

Awakenedism: Guide to True Enlightenment

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Table of Contents

Welcome to Awakenedism	4
Master The Mind	9
The Ego.....	11
Our Goal.....	15
Our Highest Goal Enlightenment.....	19
The Ultimate Goal	20
Understanding the Ego.....	23
Embracing Self-Acceptance.....	23
Balancing Self-Interest and Selflessness.....	24
Cultivating Spiritual Practices	24
Embracing Vulnerability	25
Conclusion	26
Are You There Yet? Untangling the Mystery of Enlightenment..	26
Embracing Perfection: Seeing the Divine Hand in Our Universe	29
There are 8 Universal Laws to the universe.....	32
The founder of Awakenedism.....	35
The 9 Step Path	36
The 9-Step Path to Awakenedism: A Journey to a More Conscious Life	36
Daily practice	39

Meditations.....	41
Guided Energy Meditation.....	43
Guided Clairvoyant Meditation	46
Guided Higher Power Meditation.....	49
Dream Teaching	54
Energy Healing Teaching.....	60
Clairvoyant Training and Teaching.....	70

[Welcome to Awakenedism](#)

Welcome to Awakenedism, Adam Lee came up with name Awakenedism to describe his personal spiritual path in 2019. It is his hope that this site will help you with your personal spiritual path as well. Awakenedism is the system or Ideology of becoming Awakened but it's more than that it's a spiritual path.

Why do you need to be awakened? People that are awakened realize that there is more to life than merely existing. They ask themselves: Who am I as a person? What do I want in life? How can I help others and the world around me? What can I do to be more authentic? How can I find happiness? Am I listening to my inner soul and higher power? What inspires me? How can I grow? What does my purpose look like? How can I find peace? They see that they are called to so much more. They are awakened to true life.

My Path

I was dead in life till I was awakened by the spirit of God, being awakened brings life and true enlightenment. An enlightenment that is only found in God and a spiritual awakening. My path in Awakenedism was what helped me live a more balanced life.

My being awakened began with me knowing my life wasn't working the way it was, I was not happy, and things needed to change but most of all I needed to change. Circumstances led to me almost losing everything, so I took the focus off of me and everything in this world and focused on a higher power. I had to be open to the fact that this higher power was leading me, wanted a relationship and had a purpose for me. I had to open myself up to the supernatural and believe in things I couldn't see or understand. I realized that I am divine and one with God and that my purpose was to express the divine in me to everything and everyone around me. I realized that I create and attract things with my thoughts and beliefs and that I am in control of my life. I had to change my limiting beliefs and change me. I also changed my vibration through regular meditation to a vibration that is more suited to expressing my purpose. I awakened the third eye within me and connected with the divine energy through meditation. I found that I am connected to everyone and everything and we are all one. One with the divine and one with each other. Balancing the spiritual, my physical body and the world coming to a greater sense of peace

and harmony. I channeled the higher self and walked in love and service to others. A greater place of things working in this world. A place of greater enlightenment.

I Believe

I have found that what I call Awakenedism is the system or ideology of being spiritually awakened. Realizing that you are one with God as well as connected and one with everyone else in the world. Being able to manifest and attract with your thoughts and to create your life. Being connected to the divine energy force and opening the third eye through meditation.

What I have found

I have found that God has made it clear that everything is made up of energy, the world, the spirit, God, the Universe. Everything is energy. God created the universe through energy light and that everything is made up of energy. When we are awakened we become one with the world and with God. We are then on a path to become one with everything and find balance and harmony.

Our lives are living scriptures

God is in everything and is the good in everything including us. You are part God, I am part God, we are all part God. Of course, there is still the God head which is God himself which is an all-powerful, all knowing, omnipresent higher power being, but we all are part of God. We are one with God. Knowing this and identifying with this will help us do anything and attract all good things into our lives and help us excel in this physical natural world. Our bodies are a temple, we can't neglect our bodies and the world is the temple of our body temple. We must not neglect any of it and must have harmony and balance between our spirit, body and the world. Our physical body is spiritual, the material world is spiritual. We must not only keep our spirit healthy and do

nonmaterial things but we must also keep our bodies healthy and tend to them because they are spiritual as well. And then our lives in relation to other people and this physical world is also spiritual, we must have proper connection, harmony, and balance with everything. We also choose our entire lives. We choose the lessons, we choose the handicaps, the experiences. We chose the whole thing. I used to think that God chose but we work with God to choose. In our highest state we attract things in our life with our thoughts and beliefs. We choose our whole lives even before we incarnate to earth. If there is anyone to blame or ask, why do we have the life we have it is us. It is also the goal of an Awakenedist to love others as we want to be loved and to be the best person we can be. Not sowing bad karma by our words or actions and not causing negativity to others. An Awakenedist also follows the teachings of Christ. But Our lives are living scriptures also being read by everyone around us and the universe. We are part God and one with God. An Awakenedist also follows the teachings of Christ but many of the dogmas and theological beliefs and scriptures of the Bible and Christianity are false. Apostle Paul who wrote most of the New Testament was a false apostle and James and the leaders of the early church spoke of that in Acts. It was also spoken about in the book of Revelation. Paul made up a gospel where you are saved by only confessing the name of Jesus and believing in it but Christ never taught that. It is not mentioned in the 4 Gospels. What Christ did say is we are saved by obeying his commands and he said his commands were love. So, we are saved by loving others as we love ourselves. Not by confession or faith. Furthermore, God never instituted blood animal sacrifices in the Old Testament, there are references to this throughout it but also in Jer 7:21-26 and Jer 8:8. The Scribes and Leaders of Judaism made it up. God never required it. So, we don't necessarily follow all the dogmas or theology of Christianity but we do revere the teaching of Jesus. We also believe that once you reach enlightenment in a life you don't have to come back to earth again and repeat the reincarnation cycle anymore. You graduate!

My Community

My community is my connection to everyone else in the world.

We are all part of God and one with God.

In life we often reap bad things upon ourselves or reap bad karma when we mistreat other people. When we treat others wrong, we are actually treating God bad. Is it any wonder we reap trouble upon ourselves. We are harming or insulting God. Because each person is part of God and has God living within them. So, when we mistreat others we are actually doing bad unto God literally!

Maybe you remember that Jesus said, "what you do to the least of these you do unto me." And he said that He is one with the Father and we are to be one with Him and one with the father. He also said if you don't love others, you don't love Him. And that the greatest commandment is to love God and love people. Of course, all that makes sense because each person is part of God and essentially is God in a sense. How can you love Jesus and not love others, because God is part of others. And of course, loving God and loving others would go together in the same command because they are both the same thing.

Seeing things in this light really makes you realize the importance of treating other people well and not doing harm to anyone. It goes so far as to make you even think before speaking negatively towards someone. Because like I said you are really speaking negatively towards God. That is surely something to think about and consider. Loving your neighbor takes on a whole new meaning. And embracing this takes on a whole new you. Something to think about.

Master The Mind

Another important foundation to Awakenedism is to master your mind. What I mean by master your mind is to be able to shut down your thoughts and thinking throughout the day. To be present in the moment and have no judgments, opinions or thoughts about anything. To just go about on autopilot. This is possible and I actually do this myself. It is walking in true enlightenment, and it ends suffering as the Buddhists believe. Because all suffering on this earth really comes from the mind, thinking and thoughts. If you can stop that thinking and shut it down you can actually end a lot of suffering in your life. The other benefit to this is if you are able to shut down your thinking you will be more connected to and open to the spirit. If you are practicing clairvoyance you will be able to really pick up on other people as you do this and will be better able to help them. You will be more sensitive to them and you will be able to pick up on things from their past, present and future as well as their emotions. Of course, you can't live your life with your thoughts shut down all the time. But you can have balance. Balance in times of thinking and times of not thinking. As you go throughout your day if you spent a few hours thinking then spend an hour not thinking. And then repeat from there during the hours you are awake. Mastering the mind is

something you must do in order to walk in true Awakenedism and as you do it each day you will notice you will feel better and have fewer problems. It also helps you to follow your intuition more which can be more of an accurate guide than your thinking. Another factor to mastering the mind is to control and direct your thoughts. Your thoughts produce feelings and feelings actions. The feelings that your thoughts produce create a mental environment that you live in. There is a thing called Epigenetics in which certain genes that may be negative and cause disease or mental illness may be present in you but with a positive environment may not become dominant in your body. With the wrong negative environment, they will come out and you will suffer the effects of whatever that gene may be. Such as someone can have a cancer gene or a mental illness gene and in a positive environment, they will not get cancer or become mentally ill but if in a negative environment they will. This leaves room that if those genes become dominant in your life and you go and change your mental environment you can repress those negative genes and maybe even heal yourself or at least get somewhat better. So, part of mastering the mind is catching negative thoughts as they come and say I am not going there, I am not going to live in that environment and then redirect your thought to something else. You have to do this over and over till the thoughts no longer come frequently and you retrain your brain. Upon doing this you will find that if you redirect and train your brain to be positive you will attract all kinds of good things from the universe and people. Where before you were attracting bad things and negativity now you will attract good. It really works I have done it myself. Master and retrain your thoughts today. You will be glad you did.

We must overcome the ego if we want to walk in Oneness Consciousness. The ego is selfish and is about me, me, me.

Okay, let's explore the fascinating and often frustrating world of the ego, delving into its thoughts and actions.

