians knew about this all along. They ended their calendar on this day to mark the end of times as we know it.

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

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

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

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

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

I knew deep inside a few things about what this spiritual energy brings. But the big picture formed in my consciousness only towards the end of January 2013 after some “soul searching” and messages from the divine being Kryon. Let me share it with you.

Many good things are quietly happening.

Firstly, the build up of the **spiritual energy is raising the overall human consciousness.** How does human consciousness actually move higher, you may ask? Mainly as individual people open their hearts more, expand their consciousness and spiritually awaken. And this energy shift is helping more and more people with their individual transition and with transmuting their accumulated negative energies. Yet, most people don't realise that this is happening and many resist it or struggle with it. For them this book should be the helping hand.

The other important consequence of this new divine energy is that **things are now materialising faster in the physical world.** Consciousness forms reality faster because there is greater connection between consciousness and matter.

As a result it is easier to materialise our thoughts, intentions and desires, even though this is not noticeable enough for most people.. That is good news but if you ever have a bad day, then please be careful about what you wish for..

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

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

Finally, looking at the world from a bird's eye perspective, it will become clearer one day that something new has started. We are the beginning of a new era as the build up of spiritual energies reached critical mass (I will say more on this in a while). And so 21.12.2012 will be seen in the hindsight as the marker of time after when something profound has changed and things started changing for better faster.

Moving to Heart consciousness

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

With it a new era for Earth started, whether we sense it or not. People and life on Earth are moving to the next stage of evolution - to heart consciousness and to a more compassionate Earth.

This will come together over the next 18 years. Two things working together will help make this happen. The continuing energy shift which will last until about 2031 when the sun reaches the other edge of Milky Way. And then people like you and me! How? Through our spiritual development and through our actions, supported by this divine energy! We will redefine human nature.

The changes will continue to happen slowly but surely. Like when grass grows and you don't see the difference from one day to another. The ways of how things work today will slowly become replaced by better ways. The old ways of loneliness, sorrow, despair and war will be slowly squeezed out. Unification instead of separation of hearts is coming. ..Do you feel the love energy now? It squeezes tears out of me when I imagine this ☺.

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

Actually, populations all over the planet have already been standing up for a while and saying "it is time to say good bye to the way things have been, to the old ways". And this will intensify. The big country where this is waiting to happen is Iran. And changes in Iran will have positive effects in many other countries. Watch the space ☺.

The transition to heart consciousness is also very individual. It is us who decide when we "move to this higher consciousness". So how do we decide? We decide this with our own spiritual development and heart openness. In simple words, when we reach certain level of spiritual development, when we "live through our heart", we start experiencing this higher consciousness. We experience this simultaneously with experiencing and operating in the physical 3D world.

Among the main qualities of heart consciousness are unconditional love, compassion, peace, unity, joy, higher perspective and understanding. Because of this, it appears that dark / negative energies of for example hate, selfishness and ignorance cannot operate in the heart consciousness and have to stay behind ☺. This is a big relief even though it is unimaginable at the moment how it can happen.

Please note that I'm giving more details on heart consciousness and how it fits with the other levels of consciousness in the section "*Levels of consciousness*" on pages []

No matter whether people experience "the heart consciousness" or not, over time life should gradually start to feel like flowing in the stream for all warm-hearted/spiritually awakening people. Whereas life for people living to feed their ego, who thrive and dominate in the mind-based world, should feel like going against an ever strengthening wind.

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

Some of you may be wondering how you will know when you are “moving to the higher heart consciousness”, what it will feel like. It will feel like spiritual awakening feels. For example you may feel that things around you have changed somehow. Everything will seem more peaceful. Many things will suddenly feel happier & more enjoyable, e.g. colours look more vibrant and bright, everything around you becomes more alive, music sounds more beautiful, food has deeper tastes / healthy food tastes more fulfilling. You may feel the love energy behind a lot of these things.

More is described in the []. There is also a useful self-assessment test to check how expanded is your consciousness at the moment.

Other changes slowly on the way

The transition to a compassionate earth will bring many other happy changes over time. Here are some main ones.

-[Darkness starts to struggle to win over the light](#) as the light has bigger impact. Like a spoilt child that did not get its way, the dark will fight the presence of light and love and it will unfortunately cause more damage. But the dark will feel that things are not the same any more, it can't seem to win easily like before.. More presence of light and love will make the dark smaller over time. And so its fight will slowly turn into a fight for its own survival ☺

And so things that do not have integrity or do not strive for highest good today will stop working tomorrow. For example, companies which do not produce products and provide services for the highest good will be in decline and the ones that do will be on the rise. Same downward trend awaits companies that exploit people, animals or natural resources. Or the rigid structures and frames that people created to keep order, hierarchy and segregation will start to crumble to give way to a fairer, more spontaneous, intuitive and heart-based expressions. Watch the space ☺

I know that this seems unbelievable and unimaginable at the moment, but with all our help, we should enjoy such world one day. And hopefully before 2031. I'm shining light into some of that darkness in the chapter [] on pages []

-There will be many new inventions to help us. [New easier ways to create electricity, to purify water, to feed and heal ourselves will be discovered](#). They will eventually be accessible to all. [New amazing qualities of pure water will be discovered too](#). These inventions will often be made by young scientists who will “operate at higher level” than their older generation peers.

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

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

Unfortunately, there are likely to be negative changes too ☹.

Partially because of the long-term harm that man did to Earth and because of other accumulated negativity, the Earth will need to go through a period of cleansing and rebalancing. This is likely to be accompanied by [bigger weather changes and increasing amount of natural disasters](#).

It is anybody's guess how long this will last but it will settle down one day. I can only hope that people will not suffer during these weather changes and events, even though the chances are that some will. If that happens I hope that this will unite people and nations and they will wholeheartedly offer their helping hand.

And many people will find it harder to overcome the [speeding up of time](#), or better our perception of it. Time has been speeding up for a while now and many people have noticed this. Some feel that there is less time to do things than before (and often say “where did the day / year go?”), and others feel that somehow they are experiencing more things and emotions in one day.

These and other Earth changes that are happening are described in the chapter [How is Earth changing?] on pages []. I also give my views there on how to make most of some changes.



Chapter 2 – Awakening and enlightenment explored

Awakening

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

By **life awakening** I mean realising that things around us are very different than they seem. It is beginning to see in between lines and underneath the surface. It is understanding what life is all about, discovering and connecting the various pieces of the truth about life. The truth that some people will never see because they aren't looking properly, . Life awakening is a better understanding of how our mind and our heart really work. It is discovering how we can create a happier reality. And much more.

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

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

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

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

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

What is spiritual awakening?

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

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

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

-We expand our consciousness beyond the normal emotional and mental consciousness that people tend to operate at. We move into the heart consciousness, especially as we open and live more through our heart. We discover the higher parts of ourselves there, like our inner self, intuition, soul. *(the levels of consciousness are described on pages []).*

This way we also gradually bring more of our Higher self / spirit into our consciousness. We then feel our Higher self more, communicate with our Higher self more, and eventually "merge" with our Higher self (enlightenment).

Spiritual growth overall is a gradual shift at all levels – physical, emotional, mental, energy, light level. As I will explain later, during spiritual growth we raise our energy vibration and bring more of the light from our Higher self / spirit and from around us into our aura. In other words, we start building our light body. We start emitting light & raise the energy vibration of everything around us like people and matter just by being there ☺. Your heart, mind and body become a carrier of the divine.

There is no end to how much we can spiritually awaken.

There are as many paths and methods of awakening as there are human beings. We are the paths! Actually the way life works, it constantly sends us opportunities to spiritually awaken. And if we choose not to take these opportunities, there will be more later.

How does spiritual awakening feel?

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

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

They also know that they are pupils who came to learn about life and to develop. And if they fail to learn something or develop from it, another opportunity will come their way. Because they have deeper insight, , they don't get stuck in the life dramas and negative emotions. . They don't get puzzled much by what is happening to them and around them. They cope better with undesired outcomes and they have lot of strength to go through their lessons,.

Secondly, they also experience life at a deeper level, where there is peace, sacred wisdom, deep joy & happiness, and a connection with everything. As they approach enlightenment, they prefer to stay at this deeper level longer, at the same time as living their everyday life .

The awakened state of mind and heart

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

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



Pict.[] The awakened tree stump

In this state of mind we are connected to the higher parts of ourselves. This is a wonderful place to be ☺. This "connection" and the amazing benefits & consequences of it are described later in the book, for example in the section *Who are you really? Are you your mind? on pages []*. We will call this state going forward **"the awakened state of mind and heart"**.

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

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

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

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

It is key to combine all 4 things together – being very present, having higher awareness, living through the heart and the characteristics described under "floating" above.

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

Characteristics of spiritual awakening / expanded consciousness

There are many characteristics of being spiritually awakened / having expanded consciousness beyond the normal emotional and mental consciousness that people tend to operate from (the levels of consciousness are described on pages [7]).

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

A clear and peaceful mind

Clear mind having removed mind clutter like busy, uncontrollable, negative & unproductive thoughts etc. Not accompanying our thoughts by talking to ourselves in our mind... Because regular meditation is one way to achieve this, no wonder it is a key aspect of many spiritual practices.

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

Not resisting and accepting life and day-to-day things as they are, with deeper understanding that they are like that for a reason. By the way, this does not mean doing nothing about “unhappy things”..

Limited attachments to things / events / achievements etc.

Having no fears or worries.

Increased presence and Higher awareness

Being continually very present, aware and alert. When doing things, doing them fully with full presence, e.g. when engaging with people, meditating, observing things. An overall tendency to enjoy doing less and “just being” more.

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

Having the ability to sharply focus on things and to get deeper into anything you focus on.

As we increase our awareness and presence, we expand our consciousness and so strengthen our intuition / 6th sense. Our 5 physical senses also become sharper and we start perceiving the world at a deeper level. Not only what we see, hear, taste, smell & feel but we also start becoming aware of the silence in between sounds and the space surrounding us. We find peace in submerging ourselves in the silence and in the spaciousness. We may feel the strong presence of the silence and spaciousness. All these things truly enrich our life.

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

Being centred.

Feeling connected to own body with “feet firmly on the ground”. Feeling inner calmness, feeling own body from within “at the back of our mind” or “just” having regular awareness of own breathing or heart beat. Also when doing things like listening, speaking, reading, watching something, doing it with “the whole body” rather than just with the mind.

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

Easier access to and communication with our subconscious mind

As we expand our consciousness, we become aware of more things stored in our subconscious mind..

(this is explained in the section Subconscious mind – not just the storage of our internal reality on pages [8]).

Living more through heart than mind

Having heart wide open. Being a loving person with strong compassion and tolerance towards other people and all living beings. In other words, feeling love on the inside and sharing it on the outside too.

Making decisions mainly from our heart and/or based on our intuition

Not mentally commenting on, judging or analysing our observations (this is the act of mind), just feeling it through with our heart.

Developed Intuition / 6th Sense & Knowing

Greater openness to receiving intuitive thoughts and feelings from higher parts of self, divine beings, God. Less thinking which is clearer, more high level and more creative. You just know a lot of things at a deeper level. You know what is right, what is true etc. without having to think about it logically. **The more we develop higher awareness, the more we understand things at a deeper level.** For example we realise inter-connection of things, we understand why more things are happening to us and around us. And we see solutions at a higher level,

When enlightenment is reached, the deeper knowing is very strong and the need to think logically to make decisions and so on is very limited.

Gaining control of own life through:

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

-**Greater ability to create own reality and materialise things in the physical world,** such as things that we want to bring into our life.

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

Deeper sense of peace, happiness and joy

Once you gain control of the boat, you can go further. You become the deep, calm ocean and things no longer affect you. Yes there will still be waves and the occasional storm on the surface (in your life), but you will no longer see them as a negative thing. You will see them as being part of life.

Gradual increase of the connection with your Higher self

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

Improved health

As we bond more with our Higher self through increasing our consciousness, we bring more of the light from our Higher self into our body, we increase the vibration of our body. This significantly helps to improve our health and the functioning of our body.

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

The improvement in one's health is usually gradual and it happens together with inner body cleansing and balancing. As the cleansing and balancing is usually accompanied by series of physical manifestations like colds, flu-like symptoms, headaches, backaches, muscle pains & spasms and other symptoms that come and go, it often does not feel like our health is improving.

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

And remember that the DNA contains operating instruction about every bit of our body. So one day humans will be able to grow back parts of their body that they traumatically lost, like their hands and legs ☺. Why not when it is a piece of cake for an octopus to do it...

Gaining some supernatural abilities

They come when you are ready for them. They are mainly gifts for you to help others with and so develop yourself further.

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

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

The test covers 28 areas which describe **the main signs of spiritual awakening / expanded consciousness that people usually** go through. Because there are so many signs of spiritual awakening and the experiences are often individual, people usually do not experience all the signs mentioned here.

Actually, because people can speed up their own spiritual development with less effort after 21.12.2012, it is likely that more and more people will start experiencing some of these signs as years go by. So this test should also help people confused about what is happening to them with making more sense of it. And hopefully then they will start celebrating instead of worrying (especially when it comes to the re-balancing of the left and right brain covered in point 28 below) ☺.

- I suggest you go through each of the 28 areas of awakening / expanded consciousness and decide if you are experiencing these signs. Then score each area from 1 to 10 according to how strongly and often you experience these signs. 0 is not at all and 10 is strongly and really often. Some areas which are harder to achieve have double or triple score.
- When you have finished, add up your scores to get a total score. Then calculate what percentage your score is out of 330 and write it into the box at the bottom. (actually 330 is not the maximum score, 430 is. 330 takes into account that people usually do not experience all signs and so it represents a very high level of expanded consciousness anyway).

A score of around 100+ / 30%+ already demonstrates a noticeable spiritual awakening taking place ☺

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

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

External Sight: noticing things in more detail, seeing things you might previously have just walked past, finding everything more colourful and vibrant, almost glowing, everything around you becomes more alive. You are experiencing new ways of seeing, e.g. seeing glittery particles, auras around people, plants, animals, and objects against light background, blurry vision. Colours appear more vivid. You may also see geometric shapes or brilliant colours and pictures when your eyes are closed.

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

Score

Hearing: Noticing sounds a lot more (and so the environment becomes more alive). Finding music more beautiful, not enjoying loud noises much. Improved ability to switch off from the sounds of the environment when the mind is calm and/or focusing on something. Ability to fall asleep quickly in a noisy environment is one nice benefit. When the mind is calm and not focused, one can find it more difficult to keep concentrating when somebody talks a lot or when we are receiving lots of information e.g. on TV, at school etc.

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

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

Score

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

You can tell better if the food you are eating is good for you or not. You may more easily recognise if the food is fresh or not, you may notice how stale food and some processed food lacks deeper taste and life force energy. You may notice more often how cooked meat without seasoning or sauce tastes bland. You may also better feel the positive impact of some cleansing food and drinks like herbal teas.

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

Score

--

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

Score

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

Score

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

Score

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

Score

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

Score

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

Score

6. **Having higher awareness and being more present and alert:** You have increased awareness of your own emotions, thoughts & beliefs as well as your body language. You also see things from a higher perspective more often than before. You are more “present” when talking to people, you are more alert in every day situations.

Score

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

Score

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

Score

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

Initial Score	Double it

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

Score

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

Score

12. **Bursts of creativity:** You want to be creative and may be drawn to art. Images, ideas, music, and other creative inspirations come spontaneously to your mind.

Score

13. **Greater connection and harmony with nature:** Feeling closer to animals and plants. Animals may seem to be more "human" in their behaviour and you may feel less fearful of wild animals. Plants respond to your love and attention more than ever.

Score

14. **General slowing down, becoming less intense and more relaxed.** Your heart beat may have slowed down too. When you are more relaxed / slowed down, it is easier to be more present, more alert and have greater ability to focus. **This state of deep relaxation, alertness and focus is the bridge to some supernatural / psychic abilities.**

Score

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

Score

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

Score

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

Score

18. **Perception that time is accelerating**

Score

19. **Increased intuition:** Connection with and messages from intuition / higher self / divine beings becomes more frequent. E.g. or having spontaneous images and thoughts carrying messages to us, thinking of someone and immediately hearing from them (email, phone, door bell), sensing something will happen before it does, developing a sense of intuition about the right thing to do etc.

Initial Score	Double it

20. **Increased synchronicity = helpful coincidences and many small miracles happen to us.** The other side uses synchronicity to communicate with us. Synchronistic events also tell us if we are heading in the right direction or making the correct choices. "Teachers" appear everywhere with perfect timing to help us on our spiritual journey: people, books, movies, events.

Initial Score	Double it

21. **Spotting sequences of the same numbers or patterns:** This often feels unreal. E.g. When you look intuitively at a clock the time is two same numbers (10.10, 11.11 etc). Sometimes this can happen more than once a day.

This is a very clear, real and beautiful message from the other side telling you that they are helping you on the spiritual path you have decided to follow.

Score

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

Initial Score	Double it

23. **Gaining other “supernatural” and healing abilities,** e.g. clairvoyance.

Initial Score	Triple it

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

Initial Score	Triple it

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

Initial Score	Double it

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

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

Score

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

Initial Score	Triple it

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

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

As you grow spiritually (or just clear your mind of busy thoughts to start with..), you increase the activity of the right hemisphere and so rebalance the left part of the brain.

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

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

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

Score

Total Score

Date	Score	Percentage out of 330	Comments

Enlightenment

What is enlightenment?

There are many ways of describing and explaining enlightenment. Looking at our conscious mind, our connection with our Higher self & God, at the light within us:

You become one / merge with your Higher Self and so become complete. You bring the full consciousness of your Higher self into your consciousness. That way your Higher self becomes fully conscious in the physical world and you can end the journey of regular incarnations into Creation (you may choose to come back as an enlightened being to help others achieve the same).

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

The important thing to remember is that all this does not just happen at the point when we reach enlightenment. As we said earlier, we gradually bring more of our Higher self and its light into our consciousness and we feel our Higher self more as we grow spiritually. And so we start emitting light and raising the energy vibration of everything around us way before we reach enlightenment ☺.

Enlightenment is also like reaching the top of the mountain and clearly seeing, feeling and being part of everything around you, **being one with everything there is, with the whole Being**. A realisation that my essence that I feel inside, my spark of life, is the "same" spark of life that is inside other people and together they form the whole Being, Life itself. Feeling and experiencing that **I am that great I AM**.

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

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

Drop in the ocean analogy

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

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

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

What is it like to be enlightened?

Words are not enough to describe how being enlightened feels and personal experience is the real thing. But here are some common features:

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

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

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

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

In many cases you don't have to think, you just know. You understand the laws of universe intuitively. You are realising all the levels of truth. You sense how energy materialises into the physical world from higher levels.

All your senses are so sharpened that you are experiencing reality at much deeper level. You see people's auras to a various degree, from which you can learn to interpret their emotions, thoughts and even blockages. Trees, flowers or stones look shiny and velvety. You see their glowing colourful energy, feel their presence and know that they are aware of your presence. You feel how you're connected.

You have extraordinary creative and artistic skills.

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

-Strong ability to heal

-Clairvoyance along with the ability to look into other dimensions, to see and communicate with the non-physical beings there (from higher spiritual dimensions or lower dimensions) and with all that has a "life spark within".

-Ability to manifest/create things in the material world quickly and so directly and instantly influence your environment

-Ability to speak and understand foreign languages

-Feeling/sensing people's higher selves

-Ability to levitate,

-Ability to raise own vibration to "become invisible in a crowd"

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

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

When one reaches a high level of spiritual development, the “sleeping” Kundalini starts to activate. It gets released from the reservoir and rises up the spine or sometimes through other parts of the body as well. Some Eastern traditions/religions refer to this as the rising snake in our spine or the awakening of Kundalini goddess within us.

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

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

There are many layers of raising Kundalini and their release may be imagined like peeling away the layers off an onion. This process usually takes a number of years before the whole person is filled with sufficient amount of light that one can feel.

Experiencing raising Kundalini

The experience of raising Kundalini is very individual. It can be a blissful experience but also uncomfortable and mentally difficult experience.

It firstly depends on how much energy gets released from the source at a time – releasing a few layers of Kundalini at the same time usually brings the person into a wonderful state of bliss, which can last several days (and they may think they have already reached enlightenment.)

Sensitive people can feel warmth in the coccyx/ lower end of the spine and the energy flowing up the spine, sometimes as a burning sensation or even flames.

It also depends on how ready the person is and how ready his/her body is. For example how big are their remaining energy blockages often caused by uncleared emotional and mental “baggage”.

The experience can be quite uncomfortable and mentally difficult especially if a person unintentionally stimulates and releases some Kundalini a long way before he/she is ready for it. This can happen when using drugs, during depression, extreme sadness, trauma, big anxiety, excessive meditation / exercise / sex, if one injures its coccyx or even when one becomes exhausted from things like being overworked and carries on (this can lead to pulling out Kundalini as alternative energy).

It is important that one has a good posture/a straight back when the rising of Kundalini starts. A slouching back (lordosis) is likely to result in the diversion of the rising energy and its accumulation in the stomach. This may cause intensive emotions and various type of stomach ache.

These are worrying things but they tend to be exceptions. Experiencing raising Kundalini when the time is right is a reason to celebrate because we know that we are approaching enlightenment.



Chapter 3 - How things really are

Who are you really? Are you your mind?

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

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

And now back to thinking again, who was this observer? By observing your thoughts you have also observed your mind, so it couldn't have been your mind that observed your mind... It was kind of a higher mind, right? You are also in this state of a "higher mind" when you are very present and have higher awareness.. (this is explained in chapter []).

Well, and **when you are in this state of a "higher mind", you are close to the inner you**. Did you know that you have an inner you who does not worry, does not fear, does not judge, is happy, joyful and peaceful? The inner you who spreads love and recognises spiritual truth.

The inner you who does not depend on the future and on the achievement of certain things to be fulfilled. The inner you who does not need to do something, get something, prevent something or improve/change something to be happy, joyful, loving and peaceful. It just is like this already. Here and now. By the way, this does not mean that the inner you can't be sad or feel hurt. It can feel this way for example when it is visibly suppressed by one's ego.

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

On the other hand, *when you are busy thinking, analysing, reacting, judging etc., you are submerged in your analytical mind and in the internal reality that you created with it*. And it is your analytical mind and your internal reality that tells you how you should feel - when you should fear & worry, when you should be happy & joyful and so on.. We do this *by creating various beliefs and conditions for us*. e.g. that we should feel happy when something happens, when we do something, get something, prevent something etc

Our internal reality actually drives many more things in addition to how we feel. (I expand this in section [])

So we can conclude that there is more to us than we think. **We are those parts of us that we brought into our awareness / consciousness**. And each part of us is "activated" when we bring our attention to it. In other words, **we "operate" from that part of us which we focus on**.

Becoming your inner you

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

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

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

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

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

Connecting with your Higher self

You may wonder “how far” is the inner self you experienced from your soul and your Higher self / your spirit. Similarly like our inner self, our soul and Higher self are not individual beings residing in one place within you. But we can say that your inner self that you felt is quite close to your soul and Higher self.

And so the more you become the inner you, the closer you get to your soul and Higher self.

I'm explaining the difference between the soul and the Higher self / spirit *in section []* but because it is not significant, we can comfortably use the term Higher self for both our soul and our Higher self/spirit for now.

Just like with our inner self, our heart is the bridge to feeling our Higher self. So the more we open our heart and the more compassion we feel, the more we connect with our Higher self..

Our intuition, a higher intelligence in itself, is the bridge to communicating with our Higher self. The more we develop our intuition, the more we can communicate with our Higher self.

As we expand our consciousness in general, we start integrating the consciousness of our Higher self into our own consciousness / awareness and aura.

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

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

What the scientists did not realise is that it is not a question of “unlocking” these abilities. It is the higher parts of ourselves that communicate with us through our right-brain hemisphere (where there is no thinking) as we expand our consciousness.

So it is becoming clearer what is the answer to the natural development of these supernatural skills. They are by-product of spiritual development. They are the gifts that we receive on our spiritual journey to help others with.

Difference between you and angel

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

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

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

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



Pict. [] You or an angel?

Love for self

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

How can we ever not love or not like such a person? Yet we often don't. As we grow up we became more serious, take on all those life responsibilities, pressures and worries, adjust to life demands. We move to live mainly through

our mind and not our heart... And we tend to forget about the child within. Some adults find the thought of an inner child ridiculous.

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

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

In summary, these people don't love themselves! Yet they may like, love and care so much about their children, partners, parents, even pets...

But the key to our mastery is the opposite to suppressing our true self. It is to love ourselves and to love our inner child. It is also allowing our inner child = our inner self to express itself!. Actually, our soul is also like this innocent and loving child. And it can get really hurt, even fragmented by the way we are.

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

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

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

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

We can then love others more when we love ourselves.

Our life Journey

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

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

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

Our life journey is a journey of experiences. It is our experiences that allow us to grow and develop. Some experiences we select consciously, some are selected for us. We have free will to learn and develop from them, to choose how we react to them, to go "up or down". We have free will to define who we are as a person.

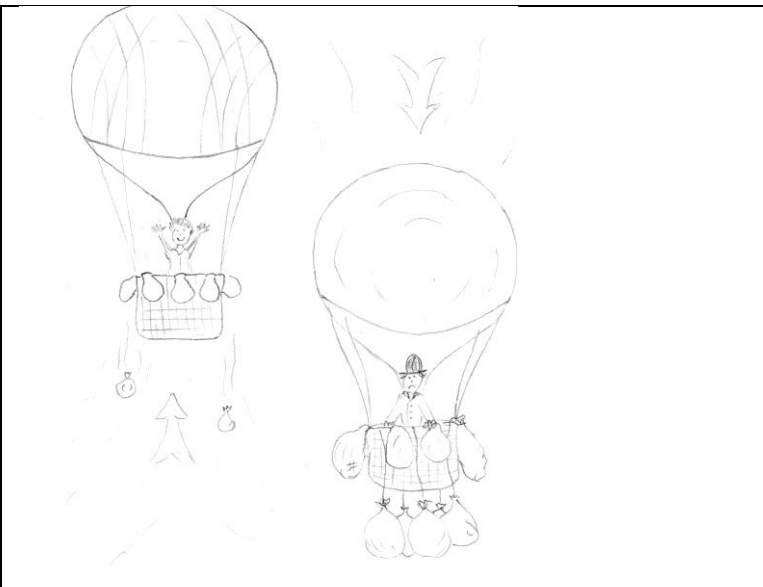
Everyone is at a different stage of their journey. When we were born, we were already at a certain point on that journey. Some mystics would say a point where we finished last time we were here ☺. To a large extent but it is different every life time and does not feel like a continuation of the same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

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

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

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

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



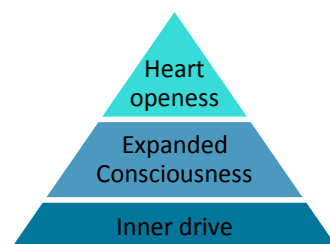
Pict.[] Life journey on a balloon

Everybody's journey is different but they actually lead to the same place. As we said earlier, the final destination of that journey of many life times is reaching enlightenment, consciously merging with our own Higher self and so becoming whole and fully conscious being. And so complete the cycle of re-incarnations into Creation if we wish. Depending on how everyone rides they "balloon, some people take a hundred life times to get there and some only ten ☺. Let's make this one to be the most glorious one!

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

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

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



Pict.[] Measure of spiritual development

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

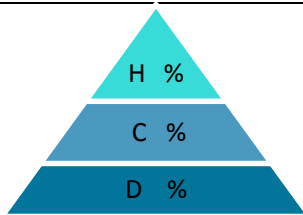
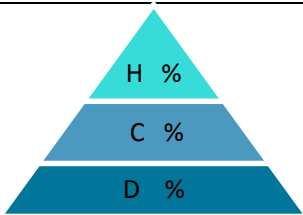
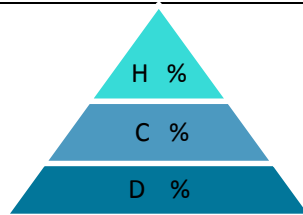
You may wonder why is inner drive so important though. By inner drive I mean our inner energy, will, determination or motivation to live, do things, spiritually grow.. We need the inner drive to expand our consciousness and open our heart. Without the inner drive, spiritual growth remains just an idea.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

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

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

In order to get an idea where we stand in each of the three areas and so get a feel for the level of our spiritual development, I intuitively created a self-assessment test for each area which ends up with a percentage score for heart openness ("H %"), the level of expanded consciousness ("C %") (this is different to the level of consciousness from which we most often operate - covered on pages []), and the strength of inner drive ("D %").

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

Date:	Date:	Date:
		

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

Many people would say that their life journey is quite hard overall so it is difficult to keep enjoying it as they go along. And so they focus on reaching various “destinations” that they aim for, e.g. when they finish work each day, when they are spending “quality time” with people they like, when they watch their favourite programme, when they go on holiday, when they get promoted etc. This is when they are happy = bits here and bits there. And in between the destinations they often say “I’m just plodding on” or “I’m working on it, I’m getting there”.

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

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

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

So most people often feel like they are alone in a small sail boat on a stormy sea, and life = the waves and wind throws them from side to side. They feel as though we have no control of this boat. Spiritual awakening is about gaining control of own life and becoming the calm deep ocean that is not affected by the storms on the surface.

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

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

I want to help people change that! I want this book to help them overcome their struggles and suffering and find lasting happiness.

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

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

How do we experience each moment in life?

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

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

Experiencing the external reality

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

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

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

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

Experiencing our internal reality

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

-Our **thoughts**. During thinking we see images, have emotions and feelings (with our senses and deeper feelings) and these form our experiences linked with each thought. Our thoughts come and go but the more dominant thoughts keep re-appearing = they form our thought patterns. Our mind stores our thoughts and the accompanying images / emotions / feelings as memories (Also each thought has certain energy and this is stored in our mental body within our aura)

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

-Our **states of mind that bring along emotions / feelings** (explained in the Emotion chapter on pages [])

-Our **visualisations** (static or moving images like a film, emotions, physical feelings)

-Our **memories** and **dreams** that we remembered

All of the above can either arise as a reaction to us perceiving and experiencing the external reality, as an active creation of our mind, or they occur spontaneously (thoughts and visualisations).

Our internal reality is extremely powerful. As readers progress through the book they will learn more and more about their internal realities and how to change it for their own benefit.

Interestingly, **our internal reality**, like our thoughts, beliefs, views, expectations, intentions, desires **also plays a big role in what external reality we perceive with our senses every moment – what we see, hear, taste, feel.. It can completely twist it ☺. And so changing our internal reality changes what we virtually pick up from the external reality!!** Amazing, isn't it?

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

Subconscious mind – not just the storage of our internal reality

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

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

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

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

On the other hand some things are harder to bring into our awareness = conscious mind like our body language, and some things are hard to remember like what we did 6 months ago.

According to the standard definitions, in addition to storing information, our subconscious and unconscious mind are similar to an extremely intelligent computer. This computer does many amazing things like it controls our body functions (together with other things like our genetic information stored in our DNA), has deeper knowledge and understanding of how things work & fit together, knows the answers to complex mathematical questions, can understand foreign languages, and has many more superhuman abilities which can not be explained.

But this idea of a super computer in our head outside our awareness somehow does not feel right. We are not machines and something is missing isn't it. This is where the spiritual side comes in. It is the higher parts of ourselves that are the higher intelligence.. Our subconscious & unconscious mind / our brain is the vehicle that brings this intelligence into the physical existence.. **The higher parts of ourselves communicate and "run the body" mainly through the subconscious & unconscious mind / brain and our heart.**

As we expand our consciousness, we become aware of more things stored in our subconscious mind. The way this happens is very clever.

Firstly, **we find it easier to access our subconscious mind at will.** This may bring benefits like improved memory.

Secondly, **it happens spontaneously.** But we do not start remembering all sorts of random and unimportant things, like what we had for breakfast 9 months ago ☺. **The higher parts of ourselves "send" into our awareness more of those things that we can do something with,** like the important things to remember, e.g. where we put something that we have been searching for years ☺, or the important things that we need to realise, e.g. our not beneficial beliefs.

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

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

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

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

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

1. We constantly make free will decisions, choices and take actions.

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

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

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

But we often don't take actions and make decisions freely according to how we decide right now, how we feel right now.. Our decisions and actions are strongly influenced by our beliefs, emotions, resistances, attachments and fears. Often we are not even aware that these old beliefs, attachments, resistances & fears are behind our decisions and actions.

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

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

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

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

According to our beliefs, views, intentions, desires, linked personal qualities, fears etc.

We perceive what happens in our own way (especially what other people say & do ☺). We also perceive physical objects around us in our own way. This way each of us may perceive the outside world differently.

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

Here are some examples:

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



Pict.[] Different perceptions of the same thing

-If one person believes that people are generally selfish and the other person believes that people are generally nice, then very likely the first person will think that they are meeting a lot of selfish people and the second person will think that they are meeting a lot of nice people. What really happens is that they will either imagine or actually see different things in people, even though they may both be meeting the same people..

People’s beliefs and views play a major role here. Once they are formed, they influence us whether we are aware of them or not. In many cases we form them a long time ago and then kind of forget about them, but they stay pretty active in our subconscious mind until we change them.. People form many unproductive beliefs in their childhood and they then still interpret the external reality according to these beliefs in the adulthood. E.g.:

Anna formed a belief in her childhood that it is not safe to be alone outside in the dark. And she still believes that today and is fearful in the dark outside.

Lucy formed a belief when she was 3 years old that people with tattoos are rough and aggressive because two men with tattoos who were rough and aggressive lived in her neighbourhood then. As opposed to Anna, she completely forgets about her belief and the two men later on in life. But same as Anna, whenever she meets a person with tattoos she feels at unease and does not know why.

Or John formed a view in his childhood that he is ugly. He grew into a sporty and handsome young man but struggled to find a girlfriend. He always felt that the sporty girls that he liked would not want to go out with him. And when he tried, he was very quick to conclude that the girls did not like him - e.g. he thought that he saw this in their body language, the way they spoke with him, or even just when one girl did not return his call for one day.

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

disagreements and even arguments between people because both are convinced they are right in what they see..

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

3. We attract external reality that resembles our internal reality.

Welcome to the world of magic. We virtually attract experiences and events that just happen to us seemingly out of nowhere and resemble our internal reality... Our mind magically co-creates our experiences and attracts many events that reflect "the person" who we built with our mind up to that point. So powerful it is..

