

Katerina Angelovska
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AWAKENING Consciousness

*A complete guide to personal
and collective transformation*

IN THE PRESS

Excerpts from what has been written about the book.

“The best-selling book at home, which also won over the world market.”

– Fakulteti.mk, news portal, Macedonia, 15 October 2020

“Awakening Consciousness proclaimed the best-selling book.”

– Nova Makedonija, national daily, Macedonia, 28 January 2021

“Winner of the recognition Best-selling book by Macedonian authors for 2020.”

– Crno Belo, online magazine, Macedonia

Eleven Macedonian outlets have written about the book.

FROM READERS' MESSAGES

A small selection of the messages readers have sent to the authors.

“I place your book on a pedestal, right after *The Power of the Subconscious Mind* by Joseph Murphy. Of all the books on personal transformation I have read, this one is special.”

“This book changed the way I think by 360 degrees.”

“A wonderful book. As if I was born again. Thank you for creating such a work.”

“The book really made an impression on me. To me it is a masterpiece.”

“An excellent book and the most faithful companion of my retirement days.”

“The more you read this book, the more you find yourself.”

“A wonderful book, I recommend it to anyone with an open mind and heart.”

“A superb book that will hold your attention from the first page to the last.”

WHAT READERS WRITE

Excerpts from published reader reviews.

“This book is gold. At last, a simple account of the true purpose of life, and an insight into what consciousness really is and how it helps create what you want.”

– Daniela Jakimovska

“Wonderful guidance for a peaceful and fulfilled life. Stories you connect with immediately, and advice you can apply immediately. Do not be surprised if you have many moments of enlightenment.”

– Katerina Smilkovic

“A self-help read that raises the conscious state of mind and shows how to find balance in important decisions. The language is gentle and subtle. The way the concepts are presented is incredible.”

– Sonam Shukla

“The language is very smooth and subtle.”

– Rutuja Ramteke

“Amazing and insightful.”

– Uru Patel

THE BOOK IN RATINGS



4.8 Amazon

4.7 Goodreads

5.0 Audible

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Dr. Radovan Vitosevic

AWAKENING CONSCIOUSNESS

A Complete Guide to Personal and Collective Transformation

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More about the book: awakeningconsciousness.com

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Audio editions in Macedonian and English.

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DEDICATION

This book is created by two divine beings, Katerina and Radovan. They are best friends and life partners who are genuinely dedicated to their personal and spiritual development. They are a power couple that, with joint effort and love, have consciously built and expanded their empire in life, overcoming together all the challenges they have faced.

Awakening Consciousness is a gift for all those wonderful beings devoted to awakening and self-knowledge and for all those power couples that jointly and consciously build their reality.

Every word, every thought in this book immerses you in the deepest, most magical, and most healing rituals of existence.

ACKNOWLEDGEMENTS

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Above all, our thanks to the readers. The book has long since ceased to belong only to us: it travels on its own, in four languages, into homes we will never see. Thank you for letting it become part of your path.

Katerina and Radovan



INTRODUCTION

We live in truly exciting times, times in which radical spiritual transformation is occurring on the deepest level of consciousness. We are faced with a new challenge to replace the old way of life that is non-functional, with a new way of existence. In the old world, we were keen on external factors and believed that the material world is our only reality. All this made us feel empty and lonely inside, feeling unfulfilled, unsatisfied, deprived of the joy, love, and harmony we have always searched for. The new world is a new dimension of existence, in the here and now. It is based upon the conscious understanding that there is some higher intelligence in the Universe, a creative force that is the source and basis of all existence. And that we are one with the Universe.

The book *Awakening Consciousness* is a guide for personal and collective transformation. This book is an adventure intertwined with universal knowledge that will enable you to get to know yourself truly, to awake, and create consciously. We all have a purpose, and if we all fulfill it with love and joy, the world will be a beautiful place to live and work in, where every individual, inspired by their own magnificence, will contribute toward the overall compassion, peace, and love. For this reason, it is especially important that we trust our intuition and follow our hearts. Only then will we see the desired change in the world. We believe that this is the way for the evolution of consciousness to occur. One's individual consciousness is part of the collective consciousness. When a small but significant group of individuals rises to this new level of awareness and changes its behavior, the same change will arise on a collective level. Because the world is our mirror, it changes together with our own change.

Our adventure of personal and spiritual development has been going on for several years, and we perceive it as an opportunity to return *home*. With an open mind and open heart, we have accepted the change that has already been affecting our planet. This journey has its past, present, and future and is a true quest for self-knowledge. The principles that we expound in this book have been tried and proven as effective methods to achieve the next level of consciousness. They are now available to you, and if you accept them and practice them daily, they will help you achieve a new level of consciousness, become an efficient channel of the Universe, and live your life by your own design. This book is a quest for truth, not any truth, but your own personal truth. Our individual spiritual transformation avails us of the opportunity to recognize and awaken our paradigms, beliefs, and values. In the last few years, every word, every thought, every confrontation with our deepest fears, our unresolved relations, piled up emotions, programs, every tear we have shed, they have all opened our hearts and awakened our consciousness to seek to live in the light. We wish you the same, dear readers – we hope you will achieve the synergy of your spiritual senses and pure consciousness in this journey to the splendor of divine existence, and that you will realize that life is simply exciting and all that happens to us is a destiny we create ourselves. All the knowledge and experience you will gain is just a glorious way of showing you how to overcome your limitations, how to live your life purpose, and be the change you want to see in the world.

The more you are determined to be rid of the burden you have taken with you from the past, the sooner you will leave the comfort zone in which you languish. Unfortunately, your human mind will not let you free yourselves from your old beliefs, values, habits, thoughts, and emotions that easily.

The following anecdote about two monks, called Tanzan and Ekido, in a simple way, delivers the truth about how people tend to live in their past and not their present. Tanzan and Ekido were once traveling together down a muddy road after a heavy rain. In the distance, they saw a lovely girl in a silk kimono and sash, standing there unable to cross a large mud puddle stretching across the road. Tanzan approached the girl at once. Lifting her in his arms, he carried her over the mud enabling her to pass safely. The two monks continued traveling in silence. Five hours later, Ekido could no

longer restrain himself and asked his friend: “Why did you help that woman to cross the mud puddle? We monks are not supposed to go near females.” Tanzan replied: “I left the girl back there five hours ago, but you are still carrying her with you!”

The information we harbor within us is like the ripples that emerge on the water surface, which define our behavior. There is no way for the wave to get to know the sea as long as it only ripples on the surface. What it needs to do is to dive into the deep and merge, thus becoming one with the sea.

The real source of suffering in the world is our fear, pain, and ignorance. Suffering happens when we are not in touch with the Universe, that is when we are not in balance and harmony. As long as we project all the power on the outside and cannot recognize the internal power that truly heals us, we only support and maintain the suffering that dominates the world. We need to stimulate our personal and spiritual transformation in order to rid ourselves of the burden we carry. We need to become aware of our programs, to work on their awakening, to let go, and make room in our hearts for the love that will heal us completely. We don't need to be perfect in order to be a channel of the Universe. All we need to do is to be true to ourselves, honest and spontaneous. We need to become conscious and divine beings, and this will allow greater quantities of energy to start flowing through us. Quite often, this will not be pleasant and easy, but the more we heal, the cleaner and brighter the channel of creation will be, and we will enjoy the endless abundance of the Universe. In this process of awakening, we slowly rid ourselves of our pain and fear. As we heal, all of humanity will heal as well.

We want to invite you to join us to develop together this idea of awakening consciousness. We would like you to take a good look inside yourself, to discover your genuine desire, to create reality by your own design, and to become pure love. Our greatest wish for you is to accept this new change that is already happening all around us so that harmony and love can overtake and rule our planet.



UNIVERSAL LAWS

The foundations of all-existence

We sincerely hope that in this chapter, we will be able to help you get new insights and knowledge or to recall the things you might have heard about somewhere else, but you have forgotten them. Believe it or not, the information that follows in this chapter is essential for you, perhaps more important than your religion might have been, or your political party, your work, friends, education, or even your family. Why do we believe it is so important? Because this subject matter will help you receive a conscious understanding of the Universe, and it represents an essential process of personal awakening and deliberate co-creation. Although it is imperative to know it, this information, for some reason, is not taught at school in much detail. And you must be wondering why we say co-creation and not just creation. The word co-creator is used because there is only one Creator. But we also, by virtue of merely existing, contribute to the manifestation of these creations in our reality, to their expressions within it. That is why we say that we are co-creators because we contribute to the complete universal creation of all-existence. But how do we co-create? The process of co-creation will be explained in detail later, and the word co-creation will be used throughout the book.

Let us begin with the Cosmos. What is the Cosmos? Cosmos is a Greek word used by philosophers since ancient times as a term that defines and explains the order and rules of the Universe ¹ . To study the rules of how the Universe functions has always helped people build a holistic perception and gain a better understanding of the world and all its existence. We, as human beings ² , are part of the Universe, and part of the order and rules of

existence. The Universe is not some disorderly chaos ruled by accident and unexplainable events. The Universe works precisely, like a clock, following laws that are universal, that can be described and defined, laws we can decide to believe in and respect, or not. The decision is always ours, but before making this decision to believe and respect, we have the right to find out what the rules according to which the Universe functions actually are, and what consequences we will suffer if we fail to obey these laws.

1 Universe – space, time, and all their content, such as planets, stars and galaxies, and all other forms of matter and energy. The Universe is synonymous with the Cosmos.

2 Being – existing, living, life, reality, actuality, essential nature, source of energy, vital force, entity, personal nature and essence, soul, spirit, essence, substance, internal being, psyche, heart; “Then the Lord GOD formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being” (Genesis 2:7).

The physical world is material and ruled by the laws of physics, researched, and proven by physicists. Such are the law of gravity, the law of motion, the laws of thermodynamics, as well as the theory of relativity, and many other laws and theories. On the other hand, we also have the cosmic or universal laws that are greater than the laws of physics. They are the principles of the Universe, expounded in the ancient hermetic texts (Corpus Hermeticum) that explain all-existence in more dimensions than only the material. These texts originated in Late Antiquity in the form of dialogues, through which the author and teacher, Hermes Trismegistus, acquainted his disciples with his teachings. These preserved manuscripts discussed divinity, Cosmos, mind, nature, reincarnation, good and evil, and laid the foundations of the later religious tradition of hermeticism and of many esoteric teachings in the West. Legend has it that this philosophy is based upon principles imparted by the ancient Egyptian god of wisdom Thoth, known as Hermes by the ancient Greeks, and identified as the author of the manuscripts. The laws of Hermes, described in these old texts, were focused on the relation

between energy and matter and articulated the very principles of life as the Seven Universal Laws:

- ⊙ *The **Law** of Mentalism/Unity*
- ⊙ *The **Law** of Correspondence*
- ⊙ *The **Law** of Vibration*
- ⊙ *The **Law** of Polarity*
- ⊙ *The **Law** of Rhythm*
- ⊙ *The **Law** of Cause and Effect*
- ⊙ *The **Law** of Gender*

It is believed that these seven cosmic or universal laws, as well as some other texts, are part of the foundation of every religion, philosophy, and civilization in modern history. The first three universal principles are basic. They are eternal, constant, and unchangeable. They are divine and have existed since the beginning of the Cosmos itself. The law of mentalism/unity, or the law of oneness, tells us that there is both a universal mind and a universal consciousness and that everything in this world comes from a single source, and all is one, and this oneness manifests itself physically from the world of the invisible. It also says that our mind is one with the universal consciousness and that our reality is a manifestation of our mind. Apart from that, the law of correspondence tells us that there is no division between the physical, mental, and spiritual world. It says that all is in harmony and corresponds within the three dimensions of existence. This law helps us learn who we are as human beings and explains our existence. It also tells us that we are not just a physical body and that there is more than what the eye can see. The last of the basic principles, the law of vibration, says that the Universe vibrates and that all is energy that vibrates at different frequencies. It tells us that all that we can receive through our five senses we actually experience as vibrations. That even our emotions are just a level of vibrations! This was proven scientifically not long ago. There is no room for manipulation where these three principles are concerned. They are objective and offer us the truth of existence, as well as the manner in which we perceive and experience reality.

The other four principles are secondary, but they are as significant as the three basic principles. They are more applicable than changeable. That is to say, they make our existence dynamic and show us that our lives have more than one facet. In this dynamism, we discover dualities, oppositions, poles, rhythm, and different cycles, but in the end, they give direction to the movement. The process of creation demonstrates greater or lesser relativities and subjectivities, such as the seasons of the year, growth and decline, good and evil, light and dark, war and peace, love and hatred, feminine and masculine principle, cause and effect, low or high vibrations. For this reason, we can apply these secondary principles consciously, with an aim to create one or another desired reality. In hermeticism, this is called the art of polarization, because we have both the room and the power to influence or experience more than one absolute reality. We can transform our thoughts from hatred into love, our emotions from fear into bravery, and we can consciously lift our vibration.

All these universal principles are interrelated and work as a harmonized stream. Most of these doctrines are described in the Bible, as well as in the holy scriptures of the world's other religions, and are also used in the writing of the secular laws. More than seven universal laws have been identified by now, and one of the most important is the Law of Attraction. Although it is not listed as one of the hermetic principles, it is of no less importance. On the contrary, we will spend most of our time looking at this law because it permeates all the other seven universal principles and can help us understand them more accessibly. The more we know and learn about these principles, the more they help us open our minds and see things from a different perspective. Once we start understanding, accepting, respecting, and correctly applying these principles, our life will transform completely. They will provide us with a new dimension of existence that we might not have been aware of before. They will show us how to awaken and co-create consciously. We will enjoy life and feel fantastic during every minute of it. These principles can help us achieve personal success in every area of life and can help us understand our life purpose. They will show us the way to the new era of existence and open our minds and hearts to new possibilities in life.



EVERYTHING IS ENERGY

Quantum physics and the world under a microscope

You might be wondering what the relation between quantum physics and your life might be. Quantum physics ³ is essential because, at the moment, it functions as a bridge between the physical and universal laws. For the first time in history, science has partially managed to prove that the universal principles are indeed part of our existence and that the world of energy is real and exists. This tested theory explains not only the overall existence and development of all things in this world but also how our beliefs, ideas, and thoughts can influence the process of creating the results we experience in our own lives. It eliminates all quandaries and arms us with full confidence that we can consciously create anything that we wish. It teaches us that we are all connected, that we are all part of one whole, and annuls the illusion that we are divided. It offers us new knowledge about the connection between spirit, mind, and matter and tells us that we are co-creators together with the Creator ⁴ himself, disclosing how the creation actually happens. Quantum physics can teach us how to live our life following our design instead of living a life ruled by accidents.

³ Quantum physics – the world explained through the scope of the tiniest gradations of energy levels, and the movement of subatomic particles: elementary particles and composite particles and their interaction. The quantum field theory is fundamental in physics, the basis of the Standard Model in physics, which classifies the elementary particles like quarks, leptons, fermions, and bosons.

4 Creator – a synonym for God, Lord, Maker, Universe, Father, Great Architect, Almighty, source energy, source, universal intelligence, universal creative consciousness, the infinite source of energy, universal consciousness, the unlimited field of energy.

Let us start from the beginning. We are sure you can remember your first physics lesson at school. All matter is made up of cells, and the cells are made up of molecules, the molecules of atoms and the atoms are made up of an atomic nucleus consisting of protons and neutrons, around which orbit the electrons, one of the smallest elementary particles discovered by scientists. In addition to the electrons, there exist other elementary and indivisible particles, and if you are interested, you can glean more information about them from physics books. So far, science and its instruments have proven that literally everything in this world is made up of elementary particles. The only difference is that these elementary particles make various combinations or vibrate differently, and consequently, they make different basic elements of matter, which is represented in the form of a solid object, liquid, or gas. They say that, if we want to give meaning to our life in accordance with our wishes, then we need to understand how these groupings of elementary particles actually function. The elementary particle is not a physical object as we might think or a macroscopic particle such as a grain of sand. And as we said, it is also smaller than the composite particles, such as the protons, neutrons, and nucleus. Elementary particles cannot be subdivided into smaller particles. They are just a probability of existence or probabilities that there might be more than one existence. These combinations of elementary particles, or electrons, are bundles of energy, or vibrations, that are called quanta. Everything in the Universe is made up of energy, vibration, or frequency. Everything around us might look like it is a collection of solid objects, but it is only our individual and collective perception making us believe it to be true. Actually, the trees in the park, the car in the parking lot in front of our building, our dog, the food we eat, our bodies, thoughts, the light, and everything else, although they appear to us as solid objects, liquid or gas, are nothing else but large combinations of elementary particles or concentrations of energy. These elementary particles are the fundament of all the existing creation and of the things that are still to be created. Even the sunrays consist of photons that

are elementary particles. Every composite particle of the Universe consisting of atoms can be broken into elementary particles. Therefore, the key question is: “What are elementary particles made of?” The simple answer is: “They are energy!” Or you can ask yourselves: “What keeps the electron attracted or attached to orbit around the atomic nucleus?” The answer is: “The elementary energy, vibration, or frequency.”

If we reduce our body to its basics, we will discover that, in essence, we are nothing else but energy, just like everything else that surrounds us. Our spirit and our mind shape the elementary subatomic energy into a physical form that we call our body, because these elementary particles or energies build atoms, and eventually all the matter that exists. This energy can exist not only as an elementary particle but also as a wave in space and time. And only when we apply our power of observation, these waves transform into elementary particles that exist at a particular point in space and time. As soon as we stop using our power of observation, these elementary particles turn back into waves. What does this mean? It means that our consciousness, our power of observation, and our intent to do something take this energy and shape it into an object or event in a given space and time. Nothing that appears solid is, in fact, solid. It consists of a billion fast blazing bundles of energy. They flash inwardly, and they flash outwardly in the space where the object or event is located. They do not stay in one place. If it is so, then why does our car appear as a solid and permanent object if we claim that it is only a blazing energy field? This phenomenon of existence, we can explain if we compare it with a motion picture. When we watch a movie, we see a person moving on the screen. But in slow motion, or if we have a much closer look at the physical film, we will see that, in fact, we watch many similar frames that move at a certain speed. And it is only our eye that cannot perceive the gap between the frames, so it seems to us like a continuous movement.

Our lives are very similar to a motion picture. The film frames move so fast that we cannot discern them, and we believe that the people in the images move without interruptions. But we know it is not so. Many times when we get engrossed in some TV programs, we think that the events are real. We cry during sad scenes, we laugh at comical scenes, and we get scared and jump if the scene is frightening. Reality is made of as many frames,

consisting of bundles of energy that move and vibrate very fast only to seem to us as solid and static objects and series of moving events. Every frame in our lives is made up of billions of elementary particles that move at the speed of light and create matter. These bundles of energy or quanta are not permanent. They do not exist at a particular point in space and time, so they are just probable existences that can be found at several places at once in the space-time continuum. It is our perception, that is, the power of the observer, that allows them to exist at a certain point in space and time. When we relocate our attention, the quanta turn back again into possible existence, up until the moment when we resume observing them. This means that things do not exist if we do not observe them. If the chair is still there in the same place where we left it before leaving the house, then this is a result of our thought and choice that the chair is there. When there is no observer, the world only consists of probabilities of existence. The very act of observation is an act of co-creation, and it delivers the illusion of continued existence. These elementary particles are guided by intelligence, and under the influence of this intelligence, they have the power to make choices. This intelligence is the universal creative mind. And this mind consists of our mind and all the other minds in the Universe. The physical world is a creation composed of ideas and energies. And everything we can see around us consists of elementary particles that are under our control, which is in unity with the universal creative mind. The chair on which you sit, for instance, seems like solid matter to you, but it is just a composition of elementary particles or energy.

Every relationship between people and other organisms is an energy exchange. Our communication with our pets is energy. Every friendship is an energy exchange, regardless of whether we have had a meeting in person or had a long-distance conversation over the phone. Every business meeting is an energy exchange. Every memory is an energy exchange. Every perception of ours, every mental activity, everything we see, hear, or feel, every contact of our body with some other matter is energy. All our interactions with others and with nature are energy. Everything is energy! We know that this is very difficult to understand and accept right away. Almost all contemporary physicists specializing in quantum physics state that our human mind cannot understand this on a conscious level. The

American professor of theoretical physics, Michio Kaku, has a famous quote: *Common sense has no place in Quantum Mechanics.*

The research conducted by physicists discovers that there is oneness in the Universe. All things are connected into one whole. The elementary particles of which we are made can float inside and outside us, into the sky, earth, objects, into our friends and enemies. The hermetic universal principles describe this oneness in the *Law of Mentalism* or *Unity*. According to this principle, everything in this world is mutually intertwined. Everything we see as a substance is, in fact, energy. Everything we think, say, do, and believe corresponds with the thoughts, words, and beliefs of others. It communicates and interacts with everything around on a subatomic level, with the entire Universe. According to this law, we are all interconnected with each other, but also with the trees, the earth, with all the objects and substances. By merely existing, we can co-create. How do we do that? When you are not in the room, and you are not thinking about the chair, the chair disappears. If the chair is behind you, it does not exist. What exists is only the possibility that it might exist! Everything that we do not observe remains only a possibility of an existence that will only emerge wherever you are, or perhaps somewhere else in the Universe as well. But then again, the same moment you come back home and imagine yourself sitting on that chair, the chair emerges instantaneously. The energy has manifested itself on a certain level of vibration and has created a continuous physical form. On the other hand, there is energy all around us that has not taken any shape yet. These events we cannot see with our own eyes or perceive with our consciousness because they occur very fast, on a quantum level. Such is the nature of the behavior of the elementary particles. Quantum physics has proven this, and it is now studied at universities all over the world.

Owing to our lack of knowledge about how physical matter is constituted within our reality, it seems to us that we are victims of circumstances. We think that the events that happen to us are out of our control. But this new knowledge we believe will help you understand how the Universe works and stimulate and develop your potentials for life following your own design instead of a life lived by default. This will awaken you, and you will understand that you are a co-creator of your existence. Our influence on the energy that creates us and surrounds us is under our command, and this

breakthrough should always remind us that we can recreate our own lives. It reminds us that the power lies within us.



LAW OF VIBRATION

We are vibrating beings in a world that vibrates

Quantum physics has explained to us that nothing in this world is fixed, and nothing is in a state of stillness. Everything moves, and everything vibrates. Everything is energy and is made of elementary particles that materialize under our observation, whether conscious or unconscious, and take shape.

Everything in existence is subjected to the *Law of Vibration*. According to this law, everything in this world vibrates – every atom, every molecule, and every elementary particle. The sofa on which you sit, the table on which you dine, the chocolate you munch, the apple on the tree, everything is energy and vibrates at a certain frequency. This means that we vibrate too. How do we do this? Not unlike a radio receiver that constantly resonates, or those old musical instrument tuning forks with a resonating box that vibrate at 440 Hz when you use the fork. The reason we see everything as different in color, shape, texture or size and we see it as solid matter such as meat, gold, metal, iron, stone, flowers, etc. is because of the unlimited number of potential combinations of frequencies or bundles of vibrations, or quanta. When one vibrating frequency is combined with another vibrating frequency, we get a particular physical matter. The atom is always the same, but the vibration is different, and this makes the matter different as well. Let us take our body as an example. Our body, like everything else, is made up of atoms. Every organ in our body vibrates, and this entails that our body is a combination of vibrations that all together create a single vibrating frequency. This shows us that our entire body is energy that vibrates at a certain frequency. Albert Einstein said: *Everything is energy, and that's all there is to it. Match the frequency of the reality you*

want, and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.

Modern scientists have not entirely understood yet how the frequencies travel when we are in an elevator inside a building. The radio wave transmits a signal, and the signal is a frequency, energy, vibration, and this frequency travels like a ray, momentarily. Wherever we are at the moment, we receive the signal. The frequency fills the entire space, because when we enter a room, any room, we can capture the signal. For this reason, we cannot say that the signal resembles an invisible line, but that it is more like gas that fills the entire room with vibration. Imagine that the signal fills the whole space, it is everywhere, for hundreds of miles, above and under the ground, passing through trees, buildings, bricks, steel, and glass. It passes through everything, even though this seems unreal to us. If we cannot see it, it does not mean that it is not material. This is part of quantum physics as well, as it is part of the physical Universe. Energy and vibration are here, all around us, we just cannot see them with the naked eye.

We, as human beings, pretty much resemble radio transmitters since we receive and transmit certain frequencies on a daily basis. But we are much more powerful than our digital tools, and we emit much higher vibrations. We are able to choose the desired frequency with our brain and then transmit it. We can also decide to transmit it with less intensity, with less power, or greater intensity, with more power. Just like the potentiometer in our amplifier at home, we can go lower or max it to the highest. Our brain is a frequency transmitter in a manner very similar to that of a satellite antenna, the difference being that our brain can transmit much higher frequencies than the frequencies transmitted by our cell phones, radios, and satellites. All those frequencies follow a flat line, can go through all kinds of materials, and can be captured anywhere. But, the frequency of the brain does not travel rectilinearly, but in all possible directions all over the planet. And when transmitted, this happens momentarily, retaining the same power throughout the entire globe.

Just remember how many times you have thought of someone and that someone then calls you on the phone right away. This is not a coincidence! You should know that when you think about someone that someone thinks

about you too. We emit the signal with our thoughts, and the other person, wherever they might be on the globe, receives our signal immediately. It is scientifically proven that our brain emits and transmits vibrations, frequencies, or energy and that it also receives vibrations, frequencies, and energy. Thomas Edison once stated the following: *The brain transmits frequencies that are picked up by other brains and affects physical matter.* Can you imagine? The frequency we transmit with our brain can change matter. This is not fantasy, esotericism, or mysticism, but a biological fact. Because of this, our vibration matches our thoughts, beliefs, and emotions. If we are aggressive and filled with hatred, then we are not on the love frequency level, and therefore, we cannot receive vibrations that are on the love frequency level. If we are happy and nurture positive emotions within, then we receive nice and positive vibrations. The law of vibration is closely connected and correlated with the *law of attraction* , which will be explained a little bit later.