The Ego: A Master of Illusion and Keeper of the Self

We often hear the word “ego” used with a negative connotation. Someone is called “egotistical” or accused of having an “inflated ego.” But what exactly *is* the ego, and why does it often get such a bad rap? In essence, the ego is the part of our psyche responsible for our sense of self. It’s the “I” that navigates the world, makes decisions, and experiences life. However, this seemingly essential aspect of our being can also lead to some pretty messy situations when it operates unchecked.

The Thoughts of the Ego: A Whirlwind of Comparisons and Judgments

The ego’s thought patterns are often characterized by a specific set of tendencies:

- **Separation & Duality:** The ego sees the world in terms of “me” vs. “them,” “good” vs. “bad,” and “right” vs. “wrong.” It thrives on differentiation and can easily categorize and label people and situations. This constant comparison fuels its sense of self.

- **Need for Validation:** The ego desperately seeks external validation and approval. It craves positive feedback, praise, and recognition to feel worthy. This can manifest in the form of boastfulness, neediness, and sensitivity to criticism.
- **Fear-Based Thinking:** The ego is driven by fear – fear of not being good enough, fear of loss, fear of failure, and even fear of death. These fears often manifest as anxieties, insecurities, and a tendency to control.
- **Attachment to Identity:** The ego clings tightly to its perceived identity, including labels like our profession, social status, beliefs, and accomplishments. It defines itself through these things and can become deeply threatened when they are challenged.
- **Obsession with the Past & Future:** The ego rarely resides in the present moment. It's often lost in ruminations about past mistakes or anxieties about future possibilities. This prevents us from experiencing the fullness of the now.
- **The Inner Critic:** The ego is often accompanied by a harsh inner critic that constantly judges, berates, and undermines our efforts. This critical voice reinforces feelings of inadequacy and perpetuates a cycle of self-doubt.

The Actions of the Ego: Seeking Power and Avoiding Pain

The ego's thoughts inevitably manifest in specific behaviors and actions:

- **Control & Manipulation:** Driven by fear, the ego often attempts to control situations and people to ensure its own safety and security. This can manifest as micromanaging, passive-aggressiveness, or even outright bullying.
- **Seeking the Spotlight:** The ego often seeks attention and admiration. It might engage in attention-grabbing behaviors, exaggerate achievements, or try to outshine others.

- **Defensiveness & Blame:** When confronted with criticism or challenges to its identity, the ego becomes defensive. It might deflect blame, make excuses, or engage in personal attacks.
- **Competition & Comparison:** The ego thrives on competition and often compares itself to others, feeling either superior or inferior. This fuels feelings of envy, jealousy, and resentment.
- **Self-Sabotage:** The ego's fear-based thinking can lead to self-sabotaging behaviors. It might avoid challenges, procrastinate, or make choices that ultimately undermine its own goals.
- **Resisting Change:** The ego is resistant to change and anything that might disrupt its established sense of self. It prefers predictability and clings to the familiar, even if it's not serving our best interests.

Moving Beyond the Ego: Cultivating Self-Awareness and Acceptance

It's crucial to understand that the ego is not inherently "bad." It's a necessary part of our human experience. However, when it operates unchecked, it can lead to suffering and hinder personal growth. The key is to develop self-awareness – to become conscious of the ego's thoughts and actions without judgment.

Here are some ways to cultivate greater awareness and loosen the ego's grip:

- **Mindfulness Meditation:** Practicing mindfulness helps us observe our thoughts and feelings without getting caught up in them. This creates space between us and the ego.
- **Self-Reflection:** Regularly taking time to reflect on our behavior and identify ego-driven patterns can be very insightful.

- **Practicing Gratitude:** Focusing on the positive aspects of our lives shifts our attention away from the ego's constant need for more.
- **Embracing Vulnerability:** Allowing ourselves to be vulnerable, acknowledging our imperfections, and sharing our true selves with others weakens the ego's defenses.
- **Cultivating Compassion:** Practicing compassion towards ourselves and others helps to alleviate the ego's judgments and criticisms.
- **Connecting with Something Larger Than the Self:** Exploring spirituality, nature, or creative expression can help us connect with a sense of something greater than our individual selves, reducing the ego's dominance.

Conclusion

Understanding the thoughts and actions of the ego is a journey of self-discovery. By becoming more aware of its tendencies, we can begin to loosen its grip and live more authentically, compassionately, and joyfully. It's a lifelong process, but one that is ultimately transformative and allows us to move beyond the limitations of the ego and embrace the richness of our true selves. The battle of the ego is in the mind, so if we find the ego is ruling us we need to realign our egotistical thoughts with divine thoughts of love and positive thoughts.

We must combat the ego and the ego comes through thoughts. We need to retrain our minds and change focus when unwanted ego thoughts come.

When the thought from the ego comes up just acknowledge it and say isn't that interesting. When you do that have no judgment about the thought. Understand that thoughts come from no place and are not you. Then just try and shift your thought to something else and move on. Try and shift your thought to something positive that is based in love. You will have to repeat this over and over

throughout your day. You will get worn out, but it is worth it. And you may have to do this technique for a number of years, but it does work. It is all about reconditioning the mind. The whole thing may sound dumb and pointless, but I assure you it is your best defense and hope against the ego.

Our Goal

Our highest goal is to become awakened and live in Oneness consciousness. Oneness consciousness is being aware that you are one with God and are divine, and we are one with everything else. That the world is perfect and the laws of the universe is perfect. Things happen to us because of our choices or karma. The choices and karma are part of the universal laws. Everything is perfect and God is in everything. The greatest law is love and we must act in it. Of course first we need to be aware that we are perfect love then we need to overcome the ego by realigning our thoughts because everything stems from the mind. And walk in love towards others and everything else. Being present in the moment and knowing that everything is available to us and we are the creators of our lives. Oneness means being aware that we are happy and at peace. We have all we need available to us. And the world is perfect and God is acting and expressing through us. We want nothing more than to serve people and act in love in everything.

Okay, here's an article exploring Oneness Consciousness and the steps we can take towards it:

Unveiling Oneness: Stepping Towards an Awakened State of Being

In a world often fragmented by division and difference, the concept of Oneness Consciousness offers a profound and transformative alternative. It speaks of a reality where separation is an illusion, and where an underlying interconnectedness binds all things. But what exactly *is* Oneness Consciousness, and how can we, as individuals, move towards experiencing it?

Defining Oneness Consciousness

At its core, Oneness Consciousness is the realization that we are all part of a single, unified field of consciousness. It transcends the limitations of our individual ego and perceived differences, revealing a fundamental interconnectedness that extends beyond our physical bodies, personal histories, and beliefs. It's the understanding that:

- **We are not separate:** Rather than being isolated individuals, we are all threads in the same cosmic tapestry, sharing a common source of being.
- **There is no "other":** Judgments and divisions based on race, religion, nationality, or any other category dissolve, replaced by a sense of shared humanity and belonging.
- **All is energy:** Everything in the universe, from the smallest atom to the grandest galaxy, is ultimately made of the same vibrating energy, connected in an intricate web.
- **Love and compassion are paramount:** From this understanding arises a natural and profound love and

compassion for all beings, as we recognize that their experiences are ultimately a reflection of our own.

This isn't just an intellectual concept, but a deeply felt experience that shifts our perspective on ourselves and the world around us. It can lead to a sense of peace, joy, and profound understanding of life's interconnectedness.

The Journey Towards Oneness: Steps You Can Take

While Oneness Consciousness might seem like an abstract ideal, it's a state that can be cultivated and experienced through conscious effort. Here are some steps you can take to move closer to that reality:

1. **Practice Mindfulness and Meditation:** Cultivating present moment awareness is fundamental. Regular meditation practices help quiet the mental chatter, allowing you to become more attuned to the subtle energies within and around you. Focus on your breath, your senses, and observe the arising and passing of thoughts without judgment. This allows you to detach from the ego and tap into deeper levels of awareness.
2. **Cultivate Self-Awareness:** Understanding your own patterns, beliefs, and biases is crucial. Reflect on your thoughts and behaviors, identifying where your ego might be creating feelings of separation or limitation. Self-reflection through journaling, therapy, or simply quiet observation can help dissolve these patterns.
3. **Practice Compassion and Empathy:** Make a conscious effort to step into the shoes of others. Truly listen to different perspectives, even those that might challenge your own. Seek to understand the experiences and struggles of others, recognizing our shared humanity and interconnectedness.

4. **Embrace Universal Love:** Expand the circle of your love beyond your close relationships. Practice unconditional love and kindness towards all beings, even those who you might perceive as different or challenging. See the divine spark within each and every individual.
5. **Connect with Nature:** Spend time in nature, observing the intricate beauty and interconnectedness of the natural world. Observe the rhythms of life, the cycle of growth and decay, and feel yourself as part of this larger system. This connection can dissolve the illusion of separateness and remind you of your place in the web of life.
6. **Practice Gratitude:** Regularly expressing gratitude for the blessings in your life shifts your focus from what's lacking to what's already present. This practice helps cultivate a more positive and appreciative outlook, paving the way for a more unified perspective.
7. **Engage in Service:** Acts of service, performed with an open heart and a desire to contribute to the well being of others, helps to foster a sense of unity. When we give of ourselves, we recognize that we're all interconnected and that our actions have an impact on the whole.
8. **Release Judgments:** When we judge others, we create separation. Make a conscious effort to release judgments and see each individual as a unique expression of the divine. This requires patience and self-awareness but opens the door to a more compassionate and unified perspective.
9. **Embrace Silence:** Make space for silence in your life. Disconnect from the constant stream of information and stimuli and allow yourself to just be. In silence, we can hear the quiet voice of our intuition and connect with the underlying consciousness that connects us all.