We attract experiences and events linked to our dominant desires, intentions and prayers. If our desires, intentions and prayers are strong and pure, they usually become true one day, unless it is not in line with the bigger plan for us...

Here is an example: Emma is getting bored at work and has strong desire to find a great new job. She also longs to fall in love. One day she meets Tom, they fall in love and Tom offers Emma to become a business partner in his exciting own business.

On the other hand people who have strong desire to win a lottery usually do not win because it is not part of the bigger plan for them though.

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

E.g. if we are generally positive, we attract positive things that happen to us, we attract positive people etc.

The same thing when people are generally negative. They attract more negative people, or when they believe they have bad luck, they tend to attract bad luck.

When somebody complains a lot about all sorts of things, they tend to attract real things to complain about (not just things that they interpret as worth complaining about).

A word of warning. The mind / internal reality struggles with the word Not and it still attracts the thing that we do not want because we concentrate on it. The mind attracts what we concentrate on..

Maria fears dogs and does not want to see them. Yet she seems to attract more dogs. She often tells her friend - "why is it that whenever I go to the park, there is always a dog there, but when you go, you hardly see one?"

So always imagine the positive side of things. Do not imagine what you do not want like being ill, lonely, late, failing exams.

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

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

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

How does it actually happen when we attract events and experiences with our internal reality?

You may be wondering how this can work, how can our internal reality attract what happens in the future. It is pretty sophisticated process and only our dominant potential materialises. I will simplify it for now and explain more later (on pages []):

We start it off in our mind, like we strongly wish for it. The other side /our Higher self then organises the outcome (if it is our dominant potential). We then receive the outcome through synchronicity / coincidences. We need to be out there so that coincidences can happen though. We can't just sit at home and hope that we receive a letter offering us the perfect job ☺. We need to actively search for it. And when we do, we then coincidentally find the perfect job at the right time..

The important thing to bear in mind here is that we do not attract these things overnight and sometimes they never happen. When? If they are not in line with the bigger plan, if in the meantime we significantly change our internal reality like a desire and with it our dominant potential...

Staying with this thought, this also means that:

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

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

We tend to think that we freely decide our intentions, beliefs, desires in the present moment. But many of these have been:

- heavily influenced and formed by our previous experiences, various people like our parents, relatives, teachers, society & friends, by our environment, society, culture, religion; and

- we formed many of these a long time ago as far back as our early childhood.

- Many of our views, beliefs, intentions, desires and linked personal qualities are well engrained in us and are very active in our subconscious mind. Plus if we have a go at changing them, some hold on to us like crazy. This is often because we have been feeding them & building them for so long... So it may not be easy to change them overnight by a thought, a new view, a new weak or short-lived intention and belief etc. But it can be done.

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

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

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

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

Many people will not agree that things are organised from above. But what about all those coincidences that happened to you and led to something big or small, yet you never intended it – may be people that we start working with or going to school with and they influence us, or people we bump into in the shops or on the street by coincidence and something comes out of it, or important things we find or lose by coincidence. Or even those sudden great thoughts out of nowhere that we had (thinking they were ours ☺) which then changed your life for better. Were they really a random result of a completely chaotic world where things are out of control?

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

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

To develop as a person, soul and even spirit and so expand our consciousness. As a person to develop mentally, emotionally, spiritually and physically.

These are influenced by the working of the universal laws, like the law of Karma e.g. we “get what we give, we harvest what we sow” and the law of Similarity - similar attracts similar. This is expanded in the Universal law section.

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

For example somebody escapes a fatal car accident by a miracle. .

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

They also create **opportunities for us to communicate and develop our connection with them.**

The more we open ourselves to them (believe in them, genuinely desire their help etc.), the more they help us. Then they often help us with things where we don't even ask for help.

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

Opportunities and lessons for us to learn and develop from

The “other side” organises lots of these opportunities in the form of various events and experiences. But we often don't see them.

Some common opportunities organised from above are:

-Opportunities to learn about and better understand ourselves, life, people, the world. This includes learning about different aspects of the duality of our world (the opposites; covered on pages []) and learning about how the universal laws work e.g. the law of karma – action and reaction.

-Because our essence is love, we get opportunities to develop our “positive” personal qualities and heart-based emotions. To open our heart and increase the love that we feel & spread. Also to allow ourselves to receive more love. Similarly, we get opportunities to clear our stored negative emotions lacking love and harmonise our “negative / unproductive” personal qualities.

-Because our internal reality and emotions go hand in hand (explained in the Emotion chapter), the above opportunities are naturally also opportunities to positively change our internal reality. Such as our dominant unproductive and “negative” states of mind, thoughts, beliefs, intentions, desires..

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

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

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

Lessons

Sometimes it feels like we don't have much choice as we do with true opportunities. Sometimes we just land in an event or situation or something else happens where we feel like we are pushed to learn and develop from it. Let's call these lessons.

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

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

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

When are these opportunities and lessons created for us

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

But many opportunities and lessons have been determined earlier, not as a reaction to what we do. We (as our Higher self) choose many of these before we are born ☺, e.g. our parents (covered on pages [])

Opportunities and lessons to help us clear our negative emotions and open our heart

When some people are really unhappy and do not know how to stop feeling this way, they ask God to take away their painful emotions or states of mind, e.g. their sadness or depression. But the other side does not just take it away. It sends us big opportunities to overcome them ourselves (by the way, I'm not talking about health problems here which is a different story).

There is actually one relatively unknown spiritual practise called channelling mysticism where people establish communication with their intuition, Higher self or other divine beings who then guide them through clearing their mental & emotional disharmonies. These people achieve fast spiritual growth and expansion in their consciousness.

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

So how does it work, how does the other side organise these opportunities and lessons for us?

We talked earlier how the other organises various events and situations that we experience.

One way is that we experience the duality of our world - personally or by seeing it elsewhere. We experience how "each coin has two sides". Or more accurately, how everything has a different amount of two opposite qualities (Yin & Yang - we will explain this later in the Earth & Universe chapter on pages []).

When people experience the other side of the coin, in our case the opposite emotion or state of mind e.g. being optimistic and not pessimistic, it allows them to appreciate both sides of the coin and their differences. And it puts them in a better position to decide who they want to be and what emotions they want to experience.

But the opportunities are not just bigger events.

Actually experiencing our negative emotion, e.g. anger is also an opportunity for us to avoid experiencing it again / to clear it. To do that we need to be aware of that emotion first and then decide to clear / avoid it.

Actually to clear / avoid it can be pretty hard because just saying to ourselves that we will not experience this emotion any more - e.g. be angry again usually does not work. How to do this is revealed in the Emotions section on pages []

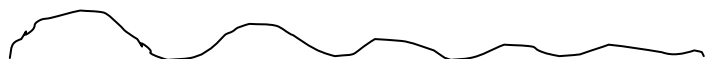
Let's look at a couple of examples how all these things happen:

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

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

Or Tina is a successful fashion model but because she too busy travelling, she does not look after her son whom she had when she was 18. He lives with his grandma. Tina does have a very selfish boss though who shows little care and respect for her (similar to how she is to her children). But she puts up with it and carries on with the same life style. Her career ends early when she is 32 because of increasing health problems and stress from being pushed out by younger models. Tina ends up very frail when she reaches 40 and needs some care. Initially her son is not interested to look after her. Tina truly realises her selfishness and starts quickly changing. Then suddenly things get better..

Clearing a disharmony usually does not happen by successfully dealing with one experience. Usually another event / experience comes where we feel this disharmony again. The disharmony will be weaker this time and if we "do the right things", we will reduce it again. Something like this:



Or if it takes longer:



We can experience our disharmonies in other ways too. **We can see that disharmony in somebody else.** We usually do not admit that we have similar disharmony though.

This happens more often than you'd think. Do you remember how we said earlier that life gives us a mirror and the mirror reflects who we are. The good thing is that the mirror reflects our harmonies too ☺

There are other reasons why we attract certain people in our life. They may compliment us, i.e. the two together are more balanced & harmonised as a unit. We learn from each other how to develop what each does not have. For example there is a mutual attraction between Rosie who is an introvert and John who is an extrovert.

May be you can look at the people that you spend a lot of time with, think of what positive and negative personal qualities you perceive in them and then see:

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

-If you wish to have any of their qualities ☺.

You have probably picked up a few things already when you did the Self-analysis – Understanding the main life choices we made before we were born in section []

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

What happens if there is a conflict between what the other side plans for us and what we are creating with our internal reality? For example little Paul's lesson planned by his Higher self is to experience a loss of a favourite toy because he is far too attached to it. On the other hand Paul really wants to avoid losing it, keeps it really safe and imagines how the toy will stay with him all his life. "Who wins?" It is very likely that Paul will lose the toy.. It is not a question of who wins. Often what is organised from above is a reaction to what we are creating with our internal reality to give us the opportunity to learn & develop. Hopefully little Paul will accept the loss and learn from it by not getting so attached to other similar toys.

Can we change what the other side organised for us?

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

-Our own action to change it

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

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

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

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

C. Events seemingly created by OTHER PEOPLE

Many decisions and actions of other people involve us and so they affect us. Events happen to us because of these people.. e.g. what they do.

We perceive some of these events as good for us and others not good for us. Sometimes we actually perceive the events differently than what other people intended and so it gives us different experience than intended. This is because **we perceive the events according to our internal reality** – our beliefs, views, linked personal qualities etc. E.g. when a girl tells her boyfriend she no longer wants to go out with him. She hides her reason (maybe she is shy and reserved and feels uncomfortable / is not ready for a close relationship yet) and so he interprets it that his girlfriend no longer likes him, he is not good enough for her and so on.

Putting the differences in perception aside, many people would say that we have nothing to do with things that happen to us if they are the results of other people's free will, and it is a pure coincidence. That is logical but is not quite like that. It is very hard to explain this with logic though because these things are organised outside time and space. And so the answer will seem logically impossible. In simple words:

Every event affecting us and created by somebody else tends to bring something for us too. Like a specific experience, opportunity or lesson to learn, develop, realise something e.g. about our internal reality etc. It is then up to us, using our free will how we will react, if we take these opportunities to develop, learn etc from the event. . Usually people don't see / realise this, don't act on this and blame other people.

And so even these events were not coincidences for us and were either attracted by our present & past decisions & actions, our internal reality or organised from above for us. So instead of blaming the others for not nice events, the key thing is to realise why we attracted these events.

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

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

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

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

How can events be created by us and the other side when it is often logically impossible

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

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

Yet this sophisticated mechanism cannot be explained by logic. Many things often seem logically impossible to be that way. **But when things are organised outside time and space, impossible becomes possible.** There are two main areas that play a big role in making this happen - the way future is created by us and the other side (explained in section [] on pages []) and the working of the Universal laws.

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

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

The laws are described very briefly in various spiritual material. So I will expand expanding on them in the Universal laws section on pages []. Here I reveal what is behind them and give many examples to help readers understand how they work, how they may affect their day-to-day lives and how they may apply them.

Summary

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

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

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

The sacred mechanisms described by the Universal laws help make these things happen in the physical world and further shape how the physical world functions.

How do we usually react to things that happen to us?

When desirable things happen to us, we tend to be happy or take them for granted. When not desirable things happen, which are out of our control, we are often up in arms. People actually consider many events and situations that happen to them as not fair, not nice / good, wrong, outright bad. And what do we tend to do when we experience these? We resist them, we are not happy about it, annoyed with them, are negative, criticise, complain and try to fight them off. This can actually be quite exhausting and can make people generally unhappy and stressed. **Sometimes the more we resist something, the more intense it gets . the thing that we resist gets.**

And then people who manage to resist / escape the events and situations are very surprised when similar events and situations happen later again. The “escape” is usually only temporary. **Life and our Higher self can actually be quite persistent in organising events for us so that we act upon them – e.g. take up certain opportunities which will develop us or become aware of our disharmonies and harmonise it.. And if we don't act upon the event / situation in the right way, it will come again and again in another form later, so that we get another opportunity to have a go.** The universal laws in play here is mainly the **Law of a Spiral** in section [].

So how should we react to things that happen to us?

Instead of feeling helpless, worry about the future & the past, or resist the things that are happening, the wise thing to do first is to Accept the events, accept what is happening to us. When we learn to accept life, the difference is huge. Life changes for many from a struggle to much easier ride and people make a big step forward in their development.

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

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

Understanding what we chose before we were born

Like we said earlier **we, as our Higher self, chose many things before we were born as part of our big planning session.** Happy things and challenging things.. Resolving, learning, developing from the challenging things will hugely move us forward in our development as a person, soul and even spirit / Higher self. **Many other Higher selves, divine beings, God actively participate in this planning session.**

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

It is important to realise that it is a mutual choice. So the people that we choose to be in our life choose us to be in their life. This is because we both (our life potentials) offer each other just the things that we are looking for, e.g. the best opportunities for our development this time round.

Here are some of the main things we choose:

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

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

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

-The potential children which may be born to us

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

You may say now “but what about the children which will be conceived without intent of one or both parents? I’m afraid even here the Higher selves of the person not intending to conceive the child and the child self chose each other because it offers them both huge opportunity to develop. But it is then a free will of the parent what they will do..

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

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

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

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

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

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

We as our Higher self may have agreed with our partner’s Higher self that we will meet when we are both 20 years old and feel affinity to each other ☺. But then it will be up to our conscious selves what we both decide to do about that ☺.

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

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

Personal qualities we are born with

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

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

What do we have little control over? Especially the way our parents raise us in first few years of our life.. If somebody’s parents are really strict and angry with a child and the child becomes fearful, introverted and shy, do you think that this is just bad luck for the child? No. It seems harsh but They have probably chosen fear to be one of the main things that they will want to wrestle with and overcome in this life..

Same thing when parents make the child feel inferior, worthless, not-loved, not-cared for.. People who choose these circumstances tend to be very developed souls who truly choose very hard lessons. ??????Especially as life on the other side is all about love... My respect to these people. I hope that with this insight and knowing who they really are, they overcome these challenges much more easily. Resolution of big life challenges like these is like growing a pair of wings. And there will be more and more people with angel wings walking the Earth as we move beyond 2012.

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

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

Each life is an opportunity to grow our consciousness and spiritually develop, until we reach enlightenment..

In each life we may want to learn and develop different things. We may want to experience different parts of the whole and so understand the whole better.

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

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

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

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

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

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

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

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

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

- *A good way to start is to move into “the awakened state of mind and heart” described in the above section called How does spiritual awakening feel like. And then:*
- *Think of each person and place in the following way:*
 - *What are the main positive and negative qualities and other things I see about them?*
 - *What can I learn and how can I develop from each?*
 - *Did I learn and develop from each and how?*
 - *Is there anything important left for me to do?*
- *The table below should be a good guide to follow. If you are an intuitive person, let your intuition help you answering these questions.*

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

Main People & Places	Positives and negatives perceived about them	What help do they offer & give me	What opportunity to learn do they give me?	What opportunity to develop do they give me?	How much have I developed in this area?	What important things I still need to do to develop / learn more?
Mum	Positives					
	e.g. she is very caring	e.g. understands me well	e.g. how it feels when somebody cares for you, when they care too much and too little	e.g. To become caring myself unless I already am	e.g. I care for my parents, relatives, children and friends. I am much less caring towards other people though. I also don't express my caring emotions that much Now that I'm an adult, I find mum's caring for me too much and little controlling.	e.g. I should care more for my neighbours and be kind to people that I meet I should express my caring emotions especially towards my parents I should talk to mum openly about how her strong care makes me feel and ask her nicely not to worry about me. In any case I shouldn't resist it because it is done with love.
	Negatives					
	e.g. she is impatient		e.g. being impatient does not resolve things, people who want things their way tend to be impatient	e.g. help mum overcome her impatience and accept her in the meantime		
Dad						
Brothers / Sisters						
Main relatives						
Country born in						
Place grew up in						

Understanding our main events

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

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

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

How to understand our main events

For main events that will happen

The main thing to do is to:

- Take a step back and start looking at what happens every day more from a distance.

This will firstly help us stay **above the drama of everyday things**. By that I mean not be so emotionally affected by every day things and not overdo analysing and thinking about every day things.

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

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

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

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

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

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

- And then **act** equipped with this new understanding. This includes:

-Deciding if to take the opportunities that we can now see

-Learning and developing from the lessons that we can now understand and from the opportunities we took

-Changing our internal reality to attract more desirable events and even more – create the reality we desire e.g. changing beliefs, dissolving attachments etc. This will be covered later in the book.

To do this well, one needs practice. A really good practice is to do the same with the main events that happened to us in the past.

For main events that happened in the past

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

I offer guidance on how to do it in the self-analysis below (it is similar as the above approach for the events that will happen to us).

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

An important additional thing to do is to look if we can identify any **patterns**, like similar opportunities, similar lessons, repetitions of certain type of events etc.

Patterns among the events organised from above may indicate that we have not dealt with the opportunity correctly earlier / we have not resolved the earlier lesson, and so they come back (universal law of spiral).

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

Self-analysis – Understanding better our main life events

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

I will now describe my approach to do this. Please note that everything is reflected in the self-analysis tables below, so there is no need to use this page as a step by step guide, just following the tables is all that is needed. Despite that it may feel like lot of effort. The idea is not to spend “days” on this but instead start building the picture of the events & their causes, focusing only on the really important events and on areas where the answers come more easily. Then you can always come back to the harder ones later as you gain new insight from this book & your inner self...

- So let's start with building a master list of all the important events that happened to you, starting as far back in your childhood as you can remember. - Table 1
 - This should include all types of events – unexpected ones / coincidences, those resulting from your & others decisions & actions etc. .
 - Think about happy ones and not happy ones (write in another colour), like injuries, people issues, rejections, non-achievements, losing jobs, losing close people
 - Completing the 1st column in the table below (split into main life stages) will help you with that.

- The next thing is to find out how was each event created (Table 1) – by your past decision/action (they usually reflected our internal reality anyway ☺), your internal reality or from above?

Actually, events created by decisions/actions of people you know (Table 4) are usually linked to our internal reality or our past actions & decisions or were organised from above.

I suggest you follow my logical approach of finding this out for each event by moving from the first column in the table to the right and filling in only the column where you answer yes or may be.

- Focus on the easier and more obvious ones first. i.e. those where it will not take you long to realise how they were created. Then come back to the harder ones.
 - Where you are not sure / are guessing put a question mark against it
- Once you find out how the events were created, you can determine these important things:
 - For not desirable events reflecting your internal reality - intentions, desires, beliefs, views and linked personal qualities:
 - How can you change your internal reality to attract what you desire instead.
 - What future decisions and actions can I take to confirm this changed belief, view, intention, desire etc? (Table 2 – all internal reality events)
 - For events organised from above (Table 3) as opportunities or a lessons to learn something and develop:
 - Did I learn what I was meant to learn and did I develop from the events organised from above?
 - Is there anything important left for me to do to learn, develop or resolve the lesson that we now understand and so move forward?
 - It is quite hard to understand the events which resulted actions and decisions of people you know (Table 4), so you may want to focus on these only once you understand the easier ones.

- Last thing is to look if you can identify any patterns, like similar opportunities, similar lessons, repetitions of certain type of events etc. - Table 5

Like we said above, patterns among the events organised from above may indicate that you have not dealt with the opportunity correctly earlier / you have not resolved the earlier lesson, and so they come back (universal law of spiral).

Patterns among the events reflecting your internal reality may indicate very strong / dominant beliefs, desires, intentions, views etc.

- Where you struggle, just fill those spaces where you know or feel the answers. If you are an intuitive person, let your intuition help you answering these questions.

Whilst doing this it is beneficial to try to be in “the awakened state of mind and heart” described in the above section called How does spiritual awakening feel like.

Table 1 - Master list of all the important events that happened to you

Main Events And what they brought / how they affected me -> Use 2 colours here for happy ones and not happy ones	Was it result of my past decision / action ? If yes, which one?	If not, was it result of decision / action of other people I know ? If yes, which ones?	If not, could it reflect my internal reality , i.e. any of my intentions, desires, beliefs, views etc? If yes, which ones?	If not, it was probably organised from above. Did it bring opportunities for me to learn & develop ? If yes, which ones?	If not, did it feel like help for me , like what I just needed to happen? If yes, what help & did I take the help?	If not put question mark in this column
Age 0-5						
Primary school / Age 6-11						
Secondary School & Teenager years						
Early Twenties						
Late 20s						
30s						
40s						
50+						

Table 2 - Events reflecting your Internal Reality

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

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

Events created FROM ABOVE as Opportunity to Learn & Develop (from master table)	Events' opportunities to learn & develop (copied & expanded from master table)	What have I learned from this event?	How much have I developed from this event?	Any important things I still need to do to develop more, learn, complete lesson, move forward?
e.g.				

Table 4 - Events created by Other people I know

Events created by OTHER PEOPLE I KNOW (from master table)	Could these actually be largely result of my past actions and decisions ?	If not, could these actually reflect my internal reality , i.e. any of my intentions, desires, beliefs, views.	If yes and it was not happy event, what beliefs, intentions, desires, views etc. do I need to change to attract happy event instead?	If not, did it feel like help for me , like what I just needed to happen?	If not, did it bring opportunities for me to learn & develop ?	If yes, how much have I learned & developed from this event?	Any important things I still need to do to develop more, learn, move forward?
And what they brought / how they affected me	If yes, which ones?	If yes, which ones?	And what action & decision can I take to confirm this?	If yes, what help & did I take the help?	If yes, which ones?		
e.g.							

Table 5 - Identifying Patterns in events' causes and types

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

How is future created - The illusion of linear time

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

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

But at a higher level of existence, there is no linear time. By the way, this higher existence mirrors our physical world with all its experiences and events as well as the potential things. And our consciousness can touch that quite easily.

So things there didn't happen in the past and will not happen in the future. The past, present and potential future happens at the same time. It is played out in the everlasting present moment.

Feeling the ever lasting present moment

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

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

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

When I'm strongly in the present moment, I'm kind of operating outside the linear time. I can feel in that present moment how I will feel when something that I know will happen happens. Like I'm already there, e.g. when I go on holiday. Sometimes I can sense the energy of a reply to my e-mail as soon as I have sent it.

Actually when we fully re-experience past experiences, we go back to the past in that present moment.

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

The beauty is that as we move beyond 2012, more and more will become available for us to access in the present moment.

Potential future versus materialised future

Now let's go back to how future is created. So far we said that when we are consciously in the present moment, we are kind of touching the higher level of existence above the physical world defined by 3D and linear time. And the past, the present and the potential future all happens in the present moment there!

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

And this potential future is just mapped out in the present moment at the higher level of existence. It is mapped out in the same way like when we build a rail track path for our train to go on. The future that actually physically happens is what eventually materialises in the physical world. It is what happens to us and what we experience day by day! Like when our train gets to each part of the track path = us experiencing the future.

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

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

Potential future of organisations, institutions, towns, cities

Similarly organisations, institutions, towns, cities have their potential future. But this is very complicated because usually lots of people are involved..

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

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

Is there more than one potential future?

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

At the higher levels of existence within our inter-dimensional universe all the created potentials are mapped out. The inter-dimensional universe is full of potentials, which may look like a chaos to an inexperienced clairvoyant ☺.

How do we change the track for our train?

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

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

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

Which potential future happens? – the dominant life potential

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

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

-it is made up of the dominant past decisions and actions, the dominant internal reality like beliefs, intentions, thoughts, personal qualities, combined with the dominant plans for us by the other side

-The dominant potential changes continually as we change.. **We continually change the track path that our train will go on.**

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

-The materialisation of our current dominant potential happens over time. Some things materialise faster, some slower, depending on what is more appropriate for our experience. Similar with the train journey. Some things we see out of the window earlier and some later, depending on where they are on our train journey that we travel.

-This also allows the materialisation of other potentials as they become dominant thanks to our changes. In other words it allows for us to change the track paths.

-The dominant potential materialises in the physical world in an infinite number of ways, shapes & forms, but they will all have the same essence.

And guess **who helps with the materialisation of our dominant potential into our reality? The other half of us = our Higher self ☺.**

Here is an example of two life potentials:

A boy called John, who has developed an interest in cars and machines, is finishing school and facing two main options what to do next which appeal to him: going to study mechanical engineering in college or starting a job in a nearby car garage as an assistant mechanic.. So he created these 2 life potentials with his past intentions, desires, opinions etc. and each one – his career as an engineer and mechanic - is already mapped out in higher dimensions.

The 2nd potential is actually the more dominant one because John's preferences and beliefs about what is better, more useful, more enjoyable favour working & earning money now to studying in college. This is also why he decides to take the job rather than go to college. This decision reflects his internal reality... Then John starts working and this 2nd potential continues to materialise. I say continue to materialise because the fact that the garage is near where he lives and he got the job offer there didn't happen by coincidence ☺ John really likes his boss – he learns a lot from him and the boss increases John's passion for cars and fixing things. John then helps his friends fix small issues with their motorbikes and cars and he meets his new girlfriend this way. John soon gets an interest free loan from his company to buy a second hand car from his garage... He then fails the theory part of his driving test because studying is not really his thing....

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

When clairvoyants predict future for people who came to see them, they either get into a state of mind which allows them to enter the inter-dimensional space and see all the various potentials there. Or they connect with various divine beings, spirits or their higher parts of themselves and receive messages from them. In the first case they have to identify the dominant potential and then interpret it themselves according to their wisdom and understanding. In the second case they have to interpret the message from the “advisor”.

That needs a lot of experience and so there are number of reasons why the clairvoyant may get the prediction of somebody's future wrong: The clairvoyant may not pick the most dominant potential. The clairvoyant may not interpret the dominant potential or messages from the “advisor” correctly. Or the clairvoyant's “advisor” may not be evolved enough to understand the full picture

If the clairvoyant gets everything right, remember that this was the strongest potential at that moment in time. But the potential can change by the person's actions, thoughts, intentions etc or/and by other factors. And then different future than the clairvoyant predicted will materialise – the new strongest potential..

Events involving more than one person - expanded

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

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

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

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

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

Let's look at the types of interactions first:

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

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

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

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

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

-the other side organised these events for these people too, or

-the other people have attracted with their present and past actions and decisions or their internal reality these events too (what a coincidence ☺), or a very common one

-the other people freely chose those events themselves too (what a coincidence ☺)

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

Here is an example of an event involving two people which has something for both:

A brother forgets and misses a short birthday party of his married sister (a fashion model) even though she talked about it for quite a while. This is because that evening he gets really wrapped up in his work in the office (even more than other days) because he, by chance ☺, makes good progress in his research. His sister actually calls him a number of times but his mobile is, by chance ☺, switched off. She then gets really angry with him.

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

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

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

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

What defines who we are as a person?

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

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

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

So the key things that define who we are as a person are really our present:

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

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

- Decisions & Choices
- Actions and Reactions
- Words

The engine behind all this is our **inner drive.**

We said that our intentions, desires, beliefs, attachments, resistances, thoughts, opinions attract many of our experiences and events. We will learn later that they also initiate various states of minds and linked emotions. So we

create with them many aspects of our external identity like our profession, education, various achievements, interests, personal qualities etc.

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

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

Our resistances

Our resistance to our experiences

We continually create with our mind - with our expectations, desires, intentions, beliefs, views - what we mentally accept and what we resist in our life. We program our mind with what we like and what we don't like, what is good and what is not good and so on. The border line between these two is **our tolerance level**.

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

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

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

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

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

We judge not only our experiences that we have day by day (are they the way we like / want / expect them etc) but also ourselves and things that have not even happen. And we are usually strict with ourselves (lack of self love is covered on pages []):

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

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

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

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

So in summary many people have programmed their mind with hundreds of conditions when they can be happy, joyful, positive and if they are not met they are not happy, negative etc. They have low tolerance level and also they carry lots of accumulated resistance from the past. For example, you may have noticed that some people are very often negative about things, they seem to find something negative about so many things and are not happy about so many things. They always like and want things their way...

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

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

What happens inside when we resist

Resisting is not good for us:

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

-And this stored stuff tends to regularly come alive as we go through life. The suppressed not happy emotions and thoughts get triggered off by events / situations similar to those that we resisted in the past. and we re-experience the emotions and have the thoughts again..

-The more we continue to resist the same things, the stronger the linked negative emotions and thoughts are likely to be.

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

Let's stop resisting

So we really help ourselves a lot if we stop resisting things in life. It is not suggested here to accept everything even if it is wrong. There are many things that are simply not acceptable like violence. It is suggested here to **stop resisting things that we resist because of our ego**. Like when somebody says something not nice to us about us, our ego normally resists it and we are not happy. We tend to resist much smaller things too like when a shop assistant keeps us waiting, the train we are waiting on is not on time, the queue in the supermarket we are in moves slowly or even when a fly gets into our house (some people are so unhappy about this that they kill the fly they perceive as worthless and nuisance..)

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

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

So it makes little sense to resist these things, because we will not change them this way. Instead, **when we accept things as they are, we are actually in a better position to change them**. We have more power to change these things and create the reality we desire:

-When we accept things, we lift ourselves above the negative emotions that our resistance would bring. This way we are able to observe from a higher standpoint the things that we used to resist. This way we should understand them better (why they may be happening / why we are experiencing them etc).

-Our acceptance also positively impacts the thing that we accepted (event that happened, a person, our weakness). This is hard to explain. Firstly the **thing that we resisted magically tends to become less intensive for us**. **Our true acceptance can partially transmute / harmonise our stored negative emotions** (see pages [])

-We open ourselves to receive help from the other side to deal with the things we used to resist

-Going a step further and **accepting other people with our compassion (that they are the way they are), is an act of forgiveness**. This creates "a sacred space filled with our love energy". This "space", in which healing can happen automatically, will then help them with own change from within.

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

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

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

Have stronger intent to accept things and not resist them

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

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

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

This is the next thing to do is to. It is much easier to do it effectively when we develop higher awareness and increase our presence (how to do this is described in chapter [] on pages []).

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

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

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

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

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

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

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

-Generally living more through our heart

Both are described in section [] on pages []

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

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

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

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

Our attachments

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

The problem is that these attachments work similarly like our resistances described above. They act like sand bags stopping our balloon from rising higher.

Like resistances, these attachments are stored in our subconscious mind. When they are triggered off, they usually make us feel tight, like being in a straight jacket.

In addition they create fear in us from the loss of the things that we are attached to. The fear then usually strengthens our desire to hold on to these things = the fear increases our attachments and brings out emotions of holding on to something very tightly & fearfully, which are not happy emotions...

If then we suddenly don't have these things any more or know we can't get what we strongly desire etc, we experience very strong sense of resistance to the situation that happened, emotions of sadness, possibly even some physical pain. And again all these get stored inside – it can be a vicious circle...

At the spiritual level, **our attachments strengthen our sense of separation.**

How do we generally reduce our attachments?

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

Increase our intent to reduce our attachments

Become more aware of the things we are attached to and why – in the past and going forward day to day.

This is much easier to do if we develop higher awareness and increase our presence (how to do this is described in chapter [] on pages []). As with the resistances, the great news is that **just by becoming aware of what we are attached to, we immediately reduce our attachment to that thing, and we increase our consciousness by a bit** ☺.

Increase our tolerance level by accepting not having things that we are attached to / strongly desire etc.

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

It is also about realising and accepting that **nothing fixed lasts forever and the nature of life is ongoing change**. This is the **universal law of Change** covered on pages []

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

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

There are also 2 spiritual ways that we can use to reduce our attachments to specific things:

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

-Generally living more through our heart

Both are described in section [] on pages []

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

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

Our decisions & choices and actions & reactions

How do we make them and can they be predicted?

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

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

-When we are deciding and acting whilst experiencing various stronger emotions (e.g. sadness, negativity, fear, anger). In those moments our decisions / choices / actions / reactions are usually heavily influenced by the emotion we are experiencing. E.g. when somebody who comes to visit us suddenly criticises us or offends us, we may react defensively, not enjoy their company, decide not to be very hospitable etc.

In these two cases we can go as far as saying that we often act like a pre-programmed machine with the driver – us sleeping.. So what is the secret to changing this? The obvious one – the driver needs to wake up. The driver is awake when we are very present, very conscious. When we are very aware of the environment and ourselves. How to achieve this is covered in the chapter [Achieving higher awareness and becoming more present on pages []].

Actually our decisions / choices / actions / reactions can often be predicted even when we are present & alert and not under the influence of emotions. Because **they are heavily influenced by a combination of our:**

-Internal reality that we have built with our mind, i.e. our current dominant intentions, desires, thoughts, beliefs, opinions, habits, attachments, resistances, values, personal qualities. Sometimes we are aware that we are basing our decision / action on this and that view, intention & belief. But more often than we think we are making decisions and taking actions without being aware how our internal reality is behind this..

Here are various examples:

- a person who is kind & caring will make decision and take action reflecting his kindness and care.
- a person who is not patient will make decisions reflecting his/her non-patience,

- a person who is shy would instinctively avoid situations where they need to express themselves openly in front of others,
- people who like to be in charge and do things their way don't like it when others tell them what to do and react accordingly,
- wealthy people who love money and believe in status may look down on poor people and segregate themselves from them,
- people who like order and keeping things tidy may not feel comfortable in a messy places and may often clean their houses.
- Or somebody who regularly skips or forgets to water their house plants because they couldn't be bothered. The plants will eventually die and the house will lose the vibrant life force that the plants were bringing – similar to this person's internal reality, right ☺.

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

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

-Accumulated knowledge & understanding

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

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

Our internal reality, past experiences and accumulated knowledge **usually takes our freedom away to express ourselves spontaneously, to act and decide according to how we feel inside right now in the present moment, to make miracles.** It usually stops us from being free like birds who can fly anywhere they want.. If we could do these things wouldn't that be great? Actually we can, and in a "safe and sensible" way:

Two ways out of the straight jacket

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

Or there is a faster way: **We make decisions and take actions in partnership with our Higher self.**

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

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

Decisions and choices made with our heart / intuitively, and with higher awareness / presence consider the bigger picture we are not consciously aware of, even including things that are likely will happen in the future ☺ (the dominant potentials) and many more.

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

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

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

Making decisions / taking actions according to our heart / deeper feelings is one intuitive way. The other is that **in the state of higher awareness we wait for messages that come spontaneously into our mind in the form of ideas, images, thoughts. We need to have a clear mind though and learn how to spot them..** This is covered in more details in Chapter 6 - Communication with our intuition and Higher self on pages [].

But for now it may be safer to use our mind too

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

So until we master the heart way and communication with our intuition, a good middle way is this. It is a bit long-winded though..