Each of us perceives reality differently, depending on the frequency at which we vibrate. The vibration level can fluctuate upwards and downwards. Vibrations are transmitted with every one of our feelings and exist within the scope of low to high vibrations. Our thoughts cause emotion, and they vibrate at different frequencies. Our vibration level can rise or fall at any moment. If the vibration of our thought or emotion is negative, our life becomes harder. But if the vibrations of our thoughts and emotions are positive, we experience a much better life. The frequencies and vibrations that we attract are the same as those that we emit. Whatever thoughts we have at the moment, whatever feelings we have, whatever the frequency at which we vibrate, the beauty is in the fact that we always have the possibility to decide to change them. And by doing so, to attract the very thing that we have determined as the one we wish would happen, regardless of whether those things are emotions or specific events. The world around us presents us with the exact things that we attract with our “radio transmitter.” If we hate, we will get hatred back. If we lie, we will be lied to in return. If we are afraid, our fears will catch up with us. But if we are at the love frequency, we will attract love, and we will live in peace and harmony. Just remember, while interacting with somebody, how many times you have said: *We are at the same frequency* , or *We are on the same wavelength* . These expressions are not metaphors, but the truth itself. We

say them instinctively, unconsciously, but now you will know why we say this and what it means. We are the creators of our own life. We only need to understand first that everything is energy, whose frequency can be changed by our thoughts and emotions, that is, by the vibration we emit in the ether. *Our thoughts begin the creational process, our emotions amplify it, and our actions increase its momentum.*

When we do not like something, we need to change the vibration, and the world around us will change. We should change our perception of the things we do not like, and they will automatically change shape. If we change our view of the events that surround us, our vibration will also change automatically, and we will vibrate at a different frequency and eventually come to the desired result. When we say: “It is raining outside,” do we see it as a positive or a negative event or just as a neutral phenomenon? The critical question is whether we can influence and change this event. It is raining! This might be a problem for someone who does not like rain and does not feel well when it rains. They might think that the streets will be packed with cars, that they might be late for work... and this might be followed by a string of other negative thoughts. Their vibration will then fall to a low frequency and result in unwanted developments. But if we accept and decide that the rain is a neutral phenomenon, we will remain at a high frequency. We might choose to adopt the conscious attitude that the rain is beautiful, that the ground will cool down, that the soil will be watered and become more fertile, that the sun will shine again after the rain. What are we to do when we do not like the things that surround us when we know that they do not bring us any good in our lives and that they cause emotions that vibrate at low frequency? The first thing we can do is to change our train of thoughts right away, retain our inner positive attitude, and automatically change our frequency. That is the key. One of the greatest minds of the 20th century, Nikola Tesla, said: *If you want to find the secrets of the Universe, think in terms of energy, frequency, and vibration.*

There are some people today who believe that throughout history, people from the upper classes knew about the law of vibration and understood how it worked very well. Therefore, they worked towards their personal, mental, and spiritual development to raise their vibration to a high frequency and consciously attract and manifest the desired realities. In comparison to

them, those who belonged to the lower social strata, insufficiently educated and despondent, were unaware of these natural principles and vibrated at low frequencies. It is believed that in China in the past, the rulers had always had a monopoly over the opium trade, taking care that the Chinese population consumed it daily. Opium is a narcotic that keeps the human vibration on a lower level, and these Chinese rulers ensured that the desires and goals of the majority of the population were reduced to a minimum, while the upper classes could enjoy all blessings of life. This historical illustration can give rise to associations with more recent examples. In every part of the world where there is a lack of love within the majority of people, the level of consciousness is very low, and we then witness a significant presence of negative events, followed by depression, high rates of violence and crime, class differences, racial divisions, extensive use of drugs and alcohol. Consequently, the energy of the entire community vibrates at an even lower frequency, and the collective mind attracts even more negative events for that society. On the other hand, if the majority of people live in love and harmony, then they predominantly vibrate with high energy, and they are collectively being drawn towards joy, peace, wealth, and abundance.



LAW OF ATTRACTION

You can attract anything that you desire in your life

Every thought vibrates. Every thought emits a signal. And every thought attracts an adjusted signal back. This process is called the *Law of Attraction*. According to this law, *similarities attract each other, as do the same vibrations*. *What you emit is what you are going to attract*. This law is ruled by universal laws and is affiliated with the law of vibration and the law of cause and effect. Similar vibrations and energies always attract each other. And then, the magnetic pull occurs — the more similar the vibration, the stronger the magnetic pull. Everything in the Universe vibrates, and all similar vibrations attract each other like magnets.

The law of attraction is as real as the law of gravity. Before the law of gravity was identified, no one was aware of its existence. And yet, all people were affected by it. We can decide not to believe in the law of gravity, but if we climb on top of a skyscraper and try like some Indiana Jones to get to the neighboring building via some invisible non-existing bridge, we will fall straight away, whether we believe in the law or not. We do not need to understand the law of gravity in order not to fall, just as we do not need to know the principles of the law of attraction to start attracting. These laws apply whether for good or bad, whether we like it or not, whether we believe in them or not. We attract consciously and unconsciously. The act of attraction starts working every time we stay focused on something we think about or wish for, or something that we have a burning desire for, and yearn to have, do or be. We are like children with their faces stuck to the sweet shop window. We do not have enough money in our pockets, but inside our soul, we feel a great desire for that

candy, and we search for the possible ways to obtain it. All of us, with our dreams and desires, resemble a child with a face stuck to the sweet shop window. We wish to have money. We want to build a company. We search for our true love. We want a new car... And then we sigh, overtaken by bliss and imagining what we might feel if we already had the desired thing. At this very moment, we send our demand to the Universe, and the Universe knows when the right moment is for the things to happen, the right moment to give us the desired thing.

When you wish for something, do not focus on “when” and “how.” The law of attraction will know how and when to bring the desired thing to you. It will move mountains, and it will fix situations that you have never imagined possible. When you release a demand in the ether, you attract the thing you have desired, and the Universe will do everything so that you can get it.

Many people do not understand how this law works, and for this reason, they attract people, situations, and events that they have never wanted in their lives. If we see ourselves living in prosperity, prosperity will come to us. But if we sit all day thinking about the debt we owe to the bank, that is the signal we send to the Universe, and the Universe only returns more of that signal to us, sending us even more debt. What we feel and affirm on a daily basis is what we are going to get back. We become the very thing we think about the most. What we desire desires us back. If we are vibrating at a frequency of some good thought, each one of us can become and have and do everything they want in this world. Our thinking process is like a factory consisting of several processes that produce the final product, the desired thing in each case. Every thought is being received by our brain, which, in fact, is an organ of the mind. Some people believe that the brain and mind are the same thing and that we cannot separate them. But, while the brain is physical, material, and visible, the mind is invisible, mental, and shapeless. The brain, as the center of the nervous system, coordinates the movements of the body and the active thought process through various chemical reactions. The mind is related to consciousness, to the understanding of things, to the subconscious mechanism of passive production of thoughts, and it is also related to both intuition and emotion. Our thought process and feelings take place in the mind, in the world of the invisible. The brain, as a coordinator of our entire body, has the power to receive and transmit

frequencies, and that is how we attract. Our body, heart, and brain create impulses or an electro-magnetic field, and we continuously emit and attract. The human body has the ability to send and receive energy from its surroundings, and this exchange of energy influences our thoughts and emotions. With our brain and our entire body, we transmit frequencies incessantly. And everything in our lives is where it is because we have radiated it as a frequency with our brain. Our thought is a consequence of our power to resonate. When the conscious mind is satisfied with an idea and believes it is real, then this thought is sent out to the subconscious mind, with a desire to manifest in the real world. Everything we pay attention to will come into our focus, and we will start vibrating with it. It will emerge from the quantum field as a combination of elementary particles or energy that vibrates at a certain frequency, and its vibration will produce the image of reality. If some belief or opinion is accepted as true by our subconscious, our subconscious does not raise questions, but only reacts to it. The subconscious mind accepts the conclusions of the conscious mind as final. That is why the thoughts that keep recurring enter the subconscious mind as truths and the subconscious mind then co-creates based on these truths. To put it simply, every thought that we think has its vibration frequency or vibration path. This thought then gets ingrained in our subconscious and via the law of attraction attracts the energy of another person, place, object, or circumstance that vibrates at the same or similar frequency. The vibration paths resonate with other similar vibration paths. It is then that the law of attraction starts working. This vibration is the inception of the creative process.

When I acquainted myself with these principles, my life became much simpler. Every success that I experience in my life now is a consequence of my awareness of the law of attraction. Every day I asked the Universe to give me the best job in the world, and in less than a year, it arrived. My best friend called me and told me that he would like to offer me a job that he thinks would be perfect for me. I could sense the attraction we have caused, and I accepted the position immediately, leaving my old job behind. And indeed, this new job was truly the job of my dreams, the very job I have wished for in my daily affirmations. We are being offered many proofs daily that confirm the working of the law of attraction in our lives. We just need to recognize the signs. Being the best at university or work is proof

that the law works. Meeting the person we have always wanted to meet is also a result of the work of the law of attraction. Seeing the car, that we wish we had, all around us is also a result of this law. From a mere desire, the car becomes a reality. It slowly manifests itself. It is only a question of time when we will have the car. It is already here. We can smell the leather of its seats and hear the humming of its engine as if the car was next to us. Stay faithful to your dreams and send your request to the Universe.

This principle of asking and receiving works with everything and every part of our lives. Has it ever happened to you to think of a person, and that person then immediately calls you on the phone? Many of our friends get married at the same time or have children at the same time. All these events prove that the law of attraction works and that people and things are being constantly drawn to each other. We wake up in the morning with some bad feelings, and we say to ourselves: “I’d better not get up. I don’t feel very well.” And yet, we get up because we have to go to work. And during the day, nothing works out in our favor. If we stay at the same level of vibration, only unpleasant things will come our way. Sometimes we say: “Such bad things can happen only to me. The boss always picks on me. It is only me that cannot find a free parking space. Only I can end up in a very long queue waiting for something. It is solely my orders that the restaurants get wrong. I knew that I’d drop it, etc.” Or: “Good things never happen to me, such as a pay raise or promotion. Such things happen to others only. Everyone has a partner, but I don’t...” All of this happens to us because of our way of communicating with the Universe. Instead of thinking in a negative fashion, we should send our demands for what we desire. For instance: “I am always lucky, good things still happen to me. I’m sure I’ll get the promotion, etc.” These are thoughts and demands that are good for us. You must have a lucky friend or a friend who is always jinxed. Raise your awareness and observe these occurrences in your surroundings. They are all signs that this law works for everyone equally. The Holy Scriptures say: *Ask, and it will be given to you. Seek, and you will find. Knock, and it will be opened for you. For everyone who asks receives. The one who seeks finds. And to the one who knocks, it will be opened.* 5

The law of attraction works like glue between the quantum energy field and reality. All matter is just vibrating energy. One matter attracts another. One kind of energy strives towards another at a similar vibration level. Every belief or thought, especially when accompanied by strong currents of emotion, vibrates at a certain frequency or has a certain energy, and all people, things, ideas, objects, and circumstances that are in harmony with the vibration of that thought or emotion gravitate towards the thought or belief. They pull like magnets, with a certain intensity, as strongly as we want them to be. Everything is created from energy vibration – sound, light, matter, thought, emotion. And this works on physical, mental, chemical, emotional, and spiritual levels. Therefore, when we continuously think about something that we do not want to happen to us, we actually attract the very thing, and it does happen to us. What happens to us in reality is nothing else but the result of our mental projection from the past.

The speed with which we attract depends on two factors. Firstly, it depends on the intensity or power with which we vibrate or transmit the frequency. And secondly, it depends on the rate of our transmissions of the frequency. The greater the intensity of the transmission of a certain frequency and the higher the rate of the occurrence, the sooner we will attract the desired things in our lives. When we transmit a frequency, it is like our command to the Universe. When we send a signal in the ether, the higher the power and length of its transmission, that is, the stronger our internal yearning and emotion, the sooner we will get the manifestation. There are two ways of attracting things in our lives. One is conscious and deliberate, while the other is unconscious or by default. The question that arises is not whether we co-create but whether we co-create consciously or unconsciously. We always have two choices. The first is to take control of our life experiences, knowing perfectly well what we want to manifest. While the second is to continue believing that our life is a series of random events over which we have no control, always assuming the role of a victim.

The key issue concerning our future is the realization that we can change our present. But we cannot achieve this if we just wish to eliminate the things that do not work, or if we focus on the things that did not work for us in the past. The only way to eliminate what we do not like in the present is

to release the past. To become a pure channel of the Universe, and to co-create something new in the present. If we want to liberate ourselves from something, we must know that we should not resist. Because resistance creates more resistance, and it is the reason behind the creation of unwanted situations and undesirable events from the very start. The more we oppose things and feed them with our thoughts and emotions, the more they reinforce themselves in our world. We all carry mistaken programs inside us, according to which we think that if we want to gain something, first, we need to defeat what we do not want. And this is the complete opposite of the law of attraction. It is our worries and fears that become real. We are preconditioned to believe that, if we worry about something, it will somehow change itself. But, if we are full of fears, we attract the complete opposite of what we desire. We attract what we fear.

Here is a simple example of my everyday life. In my work, I often organize lectures and educational events, attended by my clients. At the very beginning, I had a situation that confirmed the working of the law of attraction in practice and manifested reality based upon my thoughts and emotions. While organizing an event, a week before it happened, I was overcome by some fears and doubts. “What if no one showed up,” I said to myself, “Or if only a few people turned up? I would be embarrassed, and the event would fail.” Or: “What if people did turn up, and I was not good enough? What if there was some technical problem, or I forgot what I was supposed to say?” All these thoughts, emotions, and doubts caused a counter-attraction of the thing I wanted to manifest. Negative thoughts overpowered and produced a negative result, as expected. And when the day of the event arrived, guess what happened! No one came! I was worried at first, and then I laughed aloud, remembering the reason. I said to myself: “I failed the test myself, I let my fears and doubts overcome me.”

The following event, I managed to organize without a smidgen of doubt, and with strong faith that many people would come. I imagined that all would be in perfect order. And indeed, it was so. The auditorium was filled with people, and the event was successful. The same thing must have happened to you as well. You were on the road to achieving something good, and then you were overcome by negative thoughts. You have foretold your future, and your doubt has prevented your success. How many times

have we let other people's complaints discourage us and lower our frequency? Our friends often tell us that some person is not right, and when we meet them, we like them. Or they say that some company is no good, but the same company was very good to us later on. There are also cases when we have a negative opinion about something, or some friend tells us that he or she thinks the opposite way. Try and cut out your worries and conflicting thoughts. Nothing good for you will come out of them. Always focus on the positive outcome.

I know that it is not easy to change. I used to be afraid of many things in the past. I was constantly attracting all my fears until I realized that I had control and decided to change. The first affirmations and meditations that I practiced were focused on overcoming my fears so that I could turn towards myself and discover the greatness and power that lies within me. The very moment I stopped thinking about the things I was afraid might happen, my life changed dramatically. This change brought courage into my life, also great happiness and peace. Ask yourselves how much energy and time you waste thinking about the things you do not want to happen to you or being afraid of things that have never happened. You will come to the conclusion that you spend most of your time thinking about the past and worrying about the future. These thoughts preoccupy our existence and rob us of our powers for creation. Lao Tsu, the father of the traditional Chinese religion, Taoism, said: *If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present.* All we need to do is decide to live in the present moment. Then try to discover what we desire the most so that we can focus on it regularly. In other words, what we focus our attention on becomes our reality. If we start seeing things differently, they will change considerably.



The Magnetic Force Between Us



LAW OF CAUSE AND EFFECT

Give, and it shall be given unto you. For with the measure you use, it will be measured to you

One of the oldest and most important principles in the Universe is the *Law of Cause and Effect*. You must have heard the following sentence before: *You'll reap what you sow*, or *You are what you eat*. In the simplest possible way, this sentence explains the essence of this universal law. This law about sowing and reaping indicates that you will reap bad things if you have sown bad things, and the other way around, you will reap good things if you have sown good things. If we sow anger and hatred, we will reap the same, but if we sow love and understanding, we will get back even more love and understanding. You must have heard this sentence too: Do good and good will follow you. This is not a myth or a legend, but these sentences express great truths. The Bible says: *Judge not, that you be not judged. For with the judgment you pronounce, you will be judged, and with the measure you use, it will be measured to you*.⁶ The law of cause and effect is not true only because it has been described by all world religions, but it is also easily proven when tested on a physical level. Sir Isaac Newton tested it, and today, science calls it the law of action and reaction, also known as Newton's third law.

⁶ Matthew 7:1-2.

We must understand that nothing in our lives happens without reason. *There is a reaction to every action, and everything happens for a reason.* Here is

an example. Let us say we do not like our job, and we think that it is pointless and that we have no future doing the job, that we deserve something better, and we want to be paid more. We wish for a better job, or we want to start our own business. And all of a sudden something happens in the company where we work, and unexpectedly we lose our job. We are disappointed and become depressed, not understanding that the Universe has given us the very thing that we have desired for months. This new situation provides us with an opportunity to find a new job or start our own business. The question is whether we should be upset about it or open our minds to recognize the opportunity and understand that this happened for a reason. The cause behind the change is the desire, goal, or emotion that we have created ourselves, thus attracting things into our lives that give us a new direction. What we have sown is the desire, and what we are going to reap is the unique opportunity to grow professionally and get what we want much faster.

Everything is just as it should be! Every seemingly negative event that happens to us – a flat tire for instance, or a missed flight, a close relative or friend not coming to our birthday party, not signing an important partnership agreement, our acquaintance not answering the phone, etc. – it all happens for our own greater good. Think about it for a little bit! The flat tire might have prevented an accident on the road. Or we might have missed the flight because we were destined to meet our partner. We have been pushing some partnership agreement thinking it is very important, and then a new contract emerges, better than the one before, and is signed without any problems. When a door closes, another one opens! Every change that happens in our lives, whether we experience it as positive or negative, occurs for a reason. Every event that happens is, in fact, a possibility for us to delve deeper inside ourselves and become aware, accept something, or liberate something. It allows us to be open to new challenges that will reveal new opportunities for us to create new things.

If we sow wheat in the ground, we will reap wheat, not barley. Is this supposed to surprise us? The more we care for what we intend to reap, the better the yield, the faster it ripens, and we know what to expect, regardless of the kind of seed we have sown, whether good or bad seed, whether wheat or barley. It all depends on us! The way we will behave throughout the

entire process, what kind of thoughts we will have, what kind of action we will take, with what beliefs and emotions we will approach the process, all this will define our results. If we have been raised by a loving family in which smiles, joy, and happiness are the norms, we will grow up to be a mentally and spiritually sound person. If we have been raised in an environment filled with fear, negative emotions, or violence, the chances to grow into a spiritually healthy person are greatly diminished. Of course, we can change all that if we start sowing new seeds for a more positive life.

The law of cause and effect defines energy as always moving. Everything circulates and flows. When we give something, we must get something back. Help and do good, unconditionally. What we offer people will come back to us from a different source in much more significant quantities. The very act of giving harmonizes us with what we want to become. Giving is an exchange of energy. When we give something sincerely and with love, without expecting any return, the Universe seeks a way to pay us back, in even higher quantities, and at the right time and in the right shape for us. We must not expect a payback from the same person we have helped, taking the attitude, "I will scratch your back if you scratch mine." Things do not work that way. It is encouraging to expect some payback, and we must not forget that the Universe is preparing something wonderful, but from a different source. Every vibration we emit affects our lives and the people around us. This chain reaction is not linked with any time, place, or shape. The things that happen in our lives happen as a result of our deeds. *A true act of goodwill always sparks another.* There is always some payback for what we have said or done. Or a consequence of our actions and our thoughts that have manifested in some good or bad creations. Every word we say returns to us like a boomerang. Therefore, we must be cautious when judging someone, when gossiping, or accusing because we will get it all back in equal or even more considerable measure. *Give, and it shall be given unto you... For with the measure you use, it will be measured to you.*

7 Giving is one of the greatest secrets of successful people. The act of giving gifts for special occasions is not random. The ancient pagan customs were not accidental, because the old peoples knew about these laws of existence and practiced them. The act of giving and contributing is an act of love, and it raises our vibration to the highest possible level, making us feel happier, more than anything else we might desire, do or own in life. It is an

old saying that *the giving hand does not wither* . Give, but not with the thought that this principle will bring you something in return, give because you want to give. Help because you wish to help. Give someone a present because giving gives you joy. Give love, offer compassion and understanding. And give mercy and goodness. The more we help people around us, the more our lives will improve. *It is more blessed to give than to receive.* **8** *But when you give a banquet invite the poor... and you will be blessed, although they cannot repay you.* **9**

7 Luke 6:38.

8 Acts 20:35.

9 Luke 14:13-14.

Let us be practical and suppose that we are a professional salesman of some product or service that we do for a job. We make deals with companies, and we get remuneration for that based on the sales we make. We can go in two possible directions with our sales. Either we establish long long-term relationships with our clients and wish to help them by offering solutions that our clients need. Or we concentrate only on our personal needs and insist on a quick sale in order to increase our earnings, without taking much care of our clients' satisfaction. If we position ourselves as "givers," we will have many clients and respected and long-lived businesses, while the money will come to us as a reward. But if we position ourselves as "takers," interested only in "grab the money and run," people will see through us, respect us less, and avoid any business engagements with us in the future. Whatever we do, it is important that we focus on the giving. We should strive to help as many people in life as possible, without expecting anything in return. Every cause has its effect, and these effects multiply. Not only will we experience what we have caused others to experience, but it will also return to us multiplied and enlarged. As we said before, we are all one, so what we do to others, we also do to ourselves. And because everything we do affects someone, we should all question ourselves: "What am I doing, what am I thinking, and what am I saying at this very moment?" And

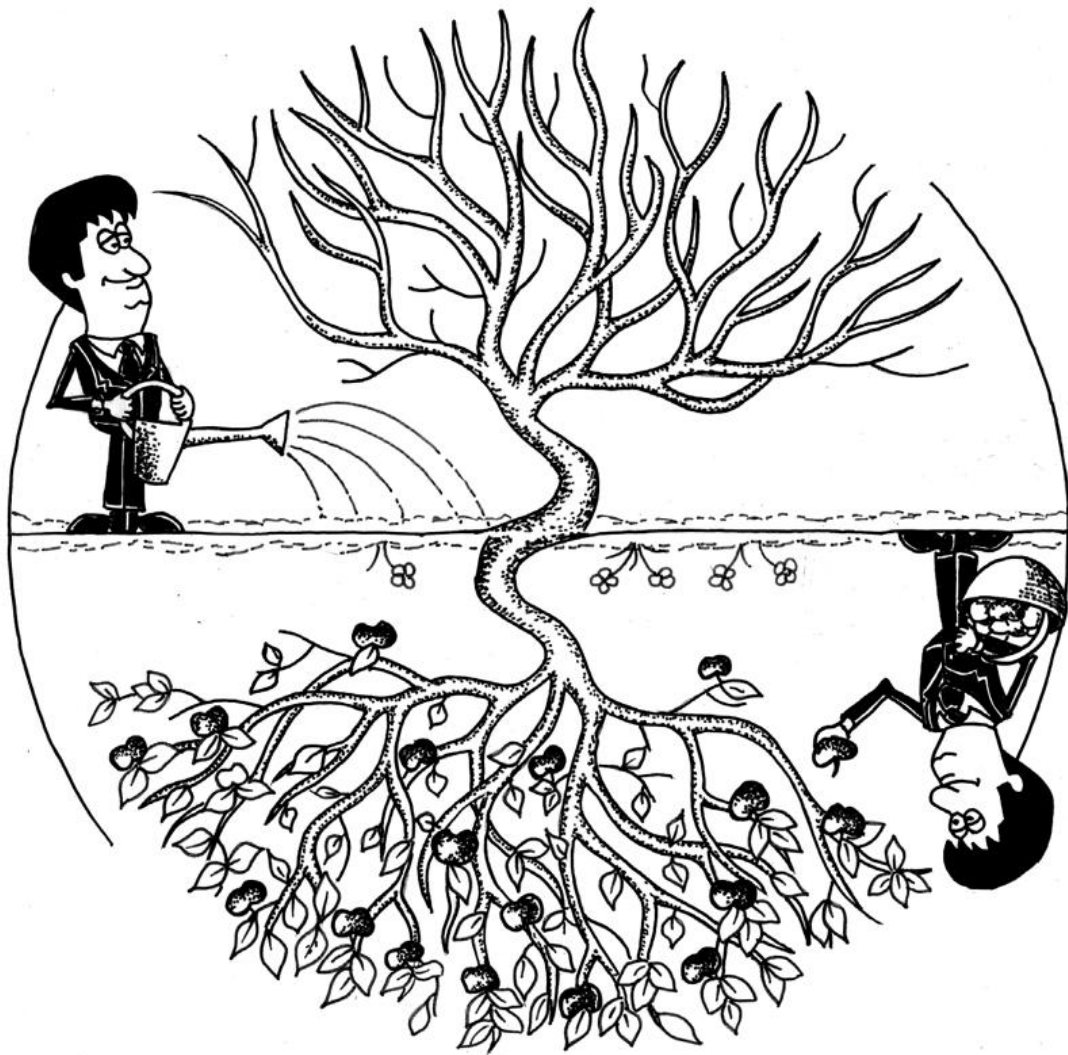
ask yourselves: “What kind of effect will it have on me or my surroundings?”

In the old Sanskrit texts, the law of cause and effect is called the *Law of Karma*. According to this law, the results in our lives are not caused only by our own and collective deeds, but their causes can be traced back to some previous lives. The effects can repeat as long as we refuse to feel responsible for them, and when we do take responsibility, we can eradicate them. The karma can be an action, work, or deed where the intentions and actions of the individual (the cause) influence the future of that individual (the effect). Good deeds and good intentions contribute toward good karma and good fortune, while poor deeds and intentions cause unpleasant karma and bad luck. According to Hinduism and Buddhism, our karma defines all our acts, following a certain cause and effect path. Our lifelong efforts can be divided into three directions – those of the body (what we do), those of the speech (what we say), and those of the thoughts (what we think). And they can repeat themselves, get reborn, or “reincarnate.” The karma consists of deeds that determine the individual’s present and future life. It also affects the family constellations in this or the next life. As it affects all individuals separately, it is also changing the collective body.

Commonly, we learn the hard way how to behave correctly with each other and how to be in harmony with the holy and spiritual laws. We tend to learn this only when we experience the same things that we have inflicted upon other human beings. Only when we have experienced some negative feelings or situations ourselves do we completely understand how others must have felt facing the same conditions. Therefore, before doing anything to anyone, first, we need to think and question ourselves. Ask yourself: “If I do this to somebody else, how would he or she feel about it? How would I feel if somebody else did the same thing to me? And what would be the effect upon society?” If you find yourself on the receiving end of that doing, would you feel a negative emotion? Maybe even physical pain? Or would you feel good about it? Always make a trial inside your mind and do a foreshadow exercise before doing anything to anyone. If your thoughts, words, or actions are in the right place, and you are feeling positive that they would spread nothing but joy, then you should perform them. But if you find yourself in the wrong place emotionally, then first change your

thoughts, and your words and actions, respectively. Consciously stop yourself from hurting another human being. As we are all one, if we choose to hurt somebody intentionally, we will end up hurting no other than ourselves.