The Path is Unique

It's important to remember that the path to Oneness Consciousness is a personal journey. There's no one-size-fits-all approach. Be

patient with yourself, embrace the process, and allow your understanding to unfold organically. While it might sound like a lofty goal, it's a state of being available to each and every one of us. As we move towards Oneness, we move towards a more compassionate, connected, and fulfilling existence. The journey is the reward, and the destination is a consciousness of love and unity that transforms not only ourselves but the world around us.

Our Highest Goal Enlightenment

Enlightenment is possible. I have lived in the enlightened state. The highest form of enlightenment is when you channel your higher self and let your higher self become you and control you for a period of time. What I mean by channel is kind of like

channeling a spirit. You actually let your higher self overtake you. You open your heart up, be vulnerable and focus on taking in your higher self and letting it overtake you. You actually channel your higher self. In that state the ego is suppressed and it's like you lose your personality. You no longer have regular desires, you don't care about materialism. You aren't concerned what anyone thinks of you. You don't even desire a spouse or a partner. Your desire is service to others. The ego has no control. It is perfectly in check. You are at perfect peace and all suffering has ended. You are aware of others but not in a self-seeking or egocentric way. You are aware of others to serve them. You are present in the moment. You are walking in the law of one and the I am state and walking in love towards others. That is enlightenment and the enlightened state. And the end all of this quest at least in this life on this earth. Your new goal is to spend more and more time in the enlightened state and channeling your higher self. You have truly achieved Enlightenment.

The Ultimate Goal

As I said, the highest goal is channeling your higher self to become enlightened. But in so doing and being enlightened you will lose yourself. Because you totally lose the ego. You will notice you lose your personality and desires. You aren't you anymore. And I am not sure if that is such a great goal. It's not all it's cracked up to be at all. Sure, you achieved enlightenment, but you deleted you. The ultimate goal is not to just become fully enlightened but to balance enlightenment with a healthy ego and a genuine human experience. To be enlightened but not totally lose yourself. Having some ego is ok. It is important that we

lose the parts of the ego that do harm to others and ourselves and aren't expressing love and keep the rest. In our enlightenment it is important to remember that not all ego is bad nor are all the desires we once had or should have as a human. It is important to cultivate and feed the parts of the ego that are good and overcome the rest. We do this and we will achieve enlightenment yet keep our personality and not lose ourselves. We will achieve the balance that we need.

Balancing enlightenment with a healthy ego and a genuine human experience is an intricate but rewarding journey. Enlightenment often involves transcending the ego to recognize our interconnectedness with all beings and the universe. However, maintaining a healthy ego is essential for navigating daily life and personal growth.

To integrate enlightenment with a healthy ego and remain authentically human, consider these key principles:

Authentic Self-Expression

Embrace your unique voice and perspective while honoring the wisdom and experiences of others. Authentic self-expression allows you to contribute meaningfully to the world without overshadowing the contributions of others.

Mindful Living

Practice mindfulness to stay grounded in the present moment. Mindfulness fosters a deep appreciation for life's beauty and complexity, enabling you to respond to situations with clarity and compassion.

Compassion and Empathy

Cultivate compassion and empathy towards yourself and others.
Recognize that everyone is on their own journey, and offer support and understanding without judgment.

Continuous Learning

Stay open to new ideas and experiences. Continuous learning keeps you adaptable and resilient, allowing you to evolve while maintaining a balanced sense of self.

By integrating these principles into your life, you can achieve a state of enlightenment that coexists harmoniously with a healthy ego and a rich human experience.

Moreover we must continually feed our healthy ego and have balance in enlightenment. Here are more ways to do that.

Feeding the Healthy Part of the Ego While Being Enlightened

A Journey Toward Balanced Self-Realization

The ego, often perceived as one's self-identity, plays a crucial role in our mental and emotional landscape. While it can be associated with negative traits such as arrogance and self-centeredness, a healthy ego is equally important for self-confidence, self-respect, and personal

growth. Balancing the healthy part of the ego while embracing enlightenment is a delicate art that requires mindfulness, self-awareness, and a deep understanding of one's inner self.

Understanding the Ego

The ego, in psychological terms, is the conscious mind, the part of our identity that we consider "ourselves." It is shaped by our experiences, beliefs, and perceptions. A healthy ego is essential for maintaining self-esteem and confidence, allowing us to navigate the world with a sense of purpose and direction.

However, an overinflated or underdeveloped ego can lead to numerous issues. An overinflated ego may manifest as narcissism, whereas an underdeveloped ego can result in low self-esteem and a lack of assertiveness. Enlightenment, on the other hand, is often associated with transcending the ego, achieving a state of self-awareness and selflessness. The challenge lies in finding a harmonious balance between nurturing a healthy ego and pursuing spiritual enlightenment.

Embracing Self-Acceptance

The foundation of a healthy ego is self-acceptance. This involves recognizing and embracing both our strengths and weaknesses without judgment. By accepting ourselves as we are, we build a stable and resilient self-image that is not easily swayed by external circumstances.

To cultivate self-acceptance:

- Practice mindfulness: Engage in mindfulness meditation to become more aware of your thoughts and feelings. This awareness allows you to observe your ego without becoming attached to it.
- Challenge negative self-talk: Identify and challenge any negative beliefs you hold about yourself. Replace them with positive affirmations that reinforce your self-worth.

- Set realistic goals: Establish achievable goals that reflect your true capabilities. Celebrate your accomplishments, no matter how small, to reinforce a positive self-image.

Balancing Self-Interest and Selflessness

A healthy ego does not preclude selflessness. In fact, true enlightenment involves balancing self-interest with the well-being of others. This balance can be achieved through the practice of compassion and empathy.

To balance self-interest and selflessness:

- Develop empathy: Practice active listening and try to understand others' perspectives. Empathy fosters deeper connections and reduces ego-driven conflicts.
- Engage in acts of kindness: Perform acts of kindness without expecting anything in return. This selfless behavior nurtures a sense of fulfillment and diminishes the ego's need for validation.
- Reflect on your motivations: Regularly examine your intentions behind your actions. Ensure that they are aligned with your values and not driven solely by egoic desires.

Cultivating Spiritual Practices

Spiritual practices are essential for achieving enlightenment and maintaining a healthy ego. These practices help us connect with our higher selves and transcend the limitations of the ego.

Effective spiritual practices include:

- Meditation: Regular meditation helps quiet the mind and fosters a sense of inner peace. It allows us to observe our ego without judgment and connect with our true essence.
- Gratitude: Practicing gratitude shifts our focus from what we lack to what we have. This positive outlook reduces the ego's tendency to compare and compete.

- Journaling: Writing down our thoughts and feelings can provide insights into our egoic patterns. It helps us identify areas for growth and self-improvement.

Embracing Vulnerability

Vulnerability is often seen as a weakness, but it is, in fact, a strength that fosters authenticity and connection. Embracing vulnerability allows us to express our true selves and build meaningful relationships.

To embrace vulnerability:

- Be honest with yourself: Acknowledge your fears and insecurities. By facing them head-on, you reduce their power over you.
- Share your experiences: Open up to others about your struggles and successes. This honesty strengthens bonds and encourages others to be vulnerable as well.
- Accept imperfection: Recognize that nobody is perfect. Embrace your flaws and understand that they are part of what makes you unique.

Embrace your interests and creativity.

When dealing with the ego it is important to feed the good parts of ego. Our interests and creativity are part of the good part of our ego. It makes up our personality. There is nothing wrong with having interests and being creative if those interests and creativeness do not harm others. Don't erase or ignore your interests, they are very much an important part of you. They make up your uniqueness. And don't neglect your creativity. But express it. As long as those things are not harming anyone else, they are an important part of the ego to feed. When finding enlightenment you don't have to lose your personality, you can

find a healthy balance of your earthly human self and your higher self. And that comes from not neglecting the entire ego.

Conclusion

Feeding the healthy part of the ego while being enlightened is a continuous journey of self-discovery and growth. It requires a delicate balance of self-acceptance, compassion, spiritual practice, and vulnerability. By nurturing a healthy ego, we build a strong foundation for personal development and enlightenment. Remember, the goal is not to eliminate the ego but to integrate it harmoniously with our higher selves, leading to a balanced and fulfilling life.

Are You There Yet? Untangling the Mystery of Enlightenment

Enlightenment. It's a word that conjures images of serene monks, transformative experiences, and a profound understanding of the universe. But what exactly *is* enlightenment? And, perhaps more importantly, how do you know if you've attained it?

The answers, as you might expect, are complex, nuanced, and often highly subjective. There's no definitive checklist, no cosmic certificate waiting in the mail. Instead, understanding enlightenment requires delving into different spiritual and philosophical traditions and exploring the potential markers along the path.

Defining the Elusive: What IS Enlightenment?