-Start by stepping back and think about the main possible decisions / actions that we can take. By stepping back we may come up with possible decisions / actions which were not obvious.. These may even be the perfect solutions / actions because **a perfect solution to a problem is usually at a higher level than the problem.**

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

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

-Are they both the same? If so (hurray), it is done. If not we need to decide who we will “let win” this time – our heart or our mind...

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

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

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

Jane then chooses what her heart likes the most – she imagines accepting each job and then doing it, and she feels it through. During this she asks herself how does each job really make her feel inside without thinking about it? The 2nd one makes her feel warm inside because the job role offers something she really wanted to do. even though she does not have all the skills needed.

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

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

Jane then compares both choices and decides to go with the 1st job to be on the safe side. Her Higher self will support her decision even though she would actually be much happier in the 2nd job. Jane then starts her new job but she realises after 6 months that she is not enjoying it that much and she starts looking for a new job. With more working experience and confidence in her self she will feel ready to look for a job that her heart desires. Her higher will be organising coincidences / situations to help her find this job, even before she decides she will look for it ☺

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

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

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

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

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

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

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

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

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

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

Our words

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

So if we look beyond the words, if we observe and examine what our & other people's words reflect, and what gave rise to them, then we will understand a lot more about us and other people. About our and their internal reality.

When we can see through the words, we can then pick up the intentions and desires behind these words. E.g. some people want to be funny, boost their ego by showing that they are clever/better than others, speak about themselves, get their own way. Some other people are more interested in others and they want to find out about them, make them feel better or help them.

We can also pick up people's emotions and feelings behind their words – e.g. their love and care, joy, sadness, fear, resistance / negativity, anger.

Or people can be simply describing / expressing the obvious things like their thoughts, views, findings, beliefs, memories, their questions.

Understanding the reasons behind people's words will also help us to be less affected by their words. Especially by those words that didn't make us feel happy in the past. We will know better when people say things they don't really mean. And it will help us better see and appreciate the nice qualities in people.

The main levels of consciousness at which we operate

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

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

-Emotional

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

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

-Mental

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

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

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

Please note that I'm not discouraging people to develop their **intellect** because it is **a great tool when used "by the heart"**. So I'm encouraging them to expand beyond the mental level and develop higher levels of consciousness, like conscience, intuition, heart consciousness.

-Heart & intuitive

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

-Divine / Godly levels

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

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

Our Inner drive

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

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

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

The big question is how these people use their inner drive. Some use it to satisfy their ego, some use it to open their heart ☺. It depends on their level of consciousness, their internal reality..

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

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

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

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

		Score 1-10
1.	Being generally active / dynamic vs. passive / lethargic	
2.	The level of your determination, motivation, will to e.g. do things, achieve things, resolve things, understand things, complete things / get things done, do things properly. Also think about how much do you actually get done / achieve in a day etc. compared to others.	
3.	Desire, but not for physical sensations	

	e.g. desire to be happy in whatever way, to be healthy, to learn & discover new things	
4.	The level of will to live overall	
5.	Energy level - how much energy do you feel inside throughout the day when you are healthy, physically & mentally rested and not hungry. Here are some signs of low energy levels - if you often feel tired even though you sleep normally, if you need to snack on sweet things, crisps etc. to keep your energy up.	
6.	Length of sleep How much sleep do you need on average so that you are not tired in the morning and reasonably refreshed? <i>Clearly this depends on the age, so let's generalise it for ages between 18 and 60 years like this: use a score of 10 for about 5 hours and less, a score of 5 for about 7.5 hours (widely considered as the average for adults, but it is clearly individual and depends on the quality of sleep). Use a score of 1 for 12 hours and more.</i> <i>For ages below 18 and above 60, different sleeping averages tend to apply. So it is best to use own judgment and comparison to peers when scoring.</i>	
7.	Level of concentration The longer we can generally concentrate, the longer we can focus our energy with our intent 😊. How good is your concentration / for how long can you concentrate on things that you generally like doing or need to do? Use a score of 10 for very long time (like a couple of hours) and a score of 1 for a very short (less than a minute).	

Total Score

Date	Score	Percentage out of 70	Comments

External reality: do we all see the same things?

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

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

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

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

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

The more we pay attention to what we see, hear, smell, taste, touch, the more we kind of experience these things. Colours become more alive and trigger feelings in us (e.g. red may make us feel energetic, light green calm etc.), The same we can experience with shapes, objects, music, sounds, food, as well as words, images, thoughts, intentions, imaginations, actions, memories. Basically everything.

Some stuff that we don't focus on but perceive with our senses still enters our awareness, kind of as a background. E.g. things on the left and right to where we look, background noises like passing cars. And the rest, which is a large

amount of what our senses pick up, our mind filters out! It never passes it into our awareness.. So our eyes actually see a lot more and our ears hear a lot more but we are not aware of it. This filtered out stuff gets stored into our [subconscious mind]. One reason for this is that otherwise our mind would not cope with the huge amount of stuff and would struggle to focus on things it wants to.

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

The question is if the mind of a spiritually awakened person filters less out of awareness. Yes but not too much less. Leaving too much in would be confusing and overwhelming. A spiritually awakened person tends to perceive more things simultaneously, but in layers to reduce confusion. For example when they are listening to somebody talking about something exciting like a story, they will feel through or possibly even experience the story but they still broadly see the person talking to them and stay loosely aware of what is happening in the environment. So when a sudden noise pierces through the air because somebody else threw an empty can of Coke into a metal bin, they don't "jump" / get frightened like the person telling the story...

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

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

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

-our Internal reality. Every piece of information that hits our awareness from our senses we then colour/manipulate by the experiences we had, by our memories, by what we learned, by our beliefs & views, by the emotions, feelings, thoughts, images we had in the past when we saw/heard similar things to what we see/hear now

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

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

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

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

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

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

What does the outside world really look like?

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

Tree analogy

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

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

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

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

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

We live in the world of ideas

On top of that we live in the world of ideas.. Let's step back. Where do all the things we see around us originate from? If you think about it there are two types of things surrounding us everywhere. Those made created / invented by man (like cars, houses, computers) and those occurring naturally like nature, water, metal, air, planets & stars etc. **Before anything was made by man, it had been created / invented in somebody's mind as an idea..** And then the idea was materialised in the physical world.

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

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



Chapter 4 – Achieving higher awareness and becoming more present

We said earlier that a key part of the “awakened state of mind and heart” is having higher awareness and being very present & alert. In chapter [2] we also said that this is a way to discover who we truly are inside, to get closer to our Higher self and expand our consciousness (consciousness and the levels of consciousness are explained in chapter [1].)

When are we present and when not

Unfortunately people tend to be not very present, not very conscious, not enough in the present moment quite a lot.

We are not very present and don't notice that many things around us when our mind is preoccupied with own thoughts & visualisations. Similarly we are “not really here” when our mind is in the past or in the future, including when we worry and fear. Or simply when we want to be withdrawn from here and now for whatever reason.

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

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

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

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

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

As a result of not being present enough, people make lots of choices and do lots of things that they are not fully aware of. Like when some people keep looking for things that they left somewhere in their house, like glasses ☺. Or we do some things automatically, e.g. we eat automatically when we read whilst eating. When we become more aware of our own choices and actions, we can take more responsibility for them and for their impact. We can use them more effectively to create the reality we desire..

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

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

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

The power of presence

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

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

People will subconsciously feel our strong presence and will react to it in their own way. Some will feel we are charismatic and look up to us, some will feel we listen to the more / will engage with us / include us more in conversations etc, some will be little less confident around us, some will confide in us. How did you feel when that child looked deeply into your eyes?

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

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

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

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

The power of increased body awareness

Being more aware of our body and so connected with it helps achieve a lot of things:

Our mind and body become more aligned and we can “do more with our body” – just think of what gymnasts, practitioners of martial arts and yogis can achieve with their bodies thanks to their high body awareness and presence 😊.

We become more aware of our body language when talking to people,

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

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

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

How high can our awareness be?

Going back to higher awareness, we can always see and understand anything from higher and higher perspective. How it fits into the bigger picture. And how the bigger picture fits into even bigger picture. The more we raise our awareness, the bigger and clearer picture we can see. The more we raise our awareness, the wiser we are and the more peaceful and accepting we get.

Let's show this on the sequence of these four pictures 😊



Pict. [] Bird's eye view

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

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

Because everything is ultimately connected with everything, there is no end to how high we can climb..

Overcoming negative emotions and solving problems with higher awareness

People experience various new or old negative / unhappy emotions during “every-day dramas” that life brings.

By stepping back and observing self and the situation from higher perspective, we raise ourselves above the emotions, above the dramatic situation. **And when we observe everything at this higher level, the emotions as well as the drama become less intense.** We are no longer “stuck” in the drama..

Secondly, we are in better position to understand the reasons for us feeling the emotion in the first place. This is covered under emotions in the section “Changing the individual mental states causing these emotions” on pages []

With higher awareness - seeing, feeling & creatively thinking from a higher level, we can solve many problems & challenges that we could not solve before. **This is because good solutions to many problems are at a higher level than the problem itself. The higher level, the better the solution..**

Also remember that **there are no problems that don't have solutions.** Why? Problems and their solutions are pairs of opposites in the dualistic world...

We also said earlier that higher awareness gives us better ability to understand our experiences and why many events are happening to us.

Day to day benefits of being present with higher awareness

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

-Interestingly our six senses sharpen. It may feel like we see, hear, taste, feel more and better. And we start being aware of so much more around us than other people.

-We will communicate and listen more effectively and so understand and engage with people better. We should be more aware of their emotions, body language, intentions behind their words and actions, their point of view, some beliefs, values etc. And this will help us not to get affected by people's behaviour, their negative emotions and everyday life dramas that these create.

-Our thinking will become clearer, more focused & to the point, more direct, more succinct. We should become more creative.

-We improve our ability to do and observe more things at the same time. Not only be fully aware of every mouthful when we are eating and reading at the same time ☺, but we become a “multi-tasking expert” at work, in running the household etc.

-We improve in sports, which often forces us to be very alert / present.

-We will become more aware of our own mental states and negative / unhappy emotions that we used to experience not knowingly. And many more.

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

How to develop higher awareness and become more present

As you probably know by now there are a few essential things we need to do to develop higher awareness and become more present:

-**Strong intention to have higher awareness and be very present.**

-**Observing, feeling and creatively thinking from higher standpoint / “standing back”**

-Being very **alert** and **aware of our surrounding** and having subtle **body awareness.**

-**Clear mind.** Developing a mind free from clutter like busy and uncontrollable thoughts, resistances and attachments, fears and worries. And not talking to ourselves in our mind and instead observing, feeling, sensing.

In those moments that your mind will be fully clear, you will start feeling **silence and peace** inside you. This is precious, you are getting closer to your true self and Higher self ☺. And, surprisingly for some, this will actually allow you to be more aware and more present.

Having strong intention does not take much and the following **3 Observer exercises** are great for learning the rest - observing from a higher standpoint, increased presence as well as clearing the mind. Regular meditation is another way to clear the mind.

It is easier to be the observer when not much is happening and our mind is not busy. E.g. if when sitting and resting it is easy to be aware that we are doing that, that we are peaceful & content. But as soon as we start thinking, interacting with people, physically doing something, then being an observer of all this at the same time can be pretty difficult. But most rewarding and effective too.. For example when somebody is getting into an argument with you, you

can stay calm, unaffected and nice when you “shift more of you into the observer” at that moment. If you get closer to the inner you..

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

The Observer exercise for higher awareness

Beginner level

Observe self in a peaceful state

This is similar to the Observer exercise we did earlier to feel our true conscious self, but with different focus.

1. Quick breathing relaxation

Sit down in a comfortable and undisturbed place and close your eyes. Relax by breathing through your nose deep in and out for about 2 minutes. Fully concentrate on your breathing, feel the air travelling through the nose, your lungs expanding.

2. Connect with and observe your body

Now move your attention to the rest of your body and do 2 things:

-Relax your muscles, starting with shoulders, arms, hands, body, legs, feet and then face.

-Observe how your body is. Look for things like if you have tight shoulders or stomach, are you physically energised or tired, are there any areas where you feel any sort of discomfort or pain, is your heart beating faster, are your hands sweaty etc.

Bear in mind that because our physical body reacts to the emotions that we feel, observing our body is another way to spot the emotions that we are experiencing..

3. Watch how you feel overall

Now take a step back and start watching how you (not your body) feel overall in this moment. Good, OK, so so? Are you happy, positive, content, indifferent, negative, not happy, annoyed etc. Can you spot any other emotions you feel / states of mind you are in?

4. Observe your mind

Then the crucial bit, Become the observer of your mind. Watch from higher perspective over your thoughts and anything else that comes into your mind – visualisations, images. Also watch what words do you say to yourself inside? If your mind is clear, then wait and see what comes next.

An important thing here is to be kind of an independent observer, who is peacefully watching with anticipation, without judgement, who is interested and wondering what he/she will “see” without expecting anything.

Observe your mind like this for as long as you like, 3-5 minutes is good.

At first you may find doing this strange - be the actor as well as the audience at the same time - and you may struggle with it. Initially you may be able to do this only for a while but as you practise your skill, expanded awareness and with it results will improve.

Then when you finish it may be useful to **write down the main things you picked up. What was the nature of the thoughts, images and any linked emotions? Was there a pattern in them?** This can then be used as input into the various other self-assessments covered especially in the Emotions chapter.

Intermediate level

Observe self during conversations with people ☺

- 1. Watch how you feel overall** - same as 3 above but focusing on how does the person and the conversation make me feel
- 2. Observe your mind** – same as 4 above
- 3. Observe your body language and reactions** in response to what the person says and his/her body language

Advance level

Observe self during uncomfortable / difficult / stressful situations

1. Watch how you feel overall - same as 3 above but focusing on how does the situation make me feel
2. Observe your mind – same as 4 above
3. Observe your body language and reactions in response to the situation

The Observer exercise for increased presence

Beginner

Thoroughly observe an object

Pick a medium-sized varied object like a mug, fruit, picture, flower, statue, pet or tree that you see around you and start observing it in real detail. Notice more and more detail, just like the sequence of these pictures.



Pict. [] Eagle eye

Then step back, look at the object as a whole and try to feel it with all your senses. Feel how vibrant or dull are the colours, absorb its shape, how sharp or smooth are the edges, what is it made out of. Smell it and touch it (or imagine you are smelling it and touching it). How does it smell? How does it feel on your hands? How cold or warm, how rough or smooth is it? Then imagine how it would sound if you tapped it with a spoon and if you dropped it on the floor. Where appropriate imagine how it would feel if you licked it.

Now summarise how you feel about the object as a whole. Is it nice, OK, not very nice? What do you enjoy about it and what you don't?

Intermediate

Observe and feel the energy of a room you are in

This can be even more fun once you start feeling the energy of different rooms. It is best to do it when you are relaxed on your own in any room at home, restaurant, shop, airport. Places of worship, museums and castles are particularly interesting. They all will have different energies and may bring up different feelings for you if you will manage to be well present.

Start by making yourself be fully in that room here and now – mentally and with your heart. By that I mean that your attention is fully devoted to the room, you push aside other thoughts not related to the room and you feel the room with your heart.

Notice and observe the individual things in the room first. (If there are people in the room don't observe them for now) How do the main things make you feel individually, what do you like and not like about them? If any objects in the room are moving, how does their movement feel - gentle, rough, sharp, smooth?

Then step back and start observing and feeling the whole room.

-Notice the space, the depth and width, notice if there is any colour scheme / pattern of the things you looked at. How are they arranged in the room, can you see any shapes created from the objects?

-How does the arrangement make you feel – comfortable, cramped, is it tidy, messy etc.

-What is the overall atmosphere of the room? Or if there are people there, what would be the overall atmosphere?

-Any other senses like smells, sounds.

-Overall, what do you enjoy about the room and what you don't?

Then bring the people in the room into your observations.

-Briefly observe each person. What do they look like, what are they wearing, what is their movement and body language like – dynamic, slow, smooth, sharp etc. Guess what they may be like – warm, easy going, cold, serious etc.

-Now feel what atmosphere these people create together – warm, merry, peaceful, dynamic, dull, uncomfortable, tense, cold, noisy etc. And how this atmosphere does compares to the atmosphere of the room without people. Are there any similarities ☺

-And what about the overall movement of people in the room, is it slow, dynamic, rushed, chaotic, organised?

For comparison you may want to **go to another room** and without scanning the details, absorb the whole room and people there. Then **compare** how different you feel versus the previous room.

Advanced

The advanced exercise for increased presence is part of the advanced exercise for clearing mind below. It is a good idea to do this once you achieve the intermediate level for clearing mind..

The Observer exercise for clearing mind

Before you start, have a strong intent to clear your mind.

Beginner

Concentrate on an object

Pick a smaller object of a simple shape, like a pebble, ball, candle, leave, rubber and start concentrating on it. Just stare at it, feel it and try not to think of anything. If a thought, image or other visualisation comes into your mind, gently push it away and carry on concentrating on the object.

Initially it may be hard to keep the mind completely clear and that is OK. In that case try to continually reduce the number of things that come to your mind until your mind is empty and stays so for a while. Once you achieve this for 1 minute or more, it may be a good time to move to the intermediate exercise.

Intermediate

Observe your mind

1. Quick breathing relaxation to connect with your body

Sit down in a comfortable and undisturbed place and close your eyes. Relax by breathing through your nose deep in and out for about 3 minutes. In the first minute or so fully concentrate on your breathing, feel the air travelling through the nose, your lungs expanding. Then move your attention throughout your body and relax your muscles in each part. Starting with shoulders, arms, hands, body, legs, feet and then face.

2. Observe your thoughts

As with the earlier exercise start independently observing your thoughts. Peacefully watch from higher perspective and whenever a thought, image or a visualisation comes into your mind, gently push it away.. And keep on “watching”.

By shifting your awareness to this higher level less thoughts etc. should come into your mind and you may feel a sense of calmness. When you manage to keep a clear mind for about 3 minutes you have just done a powerful meditation ☺

Advanced

Connect with nature

We connect with nature when we are very present, our mind is clear and heart is open = we feel the nature.

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

Start observing and feeling the scenery around you with your all your senses. Try not to think of anything. If a thought, image or other visualisation comes into your mind, gently push it away and carry on concentrating on the scenery.

Feel the space, feel the objects, absorb their colours and shapes. Feel the silence and the sounds, feel the weather like the wind and the sun, look for the beauty..

Just absorb what you perceive, don't comment, analyse, judge, compare.

As you connect with nature this way, you may find the colours more shiny, the shapes more vivid, the objects more alive. You may even notice a white layer surrounding the tops of the trees in the distance (the first layer of tree auras).

Spiritually awakened people may additionally feel how especially the trees are somehow aware of their presence there. They may even have brief senses of knowing how the nearby tree feels ☺



Chapter 5 - Communicating with the other side

We said that our heart is the bridge to feeling our Higher self and our intuition, a higher intelligence in itself. It is the bridge to communicating with our Higher self, divine beings, God..

Let's look at an example of intuitive messages: You are walking down the street. You get a sudden sense to look left. You look and there is a second hand furniture shop in front of you. You then either get a sudden thought to go in, or something you see in the shop window is making you feel like going in.

Then your rational mind jumps in saying that you don't need furniture, you would not buy used furniture anyway and so on. If you act upon your intuition, you walk in and carefully look around. And then suddenly just the perfect present for your relative stares at you that he/she always wanted but they no longer sell it. And it is in such a good condition, waiting for you ☺

Recognising intuitive messages

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

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

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

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

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

Interpreting intuitive messages

The job does not end when we recognise an intuitive message. We then need to correctly interpret it, especially if it is not obvious. Like if it is in the form of a symbol, unusual coincidence etc. Also if we get an intuitive flash of a number of things in one, then our additional challenge is to remember all the pieces whilst we are interpreting the flash. After that we still need to act on the intuitive message and that takes some determination and faith...

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

State of Knowing

As you spiritually grow, your intuition strengthens. The more you awaken, the more messages you will get.

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

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

Practising intuition

There are many ways to practice intuition besides spiritually growing and connecting with higher parts of us. Many books have been written about it. For example when your phone rings, don't look at who's calling. Instead see if you can feel who it could be or if a sense or an image of somebody comes to your mind.

Other ways the other side communicates with us

There are many other ways that the other side including our Higher self communicate with us than just through our intuition. Mainly **through signs, symbols and other messages**

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

And how can we tell that the signs and messages which we spot is communication to us? Here are some hints:

-When the sign/message closely relates to us

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

-When the sign/message coincidentally keeps repeating

E.g. when I started looking for communication from higher parts of myself I started noticing that very often I intuitively looked at the digital clock and the time was two same numbers, like 11.11 or 12.12. When it happened more than once in a day I knew that this is a big message for me. Later I realised that the message was very profound yet simple, like a tap on my shoulder saying: "We are here communicating with you right now and we know what you are going through."

So when you start getting this or similar kind of messages, then you know you have connection and it's time to celebrate ☺

In addition to the signs & messages, whether we realise it or not, the other side also communicates with us through **creating events and experiences for us** as we explained earlier.

How can we feel divine beings?

We talked about receiving messages from the other side including higher parts of ourselves. But what about actually feeling or even seeing divine beings like fairies, ascended masters like Buddha, our spirit guides and guardian angels? When is that possible?

One answer is **when we raise our consciousness to their level..** Impossible, you say? But we have a piece of god inside us so nothing is impossible ☺.

Well, there are easier ways that we can see or feel divine beings.

If you have good imagination, you may be able to feel the qualities of a divine being when you look at their picture or a statue. Just like you may feel the qualities of a little kitten when you see one. Cute, cuddly and fluffy.. Actually **this is a real way of energetically connecting with that being..** We will practise that in a minute.

Very rarely the divine beings, especially angels, may make themselves visible to us. This is when they significantly lower one aspect of their energy vibration so that little bit of them can appear at the level of consciousness that we operate at. We can then see / feel then in a number of ways:

-See them as energy / light even with our eyes closed. We can see for example an angel shape that we recognise or more often they can appear as "a ball of light" called an **orb**,

-Feel them and their presence. I often feel a rush of energy through my body or/and goose pimples when I connect with them, for example during a meditation or when hearing / reading a genuine channelling by them.

-Divine beings can make a visible energy imprint of an aspect of themselves into matter. For example when a picture of a saint suddenly appears on an object (without a secret human intervention ☺). Below are some examples of appearances. Seeing the pictures is also a chance to connect with these beings.



Pict.[] Jesus As I mentioned earlier, a picture of Jesus appeared on my vase at home. It formed from flower leaves leaning against the inner surface and a stem. The leaves then gradually separated from the vase and the picture eventually disappeared (see 2nd picture).

Pict.[] Tree spirit I regularly go to a nature reserve to feel and see this being. Is it the imprint of a tree spirit?

Feeling an angel exercise

Below is a picture of an angel statue. I can connect with this beautiful angel quite easily.



- *You can have a go yourself and see what qualities you feel. You can then go even further and send the angel some love or a question. Then stop thinking and peacefully wait to see what you feel or if you get any sudden images or thoughts.*

Do you actually know what attracts angels to us? You probably guessed that it is our prayers, our love and compassion. But did you guess that our joy and healing others also attracts angels to us? ☺ Healers who channel divine energy, e.g. during Reiki treatments, are often surrounded by angels ☺

Pict.[] Angel

Are ghosts of people real?

It is relevant to mention the appearance of ghosts of people here.

The good news is that when ghosts of departed people appear, they are not as real as they seem. They are a holographic image of the departed person locked in time. It is their energy imprint at the time when they were here, in that place. As a result the ghost image does not react to people observing it and it usually looks like a short film scene shown in a 3-D cinema and replayed over and over again. So, there is no need to fear.

And those who have fear of various negative energies, perhaps because they can sense them more than others, here is something you may find useful to know.

This pentacle amulet is used by many healers for protection from negative energies.



Pict.[] Pentacle



Chapter 7 – Health Secrets

In this section I want to look at our health from high perspective where many seemingly unconnected things fall into place. I want to talk about poorly understood causes of general health problems and reveal other interesting things I discovered mainly through personal experience and deeper insight.

Where do western and eastern medicines fall short?

Many people who believe in alternative health approaches would say that the classic western medicine focuses on treating the symptoms and consequences of health problems rather than their true causes. The symptoms then go away but the causes and underlying disharmony stay and show up again later, perhaps in a form of a different health problem.

To be fair, over the last 30 years western medicine made a big jump in treating and understanding various illnesses and many of their causes. But they confess that they still don't understand the causes of many health problems. How often do the doctors prescribe antibiotics or anti-depressants which then don't work and make the situation worse ☹.

Despite the progress, western medicine still mainly focuses on treating individual problems when they arise and it does not pay much attention to the very early stages of a problem, like reduced blood and life force energy circulation. One area they study well though is the impact of stress on health.

A couple of warnings though: Anti-depressant drugs actually sedate people and numb their feelings, and have lasting negative impact on mental, emotional and spiritual health ☹.

The other problem is that many drugs that big and powerful pharmaceutical companies make and classic doctors prescribe have other negative side effects which can cause other illnesses.. You may have noticed how long is “the possible side effects” section of many drugs leaflets.. Where people develop other health problems because of the medication, they usually end up buying more of these drugs ☹. It can be a vicious circle..

The alternative western medicine, like homeopathy and eastern medicine look at the body holistically and do focus on treating the causes of health problems. Many Chinese and Indian medicine methods look for reduced life force energy flows and try to improve the circulation of blood, life force energy or lymph in the affected areas, such as with acupuncture, acupressure, herbal medicine, massages, diet, cupping.

This is great and it helps a lot. But when the underlying cause is at emotional and mental level and it is not harmonised, then what often happens is that people who recover may still experience similar health problems later again. They have not dealt with the primary underlying cause..

And most medicines also struggle to find the hiding invaders. Why? Because when they are hiding, they are usually not active and not in the blood. So the immune system is not fighting them, the person does not have many symptoms and the blood test then does not reveal anything either.. So it can be like looking for a needle in a hay stack (there are many other viruses and bacteria that harmlessly live in our body). But it does not have to be so hard.

Next, I will shed some light on these areas.

The amazing immune system

Overall, our body strives for balance and good health which is our natural state. Our immune system is the main guardian of our good health.

It is incredible how our immune system protects us and looks after our well-being. The immune system is formed by many bodily systems and organs which act in harmony to protect our body from various invaders and to strive for balance. This is very complex, so let's simplify this and focus on the main players - the blood with its amazing white blood cells and the lymphatic system.

But first, let's look at what are the external invaders that our immune system protects us from.

What are the main external invaders?

They are the obvious ones like viruses, harmful bacteria, fungi and parasites.

And then the less obvious ones, that usually cause problems after they manage to build up in the body above certain levels. These are **toxins** that we usually absorb from food and air like heavy metals, pesticides, food preservatives, antibiotics, many other medications and chemicals, radioactive substances.

The body defences

To get inside the body, the invaders need to get through the first line of body's defence like the skin, mucous membranes, body acids, saliva, tears, sweat and healthy bacteria.

If the invaders like viruses get through these defences, then it is the white cells' turn to spot to invader. Because blood gets to every living cell in the body, the tiny white blood cells flowing in the blood act like body guards, watching out for any invaders in the blood and the whole body.

When the white blood cells find the invaders, they mobilise their forces and act to destroy them. During this fight the white cells produce antibodies specific to the invader and usually increase their own army by multiplying themselves. No wonder the doctor can easily spot that the body is fighting something when the blood tests shows an increased number of white cells and/or antibodies..

Even when the invader is gone, the antibodies stay in the body ready to act quickly if the same invader returns..

The blood also carries toxins to the liver and kidneys where many can be dealt with.

The lymphatic system helps protect the body during filtering out body fluids from the tissues. Another type of white blood cells (lymphocytes) are present in the lymphatic channels and they fight any detected invaders that have contaminated body fluids.

Let's remember the various excretory systems in the body like the urinary and sweat gland systems. They also act to remove the invaders (especially toxins) and other things that the body does not need like residues and extra liquids.

This whole thing is so amazing and clever that our body deserves lots of respect and a pat on the shoulder ☺

Stem cells

By the way, did you know that red and white blood cells are produced from stem cells inside bones, in the bone marrow (soft tissues inside bone cavities)? And these stem cells are quite miraculous because any other type of cell in our body can be repaired or grown from the stem cells (e.g. cells in skin, kidney, liver). Many scientists and doctors are trying hard to create these various cells and even body parts from the stem cells. The very sad thing is that they often use stem cells from human embryos. And they kill these little beings as part of the process ☹.

What do the cells and organs need to properly function?

Except for good body defences that we talked about above, the cells and organs need many other things to properly function. Especially energy, water, oxygen, nutrients like vitamins & minerals and hormones. And it is the blood that supplies them with most of this..

What kind of energy do we need?

There are generally two types of energy that our body needs – the measurable energy (in kilocalories) and the subtle not yet measurable energy.

The measurable energy has many forms like mechanical, thermal and chemical energy. We get receive it usually in the form of thermal energy from food and liquids and our body then converts it in the other types of energy.

The subtle energy is called life force energy or Chi. Chi flows into cells through a subtle energy system briefly described on *pages []*. We get Chi from food and liquids as well as air.

Gaining and burning those calories

It is very interesting how our body gets, burns and stores the thermal energy from food and liquids.

Our body extracts energy out of what we eat and drink during digestion and metabolism. This energy is hiding mainly in carbohydrates, fat and proteins in the form of simple sugar called glucose. This extracted glucose is then carried to the cells and organs in the blood.

Glucose is then converted into energy inside the cells and organs when it interacts with another important thing that the blood carries – oxygen. The oxygen virtually burns glucose, which creates “small heat”. This “heat” then powers our body.. Our body can use this energy not just as physical heat but also to power and operate all its processes e.g. breathing, circulating blood and lymph, functioning of organs, growing and repairing cells etc.

Actually there are other ways to create energy from glucose, such as during body movements when muscles use enzymes to “burn” the glucose. No wonder we feel warmer when we exercise ☺

Extra glucose that isn't needed is first converted to glycogen and stored in the liver and muscles. Further excess glucose is stored in the body as fat...

So how much thermal energy does our body need every day to do everything it needs to? You may know that women use on average about 2,000 kilocalories (kcal) a day and men about 2,500 kcal a day (one kilocalorie is often referred to as one calorie).

So how much is that? A medium-sized apple has about 70 kcal and a Mars bar chocolate has 260 kcal which is nearly four times as much. That is 13% of the energy that women use on average in a day. Quite a lot, hey. No wonder it tends to be easy to put on weight when one regularly indulges in a lot of fast food, chocolates and so on ☺.

OK, but this still does not tell us much, right? How can we imagine how much energy is 260 kcal? Think back about the fact that this energy is like heat. And so we can say that 260kcal is equivalent to an amount of heat that is needed to warm up 1 litre of water by 260 degrees Celsius (about 470 degrees Fahrenheit). That is huge and would not work because the water would evaporate first. So let's say that it is the same as warming up 10 litres of water by 26 degrees Celsius (47 degrees Fahrenheit).

That is a lot of heat isn't it. All that in a small Mars bar? Let's look at it differently. If we could set fire to a Mars bar with a match stick, the flame would be quite big, wouldn't it. And it would not go off straight away.. So there is a lot of heat in the Mars bar after all. No wonder it takes so much effort to "burn off" that Mars bar in the gym after we ate it ☺.

Why do people get ill in general?

Let's go back to understanding what happens when people get ill.

Of course there are lots of different illnesses but in general **one of two things usually happens**. You can probably guess it now:

-An invader like a harmful virus, bacteria, fungi or parasite spreads throughout the body. Or various toxin invaders build up inside the body.

-The cells, tissues, organs and various areas in the body do not get what they need and get out of balance / stop functioning properly.

And how can this happen?

Knowing how our body is protected by the white blood cells in the immune and lymphatic system and how it receives what it needs mainly through blood and life force energy, we can say that one or both of two things need to happen:

-The immune and/or lymphatic system does not manage to stop and remove the invader. This can usually happen in two ways – the immune / lymphatic system is either weaker and struggles to fight the invader off, or it does not reach / find the invader.

-Blood and life force energy circulation reduces in an area of the body. This means that not enough nutrients, glucose energy & life force energy and white blood cells get to that area e.g. organs & tissues.

It also means that the area can become susceptible to building up of toxins and settling by other invaders. This tends to develop gradually and often leads to chronic health problems.

The message coming through physical pain

In very simple words, physical pain is usually a way of the body communicating to us that something is not right. So it is good to keep an eye on any sensation of physical pain or discomfort and then look to understand what is the pain trying to tell us.

For example when I eat something that is old, stale or not good in other ways, I get a sensation of heaviness or mild discomfort in my belly straight away. Yet the food has only just arrived to the stomach which is well above the belly ☺. So this sensation must come from "higher senses", similarly like when Reiki healers feel the energy blocks with their hands when they treat people (e.g. pressure, prickly sensation, mild dull pain)

When does the blood and life force energy circulation reduce in an area of the body?

I don't want to talk about an overall reduction of blood and life force energy circulation in the whole body as other books cover this. Instead I want to explore a less understood area - when does blood and life force energy circulation reduce in a particular area of the body.

In simple terms, when this area becomes vulnerable.. An area in the body can become vulnerable for various reasons but often because of energy blocks, damage by various toxins, previous illness / accident, but also simple things like bad posture, too much sitting.

Lower blood circulation usually follows after lower life force energy circulation in an area of the body. Think of the saying – Where energy flows, life = blood goes..

The energy blocks are often caused at the mental and emotional level, like by stress and stored negative emotions.

Vulnerable area is a good place for invaders to settle in

Because the immune and lymphatic system may not be so active in the vulnerable areas of the body, various invaders can settle here. Also toxins may build up here because they are not being effectively removed.

Many chronic health problems are a result of long-term infectious deposits or building up of various toxins in the body, combined with weaker immune system which can not deal with them.

Where can't white blood cells reach and find the invader at all?

You may think of dead cells that we continually shed and replace but there are other places in our body where white blood cells can't reach and so find the invader.

Blood, lymph and life force energy does not circulate in stored mucous and fat ☺. And it is especially excess mucus that offers ideal hiding place to invaders like viruses and toxins. And here they can stay dormant for quite a while until something triggers them off into action. Bingo!