According to the principle of karma, every human being, every soul, faces the same challenge. And this challenge is repeated again and again until we manage to recognize it and overcome it. Karma is not a punishment. But on the contrary, this repetitive cycle of events and situations helps us acquire spiritual maturity. We achieve this through recognition and overcoming of a particular experience that prevents us from becoming aware or detaches us from the cosmic laws. Every thought, every feeling, and every action becomes eternal and comes back to us and repeats until we change it. It demands of us, as human beings, that we take full responsibility for our destiny. In fact, our destiny is what comes back to us as a result of what we have sown. In other words, if we make a decision of love and positivity, our destiny will move in that direction. Have you ever thought of an event and said to yourselves: “This always happens to me!” And that is what we are talking about here. It will keep happening until we accept and liberate the event or the situation with a smile, without attributing a lot of meaning to it. And when we free ourselves from negative emotions about that particular event, the event will stop recurring, and we will be able to come out of the karmic cycle. Our soul loves us so much that it will always take us “back.” It will repeatedly give us similar events and situations until we truly learn our lesson. Up until we genuinely accept, forgive, and liberate. It is believed that the karmic cycle does not apply to this life only, but also to the next. All the people we know and to whom we are close are souls that we have known in our other lives as well, and now we recognize them. We meet familiar faces, we establish all kinds of family relationships and friendships, and we learn from each other. Every positive or negative encounter with someone and every positive and negative situation we experience is for our own good. With every new challenge, we grow spiritually, and we become better people.



2. Aug '48

We Reap What We Sow



GET TO KNOW YOURSELF

Who are we?

When your alarm clock goes off in the morning, do you wake up with a smile and eager to embrace what the day has in store for you? Is your heart brimming with joy because of your relationships with people that are part of your everyday life? Do you live by your needs and make positive changes in the world? Or do you simply toil through life, dragging yourself out of bed with no enthusiasm? Without any emotion or joy, often saying to yourself: “Oh no, not another day!” We live in a matrix of everyday routines, written and unwritten social rules, we live in fear and with habits that prevent us from growing and developing, with no inspiration. We live in a world in which we only complain and seek someone to hold accountable for our failure. We live in a world that detaches us from our real selves. We live in a highly developed digital era where everything is accessible. While on the other hand, like never before, the world suffers from intolerance, disrespect, inequality, power over the others, oligarchy, individualism. All this makes us feel lonely and lose our connection with ourselves, which makes us lose our sense of belonging. It makes us ask who we really are and how much we really know ourselves. Many feel stuck in a rut, unable to rediscover themselves, feeling deep inside that they are capable of much more. Can we rediscover ourselves, take the wheel in our hands again, and live in love and harmony?

Among the archaeological remains of ancient Delphi in Greece are the remains of the Temple of Apollo bearing the inscription *Know Thyself* . This topic of self-knowledge was of interest not only to the ancient Greek philosophers, such as Plato and Aristotle; the entire oriental philosophy is

also based on this premise. But this topic has remained a mystery to the present day. If we think about it more carefully, we will see that we do not know who we really are. This sounds like a paradox, doesn't it? But, indeed, it is not a common occurrence to meet someone who fully knows himself or herself. Except for their name, age, gender, and identity, as markers acquired through life, people do not really know themselves. We have many identities, and we play many roles in our lives: actors, businessmen, academicians, mothers, fathers, daughters, sons, grandmothers, tyrants, saviors, victims, builders, artists, fighters, etc. But, if I ask you, "Who are you?", what will your answer be? "I am Anna. I am a woman. I am a body. I am a daughter. I am a victim. I am brave. I am a mother." No, no! All these are our mere shapes, our names, our bodies, our roles, and our identities. That is not who we are. Who are we, then?

The quickest way to understand who we are is to understand first who we are not. We are not what we perceive, but we are the one who perceives. If you look at the cell phone, does that mean that you are a cell phone? No! You have a car, and you drive it, but you are not the car. And you never get confused that you are the car. You might say: "I have a body, and I run it, but I am not just my body." Why do you get confused, then, that you are just that body? You perceive the voice in your head, but you are not the voice. Voices and thoughts come and go in and out of your consciousness, and you continue perceiving their presence or absence. If you are these voices and thoughts, you should leave when they leave, then. Is it not so? But you stay. So, do *you* breathe now, or does that happen all by itself? Do *you* see or think at this very moment, or does all that happen all by itself? It is possible to say: "But, I am the one who is thinking!" If you are, what is your next thought going to be then? Can you stop your thoughts? You cannot because you are not your thoughts. They simply happen. The ego, or the "I" that always emerges, wants to be given all the merit for the things that have happened. This "I" is like a child who is appointed to perform some group task and then does nothing but wait for the group to accomplish the task, only to sign its name under it and take credit for someone else's work in the end.

But "I" is not necessary for things to happen. Do you wake up in the morning, or does waking up simply happen? Do you sleep, or does sleeping

simply happen? Why don't you try to force yourselves to fall asleep or wake up? Because you cannot, of course! You fall asleep only when you stop trying to fall asleep, and you wake up when the waking up happens all by itself.

We all exist in several dimensions. We are mind, body, and spirit all together. We have a conscious and subconscious mind. The subconscious mind is the emotional mind. The subconscious mind stores our habits, beliefs, values, memories, decisions, and paradigms. We also have an instrument of the mind that we call the body. But we are not just mind and body. If we ask the mind, "Who am I?", the mind will start searching, looking for solutions. Relax your mind. What we are is not completely in the mind. It is the mind that is part of what we are. We are more than the sum of our mind and body. We are also peace, will, and love. We are the void that is inside us. That is what we are! We are the space between the notes that create the beauty of the musical composition. We are the spirit, pure consciousness, and presence. That is the beautiful truth! But, our identification with thoughts, emotions, and bodies detaches us from our real selves. For this reason, when we approach this question, we must open our hearts and minds.

All the tragedy in our life is our own doing. We are the source of our problems. And because we are not aware of this, they keep recurring in our lives. Therefore, the main question is, what is going on inside us? What is the reason for this experience? And not just inside us. We experience it on the outside too, through the situations we observe. We experience it through love, joy, happiness, goodness, prosperity, or violence, depression, dissatisfaction, anxieties, disagreements, troubles, and misfortunes. How many times in our lives have we felt worthless or felt shame, guilt, or fear? How many times have we fallen into a whirlwind of incompleteness, or felt damaged, unimportant, or empty? But these are only beliefs, wounds to the soul that we have collected on our journey through life. We are born as pure consciousness, in love and with all the knowledge that we need, and with pure potential. And what happens when we come to this world? Information and various identities pile up over us, and we gradually forget who we are. They give us a name first: "We'll call you John from now on." And from that moment onwards everybody knows us as John and calls us that. We

start turning around, reacting when that name is called out. Then, we get shaped like a pot on a pottery wheel, and our new identities are born afterward: “our John is fearful”; “our John is quiet”; “our John is special”; “our John is so smart.” And all these installed opinions from our surroundings become a reality. We adopt the cultural beliefs and values expressed in our environment through our parents, grandparents, aunts, and uncles, through our nannies, teachers, colleagues, and friends. Our parents play a very significant role in our lives, just as their parents played the same role in their lives, and their parents before them. Our parents can support us and our ambitions, sending us on the path of success, or they can unconsciously shut the door that leads to our happiness and success in our faces. And when we reach adulthood, when we are supposed to live our lives to the fullest, we are, in fact, at a crossroads where we wonder who we really are. We are full of paradigms, which, if we do not awaken, we will fail to recognize that those are only false beliefs.



PARADIGMS

A paradigm shift is what we need to begin changing our lives

The world we live in is a system composed of a fixed and rigid matrix of thoughts, emotions, and actions. We are all part of this system of beliefs, and we are preconditioned to follow it blindly, perhaps until we wake up one day and change it. But even when we wish to wake up, this pattern wants to pull us back into the same old values, programs, beliefs, habits, and behaviors. Those are all *paradigms* approved by the mainstream, habitually holding on to the form and material pleasures. However, the general opinion or belief is not necessarily the one that is true. It is just a common belief! On a personal level, the opinion or belief that life is a struggle is different from the opinion or belief that life is harmonious. The paradigms are opinions and beliefs about life and are not necessarily true for us. Somebody else's truth and belief are not necessarily our own truth and belief as well. Insufficiently conscious about our own existence, led by external factors and beliefs adopted from others, people most often do not live their lives following their own designs. If we do some research, we will realize that there is a program in our mind that controls our life and creates paradigms. The paradigm makes us do things without knowing why we do them. As though our lives are on autopilot. We produce results that we might not want and might not even like actually. As if caught in a trap, we repeat the same things over and over again. Feels like running on a hamster wheel. And when we ask ourselves, "Why have I done that?" we answer to ourselves, "I don't know," and we do not have the answer. And that is the paradigm at work! Those are the habits embedded in our subconscious or unconscious mind. Deep inside us, there exist programs that control our behaviors. But the good news is that we can change these programs. Our

body receives a command from the mind and takes some action. Depending on the character of the action, we experience different outcomes. This connection between our mind and body gives us the opportunity to create the desired results.

All the information we get from the outside world we receive through our five senses, the so-called sensors “attached” to our conscious mind. They are the sense of sight, hearing, smell, taste, and touch. The thoughts occur in the conscious mind, and then our consciousness accepts them or rejects them. When we receive information with our conscious mind, we transform it into images, which then repeat over and over and become part of the subconscious mind. The subconscious has no ability to reject, cannot tell the difference between the real and unreal, the true and untrue. Every new piece of information it is served, the subconscious will accept as a new truth. The subconscious mind makes us perform activities and do things unconsciously, mechanically, and without much thought. Without it, we will not be able to function. When we do not forget how to ride a bike, when we talk on the phone while driving, when we arrive somewhere unable to remember anything about the journey and how we have reached our destination – all this is the work of the subconscious mind. All the experiences and subconscious abilities we have collected through life are stored in it. Just as we unconsciously say things that are not good for us, we also habitually say and do things that are excellent for us. Our task is to stop the subconscious from taking control over us and lead us in a direction that causes negative emotions. The subconscious mind is the emotional mind, and it controls the vibration of our body. Our body reacts to that vibration and transforms the images into actions. We are born with an open mind, in which all the information and images we receive from our surroundings enter directly into our subconscious mind, and are immediately accepted as truth. Our subconscious mind is programmed genetically and then reprogrammed by the environment. There is an opinion that the environment is even more important than our genes.

Why do we speak the language that we speak? Because of the environment in which we have grown up. When we were babies, someone impressed ideas, thoughts, and images into our minds and created our reality for us. Already at the age of four, the child is programmed to think in accordance

with the beliefs and values of the people by whom the child is surrounded. If the parents are educated, there is a higher probability that the child will be educated too. If the parents live in difficult circumstances and never have money, it is more likely that the child will grow up in similar conditions, sharing the same thoughts and beliefs. With a wish to take care of us and following their beliefs while doing so, our parents are the ones that usually create our programs: “You’d better study if you want to find a job”; “be careful you’ll fall”; “don’t walk around barefoot, you’ll get ill”; “don’t go there, it’s dangerous”; “don’t sit in the draft, you’ll get a stiff neck.” What happens when the child starts introducing his or her own programs, controlling them, and thinking independently? When the child grows up and starts thinking independently, his or her thoughts are already in harmony with the paradigms he or she carries from childhood. And as a grown-up, he or she already thinks and believes that to earn a living, he or she will have to do what his or her environment approves of, instead of focusing on what he or she loves and profoundly desires. It is the paradigm that makes us think that way. This paradigm is just a habit of thought, programmed into our subconscious as a result of the repetition of an impressed idea over and over again throughout our lives.

It is the paradigm that makes us believe that we are not good enough because when we were children, our parents always compared us with their friends’ children, who were supposedly always better behaved and always had straight A’s at school. It is the paradigm that makes us believe that if we want to follow our passions, and if that is art, we will never be successful. We think that it would be much better if we became an economist or a lawyer and have a “secure job” with “safe earnings” only because our parents believe that it is for our own good. It is the paradigm that makes us believe that it would be better if we did not tell our loved one that we love him or her because our love might be abused. It is the paradigm that makes us believe that we should take care of others and please them, neglecting ourselves, in order to win recognition and acceptance. It is the paradigm that makes us believe that we must not express our feelings and emotions, or say our own truth. It is the paradigm that makes us believe that we should care, first and foremost, about what others say. It is the paradigm that makes us believe that we are not good enough to live our lives in the light and that such things are just a luxury available to only a few lucky

ones. It is the paradigm that makes us believe that the material and the spiritual do not go together. It is the paradigm that makes us believe that money is the root of all evil. It is the paradigm that makes us believe that we need approval from others in order to define our worth. It is the paradigm that makes us believe that we need drugs and alcohol to relax. It is the paradigm that makes us believe that love means compromising and sacrificing. It is the paradigm that makes us believe that love hurts. But, love does not hurt and never will! It is our belief that love hurts that hurts us. It is the paradigm that makes us believe that we do not deserve happiness, joy, and love. It is the paradigm that makes us believe that we cannot be healed and live in harmony, peace, and serenity.

Every child is born fearless, with only a few innate fears. They are the fear of falling and the fear of noise. All other fears that we carry are not inborn, but acquired fears, just as our beliefs and values. They come from our parents and our environment. The strongest fear that we harbor is the fear of failure, of being publicly ridiculed, or of being exposed to negative criticism. Most commonly, the fear of failure in some personal undertaking has its origins in our parents. If our parents think and believe that money is the root of all evil in our life, we will have the same belief and experience, until we start reprogramming ourselves to have our subconscious reborn. It is the paradigms stored inside our subconscious that control our behavior. We can consciously think one thing, but at the same time, be controlled by a paradigm. You are now reading this book and saying to yourself: "It is easy to practice this, I understand this." But you still do not apply it in your everyday life. Why is this so? Paradigms control our logic, as well as the way we spend our time, our perceptions, efficiency, and earnings. Therefore, if we wish to make a change in our life, we need to shift our paradigms, change the program.

Many people, even though they have many wishes and desires and know what they want, still cannot succeed in fulfilling their visions. Why is it so? Because of the paradigms! If we have an idea, dream, or a goal, if we want a better life, or, for instance, a new job, a new partner, or a new car or experience, our consciousness accepts this idea, and it enters our subconscious as truth. In that case, we have managed to change the vibration, and we are on the path to achievement. We take action, and this is

in correlation with that vibration. Then we leave our comfort zone and enter unknown territory. We experience new bodily sensations and unpleasant emotions. We take untrodden paths. We fight our own ego and our old identities! And then we are engulfed by thoughts and feelings, telling us that it was much easier before. We are overwhelmed by fear, doubts, and uncertainty. We say to ourselves: "Perhaps the job I have is not perfect, but it is something I know how to do." And slowly but surely, we go back to what is familiar, to our old habits. It is the paradigm that has taken us back there! It has stopped us from making the breakthrough we wished for, and the transformation we have desired for so long! We decide not to be brave, not to move to a larger apartment, not to change our job, not to make the planned sales, not to approach the person we like, not to exercise or start eating healthy. We have all experienced this. We had a dream, we started on the path of its realization, but the paradigm pulled us back. Subconsciously, we all shape our beliefs in the direction of safety and security.

The same things kept happening to me until I decided to change my beliefs and put a little more faith in my actions. To have faith means to invest confidence in the unknown and in occurrences that never happened in our lives. It also means to increase the belief in your goals and desires. During this process of a paradigm shift, it might sometimes be hard to convince ourselves of new ideas. Nonetheless, we must keep believing in the process of change. When you sense disbelief, say the following words to yourself: "I believe in myself," or "I have faith in my desires." Repeat these words always, with sincere hope in your heart that what you want will come to you. Jesus said: *Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, "Move from here to there," and it will move, and nothing will be impossible for you.* 10 When we have strong faith in things, we cross the boundary that divides the impossible from the possible. We make a paradigm shift from: "Everything is unreal and unreachable" to "Anything can happen, and all is achievable." If we are going to change our habits, we have to overcome all doubts and fears. Time will only confirm this, and our lives will surely turn around. All we need to do is focus on our thoughts and emotions towards what we desire. We need to maintain a high vibration without giving up. We need to invest some faith, stay on the path, and eventually, we will succeed in changing our paradigms.

When does, in fact, the actual process of change begin? It happens when we make the decision to awaken! At the very same moment, when we take responsibility for our own lives, for our words and feelings, for our pain, fears, disappointments, when we accept that we are responsible for our sorrow, shame, and guilt. Taking responsibility means that we are prepared to accept that we create our feelings, beliefs, and actions. This responsibility means that we are ready to face our fears and heal the beliefs that make us feel worthless, incomplete, unloved, and filled with fears. We assume this responsibility the moment we make the decision that we wish to make a change, the moment we resolve to listen to our inner voice. This is the inner voice that is always there for us, the voice that encourages us to take the right step.

How are the paradigms formed? Through repetition of information. How can they be changed then? Through repetition again, but this time of new information. Let us suppose that we find it difficult to increase the amount of money we have. More money is going out of our bank account than it is coming in, and we want to change this. To alter the situation, first, we need to change the way we think about money, that is to say, our belief system. We must erase the old paradigms such as: "Money is the root of all evil" or "It is hard to earn lots of money," and replace them with the following new ideas: "Money is good" or "I easily earn large amounts of money."

In order to change this money paradigm, we have to create a new thought and emotion that we will repeat to replace the old one. The repeated positive thinking enters the subconscious mind and transforms into a new habit, whose energy, through the law of attraction, will attract an event or a person that is in harmony with that thought or vibration. When the subconscious mind agrees with the conscious thought, then they cooperate perfectly. But if our conscious mind conflicts with what our subconscious mind wants to preserve, there will be no fulfillment. Therefore, when we feel negative emotions, our subconscious mind receives a signal that we are not in harmony with what we desire, and we get blocked. There is a conflict

between our system of beliefs and our conscious mind. We should be aware that we have limiting beliefs that are no good for us, that is, that do not bring positive changes to us. All we need to do is challenge our current belief with the following question: “Does this belief bring me closer to what I desire or take me further away?” If, on a conscious level, we establish that the belief is not beneficial to us, we should then change the old habit. We use the technique of erasing negative thoughts that are not good for us and of replacing them with new beliefs that are beneficial to us. It is necessary to identify the thoughts that sabotage us! For instance: “I want more money, *but* I don’t know how to make it.”; “I want to visit Thailand, *but* I don’t feel like traveling so far.”; “I want to lose twenty pounds, *but* I can’t stop eating bread.” When we use words like “but” or “however,” after expressing our wishes, we negate everything we have already said. Everything we say after that “but” is what we truly believe. We must get rid of the beliefs that are not good for us and stimulate true potentials to live as the best version of ourselves. We need to focus on what we want instead of what we do not want. We need to have faith and move in the direction of our dreams, and the laws of the Universe will take care of the rest.



THOUGHTS

We become what we think the most

When creating us, the *Creator* gave us the energy of thought. The thought is energy, and conscious thought is focused energy. Everything begins with a conceived thought. Every creation that we can see in this world was once only an idea, a thought inside someone's mind. Before designing and constructing a building, the architect first imagines it in his or her mind. It is but a thought. Sagrada Familia is a magnificent church in the center of Barcelona, Spain, whose construction began in 1882. It was designed by the architect Antoni Gaudi. He never saw it completed, but he knew exactly what it would look like – in his mind. One of the most famous inventors of all time, Nikola Tesla, was known for absorbing the ideas in his mind first and only then realizing them. The revolutionary and controversial classical Russian composer Pyotr Ilyich Tchaikovsky could not, for many years, hear the sound of his compositions. At that time, there were no musicians sufficiently competent to perform his innovative works. Because his pieces were so ahead of their time, it took years before any musician could be trained enough to play his melodies. But then inside his mind, he always knew what they would sound like, even before they were performed.

The conscious understanding of the power of thoughts is fundamental knowledge that fully affects the future growth and development of every human being. If we plant a seed in our garden, we surely want that seed to sprout and grow into a beautiful, blossoming, and fruit-bearing plant. This is possible because there is a strong will for growth and development within the seed itself. In order to grow Chinese bamboo, we need some fertile soil, water, sun, and care. In the first year after we bury the seed in the ground,

there is no visible sign of the plant above ground. It is still only underground. In the second year, there are no signs of the plant above ground yet, as there are not in the third and fourth year either. You do not stop caring for the seed at any time, but still, you cannot possibly know whether the care and watering during all those years will eventually bear any fruit. And finally, in the fifth year, a miracle happens! The Chinese bamboo grows nearly 80 feet in only six weeks and continues to grow even after that. Our creation goes through the same process. Our thought is the seed of our living potential. Sometimes the seed grows faster, but sometimes it takes its time. Nevertheless, through our thoughts, we achieve our potential to grow, develop, and create.

If we want to make some change in our life without consulting our thoughts, our mind will check what it already knows first, our past programs that have created our habits or paradigms. And if our mind does not recognize the experience, an error will occur in the system, and our mind will tell us that we cannot make that change. The mind recognizes only predetermined truths. And because of this, it is difficult for us to change. For, if we continue to think about the things from yesterday, we will not be able to change the paradigms and predetermined truths, and we will continue to get the same results. Our habits can begin to change if we can change our train of thought. What we experience today is not much different than what we thought yesterday. Our thought of today creates our future tomorrow. If we want to know what our thoughts were a year ago, all we need to do is check where we are today. If we want to have different experiences tomorrow, we need to change our thoughts today. Siddhartha Gautama (Buddha) said: *All that we are is the result of what we have thought.*

The way our thoughts are manifested in reality, I will try to describe by using one of the episodes of the famous TV series *Star Trek* as an example. I remember watching this phenomenal series from the sixties when I was a child. It impressed me greatly. In one of the episodes, the crew of the Starship Enterprise arrived at a planet where every thought was manifested instantaneously, at the same moment of its being thought. Each of the characters lived a different reality where different things were manifested. Having experienced pleasant and unpleasant events, the members of the

crew came to the conclusion that they were on a planet that could read their thoughts and immediately manifest the reality they had imagined. Therefore, the only way they could change that reality was to change and redirect their thoughts. But, fortunately for us, in our universe, it takes somewhat longer than in the series Star Trek for our thoughts to become a reality. And we should be grateful for it. Imagine a situation in which everything we think or say becomes real in front of our eyes instantaneously! We might think that it is great if our thought of having lots of money can become a reality straight away. But let us consider the fact that you are afraid of sharks, and you start thinking about one while swimming in the sea, causing a big shark to materialize right in front of you. We are fortunate that in this existence that we call reality, our thoughts do not materialize right away. Our thoughts are like the bamboo tree. After being sown, they need time to sprout. It is so for our own protection, and at the same time, it helps us understand and learn the art of manifestation without being hurt in the process.

Every time our attention is focused on a thought, we activate this thought, and the law of attraction responds to the content that is inside us. All the other thoughts that are in vibrational harmony with the basic thought that we have activated, then join in, and this makes the thought more powerful to attract even more similar thoughts with the same vibration. Our thought has the power to create and the power to destroy. Our thought is the starting point that attracts the things we want or do not want in our lives. Whatever it is that we intensely think about, we start attracting it. *We become what we think the most, and what we think the most becomes our reality.* This is an idea that we must accept and imprint in our minds, a new belief that will plant a seed and open up for us the process of our own awakening. This truth Earl Nightingale defines as the strangest secret. In other words, it means that when we are continually focused on a specific thought, that thought will eventually become a predominant thought, triggering a constant vibrational activity inside us. And when that happens, particular situations and things will start happening that are in vibrational correlation with that dominant thought. We will attract a conversation with a friend, we will see an advertisement, we will have some personal breakthrough, we will read an article, an actual situation will occur, etc. The process of attraction will ensue as if by magic.

Let us suppose that you do not feel very well, you suffer from a headache. I offer you a pill that I claim is the latest discovery and revolution in the pharmaceutical industry. I say that it is truly unique and that it is the best pill in the world that will 100% help you feel better, making your headache disappear straight away. You believe this and deem it true, and you take the pill. And indeed, you feel much better in a very short period of time. The headache is either completely gone or significantly reduced. Before you even try to thank me, I disclose the truth to you, that the pill was not a miracle, but just a placebo, an ordinary sugar pill. You were not cured by the pill, but by your faith in it and by the thought that it must be good for you. About one-third of the medical interventions include the “placebo effect,” which is considered a very efficient method of healing. The curing that happens in this way is aided by the patient’s positive thinking and by the power of autosuggestion. On the other hand, our negative thinking can also have an equally powerful effect, but in the opposite direction. The impact of negative thinking is called the “nocebo effect.” Both our positive and negative thoughts shape our biology and our life experiences, as well.

Doctors and scientists have claimed that almost 70% of our body consists of water. Water, and consequently, our body too, is energy vibrating at a certain frequency. Dr. Masaru Emoto, a researcher from Japan, dedicated his professional life to the research of the molecular structure of water. He discovered that water reflects our reality and that our thoughts are vibrations that can change the physical structure of water. He selected several samples of water, separated them in different containers, and exposed them to different vibrations. He played music to some of the samples, words were spoken to the other group of samples, written words were used for the third group of samples, images for the fourth and videos for the fifth group of samples. The thoughts of love, gratitude, happiness, and peace directed towards the water samples in the shape of words, videos, or classical music created a magically crystallized molecular structure. On the other hand, the thoughts and emotions of fear, anger, or hatred directed at the water created irregularly crystallized molecular shapes. If our thoughts can do this to water, can you imagine what they can do to us if we are aware of the fact that most of our body is simply water?

Whether we feed our thoughts with fear or faith, they emerge as our reality in both cases. When we are worried, we act from a standpoint informed by fear, and we trigger the very things we do not want to happen to us. When we act from a position of self-confidence, with a strong faith in stuff, when we feel good, then we positively vibrate at a frequency that will give us more of what we desire. We need to avoid thoughts that lead us in the direction of events that we do not wish to happen. Be aware that all our fears are only the work of our imagination. Fear is invented, an illusion. Fear is not real. It consists of images that only appear real and believable enough to trigger emotions. They are nothing else but a probable manifestation of things that can only happen if they get the attention and emotion from us as observers. And when the things we do not want to happen actually happen, we seem to be unable to stop ourselves from commenting: “See, I told you so. I told you it would happen like this. I told you that I wouldn’t get the job. I told you we would lose this client. I said we wouldn’t make any money.” The opposing thoughts to what we do not want only create more of what we do not want. The thoughts opposed to illness cause the very disease we worry about. The thoughts opposed to being hurt in a relationship will only bring us a relationship we do not want. The thoughts opposed to poverty are the reason we are poor. There are no poor people, only a poor attitude and a poor way of thinking. The law of attraction does not understand the thoughts and words of the following type: “No, do not, it is not, I cannot, I do not want it,” etc. When you say: “I do not want to be poor,” what the Universe hears is just *poor* . Or when you wish for peace and serenity, and instead of thinking peace, you say something like: “I do not want any more violence,” the law of attraction gives you the very thing you have focused your attention on, and that is more violence. There are thousands of organizations in the world that fight against poverty, sickness, firearms, murders, suicides, etc. That is not the right way of thinking. Mother Teresa said: *“I was once asked why I don’t participate in anti-war demonstrations. I said that I would never do that, but as soon as you have a pro-peace rally, I’ll be there.”* Her message stands clear – we should think about the things we want, instead of the things we do not want to happen, or we do not wish to have. We do not need to be anti-war, but to be pro-peace. We do not need to be against bad feelings and negative thoughts, but pro good feelings and nice thoughts. You must remember the speech by Martin Luther King Jr., titled *I have a*

dream . There is no negativity in it, not even a drop of hatred, anger, or rage, despite the horrible status of the people of color in the United States at the time. He performed his entire speech using a completely new way of thinking and wording, pioneering in the speech of love, unity, and prosperity for all people who lived in the United States. Unlike others, he was solely focusing on his humane dream and on what he desired. The more we focus on what we do not want and feed it with energy, the more we attract it. Whatever we think about most of the time, is what we usually become, have, and achieve.