Enlightenment, in its broadest sense, refers to a state of profound understanding, liberation, and freedom from suffering. Different traditions offer varying interpretations:

- **Buddhism:** Often described as Nirvana, the extinguishing of suffering and the cycle of rebirth, achieved through wisdom, compassion, and mindfulness.
- **Hinduism:** Moksha, liberation from the cycle of samsara (birth, death, and rebirth) and union with the ultimate reality (Brahman).
- **Advaita Vedanta:** Realization of the non-dual nature of reality; recognizing the oneness of the self (Atman) with Brahman.
- **Taoism:** Living in harmony with the Tao, the natural order of the universe, characterized by spontaneity, simplicity, and effortless action (Wu Wei).

While the specifics vary, a common thread runs through these interpretations: a shift in perspective, a deep connection to something larger than oneself, and a release from the ego's grip.

The Absence of a Universal Checklist: Why "Proof" is Problematic

It's tempting to seek measurable criteria for enlightenment. However, the very act of seeking proof often reinforces the ego, which is precisely what enlightenment seeks to transcend. Looking outward for validation can be a distraction from the inward journey.

Furthermore, the potential for spiritual ego – the belief that one has attained a higher state than others – is a significant pitfall. True enlightenment, ironically, often involves a diminishing sense of ego, not an inflation of it.

Potential Markers on the Path: Signs of Deepening Understanding

While there's no guaranteed "enlightenment meter," certain experiences and changes in perspective can indicate progress along the path:

- **Increased Self-Awareness:** A deeper understanding of your thoughts, emotions, and motivations, leading to greater self-acceptance and compassion. You become more aware of your patterns and triggers.
- **Reduced Suffering:** A diminishing of negative emotions like anger, fear, and anxiety. This doesn't mean you never experience them, but rather that you're better equipped to navigate them without being consumed.
- **Enhanced Compassion and Empathy:** A genuine concern for the well-being of others and a profound understanding of their suffering. Your actions are driven by kindness and a desire to help.
- **A Sense of Detachment:** Not indifference, but a healthy distance from the ego's dramas and attachments. You can observe situations without being overly invested in specific outcomes.
- **Increased Presence:** An ability to be fully present in the moment, appreciating the beauty and simplicity of everyday experiences.
- **Acceptance of Impermanence:** A deep understanding that everything is constantly changing, leading to a greater acceptance of loss and uncertainty.
- **A Sense of Oneness:** A feeling of connection to all beings and the universe, transcending the illusion of separation.
- **A Quiet Joy:** An underlying sense of peace and contentment that persists even in the face of challenges.

Important Caveats:

- **Experiences are Fleeting:** Even profound experiences are temporary. True progress lies in integrating these insights into daily life, not chasing after fleeting moments.
- **The Path is Non-Linear:** Expect setbacks and periods of doubt. The journey is not a straight line; it's more like a spiral, circling back and revisiting themes at deeper levels.
- **Humility is Key:** The more you learn, the more you realize how much you don't know. A healthy dose of humility is essential for continued growth.

Conclusion: The Ongoing Journey

Enlightenment is not a destination to be reached but an ongoing process of growth, transformation, and self-discovery. Instead of focusing on attaining a specific state, cultivate practices that promote self-awareness, compassion, and wisdom. Be patient with yourself, embrace the journey, and trust that the path will unfold in its own time. Perhaps the most genuine sign of progress is not claiming enlightenment, but living a life that reflects its principles: a life of kindness, presence, and unwavering love.

Embracing Perfection: Seeing the Divine Hand in Our Universe

We often look at the world with a critical eye, focusing on its flaws, injustices, and suffering. But what if we shifted our perspective, choosing instead to see the underlying perfection woven into the very fabric of the universe? What if we embraced the idea that everything, even the seemingly negative, is part of a divine order, governed by universal laws that ultimately lead to growth and enlightenment?

This isn't about ignoring the challenges we face; it's about recognizing that they exist within a framework of inherent perfection, a system designed for learning and evolution. To believe in a perfect universe is to believe in the wisdom of a higher power, a God whose universal laws ensure balance, justice, and the continuous unfolding of potential.

The Symphony of Universal Laws:

This perspective rests on the foundation of universal laws, principles like the law of love and the law of karma. The **law of love**, often considered the highest law, dictates that connection, compassion, and selfless giving are the ultimate drivers of happiness and fulfillment. It encourages us to see ourselves in others and to act with kindness and empathy.

The **law of karma**, often misunderstood as mere punishment, is actually a law of cause and effect. Every action, thought, and intention creates a ripple effect that returns to us in some way. It's a system of learning and growth, teaching us responsibility for our choices and encouraging us to align our actions with love and positivity. This isn't about retribution, but about understanding the consequences of our actions and learning to create a more positive reality.

Learning and Growth Through Experience:

Within this framework, every experience, both positive and negative, becomes an opportunity for learning and growth. Challenges push us beyond our comfort zones, forcing us to develop resilience, compassion, and understanding. Even suffering, while undeniably painful, can be a catalyst for profound spiritual awakening and personal transformation.

By embracing this idea, we can begin to see the "perfect" purpose behind even the most difficult circumstances. A lost job might lead

to a more fulfilling career path. A broken relationship might open the door to a deeper, more authentic connection. A personal struggle might inspire us to become more compassionate and help others facing similar challenges.

The World Isn't Evil, It's Evolving:

To say the world is perfect is not to deny the existence of suffering or injustice. Instead, it's a call to recognize that these experiences are part of a larger, more complex picture. It's a recognition that humanity is still evolving, learning, and striving towards a higher state of consciousness.

The imperfections we see are not evidence of inherent evil but rather opportunities for growth and progress. By embracing the law of love, practicing compassion, and taking responsibility for our actions, we can contribute to the evolution of ourselves and the world around us.

Shifting Your Perspective:

Embracing the idea of a perfect universe requires a conscious effort to shift your perspective. Here are a few ways to begin:

- **Practice Gratitude:** Focus on the good in your life, even the small things. Acknowledge the blessings you have and cultivate a sense of appreciation.
- **Look for the Lesson:** When faced with challenges, ask yourself what you can learn from the experience. How can it help you grow and evolve?
- **Practice Forgiveness:** Release anger and resentment, both towards yourself and others. Forgiveness is essential for healing and moving forward.
- **Act with Love and Compassion:** Treat yourself and others with kindness and understanding. Let love be your guiding principle.

Conclusion:

The belief in a perfect universe, governed by God's universal laws, is an invitation to see the world with new eyes. It's a call to recognize the inherent beauty, balance, and divine order that underlies all of creation. It's a reminder that we are all part of something larger than ourselves, and that every experience, even the seemingly negative ones, ultimately serves a higher purpose. By embracing this perspective, we can unlock our potential for growth, find meaning in our struggles, and contribute to the ongoing evolution of ourselves and the world around us.

[There are 8 Universal Laws to the universe](#)

[Understanding the 9 Universal Laws: A Summary](#)

The concept of universal laws goes beyond human-made rules and guidelines, delving into the natural order that governs existence. These laws are believed to provide a framework for understanding life, the universe, and our place within it. Here, we'll explore the seven universal laws, their meanings, and their significance.

1. The Law of Attraction (or Vibration)

The Law of Attraction posits that like attracts like. In essence, the energy we emit through our thoughts and emotions attracts similar energies into our lives. This law suggests that focusing on positive thoughts can manifest positive experiences, while negativity can lead to unwelcome circumstances. It emphasizes the importance of maintaining a high vibrational frequency to draw in desired outcomes and experiences.

2. Law of One: All things exist as one. All things are connected and we are to be one with everything and connected with everything.

3. The Law of Perpetual Transmutation

This law states that energy is constantly changing forms. Nothing remains static; everything is in a constant state of flux. The Law of Perpetual Transmutation suggests that individuals can transform unfavorable situations into positive outcomes by raising their energy frequency. By actively changing our thoughts, beliefs, and actions, we can transmute negative experiences into growth opportunities.

4. The Law of Rhythm

The Law of Rhythm emphasizes the natural cycles and patterns that govern life. It posits that everything ebbs and flows, rises and falls, and that there is a time for every activity in life. Recognizing and aligning with these rhythms—such as seasons, personal cycles,

and life stages—can help individuals navigate challenges and embrace opportunities with grace and confidence.

5. The Law of Relativity

According to the Law of Relativity, everything is relative and can only be understood in comparison to something else. This law suggests that our perceptions and experiences are influenced by our perspectives. Challenges that may seem insurmountable can be better understood when compared to others' experiences, helping us cultivate gratitude and resilience. It teaches that there is always something to learn from every situation.

6. The Law of Polarity

The Law of Polarity states that everything has two sides or opposites. For every positive, there is a negative; for every joy, there is sorrow. Understanding this law helps individuals recognize that challenges and opposites are essential for growth and balance. It encourages us to see the beauty in duality and understand that polarities are necessary for life's lessons.

7. The Law of Cause and Effect

This law, often summarized as “every cause has its effect,” emphasizes the idea that nothing happens by chance. Every action, thought, or belief initiates a response in the universe, creating a chain reaction. By understanding this law, individuals can acknowledge their role in creating their reality and take responsibility for their actions, fostering a deeper sense of awareness and intentionality.

8. The Law of Gender

The Law of Gender encompasses the idea that everything has masculine and feminine energies, regardless of gender. It

highlights the balance of these energies within ourselves and in the universe. Embracing both energies can lead to Wholeness and harmony, allowing individuals to express their creativity and authenticity. Recognizing these energies enables us to appreciate diverse perspectives and experiences.

9. Law of Love

Love God and love people.