The immune system does get a chance to fight the virus – when people get ill with it, i.e. when the invader gets active, multiplies and spreads through blood. But this is a bit late though ☹

Going back to mucous: mucous is actually an important part of various body functions but it is when excess mucous builds up, then things can get out of balance. Excess mucous can line the digestive system and so noticeably reduce its effectiveness in absorbing nutrients. Or it can line up the respiratory system which people tend to notice faster e.g. it can lead to frequently blocked nose, sinuses

Excess mucous builds mainly from consuming a lot of mucous building food and liquids like cow's milk, yogurts, other dairy products and wheat food high in gluten like white flour.

A classic example is the herpes simplex virus that causes cold sores. People who suffer regularly from cold sores on the lips have herpes simplex virus hiding in the mucous of organs, glands or bodily functions responsible for digestion and resting. The virus gets triggered off into action usually by stress, cold weather or longer exposure to strong sunlight e.g. on a beach holiday ☹. When these people visit a pharmacy or a doctor they will probably get something to treat the symptom = cold sore or/and reduce the activity of the virus = send it back to its hiding place..

What triggers off invaders into action?

There are various things that can trigger off hiding invaders into action like stress and other ways of weakening the immune system, change of weather, catching a chill through exposure to cold weather or a draft.

Emotional and mental causes of health problems

We already mentioned that negative emotions and states of mind cause energy blocks in the body. This is a less understood area, except for the consequences of stress which is well studied by medicine.

Our attitude to our health is more important than many think

Our attitude towards our health is very important. If we want to be / believe that we are healthy & strong, we (a part of brain called hypothalamus) send these signals to our cells / body. The cells / our body then listen to these messages.

If on the other hand we focus on being ill & weak, like we think about it, fear it, believe it – e.g. believe that being in a stuffy room all day will give us headache, then we also send these messages to our body & cells and they listen to them too ☹.

For example somebody strongly believes that if they eat oily food then they will have stomach ache. Then often they really get stomach ache after they eat oily food even though their digestive system can handle it well..

Remember the rule that we attract an external reality that reflects our internal reality... Actually after 2012 our ability to create external reality with our mind intensifies and so our attitude towards our health will have even bigger impact on our bodies.

Like we said above, it is clear that it is not just our attitude that influence our health / what happens.

How do stored negative emotions affect our health?

We store our emotions in the subtle emotional body as well as in the physical body (*this will be explained later in the emotions chapter on pages []*)

The stored negative emotions tend to create energy blocks, which then reduce the energy flow through that area. It depends on the amount and intensity of the stored negative emotions.

The physical body tends to initially store the suppressed negative emotions in the muscles where they can do less harm. On one hand this protects the organs, which is very thoughtful of the body ☺. On the other hand this usually

leads to some muscle tightness & aches (we may not feel it in the case of deeper muscles), and it affects blood circulation in that area. It may also upset the chemical balance in the area too.

Yet when people experience strong muscle aches and other muscle problems, what do they normally do? They don't look for causes which are hard to find anyway, but tend to get themselves or from the doctor painkillers or anti-inflammatory tablets. Then they expect that all pain goes away quickly. If not, the doctor will increase the dosage..

But if the negative emotions keep on accumulating over time, they may end up affecting organs too ☹. The impact may be so small that people don't notice it for many years.

Louise Hay actually mapped in her book "Heal your body" what kind of emotions and states of mind may cause what type of health problems. In other words she is suggesting that if somebody has too much of stored emotion X or too often gets into a state of mind Y, then he/she is at risk of developing a health problem Z. But it is very important to remember that the described health problems may also be caused by other factors too like previous actions, diet, lifestyle etc.

Let's show the impact of negative emotions on a good example:

Frank carries a lot of fear. These emotions mainly store in his belly (at the level of belly button, not higher where stomach is). If the fear is big or/and experienced for a long time, this tends to create energy blocks in the belly, reduces energy flow and blood circulation through the intestines and leads to some muscles tightening. This then negatively impacts Frank's digestion system. Initially, he may get occasional stomach aches, bloating, he may not digest the nutrients as well as before, digestion may take longer, some food e.g. oily food "may not agree with him".

But over time his symptoms deteriorate. He has more regular stomach aches, more food "does not agree with him" and catches a few stomach bugs.

This is because his intestines and whole digestion system became vulnerable. As a result food toxins build up there together with mucus from eating too much dairy products. Also eating too much of refined white sugar and salt caused Frank's intestine environment to get out of balance / become too acidic. This is an ideal environment for overgrowth of the fungi type of bacteria in the intestines (sometimes called Candida or disbiosis).

This example also explains why some people who eat a lot of sugar, salt, fatty food, dairy products and so on don't have any digestion problems described above, and other people have the digestion problems... The people in the first category have strong digestion system (accompanied by good blood & energy circulation), which can handle the pressure from large quantity of unhealthy food & liquids.

Health problems beyond our control

And then there are poorly understood causes of health problems which are beyond our own control.. Some health problems can't be prevented no matter how strong the immune system is, no matter how good the energy and blood circulation is, no matter how emotionally and mentally balanced a person is, and even no matter what a person did in the past to prevent the health problem.

This seems to happen either when the health problem is a **lesson organised from above**, such as a food allergy developed at a very young age for no reason **or body's own way of getting into balance**.

Health problems as lessons organised from above

We said that some health problems which happen outside our control had been planned by the other side. This is hard to accept for anyone because it does not feel fair and any suffering is not nice. It helps me think that we are all "angels in disguise" and have the inner strength to get through it. The other side loves us and would not send us something that we can't cope with or that would damage us. And the rewards for getting through these health problems are beyond our imagination and will stay with us forever.

Experiencing these health problems gives us an opportunity to develop, learn / realise something, overcome them & become stronger, change. We then decide how we react to it, what we do about it.

Knowing this may help people accept their health problems which happened outside their control and give them more strength to overcome them.

Let's look at an example. What do you think about a sad situation when a small child on a healthy diet suddenly becomes diabetic? It is not something the child could have caused him/her self. So was it a coincidence then?

It can't be a coincidence because things in life don't happen randomly. If they did, then everything would be such a chaos. In this chaos things could not sustain themselves and would fall apart. In this chaos we would have seen over the past million years lots of planets including our Earth randomly floating in the universe and crashing into the huge amounts of flying objects in space.. But they are not, they all move and evolve in a very sophisticated manner, which must have been created by a higher intelligence.

So there must also be a reason for the child developing diabetes. Some doctors would say that it was in his/her genes and these were passed from the parents. Yes, some were but others were not. **So somebody must have “chosen the full set of the genes”.** I think you can guess who – the child’s **Higher self**. But how could that be when many genes were passed from the parents? **By choosing / agreeing with the Higher selves of the parents that they will be their child..**

How do our bodies march towards balance?

As we said earlier, **our body strives for an overall balance and good health which is our natural state**. The working of the universal laws of Balance and Rhythm / Cycle support our body in its effort too.

So if our body / organs get out of balance because of what we did in the past, our negative stored emotions or even our life lessons, the body starts a process to get back to balance.

There are many ways how the body gets back to balance / overcomes an illness on its own. Sometimes it is relatively quick, sometimes it is gradual and may take a long time, like ongoing body cleansing. It may be done in stages as our body usually follows a rhythm / cycle. It is good to step back, and look for these health-related rhythms or/and patterns.

Whether the body recovers on its own, and how long it will take depends on many things like:

- do we continue to increase the dis-balance with our actions and mind. Clearly this is often how things get worse and not better.

- how much out of balance it is. If a lot, it may need outside help to fight the illness and recover. Or in the worse scenario, the illness may no longer be reversed because it progressed too far.

- is it against the plan of the life lesson that we recover? (e.g. life-long illness or life-long impact of an accident).

Some of our unintended actions & decisions bring our health lessons or help our body’s march to balance

Remember how we said earlier that some decisions we make and actions we take were made/taken with our intuition / heart even though we didn’t realise it. And how some things that happen to us have been organised from above.. And this applies to our health too.

Some “silly” decisions we made and we regretted them as soon as we realised that they negatively impacted our health may have not been silly at all. We made them intuitively = higher parts of ourselves made them because the resulting situation was either needed for our body to continue its march towards balance, or it was an opportunity for us to develop.

A good example is when somebody gets a cold because he had forgotten to take an umbrella to work on one chilly winter day and then got really wet because it rained a lot. May be the body needed to remove excess mucous from the body or re-balance itself in another way...

Or when an accident happens to somebody completely outside their control.. The key thing is to realise what is it that this lesson offers them...

This should not be so hard to accept when we know that the higher parts of ourselves also oversee our health and run all our body functions that we do not consciously control (most of what goes on inside our body ☺). Our organs & even all our cells are actually conscious too, they know about each other and work together as one. No wonder the scientists continue to discover that our body and brain is much cleverer than they ever thought before..

So, please stop blaming yourself for all those things you did unintentionally which negatively impacted your health. All those things that you would have never done if you had known what would have happened to you... You did not do it on purpose so it was probably meant to happen!

You may rightly argue that in some cases it would have not happened if you were more aware. Like when somebody never noticed that they ate food that has gone off because they were so absorbed in the book they were reading whilst eating. You are right, it was this person’s lesson to increase their awareness / consciousness and could have been avoided..

But instead of being annoyed with everything that happens in such situations, the best thing is to accept it and then try to see why did it happen, what lesson was in it for me. Once you work it out, learn & develop from it, e.g. by changing yourself to prevent this from happening again.

By generally increasing our consciousness and becoming more aware of the higher parts of ourselves, we start understanding a lot more about our health and about the things that happen which affect our health.

How are our bodies reacting to the clearing of mental and emotional baggage and overall spiritual growth?

As we spiritually grow and clear our emotional & mental baggage, the body changes with us. It is energetically unblocking / increasing energy flows, loosening stiff and aching muscles, improving blood circulation in previously affected areas, speeding up detoxification, cleansing in other ways and becoming healthier. It even increases the light it carries and becomes lighter in weight ☺.

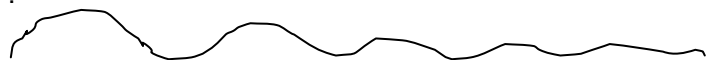
The emotional releases and body cleansing can be accompanied by physical symptoms like colds, sore throats, headache, stiff and aching muscles, chills, which come and go quickly.

Body clearing tends to happen in cycles

[These changes - let's call all them "clearing" for simplicity - also tend to follow cycles / rhythms during which the "disharmony" gradually reduces.

This could be a good way to show it (the smaller the wave, the smaller the disharmony):

:



Or if it takes longer:



Let's look at how a cycle of loosening of tight muscles tends to happen.

Do the tight muscles suddenly become loose? Usually what happens is that in order for the tight muscle to loosen, it tightens more first. And then the muscle loosens beyond the starting point. And at some point later, the muscle may tighten again..

This technique is actually similar to what many physiotherapists do when they loosen patient's muscles during a therapy. This can often happen naturally for example when one gets a cold because during a cold muscles tend to tighten too ☺.

Key ways of improving health

Everybody may have an idea of what is good for them. But summarising the above, a good thing to do in general is to:

-Strengthen the immune system

-Detoxify the body (there are so many available ways that we can follow described in various literature, like suitable diet)

-Increase the flow of life force energy & blood overall and in any known vulnerable body areas.

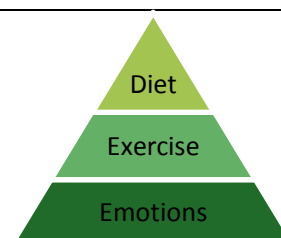
This can be done in many ways like regular exercise, massages like Shiatsu massage, acupuncture, acupressure, or healing techniques focusing on removing energy blocks.

Also by releasing accumulated stored negative emotions and avoiding building them up going forward (this is covered in the emotion section on pages []

-Where this is relevant, reduce excess mucous by reducing the intake of mucous-building food and liquids. And one can have a go at a mucous clearing diet which usually includes higher amounts of raw fruits and vegetables and wholegrain food.

To quickly get an idea how much you are doing to improve / keep good health, I suggest you think of these 3 things: how many or few "negative emotions you carry", how much exercise you do, and how good is your diet. I drew another pyramid to capture this.

A good combination of all three is usually the best. Though, it is good to see how some people manage to keep generally healthy by being really strong in two (or possibly even one) area, yet weak in the third area. E.g. generally healthy footballers get a lot of exercise and are usually on a good diet, yet they may carry plenty negative emotions..



Pict.[] Building blocks of health

Remember that the other side also influences our health. We receive opportunities and help to improve our health from the other side. The more connected we are, the more this happens. It is then up to us if we decide to take the

opportunities or not. e.g. we accidentally come across a great offer for annual membership in our local gym, or we meet somebody at our friend's party and she / he recommends an appealing and cheap therapy which turns out to be very effective for us.

We also have access to spiritual healing. We can improve our health in many spiritual ways, **if this is appropriate in context of our life lessons**. For example, through a genuine prayer or our spiritual development. **Actually, some highly spiritually developed people can access the personal state of their health before their illness has occurred and bring this to their cells & body..**

Or we can get help from a good healer. These healers don't really heal the person. They help the person to balance themselves, for example by acting as a channel of healing energy.

On the other hand, we also said that some health problems are beyond our conscious control, like when they are organised as lessons from above ☺.

Unknown way of slowing down ageing

So far we talked about the more obvious ways of slowing down ageing, such as removing toxins from our bodies and, clearing our emotional and mental baggage - they both accelerate ageing

Here is a secret - there is another way complimenting the above. **The more we are in the present moment, the less we age**. After all, the present moment is a state of no time, so we can't age there too much ☺. When we are in this state, our body clock slows down. Here we can also see how life around us moves forward pretty fast, and so does the body clock of people rushing around all day..



Chapter 7 – The mysterious emotions

Physical feelings, emotions and personal qualities – what is the difference?

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

Physical feelings

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

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

Emotions

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

Emotion/feeling is a moving energy (energy in motion = e-motion). Each type of emotion, such as joy, fear, anger, hate, excitement has different kind of energy, which feels differently.

Feelings/emotions are universal language across dimensions. People who can communicate with nature like animals & trees, e.g. Little Grandmother, communicate with them mainly through feelings and not thoughts

Because emotions are complex - they are linked to the whole person, to our heart, mind and body - psychology still struggles to agree on what an emotion is. They don't understand the whole picture because there is a spiritual as well as energy side to an emotion, rather than just mental and physiological (body) side to the emotion. As a result there are around 90 different definitions in psychology and this is most confusing...

Personal qualities / personality

We experience lot of emotions. Happy ones and unhappy ones, new ones and old ones.. These abundant feelings/emotions build our personality, our personal qualities.

We can say that **personal qualities are in essence regularly experienced feelings/emotions of the same nature**, e.g. being kind, calm, tolerant Or **regularly experience states of mind of the same nature**, e.g. a person who fears or envies a lot (=mental state) tends to be fearful or envious.

Feeling emotions

Why do we feel emotions / have feelings?

Because we are spiritual beings and so a big part of us is our emotions. We were created this way for a reason. Without emotions we would be like robots with no feelings.

Emotions give colour and enrich our experiences every second. How? When we focus on something with our senses, like spot or hear birds flying, waves washing ashore, colourful flowers, horses, gun, somebody saying something nice or not nice, people arguing, people fighting, depending on how we perceive it and interpret it, we usually experience weaker or stronger associated emotion and/or feeling with that. Same with tastes, smells, textures etc.

Emotions also enable us to feel / experience what we create with our mind and our heart. Emotions allow us to feel our visualizations, thoughts, intentions, desires, words. They embody our internal reality and how much our heart is open...

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

Because emotions are energies, when we consciously experience an emotion, we feel its energy first with our heart and then our body reacts to the energy of the emotion = we feel the emotion with our body. And we may express it externally. **Physical expression of emotions is a way of releasing the energy of this emotion..**

Some people would say that they feel the emotion in their mind, but it is the heart that feels not the mind.. The mind plays an important role in initiating the emotion (explained later) and spreading the emotion throughout the body.

For those who are interested, let's look at how this happens in more details. When we feel the emotion with our heart, a part of the brain called hypothalamus produces chemicals called peptides, which carry information about the emotion. These peptides are then sent to our body cells through blood. They pass the message to the cells and the cells kind of start feeling and experiencing the emotion too.

At the same time the energy reflecting that emotion quickly spreads throughout the body. As a result of both (the peptides in the blood and the energy) we feel the emotion in our body and we often express the emotion externally.

E.g. when we are angry or happy, we feel anger or happiness with our heart and then almost instantly we feel it with our body, e.g. muscles tighten or relax, breathing speeds up or slows down, various hormones are released that make us feel stressed or relaxed, heart beat and perspiration changes. We may also express these emotions through raised voice, smiling etc

Similarly when people are really nervous or scared, they feel the emotion in their heart and almost instantly they may feel a stomach ache, increased heart beat, sweating or even shaking and goose pimples. Or people may feel warmth when they are loved. Continuous negative thinking and speaking makes body feel uneasy and can lead to us feeling unwell overall.

We are not always aware of our emotions

An important point is that **people may not always be aware of the emotions they experience in a given moment. Some people are immersed in their emotions just like fish is immersed (and not aware) of the water it swims in..** (see picture below). The water needs to become quite different to what the fish is used to before it notices it ☺.



Pict.[] Swimming in emotions

And we know how hard it is to change something that we are not even aware of..

What else happens when people are immersed in their negative emotions? **These emotions then often seem to just happen to them automatically.**

And there is more. **When people are not conscious of their emotions, they often kind of become their emotions..**

Similarly, **people can also be easily immersed in their habits, beliefs, automatic thoughts and even actions. We are immersed in something at any point in time.** And we develop as a person in general when we step outside of what we are immersed in and observe / recognise it.

Some people are actually semi-aware of their unwanted emotions and habits but they choose to overlook them or deny them.

So how do we become aware of what we are immersed in? Remember the “Who am I observer exercise” on pages []? By stepping back and observing things from bird's eye perspective... By observing our emotions, states of mind and our body. That is something animals can not do..

We described earlier how our body always responds to the emotions we experience, so **good way to recognise all emotions that we are experiencing is to observe our own body's response (body language, how are we feeling inside etc).**

What is behind emotions?

When do we experience emotions?

We experience emotions in a many ways, such as

-**As a reaction to what is happening or has happened** – reaction to the reality which we perceive and interpret in our own way. We experience emotions about what we do, e.g. joy from passing an exam, what other people do and say, e.g. disappointment that they don't speak to us any more, what is/has happened around us, what we see on TV etc.

-**As a reaction to physical sensations**, e.g. being happy when eating tasty food, being fearful when experiencing pain

-**As a reaction to our imagination / visualization of various things** e.g. lying on the beach **or of what could be happening now and in the future** e.g. when a student worries because they are imagining that they will fail an exam

-**Emotions arising when we speak, think about things, judge, recall a view / belief / memory** and so on.

-**We re-experience stored emotions.** We can get into the same situation, think of the same thing etc. that made us feel that way. Or quite often we experience something similar but unrelated and this triggers the same emotion too! This is covered later on pages [*What triggers off stored emotions?*]

-**We feel an ongoing emotion** of say happiness, sadness, being merry, negative etc. **seemingly for no reason.** This does have its causes too like our personality or attitude but we may not be aware of them.

What gives rise to a particular emotion / feeling?

This is a crucial question, why do we feel one emotion and not the other in the first place, say stressed and not relaxed?

You may say because the situation is stressful and not relaxing.. Who decided that? Our mind! **Our mind made a really quick judgment. It compared the situation it perceived against what it knows / believes as stressful. And if it matches it, then it reacts in such a way that carries the emotion / energy of stress. We get into a state of mind that carries that emotion..**

Let's look now at how our mind "decides" if to feel not happy about something or OK with it. Here the mind usually looks if the situation is like we want it / like it / expect it to be. ☺ If it is not that way, then people may experience emotions of not being happy about it, resisting it, being annoyed or angry about it etc. If it is that way, then we react / get into a state of mind that carries the emotion of being content, happy about it or probably more often normal about it without experiencing any emotions.

Let's look at another, a very interesting and deep example of emotions linked to physical sensations and perceptions. George really likes and mainly eats meat and he experiences happy emotions especially when he eats steaks. And if he has a meal without meat, he doesn't enjoy the food and often experiences emotions of not being happy.

One day George "coincidentally" ☺ gets a weekend job in a cattle slaughter house. He sees the killing, fear and suffering of the animals first hand. He is shocked by it all and has a lot of compassion for the poor animals.

Next day he goes to eat out and orders his favorite beef steak again. But somehow eating it does not make him feel happy as before. Actually it does not taste that nice either.. So he looks back at the menu and decides to try something he normally does not have. He orders a salad bowl with dressing and when he tastes it, he is surprised about the fresh and deep tastes. He never noticed them before when he had salad also because he had felt that eating salad is like eating grass..

A month later George sees a programme on TV about Buddhist monks living in the monastery. The spiritual tradition there is to be vegetarians and feed themselves only from what they grow themselves and the food people give them for their free spiritual service or out of compassion (e.g. for their choice of such a hard way of life). Being more compassionate, he can now understand better why they look so happy when they eat a small portion of plain rice for lunch.. And he suddenly feels proud of himself and a sense of love towards himself for trying to be a vegetarian for the last month... If he had watched the programme two months ago though, he would have laughed at the "silly" monks and would have felt very superior to them..

So what happened, what gave rise to these changing emotions? His state of mind.. And as his state of mind changed, his emotions changed with it... Even the physical sensations of taste seemed to have changed with it ☺..

In fact, **every cell in our body responds to every state of mind we get into...**

Another interesting thing with emotions is that we can create most emotions by our mind in a peaceful state too. How? By creating the state of mind that carries that emotion. We can pretend to be angry, sad, excited and at least partially feel the associated emotions.

We ultimately decide what emotions we experience... with our states of mind

This reveals a very important thing. Whilst people usually don't realise this, **we are actually subconsciously choosing which emotions we will experience. But we don't pick and choose the emotions. We choose our states of mind** e.g. accepting, regretting, being disappointed, frustrated, not forgiving, **and they then carry various emotions with them!**

And the states of mind, which are usually our reactions to the outside world (what we perceive with our senses, the situations we get into, the experiences we get etc.), **depend on how we have built our internal reality** (our views, beliefs etc) **and how it then compares to what we perceive.**

The universal **Law of Spirit and Mind** also reminds us that life is about the states of mind by saying: **We as our state of mind exist in the mind of the All.**

As we learn and develop, we "develop" our states of mind and internal reality, which then bring the corresponding emotions. And so an awakened person often gets into different states of mind than a non-awakened person, and experiences different emotions too. Like deeper love, peace, joy and happiness within.

Sadly many people restrict their happy emotions to when some demanding conditions are met...

As we build our internal reality during life (beliefs, intentions, attachments, desires etc.) we also form views about when we should feel good, happy, not happy, angry and other emotions.

And when it comes to feeling good and happy, many rational / logic-based / left-hemisphere dominant people "define" quite a narrow and demanding range of "conditions" when they should feel good and happy. And so they "allow themselves" to be happy only when these conditions are met...

Changing the emotions we feel is harder than it looks

So to feel a different emotion in a particular situation / during a particular experience, **we need to change our state of mind that we get into as a reaction to that situation / experience.** And we change our state of mind by changing our internal reality causing this state of mind. Either we change the way we perceive the situation = our point of view, or we change the belief, intention, desire, attachment, resistance etc. causing that state of mind.

This is not as easy as it sounds and there are a number of ways to do it. I describe all on pages [] so that you can choose which one you like most and will go for.

Our attraction to emotions

In addition to our personal qualities, we naturally like to experience certain emotions more than others. People actually spend big part of their life searching for various mental states that give them the emotions that they like / want. Such as emotions linked to fulfilling their desires and intentions. People take such actions and make such decisions which can bring them these emotions.

The common emotions that people search for are either Heart-based / spiritual emotions, such as being in love, feeling happy, joyful, merry, peaceful, or Ego-based emotions, such as feeling powerful, feeling superior, e.g. when one is more senior at work than others, when one feels better or more intelligent than others or when one controls others, emotions satisfying ego in other ways e.g. when one is wealthy, wins something,

It is great if people look for heart-based emotions rather than ego-based ones. **Heart-based emotions are also the qualities of our Higher self. So by us experiencing these, we get closer to our Higher self!**

Addictions to emotions and physical sensations

Some people want some emotions (usually ego-based emotions) or physical sensations so strongly that they crave for them and become addicted to / obsessed with them. The obvious ones like lust, emotions arising from addiction to money, power, gambling, trading shares, or physical sensations from alcohol, cigarettes, chocolate, coffee. And the not obvious ones like feeling of a victim / people feeling sorry for them, receiving attention.

If that happens, people tend to “lose control” over the emotions / sensations that they are addicted to because these emotions build up strong energy. It is then hard to stop them just by saying “no more”. The emotions may then control people’s actions, decisions, thoughts etc.

We attract events & experiences which bring emotions linked to our internal reality

Not only that we knowingly search for the emotions that we like / want to experience or even are addicted to, we also attract them, usually not knowingly. How? Do you remember the big rule how we attract events and experiences? We attract events and experiences which reflects our internal reality – our dominant beliefs, intentions, desires, thoughts, opinions, habits. Well, and **these events and experiences that we attract bring us emotions/feelings linked to our dominant beliefs, intentions, desires, attachments, resistances etc.**

For example if somebody has a strong belief that they are “a victim”, then they are likely to attract events which will make them feel they are “a victim” e.g. they may be prone to accidents / hurting themselves or they may be meeting people who try to control them etc. And when these events happen the person will have emotions linked to being a victim.

Or if somebody is addicted to emotions linked to gambling, gambling opportunities will kind of jump out at this person more than at other people..

How long does an emotion last?

We tend to experience physical feelings whilst the cause is there. E.g. If somebody accidentally touches a hot object, it feels hot until they remove their hand. Or people feel stop feeling hungry when they eat.

Similarly emotions tend to be felt as long as the cause is there. We talked about what gives rise to an emotion above - the cause which creates the mental state linked with that emotion, e.g. person’s view, belief, intention compared to what the person perceives.

In some cases we experience an emotion for a short time because its cause is there only for a short time. In other words we express the emotion and that is the end of it. The situation that got us to the state of mind which created the emotion does not affect us anymore. Psychologist would also say that we processed the emotion. E.g. somebody may get angry about something small for a little while and then it stops bothering them.

Suppressing emotions and storing them in our body

In other cases people experience an emotion for a long time because the cause is there for a long time, e.g. people can hold onto grief, grudge, not forgiving, disappointment, disapproval etc. We also naturally hold onto positive emotions like feeling happy, merry about something, someone etc.

But we don't feel the emotion all the time whilst the cause for the emotion is still there. When we change our attention to something else, when we forget about the situation or when we change our state of mind in other way, the emotion largely goes away.

But it comes back doesn't it? All that has happened is that we moved the mental state causing the emotion from our conscious mind to subconscious mind. Similarly the emotion got suppressed (pushed down). It did not get suppressed into our mind, but the emotion actually gets stored in the physical body and our aura / subtle emotional body (emotional body is explained in the section on levels of consciousness on pages []). Psychologist would also say that the emotion was not processed, but this term is only suitable for negative emotions.

And then as soon as we get into the same state of mind again – e.g. we think of the situation again or something similar but unrelated triggers it off, we feel that emotion again. This is because the cause of the mental state has not changed..

E.g. if a parent feels unhappy that his daughter plans to marry somebody whom he strongly disapproves, he will feel unhappy or possibly angry about it .whenever he thinks about it, until he changes the cause..Until he stops resisting by changing his belief or fully accepting the situation, or do what is unfortunately more common in many places – stops his daughter marrying that person.

You may wonder why do suppressed emotions get stored in the body? Because emotion is energy and energy does not just disappear. It can change to another type of energy though.. Just like a negative emotion can be changed to a positive emotion..

Most people suppress negative emotions but what matters is how quickly we manage to let go of them = how quickly we manage to change our state of mind creating the negative emotions..

Where are emotions stored in the body?

The emotions are stored in two places: in our subtle emotional body and in our physical body.

Our emotional body is the first place where the emotions are stored. We explained in the section [] on consciousness levels on pages [] that the emotional body goes through the physical body. And so the various parts of the physical body kind of react to and store the “nearby” emotions from the emotional body.

And so our physical body including individual cells can store love, happiness & peace as well as hate, unhappiness and stress...

Earlier we already talked about the unfavorable impact of negative emotions on health on pages []

How can we recall stored emotions?

If the emotion remains stored in the body e.g. we have not forgiven somebody, then we can recall it in a few ways. We can mentally recall the event e.g. when somebody let us down or the mental state that brought the emotion e.g. non-forgiveness.

We can also intentionally put ourselves in situations that we know will make us feel that way again e.g. you may have noticed how small children want to do something that they enjoy (like watching their favorite cartoon) again and again, Even though they know what is coming, which tends to put adults off, they look forward to experiencing the same emotion again.

Or the stored emotion can be unintentionally triggered off by various things (see below)

We may also experience sudden negative emotion or waves of emotions for no reason, for example as we spiritually grow ☺.

What triggers off stored emotions?

Suppressed emotions can be triggered off by similar and usually unrelated perceptions, experiences, thoughts etc. These then get us into the same state of mind which initially “created” the stored emotion. People generally do not realise this and so it often troubles them / they don't know what to do about it. It is amazing how many people regularly experience various emotions from their childhood when they grow up because similar but unrelated things keep triggering them off.

In both cases, the stronger is the suppressed emotion = the stronger is the suppressed state of mind, the more easily can the emotion / state of mind be triggered off.

E.g. When Jane was a teenager and playing outside with her friends, her mum often told her to be home by 7pm. This really made her feel angry and embarrassed in front of her friends. When she got married and had kids, she struggled

to build a good relationship with her mother in law. When looking for the reasons, she realized that one was surprisingly to do with her mother in law cooking for them whenever they visit her. She would tell them what time food will be served so that they can plan their day. Instead of appreciating this as being practical, it would make Jane feel angry and embarrassed..

As soon as she realized where is this coming from / how silly it is, she changed her perception about the situation and never had the same feelings during the future visits.

But because her stored emotions of anger & embarrassment (and the linked suppressed state of mind) arising from her mum's control were very strong, Jane experienced various other different situations in her life that made her feel the same way.. This is because she has not changed / harmonized the mental state which caused the emotion.. She has not released the stored emotions..

How to identify our stored negative / undesirable emotions

Self-assessment test: Negative Emotions & Qualities

There are two types of stored negative / undesirable emotions to concentrate on:

- Emotions that we experience regularly. These may have formed our personality / personal qualities, e.g. regularly getting frustrated.
- Isolated strong emotions that we felt in the past during one or a few events / situations

A good way to identify both is to use the Negative Emotions & Qualities Template below

- *Go through the list of negative emotions and qualities, look back in time and, being honest with yourself, think which of them you:*
 - *strongly experienced in isolation during particular event(s) / situation(s)*
 - *experience regularly.*
- *Circle both of those emotions / qualities that you pick up.*
- *Then add the main situations & events when you experienced these identified emotions / displayed these qualities next to them.*
- *Then do it the other way to make sure you pick up as much as possible. **Think of other specific situations & events in the past when you felt unhappy & undesirable emotions.** Especially those big & important situations and those which repeated themselves. What were the emotions you were experiencing? Circle any new negative / undesirable emotions and add the main situations & events when you experienced them.*

To add things you may not be aware of, you can **Ask close people** who know you well to tell you how they see you. You can ask them to complete the Negative Emotions & Qualities template below or the Emotions & Qualities test on pages [].

Negative Emotions & Qualities Template

	<u>Negative emotions / personal qualities</u>	<u>Linked situations & events when felt that emotion / displayed that quality</u>
	Selfish / self-centred / egoistic / inconsiderate / mean, wanting things own way, fussy, Or even ignorant, arrogant, harsh, "cold hearted",	
	Feeling powerful / desire to be powerful, feeling superior, desire to control others, to put people down with words (incl. through humour) and actions	
	Greedy, stingy	
	Envious, jealous	
	Hateful, being nasty, cruel, wanting to hurt somebody / destroy something, "having no feelings"	
	Unhappy, sad, serious, miserable, grumpy,	

	melancholic, depressed,	
	Not relaxed, stressed, tense, agitated,	
	Anger-based emotions like feeling angry, annoyed or even aggressive, violent, fierce, furious	
	Not tolerant, strict, harsh, impatient, disrespectful, prejudist, racist,	
	Fear-based emotions like fearful, worrying, feeling anxiety, nervous, shy, embarrassed, mentally weak, indecisive,	
	Being negative, pessimistic, complaining,	
	Lazy, lethargic, slow, inactive / lifeless, bored, dull	
	Closed, withdrawn, not communicative, not friendly, shy,	
	Putting self down, not believing in self, self-blame, disliking self, hating self	
	Non-truthful, two-faced	
	Resisting, frustrated, complaining,	
	Non-forgiving, bearing a grudge,	
	Not trusting, doubtful, having no faith and belief in God	
	Feeling empty, lonely	
	Ungrateful, not appreciating, taking things for granted, spoilt	
	Feeling constrained, feeling like being controlled, feeling like a victim,	
	Careless	
	Rough, clumsy	

Before moving onto how to release the negative / undesirable emotions and experience happy ones instead, let's reveal more secrets about emotions.

Positive and negative emotions / qualities are two sides of one coin

If you think of a positive emotion, you can usually think of a kind of opposite negative emotion. E.g. feeling merry or sad, grateful or ungrateful. Similarly, if you now think of a negative personal quality you can usually think of a kind of opposite positive quality. E.g. a person is stingy or generous, impatient and patient.

So positive and negative emotions / qualities almost go in pairs of opposites / are two sides of one coin. Does that ring a bell? The universal **law of Duality**, saying that all things in Creation are dual. Saying that everything within Creation has its pair of opposites, a pair of contrasting aspects, which are held together by the forces of polarity..

We can experience both opposite emotions like love and hate, being generous or stingy but not at the same time.

Emotions are expressions of certain amount of unconditional love or lack of it

Even though this may not often be obvious, **emotions/feelings that we experience/qualities that we have are actually expression of certain amount of unconditional love or the lack of it.** Love towards others, self, life, things and so on. **They can be put on a scale of how much unconditional love they carry. And the scale goes into minus too ☺.**

And this is the main difference between the positive and negative emotions / qualities we paired together as two sides of one coin above. **The positive emotions carry fair amount of unconditional love. Negative emotions, as we often call them, lack unconditional love.**

So in the moments that people experience negative emotions such as. anger and hate, they choose to close their heart and emit little or no unconditional love.