EMOTION

Allow your emotions to guide you to a higher vibration

We live in a time in which we are bombarded with millions of pieces of information on a daily basis that makes us unable to control our thoughts. In order not to go through the thousands of thoughts that overwhelm us constantly, and decide which one is positive and which negative, we can use a more precise internal system that is already given to us always to tell us what our energy level is. This system is our emotions. Our emotions are nothing else but the energy put into motion. It is unbelievable how a simple observation of our emotions is undoubtedly the perfect measurement of the energy level of our being.

The word emotion was first used by the Scottish philosopher Thomas Brown as a general explanation of our moods, attachments, and feelings. Before the introduction of this new terminology, people explained emotions simply as appetites, passions, affections, sentiments, and misfortunes of the soul. Today, we interpret emotions as experiences that come to us from the higher consciousness, transformed into an intense mental activity that results in bodily sensations of pleasure or displeasure. Our emotions are appropriate answers to our experiences and perceptions of internal and external events of lesser or greater importance for our being. They can be more or less intense, depending on our perception and the level of significance we attribute to the event that has caused the emotion. Dr. Paul Ekman ¹¹, an American psychologist, researched human emotions for more than forty years and established that there are six basic emotions: anger, disgust, fear, happiness, sadness, and surprise. Psychologists today

recognize many more categories of emotions, and some researchers categorize hundreds of different emotions, but we will list only a few here.

11 Paul Ekman (15.02.1934) – an American psychologist and professor at the University of California, San Francisco, one of the pioneers in the study of emotions and how they are related to facial expressions. He is the author of the “Atlas of emotions” that consists of more than ten thousand facial expressions, and this won him the reputation of “the best human lie detector in the world.”

Positive emotions:

- ⊙ *joy, freedom, love, serenity, bliss;*
- ⊙ *passion, enthusiasm, happiness, admiration;*
- ⊙ *generosity, gratitude, modesty;*
- ⊙ *optimism, bravery, hope;*
- ⊙ *pleasure, acceptance, encouragement, surprise;*
- ⊙ *reasonability, friendliness, patience.*

Negative emotions:

- ⊙ *pride, irritation, displeasure, impatience;*
- ⊙ *doubt, worry, disappointment, pessimism, disgust;*
- ⊙ *accusation, judging, envy, jealousy;*
- ⊙ *anger, rage, aggression, hatred;*
- ⊙ *fear, sadness, depression, despair, helplessness, languor;*
- ⊙ *insecurity, discouragement, guilt, remorse, shame.*

One's emotion can also be a result or a consequence of some subjective experience, cognitive process, expressive behavior, or psychological and physiological change. To put it simply, emotions are always a result of a mental thought process, followed by a verbal, physiological, nervous, or

behavioral mechanism. When we are in a dangerous situation, for instance, our nervous system accelerates and transforms itself into the emotion of fear. Or when we have the emotion of love, we feel a desire to hug or kiss someone. Although our feelings are not the same as emotions, they are responses to emotions. One's feeling is subjective, a personal experience that transpires, while one's emotion is a state of higher consciousness. When we have the emotion of fear, we feel scared, or when we have the emotion of love, we feel in love. For instance, we can feel joyful as a result of the emotion of joy. And that joy might be caused by a physiological activity, such as receiving a gift or playing with one's pet. Joy is an emotion, to feel joyful is a feeling, a current state. Sadness is an emotion; feeling sad is a feeling. We feel sad! We often arouse our emotions when thinking about past experiences, when evoking memories from the past or fantasizing about the forthcoming future. Just as feeling sad is a result of some past experience of ours – and people are prone to retelling stories and complaining about things that happened to them in the past – feeling fear is a result of our frequent musings about the future. As long as we think about the things that happened in the past or the things we expect to happen in the future, whether we do it vocally or this remains an internal dialogue, we keep that emotional energy alive inside us. We pile up a burden of old thoughts and feelings and stop ourselves from recognizing what the present has to offer us. Or we create anxiety and insecurity because, in our thoughts, we envision events that have never happened.

All our emotions are products of the thoughts that we create or adopt as an image taken from our surroundings. This image is information that is poured down into our subconscious as a predetermined truth. This truth is our perception of reality, and every image we see creates an impulse and bodily sensation in us. This internal impulse and sensation is, in fact, our emotion. We then vibrate in accordance with our experience of this emotion as positive or negative. We vibrate at the frequency of our emotions. We vibrate either at a good or bad frequency, and we attract every single day accordingly. The more positive emotions we have, the better things we will attract. Therefore it is not only what we think that is crucial, but also the accumulation of positive feelings. *Whatever we imagine and think about constantly, then transform that thought into a strong emotion, we will attract and accomplish.*

When an idea enters our subconscious mind, it changes the frequency of our body. The body has a molecular structure, which means that it is a mass of energy that vibrates at high speed. We can vibrate at the low frequency of fear, or the high frequency of love. If we ask someone: "How are you today?" they will respond with "very well" or "not that well." No one will ever respond with their conscious mind: "At the moment, I am emotionally filled with negative ideas, and that is why I vibrate at a frequency of worry and doubt," although that might be exactly what is going on. It is of crucial importance for us to understand that we can guide vibration and that, with a little bit of training, we can change it. All we need to do to attract happiness is to be aware of our emotions. Even if we do not focus on our thoughts at all, us being conscious about our emotions at a given moment will achieve redirection of our thoughts. Emotions should be your guide towards a higher vibration. Allow the energy that brings positive experiences to flow through you. In order to attract what you want, you need to bring yourself to the state of vibration at a frequency that is in harmony with the frequency of what you desire. These vibrations are produced by our predominant thoughts, which are also of crucial importance for us when we wish to attract the things we desire to enter our lives. The thoughts that cause emotions of fear, doubts, worries, deficiency, and judgment towards yourself or others, only cause contradictions in your energy and block your electromagnetic field. Everything that you either want or do not want in your life, the Universe will deliver. But above all, it gives you what you carry inside, what you feel, what you are, and on what you focus the most. What you vibrate today will manifest as a situation tomorrow, and what you will experience tomorrow is the effect of what you vibrate today. You might vibrate at a high frequency today and still receive negative information or experience a negative situation! Or you might be in a bad mood today and receive good information or get involved in a positive event. Therefore it is of utmost importance for you to keep your level of energy constantly high. The longer and more intensely you maintain your energy level high, the more positive fortunes will enter your life. They will last longer and will keep repeating.

Let us suppose that we have woken up this morning filled with energy and enthusiasm, looking forward to the working day. This enthusiasm is a positive emotion that raises our energy level and makes us feel happy. The

day begins wonderfully for us. With a smile and positivity, we say good morning to all the people we meet. We arrive at our workplace, we go through our task list, and we start our day. All of a sudden, an e-mail arrives from our boss that says that we need to do something. It is entirely unexpected and unplanned. The e-mail notes that the task is urgent and that the deadline is due tomorrow. This piece of new information we do not experience with positive emotions. On the contrary, our mood deteriorates, and we begin to oppose it. We express the feeling of being pressured, and all of a sudden, our mood from the morning is ruined. The dominant emotion of happiness is now replaced by displeasure and anger. We start complaining to our colleagues sitting around us. We take a break, and we call our family to complain about being victims at our workplace, repeating the negative information. This piece of information causes recurring negative emotions and lowers our energy level even more. Now we feel furious. But the truth is that this reality has been created by ourselves little aware that we have started to vibrate at a lower frequency, initiating the design of negative future events. The boss has given us this difficult task because he or she respects us and trusts us the most, finding no one else as capable as us. But instead of taking this into consideration, in our mind, we project a thought with the worst scenario that does us no favors. Our energy has been lowered to the minimum, and we are not as productive as we were in the morning. We have allowed this to happen and caused it ourselves. We are responsible for our feelings and thoughts. Something has occurred that we cannot change, but depending on the kind of emotions with which we respond to this event, we will have a positive or negative result. We always have a choice. If we accept the same situation in a different way, we will certainly arouse positive emotions, such as optimism and enthusiasm, and the energy will vibrate at a high frequency. And not only will we complete our task much faster, but we will also earn praise from our boss. This will arouse the emotions of gratitude and belonging. But instead, we go home discouraged, filled with hatred, anger, and worries. We harbor negative emotions about our boss and company, as well as doubts about our job. This negative vibration will remain inside us if we do not transform it, and we carry it with us everywhere we go and emit it to everyone with whom we get in contact.

Let us imagine that we carry two invisible balloons that follow us everywhere. One is blue, and the other is red. All negative thoughts and emotions that we experience in everyday life represent the actual air that inflates the red balloon, while all positive thoughts and emotions represent the air that inflates the blue balloon. In order to have a healthy life, we wish to consciously focus on blowing up the blue balloon, have it fully inflated the entire time. Conversely, we should be extremely alert and aware at all times, to keep the red balloon as small as possible, always underinflated. The more negative thoughts we have during the day, and consequently, the more negative emotions, the more the red balloon will expand, becoming bigger and overinflated. If we are at the frequency of fear, sadness, or depression, or we feel shame or think we are not good enough, if we feel insecure, guilty, or troubled by our conscience, we will then vibrate at a frequency that attracts events and emotions similar to this frequency. The larger the balloon of negative thoughts and emotions, the more events, people, and things that we do not want we will attract. We will attract more situations that will only confirm the emotional state in which we already are, such as an unpleasant situation at our workplace, misunderstandings with our boss, arguments with our colleagues, disagreements with our partner, reduced self-confidence that affects our everyday communication and other similar events. If we are worried about money, if we believe that we have not got enough of it, or if we are afraid that we cannot pay our bills, then we adjust ourselves to a low frequency that will only attract more debts, or unpleasant situations that will make us lose our job, our partner, house, etc. If in the morning we wake up with a feeling of fear, anger, sadness, apathy or lethargy, even before the day has started properly, we determine the frequency at which we will vibrate throughout the rest of the day. Wherever we might go, we will attract people and events with a similar vibration: in the building, in the elevator, in traffic, in the shopping mall, at work, etc. The red balloon will grow until it gets overinflated and pops into some truly negative piece of information or event. This can be either an unpleasant telephone call, or a cancellation of an important contract, or an injury, or someone close to us falling ill suddenly, or a large and unexpected debt. The ultimate goal for us is to monitor our thoughts and emotions at all times and always to focus on having an incredibly joyful, positive, overinflated blue balloon so that, when it pops, something positively beautiful can come out.

If we consciously focus our thoughts and emotions in a positive direction, these positive thoughts and emotions will become part of us and our existence. With them, we fill the blue balloon and attract things that make us feel nice. The larger the red balloon, the unhappier we will be, and the harder it will be for us to change our energy. The more we think about positive things on a conscious level and the more we blow up the blue balloon, the more we will experience things that will raise the level of our vibration and make us happier. From early in the morning and onwards, we will emit love, optimism, joy, gratitude, enthusiasm, and passion. And since our frequency is in harmony with our emotions, we will feel wonderful. And if we manage to maintain the same frequency for a more extended period of time, it will inevitably result in events and information that will bring us positive emotions, such as, for instance, a new contract with an important partner, payment from an unexpected source, unplanned journey abroad, a promotion at work, some other improbable and sudden moment, a new idea, or a pleasant conversation. When we consciously follow our thoughts and emotions, we become aware of how powerful we really are, that we are masters of our own vibration, and we become aware that all the greatness and power reside actually within us. That is the hidden potential we all have. Our awareness of our emotions serves as a measure and feedback technique that helps us perceive our own emotional state and frequency, as a starting point for our attraction. Therefore, it is very important that we allow our emotions to become indicators that can show us if we are in harmony with our inner being. The higher the frequency at which we vibrate, the higher is the level of our energy and the level of our consciousness.

I have to admit that I used to be a magnet for violence in the past. Every day I had the feeling of fear that someone would torment me, and I always attracted violent bullies. As an effect of my emotions, I was at a vibration frequency that attracted violent events and people. Whether someone in the schoolyard, an accidental passer-by, or a group of bullies, they always stuck to me as though I were a magnet. This situation was a result of my internal state of constant fear of violence. I was coping with emotional insecurity. And I attracted them up until I finally managed to transform this emotion inside me and change my vibration for good. And this happened when I assumed responsibility for my own emotions and decided to face my fears. I

started learning martial arts. I trained very hard for years. There was no challenge that I had not encountered or an opponent whom I had not confronted. I managed to transform the emotion of fear into an emotion of bravery. I succeeded in changing my vibration and my inner state, from feeling insecure to feeling brave. With this change of emotion and vibration, I stopped attracting violence.

Most people do not take responsibility for what they think and feel and do not want to face their own emotions. When we suffer some blockage or repressed emotions, it is crucial that we face that emotion and express it, as well as experience it with every cell in our body. Because in this way it will transform faster, instead of keeping it inside and allowing it to control or consume us. Every stage of going through our emotions should be on a conscious level. In any case, we must go through our feelings, but here we are talking about going through them consciously instead of unconsciously as we are only used to. Have you ever been in the following situation: you have a negative emotion, and someone close to you tells you to think positively in order to feel better? At that moment, you might feel a little bit annoyed because that person close to you is stating the obvious in a situation where you cannot change anything. This happens because the two of you are at different frequencies. Or if you are suffering from depression, someone close to you must have said to you: "Come on, cheer up!" We know that they are right, but how can someone not feeling well be cheered up? In order to start our transformation, first and foremost, we need to accept responsibility for our emotions, as well as responsibility for their cause and effect. Then we need to recognize the emotional state we are in. Instead of saying "I'm all right" and entering into disharmony, we have to admit to ourselves that we feel bad and thus create a starting point for the process of changing the vibration. "I feel bad, but I want to feel better." But first of all, you need to recognize the emotion you feel (e.g., anger, worry, rage, displeasure, sadness, depression, fear, loneliness, disappointment, etc.). Do not conceal your feelings. Say, "I am angry." The naming, recognition, and sharing of the emotions with the aid of internal narration, or through an expression of the feelings, will help us in the process of their revelation, as well as root its cause. When we reveal our negative emotions, then we observe them consciously and accept them as part of the process of transformation and our emotional development. In this process, we should

express apologies, gratitude, forgiveness, and love, both for us and for the others. At first, we will not be able to vibrate at a higher frequency, but the situation will gradually improve. We will reach a step or two higher on the emotional scale. And once we have expressed and released a blocked emotion, we immediately get more energy and a higher vibration. We will transform our indifference into interest, boredom into excitement, anger into gratitude, envy into admiration, fear into hope, sadness into joy, self-pity into success, anxiety into patience, displeasure into pleasure, pride into humility, arrogance into modesty, greed into generosity, malice into sympathy, hatred into love.

Exercise:

- ⊙ *This is a practical exercise that will help you raise your vibration. You must have experienced one of the following situations: someone has cut you off in traffic, you have missed your bus, you are late for work, or a meeting, or a plane, an unpleasant situation has happened at work, an argument with your partner, etc., and all this causes negative emotions inside you. In order to stop the situation from escalating and the level of your vibration from dropping, you should become aware of the impulse and undertake something to transform your emotion. Pinch your arm straight away and say to yourself how you feel. Or, instead of pinching yourself, you can find yourself an amulet that you will wear everywhere, and that will help you, in every possible moment and wherever you might be, to turn towards yourself, and to become aware of your emotions. This can be a rosary, ring, crystal, stone, rubber bangle, or something similar. You just need to touch your amulet, inhale deeply, count to ten and return to the desired vibration. This technique gives you the opportunity, quickly and easily, to protect your energy levels from dropping. I wore a rubber bangle on my wrist for a long time, and every time I was in a bad situation, I would pull the elastic bangle to slap me back on the wrist. This reaction stimulates the activation of consciousness so that it could stop the drop of our energy. This technique you can apply at work, at a meeting, in traffic or elsewhere.*
- ⊙ *The best way to maintain our vibration on a high level is to do a daily dose of your favorite activities, which will undoubtedly give rise to*

pleasant emotions, such as listening to one's favorite music, singing in the shower, practicing fitness, yoga, meditations, jumping on a trampoline, cooking, painting, reading a book, decorating, watering plants, walks in the countryside, playing with pets, spending time with one's children, visiting your parents, swimming, getting a massage or just changing the current setting will do it. Do the things you like. When I am not in a good mood, I go to the park to walk and play with my dog Jessy. This activity always lifts my spirits and calms me down. You might meet a good friend and evoke memories together of some good times from the past. Read a joke in the newspaper or play your favorite TV comedy show so that you can have a laugh. When you laugh, it is physiologically impossible to think about negative things. You naturally vibrate love, joy, and happiness. The smile is an impulse of contagious high energy. If you smile at someone, a smile back is inevitable. Try it!

The conscious perception of one's own emotions and the emotions of others and their conscious transformation is of key importance if one wants to reach serenity and a high level of vibration. Try to identify, not only your own emotional state but also that of the others that surround you, in order to protect your own energy and encourage attracting other people with high levels of vibration. If you spontaneously state that you like somebody and that you do not like somebody else, you will be saying this because of their emotional state. The vibration they emit is either similar to yours or not. Try to differentiate between people who are negative and those who are positive, and you will see that there exists a gradation of diverse emotions and vibrations in all people. Our emotional state determines the way in which we deal with ourselves and with others and helps us in the process of self-awareness. Our internal peace will emerge at the same moment when we choose to be masters of our emotions, and when we stop allowing people and events to control us.



SPIRIT AND FORM

Developing intuition

When we are young, we usually ask our parents: “Why are we here? What is the meaning of life? Where was I before I was born? What will happen to me when I die? What is our role and purpose on this planet?” Our parents usually offer several satisfying answers, and in time, we simply stop asking these questions. As we grow up, these questions about the deepest values become secondary in comparison with our everyday thoughts, wishes, and activities that fill up our existence. One of the reasons for this is that our everyday life and our family demand our constant attention, and the questioning of our existence does not require our immediate attention, and therefore, we neglect it.

At this very moment, physicists are discovering a new dimension of existence that the metaphysicians referred to centuries ago and which we discussed in the first chapter. This new-old discovery is that the solid physical matter is made of energy. When we are born shaped like a body, we forget who we are and why we have come here in this shape. We are guided by the basic instincts for survival, and we get lost in the world of shapes, forgetting our spirit at the same time. Then, our life becomes a struggle and constant search for external pleasures that will give us some meaning and enable us to feel alive for a moment. We can spend our entire life searching for external pleasures, enslaved in the form, dissatisfied, filled with fears, only to realize in the end that external things do not bring us happiness and love.

Mankind has been aware for thousands of years that there is something called spirit, an invisible aspect of every being that is connected to the Creator. According to many spiritual teachers and preserved spiritual texts throughout history, people have been defined as spiritual, multidimensional beings. Let us clarify that spirituality is not the same as religion. We can be spiritual and not religious or the other way around. To say that we are spiritual implies that we believe in something beyond the physical. We believe in the spirit, in our metaphysical essence. When we arrive in this world, our body is created by something that is called the unlimited field of energy, the Creator, or source energy. According to a French priest, author, and philosopher, Pierre Teilhard de Chardin: *We are not human beings in search of spiritual experience, but spiritual beings that go through human experience, and as such, we only have a temporary bodily shape.* Our essence of who we are is inside of us, and not only are we spiritual beings with human experiences, but also the Creator Himself is inside us, which makes us *divine*. We are one with the *source energy* . *We are all connected with the source energy* , both in the physical and non-physical dimensions . When we are being born into this world, one part of us resides and still functions in the non-physical world. That part of us is called: *Higher Self, True Self, Authentic Self* , or *Spirit*. The spirit is life, the source of our values, inspirations, and intuition. The spirit is the observer, co-creator, and mentor of our soul. 12 Since the spirit is the part of us that resides and functions in the non-physical world, this indicates that our potential lies in both physical and non-physical realms. The recognition that we are spiritual beings going through the human experience is the beginning of our journey into spirituality. Our spirit has no limitations. It is connected to an unlimited source of energy. Our problem is that we neglect this knowledge and sense of being connected. We do not live following our intuition, but only our reason, our mind. Animals have no doubts, and they have no identities. They live following their intuition. People's problem is their *ego* because it detaches them from their spirit. The ego is the mistaken interpretation of the words *I, me, and mine* , and it is our identification with shapes. The ego is an illusory experience of one's self and the identity in which one lives. According to Sigmund Freud, the ego develops from the identity (the id, as he refers to it) and ensures that the impulses of this identity can be expressed in a manner acceptable to the real world. Our ego is our self-image, based upon previous experiences and our reasoning and perception.

It shapes our ideas about what we are and what we are capable of achieving. The ego is in our subconscious. It is a formed truth about ourselves. If we rely on the ego when forming our ideas about the future, then we limit ourselves only to knowledge and experiences that have already happened to us. This detaches us from the unlimited field of energy and from all the unknown possibilities of which we are unaware. For this reason, we might sometimes feel disconnected from the source energy and our spirit. The ego focuses on material gains, on our reputation, popularity, recognition. And yet, when we gain all this, we are not truly happy.

12 Soul – the foundation of our being, our consciousness, our momentary presence, the awareness of our existence, the presence of attention of our Higher Self, of our spirit. The soul is the source of all our lives, and it projects itself as mind, body, and experience. It is believed that we have an immortal aspect of our souls that undertakes a cosmic journey, carrying our karma and memory with itself, as well as another aspect related to the spirit and the oneness of existence, to the Universe.

Our spirit has unlimited access to the source energy, to all the knowledge of everything in existence, to all information, and it always works in our favor. Therefore, instead of wishing for something with our ego, which is limited, it would be better if we relaxed and allowed our spirit to guide us. *But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control* . 13 Although we sometimes feel detached from our spirit, we can never be fully separated. The belief that we are separated from the spirit is just an illusion. The spirit is the intuitive part of our personality, and it is our deepest and wisest part. It is a door opened to the higher intelligence of the Universe, through which the Universe touches our essence. We are all part of that divine entity. The spirit communicates with us through intuition, via our feelings or visions. If we do not pay attention to it when we are awake, it sends us messages in our dreams through our emotions or our physical body. This connection to the spirit is more pronounced among women, which allows them to be guided by their intuition and by the *feminine principle* . Still, although it is more visible among women, the female energy resides in men as well.

Imagine our lives to be a puppet show. The body is the puppet, and the spirit is the one who pulls the strings, the puppet master, our invisible guide, our intuition. The spirit has the script for the entire show even before we arrive and inhabit our body on earth, but it does not reveal many details about what will follow. It just leaves us to experience it as we move along. We do not know our mission bodily, but guided by our intuition we get the results of our positive or negative emotion, and that is our compass in life, which is a message from our spirit. Many researchers, spiritual teachers, gurus, authors, and metaphysicians believe that the spirit knows our life purpose. We have been given it before our coming to Earth. Also, it is believed that we do not always play our role according to the script. There is still some free will. But if we really push it to depart from the script and follow our ego, our spirit will send us a message via our emotions. Whatever we do in life, and as much as we oppose our life purpose, the spirit will bring us back onto the path which we should really follow, and that is the path that brings us harmony and love. True happiness can be discovered when we are in sync with our life purpose. The spirit has a job to help us fulfill our purpose here in the earthly realm, and the only way it can do that is through its form, and its form is our body. Our form is our ability to do things in the physical world, to act, to take action. That for which the spirit yearns, the body creates. Being active and taking action is synonymous with the masculine principle. Even though more obvious in men, the male energy lingers in both sexes.

People who have a more pronounced masculine principle are more focused on the “doing,” the action, and activities that happen in the outside world. They believe that they know how to do things the best way and are not afraid to take action and to express themselves. They are good at expressing the form, which makes them move on constantly. They find it very difficult not to do anything. Even when they think they are doing nothing, they find ways to engage in some activity, mental at least. They tend always to work. Because the form and the masculine energy are strongly expressed in their case, they feel very uncomfortable when faced with their spirit, when

listening to their intuition, which they usually suppress with all those activities in which they get involved. If we find ourselves in this state of being, our intuition will certainly guide us in the direction of less work, make us stop and rest, relax, meditate, exercise, isolate ourselves in nature, pay more attention to ourselves. What we need to do is slow down, receive the message sent to us by the intuition and re-establish harmony.

On the other hand, people with a conspicuous female principle are naturally focused more on the “being,” the spirit, and the internal self. They know how to relax and slow down their pace. They allow themselves to enjoy more subtle pleasures in life. They are happy and flexible in their free time. They are not always disposed to take action, and they do not have the desire to prove themselves. They feel settled but not that comfortable among many people and the outside world. Regarding money and work, at times, they lack self-confidence in their expression. Their female energy is more pronounced, and they are not very confident in their active male nature. If we find ourselves in this state of being, it is very important that we start doing things spontaneously, trust our feelings. We need to put our creativity into action and establish harmony with our male energy. We need to listen to the voice of our emotions and build our self-confidence in a safe manner. We must start to take more actions, and slowly get out of the comfortable shell.

Regardless of our gender, whether we are male or female, all of us, without exception, hold masculine and feminine energy inside us. At some times in our lives, we choose to reside inside our form rather than be closely connected to our spirit, or the other way round, we can sense just one of these aspects, while the other surfaces only occasionally. Unfortunately, in recent human history, as well as today in our cultures, we have grown and learned perfectly how to use the form at the expense of our intuition, which we often suppress, ignore, and leave without any support and understanding. Our goal is to work on balancing the male and female energy that lingers inside all of us, both men and women, and achieve a more relaxed and stress-free, but at the same time active and fulfilled, life, and gaze on a path that leads towards rightfully felt direction.