Conclusion

Understanding these 9 universal laws provides valuable insights into the nature of existence and our roles within it. They serve as a guide to personal growth, empowering individuals to navigate life's challenges and manifest their desires. By embodying these principles, we can cultivate a deeper connection with ourselves and the world around us. Engaging with these laws creates a pathway to a more fulfilling and harmonious life.

The founder of Awakenedism is **Adam Lee**. Adam was an ordained minister, has a degree in Biblical Studies and was a pastor of a few churches. He is also a mystic, clairvoyant, energy worker and dream interpreter. But for Adam he never really fit in

a traditional church. It never worked for him and he found there was more to spirituality than organized religion has to offer. So much more! Adam found that in Christianity and the church the ego runs free. Even though Christianity is supposed to be about love and charity it is not. He found only greed, selfishness, elitism, money loving, hate, criticism, judgement, competitiveness, jealousy, envy, strife, slander, conspiracy theories, delusions, closed mindedness, bigotry, pride, and downright evil. God led him into new age spirituality and things all came together and made sense, things that Adam was doing in Christianity that He was taught by the spirit of God but weren't accepted suddenly had a name and everything fit together into what Adam now calls Awakenedism. Fitting the teachings of Christ with eastern religion and New Age beliefs and putting a form and structure to everything. Of course, form and structure can turn into religion which actually kills the spirit but its good to see everything have a place and a name. The spirit of God led Adam into the truth and the truth set him free.

[The 9 Step Path](#)

The 9-Step Path to Awakenedism: A Journey to a More Conscious Life

Are you feeling a disconnect from yourself and the world around you? Do you sense a longing for something more, a deeper understanding and connection to the divine? This isn't uncommon. Many of us find ourselves at a crossroads, realizing that the life we're living isn't quite aligning with our true potential. If this resonates with you, perhaps the path of Awakenedism, a journey towards a more conscious and fulfilling life, is calling you.

This path, outlined in nine distinct steps, offers a framework for transforming your perception, reconnecting with your inner power, and living a life infused with purpose and love. It's a journey of

self-discovery, requiring honesty, dedication, and a willingness to embrace change.

Here's a breakdown of the 9-step path to Awakenedism:

1. Acknowledgement: Recognizing the Need for Change

The first step is perhaps the most crucial: acknowledging that something isn't working in your current life and recognizing the need for an awakening. This is an honest assessment of your present state, admitting that you're seeking a deeper sense of meaning and fulfillment. It's the foundation upon which your journey will be built.

2. Realize: Opening to the Unknown

Next, you must realize that you don't know everything. Be open to new perspectives, concepts, and possibilities. Embrace the unknown and be willing to question your existing beliefs and assumptions. This step requires humility and a willingness to learn and grow.

3. Recognize: Identifying Limiting Beliefs

This step involves a deep dive into your subconscious, identifying the negative and limiting beliefs you hold about yourself, God, and the world. These beliefs, often formed in childhood or through past experiences, can act as obstacles blocking you from realizing your full potential.

4. Change: Embracing Empowering Beliefs

Once you've identified these limiting beliefs, you must actively replace them with empowering ones. Believe that you are connected to God, to all of humanity, and that you are capable of creating your own reality. Understand that your thoughts and

beliefs shape your experiences and that the divine resides within you.

5. Vibration: Raising Your Energetic Frequency

Shift your energetic vibration through practices like meditation, which allows you to connect with your inner peace and raise your frequency. Cultivate love, kindness, positivity, and gratitude in your daily life. By consciously choosing positive thoughts and actions, you attract experiences that align with your desired reality.

6. Connection: Fostering Unity and Love

Connect with the divine energy within you, the universal life force that binds us all. Practice love and compassion towards yourself and others. Recognize the interconnectedness of all things and strive to foster harmonious relationships with those around you.

7. Purpose: Living Your Divine Expression

Discover and live out your purpose by expressing the divine within you. This involves creating, loving, and connecting with the people and the world around you. Use your unique talents and gifts to make a positive impact and contribute to the greater good.

8. Enlightenment: Embodying Higher Consciousness

Strive to embody your higher self and walk in love and service to others as much as possible. This involves consciously choosing to act from a place of compassion, understanding, and empathy. By consistently embodying these qualities, you deepen your enlightenment and inspire others to do the same.

9. Balance: Integrating All Aspects of Being

The final step is about finding balance between the spiritual, mental, physical, and emotional aspects of your being, including your ego and your relationship with the world. Strive for harmony in all areas of your life, recognizing that true fulfillment comes from integrating all aspects of yourself into a cohesive whole.

The path to Awakenedism is not a destination but a continuous journey of growth and self-discovery. It requires dedication, perseverance, and a willingness to embrace change. By following these nine steps, you can unlock your inner potential, connect with your divine purpose, and live a more conscious, fulfilling, and awakened life.

Daily practice

A daily practice that you can do as an Awakenedist on the path of Awakenedism is you can spend time each day doing the following.

Meditate for 10 minutes and pray to the higher power by visualizing your prayer needs. In this way you are manifesting what you need. While you meditate visualize what it is you need in your life or the lives of others. Also while meditation connect with the divine and the universal energy force. Follow this up by a time of respect for the divine in you and outside of you. Then go about your day channeling your higher self as much as you can.

Start an Awakenedism meditation group in your area. Meet with others meditate, discuss progress on the 8 step path, pray and talk about spiritual matters

We have several Guided Meditations for you to explore and use. The guided meditations are designed to help you become awakened. Our Guided Energy Meditation is known to help people who suffer from depression and anxiety. It will alleviate your anxiety, elevate your mood, and bring you out of depression. It has also been known to help people with drug and alcohol addictions as the meditation gives you a greater high that helps you replace those drugs.

Meditations

My form of meditation is something that is unique to me. It is something that I discovered and developed myself on my own. It is unlike most meditations out there.

My meditation is more powerful and better when done in a group so if you can get some group sessions going I think it will be very beneficial. My form of Energy Healing is also different than what many other Energy Healing practitioners are doing and it is unique to me and something I developed.

Be aware that it takes time to feel spiritual energy during energy meditation and to get things clairvoyantly during clairvoyant meditation. You will have to do the meditations many times and on a regular basis before you may start to feel and sense things. The meditations are also better once you get good at them in a group as there is a higher energy level to it in the group setting.

Just to clarify the energy I am talking about is not the energy you got from drinking a caffeine drink or something like that. It is not

physical energy. It is spiritual energy, there is a spiritual energy field to almost everything and an even stronger energy field to God or the higher power. That is the energy that I am referring to when I do energy meditation and Energy Healing.

The following are some guided meditations, go through each point of the meditation pausing about 20-30 seconds between each one. It is also helping to put on some good meditation music to help.

Guided Energy Meditation

My name is Adam Lee, and I am going to take you on a guided meditation journey into energy meditation

Let's begin by getting comfortable, it is best to sit Indian style with your legs crossed on the floor

Now clear your mind, let go of any burdens and thoughts and just clear your mind to a blank slate.

Notice your breathing. Take, slow deep breaths breathing in through your nose and out your mouth.

Just relax and let all tension and stress leave your body. Visualize all the stress and tension going out of your shoulders and neck down to your hands and feet and leaving your body.

With your mind already cleared focus on the divine being and the universe, focus on how powerful and mighty He is, focus on the spirit of the divine being its great positive powerful energy.

The energy of the divine being is available to you, all the energy of the universe is available at any moment you just have to tap into it, That amazing power and energy wants to commune with you and you can partake of it. You must believe you can be filled with it, you can be filled with it

Now we are going to begin to take in that energy and let it move within us, Now focusing only on the universe and the divine being and how powerful he is know that that energy wants to fill you. Open your hands and lift your arms with your hands open to receive in the air to about the height of your shoulders.

Ask the divine beings spirit to fill you with His anointing and energy with your hands raised as I state previously.

Now open your heart to receive from Him, open yourself up to take in the divine beings presence, anointing and energy into you.

Let your guard down in your heart, be vulnerable, let go of your life and everything you are holding onto and hold dear and open your heart to the divine one, his energy and anointing,

Let go of your worries, let go of hanging onto your life, let go of your identity, let go of your thoughts and the things that matter to you, take your walls down, be vulnerable and let the universes energy and anointing into you.

As your doing all this feel the background music playing and visualize the divine beings anointing coming down on you like rain. Visualize the rain saturating you and covering you as it comes down from above

Then visualize the rain turning to liquid gold, and is pouring down on you. Keep visualizing this as you have opened your heart and believe you are receiving from God. Believe that you are taking in that energy into your body.

You may begin to feel goose bumps and tingling in your head, shoulders and neck. Don't resist it stay relaxed and take it in, let it get stronger and stronger and keep receiving.

Once you feel Gods energy and anointing entering you or coming upon you for a while imagine it moving through out your whole body and that your body lights up with his light and glory. Imagine it getting brighter and brighter.

Stay relaxed and keep taking it in and receiving. At this point notice what images the divine one may place in your mind or what the He speaks to your heart. Keep receiving Gods anointing and energy, stay relaxed with your heart open and carry this on for as long as your are comfortable doing so.

You may notice the energy and anointing moving your arms or head if so go with it and move your arms or head as it pulls on you, I call this the divine dance, dance with God and let him move in you and with you. You are becoming for a moment in time one with him.

Guided Clairvoyant Meditation

My name is Adam Lee, and I am going to take you on a guided meditation journey into clairvoyant meditation

Let's begin by getting comfortable, it is best to sit Indian style with your legs crossed on the floor

Now clear your mind, let go of any burdens and thoughts and just clear your mind to a blank slate.