How open is your heart?

Self-Assessment test: Measure of own unconditional love

I suggest that you now build a broad picture of “how much” of your own unconditional love you experience and spread.

How? By building a fuller picture of your “positive and opposite negative” emotions and personal qualities, and then arriving at a total “love score”. The bigger the love score, the more of your own unconditional love you should experience and spread..

To be able to do this, I broadly organised the common emotions / qualities into two categories – what people would generally call the positive ones and negative ones. The positive ones carry fair amount of unconditional love and the negative ones have little love... Then I put them into very broad pairs of kind of opposites. But [categorisation into boxes is a human concept which helps to understand relationships and differences between things rather than gives exact answers](#). So this test is approximate and indicative.

Also, please bear in mind that the way I categorised the emotions / qualities into pairs is not meant to be a guidance of the opposite qualities. There are as many ways to cut and slice this cake..

Here is how to do the test:

- Look at the emotions / personal qualities in each category and think which ones you (you may have done the negative ones earlier on page []).
- Then for each category, positive and negative, give yourself a score of 0-10 depending on how often and strongly you “are” those qualities and experience those emotions. 0 is not at all and 10 is strongly and really often. One score for the whole category. Bear in mind that scoring is always very subjective and points to a trend rather than gives answers.
- Then to see where you generally are on the “love scale” ☺, you can deduct the total negative emotions score from the total positive emotions score and then calculate it as a percentage out of a total score of 200.

If you want to find out how **close people** to you perceive you in this way, you can **ask them to score you in the same way** too.

Strong unconditional Love*

Absence of Love*



	<u>Positive emotions / personal qualities</u>	<u>Your Score (0-10)</u>	<u>Negative emotions / personal qualities</u>	<u>Your Score (0-10)</u>
1.	Loving,		Hateful, being nasty, cruel, wanting to hurt somebody / destroy something, “having no feelings”	
2a	Considerate, kind, nice, caring, thoughtful, Compassionate, understanding, having sympathy, focusing on others e.g. their well being & happiness, charitable, merciful,		Selfish / self-centred / egoistic / inconsiderate / mean, wanting things own way, fussy, Or even ignorant, arrogant, harsh, “cold hearted”,	
2b	Generous / giving,		Greedy, stingy, envious, jealous	
2c	Humble, modest		Feeling powerful / desire to be powerful, feeling superior, desire to control others, to put people down with words (incl. through humour) and actions	
3.	Happy, joyful, merry, cheerful,		Unhappy, sad, serious, miserable, grumpy, melancholic, depressed,	
4a	Calm / relaxed, peaceful,		Not relaxed, stressed, tense, agitated, Anger-based emotions like feeling angry,	

			annoyed or even aggressive, violent, fierce, furious	
4b	Tolerant, patient, accepting, respectful, laid back, lenient		Not tolerant, strict, harsh, impatient, disrespectful, prejudist, racist,	
5.	Fearless, healthily confident, courageous, mentally strong, decisive,		Fear-based emotions like fearful, worrying, feeling anxiety, nervous, shy, embarrassed, mentally weak, indecisive,	
6.	Being positive, optimistic		Being negative, pessimistic, complaining,	
7.	Energetic, bubbly, excited, passionate, active, alert, fast, very present		Lazy, lethargic, slow, inactive / lifeless, bored, dull	
8.	Communicative, approachable, easy going, friendly, open		Closed, withdrawn, not communicative, not friendly, shy,	
9.	Belief in self, feeling self-love and self-worth		Putting self down, not believing in self, self-blame, disliking self, hating self	
10.	Truthful		Non-truthful, two-faced	
11.	Accepting, letting go		Resisting, frustrated, complaining,	
12.	Forgiving		Non-forgiving, bearing a grudge,	
13.	Trusting, having faith and belief in God		Not trusting, doubtful, having no faith and belief in God	
14.	Fulfilled		Feeling empty, lonely	
15.	Grateful (thanking is an expression of gratitude), appreciative		Ungrateful, not appreciating, taking things for granted, spoilt	
16.	Feeling free		Feeling constrained, feeling like being controlled, feeling like a victim,	
17.	Conscientious, diligent Gentle, graceful,		Careless Rough, clumsy	

	Total Positive Emotions Score		Total Negative Emotions Score	
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Total Positive Score less total Negative score	
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Measure of heart openness / unconditional love	<i>Total Positive Score less total Negative score as a percentage of 200</i>	
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* We can also try to broadly categorise the above emotions / qualities according to the type of unconditional love they carry (or not carry). Love towards others, self, life, things and so on. But these categories are very fluid and changing like colours of rainbow. In a rainbow, there are no divides between one colour and other colour. The colours effortlessly merge into another / emerge out of another. And that is how most things are even though it may not look that way.

Why is releasing stored negative emotions worth it?

Clearly the thing to do is to release the stored unhappy / ego-based / negative emotions (*we will call them “negative emotions” going forward*), and experience mainly happy / heart-based / positive emotions going forward (*we will call them “positive emotions”*).

Some people, especially those who enjoy experiencing what we refer to as negative emotions, may still be asking why is this such a good thing. What is in it for me?

So far we said that this brings feelings of deeper happiness, joy, love & peace, it improves health, **it brings** us closer to our Higher self, it raises our consciousness and energy vibration. The negative emotions and qualities are of lower vibrations and so they act like heavy sand bags which hold us down.

And there is more. As we release negative emotions, we slowly start to change our physical appearance too. The eyes tend to look more present and happy, many people start looking younger in their face.. Similarly, people who keep accumulating negative emotions may reveal it in their physical appearance too. E.g. in their face features or their posture. For example the eyes of a person suffering from depression may look more distant than normal.

How do we release old and neutralize new negative emotions?

Being able to do this is really empowering, it is the key to happiness for many. Yet we get very little guidance on how to do this in schools, at work, even in reference books..

Let's look at the various ways how people can achieve this, including two spiritual ways that I use which I will reveal at the end. I suggest that you see which ways feel most suitable and you try them first.

1. Observing and accepting

Whenever we experience new or stored negative emotions, we can noticeably reduce these emotions even though we have not changed their cause..

As we said earlier, if the emotion remains stored in the body e.g. we have not forgiven somebody, then we can recall it in a few ways. We can mentally recall the event e.g. when this person let us down or the mental state that brought the emotion e.g. disapproval / non-acceptance of what they did.

Or we can also intentionally put ourselves in situations that we know will make us feel that way again e.g. if a driver experiences anger whenever somebody overtakes him, he can drive slower and wait until people overtake him ☺. This is more powerful than mentally recalling the event. This is the real thing and one can release the stored emotion much more effectively...

We can also experience stored emotions unintentionally when it is triggered off by perceptions, experiences, thoughts and states of mind similar to those that originally brought about the emotion. Or we may experience sudden negative emotion or waves of emotions for no reason, for example as we spiritually grow.

If you have done the exercise to identify your main negative emotions using the Negative Emotions & Qualities Template on pages [] you now have a good list of emotions and events that you can recall ☺

There are 2 important steps to follow for both stored and new negative emotions:

-You need to observe the emotion as you feel it and not "become the emotion" or resist the emotion. Allow the feelings to come out and be curious / interested in what you feel. The moment you step back and observe the emotion from higher perspective, you raise yourself above the emotion and partially separate yourself from it. As a result the emotion becomes noticeably less intense. Similarly, the more curious / interested you can be about what you are observing, the more you can separate yourself from that emotion.

-And then accept that emotion, accept that it is part of you and be happy that it is being released. This will further reduce the intensity of the emotion and increase the speed of releasing it. You need to accept yourself as you are with your perceived weaknesses first and then you can do the transformation with more strength and ease.

Whilst this method releases the stored emotions, because we have not harmonised the cause of the emotion, we may experience the emotion going forward again when we get to the same state of mind.

When a bigger emotional burden is being released, people may feel that the experienced emotion is getting more and more intensive. The natural thing to do would be to stop / resist the emotion but actually if we manage to accept it and observe it while we feel it, the emotion will reach a peak more quickly.

After the emotion reaches the peak, the emotion will "fall off the cliff" = almost disappear and we will feel a great sense of relief like we released some kind of burden that we carried. In that moment "something in our mind re-organises" and we suddenly feel different, like we just made a big jump in our development. We may have a deeper sense of calmness, our tolerance level jumps up, compared to just before we started feeling that emotion.

2. Changing the individual mental states causing these emotions

There are generally two ways how people can change the way they feel / the mental state causing the negative / undesirable emotion. People tend to follow the first one but it usually does not work ☹

Trying to move into different state of mind and so stop the emotion

When situations arise that make people feel the undesirable / negative emotions, they try to stop the emotions in various ways. They may tell themselves not to feel like that in that moment, e.g. "don't be angry, don't be stressed,

don't fear or worry. Relax, instead". Or they may try to think of something that makes them feel different and happier in that moment, e.g. laying on the beach or of their children and other important things in their life.

Here people don't fully understand why they are feeling that way in that moment but they have a desire not to feel that way. We said earlier that the intent is very powerful and the stronger their intent, the greater chance that they eventually succeed. But the problem is that people are dealing here with the symptoms and not the cause.. And emotions tend to be more deep rooted, just like the roots of trees in the forest, and tend to surprise us again later. So people tend to struggle to stop feeling unwanted emotions this way.

In other words, here people try to change their state of mind just like when they change a TV channel if they don't like what they are watching (except that changing a TV channel is usually much easier than changing a state of mind). But the chances are that sooner or later they see what they don't like watching on another channel.. They get into the same state of mind again and the emotion is back.. For how long? Until they change their internal reality causing this particular state of mind..

Changing the internal reality (belief, view etc.) causing the particular state of mind and the emotion

This finally does both half of the job in that it deals with the cause ☺

Changing the individual mental states by changing their causes does work well and it is very good to do for our main stored and ongoing negative / undesirable emotions, but there is but too.. Because we look at and deal with individual emotions & mental states each time, it can take quite some time to transform the whole person..

Also, changing some negative emotions like fear, worrying and anger this way is often not as easy. This is because they are usually deep rooted and changing the internal reality may not be enough. For example a person who experiences a lot of fear may create the right beliefs and views about fear, but he/she still may continue to experience some remaining fear. Yet he/she knows that they do not need to fear in that situation..

In these cases following one of the ways of heart to change the emotions described below should be the answer here ☺

This is a good way to do it:

- Understand the situation / experience during which you felt the negative / undesirable emotion. Understand why you experienced the emotion in this situation. What have you perceived that made you feel that way, what belief, desire, thought, non-acceptance, attachment, etc. linked to that situation / experience was behind you feeling that emotion?
- Once you work it out, then think and decide if you can change that belief / thought / attachment, if you see the situation differently - change your point of view, if you can accept it / reduce your resistance to it etc. so that you don't experience the unhappy emotion any more. or/and

If yes, then great. But sometimes you may not want to change that belief or point of view which is behind your state of mind / emotion. Or you may not want to accept the situation etc. May be you will strongly believe in your view / belief and it does not seem fair to change it.

In that case, try to look at the situation, belief / view / resistance / attachment from a higher stand point, with higher awareness. This should help you to see it differently, realize new things etc.. And, as we said earlier, seeing things from higher perspective reduces the emotion itself as well as the linked resistance and attachments.

Here are a few examples:

-A 4 year old Josh is not keen eating his lunch and his mum gets angry when she spends long time preparing it. She believes that he is very fussy and she does not want to change that belief. By looking at the situation from higher perspective and for example thinking why Josh may be fussy today, she may realise that he may not be hungry, something may trouble him / he may have something important on his mind, or "his body rather than his mind" does not like certain food which is in the dish she made.

-Jane is an independent single young women and it really frustrates her when her mum asks her if she has a boyfriend yet. She can't accept it and views her mum as very nosy. By looking at it from a higher perspective and asking herself why is her mum like that, Jane may realise new things. E.g. her mum is not nosy but worries about her a bit because she does not want her to experience what she did. Her mum was the only child, was generally shy and felt lonely for many years before she met her dad. So this helps Jane partially accept her mum asking and feel a bit of compassion towards her. Next time her mum asks again, Jane explains to her that she is happy like this, she has many close friends, she never feels lonely etc. Her mum finds it very comforting and suddenly does not feel like worrying any more..

-Frank knows he gets very stingy / mean with money. Because this quality lost him quite a few friends he decides to find out why he is like that and then become less stingy. He steps back, gets honest with himself and realises that he is stingy mainly because he wants to buy lots of things for himself, he feels that he needs to save money for rainy days too, and he does not enjoy giving his money away to other people.

Then he decides that he wants to be more generous because he already has a lot compared to many people, he doesn't really need to buy all these things and can be happy without some of them. He thinks how poor people will be very grateful to him if he gives them little money here and there and knowing that he helped them should make him feel good inside and proud of himself.

He wishes to change his stinginess really deeply and says the new beliefs aloud every morning for a week. During this period he has been gradually feeling a sense of relief like he was releasing some kind of burden that he carried.

- The next thing would be to change it. And then make the change real to ourselves and to the outside world through your subsequent decisions & choices, actions and reactions, and words. They kind of materialise / confirm the new you in the physical world

Going back to the example of Frank and his stinginess, next time Frank goes for a walk with his small niece he intentionally asks her if she would like a really nice but expensive ice cream. He is relieved that when asking he no longer feels the "stingy" emotions he used to. And when he then sees his niece's excited and grateful face he feels happy emotions knowing that he is giving her something that means the world to her in that moment.

Changing the belief / view or accepting the situation may still take some effort. It may need your strong intention to change it and possibly even regular repetition of the new belief etc. (aloud is more effective)

Here is a tip: Always imagine the new belief / view etc. in a positive way and exclude the word NOT. This is important because the brain struggles with the word Not. E.g. imagine & say "I am a generous person" instead of "I'm not a stingy person" (here the mind imagines what is it like to be stingy and almost ignores the not...)

If you've done it well, then you should no longer be getting into same mental states / experience the same emotions during the same situations going forward.

After we successfully change that bit of internal reality, we may experience either sudden or more often a gradual release of the stored emotion caused by the previous mental state(s). No 1. above describes how this happens and how to be during this.

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

Please bear in mind that later on I cover 2 spiritual ways to release negative emotions.

Self-analysis: Identifying & changing internal reality behind the negative / undesirable emotions

I designed this table that you can use. It follows the above steps.

Undesirable / negative Emotions / Personal qualities	Linked situations & events when felt that emotion / displayed that quality	View, belief, thought, intention, desire, attachment, resistance, habits or value behind the emotion	New changed view, belief, intention, attachment, resistance etc. Other solutions
Put here the negative qualities identified in the Negative emotions & qualities assessment e.g. Shy	e.g. when in bigger groups of friends & teams at work, when speaking in front of people when talking with girls	e.g. people may not listen to me, may not like what I have to say & suggest. girls, may not be interested in talking to me, may laugh at me low confidence in self	I mean well, I have good ideas, people like talking to me because I'm genuine and kind It is fun to talk to girls increase belief and confidence in self reduce fear with the Rainbow bath ritual increase self-love with the Rainbow bath ritual

3. Redefining the whole internal reality

Like we said the above techniques focus on individual emotions & situations and linked states of mind and so it takes time for a person to transform themselves so that they experience mainly happy and positive emotions.

So a more effective and far reaching way is to redefine our whole internal reality. We talked a lot about this earlier in the book. Rather than dealing with individual emotions waiting for the various situations and emotions to arrive, we step back and start changing our views, beliefs, thoughts, intentions, desires, habits, resistances & attachments so that we feel more happy and positive emotions going forward. This way we experience and store in our bodies less unhappy and negative emotions too...

During this process we are also likely to experience multiple spontaneous releases of emotions (gradual as well as sudden) as described under No 3. above.

The above three ways are ways of the mind. There are also ways of the heart to transform our negative emotions and personal qualities.. I will cover these towards the end.

4. Spontaneous release of negative emotions through their physical expression

This usually happens when we become overwhelmed with some emotions that we accumulated inside. When we find it difficult to hold them inside and we spontaneously express them. e.g. people can suddenly burst into crying because of accumulated sadness, or when their "patience runs out".

5. Mechanical and alternative therapy ways of releasing stored negative emotions

Did you know that a [regular exercise](#) or a [massage](#) can release some stored emotions in the targeted area? Shiatsu massage specifically focuses on dissolving energy blocks in the muscles, many of which are caused by stored emotions.

Because regular exercise also improves health & fitness and can lead to the body releasing hormones that make people experience happy physical sensations, this must be a great way. But do remember that this only half of the job – like when a doctor prescribes pills to relieve the symptoms. This does not change the mental states which are causing the negative emotions in the first place and these emotions are likely to build up again until we change the mental states causing them.

Here are some alternative therapy techniques to release emotions. They are more powerful and far reaching than massage and exercising but it is half the job - they do not stop us from experiencing more negative emotions later..

- [Reiki and other energy healing](#)
- [Energy balancing techniques](#)
- [Holotropic breathing](#)
- []

6. Our body's own attempt to clear negative emotions

Whether we do something to clear the stored negative emotions or not, the body tries to tackle the main stored emotions as part of its ongoing effort to achieve balance and heal the body. It also alerts us through pain that there is a problem in that area so that we can help deal with it too.

This is described in more details in section How do our bodies march towards balance on page []

Ways of heart to release negative emotions and experience mainly positive emotions going forward

I want to reveal two spiritual ways. They also help a lot with spiritual awakening ☺

Generally opening and living more through our heart

You may have expected this to be the first spiritual way.

Whilst redefining our internal reality is very good, our mind still judges and compares what it perceives to the new internal reality. And so we still experience happy and positive emotions if some conditions are met, even though with a new, more accepting, positive etc. internal reality, the conditions will be met lot more often..

On the other hand, [when we live more through our heart / open our heart more](#), we feel and emit more love and we should experience happy & positive emotions* without conditions. This is because [we do not judge and compare too much to see if the conditions are met. We take things as they are, accept them with compassion and love and tend to feel a deeper sense of peace and happiness and have deeper understanding.](#)

Actually in the moments that we feel things with our heart, our internal reality with its beliefs, views etc. kind of does not come into play that much. It takes a back seat. Check it for yourself.. **In these moments we operate in the heart consciousness** (heart consciousness is described under the Levels of consciousness on pages [])

When our awareness resides in our hearts we start transforming our negative emotions and begin to heal ourselves. During this process we are also likely to experience multiple spontaneous releases of emotions (gradual as well as sudden) as described under No 3. above.

*Of course we can't have positive emotions about unhappy things, like when a friend's house gets flooded. But we can feel compassion and love towards the friend instead, take action to help her/him and then feel happy emotions whilst helping, knowing how much difference it is making to the friend.

Moving from negative emotion / quality to positive one through the heart

To start with, it really helps if we start looking at our negative emotions / qualities from higher more heart-based perspective. **See them as our child who needs care and love to overcome its difficulty.. And we are the loving parent who will give them the love that they need.**

In addition to generally opening and living more through our heart, we can step back and in simple words **"through our heart" transform our stored negative emotions and unwanted personal qualities to the opposite positive emotions and qualities that we want to have.** To the person that we want to be.. This sounds magic and too easy right? Well, it is magic but it still needs some effort. But this is why we are here..

As we learned above, positive and negative emotions are two sides of one coin - they are expression of certain amount of unconditional love. Whilst emotion is an energy which can't disappear, it can be changed from one type of energy to the other type of energy.

So, **we can move from a negative emotion / quality to its opposite positive emotion / quality by increasing the amount of unconditional love within that emotion / quality..** This is actually the natural way of development. This is what we are meant to realise on our life journey and do it... And as we said earlier, don't forget that the more positive / spiritual emotions and qualities we have, the more love we carry and so the closer we are to our Higher selves.

How do we do that? Here is the secret: **You surround the negative emotion / quality with own love energy of the heart.** I do this in a small ritual which works wonders and call it the "Love bath ritual".

In order for the transformation to work well, you need to do the following before you surround the emotion / quality with love:

- **Mentally recall the emotion itself or recall the event or the mental state** e.g. frustration, non-forgiveness that brought the emotion
- **Detach yourself from the emotion by curiously observing it when you are feeling / experiencing it.** This is not easy and takes some practice.
The moment you manage to observe the emotion rather than be the emotion, the emotion immediately becomes less intense.
The more curious / interested you can be about what you are observing, the more you can separate yourself from that emotion and so the less intense the emotion will become
- **Accept the emotion / quality as part of you. We need to accept us as we are with our perceived weaknesses first and then we can do the transformation with more strength, ease and love.**

Love bath ritual exercise

It is important and more effective to start with a quick breathing relaxation and then move into or near the alpha brainwaves where we have improved visualisation, creativity and more power to transform the emotions / personal qualities. And only then do the Love bath ritual. After that we need to move from the alpha brainwaves back into the beta brainwaves. This sequence follows below:

Quick breathing relaxation to connect with your body

Sit down in a comfortable position, close your eyes and relax by breathing through your nose deep in and out for about 3 minutes. In the first minute or so fully concentrate on your breathing, feel the air travelling through the nose, your lungs expanding. Then move your attention throughout your body and relax your muscles in each part. Starting with shoulders, arms, hands, body, legs, feet and then face.

Moving into (or near) alpha brainwaves – the **Rainbow walk**

With your eyes closed imagine individual colours of the rainbow in the following sequence. It is best if you can see the colours across your whole internal screen as if you walk through the colour and feel the colour. If you struggle with that imagine an object of this colour and make it as big as possible.

White

Yellow

Green

Turquoise / Light blue with bit of green

Blue

Purple

Pink

Red

Orange

Yellow

White

Love bath ritual

Now it's time to do the magic ☺. The beginning is similar to the other techniques described above, i.e. experiencing, observing and accepting the emotion.

You may want to transform a recently experienced negative emotion or you can pick a negative emotion / personal quality from the list that you compiled when you completed the Negative Emotions & Qualities Template on pages []

➤ Recall and experience that selected stored emotion / quality

Now make yourself experience that emotion / quality and feel it through. You can recall the emotion directly or recall the event / situation e.g. the situation that made you angry, fearful, worrying or the mental state e.g. non-forgiveness that brought the emotion. You may have thought about the linked events & mental states when you filled the Negative Emotions & Qualities Template.

➤ Observe and accept the emotion / quality

Then observe the emotion as you feel it and do not "become the emotion" or resist the emotion. Allow the feelings to come out and be curious / interested in what you feel. The moment you step back and observe the emotion from higher perspective, you raise yourself above the emotion and it becomes less intense.

And then accept that emotion, accept that it is part of you and be happy that it is being released. By seeing the emotion / quality as a child who needs care and love to overcome it, we are also accepting that emotion / quality.

➤ Then imagine how you physically take this emotion / quality and move it into your heart.

➤ Feel compassion towards emotion / quality

Then make yourself feel compassion towards this emotion / quality. Just like you would towards a sad or crying orphan child who has nobody to love her/him, and who kindly asks you to hug her/him.

➤ Bath emotion / quality in own love

Now imagine how you are giving and surrounding this emotion / quality with lots of love. Your love and care. As you would to that child. You can give that emotion / quality a long loving hug.

And that's it ☺. You transformed that emotion / quality according to how much love you gave it.

During this process we are also likely to experience spontaneous releases of emotions (sudden as well as gradual).

With stronger negative emotions & personal qualities which are deeper rooted you may need to do this quite a few times. But each time you do it, that negative quality or emotion will lose its strength and the opposite positive quality will gain its strength..

Moving from alpha back to beta brainwaves – Rainbow walk backwards

Imagine the colours in this order and in the same vivid way: white, yellow, orange, red, pink, purple, blue, turquoise, green, yellow and white.

Then open your eyes and enjoy the transformation!

Prayer

A genuine prayer in which we ask to no longer feel certain negative emotions and feel their positive opposites instead is another way of heart.

Can we strengthen our positive emotions and qualities “through our heart”?

I think you know the answer. Of course we can - **by increasing the amount of unconditional love within that quality..**
You can generally open your heart more and/or you can do a Love bath ritual to these positive emotions and qualities that you want to strengthen.. This too is what we are meant to realise on our life journey and do it..

Awakening of the emotional body

You may have come across this term. This actually means releasing the negative emotions and qualities and growing the spiritual / positive qualities within us. This way we “awaken” the spiritual qualities characterising our true inner self as well as our Higher self and so increase the love within us and the connection with our Higher self.. But you know all this by now..



Chapter 8 – Earth and Universe

The main characteristic of Universe / Creation

The Duality of Creation

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

It is true that **the whole Universe / Creation is characterised by duality**. But Oneness and multidimensional universe are timeless and limitless. And so the Universe did not start at certain point in our linear time. It has always been there and always will be there. And it is constantly changing and evolving.

At the highest level, the duality of the universe means that everything is made up of two parts:

- **Matter / mass** – the physical side (visible and invisible)
- **Spirit** – life, being - the spiritual side *[largely covered in the Next chapter on pages []]*

At the level of Matter, the duality means **that everything within the Universe / Creation has its pair of opposites, a pair of contrasting aspects**, which are held together by the forces of polarity. Just as the saying goes - **“every coin has two sides”**. Ancient Chinese observed this duality well and called the opposite forces / qualities / aspects of matter **“Yin and Yang energies”**.

We can see the opposites everywhere in our world. Day can't be without night, light can't be without darkness (=absence of light), matter can't be without emptiness, sound can't be without silence.

Similarly the opposites exist in the world of emotions. And so **there can't just be love, happiness & peace. There must also somewhere be hate (complete absence of love), unhappiness & no peace.**

More often things have different amount of both opposites. Using the Chinese terminology, one thing can have more Yin and less Yang and the other thing can have less Yin and more Yang. E.g. each part of the day has different amount of light and darkness, each person has different amount of masculine and feminine features etc.

The Universe / Creation is also a **multi-dimensional space**. We live in the 3-D universe but it has many more dimensions and realities... **All dimensions and realities are linked with each other.**

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

The main purpose of Creation and Earth

Training ground for the development of consciousness

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

It is the **duality that offers us opportunities for development**. The bigger the duality / opposites, the bigger are the opportunities for the evolution at an accelerated speed of people present there. But also the more possibilities exist for people to suffer there ☹.

All places on Earth and in the whole Universe are kind of unique. They all have own level of energy vibration. The energy there determines the “energetic density” of the place. “Dark places” are energetically dense places, “light places” are the opposite. Can you feel the nice energy of these two places below?



Pict. [] Macu Picchu in Peru



Pict. [] Just like the Teletubbies land

Not only physical places in the Universe have their own level of energy. Remember that the Universe is multi-dimensional and has many levels of existence (*explained in the "Levels of consciousness" section on pages []*). So all non-physical places have their own energy too. Just think about all those fantasy animations you have seen.. There were probably some beautiful as well as dark places..

So what determines the level of energy vibration of a place on Earth? It is the level of consciousness of people, animals, other beings, physical things and non-physical things like even thoughts and emotions in that place that impact the level of energy vibration there. And we are talking about a cumulative level of consciousness including the past.

So a place where a war battle took place will carry very low consciousness until it is raised.. On the other hand, we feel at least subconsciously so much better somewhere in beautiful scenery like on a romantic beach or in a place devoted to weddings.

We can conclude that **the lower the consciousness of a "place" on Earth (and in the whole Universe), the denser that "place" / the lower the vibration of energy there.**

And **the denser the "place", the greater the perceived duality / opposites there. The greater "the struggle of light and darkness" there. There is actually an ongoing struggle of light and darkness in the whole Creation...**

It works like this the other way round too, i.e. **the higher the consciousness of a place, the higher the energy vibration there, and the lower the perceived duality / opposites there.**

Experiencing opposites

One part of our life journey is to learn about various opposite sides of life and their different aspects & intensities. I mean this very broadly, e.g. learning about different emotions, states of mind, places of high and low consciousness and so on. We learn mainly through own direct experience but learning indirectly through reading about things, seeing them on TV etc. is also an important way.

What is good about this then? **When we learn about these different opposites and appreciate their differences,** e.g. we appreciate love more when we know hate, **then we are in much better position to choose and decide what we want to experience and who we want to be.**

The struggle of light and darkness on Earth

Many physical and virtual places on Earth have pretty low consciousness / are quite dark places (an example of a virtual place is the internet or the newspapers). There is a lot of suffering on Earth and the ongoing struggle of light and darkness is big here ☹.

But often the existence of light and darkness in our world is not so visible, like it is in the fairy tales or on the picture below. It is more hidden but it is there.. One just needs to look more closely and between the lines.



Before we do that, let's stay with what is darkness, what is low consciousness and who creates it? **Darkness / low consciousness is absence of light, absence of love..**

And so mainly people with cold hearts create the darkness. Lot of darkness is actually initiated by a minority of people. They then spread it through the society in many clever ways..

Many other people who have not awakened yet get easily influenced by the darkness and then they either participate in spreading it or are passive onlookers ☹. As passive onlookers they know about some things but usually feel they can't do much about them. But unless they act in their own individual ways to reduce the darkness, they are indirectly allowing the darkness to thrive...

As we implied earlier, **seeing darkness and suffering is an opportunity for each of us to bring light and love into it** (this does not mean fight it with a sword ☺). This way we not only reduce it but also **increase our own light.** For example, people born into poverty and various forms of suffering are waiting for us to help them. Their suffering is an opportunity for us to help them and so develop ourselves. Such a shame that so few people do it

Pict. [] Light and Darkness

I will be shining a torch on some of this darkness in the section below. Darkness which brings suffering to many people and that breaks my heart ☹. The divine knowledge of why suffering exists does not make me feel better at all. I have strong compassion for all people who have to go through any suffering and I am sad that I can't do enough to stop it right now. But I really hope that this book will help many people overcome their suffering, and continually experience the loving heart consciousness. And that it will encourage many to help others achieve the same ☺.

A person defending today's world would say that there was a lot more darkness in the past. One can't disagree when we think for example about the medieval days. Then there was a lot less love around, less awakened people walked the Earth and humans often behaved and were treated like animals. Actually we don't have to go as far as medieval days.. The horrors of the 2nd world war are still remembered by our older generation..

But over the last 50 years or so, people have started to awaken & open their hearts in greater numbers, and they have made a huge difference in the world. They made it a happier place. But there is still a lot left to do.

We also said that everything is a question of a point of view. The external reality / the outside world that we see does not look the same to the person next to us. What we may perceive as a lot of darkness, somebody else may perceive as very little darkness. This is because, like we said above, our mind interprets the reality in our own way.

It is time for more life awakening and shining some light into the darkness. Let's examine the dominant system that is the cornerstone of the modern world – the corporate capitalism. Let's open a tightly closed tin and look inside. I'm afraid it's full of worms..

Corporate Capitalism

They say capitalism gives people freedom, creates free market and so on. Yes, in comparison to say communism or other dictatorship regimes it gives people a lot more freedom (communism in many countries led to dictatorship, starvation, repression, torture, labour camps and executions). But over the centuries capitalism has developed into strong corporate capitalism. The system effectively gives power to a small minority of people and takes away freedom from the majority of us who go along with it. But it is just not so visible because the way of life in corporate capitalism has been accepted as the normal way.

In summary, **corporate capitalism is about feeding egos and mind dominance. It is not about living through the heart. Corporate capitalism is far too often about greed, power, gaining control over people, "injecting" fear and a sense of inferiority into people, and protecting selected companies so that they can dominate and make money at expense of others.**

In summary, the pure idea of capitalism which is really good - that each person can improve their condition through engaging with other people to give and receive services & products using a common currency - is not really the cornerstone of the system any more.

Fortunately there are many people who do not experience these things in their work place and outside work. This is often because of the choices they made, their efforts (e.g. to be empowered at work, to create nice working environment) and by "being lucky". But it still exists and there are many people who suffer because of it.

Corporate capitalism has also achieved many good things:

- More people have climbed out of poverty in the past 50 years than did so in the 500 years before that.
- People live much longer (life expectancies across the world have almost doubled in the last 100 years)
- More people can read and write and have higher education than ever before
- Huge advances in technology have made life more comfortable, information easy to get and cheap, travel more affordable, and many more.

Protectionism

Corporate capitalism is a system where selected companies – the big ones, state companies, companies with special interests such as with connections to the politicians are often:

- protected in all sorts of form (by regulations and laws, subsidies, trade barriers like tariffs and quotas, politicians, corruption, through their own financial muscles and dirty tricks like creating barriers to stop new companies enter the market place and so on),
- allowed to squash the weaker competition and so rule the market place.

It reminds me of the natural world of cruel predators with no enemies.

This also creates [perfect environment for corruption](#). And we know that corruption is rife and almost normal in many many places. And not just the obvious places. Have a look at various statistics on corruption and you may be amazed how wide-spread corruption is worldwide. And corruption spreads easily – many people justify being corrupt to themselves and to others because they see other people being corrupt.

Corruption has gone so far in some places / countries that it is hard to survive there for ordinary people. I know people who wanted to save their parent from dying and the doctors in the state hospital kept asking for more and more money every time they did a small step in the parent's treatment. So these people had simple choice – carry on paying from their life-long savings or let their parent die.

The examples of the protectionism can be seen everywhere among companies.

-Both corporate and economic systems dominant in Western Europe - Rhine capitalism and Anglo-Saxon capitalism create ideal environment for this to thrive.

The Rhine capitalism model, dominant in continental Europe, is characterised by close relationships between financial institutions and companies (through cross-holdings of shares and so on) and with government.

The Anglo-Saxon model (mainly the English speaking countries) is meant to be more liberal and free-market oriented, but the protectionism is rife there too. The Anglo-Saxon model encourages more company aggressiveness in order to continue increasing their profits for shareholders. This makes protectionism a good tool to achieve it.

-Or take the Common Agricultural Policy (CAP). This system virtually gives money called subsidies to selected big and smaller farmers no matter what they make and sell. This allows them to kill competition who can't grow food cheaper without subsidies. On top of that CAP usually guarantees minimum prices for the products of the farmers in this club and it protects the farmers by limiting imports of food (through tariffs and quotas) from outside the EU.

-Or the whole transition of Eastern Europe to capitalism

If you ask people of Eastern Europe today how has life improved since they entered the European Union and its so called free market, many will be surprisingly pessimistic. They will tell you that it is not a free market at all. Because the European laws favour the West European multinationals (e.g. the Common Agricultural Policy) Because the European laws favour the West European multinationals (e.g. the Common Agricultural Policy) and because money is king, the rich West European multinationals now dominate Eastern Europe (supermarkets, utility companies, pharmaceuticals etc).