We believe that one of the greatest challenges for us today is to understand these energies of the form and spirit on a different level of consciousness. We should strive to develop them fully in order to achieve balance, harmony, and completeness. The spirit is exceptionally powerful and creative, but in order to realize itself, it needs the form. Our form is still trapped in the old designs, and for the form to evolve, we must learn to guide it through the process. The spirit and the form are in conflict, and to achieve their true unification, we need to learn to recognize and sense the awareness of our spirit. This will not always be easy, mainly because we cannot force the spirit to obey the form, or the other way round. When these two energies are balanced and in harmony, their channel of creation is strong, clear, open, creative, and pure love runs through it. The awareness about the power of our intuition allows us to move from the position of fear and control to the position of trust and confidence in our intuition.

During my workshops, people often ask me how they can tell which one is the true voice of their intuition among all the other voices. I want you to know that there is no single and safe way. Whether we are aware of it or not, we are in touch with our intuition, but we often do not trust it and doubt that it is in a position to tell us what we really need. For a start, learn how to be an objective observer. Just listen to your feelings and internal dialogue and follow them. Observe how you feel when you have doubts when you suppress your feelings and impulses and compare it with your feelings when you trust your intuition. You are looking for a new job, for instance, and at a certain moment, an image emerges in your thoughts of a good old friend whom you have not seen for a long time because you know that he works in the same area where you are looking for a job yourself. You say to yourself: "Why don't I call him, he might have something to offer me." At that very moment, one of your voices might say to you: "Why call him, and especially at this time of day? He might be busy, and for sure, he won't pick up the phone. I'll call him tomorrow." By ignoring the signs, you are automatically ignoring your internal impulse to make that call. But be sure that if you did make that call, you would certainly receive some positive information. When your intuition gives you a piece of information, make the decision straight away, listen to your intuition, pick up the phone, and feel good about it. When you are united with your spirit, and you listen to your intuition, you gain a different consciousness. You experience clarity,

wisdom, visions, new strength, and fresh energy. All this happens to you because the experience you are going through takes you to a higher vibration, and your spirit evolves. You will notice that you feel alive, happy, jolly, and that you are brimming with enthusiasm. When you disregard your intuition, you are full of doubts, you suffer from fears and worries, and you are even angry and enraged sometimes.

Exercise:

- ⊙ *This is a simple exercise that will allow you to get in touch with your intuition. Sit down in an isolated room alone. Close your eyes and observe your breathing for several minutes, until you are fully relaxed and free of all thought. When you start feeling calm from the inside, call upon your intuition. Ask it what it wants, whether it wants to tell you something or wants you to do something. Be alert and wait for the answer. The first thing that emerges as information, or as an image or an idea, will be the real thing. Do not try to force the answer; simply resign yourself and accept it. After your intuition tells you what it wants, imagine how your form, your male energy, is giving your intuition the support it desires. Visualize yourself undertaking all the necessary steps and activities for the realization of its wishes. Give yourself the appropriate time and visualize in clear images, sound, voices, and feelings. Before you open your eyes, express gratitude and love, using the words “thank you” and “I love you.” When you open your eyes, do everything that is necessary to follow and do what you feel that your intuition wants.*

A significant step in the unification of the spirit and form is to allow both of them to express themselves the best they can at any given moment. For instance, I am a really passionate person by nature, so in the past, when an idea would occur to me, I usually got so caught up in the moment that I would literally jump up from my chair in total excitement and ecstasy. I made all kinds of plans, sometimes completely unreal and without any structure. I just rushed from one action to another. After a while, I discovered that I could not actualize the idea in its entirety and was

disappointed and ready to give up. My spirit engendered a true idea and vision, but my form was not prepared sufficiently to respond properly to the vision. In good time I learned how to balance the two. It was frustrating at first, but soon enough, I learned how to understand and respect these two aspects and to allow their fusion. It is possible to wish to climb Mount Everest, and our spirit can tell us that this is something we genuinely desire. But is our body prepared for the challenge? If we are not professional mountaineers, then it is not! Our body and mind will need a period of training and preparation to be able to fulfill the yearning of our spirit. This does not imply that we have written off our goal entirely, or that we have given up. This only implies that we need to take the first step first and to focus on what lies ahead of us. By doing so, we will give our spirit and form enough time to harmonize with an aim to achieve our true desires.

When we go through the process of fusion of spirit and form, at first, we might feel some disappointment. We might even be irritated, angry, and enraged. And we might be disheartened not only with ourselves but also with the other people around us. We might be afraid that, if we listen to and follow our intuition, we will inflict pain on others or that we will behave irresponsibly, which concerns us mostly with regards to those who are close to us and those we love. For example, I had a truly magnificent woman client that visited my workshops. She always used to say that, with all her activities during the day, she couldn't dedicate any time to herself. Although there were many things she wanted to do, such as meditation, walks in the countryside, yoga, etc., she kept saying, "I go to work, I have a family, I have two sons that need my attention, I have to do housework, and that leaves no time for me." I asked her: "How old are your children?" She replied with: "One is 21 and the other 23. They are used to having everything served to them on a platter, and there is no point in changing their habits after so many years," she continued. "If I start paying more attention to myself, they'll see that as a selfish act, and they'll get angry at me." After hearing the whole story, I calmly explained to her that if she did not start changing things in her life fast, to take care of herself, stimulate her body, mind, and spirit, there would be a moment in the near future when she would feel so exhausted that she would not be able to serve her sons any longer, and it would be too late then, and change would be difficult.

In order to follow your intuition, you have to be in harmony with your needs and desires. You have to listen to your yearnings and unleash the power within. You should know that not all people are prepared to accept changes, and they might not want to give you their support in this process of transformation at first. The change should not be forced and influenced by others. The process should be allowed to follow its natural course. If we are sequential and consistent with our transformation, we will still attract people who will love us and accept us for who we are.



2 Aug '18

Creating Our Own Universe



THE ENERGETIC BODY

Balance your energy centers and become a true creative channel

The human body is an energetic system. Intense life energy flows through the body, which the oriental cultures call *prana* or *chi* . If we want this system of life energy to serve us and function correctly, we need to allow this life energy to course freely and unblocked through the entire body. The basic principle of holistic health is that we cannot separate our physical state from our emotional, mental, and spiritual state. They are all parts of one whole. When they are in harmony, our being is in perfect balance with the Universe.

There is a link between our physical body and the universal energy, and that link is the etheric body. The etheric body is an energetic body with many fine threads of energy and vibration that envelops our physical body. The etheric body receives the vibrations of energy from the surroundings and conducts them into our body through the energy centers. The energy centers of the human being are called *chakras* . Through the chakras, the human body absorbs energy from the environment and the Universe and then, via the energy channels, transmits that energy to the endocrine glands ¹⁴ , and further on to the other organs. The chakras are the direct link between our energy and universal energy. The word *chakra* comes from Sanskrit and means a *wheel* . These energy centers, the chakras, are positioned along the spine and match the endocrine system anatomically. The chakras are wheels that spin clockwise and at high speed, metabolizing energy. There are seven basic chakras in every human body. The first three chakras are known as the lower triangle, and they are directed toward the external reality, toward our life in the material world – how safe and stable is the environment in which

we exist, what our abilities are, and what our individuality is. The upper three chakras are known as the upper triangle, and they are directed toward the internal reality, towards the personal expression and experience of the self, as well as toward the communication with others. The fourth, heart chakra, is the direct link between the lower and upper triangle, where the passage from *I* to *We* occurs.

14 Endocrine glands : The regulation of the functions of the human organism is performed by two systems, the nervous system and the hormonal (endocrine) system. The nervous and endocrine systems together make a unique nervous-endocrine regulatory system, with the nervous system playing the dominant role. The endocrine glands produce chemical substances that the organism needs so that it can grow properly and fulfill its functions. The chemical substances produced by these glands are called hormones, and they enter the bloodstream and greatly influence the work of the organ systems. The major glands of the endocrine system include the pineal gland, pituitary gland, pancreas, ovaries, testes, thyroid gland, parathyroid gland, hypothalamus, and adrenal glands. The chakra positions, or our main energetic centers, match the endocrine glands.

Every chakra vibrates at a certain frequency, has its own color, a particular role, and position, and they all differ. They have specific functions that match certain emotions and states in human development. With the opening and balancing of the chakras, we are given the opportunity to connect with the unlimited source of energy from which we have originated. The chakras are related to our physical, mental, and emotional interactions, and for this reason, they can be described as the axis of consciousness, emotions, needs, and experiences. Their function is to vitalize the physical body and to work on the development of our self-consciousness. Not only do they regulate various bodily, psychological, and spiritual functions, but they also work as a means for energetic communication. They receive emotional and mental information at different frequencies and then transmit them into their surroundings. If the chakras are balanced, then there is a free flow of energy, and we are physically, emotionally, and spiritually healthy, and we function as a true channel of the source energy. If they are not in balance,

then they are a symptom of spiritual pain, suppressed emotions and traumas, states that can often cause physical illnesses. Imbalanced chakras reflect our bodily functions and make our lives more difficult. Our energy can be blocked for several reasons, but most commonly, such blockages are a result of suppressed emotions and negative thoughts that create their own energy and life power. Therefore, when we succumb to some physical illness, in addition to medical therapy, it is necessary that at the same time we work on the healing of the source of the illness, that is to say, on the causes in our emotional and mental body. We are not unlike trees; if the roots are healthy and function correctly, the tree will blossom and bear fruit. When we work on our personal and spiritual development, on the balance of energy in our body, we also affect the energy we emit and vibrate.

First chakra

- ⊙ *The first chakra is called the “base chakra” or “root chakra,” and physiologically, it is situated at the root of the spine. Its color is red, and its element is earth. Through this chakra, we establish our link with the ground, and this chakra is directly linked with the notion of existence. This chakra cares about our basic safety, our beinghood, and survival. The spiritual task of the first chakra is to establish our relationship with the earthly life, with the soil, and to make us face our fears, to liberate us, and make us forgive and be pure love. When this chakra is balanced, we feel a high level of self-confidence, courage, resilience, will, financial stability, security, and good relations with our partners. If it is not in balance, then we do not feel that we are steady with both our feet on the ground, and this feeling expresses itself through dependence, fear, insecurity, problems with our partners, poverty, depression, and a low level of self-confidence. Physically, we may experience pain in the lower back, problems with our weight, and issues with our knees. If the energy of this chakra is dominant, the most important qualities and factors in our life are our food and sleep, in other words, our existence in the physical world.*

Second chakra

- ⊙ *The second chakra is called the “sacral chakra.” It is situated above the genitalia under the navel. Orange is its color, and its element is water. The function of this chakra is manifested in our passions, in our wishes and needs, in our pleasures, fertility, and sexuality. This is the chakra of emotions, and it determines how we feel about ourselves. It is the kernel of our subconscious, and it is linked with the crown chakra. Its balance is manifested through physical and emotional pleasure, feeling of fulfillment, feeling energetic, creative, having healthy relations with our partners, feeling passionate, and having a high level of self-confidence and openness. When we cannot accept either ourselves or the others, this indicates that this energy center is not in balance, and this is manifested through fear, anger, unsuccessful relationships, through the shapes of our physical body and sexuality, bitterness, etc. Physically, it is shown through impotence, pains in the waist, dependence on physical pleasures, and problems with the reproductive organs. If the energy of the sacral chakra is dominant, we tend to seek material satisfaction, and we are inclined to enjoy the world from its physical aspect. The spiritual task of this chakra is to make us forgive and accept. Ask yourselves why you feel guilty or suffer pangs of conscience. Accept the things as they are, but do not let them cloud your field of vision. Forgive yourself and balance.*

Third chakra

- ⊙ *The third chakra is called the “solar plexus.” It is also known as the navel chakra because it is situated right above the navel. Yellow is its color, and its element is fire. It is linked with our personal power, both with our power over ourselves and over others. If we are focused on this chakra, we tend to be a being of action who wants to break new paths through life. When we love and accept ourselves, this chakra is balanced, and this is expressed through self-confidence, secure identity, inspiration, good health, responsibility when making decisions, and goodwill. If this chakra is blocked, the blockage is expressed through a lack of confidence in oneself, fear of rejection, sensitivity to criticism, anger, indecision, and through the inferiority complex. This blockage might be a result of some past experiences when we felt shame or disappointment, perhaps because we failed to achieve something personally. When this chakra is not balanced, the physical manifestations can be some digestion problems,*

stomach ulcers, problems with the kidneys, the liver, and the pancreas. This chakra defines our will.

Fourth chakra

- ⊙ *The fourth chakra is called the “heart chakra.” It is the center of emotions, empathy, and the awakening of the “I” into “We.” It is located in the chest, next to the heart. Its color is green, and its element is air. Through this energy center, we express our love for ourselves and for everything else that surrounds us. When this chakra is balanced we feel unconditional love for everything, we care about all and feel compassion, belonging, generosity, empathy, kindness, high awareness of the necessity of acceptance and forgiveness, and we have a strong intuition, harmonious relationships and feel that everything is just as it should be. When there is a free flow of energy through the heart chakra, we become exceptionally creative and attracted by art. Our spiritual development is more important to us than other material satisfactions. If this chakra is blocked, this blockage is manifested through loneliness, sadness, passive aggression, jealousy, fear of rejection, hatred, hopelessness, and bitterness. When this chakra is out of balance, there are also some physical manifestations, such as problems with the heart and lungs, asthma, problems with the upper back. If you are sad, ask yourselves why you are sad. Do you mourn the loss of something? Love is energy and resides in our hearts. It never deserts us. It always transforms into new love.*

Fifth chakra

- ⊙ *The fifth chakra is called the “throat chakra.” It is situated in the throat, on top of the sternum. Light blue is the color of this chakra, and its element is ether. Its function is communication, expressing creativity, our abilities, the transmission of ideas, manners of expression, words and their power, and telling the truth. When we are authentic and original in what we say or do, this chakra is balanced, which is manifested through our integrity, telling the truth, excellent communication, trust, openness, and self-understanding. All the chakras before this one are concerned*

only with survival. This chakra refers to the next dimension of life, beyond the point of survival. If blocked, the blockage is manifested through the loss of trust and faith, shyness, problems with the voice, while the physical manifestations include issues with the throat, hearing, neck, thyroid gland, insecurity, as well as fearing the opinion of others, fear of judgment, angina, problems with the teeth, gums, and mouth. We can block this chakra by telling untruths. These untruths we might have been saying either to ourselves or to others. In order to liberate its energy, we must accept ourselves fully, in all our aspects.

Sixth chakra

- ⊙ *The sixth chakra is the “forehead chakra” or “the third eye.” It is situated between the eyebrows in the middle, above the root of the nose and above the eyes. Indigo is its color. It is linked with universal love. This is the chakra of intuition, visions, clairvoyance, cognition, and emotional intelligence. Its spiritual task is to achieve openness of the mind, conscious understanding of things, clear visions, and ideas. When balanced, its balance is manifested through developed intuition, visualization, wisdom, openness to new ideas, rich fantasy, concentration, understanding of our higher purpose and aims. If the sixth chakra cannot be touched by the flow of energy, we cannot see things clearly, because we remain more focused on survival. When this chakra is more pronounced, we see things more clearly. We see them as they are, and we are in harmony with them. If this chakra is blocked, this blockage manifests itself through confusion, depression, exaggerated intellectualization, fearing the truth, panic, and some troubles with learning. Physically, it manifests in blindness, stroke, neurological disorders, troubles with the spine. These are all signs that we have lost our path, leading to the completion of the task given to us by the higher self and that we have stopped trusting our intuition. We have accepted the illusion that we are detached. What is necessary is that we accept the truth that everything is connected.*

Seventh chakra

⊙ *The seventh chakra is called the “crown chakra.” It is located on top of the head, actually just above it. This chakra is not inside our body, but outside it. Purple or white are its colors. This chakra is the kernel of the soul and the center of all the dimensions of our being, and it is our link with the Universe, a link between God and the higher self. This is the chakra of enlightenment ¹⁵, fulfillment, and divine harmony. We have the choice to resign to the divine infinity or not. Most people have no active crown chakra. Its spiritual task is the development of consciousness of the present moment, and to make us live here and now. When this chakra is balanced, its balance is manifested in our humanity, compassion, selflessness, inspiration, self-fulfillment, faith in life and values, life meaning, purpose, spirituality, empathy, connectedness with the unknown. If we are afraid of the future, then this chakra is blocked, and this blockage is manifested through our fear of death, doubts, sadness, sensitivity to sounds and light, skin diseases. All of this can also affect our skeletal and muscle systems. If we want a free flow of energy to this chakra, we need to become aware of every moment first and achieve complete awareness of our thoughts, emotions, and actions. We need to unblock our earthly connections and learn how to get rid of things and leave them behind. When we manage this, we will connect with our higher self.*

15 Enlightenment – the beginning of something unexplainable; high consciousness; according to Buddha: “the end of suffering.” An enlightened being is any human being who achieved a high level of awareness. He or she appears physically unaffected, since it is not a physical change, but instead a spiritual elevation. The enlightened one looks the same as any other human being except that he or she, through deep self-knowledge, has uncovered more profound wisdom of life, and clarity came. He or she experiences life without judgment and identifications. According to Sadhguru a state of enlightenment means: “You live an unblemished life, without any brandings. You see life by intelligence, as it is, not by memory. And if your intelligence is free from your memory, that means that you are free from yourself.”

Because we live a hectic life and are overwhelmed by problems coming from the material world, it is almost impossible for our chakras to be in balance and harmony all the time. If we are aware of them and we recognize the messages sent to us by our body, we will be given the opportunity and ability to heal ourselves and stop the problems of our body and mind from controlling us. There are several techniques that can help us in the process of opening and balancing the chakras. The better-known methods are physical exercise, healthy eating, sleeping, and resting, but also positive affirmations, meditations, yoga, reiki, and other energy techniques.

The following example is from our everyday lives. Let us say we have a terrible stomachache. We identify the physical problem, and we go to the doctor to be diagnosed and given therapy. The doctor discovers the consequences and provides us with a prescription to cure the symptoms, but very often, the doctor does not take time to heal the cause. Within the endocrine system, the stomach is above the navel, and this means that we need to focus on the third chakra, that is to say, on the solar plexus. The stomach disorder indicates that our third chakra is blocked, and this blockage has manifested on a physical level. The reason for this blockage might be a result of some mental or emotional processes. The stomachache is a result of a continued strong emotion of inferiority or of some insecurity, that is, of some continual low vibration. We might have been humiliated, or we might have experienced some failure or public shaming, and this has affected our self-confidence in the long run. And all this must have caused long-lasting stress and anxiety in order to result in physical illness. This physical illness is nothing else but blocked energy. To unblock the energy in this chakra, we need to intervene at the source. In other words, we need to work on the cause of the illness. We need to focus and restore our self-confidence. We need to introduce healthy and positive habits of the mind and body. We need to accept ourselves in all our forms, without self-accusations. We need to learn to love ourselves and redefine our idea about who we are. We can achieve this with an effective repetition of positive affirmations on a daily basis, followed by visualization and meditation, which we will discuss later in the book. Also, very often, people think that bad physical habits and lifestyle choices have no impact on holistic health, but they truly do. Regular exercise, not smoking, having a healthy diet, avoidance of alcohol and drugs, and regular sleep are vital not just to our

body, but to our mind and soul as well. They are all connected. Make a decision to want to be healthy, and only then can you implement healthy habits in your life that will keep you in balance: physically, mentally, and spiritually. To open and balance our energy centers is the correct path in the elevation of our spirituality. We need to accept that we are energy, and we need to learn to recognize the blockages in the energy flow. The emotions and sensations of the body will serve us as feedback and give us directions on which energy point we need to work more proactively.



AWAKENING CONSCIOUSNESS

Consciousness evolving into spiritual awareness

Today as never before, we are given the opportunity to heal ourselves, to detach from the collective dysfunction, and to become conscious beings. The spiritual change that is occurring all over the world, we can already sense via the new vibrations of the awakening, awareness, and love, to which people adjust in ever greater numbers. The old sensation of feeling detached has slowly faded away, and new energy is coming to the center of existence, making it complete. If we want to bring balance to the world, we need to be in balance with ourselves first.

The entire human intellect, including our technology, is just an island in the sea of existence. The consciousness is like an ocean, intelligence that has not been identified with any memory or limitations. The entire Universe, the planetary systems, the stars, and all the life on all the planets have been created by an intelligence beyond the material. This intelligence is called consciousness. We are as well just a manifestation of that consciousness, a consciousness that expresses itself through us and all of the creation around us. Our co-creation is actually an expression of consciousness.

Every generation consists of more or less aware and conscious people, but in some societies, these aware people are listened to, while in other societies, they are ignored. To put it simply, the opposite side is much louder. Time has come for the voice of the non-dimensional and unlimited consciousness to be heard. We can do this only if we are fully aware. Just as there are science and technology for progress and improvement of our community, there are also science and technology so that we can achieve

the same from within ourselves. When a generation is more aware, humanity grows and blossoms, but when a generation has lower awareness, humankind sinks, and deteriorates. Such cycles have already repeatedly occurred throughout history. This theory is nothing new. But it is a solid fact that the present-day generation enjoys the most comfort ever, more than any previous generation in known history. And still, we cannot claim that we are the happiest generation so far! We are not significantly better than we used to be. We have developed technology that brings us a comfortable, pleasant, and easy life, but we have not focused on our personal well-being, on improving ourselves. As if our prosperity depends on what is outside and not on what is inside. Our bodies should receive instructions from us. If our body and brain received instructions from us, would we be happy and blessed at every moment of our lives? The answer is yes! But it is obvious that our brain and body do not receive instructions from us. This means that we are not conscious enough! Whatever we do on an unconscious level, we can also do consciously. We can move our hand unconsciously, but then again, we can send a command to our hand and move it consciously. Analogous to this, if we imagine life unconsciously, we can create it consciously as well. If we can create consciously, then we can do that by following our wishes. Hence the following question arises: are we prepared to wake up, to take charge of our life, and consciously co-create the desired reality?

Awakening means that we do not live in a world of dreams anymore. Because the “normal” world is like a dream! We think about the future and the past, and everything is filtered through the ego, and we spend our lives unconsciously. But when we are awake and live consciously, the ego loses its control over us and disintegrates. Our consciousness elevates itself above the ego. The more awake we are, the more we are in harmony with ourselves. The stronger the ego, the more we are detached from each other. The ego clouds and disrupts everything. When there is no ego, there is no identification with shapes, and we become tame and kind people, without a desire to prove ourselves and feed the ego. We become a pure channel for the Universe. Many spend their lives in the following three states of consciousness: wakefulness, sleep, and dreaming. And they simply die in the end. When we start waking up, we achieve passage into a higher state, which is the fourth state of consciousness, called *spiritual consciousness*.

Every transformation has to start with us, on an individual level, and it then reflects on the entire world. Each one of us separately creates their own reality, and our conscious awakening and conscious presence are the beginning of the liberation from the trap of the mind and its paradigms. Our awakening is a shift in consciousness. A new state in which, instead of being lost in mind and its thoughts, we are awake and present, and we recognize ourselves as a consciousness that is behind that awakening. The process of awakening includes cognition of oneself and the other dimensions of existence. It involves getting to know our spiritual side, which we know only inadequately. It is recognition of the invisible self, of the higher self. It is a process of connecting the divine and material of our body and our spirit. It is a recognition of the presence. It is a non-mental body that is not identified with the ego, thoughts, and emotions. We talk about a void where the observer is supposed to be, a higher self that is always awake and makes it possible for us to have a body, thoughts, feelings, emotions, and desires. We focus our attention on us, and we observe our unlimited and etheric self. And then there is a leap over the fence that divides the physical and the non-physical consciousness, and finally, we become true children of the world who are not just here to merely exist and conform but to be and do much more. When we are faced with our spirit for the first time, we get acquainted with a different consciousness of our being. We start feeling the need to detach ourselves from the system, to disidentify ourselves from many things, and become inclusive. For some of you, the process of awakening will begin by reading this book. For others, this book might just confirm what they already know and only reinforce the process of awakening. Some people will undergo the process of awakening only when they become aware of the thoughts they have, especially of their negative thoughts. Every person has his or her own rhythm of being, and this change is experienced differently by each of us. When we are awake, we become a true channel of the infinite source of energy, and we are awarded new possibilities for co-creation.

Being awake is not a result of only one glimpse at the landscape. The awakening itself is the landscape. Let us imagine that we live in a house with a high fence that prevents us from seeing anything that is beyond our yard. And we want to rise above the fence to see what is on the other side. We get a trampoline, and we start jumping. We jump several times so that

we can gain some momentum, and the highest jump elevates us above the fence, high enough to allow us to glance over the fence. We can see such beauty that it captures us immediately. But we fall down again. In order to see this beauty behind the fence again, we need to jump again and again on the trampoline. This single glance changes our perception and the way we see life. But this one glance does not mean that we are awake. We need to build a ladder first and then climb it in order to get to the other side of the fence.



COLLECTIVE CONSCIOUSNESS

We are the change we want to see in the world

The collective or mass consciousness is a sociological concept that says that the social groups or societies are dominated by a sum of the same or similar beliefs, ideas, and attitudes, and they work as a uniting force within that social group or society. The collective consciousness of our society comes from the collective paradigms about our social rules, assumptions, values, standards, beliefs, and limitations. These paradigms shape the way we think, the way we do things and the way we view the relationships with our friends, our career, business, health, religion, etc.

The collective consciousness of humanity is polluted. We have reached a stage of beliefs and values where it is much more important to us to have than to be. We value gold and oil more than a smile on someone's face. We admire large houses instead of harmonious homes. We are not grateful and satisfied with what we are and what we have. We pay more respect to our acquaintances and false friends than we do to our own family. We stare entranced at our smartphones instead of paying proper attention to ourselves. The material is valued more than the spiritual and emotional. We strive toward the artificial and twisted and forget the natural. We prefer a quick buck over honest work and merit. We prefer stuffing our mouths with unhealthy food rather than being healthy. We mock each other, and we gossip behind each other's backs. We point fingers at each other instead of trying to be real friends and respect, love, and protect each other. We often complain and do nothing. The comfort of our couch and TV is more important to us than contribution and creation. We would rather argue and fight instead of showing tolerance, honesty, compassion, and understanding.

We accept the opinions of others as facts served to us, instead of challenging each piece of information. We enslave and torment living beings, and we then kill them to eat them. We eat them when we are hungry, but also when we are not, instead of showing them love and understanding. We are not socially responsible beings. We destroy the Earth willfully instead of protecting it. We do not live in harmony with our mother nature. We pollute our food, water, and air, and we hardly undertake anything useful to solve the problem. War and conflict are considered simpler solutions than any dialogue because we never take into account the unwanted consequences and the collective pain with which we have all been afflicted for many generations, as well as the entire Universe. We lack empathy, understanding, and mutual respect. We are not humane or ethical. We have neglected and forgotten the true moral values that guide us through life. We do not care about improving and developing our character, and all we care about is our reputation. We let peer pressure and other people's habits manipulate us, instead of letting our intuition guide us. We live in a collective social unconsciousness, we think as a group mind, we let the collective guide us, instead of being free-minded, relaxed, serene, self-confident, capable of self-criticism, happy, fulfilled, affectionate, conscious beings.