Notice your breathing, Take slow deep breaths breathing in through your nose and out your mouth.

Just relax and let all tension and stress leave your body. Visualize all the stress and tension going out of your shoulders and neck down to your hands and feet and leaving your body.

With your mind already cleared focus on the divine being and the universe, let go of all your own thoughts and desires

Now open yourself up, be vulnerable, visualize a wall around you that is coming down, visualize the wall crumbling to nothing.

Now see yourself sitting in the middle of the universe, you are open and there is nothing around you to draw your attention or block anything from you

Clear your mind then let anything that wishes to come to mind

notice any pictures you may see in your mind, any images that may play in your mind

Notice if there are any words or phrases that may be coming to mind

Notice if there is any divine knowings that come to mind and things you just know intuitively

Don't have any opinion or judgement about what comes to mind, just let it come

Don't force anything to come to mind just be open and let it flow freely without judgement or opinion

Now think on the things that came to mind, what could they mean

Are there any feelings you have about the meaning of what came to mind

What could the universe or your institution be trying to tell you

Guided Higher Power Meditation

My name is Adam Lee, and I am going to take you on a guided meditation journey into a higher power meditation

Let's begin by getting comfortable, it is best to sit Indian style with your legs crossed on the floor

Now clear your mind, let go of any burdens and thoughts and just clear your mind to a blank slate.

Notice your breathing, Take slow deep breaths breathing in through your nose and out your mouth.

Just relax and let all tension and stress leave your body. Visualize all the stress and tension going out of your shoulders and neck down to your hands and feet and leaving your body.

With your mind already cleared focus on the divine being and the universe, let go of all your own thoughts and desires

Now open yourself up, be vulnerable, visualize a wall around you that is coming down, visualize the wall crumbling to nothing.

Now see yourself sitting in the middle of the universe, you are open and there is nothing around you to draw your attention or block anything from you

Now focus on God and a higher power

Visualize all your former beliefs about God or a higher power turning to dust and being blown away by the wind.

Visualize all your beliefs about God being a blank white canvas waiting to be painted on

Now visualize a higher power or God and ask it to reveal itself to you, ask it to show you who it is

Ask it to reveal anything you need to know or understand and ask it what direction do you have for me

Clear your mind still focusing on God then let anything that wishes to come to mind

notice any pictures you may see in your mind, any images that may play in your mind

Notice if there are any words or phrases that may be coming to mind, notice anything it may be speaking to your heart

Notice if there is any divine knowings that come to mind and things you just know intuitively

Don't have any opinion or judgement about what comes to mind, just let it come

Don't force anything to come to mind just be open and let it flow freely without judgement or opinion

Now think on the things that came to mind, what could they mean

Are there any feelings you have about the meaning of what came to mind

What other questions do you have to ask God, ask him what you feel led to and pay attention to what comes to you

Stay in this meditation with God for as long as you need to

What could the higher power be trying to tell you about who it is and what direction you need to go

Guided spirit, body and world balance meditation

My name is Adam Lee and I am going to take you on a guided meditation journey into the physical world meditation

Lets begin by getting comfortable, it is best to sit Indian style with your legs crossed on the floor

Now clear your mind, let go of any burdens and thoughts and just clear your mind to a blank slate.

Notice your breathing, Take slow deep breaths breathing in through your nose and out your mouth.

Just relax and let all tension and stress leave your body. Visualize all the stress and tension going out of your shoulders and neck down to your hands and feet and leaving your body.

With your mind already cleared focus on the divine being and the universe, let go of all your own thoughts and desires

Now open yourself up, be vulnerable, visualize a wall around you that is coming down, visualize the wall crumbling to nothing.

Now see yourself sitting on top of a mountain, you are open and there is nothing around you to draw your attention or block anything from you

Visualize your spirit, now visualize it becoming one with your body, visualize your body being energized

Notice any physical feelings you may have notice how your legs feel, notice how your arms and head feel.

Begin to bring yourself to a place of perfect peace within your body, you are appreciative of your body and you accept it.

Tell yourself that your body is capable of anything, nothing can hold it back and that you have a strong connection to your body.

Now see your body in harmony with the physical world, In this present moment your body has perfect harmony with the world around you and is perfectly connected to it.

See yourself working in harmony with the world and everything in this world working for you

See your body and this physical world coming into perfect alignment and everything is working for you as you working for it. All is well in the world and everything is going to be alright

Visualize total peace covering you like a blanket

Let total peace come over you, you are at peace with your body and your body is at peace with the world.

You are now for a moment in time connected, in harmony with your body and this world

Dream Teaching

My name is Adam Lee and this is my mini teaching on dreams

Not everyone believes dreams have importance or meaning but I have found them to be very helpful and something to pay attention to

First I would just like to give an example of a dream I had back in 2017 right after Donald Trump became president.

I dreamed that I was in Trump tower and in it was a large water park. A ton of people were playing in the water park then it sprang a leak and the whole tower began to flood, and people were drowning and dying. I was warning people, but no one would listen. At the time I knew the dream meant something negative would come while Trump was president and people would die. I had no clue about covid though and could never imagine what was to come. But looking back it was about covid coming and killing people while Trump was in office. It makes perfect sense; how do people die from drowning? It's a respiratory thing, they can't breathe. And how did people die from covid most of the time. It too was respiratory and they couldn't breathe.

A few years back I was in a custody court battle with my children's mother. In the beginning of the whole thing, I had a dream. In the dream I was wrestling with my aunt's husband who happens to be a judge and I won. I knew that it meant that I would win my court case which I did a year later.

Dreams can tell you a lot and even predict the future, I have found though that often times the future the dreams predict can't be changed. Maybe a couple times I was able to change it but most of the time I couldn't.

I started out having dreams that I caused me to learn about dream interpretation sometimes the dreams were literal and sometimes symbolic

I found it the most helpful when I got books with dream interpretation symbols in them and their meaning.

Of course, not every symbol means what's in the book but it gives you an idea of how symbolism works

Once you get used to how symbolism works it gives you the tools to figure out your dream's symbols.

I have taken dream interpretation classes and read many books on dreams, and I have found that it's not good to have a set methodology of figuring out the dream

Some people teach that you have to interpret dreams in a certain format, but you don't

Be free when interpreting dreams, the hardest thing about it is learning how the symbolism works then when you have mastered that you are in a good place

I have learned when interpreting dreams to not get lost in little details, always try and see the big picture

Don't worry about colors and what brand of clothing or kind of car someone was driving it will lead you into a rabbit hole

Just focus on the main theme

It is hard sometimes to know if a dream is literal or symbolic a lot of dreams have both symbolic and literal things in the same dream

Try and interpret it as symbolic unless you have an intuition to interpret it as literal

I remember hearing of a young man who said he used to dream a lot then he took a psychology course at a local college. The instructor taught him that dreams don't have a meaning and they come from us. He said he stopped valuing his dreams or caring and as a result he stopped having dreams all together. The more value you put on dreams the more you will have and they will have a greater meaning.

You will have more dreams if you believe your dreams are important

You will also have more dreams the greater your relationship with spirituality

Dreams are usually about our life in the present. If you have a dream, you always ask yourself what just happened yesterday, was there a question I needed answered or did I do anything

Most dreams won't be about others entirely but the more selfless you are and connected to spiritual things the more dreams you will have about other people

There are all types of dreams some are prophetic and for the future while others have no meaning and are from eating too much pizza

Not all dreams are from a higher power, but some are

Its good to ask questions about a dream such as who is talking to me and why are we in a school and not a house and so on

Dreams about people we know giving us a message or doing something are a lot of times not about that person but are symbolic or someone else who is a type of them

That person is symbolic, you have to ask yourself is there anyone that is a type of this person?

Angels can give us messages in dreams if you get a message from someone you don't know it is sometimes an angel

It is also important to ask yourself how do I feel in this dream, your feelings can tell you a lot, for instance do I feel the person telling me something is lying or bad or are they good?

That is the mini lesson on dreams, but like I said the most important part about dream interpretation is learning how symbols can work and to get a dream symbol book and work with symbols

Also remember that God often will give you the meaning of a dream in a divine knowing and to be open to your intuition.

remember to value your dreams so you have more, Have a great day and happy dreaming!

Energy Healing Teaching

What is Energy Healing or as some call it Reiki?

The following is the definition of the word Reiki:

“a healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the

natural healing processes of the patient's body and restore physical and emotional well-being.”

Reiki is a spiritual healing art from with Japanese roots. It is not tied down to any particular religion or group. The word Reiki comes from the Japanese word (Rei) which means “Universal Life” and (Ki) which means “Energy”. It is believed that Reiki is the life energy in all living things. Some believe that everyone has a energy force and that this force should be strong and free flowing. Sometimes that force can be blocked or become weak. Reiki is meant to make it strong and unblock things so that it can bring a person a sense of well being. Mikao Usui is credited with rediscovering the Reiki. His tradition and methods were passed through several grandmasters of Reiki. Today, Reiki takes many forms, however, The Usui System of Natural Healing is still the form most widely practiced. There is not a whole lot of info out there on Reiki's founder Usui, it is said that he taught over 2000 student how to do Reiki and some of them went onto master level passing what they know onto other Reiki practitioners. Mikao Usui is said to have learned the foundational aspects of Reiki from the writings of a buddha. Today Reiki is not believed to be Christian and is used to heal people of physical, emotional and mental issues.