These companies often sell products that they no longer sell well in their home markets because of newer models or higher quality standards there. Many of these companies use local people mainly for lower paid jobs like assembly of products, and they use local suppliers only if they accept very aggressive and unfair terms. But because there are very few alternatives, local people have learned to accept things..

Control and Fear

These dominant companies then control huge amount of the available jobs, and so people's lives.

[The other control mechanism created by the system is that almost everything costs money](#). The most basic things that we need to survive sometimes cost as much money as we can earn. Just think of water, keeping warm, food, a place to live, electricity, health care, transport. To be able to comfortably finance raising a child on top of that can be a luxury for many people.

[As a result many people in the world spend their lives in a “survival mode”](#), working very hard so that they families have enough to eat & drink, somewhere to live, basic health care and education.. This is sad but in the life of duality there is also the other happier side of the coin. Because of this tough life many people develop warm hearts, they appreciate things in life and they find peace inside when their and their families' basic needs are met. But still they usually do not have time and resources to empower themselves ☹

And then there are all those other things on top of the “survival things” that we want to have, and together they tend to cost a lot of money too. [And we seem to be encouraged by the system to grow desire for physical things and then satisfy this desire by living very consumerist lifestyles \(buy and use up ever increasing number of products & services\)](#).

Additionally, many people make life harder for themselves by believing that they should have things because others have them or because they will make them happy. But soon after we buy them, many things somehow become ordinary.. Yet the peer pressure among teenagers and sometimes even children to wear label/designer clothing and to have fashionable toys & gadgets is often so strong that those teenagers and children who don't have these things are made to feel uncomfortable or even inferior by their richer peers.

And the quiet manipulation by the system goes further than that ☹:

Often we are made to believe that the “best thing in life” is to be rich, powerful and good looking. And as people become richer and more powerful, the system then encourages them to feel superior above other people, mainly interact with people of similar status and isolate themselves from others. You can easily find an example of this in many bigger companies where management and other senior people often look down, don't speak with and isolate themselves from employees who are below them in the organisational structure..

We are also encouraged to be a “throw-away society” and look down at things that are older. Why? Many benefit from this, usually not us though. Our dependency on money significantly increases this way to satisfy our desire to buy new things. As we keep on buying new things, we help increase the profits of the big companies making these.. Economists call this healthy and growing economy.. Many changes in fashion and product design are exactly engineered for this reason - so that we drop the things we have and buy new ones. I have seen many people throwing away beautiful flat screen silver TVs and buying ugly black ones because silver is out of fashion and nobody sells silver TVs any more...

As a result of the things described above, money conveniently controls most peoples' lives.

And here are other sad consequences of the fact that everything costs money which many people do not realise..

The system discourages and makes it hard for people to:

- Devote their time to spiritual growth and so empower themselves and free themselves from false desires and attachments
- Do things for free, for nothing in return. And this is what we do when we give and spread love, like when we look after others in need, work as volunteers in charities etc.

There must be the opposite, happier side in this too.. When we focus on spiritual growth, do things for free etc. in this “unfriendly” environment, it has much bigger impact than if we did it whilst constantly encouraged or even forced by the system to do it.

Because of the above, many people get into debt early on in life – a mortgage, credit card debts and possibly even other loans to pay for things like university fees and a car. They have given some of their power away to the banks.. If they ever stop paying the interest or repaying the loan, the banks will show them pretty quick who is the boss and can get quite ruthless (e.g. take away their home) if people don't obey..

Whether we have debts or not we are forced to earn money and lots of it. And so most people spend the majority of their adult lives earning this money by having a job. In a job which they may not enjoy but which pays well enough..

The need to have a job is a great way to control people and bring fears in their lives

It is not easy at all to get a good job that we enjoy and that earns enough money especially when we start working. Here we usually need to have good education and qualities that the employer is looking for. But good education like having a degree costs a lot of money and not everyone can afford it. Sometimes the educational system may even discriminate against those who come from certain social or ethnic background..

We usually overcome this and get a job. The moment we become employed, we become controlled by people above us in this organisation! Every employed person has a boss.. These people tell us what we need to do, how we need to do it and when we need to do it, sometimes even in the evenings & weekends ☹. And if we do not obey their orders, or they don't like how we perform or behave, they can do lots of things – they can sack us, reduce our salary, move us into dull jobs, stop our career progression in the organisation, pass bad references to our potential new employer and so on.

Even if people perform and behave well there is always the risk that they could be made redundant as part of “efficiency and effectiveness improvements” to increase companies' profits, which is quite common. Or their job can be replaced by machines and computers as technology develops.. The protection of employees in some poor countries is minimal.

And there is another trick used in the companies to control people and to stress them out: linking the salary to performance targets. To have a good salary people usually need to achieve quite demanding targets. This may turn them into mini-robots who do not have time for “feelings”. In addition, sales and profit targets encourage people to be greedy and act selfishly.

And what about people who try hard but still come below the targets? It is not only their salary that drops.. Being at the bottom of the performance list can have a big negative impact on people's self-esteem. The humiliation, embarrassment and pressure to improve can be really stressful and harmful.

So, many people work like crazy so that they “satisfy their bosses”, meet their performance targets and earn the money they need. They do not have time to enjoy their job and whilst they do not like the control, they unhappily carry on because they feel that they don't have a choice. Naturally they fear what would happen if they stood up for

themselves or even said “No more!”. They fear that it may not work, that it may go against them, they may end up under more pressure or even get fired. Yet standing up for ourselves is our basic human right..

Actually people who are spiritually awakened find it easier to stand up for themselves and are more often successful. Among many things, they carry many secret weapons like:

- They tend to be more present in interactions with people having healthy confidence and care for themselves and others. This way they shine more light which makes people around them respect them more, often at subconscious level / without realising (their higher selves are celebrating that this person has awakened..)

- They know how to create their reality and they do it. It tends to work if they are or just create the impression (reality for people who accept this impression ☺) that they are reasonably valuable to the organisation because they have the right work experience and/or skills needed and it is not so easy to replace them

- they get some help from their higher selves / the other side,

Also people tend to like to have awakened people as their bosses, because these people empower others more, care more for their well being, work satisfaction, and development.

If we don't like our job for whatever reasons, the other option we have is to look for another job and hopefully eventually find that dream job – what we really like, is fulfilling and based on our interests earns enough money etc. Great, but a small minority gets there because of the obstacles we mentioned above like the need to have the right work experience and skills. And how can we have work experience in a new field that we have not worked in before.. But for the same reasons as above, [spiritually awakened people are more likely to find their dream job..](#)

Our 3rd option is to become self-employed / start our own business. This is appealing because it usually empowers us, allows us to express ourselves better and use our talents more. We can even merge our business activities with our hobbies.

But the nature of the system which is based on fear and control makes this hard for us. We need to make profit and to start a business we may need a loan from the bank.. The profit will be our salary to live off and it will have to pay the loan interest and repayments, our mortgage & pension.. On top of that just the thought of what the bank would do if people could not repay the loan brings enough fear that many people quickly abandon the idea.

So we will need to produce something or provide a service that is better and/or cheaper than other things already out there, and people/companies will want to buy it from us rather than from our direct and indirect competitors. And the market place can be a fierce place. It has companies that have been established for many years, have big muscles, size and purchasing power and make good money out of their customers. And you will now want to take those customers away from them... They often protect their territory like beasts and when we enter, they can use many tools to knock the new entrants on their knees before they make any profit... Think about the small grocery shop owners who almost live behind the counter of their shops and yet they make such small profits because they can't compete on price, quality & choice with the national and international shark retailers who attract most customers..

But despite this many people succeed. These people usually have big determination to make money, are relentless fighters, have entrepreneurial spirit and so on. Basically not the sort of people who have warm hearts, are gentle and caring for others. These people tend to find being self-employed / running own business more difficult than being employed. But as we said above and will explore lot more later, these and other [awakened people have other powers that they can use to be successful in this area..](#)

Some people can't cope with the tough demands of earning money and choose to be unemployed. But the system makes this route usually a dead end from which it is hard to escape. First, these people need to qualify for a dole from the government - often they need to meet various conditions specific to each country e.g. have almost no savings in the UK. If they get a dole, this is usually temporary and not enough to survive. So it is back to looking for a job, with added burden of being unemployed for some time. Long periods out of work may restrict their choice and even force them to accept jobs where they will be under tight control or treated as underclass. Some then end up with noticeable inferiority complex. Where is the justice in that?

It can get worse. If they don't find anything they may slide into poverty, or even become homeless and be forced to beg on the street. With it comes cruel rejection by the society who labels them as outcasts. And when they lose an address of residence, it is very hard to get back into the system which often no longer registers them..

The system really lets these people down.. Some may turn to crime, gangs, drug dealing from desperation to beat this. This cleverly brings more fear to ordinary people...

Fear is a clever way to control

So in summary many people understandably have fear for many reasons. **Those who have fear, obey. Those who obey, can easily be controlled. Those who accept being controlled do not claim their true power..** This makes it easier to maintain order which allows the system to keep going.. One shephard dog can easily control and keep order among a herd of many fearful and obeying sheep..

It is fair to say that each central system needs an order to function though. But not in every central system the order needs to be enforced like in corporate capitalism, which intentionally or not lifts and gives advantage to the minority of people. On the other hand a system that puts the well being of all citizens first and empowers all people, does not need to enforce order. The Scandinavian system is closer to that than many other systems. The global surveys of people's quality of life tend to show that people living in the Scandinavian countries are the happiest..

And there are other things not linked to the system that can inject more fear or/and control into people's lives:

- Being spoon fed with lot of **Negativity**

Let's look at the media. They tend to feed us with negative things all the time. Do we really want to read every day in the newspapers or watch in the news that this person was killed, that person committed a horrific crime and so on. But there are lots of nice people doing lovely things and lots of happy events happening every day too, you know. But journalists usually don't see them as interesting stories, so they don't put them in.

We are also bombarded by violence and reminded of racial hatred and cultural differences in many other places. So many adult films tend to have some elements of violence and so do most computer/video games that our kids are often so absorbed into that the virtual world feels real to them. Often the scarier the horror film or the more blood is spilt in a computer/video game the better they are considered to be.

Or take the internet, there are lots of freely available sites with pictures & videos of evil acts which the authorities for some reason do not close down even though it should be easy to do. Or why is it fashionable to wear cloths with human skulls & bones and other scary images?

This all impacts us in many ways. It subconsciously creates fear in us. This makes us more obedient and sheepish as opposed to empowered! Secondly, It makes us feel that these things are happening all the time so it's almost normal. It even makes some people attracted to the dark side...

Imagine how much happier, less fearful, and empowered would people feel if the media, adult films, video games etc. were mainly "feeding us" with positive, happy, caring, loving and empowering messages, scenes, ideas and so on. Thank God at least the majority of the children programmes on TV are trying to do that... and we can always watch them with our kids ☺.

- **Religion** – Believing in God is wonderful. It gives people faith, connection with and more help from the other side, people develop warm hearts and other spiritual qualities, spiritual development without believing in the divine is pretty hard and so on. But have you noticed how **the majority of religions do not empower people**. They make them feel small and guilty because humans sin, they prefer people to be sheepish and obeying. Some religions/faiths make people fear God or punish people, especially if they don't do what their religion/faith tells them to do.. Yet deep inside we are divine beings and so we all kind of have a small part of God within us, even though it may be completely buried by our ego..
- **Unemployment** – Unemployment is inevitable and it makes some people value their jobs. But the general difficulty to get a job in the days when unemployment is not low makes most people work "forever" even when they have enough money to live or they don't like their jobs. To take a 3 months break from work here and there to relax, spend time on their hobbies and with their families is seen as impossible to most people.

Does the controlling environment and abundance of fear offer something positive?

It must do, such extremes of duality must have positive opposites. We talked about some already - it offers big opportunities for our evolvment at an accelerated speed, even though it may seem harsh.

Those who successfully overcome the various ways of control and fear being planted by the system, make a big jump in their development, in empowering themselves, in finding strength and inner peace. They then get in a stronger position to help others achieve the same and to be a creator of a fairer and happier world without fear and control of others. The new age leader, the pillar of strength and lighthouse to whom others will come for help, guidance, inspiration or simply to be in his/her presence (and so be uplifted & increase their vibrations / light) ☺.

Similarly, those people who manage to resist or overcome a sense of inferiority, greed and power addiction (we will be talking about these below) make a big jump in their development, in finding inner harmony, in opening their heart and in freeing themselves from various heavy attachments and control by money.. And again they then get in a position to inspire and help others achieve the same.

Or the positive sides to being in a job. The obvious benefits of having a job is being with people, opportunity to make friends, be part of something, learn new things, develop as a person etc. Even though it would be nicer if we can choose the people who we work with and work for..

Then there are spiritual benefits too. Many jobs are about serving others. And **intentionally serving others with open heart / without expecting things back is an important way of growing spiritually and opening self up to receiving a lot from the other side.. (often we get even more than we give ☺)**. It is a shame many people serve others in a job mainly because they get paid for it ☹

Additionally, **as we are all connected at the deepest level, by helping others we also help ourselves..**

As more and more people open their hearts, more people will find fulfilment and experience happiness in serving others. And more of this negativity will be transmuted within the human consciousness. And people will slowly start noticing the nice change “in the air” ☺

Injecting Inferiority

As we said above, as soon as people get a job they have a boss whose responsibility is to “control them” mainly by telling them what to do and by making sure that they deliver what the boss and the “company” expect. So the boss tends to have a sense of superiority over its subordinates and the subordinates often have a sense of inferiority. And the inferiority can grow especially if they do not do well at work. Some people even develop lasting mental problems including feeling worthless and depressed because of this.

Even people who try hard to do well at work may experience not being supported by their boss for various reasons (e.g. their boss may still expect more or actually feel threatened by their abilities). This can then lead to a self-esteem problem called “**the not good enough mother**” in the counselling profession.

This refers to a situation where a new mum tries hard to look after her baby but lots of people are telling her that she is not doing it right / should be doing it differently. This can lead to this mum feeling that she is a bad mum, losing her self-esteem and even a tendency to reject the baby. There are lots of people who came to hate going to work for this exact reason.

Let’s look at the wonderful things that the opposite situation can bring. Many children who seem to be “always happy”, overcome challenges with more ease than other children and generally thrive are growing up in a supportive environment – e.g. with parents who really care for them, understand them and love them.

Greed and Power addiction

We already touched on that **the system encourages people to be greedy, powerful and not think of others. To earn lots of money and accumulate things for themselves.**

And as people earn more and more money, they are encouraged to feel that they still don’t have enough. They are really encouraged not to be happy..

Because of the way the system works, many medium to large private organisations, for which the majority of people work, are selfish machines and their main purpose is to make more and more money every year.. This is often achieved by squashing competitor machines, ripping customers off, keep changing models and making people believe that the previous models are no longer good, making secret agreements with competitors to jointly increase or hold prices (cartels) and many more tricks. And many tricks go hand in hand. For example, the better they are at squashing competitors, the more they can rip customers off and make bigger profits. Yet it is really lots of competition that makes capitalism beneficial for people as it gives them more choice and so more freedom..

People running these companies then easily develop hunger for money and power. And this hunger for ever-increasing salary and more senior and powerful position then spreads among the employees like a plague. It is hard to resist it and stay pure..

Let’s look at some other examples of greed and power addiction,. You may know this already, in which case just skip it.

Ruthless commodity traders

Take the traders that buy and sell commodities, like rice, wheat & potatoes on the stock exchange to make profit. It is like a casino where winning is often pretty easy because the prices of commodities often go in one direction for quite some time. So when prices are going up for example because there are food shortages, they buy huge amounts of this type of food (for delivery soon or much later). Sometimes they can even influence the price to go up even more by buying more of this food which is going up in price and is perhaps in short supply. They never intend to collect the food and consume it. They simply sell all before it is due for delivery. And they pray that more bad weather destroys more crop of a commodity that they had bought (because the price will go up and they will make even more money).

What kind of a people would most enjoy during their lunch break at work to study the satellite pictures of the weather forecast to predict the next disaster, so that they can make lots of money out of it. And they must know that as they

make money from these kind of price increases, many people who depend on the food in question will be in despair because they can't afford to buy enough food any more to feed their families.

Where is the justice in the world?

Cold-hearted Investment banks

A lot has been said about the greed within these, often mega rich and mega powerful companies and about how they control politics and their customers.

Insurance companies

On one hand it is useful to be able to buy insurance for things like our car or not being able to pay a mortgage because of losing a job. But these companies also bet on people's lives. With some products, the sooner people die, the more money they make. What a dark motivation.

There are lot of selfish, dull and strange people inside financial companies who have cold hearts like ice and could not think of anybody else but themselves. They sometime don't even know the name of the person who sits two desk away from them... But it is not just financial companies.

Oil and energy companies

A lot has been said about these sharks of the industrial world. One can find many similarities with the investment banks...

Pharmaceutical companies

You may have formed your own views...

Casinos, betting and other gambling companies

How can people work for these companies when they know that their companies often make the life of many people hell – they fleece many many people of their savings, break their marriages, create gambling addicts who often end up thrown out on the streets, and even encourage crime, We know how these companies.

Companies making weapons

Weapons harm, instil fear and kill. Yet making them is a huge and profitable business. Billions and billions of government budgets are spent on so called defence. Huge quantities of weapons are sold to dictatorship regimes around the world, with the backing of government officials. They all tend to claim that this prevents "terrorists" from reaching power in these countries. Well, what I can see is that the local commandos, police & army find it much easier to guard the dictatorship regimes, and in many cases they kill or imprison those people who stand against them, using the weapons from the West. Similarly, lots of weapons are made to be ultimately used in organised crime..

How can people work for these companies when they know all this?

Where is the world heading?

What is the alternative system?

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

How about a system which is based on fairness and integrity.

A system in which different companies thrive and prosper than today. Those companies that produce products and provide services for the highest good. Companies that do not exploit people but instead actively empower them. Companies that do not exploit animals and natural resources but instead actively promote them.

A system in which individuals can express themselves better, can use their talents and interests more easily. Each person can contribute for the highest good in a way that fulfils them, makes them deeply happy. Each person can contribute by doing what their heart and not mind desires. People who want to express themselves creatively, serve others, connect with nature, attune to spiritual dimensions can do so as part of their work.

A system where there is emphasis on co-operation between companies, rather than constant hunt to increase own profits.

Because this is so different to the world we are used to, it seems very far away. But as more and more people open their hearts & spiritually develop, as higher spiritual energies continue to arrive to Earth, this vision will be transforming into reality faster. In fact, there is a big potential that humanity will get there by 2031. Many clairvoyants have seen this in their visions and communications with divine beings too.

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

How are people changing the world for better?

It can be seen world-wide how people have been awakening and realising the power they have to create a better world, especially in groups:

Some people work for or devote their spare time to charities or other non-profit making organisations. Some demand honesty and fairness in their work place.

Some are making or demanding changes to what is not right & fair outside work. They organise petitions or even go into the streets.

Look at all the brave demonstrators who started the Occupy The Wall Street movement in September 2011. The movement spread around the world with tens of thousands of people standing up against the social and economic injustice that corporate capitalism creates. And they had the support of millions of people whose numbers grow day by day. And the fact that it is “only a silent support” makes little difference because intent and belief can sometimes be stronger than words and actions. No wonder the politicians are positively responding..

As a result this movement achieved a big change towards greater fairness and transparency in the financial world, often unimaginable only decades ago.

Or the broader Facebook generation of young people. *Many do not have fear. Many do not succumb to be controlled by a strict, non-tolerant authority. They want to be free and have a dialogue with the authority. They do what they enjoy rather than being “stuck in any job”. Many are not pretending to fit with others. Many are open about who they really are inside even though they often do it in the privacy of their rooms in front of their screens.. Many are happier with less and do not want money to control them. And they are changing the world..*

And what about the extraordinary courage and desire for freedom and a better life of people in Libya and other countries during the ongoing African and Middle East uprising. Incredible. And they are not alone during their struggle for a better life. Their effort and suffering makes many people around the world feel strong compassion for these people. This compassion acts like an invisible help that is more powerful than we think.

So following their heart, overcoming their fears and “combining forces” with other people who feel the same, these people are realising their power. Add to this the invisible help from others watching with compassion and these people can and will move mountains. Eventually they will all free themselves from dictators who made their life a misery. They will build a lovely new home no matter how hard it will be. It may just take time and help may come last minute but they will get there! I know it. A day, still unimaginable at the moment, will come when one of the most beautiful sacred buildings will be jointly built by two sides who fought each other for centuries, on a sacred place in Israel.

Let's stop feeding the system

The other thing we can do is to stop feeding the system. We talked above about how the order keeps the system going. But all people play an important part in this too. After all we are the customers and we decide what products we buy and so who deserves our hard earned money.. We are also the ones who choose who we will work for.

The people who have not awakened yet tend to allow others to control them and tend to help some selfish companies winning, knowingly or not... And so they feed the current system. For example:

-People who keep buying more and more things that they don't really need (may be because they are bored with ordinary things or with what they have already). Or people who buy things that will not really make them happy.

-People who buy products without thinking about things like is the product good for my well being? Does this product reflect the real me or just the “pretending me”? Am I buying it to fit with / because of pressure from others who are buying it too. Or to be better than others? Do I feel good about & believe in the company which made the product

-People who let their bosses / employers control them and rule their lives, people who accept working long hours or having no proper time out of work and so neglect themselves and their families..

-People who are happy to work for “cold-hearted” companies. And there are lots of them. For example those that create or profit from suffering of other people like weapon manufacturers or companies seriously ripping off people who rely on their products and services and so on.

Actually, people are encouraged to these behaviours everywhere we look from a young age and it becomes normal and we don't even think about it. Advertisements, celebrities they see on TV, people around them in work, school, friends, neighbours and even politicians.

Our presence in places and our intent without any action also changes the world

There are many of us who want to personally help change the world for better but do not know where to start.

By our own spiritual awakening and empowerment, by acting in partnership with our Higher self in creating our reality, we positively impact everything around us just by being there.. We increase the light in that place, we raise consciousness of people around us just by being next to them...

And when we get together with other spiritually growing people of similar intentions, such as during various spiritual & religious events, group meditations & prayers etc., our positive impact is multiplied. 2 people together create the power of say 4 individually, 3 people together create the power of say 9 individually and so on.

The power can be so big that it can uplift the whole city or country. Take the annual festival of light in India where hundreds of millions of people intensely pray. During the festival scientists usually record extra solar activity by the sun. And this extra light is actually linked to the festival... Similarly human consciousness also affects the Earth. Scientists proved this for example when they registered that the electromagnetic field of Earth spiked immediately after the terrible Twin Towers event of 9/11.

How is Earth changing?

Thank God that we are not alone in changing the world for better. Let's look at some other important changes happening on Earth. These things can be better seen when one steps back and looks at things from much higher perspective. I also give my view on how to make most of some of these.

Spiritual energies on Earth are increasing and human consciousness is raising

As we said, higher spiritual energies have been gradually arriving to Earth as far back as 1987. A huge amount of spiritual energy from the Center washed over the Earth on 21.12.2012. This was a tipping point, marking the beginning of a new era for Earth. People and life on Earth are moving to the next stage of evolution - to "heart consciousness" and to a more compassionate Earth.

. It is helping people with their spiritual development, with transmuting their accumulated negative energies.

The energy shift will continue until around 2031, by which time this new era for humanity and the Earth will be in full bloom. Linked with this is **the opening of the Earth energy portals from 2012 to spread spiritual energy / light from the stars and other energy sources within the universe via the ley lines (there are 33 main portals; ley lines are energy channels connecting Earth to these energy sources)**. People will be absorbing different amounts of these energies / light into their auras according to their level of spiritual development and location.

And these energy changes are having big positive impact on us in many other ways:

- The overall human consciousness is raising. **It is easier to spiritually grow and awaken, discover our real conscious self & true nature, and connect to our soul and Higher self. Achieving enlightenment and ascending is not as hard as it used to be.** People who intentionally move forward in their development may find the journey more enjoyable and fulfilling.

On the other hand, **people's dis-harmonies are causing more pain and suffering. It is one way to push people to deal with their disharmonies and so spiritually grow.**

-It is easier to communicate with and receive help from the higher parts of our selves like our soul and Higher self as well as from God, our spiritual guides and the divine beings like angels. The power of meditation and prayer is greater.

-The power of love is more visible, and spreading love is kind of more satisfying and fulfilling. Simple things often carry more beauty and harmony. When one is balanced / centred and in harmony with the environment, one can experience deep peace and happiness more easily

And did you know that **the higher spiritual energy on Earth and raising human consciousness are having a big positive impact on the nature too?** On animal kingdom, trees, water and all other life form. **It helps them evolve!** How come? Because all levels of consciousness are connected (see pages []) It is visible today how many animals have become wiser and more developed. And there is more to come. **The time will come when lion will lie down with the lamb after all ☺.**

The time is speeding up

Or more accurately we perceive time going faster. You probably noticed that around you. For example the days seem to go faster than they used to. By the time we know it is lunch time, then kids finish school and soon it is late afternoon and time to go home from work for many.

This perception of time going faster intensifies when we focus our mind on something and forget about the time. When we are more in the present moment. For example when doing something that we enjoy like hobbies, talking to people about interesting things, watching / reading something exciting, playing as a child.

This has a big impact on people's lives:

People can't manage to do all the things that they used to. How many people around you complain about their hectic lives, are stressed at work because there seems to be less time to get things done and don't have time to be with their families, to keep in touch with their friends or to relax. Some are too busy to even eat and sleep. And so many people made choices to drop or delay "happy things" that can wait and they keep doing "unhappy things" because these need to be done first.

Other things around us may seem to happen faster too, especially when we slow our minds down to relax. For example it's easier to be late for appointments, shopping, transport, miss the program we wanted to watch, burn the food we're cooking ☺ and so on. The bills we have to pay also seem to arrive faster and money generally "does not last long" unless well controlled. So as things pile up / get out of control people may feel like they can't cope with it all, helpless, stressed.

People experience more emotions, feelings, thoughts, events in what seems a shorter time. Their life lessons seem to be speeding up. Both can lead to emotional and mental overload, stress and even going "a bit crazy" and even depressed.

So in summary life can be like a rollercoaster, quickly up and quickly down, struggle to get up again, but before we know it its heading down..

How to overcome the speeding up of time?

One way that people deal with time speeding up is that they try to adjust by speeding up physically & mentally. And perhaps they get more organised. Then they may just manage it all, but the chances are that they will still be tired many evenings. Also, we may not feel a satisfaction from a hectic lifestyle and may feel like robots operating on the maximum speed.

But this can't be the only solution. The other one is to reduce the amount of things we have to do and/or start doing things more effectively. And so simplify our life so that we have time for things that truly matter, and find joy and peace in what we do.

Best starting point is to be honest with ourselves and think about the reasons why we do all the things each day that we do. And then decide if we do the things for the right reasons, what really matters to us and what we can manage without, what can we do differently.

And then there are other ways to deal with it. We tend to do these things naturally when we spiritually awaken. For example we increase our ability to experience and do many things simultaneously, Or we create things outside the linear time in the present moment and then we enjoy surfing on the wave of time and look forward to the materialisation of things we already created.

Things are materialising faster in the physical world

We said that as a result it is easier to materialise our thoughts, intentions and desires, even though this is not noticeable enough for most people.. It has also become easier to speed up our own spiritual development and connect with people. **Healing takes place faster**, harmonising & clearing body, mind and spirit is easier.

On the other hand, **more of the unresolved issues that people carry inside are "coming to the surface"**. This gives people opportunities to resolve them faster even though they usually do not see it that way.

Similarly, it is becoming easier for people to drift into their own internal reality. And to lose connection with people, especially those who are not like them. You may have also noticed that some teenagers and adults hooked video games and on internet are losing connection with the real world.

Another result is that **harmony becomes bigger harmony and disharmony becomes bigger disharmony**. And **similar attracts similar faster**. As a result people who are peaceful, forgiving, compassionate, loving etc. may experience these feelings more strongly and so move closer to their real conscious self, soul & Higher self / spirit. Similarly, people may experience their disharmonies more strongly which also pushes them to deal with them.

It takes more energy to maintain order and prevent disintegration / chaos.

This is probably surprising for many. But perhaps less so when we consider these examples. It is harder to manage bigger groups of people say at work and in school, it is harder to keep operating various processes in companies with little effort, things may break down faster (including relationships ☹), house can get cluttered more easily.

Weather changes will intensify after 2012

You probably noticed that in the last decade we have seen more changes in weather, more frequent floods, water flow changes, volcano eruptions or earthquake and even a movement of the north and south pole. The careless treatment of Earth and nature by people has been one cause. The changes of the spiritual energies described above are also having an important impact on Earth's changes. They are helping Earth to cleanse and balance itself, including from the low / negative energies.

As a result we should expect bigger weather changes, faster melting of snow on the poles, and increasing amount of natural disasters like floods and earthquakes. Also clean water will become more precious.

It is anybody's guess how long this will last but it will settle down one day. I really hope that people and countries will wholeheartedly respond to these sad events, overcome their differences and help each other a lot. This will then contribute to creating a new unity of people caring for each other. This is one feature of life on the compassionate Earth of tomorrow ☺.

Matter and Energy

Now let's step back even more and look at what is the physical Universe made up of. Also how it links with the non-physical, spiritual side.

What really is matter?

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

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

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

What gives matter its energy?

But where does this energy creating matter and holding all together come from? What is the source of this energy? The answer is spirit/life and its consciousness. **Spirit/life is the source of the energy...** In other words. **the energy in all matter is a reflection of the spirit / life and its consciousness.** (Going one step further, as **spirit / life has been created from God's essence, the ultimate source of the energy is God**)

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

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

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

The main purpose of matter

Here is one more secret. **The main purpose of matter - the physical form in Creation is to offer Life, including us, our soul and spirit the opportunity to develop. The opportunity to expand our consciousness and so raise the level of our vibration and light.**

Where is the energy hiding when the Universe is largely empty?

The scientists are telling us that the Universe is mainly vacuum. This is because the empty space between the smallest pulsating particles of matter inside atoms is much much bigger than the particles themselves. So where is this energy hiding?

Well, the empty space of the universe is not empty at all. It is charged with huge energy. But scientists can't see it because the energy is not moving, it is balanced. Just like when two teams are pulling a rope in the opposite

directions with equal force. The rope does not move.. But as soon as one side pulls little more than the other, the rope starts to move. And when things start moving, scientists start to see the energy..

As we said above, this moving energy is behind the pulsating particles of matter and it gives matter its shape. The energy is often called life-force energy, Ki or Prana.

Many esoteric traditions go further and call the balanced energy Ether. They say that Ether is the medium from which matter is formed and which carries energy.

I would say, it is like the emptiness out of which physical things pop up into existence when the energy starts to move. Or like the silence out of which sounds pop up into existence... Without emptiness and without silence, we could not experience physical things and sounds..

How does energy spread?

Energy moves like waves on water.. Water is like that Ether, which allows energy = the waves to move.

Let's imagine we throw a stone into water. The falling stone becomes the source of energy and the energy spreads as waves. How? By water moving up and down in a way that carries the wave..

How far does the wave travel? We may see the wave from the stone reaching the shore on our side, but it does not get to the other side of the lake, right? It kind of gets absorbed by the lake. It is a bit different with spiritual energy. It can travel throughout the whole universe. This is fascinating when we for example think that our thoughts and emotions are spiritual energy too.. We look at this in the section Akashic energy / Torsion waves on pages [].

Link between energy and consciousness

Let's go back to the source of energy. If energy is emitted by spirit with consciousness, that means that the **energy must be conscious!** Bingo. **The energy is the consciousness itself!**

The next question is "are there different types of energy and so different levels of consciousness?" Yes and they go hand in hand.

As we said earlier, the main factor that distinguishes the energies in the Universe is the level of the energy vibration. Everything in Creation has its own rate of vibration. **The level of vibration of energy reflects the level of the underlying consciousness of the spirit/life.**

And so, the higher the level of the consciousness, the higher the level of its energy vibration. Take the healing Reiki energy. We know that it is energy / light of high vibration and so it is high level of consciousness...

Similarly, **the lower the consciousness, the lower its energy vibration.** The lower the energy vibration, the more dense and heavier the energy is, the more it "falls, lower and lower"... and the harder it finds to rise. Similarly, the higher the energy vibration, the lighter the energy, "the higher it raises and the harder it finds to fall".

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

Like we said, thoughts, intentions, beliefs, habits, desires, emotions, perceptions, words are energies too. **The more "love" they contain, the higher their energy vibration. The more they raise our consciousness.** Just like the balloon with sand bags: The lighter the sand bags, the more the balloon raises. The heavier the sand bags, the lower the balloon falls. But watch out, there is no earth at the bottom to stop the balloon from falling..

The difference between dark and loving thoughts & actions can be huge. The "up and down" can be millions of miles apart..

Reflecting on the above, **people create their own Heaven or Hell whilst on Earth.** And this distinction will become even more visible after 21.12. 2012...

Explanation of energy vibration for the scientific reader

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

-Frequency, which refers to the number of cycles that the vibrating wave makes in a period of time. The more cycles, the faster it vibrates.

-Amplitude, which refers to the height of the wave itself. The higher, the further it reaches - up to the sky, and even throughout the universe...

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

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

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

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

The energy does not just flow through nadis, meridians and chakras. Like blood, it flows into every cell in the body.

Natural movement of energy

The natural movement of dualistic energy is to achieve balance of the opposites, of Yin and Yang. The duality of the Universe and energy is expanded in the Universal laws chapter under [the Law of Duality and the Law of Balance](#) on pages []

Moving energy with consciousness

Because energy is conscious, energy including **Chi is directed by consciousness. And so people can also direct Chi and other energies with their consciousness.** For example during:

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

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

- Alternative medicines like Chinese medicine, Acupuncture, Shiatsu, Acupressure
- Feng Shui
- White and black magic, rituals

Creating matter with consciousness

Because energy underlies matter and energy is consciousness, **we can create or alter matter with our consciousness.** The Indian spiritual leader Sathya Sai Baba showed us how this can be done. This explains the saying "mind or heart over matter".

Love energy

Let's talk about love ☺. Here I do not mean just the feeling we have towards a person we are in love with or love towards our child. I mean more than that. I mean love which one can actually feel towards all people, self, nature, physical objects, ideas, visualisations etc. I mean **pure unconditional love as the highest form of energy and the most powerful force in the Universe..**

Where does love energy come from and where is it located?