When you look around yourselves, what do you see? Professors, businessmen, lawyers, artisans, bureaucrats, doctors, workers? Minds that wait to be awakened! But we have to accept the reality that most people are not prepared to be awakened. Many are so blinded by the standards that they are prepared to fight against any change to protect their way of life and their beliefs. People are not always prepared to receive information that provokes some kind of change and are also often afraid of the unknown. They love their own comforts. These paradigms cannot be changed instantaneously. If you present someone with new opinions, new beliefs, you might face reticence or even mockery or questioning of your ideas. At times people might make you doubt yourselves or insist that you give up your beliefs and ambitions to improve. They will do everything to make you close your mind again. It is so because the collective consciousness does not want us to change. If we tell people that their beliefs are wrong, some of them might get angry with us or even want to hurt us. In the past, those with open minds were burned at the stake and were and accused of

witchcraft. We know that throughout the entire human history, books were also burned and not any old books, but usually, those that opened people's minds and hearts. Burning books was applied as a method of censorship in order to protect some cultures, religions, or political stances. People are prepared to go to war and kill for their beliefs. At the very beginning, when the changes have just taken place, and you have just started getting to know yourselves and your own potentials, you will feel lonely at times because your best friends and family members might not be able to understand you and support you. But do not despair because you will then start attracting likeminded people, and new and exciting people will begin turning up in your life. They will be people similar to you. Awakened beings who live authentic lives. People who are not satisfied by merely living a life of conformity, with just obeying the standards of the system. They live by meaning and purpose, always creating value and challenging the status quo.

If we apply the sowing and reaping principle as an analogy, including all this new information we have been sharing with you, we can say that new seeds of knowledge are being sown in your mind. These seeds are insights and lessons that offer you new possibilities and creations. Let us say that you are ambitious, and the seed has fallen on fertile soil. But some of the seeds have fallen aside during the sowing, and birds have come to peck the seeds. What does this mean? Only that people are like pecking birds. Whatever new you wish to do in life, someone will try to change your mind. They will peck and peck until they discourage you and prove that you do not need any change. Never let anyone tell you that you cannot be, have or do something you want. If you want something, just grab it. Protect your dreams and beliefs. When people cannot do something themselves or do not believe in it, they will tell you that you cannot do it either, they will want to dissuade you. That is why Jesus said that when we leave someone's house, we need to shake off their beliefs: *Whatever town or village you enter, search there for some worthy person and stay at their house until you leave. As you enter the home, give it your greeting. If the home is deserving, let your peace rest on it; if it is not, let your peace return to you. If anyone will not welcome you or listen to your words, leave that home or town and shake the dust off your feet.* **16** I do not know whether consciously or subconsciously, but people want to keep us within the norms they obey themselves. The same thing has happened to all of us. People allow others

to change their minds on a daily basis, listening to incompetent people and other people's experiences. They apply for work somewhere, and later on, someone convinces them that the company is not good enough for them, and they give up and do not turn up for the job interview. This happens all the time to people, and not just for job opportunities, but also for finding love, starting a business, eating habits, travel destination decisions. By doing so, they allow other envious, inexperienced, and unambitious individuals, and their unchecked opinions lose them a possibility of a lifetime. I have witnessed many people regretting many missed opportunities. People will always want to peck the seed and make you not attend seminars, make you miss meetings. They will want to impose their own opinion on others. When in such a situation, ask yourselves to whom you are going to listen. Are you going to listen to the opinions of others or to your internal voice, your intuition that tells you what the truth is? Are you willing to take charge now or regret later? The following situation is also possible. The seed is good, but you have sown it shallowly. What does this mean? This means that you have been sufficiently open to new knowledge, you have learned the lesson and followed your right path, but somewhere on the way to greatness, you have let your surroundings bring you back within the old norms. You have allowed your friends and acquaintances to make you return to your old habits. Your everyday life has pulled you down. Stop explaining and justifying your thoughts and actions to others! It is not our task to try and be likable to all people. However much we try, whatever we do, we certainly will not be able to please everybody. Why bother then? In the end, people will certainly judge us and condemn us, and therefore, there is no point in living our lives according to other people's expectations. We just need to be aware that people around us only understand life from their own level of awareness. Therefore, keep your next step to yourselves. By doing so, you will not give your environment the chance to try and change you back. Your environment will be surprised by your results once you have achieved them, and people will either admire you or envy you in the end. You have certainly managed to impress yourself, and that is what matters. After every deed that you consider worthy, reserve all the praise for yourself instead of asking for other people's approval.

Every day of our lives, we are surrounded by people who drain us of all our energy and reduce our vibration. They do this either consciously or unconsciously. People are depressed, sad, and dissatisfied, and that is what they usually share with us, playing the victim role. They constantly suffer from some lack of love. They say: “Why does this always happen to me?” not knowing that they attract it by saying so. They give us a call on the phone to ask us out for a coffee, and then we must listen to them talking for hours about themselves, about their problems, or they gossip and judge other people. They simply do not want to take responsibility for their own lives and their own results, and they always complain that their misfortunes are somebody else’s doing. By listening and nodding, we accept their judgment and lower our frequency. If we love ourselves, we must not allow this. It is OK if we say “no!” It is OK to avoid people that suck our energy dry. We must protect ourselves! Saying “no” will not always be easy, especially when those closest to us are concerned, but we can always avoid or interrupt conversations that are judgmental and negative. Ask your the other person whether they are sure about their , whether they can hear what they are saying, or whether that claptrap and gossip are of any use to anyone? Your the other person might not like it, but be sure that they will not drain your energy the next time.

Are you familiar with the five monkeys experiment? Five monkeys were locked up in a large cage. High in the cage, a banana was hung. One of the monkeys tried to climb up immediately and reach the banana. But as soon as it climbed up, it was surprised by a cold shower, as were the other four monkeys. All five monkeys were wet and confused. After a while, the second monkey climbed up and tried to reach the banana, but before grabbing it, it was showered with cold water, as were the other four monkeys. Then the monkeys realized that whenever one of them tried to reach the banana, all five of them got punished. When the third monkey tried to reach the banana, the other four stopped it and beat it straight away so that they could avoid the cold shower. Afterward, one of the monkeys in the cage was replaced by a monkey that was not aware of the situation. The first thing it did was to reach for the banana. But the other experienced monkeys immediately pulled it down and beat it. By the end of the

experiment, all five monkeys that were initially in the cage were replaced by new monkeys, but none of the new monkeys dared reach for the banana ever again. What is the moral of this story? If we are part of a community or a society, we obey the standards and beliefs of the environment in which we exist. As a society, we are preconditioned to conform to the generally accepted norms without even trying to change the status quo. Such an attempt would be considered “taboo!” If we go there, we are afraid that people may reject us because we have gotten out of the “frame.” And in many cases, it is not all that clear to anybody why some things are done the way they are done, and we might even find them illogical and believe that there is a better way, but we continue doing them the accepted way. The only ones that knew why they should not reach for the banana were the first five monkeys; all those that came to the cage later on pulled the free-spirited monkey down without any reason or knowledge, preventing it from reaching the banana. Not unlike the monkeys from the story, if we ask people why they do things the way they do them, they will answer: “I don’t know, because that’s how we do things here.”

These collective paradigms affect our collective consciousness, and this collective consciousness affects the mindset of every individual. The broader mental makeup of society is closed-minded. People often have limited opinions about themselves and others, and everything that goes against their adopted beliefs is difficult to accept. On the other hand, every individual has the potential to open himself or herself to new things and choose not to follow the path of the collective unconscious. People call this mental makeup an open mind. It is said that *our minds are like a parachute: they function only when they are open*, because the open-minded people are receptive to new experiences, challenges, learning, and holistic development. They are capable of growing and developing in every field of life and also stimulate their own potential. Ask yourself: “Am I that person?” And understand that only by opening your mind can you contribute toward positive changes in the collective mind, that is to say, in the collective consciousness.

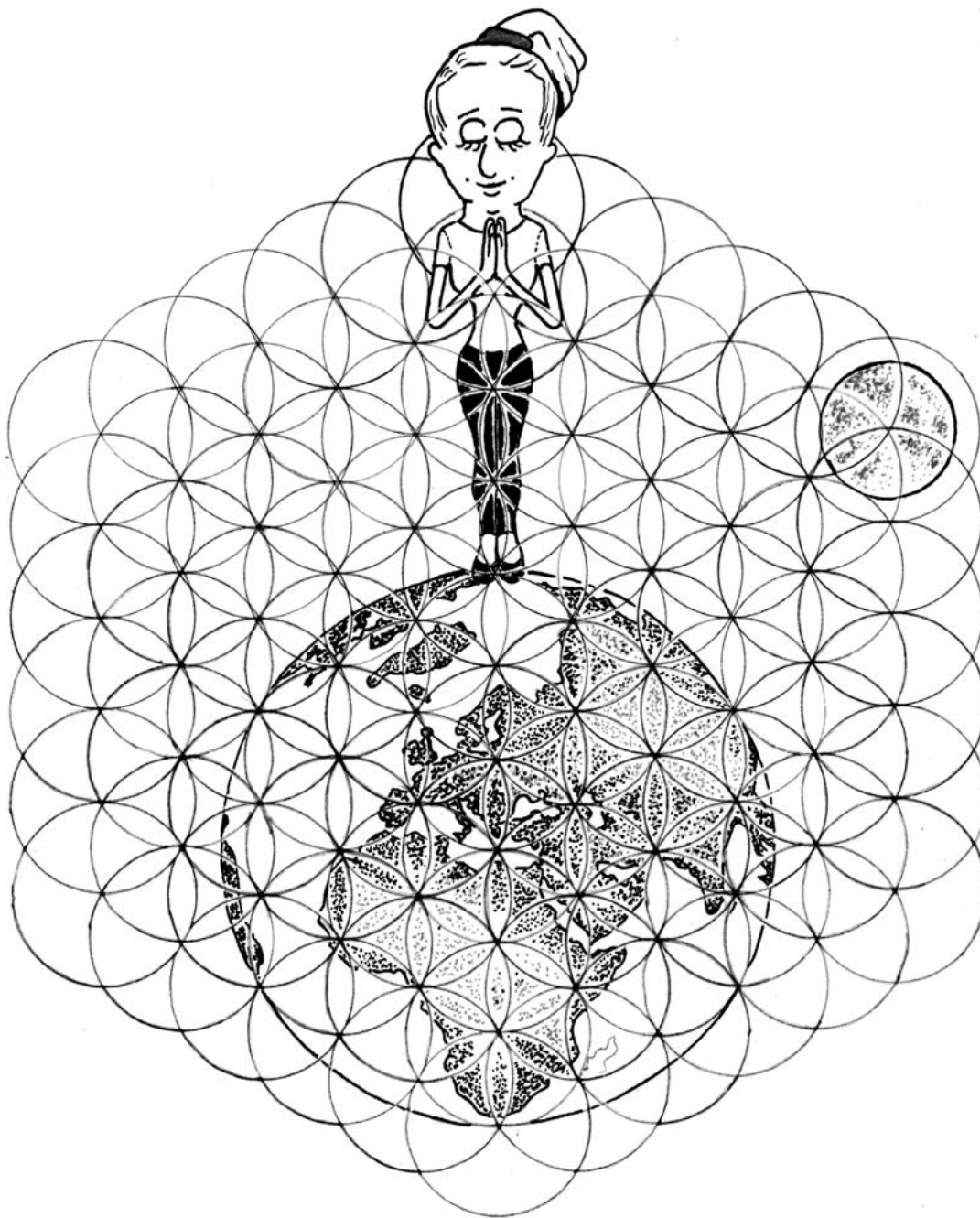
There is no external power that can cause random suffering or random success or failure. Unpleasant things can happen to good people only because they are not in harmony with themselves and the universal laws.

According to the law of cause and effect, what we sow stays inside us, but also inside the collective unit in which we reside, whether this is our family, company, community, country or the entire world. Everything that happens around us has its cause, but we only see the effect. We might say: "It is not fair that such a bad thing can happen to such a good person!" However this effect can be caused by the person himself or herself, by some action of his or hers, by some thought that he or she has had, or by a deed that he or she has done, or it might be a karmic debt or a consequence of some greater collective deed, caused by the community or the society. The success or failure of the company in which you work is caused by the collective activity of many individuals. Wars and terrorism are not an effect caused by a single individual either. They are a cause produced by a broader group of individuals and the collective mind. We can never explain such events and situations to ourselves because deep inside, we believe that we are good people and that it is impossible that we have caused something that has happened to us today with any of our thoughts or actions. What has happened to us today is not only an effect of our deeds, but it can also be an effect of some collective pain or some information that we have passed on from one generation to another. For instance, people suffer from the collective pain caused by wars for generations because it is transferred in the genes. Every negative event serves to teach us something. If we receive it consciously, if we take it as a lesson, if we forgive and let go, then it is possible to break the karmic cycle. And then, these phenomena and situations will stop repeating. It is not only the individual that undergoes this process but also the society and the collective consciousness. When we heal, the entire society heals. The world is our mirror. If we change, the world around us changes too. Imagine that the world is a great mirror that has fallen and broken into many pieces. If we glue them all together, we will get the full mirror. We are part of a whole that has been split apart, but what seems split to us is, in fact, a whole in its unique form! The entire world and everything in it is in correct correlation. Our external world is nothing else but a reflection of our inner world. The people that surround us on a daily basis, whether members of our family, relatives or friends, acquaintances, or someone we have just met, every one of them is our mirror. We get drawn to each other, and we have the opportunity to understand consciously what is the thing that connects us, what is the thing

that we need to learn from each other, to become aware, to accept and forgive.

Every negative thought, something that we might deem insignificant at a given moment, such as showing our displeasure to the waiter serving us in the restaurant, sends a negative vibration. The bad things happening to us might have been caused, not only from the inside but also from the outside. We might have received a series of negative pieces of information from the TV news or a movie, or we might have received negative vibrations from a friend. The media bombard us with violence, murders, wars, terrorism, and ugly social phenomena. If we have to deal with such information on a daily basis, it becomes significant and provokes impulses of negative emotions in us, such as anger, rage, anxiety, fear, etc. And if millions of other people experience the same, what do you think will happen? A tidal wave of negative emotions and thoughts travels around the world and causes more of the same emotions and thoughts amongst so many people that it creates recurring negative vibrations. And what do we get in return? We get more of the same! If we focus on the rest of the world, we will not be able to become or have what we desire. We always join in on someone else's drama, we read the papers, we watch the news or witness someone else's catastrophe, we express attitudes and opinions about those situations, and by doing so, we only contribute toward the collective dysfunction. When, for instance, we say: "This is terrible," we add these words of ours to the problem and cause a negative emotion and vibration. The solution to this is to stop attributing importance to any negative piece of information that can potentially create a negative emotion. We should focus on and follow some positive thought, that is to say, we must strive to see a positive outcome, regardless of the circumstances. We talk about having a positive internal attitude. If we do, we contribute toward the solution, not the problem. We must create high vibrations and send them into the ether more often, aiming at having a positive influence on the collective consciousness. Our collective vibration is the cause behind what the world serves us on a daily basis and behind the general emotional state of our society. The entire humanity and the whole planet vibrate at a certain frequency in accordance with the collective consciousness. With an aim to prevent this from affecting us, we have to stop focusing on the rest of the world. The approach of outward-inward change does not work. We must focus on

ourselves and take care to vibrate at a higher frequency. Every individual, inspired by his or her own excellence, should contribute to all the compassion, peace, and love in the world. Only by doing this can we start changing the world by starting first from ourselves. We must be the change we want to see in the world. If we vibrate with low energy, how can we then change the rest of the world? When you throw a pebble into a peaceful lake, the water splashes, and in the spot where the stone has sunk, a ripple effect is created. The concentric circles multiply and ripple continuously, changing the surface of the water. We are the pebble, and the lake is our environment! With our intention, with our own design, we can indeed influence and change the surroundings in which we exist. Our individual consciousness is part of the collective consciousness. When a small but significant number of individuals pass onto a new level of consciousness, and when they change their behavior and the way of being, this change then spreads all over. And the new level of consciousness multiplies just like the concentric circles in the water. It multiplies and affects all the beings around us. On the collective level, the people adjust then to the new vibration, hence adapt to the new direction and beautiful changes it brings to us.



18
Randy

We Are the Change



RESPONSIBILITY

Take complete responsibility for your own life and your own results and make a decision to change

Assuming full responsibility for one's own thoughts, emotions, feelings, decisions, deeds, and results is an important concept in the process of awakening consciousness. This responsibility provides us with the opportunity to connect with our higher self. It teaches us that the creative force of the Universe resides inside us as well and that we are co-creators of our own reality and that we are the cause and the solution of each matter. It helps us recognize the ego in all its shapes with which we identify, and it helps us become aware, liberate ourselves, and spring energy of love. When every individual consciously takes responsibility for his or her life and his or her results, they simply stop, at that same moment, all attempted complaints, judgments, accusations, neglecting of responsibility, or seeking excuses.

We take various identities on a daily basis, and they stimulate certain thoughts. Our thoughts are a result of our identification with something that we are not. The stronger we identify with something, the more common are these thoughts. When we do not identify with something, our thought process cannot continue. We do not intend to say that our thoughts are harmful per se, only that our unconscious thoughts can harm us. Assuming any kind of identification is the same as eating unhealthy food. As long as we consume unhealthy food, it will affect our health. We can stop eating unhealthy food, but we cannot annul having eaten unhealthy food before. The same applies to our thoughts! We have identified ourselves with something that we are not, and this has forced us to detach from our

authentic nature. Let us look at our bodies, for instance. Every one of us experiences our own body as “I.” But at the same time, the body is a result of the information and emotions that we have accumulated in the course of our lives. Let us say that, hypothetically, our body has grown larger, that we have gained weight. Can we say that this accumulation is us? The answer to this question is no, it is not us, but it is our mental concept, our internal image of our body. If we become thinner than we are now, is that still us then? Are we complete or incomplete? We are always complete, and we are divine beings in our essence. The source of our state is located in our identification with the appearance of our bodies through our thoughts. The only thing we can recognize is “I am fat,” or “I am thin.” We identify with our job, house, car, physical appearance, friends, clothes, surroundings, objects, society, political party, religion, and everything else that we are not. If someone tries to destroy or take away the thing with which we have identified, then we suffer, we experience negative emotions and transformations. If we need to change our job, for instance, and we have identified with it for years, we undergo a difficult emotional process, because we need some time for our dis-identification and re-identification to happen.

Feeling responsible is of key importance when erasing the identities we preserve. Our limited responsibility causes the problems we have. We feel responsible for some things, but we ignore the rest. We feel the pain when we exclude things, and we create exclusivity about certain matters in our minds. We divide the world into what we like and what we dislike. And what we do not wish causes negative thoughts and we attract it, just as we attract what we want. This identification is our path to the ego. If we are going to escape this loop of identification, we need to turn toward ourselves and take full responsibility for our internal state at any moment. Only then will we be entirely present and aware and not in conflict. *What is inside will also be outside!* The law of analogy says *as within, so without* . It does not tell us to do something on the outside so that we can feel good on the inside. Only in such a way can we be objective and have the same feelings and intentions towards all events. This indicates that inside we no longer retain identifications and belongings and that we are not in conflict. But if we have conflict, we cannot become conscious and aware. We belong either to one side or to the other side. The reason that we must take responsibility is

to awaken, because when we are fully aware and present, our intelligence, our conscious mind, transforms into pure power.

Whether we have decided to do or not to do something, the responsibility is always ours. We tend to say: “I am responsible for this, and not responsible for that,” just because we like or dislike something. Taking responsibility for everything in our own lives makes us aware first, and then allows us to see life as it is. Objectively! Our view is not clouded by the ego and its divisions anymore. If we say that we are responsible for something and not accountable for something else, then we have a twisted view of life, we do not see it for what it truly is. We say that we are not responsible for what makes us feel bad, and we say we are responsible for what makes us feel good. Let us say that we do not feel particularly good about something. Instead of thinking that life is playing games with us, we need to understand, first and foremost, that we might have caused the thing that bothers us ourselves, unconsciously, and that we do that on a daily basis with our feelings and thoughts. You might not feel responsible that life has offered you that reality, and yet, you are the one that has “caused” it. And this then indicates that the responsibility for each event is ours! Let us suppose it is raining outside. As an individual that is part of the collective consciousness, we cannot change this event, but it is up to us how we will respond to it, that is to say, how we react and behave. All kinds of events and actions can take place around us, and we might end up untouched by them! Every result of our life experiences is, in fact, a result of our response to some previous events in our lives. If we do not like the results we get, we always have the choice to change something. We can blame the event, or we can simply change the manner in which we respond to it until we get the result we want. We can change our thoughts, we can change the images in our mind, we can change our communication, and we can change our behavior. *Our potentials and capabilities are limitless if we do not limit the responsibilities in our lives.* Accept the truth that you are responsible for all the decisions and for all that is happening in your life and allow your consciousness to become the pure force of deliberate creation of the reality you desire.

Today, psychologists have described younger generations as disinterested, unfocused, and lazy. The predominant preconception and stereotype about

them are also that they think they are entitled to everything and deserve it all without putting in much work. It is thought that they are selective, demanding, and believe that they deserve privileges in every area of their lives. Likewise, that they give up very quickly because of their sense of not belonging and lack of contribution. Even though they might work in the best work conditions known to humankind, they seem to be unhappy again. Several factors are responsible for this. Both their parents and the system of education spoil the children and allow them to breeze through school. It is widely debated and criticized that the current educational model is dated. Children are no longer as playful and as communicative as they used to be. It is a new era, and the children are enchanted with smartphones and tablets. Stop for a second and look at what is going on around you. How many children are there on the street where you live, playing ball, or enjoying some other simple game that does not involve technology? If you are a parent, you have probably attended one of those parent-teacher conferences at school. While there, have you noticed how the parents defend their children and accuse the teachers of their failures? The reward for completing their education is devalued, and when our children start working for the first time, they have false expectations. They have been wrongly prepared by their parents to expect immediate promotion. Nobody teaches them that the first five years of their career are not about money, but about gaining life and work experience. When their expectations are not fulfilled straight away, they realize that they are not special, that their parents cannot force their employers to offer them a promotion and that they cannot have things just because they want them, but that they have to deserve them. The concept of merit is something new in their lives, but at those moments, merit is unreachable. The result is low self-confidence because they cannot have the things they want instantaneously! Modern technology and social media allow us to use filters and present our lives falsely. We pretend that our lives are perfect, but in reality, this is far from the truth. We are used to getting things straight away! Every message and every *like* we get rewards us and make us feel good, and soon enough, we become addicted. We demand instant gratification, and we become addicted to dopamine and serotonin hormones. But if this satisfaction and good mood start to fade, they cause sadness, depression, and bad health. And then, people start seeking pleasure in drugs, medicine, alcohol, cigarettes, food, social media, and gambling. The fact that we can do our shopping online without leaving

the comfort of our home is an example of instant gratification and only increases the impatience of the entire generation. People have less and less patience to earn merit points for the reason that it requires time and work. We live in a world of instant gratification and no patience at all. We have applications for everything, even for finding a new partner. Unfortunately, a successful career and a successful relationship cannot be achieved through instant gratification, or with a *like* on social media, or with a swipe in an application. In order to create the reality we desire, we need to be responsible, to make firm decisions, we need time to make our name at work, we need honest communication, dedication, discipline, focused work, and investing in ourselves and the awakening of our consciousness.

In order to make a responsible decision about your future actions, you need to ask yourself the following questions: “Do I wish to learn anything new?” and “Am I prepared to make changes?” These two questions are crucial when making a decision to change, that is, to live consciously. Ask yourselves: “Do I wish to learn what I am reading about in this book?” And: “Am I open to new knowledge?” The next question is even more difficult than the previous ones, and it goes as follows: “What am I prepared to do, and what am I prepared to give up or sacrifice in order to achieve the desired result? Am I prepared to make any change?” How much are you prepared to give up watching TV, going to bars, gossiping and claptrap, seeking excuses at any cost, social media, going out to night clubs, and how much are you prepared to awaken? What is it that you are prepared to give up, stop doing for at least one month in your life, or simply to reduce the time you spend doing it? I know that it has never occurred to you that it would be that hard. And for this very reason, many people refuse to change as well as never decide to open themselves to new knowledge, never find the resolve, or at some point, give up trying. They feel powerless and do not have enough faith and will-power to take the right course of action. Or genuinely believe in the lie that life just happens to them. One of the hardest things for people is to accept change. People love their old habits and lurking in their comfort zones, and often they are unprepared to make that mental leap and make a decision to change, ergo change their habits. But what we find unpleasant and uncomfortable at first becomes pleasant and comfortable in the future, in other words, what we find pleasant and comfortable now, we will find unpleasant and uncomfortable in the future.

Repeating positive affirmations on a daily basis, focusing on our own emotions, becoming aware of our internal and external goals, creative visualization, positive thoughts, physical activity, healthy eating, meditation, etc., if practiced regularly, will guarantee us success in every area of our lives. These constructive actions bring positive long-term consequences in our lives. But if we have no discipline in life and live following old routines and programs, undesired experiences will keep compounding, filling our lives with failures instead.

For the first time in my life, I realized consciously what personal responsibility means when I cut myself off from my parents' umbilical cord, that is when I decided to leave and build my own home, my own family and my own life. At that moment, I took responsibility for my own life, including activities such as going to work, saving money, paying bills, creating and maintaining a warm home, buying clothes, owning a car, taking care of my family, managing on a low income, making the right investments, and all other practical things of our everyday lives. But in this entire process, the most important thing for me was that I realized that personal responsibility has several degrees. Our responsibility is to maintain hygiene. Our responsibility is to eat healthily. Our responsibility is to impose self-discipline. Our responsibility is each word we say. Our responsibility is our internal and external state. Our responsibility is every bad and good decision concerning us or others. Our responsibility is to get up early in the morning as much as the discipline of hard work. But it is also our responsibility to have a wish and ambition to contribute toward the well-being of our company, our family, and the entire society. It is our responsibility to be a role model for younger generations to contribute to a better world, always thinking of the power of our consequences. Basically, it is all on us, and only we can determine the path of our life.