Reiki is tapping into a universal energy force to transfer to others for healing. Reiki draws in the energy force and sends it out the hands to someone else. Reiki practitioners believe that energy force comes from the universe and all life has it. Traditional Reiki often uses spirit guides and mediumship to tap into the energy force and even for direction as to where the patient needs healing or what ails them. Traditional Reiki is not necessarily Christian but some of it has a universalness to it. Traditional Reiki also focuses energy on the body chakras and seeks to unblock the energy flow of the chakras.

In a traditional Reiki session the client will lay down or sit. The Reiki practitioner will then place their hand over the different chakras of the body to transfer energy through their hands to them. The practitioner may place his hands over several areas of the body until they no longer feel the energy flow. Like I mentioned before there may be spirit channeling and mediumship involved. How one becomes a Reiki practitioner differs. There is no state licensing or credential to have to practice Reiki. Reiki falls under religious healing so the state doesn't regulate it. Someone becomes a Reiki practitioner by taking an online course, being taught by another practitioner or reading a book and just doing it. Some people may channel real spiritual energy while others may not but just think they are.

I will say that traditional Reiki is a little different than the Energy Healing or reiki that I do and teach, there is a difference.

Reiki or energy healing can be beneficial for many reasons and can be used for physical healing. It is also said to induce deep relaxation, help people cope with difficulties, relieve emotional stress, and improve overall wellbeing.

People who receive Reiki describe it as "intensely relaxing."

Conditions that Reiki has been used to help treat include:

- Cancer

- Heart disease

- Anxiety

- Depression

- chronic pain

- infertility

neurodegenerative disorders

autism

Crohns disease

Fatigue syndromes

Bipolar

Diabetes

Stress

According to the University of Minnesota, patients who have undergone a Reiki session may say:

"I feel very refreshed and seem to be thinking more clearly."

"I think I fell asleep."

"I can't believe how hot your hands got!"

"I feel more relaxed than even after a massage."

"My headache is gone."

Cancer patients who have Reiki say they feel better after.

What is Adam's Energy Healing or Reiki?

Reiki or energy healing is tapping into a universal energy force to transfer to others for healing. Reiki draws in the energy force and sends it out the hands to someone else. Adam's Reiki is drawing in God's energy force or energy from a higher power and sending it out your hands into someone else. I don't even like to call what I do Reiki as it is not reiki as the secular people do it, mine is God focused and from God. I prefer to call it energy healing rather than reiki so people don't think it is the form without God. Traditional Reiki gets its energy force from spirit guides or just uses the energy force of the practitioner while Adam's energy healing or reiki gets it right from a higher power or the universe's energy. Adam's energy healing or reiki does not consult with or use spirit guides or mediumship to channel any energy. Whatever you want to call it when you tap into the divine being and seek it God will give it to you.

There is a difference in Adam's reiki and traditional Reiki. Adam's energy healing or Reiki is more pure and potent. Adam's reiki is tapping into the energy of a higher power or the universe so when I have done my form of Reiki for people they have said it was different than when

they had it done by a traditional reiki practitioner. They remarked how when I laid hands on them, they began to see things spiritually and could see smoke and light coming out of me. They also said they feel more love, peace and happiness than when someone else did it.

Reiki or energy healing is the transference of energy for the well being of another.

How to Do Adam's Energy Healing or Reiki

The following is how to do Adam's Energy Healing or Reiki. I call this Reiki energy healing.

The energy comes from above; it comes from a higher power or the universe not us.

The energy enters our body and spirit by our heart and through faith. If you don't have faith then it will be hard for you to flow in this energy. Also, if you don't have an open heart then you will have a closed door to the energy, faith invites it but your heart is the door to let it in.

Begin to ask the universe or the higher power to remove all barriers and hindrances out of your heart so that you can let his energy in.

I have used music to bring on the energy.

Music can be very important,

Once you get good at bringing it into yourself and on you, you can then transfer it to others.

You can do this by yourself or in a group. I have found that it can be more powerful in a group though. I usually use music and I don't necessarily sing the words and dance to the songs, what I do is close my eyes and focus totally on a higher power. I try to be still and calm as possible. I don't focus on anything around me I just clear my mind and focus and think on God. I just totally focus on him keeping my eyes closed and I will talk to him (I will whisper it, you don't need to yell He can hear you) and I speak to him.

I try to remain still and very loose, I open myself up and let his peace come upon me. I then will feel Him. It feels like a warm tingling energy coming upon my head and shoulders and working its way through me. If you remain still and focused and yield to it- it will get more intense. My head, neck and shoulders will tingle and I will get goose bumps sometimes I feel the hairs on my body stand up. The way I feel it is not just a little but very powerfully and it radiates in my upper area. Sometimes I will start to feel my arms moving like something is pulling on them and the energy force is trying to move them or my legs (if I am laying down) and it will feel amazing, but you need to yield to it and let the energy move your arms and if you do, you will go into it deeper and deeper and after a little while it will feel as if you are not in your body any more (that is the best way I can describe it). But if you resist and

not let the energy force move your arms and flow through them, then it will stop, you need to let the energy do what it wants to do. I call this moving with the energy and the higher power the divine dance.

When I have had times like this, it sometimes can feel like I am in another place, and in that place, the higher power may speak to me or show me things, but most of the time and best of all He communes with me and it is like I am being touched by Him and flowing with Him. I become so built up and energized that I feel ready to do anything. Each time you spend time in this way it changes you, it may not be that noticeable at first, but it does change you, and your character and outlook starts to become different and you flow in spiritual things better. There is a maturity process to this and many levels, maybe the first couple of times you may not feel anything, but the more you do it and learn to be sensitive to God, you will mature in it and hopefully experience the things that I have described. I have gotten to where I don't need music to do it, but you will most likely always need silence and a quiet place.

The more you do this, the more sensitive you become to God and the energy. You will be able to take in more and more of the energy and later transfer to others.

The first thing that you will need to do is open up your heart and have faith and believe that God can fill you or re-fill you with His spiritual energy anywhere, anytime. It doesn't matter where you are at, or when, he can, and will fill you up with His energy.

You need to practice experiencing the higher powers energy filling you up on a regular basis and believe that he can do it, taking in his energy then you will be able to transfer it to others.

You will start to feel a warm overwhelming tingling coming down from the top of your head (it always begins from your head or shoulders) if you let it, and don't resist, you must stay focused and relaxed, then it will get stronger and flow to your heart area and then out to the rest of your body. Some people say that they know what it is like to be filled with this energy and such but most of the time they really have no idea. They think that they are being filled but in reality, it is just hype or they just feel good. But if you are truly being touched by God it will be overwhelming and it will flow through your veins and you will need to surrender every part of you and your will to it or it will stop. It is very powerful, and you even feel it flowing through you and pulling on your arms and trying to move through your muscles.

You will need to get used to letting it flow through your body, at first you may have trouble letting it flow through you, but you must relax and not resist. After you do this enough times it will become more natural and it will be easier for God to flow through you and use you, and you may get to a point in which you won't need music or to worship. You will just be able to receive the anointing or Reiki/ Gods energy instantly and let it flow through you instantly. Sometimes it can be more powerful than other times, it all depends of how much you can handle and what the universe is willing to give and wants to do.

To transfer it to others for reiki, you will need to be close to them. Receive the energy from God or the universe as previously mentioned, and then after it flows from your head or shoulders to your heart and all over, then you will need to place your hand near the person that needs to the energy. It helps also to rub your hands together and picture them being charged up. Then place your hands on each side of the persons head but keep them a couple of inches away. You don't need to touch their head. Repeat this for their forehead, neck and then on their back at the base of the spine (lower back).

Then you will need to visualize the energy going out of your hands into them, it helps to visualize this as a bright light. But continue to visualize the energy going from you, out your hands, to them (you could also

visualize it going to a specific area of their body and visualize it lighting up that area). You will need to continue to focus and visualize the energy going out of you into them, lighting up their whole body. And just relax and let it flow.

The person receiving will also need to open up their heart and receive this spiritual energy that is coming through you. If they are receiving it, you will feel it get even stronger in you and you will actually feel it flow to them but if they are not receiving it the energy force in you will get weaker and you won't feel it flow. In a case in which they are not receiving it you may need to talk with them to calm them and tell them that it is starting to flow and to open their heart and receive it. Sometimes you will get a word or unction from the higher power as to what is blocking them from receiving it or the universe will show you what speak so they can receive it. If they have a block to receive or for it to flow you may need to place your hands near them and make the motion of you opening a book and say open. This will help remove the blockage.

This method of energy transfer can also be used without the person being present by just visualizing the person and the energy going from you to them, but they will need to consent in order to receive it.

Not everyone is able to flow in an energy force such as this. The truth is some people have a natural gift to receive this type of energy walk in this, while others just aren't wired that way. So, if this doesn't work for you it may be that you just aren't gifted in this way. Remember the world would be a very boring place if everyone were exactly the same.

Also note that if the area is an inappropriate area to be touching then don't do it, only do this to appropriate areas. This method of energy healing reiki is similar to the Kundalini method but a lot different as in that method the energy comes from the bottom of the spine and the earth and radiates from there. My method of course is not like that, it is unique, and God focused.

That my friends is how you take in energy from God and how you transfer it to others.