Love is singular. It arises from oneness and is not subject to opposite forces, like the dualistic Yin & Yang energies. **So the biggest source of the love energy must be God and spirit, including our Higher self.** We are further down the road, some near, some far..

The love energy beautifully connects matter and spirit / consciousness as will be explained below.

The love energy is everywhere and it spreads through the whole universe using Ether as the transport vehicle ☺. **It fills the vacuum** – the huge space between the smallest particles of matter. Yet scientists can't find it.. So the **love energy must be in matter too.** It is in the air, a tree, in the soil, in our body..

If the love energy is meant to be everywhere, how come we tend to feel so little of it? May be we need to look more carefully.. As we already said earlier, a lot of emotions are charged with the love energy, a lot of people's actions and

things happening in nature are charged with love energy. And the list goes on. Love even manifests itself in the physical form..

There is no limit to how much love we can feel

The amount of love and compassion that we can feel has no limits. It can be so strong and overwhelming that it can make us cry with joy. Like when a mum looks at her newborn child.

Did you ever wonder where did all that overwhelming love come from in these kind of moments? Did the mum looking at her new-born baby create it all with her heart? Actually not. In that moment **she also received lots of love from her Higher self and she “pulled” the love energy from outside, from the vacuum between atoms too..** How?

Through her heart. Feeling unconditional love and compassion towards somebody or something opens our heart. Because our heart is the bridge to our Higher self (via our soul*). through our heart we also receive and feel love from our Higher self, from other people & their Higher selves and from anything that has a spark of life within. Our heart is very powerful, you know..

Actually, **with our open heart and heart chakra we can transmute the energy mainly from our emotional and mental body into the higher love energy!**

On the other hand, if someone's heart is “closed”, their Higher self can not emit this abundant love for them in such a way that they can feel it ☹

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

Or think of the amount of compassion that a person must feel for an orphan child when they decide to adopt it. My hero in this regard is the mum of Emmanuel Kelly (a severely disabled Emanuel became known for his amazing performances at the Australian X Factor in 2011 as well as for a heart-breaking life story of being abandoned as a new-born baby and left in a shoe box in Iraq war zone). When she saw Emanuel and his similarly disabled brother in the Iraq orphanage, she felt so much compassion for these innocent boys who became the victims of the Iraq invasion, that she could do only one thing. Adopt them, take them to a new happy home in Australia and be their loving mum...

So far we talked about unconditional love. But lot of people love conditionally. It is then their ego rather than heart that loves. E.g. John loves his dog Rex, especially when Rex does what John says. But when Rex does not listen, gets really angry with him.. So it is more John's ego that loves Rex. And ego loves to control..

When do we emit love energy?

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

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

Our mind can be a huge obstacle to receiving and spreading love

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

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

-with our intent and attention for love

-with our resistance to love – **the more we resist love with our mind the less we feel it**

-with our personal qualities, the way we are:

the more positive / spiritual qualities we have developed, the more love we feel and spread (see section [] describing personal qualities)

when we accept us as we are with our perceived weaknesses, we express unconditional love towards self. With this we can more easily heal ourselves at all levels and unconditionally love others.

-with the nature of our thoughts, intentions, desires, beliefs, opinions, habits, habits etc. – **the higher the vibration of these, the more love we feel and spread** (see section [] for explanation),

- with our words and actions – **the higher the vibration of these, the more love we feel and spread** (see section [] for explanation)
- depending on how pre-occupied or calm our mind is – **the busier the mind / the more it is preoccupied with thoughts and emotions, the less space is left for feeling love..** After we “clear our mind”, become peaceful and more present it is easier to feel love and one can experience love more intensely
- depending on our connection with our Higher self – **the more we are connected with our Higher self, or actually the more we just consciously allow them to send us love, the more love we can receive from them.**
- depending where our awareness is / at what level is our consciousness. Do we “operate” most of the day from our mind or our heart?

How does love energy manifest itself in physical form?

So far we have been talking about the invisible love energy but we said that it can manifest itself in the physical form too. **Love manifests itself as beauty..**

The beauty of flowers and nature overall is manifestation of the love energy (even the bee on the picture noticed it ☺). And so is the beauty of music and even colours and shapes..

Many people would say though that when they look around they don't see beautiful things even in the nature. Well, this is usually because they are not present enough and actively don't look for beauty. They also tend to look at things with the view / expectation that they are ordinary, that there is no beauty. And then they see what they want to see, what they believe that they will see.



Pict.[] Bee admiring beauty

Another form of beauty in the universe is sophistication. Just think about the sophistication of our body, nature, the sun. Isn't it beautiful how everything in the body works in synchronisation, every little thing has its unique role without which the whole would not work, when all is in balance the body “works magic”.

Spotting beauty

So when we become more present & alert, we notice more beauty and sophistication around, especially in nature.. And it goes beyond that. The sacred rule is that **when you truly look for beauty in the physical world, beauty starts revealing itself to you.** It works like magic. Especially when you genuinely look almost with respect and humbleness.

Try it few times and you will be amazed. You should gradually start noticing more beauty in things (e.g. colours, shapes, design/function/meaning, etc.) and in what happens around (e.g. changes in weather, what children do & say etc.) Additionally, beauty should “jump out” where you don't expect it (e.g. “coincidentally” see/find/hear something beautiful).

When we spot something beautiful, is it our mind that spots it first? No it is our heart that feels it first. It is our heart that feels love, not our mind ☺. You may remember when you unexpectedly found something beautiful which took your breath away. You were very present and absorbing the beauty for a short moment. And then as soon as you started thinking about it and so became less present, the feeling of beauty started to fade ☹

Akashic energy / Torsion waves

The other type of spiritual energy is Akashic energy. **Akashic energy is special in that it carries information, knowledge, symbols, archetypes etc.. It is the energy of communication.** Quantum scientists call this Akashic energy Torsion waves.

So when we create thoughts, intentions, beliefs, views, desires, emotions etc. we create these torsion waves which carry the information about these thoughts, beliefs, views, emotions etc. Similarly our higher selves, angels and other spirits / higher levels of consciousness create torsion waves with their thoughts, intentions, feelings etc.

Where do the torsion waves with the information about our experiences travel then? They travel to the far ends of the universe, actually they don't travel, they get there immediately!

These torsion waves form a huge hologram that spreads through the whole universe, infinitely and coherently.. It stores / records everything. Everything that ever happened, every little thought that was ever thought by anybody, every emotion that was felt by anybody, all the knowledge, all the discoveries by other civilisations in the space waiting to be discovered by humans..

Higher levels of consciousness starting with our intuition (see page [] on levels of consciousness) can access this information hologram. Actually when many great scientists invented new things they often accessed this information hologram and got the new ideas from there ☺ And you thought that it is only you who knows what is inside your mind and what you don't want anybody else to know ☺

And there is more. Movement of matter, vibration, electromagnetic changes and more also create torsion waves. So every little movement by anything and anybody no matter how big or small is recorded & stored as well.

It is like everything that happens in the physical universe is replicated as information in this information hologram at a spiritual level.. The universal law [As below so above](#) is also pointing to this among other things (see page [])

The existence of this information hologram also explains how some psychic can read somebody's mind, speak a foreign language they never learned, telepathy and many other psychic abilities involving information.

And what about "mind over matter, such as moving or bending physical objects with the mind, that we talked about earlier? Here the torsion waves that psychics emit with their intentions physically affect matter.



Chapter 9 - Spirit / Being and Consciousness

What is the other side?

Is the other side really the other side?

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

The other side is actually an inter-dimensional state of being, with an inter-dimensional consciousness. **One combined Being, one combined Spirit, all life there is with one combined consciousness.**

The one Being is made up of individual sparks of life / beings, including us ☺. The individual spirits have their individual consciousness, which at the highest level merges into one.

This also means that all beings are ultimately connected. We are ultimately connected to everything alive, to everything that has consciousness.

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

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

Does the absolute God exist above this or is God this One consciousness? The answer is probably yes to both but no human can fully understand this..

How can we feel the one Being?

We can feel it in many ways. By feeling the life inside us and realising that it is also a part of all life there is ☺.

Or we can feel another tiny part of one Being by deeply feeling the silence between sounds or the spaciousness around us, especially high up in the mountains. One needs to be very present and almost submerge self in it. And then the silence and spaciousness magically becomes alive...

Or when we step back and look "between the lines", look at the space instead of the objects or look to see a bigger picture. Then sometimes we notice something new. We may notice a nice shape out of a number of independent objects which are randomly scattered. And it feels like this shape is talking to us... Just like on these pictures..



Pict.[] Heavenly smile



Pict.[] White smile

The "heavenly smile" was easy to spot, but did you see the friendly face in the snow, with a big round cheek on the right where the path ends..

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

Without you the whole is not whole

Because you are part of the whole Being, it must mean that **without you, and without every single one of us, the whole Being is not whole.** So important we are ☺

Let's use an analogy of the mind to clarify this:

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

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

The funny thing is that this is actually not an analogy. This is how it is.... The universal Law of Spirit and Mind reminds us that life is about the states of mind by saying: **We as our state of mind exist in the mind of the All.**

Higher self

Our Higher self, an individual spirit, is a spark of life created by God from God's essence / from God self. It is the highest, godly part of us [and of other divine beings..] It is our eternal godly form.

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

This implies and is often stated by mystics that our Higher self is absolutely perfect. That our Higher self as perfect as the Higher self of Jesus or Budha. If that was true, then what would be the point of us being here on Earth? It wouldn't really matter if we are full of love or hatred and so on, when we are perfect anyway...

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

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

Our Higher self is a bunch of love and it has abundance of those qualities that have lots of unconditional love in them, like compassion, joy, peace. **Our Higher self is bigger source of unconditional love for us than we can ever imagine!** So it is no surprise that our Higher self feels us the most when we emit love and feel compassion.

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

Our Higher-self carries our cumulative life experiences, all who we've been in the past lives.

Higher selves **reside at the Nirvanic level of consciousness** (see section on levels of consciousness on p []) and so **operate outside time and space.**

Our consciousness vs. our Higher self's consciousness

Our consciousness (not our internal reality) is actually one part of the consciousness of our Higher self! Which part of our Higher self? That which we integrated into our awareness and so into our physical world..

So every time you expand your consciousness, every step you make closer to your Higher self, then a bigger part of your Higher self enters your awareness, your aura, the physical world.. Until it is fully there = enlightenment ☺

Can we help our Higher self evolve?

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

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

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

Soul

There is lot of confusion as to what is the difference between our soul and spirit / Higher self. To avoid confusion and to avoid complicating everything, let's just say that our soul is the unique expression of who we are whilst incarnated in Creation.

Our soul is close to our inner self that we talked about *in the section Who are you really? Are you your mind? on pages []* (here we also talked about how to feel our soul).

It is kind of the innocent and loving child within us that we talked about in the section *Love for self on pages []*. A child that is eager to learn and develop. We can also hurt this innocent child with the way we are, especially towards us..

Our soul carries our experiences and memories and it is a spiritual parent of our conscious self.

The window to our soul are our eyes.

Our soul resides within us in what some call a causal body. This subtle body is built over all our incarnations and contains among other things all positive aspects of our mental, emotional and energy bodies that we created in this and previous lives.

In terms of the levels of consciousness / existence, our soul resides at higher levels of consciousness than our conscience and our intuition but lower level than our Higher self (*this is covered below in the levels of consciousness section on pages []*)

Consciousness

What is consciousness and who has it?

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

From spiritual perspective we said that **anything with a spark of life in it is conscious / has consciousness**. It has a point of view. **Because all individual parts of the Universe have a spark of life within, they must also be conscious / have certain level of awareness too.**

Starting with us, clearly we have consciousness which is part of our Higher self's consciousness. Then everything else which is alive like microorganisms, cells, plants and animals, but also divine beings without a physical form like elementals, spirits of nature like fairies, angels, archangels are clearly conscious too. And remember even the smallest particles of matter including atoms & molecules, metal, rock, water, air, earth, sun, planets have spark of life within and so are conscious..

Consciousness as Hologram

Now let's add one more fascinating dimension to consciousness. **Consciousness works like Hologram**. **In each part of the hologram you can see the whole picture of the hologram**. Each individual part of consciousness has the whole imprinted within itself even though it is aware of only certain part. We also have all parts of One consciousness within us but we are usually aware of only a small part.

This means that **as one part evolves its consciousness, the whole evolves its consciousness**. **As we evolve, the whole evolves..** The universal law **As above so below and As outside so inside** covered on pages [] also reflects the Hologram.

Levels of consciousness

Let's better understand the various levels of consciousness. They can be imagined as various **levels of existence which penetrate the whole multidimensional universe** and are all linked with each other. Another explanation would go like this. Because energy underlies everything, levels of consciousness can be imagined as various **levels / vibrations of energy**.

(Please do not confuse this with the other very different definitions of levels of consciousness used by people. E.g. the medicine uses consciousness levels to refer to the levels of person's wakefulness = we can be conscious, unconscious, in altered state of consciousness such as during epilepsy. We also have conscious, subconscious and unconscious mind. And psychology / psychotherapy (e.g. Sigmund Freud) have done a good job defining levels of consciousness from their perspective..)

Not only we have all levels of consciousness within us already (remember the Hologram structure of consciousness described above) but the beauty about us humans with a piece of God inside us is that **we have the ability to significantly expand our awareness and operate at a very wide range of consciousness levels**. But people usually do not expand their awareness much and choose to operate at a narrow range of consciousness like thoughts and emotions.

Let me give you a simplistic picture of the broad and overlapping levels of consciousness. I will also refer to these levels within us.

Physical level

This is the physical matter. The part of us at this level is clearly our physical body.

Etheric level

This is mainly **the life force energy (Chi / prana)**. We talked about this in section *Matter and Energy on pages []*.

Within us it is our Etheric or energy body. Our physical body is actually built on this body. Imagine the energy body as an exact 3-D mirror image of our body, with all its bones, organs, cells, nerves etc. but all made up of tiny light blue threads of energy channels, through which the life force energy flows. It is the true skeleton / energy structure of everything making up our physical body. It is formed before the physical parts grow. And our cells, organs and other parts of our body then grow in such a way to fill this energy structure. It is the same with other living organisms, physical objects and matter overall.

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

The energy does not just flow through nadis, meridians and chakras. Like blood, it flows into every cell in the body.

The energy body actually stretches out outside the physical body by about 0.8cm to 5cm. And it is this 0.8-5cm that is referred to as the 1st layer of human aura and it has a light blue colour.. The energy body is connected to the 1st root chakra.

As we said above, many alternative medicines like acupuncture work with this energy body and the energy flowing through it.

Emotional level

This is the “world of emotions” including our emotions and instincts. Our current as well as stored emotions are reflected in people’s emotional body. (*stored emotions are covered in the chapter on emotions on pages []*).

Just like the energy body, the emotional and higher subtle bodies go through the physical body. The emotional body does not exactly mirror the physical body like the etheric body. It does broadly follow the structure of the physical body but it is lot more fluid. Like the etheric body it stretches out outside the physical body. It is a little bigger than the energy body and so it forms the 2nd layer of human aura.

The emotions and feelings reflected in the emotional body actually have different colours depending on their nature, strength and clarity. And so the emotional body looks more like a body made up of small smudges or clouds of different colours overlaying each other.

This is the highest level of consciousness that the vast majority of individual animals operate at.

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

Mental level

This is the worlare our thoughts, intentions, beliefs, views, opinions, attachments, resistances, i.e. big part of our internal reality. These are all reflected in people’s subtle mental body in the form of energy.

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

The mental level is the most common level of consciousness at which humans operate.

Intelligence is linked to this level of consciousness. On one hand the more intelligent / intellectual people are, the more mentally alert they are, the faster they think, the better they may be at understanding logical things, the more knowledge they carry in their mind, the more they think ahead etc. But this often leads to becoming absorbed by their mind and so getting stuck at the mental level of consciousness. People who strive to become very intelligent or/and tend to believe only in the power of their intellect may lose their connection with their heart and intuition.. So, to summarise, intellect is great tool when used “by the heart”

The mental body generally looks like structured yellow light.

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

As with the above bodies, mental body penetrates the physical body, stands out above the energy and emotional body = forms the 3rd layer of human aura, and is connected to the 3rd solar plexus chakra.

Reflecting on the above, this shows that the structure of our physical, energy, emotional and mental body is a graphic expression of our physical, emotional and mental state. It reveals our emotions, personality, past experiences, thoughts, intentions..

Conscience or Higher mental level

From this level people start to access or even integrate into their awareness higher levels of consciousness that originate deeper within them.

Conscience is the part of the mind, the inner feeling that “tells” people / makes them feel they did the wrong thing if they e.g. did something not nice to somebody else. They may then react to this by feeling guilty. People would then use the saying that they have “guilty conscience”.

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

Heart consciousness = Intuitive level

Heart consciousness is “in our heart” as well as in our intuition / inner vision / gut feel. As we said, earlier our heart is the bridge to our Higher self via our soul. Our soul channels through our heart love from our Higher self.

Being in heart consciousness is “living through the heart” and being intuitive. It is being in a state of unconditional love, compassion, peace, unity, joy, higher perspective and understanding.

The universal heart consciousness contains pure and loving spiritual feelings and thoughts, strives for highest good and is a vast source of knowledge (the intuitive aspect). We talked more about the universal heart consciousness in the section “Moving to heart consciousness” on pages [].

Here are some other characteristics of heart consciousness:

-Everything exists in various forms & patterns of energy

-Timelessness – the illusion of linear time is lifted, the past, present and future potential happen at the same time in the present moment

-Spacelessness – everything is here, nothing is there in the distance

-We experience quickly that which we focus on (at the energy level), e.g. desires, intentions etc.

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

We also have a subtle astral body, which can be seen as the 4th aura layer. The astral body contains how we see our past experiences today. In other words it contains how we feel about people, objects, places, and situations we have met/seen/been in. This should be familiar – they are our states of mind expressed as deeper feelings!

The astral body penetrates and stands out above the other subtle bodies and looks similar like the emotional body with clouds of different colours. Additionally, each colour is underlined by shining pink light, (the colour of the love energy).

Linked to our heart is the 4th heart chakra. The heart chakra channels unconditional love - the love energy. The colour of the love energy is pink.. We generate love with our heart and spread it through the heart chakra. We also receive the love energy via the heart chakra from our soul / Higher self and from outside. [This is covered later [] together with living from the heart and accessing intuition on []

Linked to our intuition and visualisation is the 6th third eye chakra. By the way the 5th throat chakra is mainly associated with our communication, hearing / listening, self-expression and creativity.

Karmic level

This is the first godly / divine level of consciousness. It governs karma and fate. It contains information about our life potentials and previous lives.

Our soul resides at this level.

Nirvanic level (sometimes called **Atma** and **Brahma consciousness**)

Everything in everything in the Universe, creates the structure and outline of everything.

Our godly self (monad) = Higher self reside at this level.

Mainly these two divine levels of consciousness are linked with our 6th third eye chakra, 7th crown chakra as well as our 8th and 9th chakra which is not much talked about.

Other than intuition, the 6th chakra channels unconditional love energy which is wider than love towards people. It includes love towards all life forms and life as such. It also channels the energy of spiritual ecstasy.

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

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

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

Upper nirvanic level

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

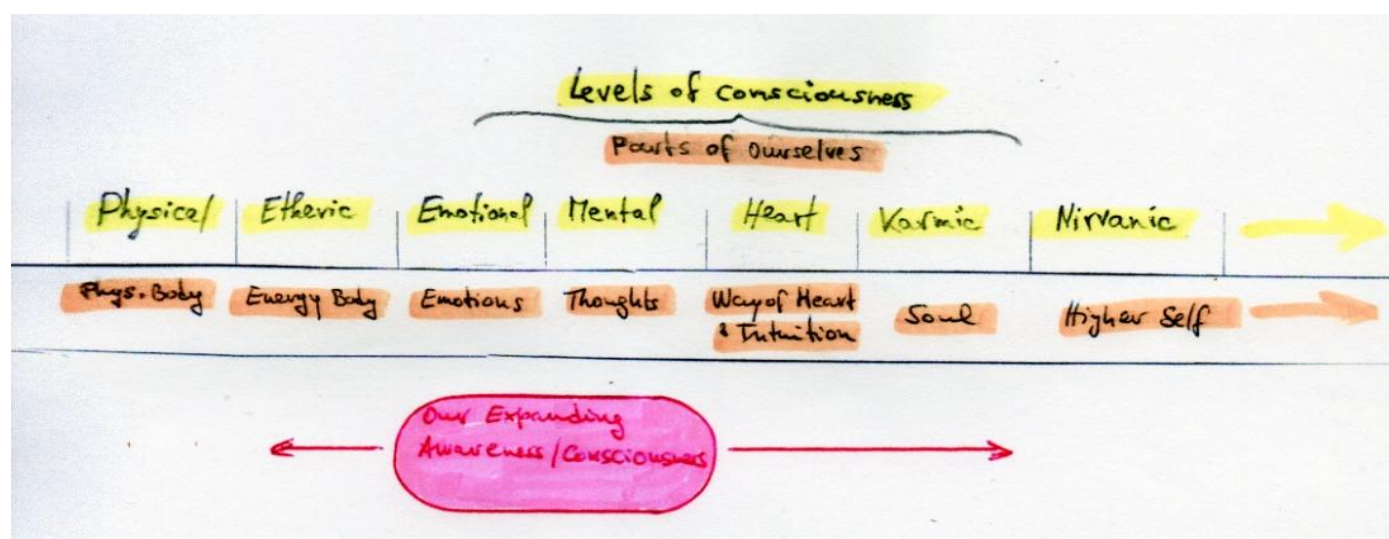
The levels above these higher levels are generally **part of the absolute God** rather than levels of consciousness.

Do we operate only at one level of consciousness at a time?

As we have emotions together with thoughts, the answer must be that **we can operate at a number of levels at the same time**. So we can be in the heart consciousness whilst thinking and experiencing emotions..

There are times when we are mainly at one level, for example in the mental level when adding numbers, or just in the heart level the moment we just give unconditional love to our newborn child..

The main thing is that as we expand our consciousness, we bring higher levels of us into our awareness. I'm showing this on the next picture.



Pict. [] Expansion of our consciousness

Chakras

We said that chakras are our energy centers and we covered the main chakras within the levels of consciousness above. We have many smaller energy centers / chakras too, e.g. on the palms of our hands, on our feet and knees. Many of our organs are smaller energy centers too.

Not just people have chakras. Animals, trees, plants and even the Earth and the whole Universe have energy centers – chakras. Many spiritual and religious structures like pyramids and shrines, as well as places of natural beauty are located on various Earth's energy centers...

How do chakras communicate with our body?

The chakras interact with our body through the nervous system and more importantly through the endocrine (gland) system. The endocrine system is an important mechanism that controls how the body works.

Each of the seven main chakras is associated with one main gland. For example the throat chakra talks to the thyroid gland. The chakras also influence the organs and body functions near to where they are located, like the third eye chakra influences the eyes, ears and nose.

How do the chakras interact with the glands? They "tell them", together with the brain, how much hormones each endocrine gland should produce.. The hormones are then released into blood and travel to the cells, tissues and organs to give them "chemical messages" about how they should function.

So if a gland is out of balance, then the linked chakra tends to be out of balance. For example, if a thyroid gland is out of balance, then the throat chakra is out of balance. Actually, if a chakra is out of balance longer term, then this can lead to a variety of other illnesses.

What gets chakras out of balance?

Mainly our regular emotions and states of mind. E.g. Fear impacts the 1st chakra, guilt the 2nd chakra, anger the 3rd, sorrow the 4th, lies the 5th, illusion the 6th and attachment the 7th.

Let's look at Blushing. It is a great example of how our emotions affect our body via the glands. When people get really embarrassed (a form of fear), their 1st root chakra slows down in that moment and the adrenal glands on top of the kidneys receive instructions from the chakra and the brain to produce more adrenalin. This extra adrenalin then causes blood vessels in the face to expand and the increased flow of blood shows as blushing..

Brain waves

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

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

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

Types of brain waves

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

Beta (above 12-13 pulses per second in the Hertz scale)

The realm of our [conscious mind](#).

We tend to be in beta during normal consciousness and alertness, during normal daily activities. Especially when we are logically thinking and processing stuff on our mind. When we experience emotions of stress, anger, fear our beta waves tend to be in the upper half of the scale..

Alpha (7.5 to 12-13 pulses per second)

This is the [gateway to our subconscious mind](#). Our subconscious mind stores those parts of our internal reality that we are not consciously aware of in the present moment (see more in the subconscious section on pages []). We can access parts of our subconscious mind whilst in alpha.

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

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

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

Normal meditation, relaxation exercises, and activities that bring the sense of calm help people get to alpha. The renowned Silva Method by Jose Silva is based on taking you to alpha.. And so are some super learning and super memory courses..

Theta (4 to 7.5 pulses per second)

The realm of our [subconscious mind](#). The deep-seated parts of our internal reality are sitting in the deepest parts of the subconscious mind and we can access them when in theta.

When we are in theta we tend to have a connection to our soul, easy access to our intuition, perfect memory and visualisation, very vivid images, huge creativity, exceptional insight into things / situations / problems. We also often have even deeper spiritual connection and a sense of oneness with the nature, other people and the whole Universe.

People normally get to theta waves during really deep meditation with reduced alertness / wakefulness and light sleep

Delta (0.1 to 4 pulses per second)

The realm of our [unconscious mind](#).

People are normally in delta when they are unconscious like during a deep dreamless sleep and in very deep transcendental meditation where awareness is completely detached. Many of our body organs and functions like the immune system and automatic self-healing function at this unconscious level.

Delta is the gateway to the consciousness levels above the heart level. It is also a gateway to the collective human unconsciousness.

Delta is associated with deep healing and regeneration.

How to consciously move to Alpha brain waves – the Rainbow walk exercise

Wouldn't it be great to effortlessly move into the Alpha brainwaves whenever you want and then benefit from improved visualisation / imagination, creativity, concentration, memory, mental clarity etc?

And there is a good and easy way to do it with your eyes closed - I call it a [Rainbow walk](#).

I describe below how to get there or close to there. But do not forget that when you finish with what you are doing in alpha brainwaves, you should follow the reverse way to get back into beta brainwaves. Nothing serious should happen if you don't do that but you may just find the jump quite noticeable when you open your eyes and readjust to beta waves..

Moving from beta to alpha brainwaves – the Rainbow walk exercise

-Close your eyes

-Imagine individual colours of the rainbow in the following sequence. It is best if you can see the colours across your whole internal screen as if you walk through the colour and feel the colour. If you struggle with that imagine an object of this colour and make it as big as possible.

White

Yellow

Green

Turquoise / Light blue with bit of green

Blue

Purple

Pink

Red

Orange

Yellow

White

And you should be there or near there...

Moving from alpha back to beta brainwaves

-With your eyes closed imagine the colours in this order and in the same vivid way: white, yellow, orange, red, pink, purple, blue, turquoise, green, yellow and white.

-Then open your eyes and enjoy the achievement!

Brain waves of spiritually awakened person

The big question is if our brain waves change as we expand our consciousness? Do they also slow down? We did say that even when we expand our consciousness, we usually still operate at the lower levels at the same time. And so it is with the brain waves of a spiritually awakened person. He/she tends to be in delta, theta, alpha and a little bit in beta at the same time..

Similarly as with higher levels of consciousness, people can experience this awakened brain wave pattern for short moments of time or longer periods.

Sudden deep insights and aha-experiences are usually linked with a brief flash of the awakened brain wave pattern.

The awakened brain wave pattern is common in advanced yogis which is no surprise but also often in children of pre-school age! After school the pattern starts gradually to change and shows more and more high beta frequency found in most adults.

How can we get an idea of what brain waves are we at?

Our body responds to how relaxed we are and what brain waves are we at. Actually our skin responds to it in ways that can be easily measured... As we relax and reduce the frequency of our brain waves / move down from Beta, our skin produces less moisture / sweat. And this changes how our skin can conduct electricity (how much electricity it allows to pass through). The less we sweat, the higher the skin resistance / the less electricity it conducts...This can be easily measured by various biofeedback machines / gadgets available on the market.



Chapter 10 - Important laws of the Universe

The Universe / Creation is functioning according to many sacred laws some are known as Hermetic laws. Understanding them and living in accordance with them is like effortlessly swimming in a river in the direction of the current. There is little struggle, we get a lot of help from the Universe and the other side.

The laws (mainly in bold red below), are described very briefly in various spiritual material. And so I'm revealing more what is behind them and providing many examples. I want to help readers understand how they work, how they may affect their day-to-day lives and how they may apply them.

Law of Duality / Polarity - 7th Hermetic law

As we explained in chapter 5 under Creation, at the highest level **the duality in Creation means that everything is made up of two parts - Spirit and Matter.**

All things in Creation are dual. Everything within Creation has its pair of opposites, a pair of contrasting aspects, which are held together by the forces of polarity – “every coin has two sides”. The Oneness outside Creation is singular. (Actually at higher levels of Creation, i.e. not in the 3-dimensional physical Universe the opposites are the same in nature and the difference between them fades away).

One side (aspect, characteristic, force) would not be complete without the opposite but complimentary side. These two opposite sides are part of the Whole. Day can't be without night, light can't be without darkness, matter can't be without emptiness, sound can't be without silence, breathing in can't be without breathing out, and so on. We may be surprised but the same applies to the non-material world! **There can't exist love without hate, there can't be happiness without unhappiness, there can't be abundance without poverty and so on.**

The denser the place in Creation, i.e. the lower the vibration of matter or energy there, the greater the duality, the greater the opposites.

This does not mean that both opposite sides have to be equal in their amount, i.e. that one thing has to have the same amount of the two opposites. The amount of love and light on Earth does not have to equal the amount of hate and darkness! We humans largely decide this with our free will.. Actually there is ongoing struggle of light and darkness in the whole Creation.

Yin & Yang



Ancient Chinese observed this duality well and called the opposite forces / qualities / aspects **Yin and Yang energies**. Energy is a perfect term because as we said above, everything is made up of energy.

Let's look at the main opposite qualities of Yin & Yang:

-Yin: still, passive, reaction to action, internal / inside, full, reducing, lower, famine, soft, cold, water, dark, moon, feeling, giving.

-Yang: moving, active, initiating action, external / outside, hollow, increasing, higher, masculine, hard, warm, fire, light, sun, thinking, receiving / accumulating.


Actually when we look at things in real life, they are not like a coin, with 2 same sides. **Things tend to have different amount of the two opposites. Sometimes a lot more of one than the other. And so the Chinese characterise things according to how much Yin and Yang they have.**

For example a man is lot more Yang and a women is a lot more Yin. Or in the winter the darkness is longer than the daylight and in the summer it is the other way round. Or a tree has different amount of some of the opposites, like hard and soft parts, light and dark colours, still and moving, full and hollow, depending on where it is in its life cycle.

Law of Change

Everything in Creation is in motion, nothing is static. Nothing fixed lasts forever. **Change is the nature of the Universe.** This is the cornerstone of the Chinese book I'Ting.

And so when things are in motion and changing, the amounts of opposites are changing too... Creation is one big dance. Similarly the Chinese describe life as a dance of Yin and Yang.

	<p>5 Elemental energies</p> <p>Having studied the different proportions of Yin & Yang energies in things, the Chinese realised that there are 5 main categories of the mixture of Yin & Yang energies (by this I mean that one category has e.g. 10% of Yin and 90% of Yang, the others e.g. 30:70%, 50:50%, 70:30% and 90:10%) They call these 5 categories the five Elemental Energies, namely the energies of Fire, Earth, Metal Water and Wood.</p>
<p>Pict.[] Five Yin & Yang energies</p>	

These energies have different qualities. Some of the main are:

	Wood	Fire	Earth	Metal	Water
General					
Colour	Green	Red	Yellow	White	Black
Flavour	Sour	Bitter	Sweet	Pungent	Salty
Climate	Windy	Hot	Damp	Dry	Cold
Direction	East	South	Centre	West	North
Season	Spring	Summer	Late summer	Autumn	Winter
Plant Lifecycle	Sprouting, growing	Blooming, fruiting	Ripening, harvesting	Withering, decaying	Dormancy, storage
Activity	Generates	Expands	Stabilises	Contracts	Conserves
Human Body					
Yin (full) Organ	Liver	Heart, pericardium	Spleen	Lungs	Kidneys
Yang (hollow) Organ	Gallbladder	Small intestine, triple burner	Stomach	Large intestine	Bladder
Vital function	Nervous system	Blood, endocrine system	Digestion, lymphatic, muscle systems	Respiration, skin	Urinary, reproductive
Senses	Eyes	Tongue, throat	Lips, mouth	Nose	Ears
Bodily Secretions	Tears	Sweat	Saliva	Mucus	Urine, sexual fluid
Tissue	Ligaments, nerves, nails	Blood vessels	Fat, muscles	Skin, hair	Bones, marrow, brain
Life cycle	Infancy	Youth	Maturity	Old age	Death
Personality					
Emotion	Anger,	Joy	Obsession	Grief	Fear
Ability	Initiative	Communication	Negotiation	Discrimination	Imaginative
Virtue	Benevolence	Propriety (honest behaviour)	Faith	Rectitude (correct social behaviour)	Wisdom
Attachments	Answers, choices, goals	Pleasure, desire, love, divinity	Manipulation, loyalties, security	Perfection, order, standards	Mysteries, death, visions, facts
Tendencies	Busy at work, risk	Excitement, contact	Comfort, company	Follow orders, make judgements	Solitude, isolation
Emotional need	"Adrenalin"	Being in love	Being needed	Being right	Being protected

The [Indian tradition](#) also recognises 5 manifestations of energy and calls them [Air, Fire, Water, Earth and Ether](#).

The corner stone of the [Chinese medicine and Feng Shui](#) is the flow of the 5 Elemental Energies inside the body and in the environment.

Law of Balance – 5th Hermetic law

Now, how does it all stay together, when everything in Creation is in motion? How come everything does not go crazy or break down, but sustain itself and usually evolves itself. There must be some self-controlling mechanism, right?