It is very important to understand that every one of us is a self-leader, but also a leader of others. And as such, we influence our surroundings with our decisions. So, not only are we responsible for ourselves, but we are also responsible for others in our lives! For that reason, it is essential that all of us understand the concept of accepting responsibility. No matter who we are, a powerful or a modest person, if we are a king or queen, a prime minister, a president, or a minister, if we are an influential person, manager

or an owner of a company, even more so, we must be aware that every thought and every emotion we produce, and every action we take, has a positive or a negative effect on thousands, or sometimes as many as millions of lives. We must be highly aware that every negative thought and emotion we generate has the power to harm other people's lives. The more influential we are, the bigger a responsibility we must assume. We also need to feel deep responsibility towards our planet, nature, waste, water, animals, and all human beings in our societies. Therefore it is crucial that what we think and how we feel come from a harmonious internal state that produces prosperity for all. An indicator of our success as human beings is the answer to the question of whether we are capable of living our lives consciously. And if our life manages to provoke us in a certain situation, are we going to turn into something that we are not, or are we going to remain consistent with our real self? Ask yourself: "What kind of legacy do I wish to leave behind for the next generation?" The answer to this question will tell us if we are indeed masters of our own lives!



POSITIVE AFFIRMATIONS

Every sentence that we begin with “I am” makes us what we are and what we want to be

Every thought, every uttered word, our entire internal and external dialogue, all this is an *affirmation*. Whether we think or say things with love, or out of fear, in anger, or rage, with jealousy, or accusations, we constantly confirm or affirm. This process of confirmation creates our life flow in every moment. Every word and every thought we send into the ether is an affirmation. Every word we say to our friend or enemy is an affirmation. This affirmation is our intention, presented in words or thoughts, transformed into an emotion that vibrates at a particular frequency, thus influencing matter. Our affirmations activate the law of attraction and create our reality.

In the course of a single day, about 66,000 thoughts go through our minds, and most of them are negative. Our self-talk is predominantly negative. We are quite skillful at thinking negative thoughts and saying no to all kinds of things. Just remember how many times since you were little somebody has told you “no.” “Don’t touch that! You can’t get everything that you want! Don’t be selfish! You can’t go there! Don’t get carried away with your dreams! You can’t possibly become an astronaut! You’re not cut out for that! Don’t cry! No more daydreaming!” All these “no” affirmations addressed at us shape our reality. With our everyday thoughts and words, which we think and say to ourselves or others, we change our energy. And it is irrelevant whether they are aimed at ourselves as explosive self-criticism or at others as angry disparagement. In both cases, the affirmation is aimed at us. When we want to motivate ourselves and say to ourselves “Yes I

can,” or when we want to motivate someone else and say to them “Come on, you can do it,” we affirm to ourselves in both cases, and, maybe hard to believe, our energy changes more than the energy of the person we have addressed. Consequently, when we want to insult someone or address him or her with abusive terms, it is our energy that changes first, even before it has any effect on our the other person. If you are irritated and you feel like insulting someone, try not to do that. Better count to ten and make an effort to change your thought. Because every word we say, irrespective of its target, is our personal affirmation or self-talk addressed at ourselves. Every word we say affects our bodily vibration. If we express an ugly word and disparage someone, what we achieve primarily is a change and reduction of our frequency, and we only attract what we do not want. Every uttered word returns to us like a boomerang! Therefore, for your own good, do not miss the opportunity to be kind to others, even when they are impolite to you. Showing respect to your waiter, taxi driver, security guard, cleaning lady, receptionist, garbage collector, flight attendant, colleague, neighbor, orderly will not reduce our *rank* . Be kind to all people without any particular reason, say *good day* to them and *please , thank you* and *have a nice day* . Smile at the passers-by. Do not judge, do not gossip, do not complain, and do not support those who do that. Keep telling those closest to you how much you love them. And for God’s sake, compliment yourself, tell yourself in the mirror how much you love yourself, and notice how this makes you feel. Do this routine every morning and every evening as frequently as possible.

All positive affirmations always begin with the words *I am* . The words *I am* have an ancient meaning. According to the Bible, God gave these words to Moses personally, as words that derive from God’s name. Moses said to God, “*Suppose I go to the Israelites and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ Then what shall I tell them?*” God said to Moses, “*‘I AM WHO I AM.’ This is what you are to say to the Israelites: ‘I AM’ sent me to you.*” **17** The biblical interpretation of *I am* is interpreted today with the variation *I am that, I am* . This sentence has a profound meaning and is a constituent part of our creation and our connectedness or unity with everything else in existence. When in conventional use, the word *I* has a different interpretation and perception and is an experience of identity. When in

spiritual use, the word *I* denotes our being, our deepest, invisible, and indestructible essence. *I* is our true nature. *Am* is the portal leading towards the sublime energy, the universal intelligence. *Am* is an embodiment of everything that the Creator creates through us as co-creators. And consequently, *I am* are the two most powerful words in the Universe. Regardless of the language and culture, whatever we place after these two words, it becomes our reality. We can address the Universe, the universal intelligence, God, the collective consciousness, or the source energy. It is all one and the same thing. Whoever or whatever we choose to address, the effect will be the same because our intention, emotion, and thought co-create, and not only do they change our vibration, but they also change the vibration of our environment.

17 Exodus 3:13-14.

Just as our positive thoughts are positive affirmations for our subconscious, so are our negative thoughts negative affirmations for our subconscious. On a daily basis, we address negative affirmations at ourselves, as well as at our friends, colleagues, and family. Some we really mean, and some we do not. We might even believe them to be a joke, but in every instance, they have the same effect! All these are negative affirmations: “I have no money; I am tired; I am stupid; Don’t know; I hate you; I can’t stand it; You make mistakes all the time; You can’t cook; I am good for nothing; You are always wrong.” These negative affirmations have great power and create results we do not want. Our aim is to replace our negative thoughts and words with positive ones. We should change what we say, and we should also improve our internal narrative. And we do it consciously at first so that later it becomes subconscious. Do it by adding strong emotions into the process. If we are careful and create a conscious routine to use predominantly positive words, thoughts, and feelings, then we have succeeded in reprogramming our minds correctly. After every “no” we have sent into the ether, we should say “yes” ten times over to correct it. But on the other hand, the positive affirmations and words are a hundred times stronger than the negative affirmations and words. That is what the positive affirmations are for: to send positive vibrations into the ether, to reprogram

our thought process, and to influence the collective consciousness. Therefore, when we write down our personal affirmations, it is not favorable to say negative words and thoughts that we do not want to come true. With every negative thought, we program ourselves negatively and contribute toward duplicating the negative ideas, which then become part of us. We should not be saying, “I am not sad,” but we should affirm, “I am happy,” even if we are not joyful at that given moment. If we have not adopted the positive self-talk yet and we catch ourselves saying negations without being aware of it, we just need to quickly add a correctional word, such as “yet” at the end of the sentence, and we will talk ourselves up, and achieve some change immediately. For instance: “I have no money, yet,”; “I have not been promoted yet,”; “I haven’t got a girlfriend yet.” Do you see the difference? But, the application of this correctional measure must be followed by an affirmative sentence, such as: “I am clever”; “I have money”; “I am pretty”; “I am happy,” etc. Never think about yourself in negative terms or talk ill about yourself! Exclude the words such as “I can’t” and “I haven’t” and replace them with “I can” and “I have.”

Affirmations are always written in the present tense, brief, and concise. You need to reinforce them with positive feelings while uttering them, and you need to repeat them often until they become part of you. Be creative in the creation of your own affirmations, and say them aloud whenever you have a chance, or record them on your phone and listen to them regularly. By doing so, you will increase their power. If you repeat them for at least ten minutes every day, you will change your paradigms and replace them with positive thoughts, emotions, and beliefs. Put some faith in your own words. You will start to feel and see amazing changes in your life. These positive affirmations are the key to the creation of firmly positive beliefs about oneself. If you do not have strong faith in yourself and a will to make a change, the attraction will not happen with the desired speed and intensity. But when you manage to get yourself into a state in which you believe in the things you desire, of what you want to do or become, then the positive emotions will become stronger, and the law of attraction will work with higher intensity. Be someone who has faith in himself/herself and in his or her own abilities to create. Live your life following the motto “I believe it, therefore, I can see it” rather than living by “I can see it, therefore, I believe it.” Get yourself a notebook and write down all your thoughts, affirmations,

ideas, and visions. These positive affirmations can touch upon all areas in your life: health, finances, relationships, personal development, lifestyle, emotions, work, business, social contributions, etc. The handwritten affirmation is a hundred times more powerful when compared to the word typed on your computer. When we do things with our own hands, we literally create, and we activate the neural pathways in our brain (biological energy links between our neurons, connected among themselves inside the brain and the entire nervous system), and they help us manifest our good word quicker and more efficiently. Here are some examples of positive affirmations that will direct you and help you in the process of the creation of your own affirmations.

Affirmations for good emotions:

- ⊙ *I feel good.*
- ⊙ *I feel nice.*
- ⊙ *I feel excellent.*
- ⊙ *I think I am in love.*
- ⊙ *I feel wonderful.*

Affirmations for happiness:

- ⊙ *I am in love with my own life, and I am full of energy.*
- ⊙ *I am happy and grateful that all my thoughts are in sync with the will of the Creator.*
- ⊙ *I let go of all accusations and criticism and replace them with love.*
- ⊙ *I am fully responsible for every thought and every word.*
- ⊙ *I deserve love, I deserve everything good, I deserve success.*

Affirmations for good health:

- ⊙ *I feel alive and happy while my cells renew constantly.*
- ⊙ *I respect my body, and I approach it with admiration, love, and gratitude.*

- ⊙ *I nurture my body with healthy food, water, exercise, rest, and meditation.*
- ⊙ *I have an incredible, healthy body and clear consciousness.*
- ⊙ *My body reacts to my thoughts of pure love and joy.*

Affirmations for success at work:

- ⊙ *I am grateful for my phenomenal success in every field.*
- ⊙ *I am excited to work in the most successful company in the world.*
- ⊙ *I express myself clearly, honestly, and calmly in front of my clients.*
- ⊙ *I emit positive energy while doing my job.*
- ⊙ *I allow light to shed all my fears and worries related to money and security.*

When you read your personal affirmations for the first time, make sure you are isolated and alone. To have good results, you should do that early in the morning when you get up, while your mind is still in the *alpha state*. **18** Your mornings will be more delightful if you first talk to yourself. Begin every morning with the following words: “Today is the best day of my life,” and then continue with the rest. You can even record yourself and listen to the recording while going to work. It is essential to improve your faith in your affirmations, and the way you say them will help you achieve that. Say them loud and clear, and repeat them with a smile on your face and a smile in your heart, with enthusiasm, with confidence and positive excitement. Be proud and self-confident when articulating. Build your faith in them and introduce beautiful emotions in the process. It is simple and easy. When you hear the wonderful words that have come out of your mind and have been pronounced by your own mouth, your entire body will fill with energy, your vibration will rise, and you will be able to feel beautiful sensations. And at that very moment, magic happens. Feeling jolly and happy while repeating your affirmations is an indication that your mind accepts them instinctively and believes that they are true. This feeling means that your affirmations have worked on you. Remember, it is not your priority to reprogram your subconscious mind with words you still do not entirely believe, but instead to focus on raising your vibration. And when you start attracting positive

experiences, your faith will become only stronger, and the affirmations will seem even more convincing to your mind.

18 Alpha-state is the state scientists link with the activities of the “right-brain” or with our subjective senses for imagination, creativity, memory, and intuition. When you are actively awake, you are usually in the state known as the “beta-state,” when the brain waves are active at a frequency between 14 and 30 Hertz. When the activity of the brain waves slows down to 7-14 Hertz, it is called the “alpha state.” It is considered to be a “relaxed state of mind,” which allows us to be more receptive, open, creative and less critical.

At the beginning of my career, just like every other professional, my self-confidence had to deal with some significant challenges. I was very nervous before every meeting and before every sales pitch, as well as before addressing any audience in general. Three things helped me get over my fears and insecurities. The first thing I had to do was to face my fears. I read somewhere that, if you want to overcome your fear, you should face it head-on, and then your fear will transform, unable to control you any longer. If you are afraid of dogs, adopt a dog. If you are scared of fighting, learn martial arts. If you are fearful of heights, climb the tallest building or jump with a paraglider from a hill. If you are scared of talking in front of a group of people, do a presentation in front of an audience. You should know that research has been carried out confirming that the greatest human fear is not the fear of death, or the fear of heights, or noise even. The greatest human fear is the fear of public speaking! When I had my first presentation, I had to speak in front of two hundred people. My first thought and emotion pulled everything downwards, and things went terribly wrong. My laptop failed, the projector broke, there was some loud noise coming in from the outside, the air was stuffy as the air conditioning did not work, and I was inexperienced. I somehow managed to survive! But after the presentation, several people approached me, telling me that they were not satisfied, and I received some of the worst criticism I have ever heard. This experience helped me see myself from a different point of view. It helped me accept myself fully and, instead of giving up, I decided not to allow my self-

confidence to be shaken again. And I made a promise to myself that I would do everything necessary to go back onto the right path. I said to myself, “What could I lose anyway?” And so, I started writing my affirmations, prayers, and goals down, and I read them aloud every morning. I created a positive internal dialogue, telling my subconscious every day that I am the best public speaker in the world. I repeated the affirmations, and I let my positive emotions and faith in my public speaking come back. I had a breakthrough and returned to the stage again and again. I was running presentations until I sharpened myself into an excellent speaker.

So, *facing my fears* consciously is the first key factor of my personal success. My second guiding principle is *repetition of focused actions* . Whether I repeated an affirmation, thought, or activity, they were all crucial for my success. And my third success principle is *faith* . Because of my faith in myself, my faith in the positive affirmative words I uttered, my faith in my deeds, my faith in the repeated prayers and gratitudes I express every morning, true miracles started happening to me. As if someone had removed all the barriers on my path and as if everything started falling into its right place, only to let me succeed in life. In only a few years since I started my positive self-talk journey, I managed to get myself an excellent job and a wonderful partner. I attracted a new home and a new car. My life is filled with love, spirituality, friendships, adventures, health, happiness, and joy. I firmly believe that my affirmations were part of that process. Even today, I begin every morning with gratitude that I am alive and well, that I breathe, that I have a roof over my head, food on my table, and a family that loves me. When we have faith, we can achieve the impossible!

When someone asks me whether positive affirmations work, I always reply without a doubt: “Yes, positive affirmations work, they have certainly changed my life!” The firmer your determination to change and free yourselves from the past, the greater will be the effect of the affirmations. Allow the positive changes to glide smoothly and naturally into your life. With the power of positive affirmations, you can reach the deepest corners of your mind. You will discover and nurture deep self-acceptance, and in your very core, you will become aware of the positive qualities that you have in you, feeling very comfortable just the way you are. Before you focus on what you want to have and do, focus on yourselves first, on self-

acceptance, on what you are at the moment, and what you would wish to be. Love yourselves entirely. Repeat daily: “I love myself unconditionally. I am happy and grateful for my perfect health. I am entirely satisfied with my body. I have unlimited faith in my abilities.” These positive affirmations will help you learn to love yourselves by transforming each one of your thoughts and words from self-criticism into love. You will teach your mind to perceive only the beautiful things in you and to stimulate the qualities and potentials that make you a wonderful human being. Therefore, reinforce your everyday internal dialogue and speech only with positive terms, such as:

⊙ *Good, beautiful, I love you, love, thank you, I am sorry, forgive me, I forgive you, I feel for you, please, kindness, bravo, congratulations, harmony, bliss, wonderful, excellent, fantastic, phenomenal, miraculous, sublime, triumphant, ecstatic, divine, spectacular, brilliant, exceptional, flawless, precious, the best, irreplaceable, etc.*

These superlatives are also positive affirmations that contain high vibrations and stimulate and speed up the process of transformation.

Just as thoughts and words are, smiles are positive affirmations too. Smiles are positive transformations of our form that raise our vibration in the same manner as the words we say do. The word smile is the most pleasant word that exists. Ask yourselves the following question: “Do I have a problem in my life? If I don’t, why do I need to worry then? If I do, can I do something about it? If I can, why worry about it then? If I can’t, why worry again?” Why do we always poison our minds with fear that only worries us? We cannot control many events, but we can control one thing, and that is our smile. Smiling is a physiological activity that has a positive effect on our thoughts and our bodies. It is nearly impossible to smile or laugh and have negative thoughts at the same time. Try this exercise, and you will stand reassured that this statement is true. Smiling is contagious! When you smile, whether at an accidental passer-by on the street, or at a colleague in the office where you work, or on the basketball court, in your gym, or a restaurant, your smile is always reciprocated in equal measure. When you smile, you engage in a self-disciplining exercise of your mind that helps

you in the process of producing positive vibrations, and at the same time, it prevents your thoughts from taking the wrong direction.

Positive affirmation is like a prayer. With the aid of positive affirmations, aimed at a specific group of beliefs in our subconscious, we can exert influence on our negative beliefs and replace them with positive beliefs that are good for us. These short affirmative sentences are like mantras, and with them, we activate the law of attraction. The idea behind using positive affirmations is to reprogram our mind and transfer our focus from the negative onto the positive emotions, from fear into love. They help us build a positive internal attitude and beautiful emotions. They contain high vibrations, and at the same time, they enable us to reach the level of vibrations of unlimited abundance and conscious positive co-creation.



MEDITATION

Connect with your higher self

Meditation is a technique that develops our body, mind, and spirit and helps us achieve a deep state of emotional relaxation and mental peace. Meditation is a state of mind that is neither awake nor dreaming. Meditation is a *state of transcendence* .¹⁹ Learning how to practice this technique is essential because the path to enlightenment is an inner journey. Meditation helps us hear the inside voice and get the true answers. We become successful in facing our fiercest rival – ourselves. This process not only helps us get to know ourselves but also helps us awaken and achieve a state of pure consciousness. For the first time in our lives, we can enjoy our own company. Remember that there is a big difference between being lonely and being alone. Feeling pleasant in one's own company is a step forward in our journey, the next level in our personal spiritual development.

¹⁹ Transcendence is a state or experience beyond the normal or physical level. In modern philosophy, the German philosopher Immanuel Kant (22.04.1724 – 12.02.1804) introduced the new term “transcendental” and gave the word a new meaning, the meaning of a state of self-cognition. He offered yet another meaning by modulating “transcendental” into a new word “transcendent,” which means “the one that transcends or goes beyond” the regular knowledge of men, while “self-transcendence” means to go beyond the earlier state of self.

Meditation has been practiced for several thousand years. It was initially meant to help people delve deeper into the ancient and mystical powers of life. In the West today, it is usually used for relaxation and reduction of stress. The technique of meditation is amazingly simple and easy to practice. It can be applied several times a day. The most commonly used meditation style is with a repetition of a mantra. Meditation contributes toward significant improvements in many areas: our mind, body, behavior, and social life. We can see and read about the positive effects of meditation pretty much everywhere. In the last few years only, hundreds of research studies have scientifically proven the holistic health benefits of meditation. And indeed, people use it to reduce stress, to increase self-awareness, and to feel connected with their higher selves. Also, in the last few years, the number of medical studies dealing with the advantages of practicing meditation has hugely increased. The following is a list of some of those advantages:

- ⊙ *Brings internal peace;*
- ⊙ *Relieves stress;*
- ⊙ *Stimulates creativity and intuition;*
- ⊙ *Results in sound sleep;*
- ⊙ *Balances the emotional state;*
- ⊙ *Improves communication with ourselves and others;*
- ⊙ *Improves the vitality of the organism;*
- ⊙ *Rejuvenates;*
- ⊙ *Improves the cardiovascular and immune systems;*
- ⊙ *Establishes a balance between the mind, body, and spirit;*
- ⊙ *Increases energy;*
- ⊙ *and many other advantages.*

Why does meditation as an applicable technique for personal development work for some people and not for others? When we talk about meditation, we should not look at it as some oriental practice as it is usually perceived. Meditation does not mean just sitting down with our eyes closed, and it is

not just a trend and modern activity that people nowadays do in addition to yoga, jogging, and fitness. No! The significance of meditation is much higher. It requires us to pay attention to our inner nature, to what we really are. Through meditation, we can take ourselves to a level on which we can live through our life experiences instead of just arriving at conclusions. Each of our elementary particles is in communication with everything else in the Universe, and we want to experience that connectedness. Our false perception of ourselves can be dissolved with the aid of meditation. Meditation is the effect, while the cause is in the process. In this world of goals, people strive and reach for the fruit, but no one goes for the tree. When we want to plant flowers, we need not think about and meditate on flowers. We need to think about seeds, soil, water, and sunlight. The flower will emerge as an effect. Meditation is a result of long-lasting cultivation of the body, mind, and emotions up to a certain level of maturity, where they can become meditative. To meditate is to travel within and find the answer to *Who am I?* This is a spiritual process whose goal is to help us discover, accept, and affirm our divinity, our true self. Meditation gives us an opportunity to be isolated, in unity with oneself. It enables us to enter deep into our endless self. While meditating, we have the possibility to communicate with our higher self and to strengthen the structure of our personality at the same time. It also offers us the opportunity to awaken and develop empathy, forgiveness, generosity, patience, and love. There are different kinds of meditation, but all of them share the same goal, and that is to awaken our spirit, let go of our thoughts, and reduce stress. If we meditate, we will be able to feel the power of the present moment and acquire a different dimension of our being and reach serenity.

In the beginning, when I was just getting acquainted with the process of meditation, every time I wished to meditate, I found it difficult to calm my mind down because thoughts were always rushing in. I could not focus, and I sought ways to reach a stage in which I would be able to relax gradually. The guided meditations were a true blessing that helped me through this process. What is a guided meditation? It is a meditation led by a third party. Initially, the goal of the speaker is to guide us to relax our body and mind until we fall into a light hypnotic yet focused and receptive calm state or alpha state. We are awake and fully alert while listening. We do not fall asleep but enter a relaxed and meditative condition. It is very important that

we keep an open mind throughout this process, that we remain relaxed and believe that changes can happen. You must remember the revolutionary movie *The Matrix* in which this model was depicted quite strikingly. Neo sits still in a comfortable chair while his mind downloads information from the data stored in a file, directly plugged into his subconscious. The guided meditations that we discuss here have nothing in common with the hypnotherapeutic methods or with the conventional audio programs typical for the area of personal development. We talk about a synthesis of techniques here, including meditative music, deep relaxation, and guided images. They are all excellent tools that will help you erase your old programs for an extended period of time, as well as overcome your fears, let go of your thoughts, reduce your negative or irrational thinking, improve your physical and mental abilities, etc. This method of meditation helped me gradually calm down the movement of the thoughts in my mind, and start self-cognition. It gave me the fundamental knowledge to continue with meditation in the right direction on my own. I suggest that you as well begin with guided meditations because they will help you discover how transcendental yet simple meditation is, thus providing a foundation for exploring further techniques.

Even though you think you are aware of the advantages of meditation, you still might not meditate regularly. The fast-paced living in our modern world leaves people with the impression that it is impossible to find time for meditation, and they find it difficult to decide to meditate and avail themselves of the advantages. Remember how important it is for our well-being to encourage this positive habit to come into our lives. We have 24 hours every day out of which we sleep 6-8 hours, we spend 8-10 hours at work, and we are still left with 6-8 hours that we can invest in our personal development, or in our family relationships, hobbies, sports, interests, entertainment, etc. But if we can only afford a few minutes of our precious alone time every day to meditate, we will immediately feel the positive effects in every field of our lives. All we need to do is isolate ourselves, follow our breathing for ten minutes, in peace and quiet, with eyes closed, and we are already meditating. If we do this every day during our personal time, we will experience a new and blissful state that will change the course of our lives.

The following paragraph is a very simple and practical exercise that will help you understand the process of meditation.

Exercise:

⊙ *Find a peaceful and isolated place in your living space or wherever you might be at that given moment where you can be all alone. Create an atmosphere with dim lighting and create total silence. Sit on a chair and close your eyes. Try to relax and observe your breathing. Do that gently, and your breathing will start slowing down. When your mind starts wandering, focus on your breathing again. Notice how your chest and stomach rise and fall when you inhale and exhale. Focus your attention on the way the air goes in and out of your nostrils. When you are fully relaxed, awake, and aware, start repeating your full name silently. For instance: "I am Kate Adams. I am Kate Adams. I am Kate Adams. I am..." Do this gently and slowly, several times. Then, exclude the surname and continue repeating your first name only, a few more times. For instance: "I am Kate, I am Kate..." And now elicit some pleasant experience from your childhood, before you were twelve: your parents, brother or sister, friends from school, relatives, the school itself. Evoke some nice moments. Then modify the repeated words into only "I am," with no identities. Gently repeat: "I am, I am..." Allow your memories and thoughts to disappear. Just repeat: I am. If you wish, you can replace "I am" with "Ah-hum" or "Om." Just sounds. Without any attachments. Repeat that several times. And then let go of it as well. No repetitions, just sit quietly and be aware. Be entirely with yourself. This is the basic state before any thought, or any feeling has come to you. This is —a field of unlimited potential and possibilities. Take a rest from being, from existing. Just be. Stay in this state for several seconds or minutes. Before opening your eyes, feel the bodily sensations. Then open your eyes. You will feel refreshed, and you will realize that you have not been here. Congratulations, you have just meditated!*

To meditate means to remove yourself from your thought process and calmly observe anything that might pass through you. And then, a miracle

happens. You slowly become aware that fewer and fewer thoughts come to you. This happens while you are in a conscious state. If you are not in a conscious state, you will have more thoughts coming to you. The traffic of thoughts depends on you being awake and alert. When you are fully aware, even for a moment, all thinking stops. Then the road is empty, and there is no traffic. This is the true moment of meditation. You should not be afraid of meditation. Meditation is just a simple process of looking into your mind. It is not a struggle with your mind or a struggle for its control. It is the *state of being* . You are a witness without any interference. Whatever passes through your mind, whether a thought, image, or feeling, you just observe it, without attaching yourself to it. You do not judge whether your thought is good or bad because, at the very moment, when you judge, you depart from the state of meditation. You identify. You become a friend or an enemy, and you create connectedness.

If meditation is a proven practice that has an amazing effect on the spirit, body, and mind of an individual, you might wonder what the impact of meditation on the world might be? In the 1960s, Maharishi Mahesh Yogi 20 put forward the hypothesis assuming that *if 1% of the population in a certain area meditates at the same time, then this might affect the local surroundings* . He truly believed that meditation could produce measurable results in the quality of life for the people in the society. In 1970, the Maharishi University of Management conducted the research that was to give the definitive answer to this question. Groups of trained meditators were sent to many cities throughout the world, especially in places with conflicts and unrest. What they achieved was truly amazing! According to their published results, the overall crime rates in the communities where group meditations were practiced dropped by 16%, and violence, in general, was down by 23%. With these results, they managed to prove that a group of trained meditators, when meditating together, can positively affect the collective consciousness. This effect is known as the “Maharishi Effect” and is accepted as truth by many, especially by the communities that practice group meditations. Based on this research the following question must be asked: What do you intend to undertake now that you know that there is a way to bring people together and contribute on a conscious level to the rise of your own vibration and the increase of the collective vibration

and that now you have the opportunity to create a better future for yourself and others? Are you willing to make that change?