Clairvoyant Training and Teaching

Welcome to my teaching on doing clairvoyant readings for people and being clairvoyant. I have been doing clairvoyant or prophetic readings for people for 20 years now, professionally for 17 years. When I say clairvoyant, I am not talking about talking to dead people or seeing ghosts, I am talking about being sensitive and being able to supernaturally read people's lives without you knowing anything about them and my gift comes from God and I get information from Him and the Holy Spirit.

some of this clairvoyant stuff is sacred, not everyone should be taught to be clairvoyant and not everyone can do it at a high level, you have to

be called and naturally gifted but everyone can learn to do some of this at a certain level.

The first thing you need to do is believe you can do this,

There is an old Bible proverb that says as a man thinketh in his heart so is he, what you put your faith in you make room for

So, if you don't believe in your heart that you are clairvoyant and can flow in this gifting then it's not going to happen or at least you will have trouble walking it out

You need to believe it deep down that you can do this and that will launch you into this gifting

What you believe in your heart you become so if you believe you are a clairvoyant that is what you will become and once that is confirmed inward others will confirm it outward

You will move in the clairvoyant or psychic stuff according to your faith level, this is true the more faith you have that it is real, and you can do it

accurately the more you will move in it and have courage to help other with it.

Remember to exercise faith, we need faith to power this gifting

Right now I want to talk about disciplines, in order to walk in this psychic or clairvoyant reading stuff it helps to have disciplines on a regular basis

The following are some helpful disciplines to follow, just like with anything in life you need some disciplines and walking in this kind of thing takes discipline.

Do the energy meditations that I teach and the clairvoyant meditations a couple of times a week. This will connect you with spiritual things as clairvoyance is spiritual

Don't watch so much TV; TV and especially violent, sexual, negative, depressing, and such movies or shows do have an impact on you especially if you are clairvoyant. The images that you see will affect your spiritual sight, and the attitudes and emotions will taint yours. I have found that watching too much TV will make moving in clairvoyance or psychic ability very weak.

Fast and don't overeat; If you fast about one day a week and all week make sure that you don't overeat, then you will discipline your physical body and you will be less in-tune with the physical and natural realm and more in-tune with the supernatural realm.

Lay off the caffeine; Caffeine can make you nervous and give you anxiety and it will rob your peace. It is very hard to operate in the spiritual giftings if you have no peace and are all shaky because you drink too much coffee. We need peace to flow in this stuff.

Spend time in quiet, solitude and just listen to what comes to mind, it helps us to hear, listen and discern things better.

Make decisions every day to live a loving life towards others and to love people; We are not perfect but we can and need to at least try and make decisions every day to walk in love towards other people. If we can do that, it puts us in a better position to be used in spiritual things

Make an occasional sacrifice such as give to other people or deny your own desires and focus on spiritual things. This will get you more used to giving up you and being more in tune with other people and the spirit.

These are just some of the disciplines that you can practice on a regular basis, there may be more but the ones mentioned are sufficient.

Take some time aside consider what disciplines and sacrifices you need to make and work on.

We Must Die to Self!

We need to practice dying to ourselves, we are to be so dead at times that nothing that other people do or say bothers us anymore. We are to be so selfless that other people matter more than us. Of course, you can't help anyone if you are so deprived so take care of yourself and have self-care but also practice denying yourself from time to time.

You must ask yourself the following questions as often as you can:

- Do I avoid being around people who put me down?
- Do I avoid people who seem to be doing better than I am and like to rub it in?
- Do I always talk about me and what I am doing when talking with others?
- Do I get easily offended when others don't recognize my talents and good deeds?
- Do I get offended when I see others promoted instead of me?

- Do I tend to control others more than serve them?
- Do I tend to be involved in everything and try to do everything that everyone else is doing?
- Do I tend to criticize others more than build them up?
- Where is my focus? is it on all my plans that didn't work out and the people who hurt me or is it on spiritual things and helping others?
- How is my giving, is my priority more about saving up for a vacation, buying a new car, and material stuff or is it on giving money to others and making this world a better place.

If you answered yes to most of the 'Do I' questions and if the answer to the last two questions was not about others, then you are not dead yet or your old self was resurrected again. When we are truly dead to ourselves our own life does not matter anymore, we live just to help others,

Walking in clairvoyance takes discipline, put discipline to practice in your life and watch your gift grow.

Now I am going to talk about how to do clairvoyant readings, seeing and hearing things spiritually

I often see pictures that play like a movie and operate as a seer, but I also hear words, phrases and my inner voice speaking to me about others. I dream dreams that come true and reveal things to me as well

What I do when I want to do a clairvoyant reading for someone is I focus on the person who I want to read and I also open myself up to a higher power, the other persons energy and the universe. I then clear my mind, clear myself of all thoughts and feelings. I close myself off to me and my own wants.

I then may see a picture or a movie playing out in my mind. It may start out as just a simple picture at first but if you stay focused on it and watch it without having any thoughts it may start to play like a movie

Often when I see pictures or a movie in a vision type form, I need to interpret that. I use dream interpretation symbol methods to interpret what I see.

As a rule of thumb, it's a good practice if you are a seer to interpret everything you see as symbolic unless you feel strongly otherwise to take it as literal

You may also hear a word or phrase in your head or even a song. Take it literally to mean whatever that phrase means or the meaning of the song.

You may just hear one word or see a picture of a word in your head. In that case this applies to the person you are seeking to read, and you tell them the word and maybe if you have an idea or feeling of how to apply it you tell them

When seeing pictures sometimes it is better to just tell them what picture or what the movie in your head is showing you as they may have the interpretation, basically though you use your intuition as whether or not to literally try and tell them what you are seeing

You may have a feeling or emotions, those emotions are usually their emotions and you can communicate them.

You may also just get divine knowing where you just automatically know something in which case you just say what you know.

Once when I was on a team of clairvoyants doing a reading for people at a conference there was a man, and we were each telling him what we sense for him. All I saw was a woman in a white flowing gown floating away from him. I had no clue what this meant so I just told him what I saw. He instantly broke down in tears and said his wife was leaving him! It fit perfectly and it was obviously what was on his heart. The flowing white gown was a wedding dress and the woman floating away from him was her leaving him.

There was another time when I was doing a reading for a woman and I saw her picking out a camera, then I was seeing her playing piano and then saw her working with wood. The wood thing really stumped me since she was a woman and they usually don't work with wood. So, I just went ahead and told her what I saw. She was astonished and said a couple days ago I was at the store picking out a camera and am going to take up photography. She then said that she is wanting to play an instrument and she has been trying to choose between piano and guitar, but she is leaning towards piano. Finally, she said the wood thing was interesting because her husband and her have been contemplating on starting a furniture making business but didn't know if they should do it or not.

In another case I was doing a reading and I heard the name Sarah, and I told the woman that I hear the name Sarah and she said that is amazing because her daughter's name is Sarah, and they take care of her and she has a mental disease. They said they have been praying for her and worried over her.

Most of the time what you see will be past or present tense things or things that people have on their heart and mind that they want to do.

You can also ask the higher power to show you how what you are seeing, and hearing applies to them or what it means then be open for more things the spirit will show you.

Often you will get hints and riddles as an answer instead of a straight up answer.

The higher power and the clairvoyant gifting often speaks in symbols and riddles, I believe the reason it does this is so we can grow in things and learn, it's also like meeting someone from a foreign country. They don't speak the same language as us.

We are to constantly learn and grow

If doing a clairvoyant reading for someone who is not present like someone who has sent you an email you just focus on the person who sent you the email or the name someone gives you that they want, you to do a reading for.

The spiritual gift and higher power sees them right where they are at you don't need to have the person right in front of you, the spirit knows no boundaries

you may also see things in the spirit realm mixed with everything else in reality.

I used to see the glory cloud in a church service or smoke coming out of someone's mouth, in the bible God often appeared to people in the form of a cloud or fog. I did not know this at the time though.

I would like to talk about some things to include in a clairvoyant reading for someone

Ingredients of a psychic reading

See things from their past and present

Help them step into new levels of understanding

Help them step into new levels of living

Help them step into new levels of thriving

Help them see New levels of purpose

See their mindset, it should be clear and set to be a creator with unlimited potential

See their emotions, how do they respond emotionally to things, the goal is emotions should not be controlled by situations or everything that comes our way

What is their spiritual health and how can they improve or what are they doing right

What can they do physically to feel good and accomplish their goals

Move people into a place so they create their desires

What is the higher powers heart towards them

Try and stay away from foretelling and telling the future, the truth is the future is always changing and is conditional

(tell about the prophet who said you will be moving in year)

the future can change so stay away from trying to predict it.

Don't answer specific questions they have when giving a reading as you may have opinions about those questions that can taint what you see and hear. It is also hard to read people you know really well as you have opinions about them also. Our opinions and ideas about someone can get in the way of an accurate reading.

If you off on a reading for one person you may be right for the next, don't give up. Being wrong occasionally goes with the territory

You won't always get feedback and some people may say it is wrong when its right, sometimes people don't understand what was said right away or they are in denial. I have had people say stuff was wrong because they didn't like what they heard but later said it was actually accurate they just didn't want to admit it.

And that is what to include in a clairvoyant reading. In order to include those things just focus on those topics while doing the reading and you

will get answers. I hope you enjoyed my little clairvoyant reading course. Have a supernatural day.

Resources: A great book to study is A Course In Miracles. There are many important principles found in that book.