The Whole needs a Balance to sustain itself. Everything naturally strives for harmony, for balance. So achieving the state of Balance is what it is all about, **balance is the natural state.** Balance is needed at all levels of Creation, from the smallest particles individually to all that is together. So how can balance be created? There are a number of ways:

1. Balance of the opposites. When the opposite aspects are in balance it acts like a magnet that holds things together with the forces of polarity

Broadly there are two ways of balancing the opposites:

-Balance of the two direct opposites, e.g. a balance of push and pull forces which creates stillness (like during the game when two kids pull a rope with the same strength = the rope does not move..), a balance of giving and receiving, a balance of inflows into and outflows from an open system – covered in [], a balance of action and reaction (law of Karma), a balance of the north & south pole forces,

-Balance of the various types and amounts of the opposites, i.e. the balance of the various Yin & Yang energies = the balance of the 5 Elemental energies in the whole. This is the main objective of for example [Feng Shui](#) science. This is expanded in the universal law of a Circle of Energy..

The whole Creation is made up of various types and amounts of opposites, which together create the Whole and so it is in balance. Creation is like one big ball. If you think about it, in a ball every point on the surface of the ball has its opposite point on the ball in relation to the middle of the ball.

Let's go back to the examples of this described in the Law of Balance – Yang-based man and Yin-based women, or different amount of daylight and darkness in each day depending on the season. So where is the whole and the balance? In these cases the whole is man and women together - the human race, and the sum of all the daylight and darkness on the planet.

Don't forget that we can't look at things in isolation because each thing (system) is a part of a bigger thing (system), which is covered by the **principle of the Open System** on page []. And because of this, if one side is dominant in one thing (system), the other side may be dominant in the bigger thing (system) that the smaller thing is part of, which also creates a balanced state.

2. Movement in a rhythm, cycle or a circle – covered by the Law of Rhythm and Cycle (6th Hermetic laws)

What happens when things get out of balance?

So what happens if things get out of balance? **The forces of Universe start pushing things towards balance once they are out of balance.** And that applies to everything within Creation. The Chinese refer to this drive towards balance as the [dance of Yin and Yang](#).

There are so many ways where things can become out of balance and there are also many ways to achieve that balance back. But in essence this is what usually happens:

- One side increases / becomes more dominant → the other side then increases, or the dominant side reduces again to get to balance.
- One side decreases → the other side then decreases, or the smaller side increases again to get to balance.
- The movement gets out of rhythm, cycle or circle.

These are many examples in day-to-day life how this self-balancing mechanism works:

-When we create dis-balance in our bodies, our body tries to balance itself in various ways and this could include an illness. This is covered in the section on health on []

-When we travel a long distance across time zones, we get jetlag = our body cycle gets out of rhythm. It takes our body a little while to adjust the internal rhythm again.

-Can you imagine what would happen if our Earth was forced to move out of the circular trajectory around the Sun...

-Extremes in life can be followed by their opposite expressions to get back to balance, e.g. extreme excitement can be followed by extreme sadness.

Other balance-based principles

The stronger influences the weaker to become stronger. If light enters darkness, light does not become darkness but darkness changes to light. E.g. If a person shining lots of love and light enters a room filled with hate, he/she influences people there to reduce their darkness as opposed to becoming full of hate him/her self too..

Law of Rhythm / Cycle - 6th Hermetic law

Everything moves in rhythm or cycle. All things are in some way rhythmic / cyclical or circular.

-Moving in a circle is like moving in a cycle. In both cases you regularly get to the same position after same amount of time.

If we look around we notice obvious cycles or circles like day and night, seasons of the year, waves, tides, circular movement of Earth and other planets around the sun, water circulation on Earth, blood circulation in our body, our breathing in and out, heart beat. And the less obvious like circular movement of atoms & their particles, of solar system within our Milky Way galaxy, and our galaxy within the Universe..

-Energy is a form of a rhythm because it vibrates. And as we said above, everything is energy, not just light, sound, electricity etc

Rhythm / cyclical movement creates balance. It equalizes both sides. This can be explained on the swing of the pendulum. The swing of the pendulum to the one side is equals the swing of the pendulum to the other side. Then as the pendulum slows down, the swing reduces to one side and is followed by the same reduction to the other side.

Applying this law, the following is also valid:

-Whatever is rising will fall, whatever is falling will rise.

-What flows in will eventually flow out again.

-Whatever is rigid eventually breaks apart.

-If we live in harmony with natural rhythms, we go with the flow of life, with the tide. Harmony is the flow of life.

Because everything is in motion, nothing is static, the **Creation is a balance of eternal movement.** The universe lives by this dynamic balance in easiness, harmony and love. This is because even though things in Creation continue to change, the overall balance, the balance of the opposites is still maintained

How can we imagine this again? Let's use the ball = Creation, but include the inside content of the ball too. Imagine the ball is fully filled with water. And now shake the ball. The water particles start spinning around, yet again at any point in time each water particle is in relation to the middle of the ball exactly opposite to a second water particle within the ball.

Law of a Spiral (coil)

Above we defined how everything is moving in a rhythm / cycle or a circle. But you must have noticed that on top of this these things usually change as they move in these circles or cycles. So we can say that **in physical time things move forward / develop in a spiral.** For example, predictable changes of the length of day & night during the year, yearly seasons, somewhat unpredictable changes to nature cycles like weather patterns and water flow as a result of e.g. human impact / global warming Earth, changes to body cycles like blood circulation and digestion as we are getting healthier or unhealthier.

And this applies to life / future too:

Life moves forward like a spiral

For example, life cycle of growing up and getting old, being a parent, learning new things (e.g. to play music). It seems similar every time yet we move forward every time. Even what we call our routine – sleeping, eating, sleeping, going to school / work every day ☺ is a spiral because it is not the same every time, it is not chaotic / completely different every time, it usually gradually develops, changes.

Future unfolds / happens in spiral-like cycles, in patterns.

What will tomorrow, next week, next year bring for you, others and the Earth is not random It is this spiral-like movement of things forward that plays an important role in forming the future. The corner stone is that things are moving in loops which are similar yet each one a step forward. And we and the "other side" then kind of move the direction of the spiral*.. By small adjustments, big bends & jerks, forward, backward, anywhere..

Like we discussed above there are many things that play a role in determining the future:

-the materialisation of our created potential,

-linked with this our free will decisions and actions

- our changes to our created potential through our thinking & changing beliefs, opinions etc.
- the way the other side plans our experiences / things that will happen to us for us, like our life lessons / opportunities, help to us.
- the working of universal laws

This makes it more difficult to predict the future, but the one who has the overview of the majority of the factors = our Higher self can see well what is most likely going to happen tomorrow.

Let's look at an example of how future unfolds. Take for example Joe who works as an architect and is designing a new house at work. Joe is a bit shy and has been finding his job a kind of boring recently. So what will his tomorrow be like?

Joe's daily pattern is reasonably predictable and the basis of his tomorrow is likely to look similar to his today – he will travel to work, start the day by a morning briefing with the team, will carry on designing the same house, discuss stuff with his colleagues, have a lunch, travel home.

Then there will be other less predictable things that will happen that day. E.g. He finds out that his boss will be transferring to another office and some interesting responsibilities will be passed onto Joe. Also his train will be delayed and so he will be late for the morning briefing. The first event is a materialisation of the potential that he created with his mind - wanting to do more interesting things. The second event was organised by his Higher self as an opportunity to raise his confidence when interacting with his colleagues.

Then he will have lots of thoughts about work, family, football, experience various emotions, learn something new, he may even change his belief about his job being boring. Through this he adjusts his life potential and so his future.

The opportunities to learn/grow/clear disharmonies keep re-appearing in a spiral kind of way until we take them

How many times have you noticed this pattern of events:

- an opportunity to learn / grow / clear own disharmony arrived (by opportunity I mean a kind of an event that gives a choice about how to respond),
- you decided to ignore it, and
- then soon after that it arrived again, may be in a different form.
- You took it on / positively responded to it and with that you moved forward in life

For example:

Somebody who is selfish & greedy comes across lots of instances where they can give and help others who need their help. When they finally act on it, the experience positively changes them and moves them forward. Or same thing with somebody who is shy: the amount of opportunities to increase his/her confidence will be countless..

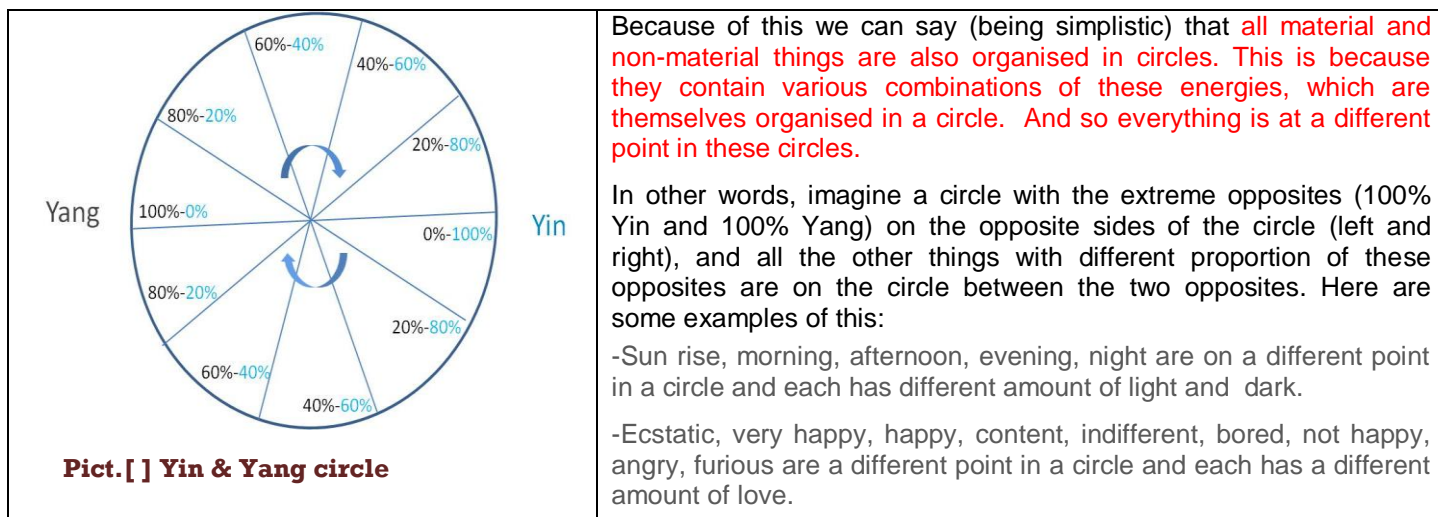
We are really interested to learn to play piano but put it aside because we are too busy with work and looking after our children. But until we start it we are likely to experience various "coincidences" which will remind us of our desire, encourage us / make us more excited about starting to learn to play piano, and give us solutions how this can work..

Often these opportunities arrive so often that we don't notice them and/or don't realise that they are the opportunities we and our Higher self attracted for us to grow.

The principle of a Circle of energy

Let's go back to the 5 Elemental energies and Yin & Yang within them. We said that the 5 Elemental energies - wood, fire, earth, metal and water (which are contained in everything in the physical world) have increasing and reducing amount of Yin & Yang. I illustrated this by making up percentages starting from 10% & 90% increasing / decreasing to 90% & 10%. So what does that mean? It means that:

The various combinations of Yin & Yang / the 5 Elemental energies in material and non-material things create a circle



There are no “gaps” in these circles, they contain all the possibilities.. **[All the possibilities exist but only some have materialised in the multi-dimensional universe]**. One reason why it is this way is because the equal amount of opposites creates balance. This is covered in the [Law of Balance](#)

There is even more important reason for this than the need for a balance, which we covered earlier in the book. Because the Creation is a “training ground” for the development of our consciousness, soul & spirit, **the existence of opposites gives us opportunities to develop**. And so there can't just be love, happiness & peace. There must also be hate, unhappiness & no peace, and the things in between them too.

Part of our life journeys is to experience both opposite sides, their different aspects & intensities. In other words, experience many different points on the circle, e.g. on the love and hate circle. This experience and understanding / knowledge then helps us make choices and decisions who we want to be.

We have kind of defined above how the Whole, the Creation looks like. **The Whole / the Creation contains all possibilities (some materialised in the physical world and some not)**. The Whole is made up out of a huge number of circles with things and possibilities on every point of the circles.. Many things are naturally on many circles at the same time.

How does this look then? There is one physical object that can look like this.. The surface of a ball. You can draw endless number of circles around the ball. There will be many points where many circles will cross... So whilst very simplistic, **the whole Creation can be imagined as a multi-dimensional ball, where everything that exists (materialised or as possibilities) is connected in various ways**.

Additionally the circles are organised in a hierarchy. At the highest level are circles of archetypes (such as symbols). They are being created by the highest levels of consciousness. These archetype circles then cascade down into circles of more concrete things which represent the archetypes.

Movement of energies / the way things change

We said that the Creation / Universe is dynamic, everything is in motion. So how do things / energies move?

The amount of Yin & Yang energy in things moves along that circle.

The Chinese intentionally chose the names of the 5 Elemental energies in such a way to show how they move in a circle:

- **water energy changes to wood energy** =when we water wood it grows
- **wood energy changes to fire energy** = in other words wood burns
- **fire energy changes to earth energy** = burnt wood changes to earth ash,
- **earth energy changes to metal energy** = earth condenses itself into metal,
- **metal energy changes to water energy** = can become liquid (doesn't quite work..)



Applying the principle of a circular movement of energy, **things tend to change more gradually and more predictably than it may seem**.

In some cases the change of things can still appear dramatic, like when things jump from one extreme to another. But the energies still move to the other extreme = other side of the circle by following the path of the half-circle. This movement will probably be extremely quick and so not noticeable.

For example a car can be working very well and then suddenly it does not start one day, or a light bulb suddenly goes off one day. Or a person moving from extreme excitement to extreme sadness after the excitement is gone. But in both cases things started changing way before we noticed it. The car's battery and light bulb's spiral was gradually be getting "worn out" until the point that it was too weak to start the engine by a flick of a key and "carry the electricity current and convert it into light". In the third example when the excitement finishes, the person's excitement very quickly drops to nothing and then he very quickly starts getting sad because the excitement is gone until he/she is very sad.

The 5 Elemental energies increase and control / reduce each other in a predefined way. Just like above:

- water energy increases wood energy
- wood energy increases fire energy
- fire energy increases earth energy and so on

This knowledge is used in the Chinese medicine to for example increase the function of a weakened organ.

The 5 Elemental energies control / reduce each other in a predefined way

- Water energy reduces fire energy = water extinguishes fire,
- Earth energy reduces water energy = earth absorbs water,
- Wood energy reduces Earth energy = wood "absorbs nutrients & energy from earth",
- Fire energy reduces metal energy = fire weakens metal,
- Metal energy reduces wood energy = metal crushes wood.

This knowledge is used in the Chinese medicine to for example reduce inflammation / stress of an overworked organ.

Law of Relativity

Everything is relative according to the point of view

This is not the famous Einstein's equation $E=mc^2$ but it is linked to what Einstein discovered.

Let's look at an example. If we draw a circle with a star on top of the circle, the position of the star and of anything else on the circle depends on from where we look at the circle. If we look at the circle upside down, the star will no longer be at the top but at the bottom..

And so it is with everything else in life – the physical and non-physical things. **Things are different according to the point of view.. Every observer sees a different reality according to their point of view. The perceived reality adjusts to the observer's point of view.**

You may ask, how can my reality change / adjust to my point of view? If 2 people look at the same thing and are looking for different characteristics of it, the thing does not start displaying these 2 characteristics to both people. The thing stays the same as it was, but what changes is what we kind of extract from that thing / situation that we observe. We extract what is aligned with our point of view. And so one person may see / notice something different than the other person.

How is our point of view formed and how it changes

When we perceive something with our senses – see, hear, feel, taste, smell something, hear – we form a point of view in many different ways:

-We compare what we observe to various things that we know and have experienced. For example:

A grey colour is dark in comparison to a white colour but light in comparison to black.

An unemployed single mum in England living from government dole and in a council house paid for by the government may see herself as poor. But when she sees poverty and famine in some poor African countries, she will feel rich.

If somebody gives a few coins to a beggar on the street people may see this person as being generous. This person may see himself / herself as a bit of a tight person when he/she comes across somebody who gives a quarter of his/her monthly salary to a local orphanage with children without parents..

-Beyond comparing, we form a view based on our own perception. And our perception is based on our understanding, expectations, beliefs, intents, opinions, habits, values, personal qualities current emotions & moods, attachments and resistance. For example:

When we are introduced to somebody, we may get a very different impression of that person at that point compared to when we get to know this person better.

If we interact with people whilst in a bad mood, they are likely to appear to us more negative, not happy or even annoying, than if we interact with them in a really happy mood.

So we can conclude that our point of view will change over time as we change our perception. And it is different to other people's point of view because their perceptions are different and they compare what they observe to different things to us (what they know and have experienced)

Adding to that the universal **Law of Similarity** (similar attracts similar), we go a step further: **The mind virtually attracts the things it wants to see / it believes in. We live that what we mentally align ourselves with.**

So, If we look for what we want to see and what we believe in, e.g. goodness in people, friendship, love, we gradually start attracting and seeing just that (it is not so straight forward because there are other factors that influence what we attract, such as our life lessons and our created life potential)

Now you may understand how "dangerous" it is when we want to see and believe in "the not nice things" - because we will attract them too.

And when what we want to see and believe in appears, then this confirms to us that we were right about these things / that life is really that way. After that nobody can convince us otherwise. Actually somebody can.. You by changing your beliefs, opinions, habits, perception, desires, personal qualities, attachments and resistance as to what you want to see..

Let's look at an example. If we think people are grumpy / not nice, we actually meet more grumpy / not nice people, than those people who think that people are generally friendly and nice. But once we change our point of view / belief about people, we will start meeting more of the people that are aligned with our new views / beliefs. Magic isn't it?

Here are more truths, expanding on the above:

- **The way we are ourselves determines the way we experience the outside world.**
- Therefore, **the outside world that we see is often our mirror** (everybody tends see something different..). **When we change, everything around us that we perceive will change.** This is actually an application of the **3rd Hermetic principle of As below, so above, as within so without.**

Law of Similarity – 4th Hermetic law of Resonance and Attraction

This law is very powerful and works wonders in the Universe.. It is one way of creating the overall balance... Again very simple and very deep - **Similar attracts similar (like attracts like)**

Love & light attracts more love & light, positivity attracts more positivity, negativity attracts more negativity, egos attract bigger egos, darkness attracts more darkness, aggression attracts more aggression, hate attracts more hate, and so on.

So for example, if we are grumpy, pessimistic and frown at people, we attract unfriendly people / pessimists / people who will frown at us even before we at them.

If we focus on own spiritual development, we attract people on similar paths and spiritually advanced people who we can learn from, spiritual events and other help on our journey, such as divine beings.

If somebody enjoys violence in films and video games and would love to join in on the fighting and killing / destroying to win, then they attract people of similar mind set and possibly events filled with violence etc.

Other things that we attract

But please bear in mind that we don't just attract similar things. As part of our life journey, we will also attract into our life people / events / circumstances (not similar to us) that:

- Give us opportunity to learn and understand something from it. For example a shy person will attract a confident person to learn to be more confident;
- Give us opportunity to grow, move forward
- Gives us opportunity to form a point of view, make choices / decisions and so define who we are
- Helps us experience various aspects of Creation. This then helps us during our decisions, forming our views and beliefs and building our intents and desires.

For example, we can attract violence so that we can decide if we want violence or not and how strongly not. Will we be against violence strongly enough that we will actually actively help stopping violence, e.g. through charity donations, voluntary work in a charity and so on. Or will we just think violence is no good.

And the trick is to work out why we attracted into our life what we did.. Once we learn to do that we will move through our life journey at a lightening speed.

Law of Karma / law of action and reaction – 2nd Hermetic law

Each cause has an effect, each effect has its cause. What we give is what we get, what we sow is what we harvest.

For example when we give something precious away for good cause, we may soon receive something even more precious from somewhere else..

Equal creates equal. The effect equals its cause in quality and quantity. This is because:

-Equal opposites create balance. And balance is the cornerstone of the whole Creation – **see law of Balance**

-Each action has a certain energy which eventually returns to its source, to the creator of the action (in all sorts of forms)

There are no coincidences, nothing happens by chance. Things are a cycle of cause and effect.

Every thought, every feeling, every action is a cause which has an effect. The cause can arise on many different planes of Creation.

Karma is not the punishment for our wrong doings as many people see it.. The law of karma helps us understand both sides of duality including their more extreme sides.. It helps us form a view if we want to identify ourselves with / operate in the extreme sides of duality.

E.g. if somebody enjoys violence in films and video games and would love to join in on the fighting and killing / destroying to win (cause), then he/she will attract events filled with violence (effect). This should help him/her form a view if they want to continue identifying self with violence – like it / think its good / participate in it - or they want to change.

Law of Correspondence or Analogy - 3rd Hermetic law

These laws show how everything is ultimately connected with everything.

As above – so below, as below – so above

As on the spiritual level, so on the material level. [Everything that happens on the spiritual level happens on the material level] And so material world is a reflection of the non-material world.

Similarly the other way round. Everything that happens in the material world reflects back in the [non-material / spiritual world].

How can this be, you ask. Many things on the other side can't be explained with words but here is an attempt using simplification.

[The language of the non-material world are **archetypes**. Archetypes represent the essence of things. Archetypes are feelings, meanings, symbols, features / characteristics, information, chain of feelings, symbols, meanings & changes.

Archetypes reflect the reality in the material world, like a mirror: The whole Creation is expressed on the other side in the form of endlessly complex structure of archetypes which are interconnected. [In addition, for everything there is in this world, there exists an analogy on every plane of Being]

Therefore:

-When the archetypes are created or changed by consciousness / spirit / mind, the physical world changes accordingly when the archetypes manifest / materialise in the physical world (over time). That is how the majority of things in the Physical world originate.

If you think about it, everything created by man on Earth started as a thought / image / feeling – archetype in people's mind... Similarly everything originating from Earth – the nature, the materials, the air – has been created at one point. It didn't just happen by luck, it was created in God's mind.. So we can conclude that the material world starts as an archetype in consciousness.

For example a wedding has lots of archetypes (**feelings, meanings, symbols, information**) that we can think of. We talk in archetypes when we think about the essence of a wedding of two people in love – desire of being always together and doing things together, creating a bond, commitment of care and support to each other, having a partner to go through life with, smiles & happiness, family, flowers and so on.

-As things change in the physical world, so do the archetypes on the other side. Say we decide to learn a foreign language and the archetypes of learning it, speaking it, enjoying it, understanding the people and their culture, travelling are “added” to our potential on the other side.

-The way for us to change the physical reality is to change existing / create new archetypes. And that is what we do when we have feelings, when we imagine / visualise things, when we have intentions, desires, views, beliefs, when we pray and so on.

The other side communicates with us through archetypes. We spot symbols around us, symbols as well as images, feelings, thoughts appear in our mind. Clairvoyants, tarot readers read the archetypes and then interpret what it means in the physical world.

When we learn something in a dream we often learn the archetypes rather than experience the thing that the archetypes represent.

As in big - so in small, as in small - so in big

This is fascinating and hard to believe. It is the principle of the **hologram**. In each part of the hologram you can see the whole picture of the hologram. So because all parts make up the whole, each part has the whole imprinted within itself. That is the way how each part is truly connected to everything.

Consciousness works like Hologram too and we also carry all parts of consciousness inside! Including God. God is inside us, God is part of us.

The way of the hologram It is similar but lot more disguised at the physical level. For example, each cell carries the imprint of the whole body. Similarly other parts of our body carry information about us, our health, our organs – eyes, tongue, face, hands, feet. Various alternative medicines discovered how various parts of our body tell us the condition of the whole body - reflexology (feet and hands), physiognomy (face), iridology (iris of the eye).

Everything is an open system like a lake

Open system has “things” flowing in and “things” flowing out, just like water flows into the lake and out of the lake.

Each open system is part of a bigger open system, which is part of even bigger open system. The biggest open system is all there is.

This is another great way how everything in Creation is ultimately connected with everything. It is the working of the **Law Correspondence or Analogy**.

Take an animal cell as an example. It receives blood, energy, information etc. from outside and sends these things out. A cell is a part of a bigger system – it forms together with other similar cells animal’s skin, bones, organs etc. The individual organs are a part of a bigger system, being the animal itself. And animals are part of the animal species system, which is part of the nature system... And it does not end there.. Same with the man-made things like houses, cars, roads economies and so on.

The open system is in balance when its inflows and outflows are equal, are in balance.. (combination of the **Law of Balance and Karma**). Similarly a **balance of giving and receiving (or taking) creates harmony**. Like the balance of Yin and Yang..

This is exactly how a lake works.. If the amount of water flowing in is the same as that flowing out, the lake’s level is stable and it does not cause a flood or dry out.

How can the inflows be controlled?

It seems to us that the lake and other open systems like people do not seem to control how much they receive. Except for when they take things for themselves.. **But there is another way that the system can influence how much they receive... By controlling how much they give.** Let’s see how this works with the lake. If the outflow increases, what needs to happen so that the lake stays balanced? It needs to receive more water..

And so because Universe strives for balance, it works like this elsewhere including in the non-physical world too even though it is more difficult to see and measure! **The more we give, the more we receive. The less we give, the less**

we receive. This is actually another way of describing the **Law of Karma = our action of giving brings about a similar reaction of receiving.**

Here is a nice example of this law in action. Josh loves birds. He regularly fills a bird feeder in his garden with seeds. He is surprised how quickly birds eat all the seeds, so he decides to buy another bird feeder to feed more birds. Over the next year he notices that often when he goes to buy extra seeds, he comes across various offers like “buy one big bag of seeds and get one free” ☺.

Let's apply this law to our interactions with people.

-In life we receive (=inflows) happy things like presents, money, smiles, love & care, friendships, compliments. We also receive not happy things like “bills”, frowns, negativity, non-understanding, aggressivity, orders, swearing. And here it works too - the more we give these things, the more we receive them because we are attracting similar reactions to our actions...

-While giving freely what we are seeking, we are letting abundance into our lives. We will then get as much abundance, as we are able to open ourselves to.

-While spreading love, harmony and peace we are creating love, harmony and peace on a bigger scale than we think. And so it will seem to us that we will then receive more love, harmony and peace than we originally spread.

-On the other hand, by grasping things, holding on to things and not giving we create a blockage, a dis-balance. The universal self-balancing mechanism then usually kicks in. It strives for balance in various ways, e.g. puts pressure on the blockage to open it, weakens the blockage. The ways of this may be vary again, e.g. the person experiences a loss, a reduction of receiving, or the person find sit harder to hold on to the things, gets ill or feels rising stress until he/she lets go of the thing he/she holds on to so tightly.

How does an open system / lake get out of balance?

Going back to the law of balance of inflows and outflows, let's think of situations when the lake stops working well:

Inflows bigger than outflows = Flooding

- When more water starts flowing in (and the amount of water leaving does not change).
- When the amount of water leaving reduces (and the amount of water coming in does not change)

In both cases the water level starts rising and unless the flow is changed at some point, the water starts flooding surrounding area, or bursts out over the dam..

Outflows bigger than inflows = Draught

- When more water starts leaving
- When the amount of water coming in reduces.

In both cases, the water level starts going down and unless the flow is changed at some point, the lake starts drying out.

What do we need to do to correct a system being out of balance?

-If we just want to stop the water rising or falling and stabilise it at the new level, then we **match both flows, i.e. increase the smaller flow to match the bigger flow or reduce the bigger flow to match the smaller flow.**

-If we want to reduce or increase the water back to the original level and stabilise it there, then we **increase the smaller flow above the bigger flow until the original level is achieved and then match both flows. Or we reduce the bigger flow below the smaller flow until the original level is achieved, and then match both flows.**

If the lake = any system gets out of balance, in some cases the correction happens naturally because of the forces of the Universe functioning according to the universal Law of Balance. But in many cases other cases we need to help correct it to avoid a breakdown.

Now, let's look at how this works in life, focusing on the human body:

Increased inflows: When our body receives too much of something that is not good for us – e.g. breathing in toxins whilst living in a very polluted area or breathing in fungi particles whilst living in a damp & mouldy flat, or eating lots of unhealthy food which contain lots of fat and non-natural sugar and salt (both contribute to creating over-acid digestive environment which is ideal for growth of fungi-based unfriendly bacteria in the digestive environment and which can damage digestion).

Reduced outflows: When our detoxifying organs (liver, lymphatic system) do not function / detox us well and/or our excretion systems (urinary, digestive, perspiration systems) do not function well / excrete all unnecessary things.

In both cases (often both happen at the same time) our body = lake starts accumulating things that are not good for the body like toxins, excess fat / cholesterol, mucus, unfriendly bacteria in the intestines, casein (milk residue).

Body's attempt to create balance of inflows and outflows: The body initially tries to correct this problem and get back into balance by for example stretching the liver function, storing the toxins and fats in various pockets of the body where they will cause less harm and so on.

But the body usually can't cope e.g. because the harmful inflows are too strong or/and the outflows are too weak. So it will get out of balance and eventually may become "ill", e.g. the toxins can damage the organs, excessive fungi can disrupt the friendly/unfriendly bacteria balance in the intestines which can lead to damaged digestion (disbiosis), fungi related skin problems, allergies and we know what excessive fat & cholesterol can do.

So how can we overcome the problem and become healthy again? By balancing the inflows with outflows..

-Reduce inflows of harmful stuff: move to a healthy area / flat with minimum toxins / fungi particles, eat little unhealthy food etc.

-Increase outflows: detox = increase outflow of toxins from the body, de-fungi = remove excess fungi-particles e.g. by eating alkaline food and special herbs which reduce the over-acid digestion environment / reinstate alkaline-acid balance, stimulate liver and excretion systems, exercise = convert the fat into energy through exercise,

It is a shame that this simple key to correcting health dis-balances is not recognised by the health care system ☹ Many doctors usually do not treat the causes but just the symptoms. They tend to prescribe us anti-fungi creams, lots of different tablets etc. The good news is that many of the alternative medicines like the Chinese medicine, homeopathy, targeted detoxification, Indian medicine (ayurveda) focus on the causes, look at the whole body, personal environment and unfortunately only sometimes at the mind which is a big "cause of physical problems" too.

It is clear that these principles apply in the non physical world too and we already talked about it under the balance of giving and receiving above. So let's just touch on what happens during **spiritual development**. We kind of increase the outflows = give more love, help more others, surrender things and so on. To gain balance, we start receiving more love, help, light and new things in our lives ☺

Law of Spirit and Mind - 1. Hermetic law

The Source of all Life is Spirit

The Universe is spiritual and mental. Spirit / mind stands above matter.

We as our state of mind exist in the mind of the All.

At the mind level, thoughts and intentions have the power to create and change; they are the means of Creation as the action of the mind..

The intensity of the inner wishing and longing is an important factor of Creation

All is One and at the same time all has its own individual identity. That way everything is ultimately connected with everything.

So we are all an individual identity – an individual being, consciousness and spirit. But at the same time we are all One, We are all the Whole, the life that is in everything, one big consciousness, one big spirit.

Observer can become the observed

If you observe something so intensely with all your senses that nothing else in that moment will exist, at some point the difference between you and the object disappears at the conscious level. Your consciousness will merge with the consciousness of the observed object which feels like you have become the observed object. This can happen because at the level of consciousness you are both you and the Whole, and so you are already closely connected to the object that you are observing because the object is also part of the whole.

For example if you intensely watch a flower, smell it, touch it, listen to it, feel its presence, send love to it and nothing exists for you in that moment other than the flower, then you may be that flower for a while, i.e. your consciousness merges with the flower's consciousness and you suddenly know how the flower feels, feel the stem, leaves and roots of the flower (just like the flower feels them) as if they were an extension of you, e.g. of your arms and legs.

Truth – part of 7th Hermetic law of Polarity

We cannot logically understand the Truth with our mind, we can only grasp it with our heart.

All truths are but half / incomplete truths at the higher level of understanding / consciousness.

And so this book paints a picture of the understanding of the truth at certain level of consciousness. More complete and accurate truth is known at the levels above this one.

Love is the most powerful force in the Universe.

There are many other universal principles about Love but this is the main one.

Laws specifically relating to human development:

Law of Opportunity

The opportunities for growth and learning (including balancing own disharmonies) continue to appear. For example whenever the circumstances are suitable, when you intend / desire it, when it is needed for fulfilling your task & mission and so on. It is then up to us if we decide to take the opportunity or not.

For example somebody decides they want to learn to play an instrument, and soon they come across all sorts of things that help them to progress this. Or somebody wants to learn about God and soon they are showered by lots of coincidences and other ways the “other side” reveals itself.

Law of Surrender / Acceptance

Once we truly surrender and accept life as it unfolds – every single moment of it, we gain peace. It is one of the most liberating and empowering things we can do.

Law of Sacrifice

When you sacrifice “old”, you receive new and so you move forward.

Examples of sacrificing “old” are:

Giving up something you are comfortable with, e.g. selfish habits and practices for the benefit and happiness of others, stereotype / boring / lazy lifestyle for something more rewarding and deeper.

Sacrificing spending lot of time at work & earning extra income for quality time with family, or simply give money away to people who need it, give up time for voluntary helping work and so on.

All sacrifice is ultimately a gain. The experienced loss, which may be painful and big at first, turns out to be smaller and not that painful after it is compared with the new that has arrived / that we received.

And how do you receive? Opportunities either arrive suddenly, often in the form of coincidences, and you are given choice if to take them or not. Or good things, happy experiences and so on just happen to you.

Sacrifice works if you sacrifice with your heart without expecting any reward back.

A good example is when you see a beggar on the street and she/he makes you feel compassionate and wanting to help him. Then you give him some money (more than loose change) wanting to help this person (without thinking to yourself “if I give him I receive something later”). After that I either experience a sudden burst of love inside or soon after that a coincidence happens and I receive. For example my circumstances change positively like things change at work, in school with my friends & family, allowing me to move forward with my life. Or people suddenly start feeling more peaceful, happy, joyful, their imagination or memory improves, they receive spiritual gifts to use for helping other people and so on.

Actually life often puts us intentionally into situations where we can decide if to sacrifice and so move forward or not.

Creation of personal realities

That which we give our attention to, becomes our reality. We experience what we give our attention to. This is because energy flows where attention goes.

Law of Reincarnation

Human spirit chooses reincarnation into Creation as a way to develop its consciousness.

Earth is the only place in the whole physical universe where we have the ability to spiritually develop by our own intent. Elsewhere the life form needs an evolutionary process to spiritually develop and intent has no power in this regard..

So living on Earth, no matter how hard life is, is meant to be a privilege and huge & wonderful opportunity for all of us. But not many people realise this and take the opportunity. Some actually use their intent to go down in their spiritual development...