20 Maharishi Mahesh Yogi (12.01.1918-5.02.2008), the father of Transcendental Meditation®.



Meditating for a Higher Consciousness



CONSCIOUS CO-CREATION

Manifesting the desired reality

We have three dimensions of experience in our lives. There is something that we call the past, which is the memory bank inside us. There is the life experience that we call the present. And something that we call the future, where the power of our imagination comes to the fore. Our life experience occurs between our memories, present experience, and imagination. The problem that most people have is that they cannot distinguish these three things clearly. For this reason, we still suffer because of things that happened ten years ago, and we also suffer because of things that will happen in the future, or might not even happen. Ask yourselves whether the thing that happened ten years ago still exists today? Or does the thing that will happen in two days exist now? Is it not madness to suffer because of things that do not exist at the moment? Ironically, this happens to us all the time, and we live our lives with perceptions like these.

And for this reason, we say that one of the greatest illusions of our reality that prevents us from co-creating consciously is the concept of time! Not one respected physicist has used the word time by itself since the 1900s. It is always explained as part of the two dimensions of space and time, or the space-time continuum. Because time, as we experience it, is nothing else but a cyclical event, a concept that helps us explain the experience of change. We perceive time from the point of view defined by the rotation of physical objects. When the planet completes a rotation around its axis, we call it a day. When planet Earth completes a rotation around the Sun, we call it a year. But, the spiritual world claims that there are space and time that are not of physical nature, not based on the rotation of physical bodies.

The sense of time at this moment only exists because of our physical identification. But how? If we exist in a state in which we have no sensation of our body, like sleep or meditation, we also have no sense of time. We can sleep for days or meditate for days, and when we wake up, we will not have felt the passage of physical time. Likewise, when we feel happy and joyous, we feel like time has passed quickly. It seems to us as if twenty-four hours have passed in just ten minutes. While if we are depressed or bored, the same twenty-four hours might seem like an eternity. On the other hand, physics says that, because there is space, and because there is a distance, there must be time as well. If we travel from point A to point B, this takes time. And for this reason, time is a relative experience.

Our perception and paradigms tell us that time is a linear concept according to which we need to treat the past as time that has passed, and the future as a place and event that is yet to arrive. But this is not enough, because both the past and future do not exist at the moment. If we think about something that has already happened, it has happened “now” but in some past moment. And if we imagine something happening in the future, when that moment arrives, the event will again happen “now.” Our mind always structures the things that happen to us or that we can observe in a way we can understand. Past and future are just words that we use to explain present moments that happen simultaneously. Our consciousness thinks that this is all there is. But is it really so? When we try to remember something that we did yesterday morning, for instance, we bring back memories, and at that same moment, we experience, both mentally and emotionally, something that has already ended. However, our imagination helps us imagine something in the future, though only as a projection of memory again. Both memories and fantasies are the same thought energy that we experience in the present moment. In practice, all that has ever existed, exists now, or will exist, happens simultaneously and is only experienced via different individual consciousness. It might look like we are imagining and creating in the future, but in reality, we only get a memory of a version of ourselves because everything exists only now.

Through the illusion of time, we can experience different versions of ourselves. We can feel the thought that we will have next, knowing that our thoughts come from a version of ourselves that has already had the same

experiences. With this process of projecting past and future memories now, we make the impossible possible, the possible probable, and the probable real. The reality is endless. And in this infinite moment that is called now, we receive the thoughts that are the most suitable for us at this moment. The linear perception of time is a useful concept that makes our life simpler but makes the process of creation and the focus on living in the now more difficult. They say that there are only two days in the year when we cannot do anything. The first is called yesterday, while the second is called tomorrow. There is only here and now. The only moment to feel good is now, and only now can we attract and co-create!



PRIMARY AND SECONDARY GOALS

Uncover your true desire and feel good now

The principle of setting goals was, for the first time, presented in a modern manner by the American psychologist Edwin Locke in 1960. I got acquainted with his goals concept while I was still at university in 2005 when I attended a lecture in organizational behavior. The goal-setting theory, as it was called, was presented in the context of management and organizational behavior, with the purpose of getting feedback information about the work tasks and applying assessment of performance. Goals are defined as ideas or visions for the future, as desired results, plans, and promises for achievements of a person or a group of people. People insist on achieving goals on the basis of setting limiting deadlines and say that they must be visible and measurable. An athlete might set himself or herself a goal to run five miles a day. A student might set himself or herself a goal to get a good grade in his or her next exam. A traveler might set himself or herself a goal to reach a certain destination within three hours. A worker might set himself or herself a goal to complete a task in a given time limit. When these goals are achieved in a given time frame, they become achievements that are visible and measurable. This goal-setting concept, applied both in personal and corporate management, is used more today than ever before, as a measurement of success and a tool that enables us to focus on the achievements we strive to realize and the things we want to have.

The actual truth is that our personal goals are much more related to our emotions than to anything else that we think we want to have, or accomplishments we want to achieve, which are outside ourselves. All

external achievements we wish for, we usually determine with our conscious mind, and because of this, it often happens that they do not manifest. Or a longer period of time is needed for that to materialize, and we most often give up along the way. But when we set a goal for ourselves that is in harmony with our higher self, then we have established that goal with our hearts and our emotion and not with our minds. This is genuine, not something that we think we want, but something that we really yearn for! We do not attract and get what we want, but what we truly desire, what we burn for from inside. *Desire* is the foundation of creation. Our desire is the answer to our *why* ! It is the creator and motivating force, the emotion that comes out of our being and makes us feel sublime. It is this yearning that initiates and moves forward the creation process. If we want to live our inner truth, we need to open ourselves to our desires. To desire is to have true awareness about the new possibilities. Desiring is, in fact, a feeling of freedom, feeling that life flows through us. But people often use the word desire when they mean something completely different. For them, a desire is something that is outside them, and they confuse it with a wish. When we are fully focused on what we want to have, we are at the same time aware that we do not have it. When we use the word wish, we vibrate at a frequency of lacking, in fact. People wish for things they do not have at the moment or do not experience sufficiently, such as more money, true love, a new home, expensive clothes or a car, or a larger TV set. And often they suffer for a long time, not having these things. Unfortunately, for them to desire is to want something you do not have in your life. And what happens? Their vibration is directed more toward what they lack than toward what they dream of, without being aware that, by doing so, they detach themselves from their true desires. In time they start believing that this feeling they have when not getting the things they dream of is, in fact, the feeling of desiring. But when our dreams are powerful and pure, there is no lack of anything. Think for a moment! What is it that you want, and you do not have it at the moment? The answer might be: "Financial independence." But is that really the thing that you desire? The answer is, "No!" You do not actually desire financial independence, but what this independence can provide for you, and that is always leveled down to the good feeling. The real question that you should ask yourselves is: "How would I feel if I was financially independent?" Look better at what you really want. Is that a feeling of freedom and happiness, or a feeling of not

having any worries, more time to spend with your loved ones, doing the job that you want, or any other unlimited opportunity? This should be your truthful desire and what you should be focusing on! The desired financial independence will, at the same time, enable you to relieve yourself of the stress and worries when you pay your bills. But should your focus be on paying the bills or on the relief of stress and worries? It is, of course, the relief of your stress and worries that you really desire. Your goal is not to have financial independence, but to feel good now, at this very moment. And this is what a true desire is, a yearning that is coming from inside, subconsciously, a craving for a better life. Being financially free and independent is just one of the ways that will enable you to feel good about yourself.

When we get into a car, it is logical to say that we are going somewhere, that we have some goal, some destination. We drive from point A to point B. If we have not selected our destination in the navigation system of our car, can we get anywhere? Of course, we can, but we have no set destination towards which we need to move, drive, and arrive. Let us say that we have set ourselves the goal B and we set off to get there. While driving, what do we see in front of us? What do we need to focus on at the moment? Do we see the destination we want to reach, or do we just see the first road curve ahead of us? When it is dark, the furthest we can see is to where the headlights can reach, isn't it so? We do not say that we should not be thinking about the ultimate goal, but that we take action in accordance with what is in front of us, and that is the road that we can see. Have you ever asked yourself why? It is so because we live in the moment. Always the next goal of our life is what we can do now! Step by step, mile by mile. We are not going to start with our lives only when we have reached our destination. Our lives are now. The entire journey and everything that happens on the journey is a moment of our consciousness. But our lives should not be associated only with a journey, even though we mistakenly use that analogy all the time.

As stated by British writer and lecturer Alan Watts: "Existence, the physical universe is basically playful, like a game. There is no goal or hidden meaning to it, no destination to arrive at. Our lives are rather more like music. Because music is playful, and whenever some music plays, we enjoy

it, we have a good time, and we dance. Music, as play, is different from the journey. When we travel, we try to arrive somewhere. The goal of a musical composition is not to reach some destination, not the end of the composition, for instance. If that were the goal, then the most successful conductor would be the one that could make the orchestra finish the composition the best and fastest. In such a case, we would have composers that compose only the finales of their works, and the concerts would end in a few seconds. Thinking that “achievement is everything” is a collective paradigm that we accepted when we were at school. At school, everything is about grades. The good grades meant that we had successfully completed our elementary education, earning us the right to get into high school. And once we achieve good grades and complete all levels of formal education, we know that we can finally join the real world. When we reach that point, we are no longer on the bench, but fully competing participants. We start going to work enthusiastically and passionately! Yet slowly, we realize that work is also a system of goals, and our progress depends on our fulfilling some tasks again. Whatever we do, we always expect something more: a more significant deal to follow, or a larger project, better salary, more substantial bonus or a promotion. We move from one level to the next. Our success is always in the offing, still coming, always within our reach! And one day, we wake up, look at ourselves in the mirror and realize that we are already past forty, and then we say to ourselves: “Here I am, I have arrived.” Then we ask ourselves: “Arrived where? Have I succeeded, have I achieved my goals?” But the truth is that we do not feel much different than yesterday. We live to reach retirement age, and when we reach sixty-five, we have not got much energy left. In the end, we finally realized that we had deceived ourselves! Instead of experiencing life, we have believed that our life was a journey, with a final destination and some amazing ending when we are supposed to be finally rewarded and feel good. The sooner we realize that our lives are music, the better it is for us. While playing, music allows us to be present here and now, to be happy, enjoy ourselves, have fun, dance, and sing!” - (philosophy of Alan Watts with contributions by the author).

Most people today connect being successful with material goods and achieving goals. They understand success as getting recognition, piling up certificates and diplomas, but mostly they see it through the prism of

money. They say that in order to be successful, we need to be at the right place at the right time, to be the first, to combine talent and hard work, etc. The general perception of the majority is that we are the most successful when we are the richest, assuming that we are free then of all worries and can live happily ever after. But success is not an achievement! If it were, why are there suddenly so many rich people who are not happy, fulfilled, or grateful for what they have become and acquired? Instead of just material success, we can have an overall success, achieve wealth, and be prosperous in all areas. We can be materially rich and, at the same time, have a high standard of life, including fruitful family ties, a delightful marriage, a beautiful and serene home, and good health. This overall success in life, or our well-being, is much more valuable because it demonstrates that we have paid attention to balancing all segments of life. But the truth is that the essence of any success is just to feel good and nothing else. And that is the whole truth! The way we feel or our internal state determines the level of our success. The harmony between our mind, body, and spirit determines the level of success. Our success is not something that we have materially gained, but how we feel and what we have become.

So, before we start setting any goals, it is of enormous importance to distinguish that there is not one, but two types of goals. All of us have *primary* and *secondary goals*. The primary goal is our internal goal. It is our consciousness about the present moment, about being here and now, and living our lives from the inside out. It also includes feeling wonderful at this very moment, to exist consciously, to be constantly aware, to be as one with our environment, and feel it. Being love and desiring it. And it also embraces living by following our intuition, without stress, agony, hatred, and dissatisfaction. And this should be our priority on which we should focus. It is not our priority to own something that is outside of us. If we think like that, we will never be completely happy. What we all look for is actually inside of us.

When we discover our internal goal, our *why*, we lay the foundation for the achievement of our secondary goal. The secondary goal is external. It is to seek and want something that is outside us, such as: “I want a car, I want a house, I want a toy, I want money, I want gold, I want a job, I want a promotion, I want a business contract, I want, I want...” Herein lies the

paradigm of every human to live his or her life from the outside in. We think: “If I get this car, I will finally be happy.” Or: “If I have a house like that, I will be happy.” The secondary goal is a product of the ego, of our programs that make us think that our happiness and success reside outside us, that they are detached from us. Without a primary goal and our awareness of it, the secondary goal does not let us be in complete harmony. It offers us fulfillment in the future, with a hope that every next trophy will make us happier. With such a mindset, we cannot create sufficiently. We need to realize first that the secondary goal is a peripheral goal. It is only a wish produced by our mind and propped up by the intelligent media and the imposed social pressure. The ego emerges from the inside and makes suggestions in every situation: “He has a new smartphone. I want the same one,” or: “Is he better than me to have a more expensive phone?” This wish to come into possession of a new smartphone is short-lived and untrue. But when we become aware and in harmony with our primary goal, related to the emotional state, then our thoughts and emotions are not inspired by the ego but emit spiritual energy. When we feel good, we simply do not have a wish to have a new smartphone, and we do not envy others. Therefore, you should keep in mind that the new having will happen only if both our internal and external goals unite as one, that is to say, only if the primary goal has already been fulfilled. Once the yearning and wish come together, then the new smartphone will come into our lives naturally, from an expected or unexpected source.

The primary and secondary goals are simultaneous. We have separated them only so that you can understand them better, but in reality, they are one. Let us presume that we are at the right frequency at the moment that we are in such a state of vibration that we can attract our secondary goal. When we are at a higher vibration, we feel better, and we invite what is good for us. If our vibration level falls in the meantime, then it is essential that we are aware of this state and that we allow ourselves to raise our energy consciously back to the old level. We need to return to the primary goal again, and that is to feel good, because in the moments when our frequency is low, the attraction is unclear or interrupted. Wrong attractions happen instead of those that we desire. The so-called opposing or canceling attractions take place. Our mission at one such moment is to be awake and aware and to shift our emotions as fast as possible so that we can return to

the right path and vibrate at a high level. This is not simple at all and demands awareness and conscious presence on a daily basis. But in time, after several repetitions of the process of transformation of emotions, which we have already explained in the emotions chapter, you will find it much easier to raise and maintain your high vibrational level. Go back to the affirmations, meditations, positive thoughts and feelings, and to everything else that helps you feel good and clear unwanted information. When you succeed in raising your vibration again to a frequency of joy, laughter, or love, you can proceed to the secondary goal. We can achieve certain things without being in harmony with our primary goal. We can do this with a lot of effort, struggle, and hustle, but at the same time, without real pleasure and joy. We will miss out on the play of music, the enjoyment of the dance, and all life fulfillments. These processes most commonly end in pain and suffering because we have been in disharmony for a long time, guided by the ego.

Every material goal we set ourselves is, in fact, a mask for some concealed positive emotion that we lack in our lives and that we want to experience. Have you ever asked yourselves why any human being needs to identify with something outside himself or herself? This is a result of the feeling of inadequacy, deprivation, and lacking. The feeling can be described with the following sentence: “Whatever I do is not enough.” We feel unloved, unworthy, and useless. We can feel this about ourselves or in relation to others. That is why we try to identify with things outside of us. We wish for things, and we connect with objects that we have or do not have because our existence alone does not give us a feeling of completeness. We have a false opinion that *having* something, rather than just *being*, can bring us more happiness and success. We appreciate exclusivity more than inclusivity. Identification takes place because the experience of “Who am I” is inadequate. If the feeling of “Who am I” at a conscious level is fulfilled and enjoyable, then we feel no need to identify with anything outside us. Then we have a feeling of abundance. We have it all, and we feel sufficient and worthy.

Let us suppose that you desire a new and expensive watch. Some famous Swiss brand, let us say. Seemingly, you want it because you think that it will look good on you, and perhaps because you want to be unique and

envied by others. You might also want it because it is rare and expensive, or you simply need it as an accessory to your style. If I ask you: “Why do you want that watch and not some other watch?”, you will almost certainly list one of the previously assumed answers. But what if I tell you that you want that watch only because you want to feel good. Ask yourselves: “Why do I really want this watch? Am I fishing for compliments? Do I just want to attract attention because everyone will know that the watch is expensive?” When you begin answering questions like these, you will discover the ultimate answer. You will eventually realize that you do not want that watch for real, but that you only want to feel better. And you believe that this watch will bring you that feeling. Do not envisage the watch as something you wish to have, but as something that will automatically manifest in your reality as an effect of your vibration. The primary and secondary goals are inversely proportional. They are both at the same time causes and effects. Sometimes we wish for an external event to make us feel better, that is to say, to achieve the primary goal, or the other way round, sometimes we focus on the primary goal to attract things that will enable us to feel even better.

The secondary goal is related to the material world outside of us, and that is why we also call it an external goal. An expression of an external goal, for instance, would be the following statements: “I have a new car,” “I have a pretty girlfriend,” or “I have a pretty girlfriend, 175 cm tall with black hair. She is clever and respects me, and we get on swimmingly,” or “I have 10,000 dollars in my bank account.” It is good to define our goals in the present tense as if they have already happened so we can increase our trust in them. However, no matter if the goal is general or specific, the Universe will anyway work in our favor. The next thing we need to do is to focus on our emotions (the primary goal). We should be in harmony with our mind, body, and spirit and blow positive thoughts and emotions into our blue balloon every day. Because we are transmitters of frequency, we need to take care that the intensity of the passion and excitement we radiate is high. The greater the power we emit, the sooner the goal will manifest itself. The energy that comes from inside is the sheer will that is being unleashed towards our desire. We cannot have what we are not willing to become vibrationally. We need to align our emotional state with the physical. The stronger our will is to achieve something, the more powerful the attraction

we produce. If we manage to reach our goals, then our self-confidence and our confidence in our goals will only increase, and we will have greater motivation and more willpower to take even more action.

By knowing how the law of attraction works, we can, although we do not have to, limit ourselves to certain specific achievements, objects, or people. The Universe knows what is best for us, and we do not have to think about it, about the details of what, when, and how our goal will be fulfilled. If we focus on how, we will be overwhelmed by doubts and worries that will prevent the manifestation. It is enough that we focus only on emotions. Let us say that we have always wanted a black Ford Mustang. The reason behind this desire is that we had watched some Hollywood movie when we were children, and in the film, the hero drove that exact car, and we wished to copy him. Our thoughts are one hundred percent focused on that car. We repeat to ourselves on a daily basis how much we want it. We write that goal down, and we set a deadline to get the car by the end of the year. But what if it is not the real thing that we want? It would be better if we do not limit ourselves and then despair when we cannot achieve it. The things that we pin onto our visualization board are not always the best for us. What if our potential and all that has been planned for us are much greater? What if the Universe knows better than us and prepares something bigger for us that will make us ten times happier? What if the Universe thinks that it is much better for us to have a new black Mercedes in its place? And what if that is precisely what we deserve? Instead of focusing on feeling good, enjoying life, and trusting the Universe, we focus, unnecessarily, and limit ourselves to only one type of car. The Universe not only offers us unlimited abundance but also knows exactly what we need and when we need it. Everything happens at the right place at the right time for us. If we fix a certain date for the achievement of our goal, we do not make it stronger, but quite the contrary, we allow the date to limit us. Do not define your goals with your mind, but with your heart. Here is another example of why we should not limit ourselves. Let us say that we are in the center of the screen of our “life radar.” We are the center, and around us is the world that we can see as far as our sight allows us — everything outside the reach of our radar we cannot see. We usually desire something that we have seen, heard, or experienced. The things we want are the things we have seen: a beautiful girl, a handsome guy, a new car, a gold watch, staying in a luxurious hotel,

dinner in an exclusive restaurant. The things out of the reach of our radar, the things that come from very far, we do not usually wish for, because they have not become part of our reality yet. But this does not mean that the things out of our radar do not exist or cannot become part of our life. So, we wished for a black Ford Mustang only because we had seen it. But the Universe says to us: *Just feel good, and something even nicer than the thing you have desired will come within reach of your radar*. The Universe, in its endless abundance, has reserved and ordered something much better and has marked our name on it. We just keep feeling good, and we feel that we are on the right path in life. Then the Universe finds ways to move mountains to serve us the thing that will truly make us happy, that is, it challenges us to feel even better. And that thing is a new black Mercedes.

This also happens when we look for a partner. Let us say that we fancy Harry, and we think about him all the time. We are obsessed with him, and he is in our thoughts day and night. We constantly repeat that we want him, and we attract him with our vibrations. But what if our personal radar has not detected Jack yet, and he is the man of our dreams, a hundred times better for us than Harry? Jack will make us much happier because he is the right partner for us. But we do not know that because Jack has not entered our radar screen yet. And we have started a relationship with Harry, although later on, we realize that he is not at all like we have imagined him to be, and this does not make us happy at all. We have spent so much time of our lives longing for a person who is not right for us, instead of trusting the Universe and relying on our emotions and intuition as guides to get us to Jack sooner, because he is our right partner. This happens to all of us all the time. We think we want something, and when we get it, we still do not feel fulfilled. We have a feeling of only momentary satisfaction that vanishes soon afterward.

If you want to find out whether you are on the right path, you can ask yourselves the following questions: “Do I really and wholeheartedly wish to achieve this goal, this creation? Do I truly believe that this goal is the real deal for me, and am I willing to achieve it? Is this really what my spirit has been yearning for?” If during the process, you feel liberated, creative, motivated, and inspired, then you need to continue. If you feel negative emotions, if you feel like you should not do something or you force it, then

you are not on the right path. The vibration we emit is a reflection of the internal conflicts that we harbor within, and the realization of what we want does not always go in the right direction. Follow yourselves during the process, accept all aspects, and always be aware of your energy, your vibration. If you have changed your goal, admit that and make it clear what exactly is the thing you want to dedicate yourselves to and carry on. The Universe sometimes has much better plans for us, so consciously let go of the control of your ego and risk without any fear, relying on your intuition. Have trust in the process! And all this with the aim of partaking in an ecstatic experience.



VISUALIZATION

From imagination to reality

Visualization is an activity that every single one of us does every day. It is our natural state and the innate ability of our minds. This activity has an essential place in our life. When we talk about visualization, we do not talk about something new or unknown. We all apply it on a daily basis, whether aware or unaware of its advantages. We plan, and we lead our lives following the images that rotate in our minds. And in this new age of personal and spiritual development, the power of visualization is used as a technique that helps the process of co-creation of the reality we desire. I want to add that visualization, besides being a technique, is at the same time a state of our consciousness. In the previous chapters, we discussed that we are united as one with the Universe and that we are a divine expression of a conscious creative existence with unlimited potentials. The conscious co-creation through visualization is nothing less than a manifestation of our divine potential in the material world.

All our wishes and activities are very much connected to the mental images we carry in our minds. Whenever we think about and plan what we are going to wear for work or some event, our imagination gets instantly activated. We use our fantasy to visualize ourselves in the clothes that we have thought about. When we set off towards a known location, such as our office, the shopping mall, or the house of our parents, even though unconsciously, our mind is able to envisage the place and the road leading to our final destination. Before we go to a place that we have never visited before, we often look at pictures on the Internet or in brochures, and we use our ability to imagine it at the same time. Whenever we decide to bake a

cake, buy a new pair of trousers, redecorate our home, buy a new car, when we plan our holidays, tell a story or explain a movie, we always employ our imaginations, and we visualize. Children can illustrate the process of visualization almost perfectly. Go back and remind yourselves of the time when you were a child and how many imagination and impersonation games you played, impersonating doctors, teachers, firefighters, famous basketball players, bankers, pilots, astronauts. And while playing, not only did you imagine, but you also creatively visualized the course of events. When my niece was a child, her favorite game was to impersonate a banker. She donned adult clothes, imagined her room as a bank, had toy banknotes in all denominations, then waited for her imaginary clients, talked to them and performed pretend transactions. This was quite an experience for her, and she enjoyed the entire process. The game never stopped; it continued the following day and the day after that. Children can follow their imagination the best when visualizing, allowing their spirit to take them to ever new pleasures in a perfectly natural manner.

During my lectures, I often meet participants who have problems with visualization exercises. Some people find it difficult to see images mentally: some see words, while others only experience certain feelings. Visualization is a technique that can be practiced, so no one should be discouraged with respect to these questions.

We all use our fantasy, sometimes for bad things, more than for good. Here is an example. Let us suppose that the school where our child goes is very close to our house, and since there is no need for us to drive him there, we let him go off and come back from school every day all by himself. And this is normal for small communities. For the sake of the exercise, let us say that today is just another school day, we come back from work, and we wait for our child to come home from school. However, it is already becoming late, we know the classes are over, and we wonder where our child might be as the child did not come home at the usual time. The child is more than half an hour late! We get angry at first, but then our fantasy starts working, and we go through many different scenarios in our head as to where our child might be. We begin to worry. In our head, we simulate many different versions of what might have happened. And as we often do, we create negative images, pondering that the worst might have happened. These

pessimistic images produce adverse emotions, most commonly fear and worry. They lower our energy and start sending low frequencies into the ether. But then after a while, the child comes back home, safe and sound, with an explanation that he or she played with some schoolmates after classes without paying much attention to the time. The negative images that we have produced are just possibilities of existence that are most commonly guided by fears and paradigms. And for this reason, we have been given the task to take control of our thoughts and images and creatively visualize in a direction that suits us the best.

If you find it difficult to visualize, do this simple exercise in order to feel the process of visualization:

Exercise:

- ⊙ *Sit on a chair or lie down in bed, close your eyes, and relax completely. Think for a few moments about the room in which you are, about the chair on which you are sitting, about the details that fill the room, the way the furniture is positioned, the pictures, the colors, etc. Imagine yourself entering that room, sitting down on the chair, or lying down in the bed. Now, remember some wonderful place that has created beautiful memories for you because you felt truly relaxed there, someplace you have already experienced or a place somewhere in the countryside, in the mountains, in a meadow, or at home or in a restaurant. Now, remember some pleasant experience that you have had in that place, a nice meal, perhaps, or a friendly conversation, or a pleasant walk, swim, meditation, or some game you played with your child or your pet. Try and remember as many details as possible: voices, sounds, dialogues, colors, images, and feelings. Then, try and stay in this experience for several minutes. Now, remember a place where you have wished to be. A place that you might have never visited, but you have wanted to do so. Imagine yourself in the center of that place, imagine that place the way you would like it to be, with all the details. Focus on these thoughts and transform the images just as you want them to be. The exercise you have just completed is your way of visualizing.*

Visualizing is one of the more effective techniques that we use to co-create the reality the way we want it to be. Consciously use your imagination, transform it into *creative visualization*, and create the things you desire for yourself and your loved ones. There are two ways of creative visualization: one is passive, while the other is active. With the passive way of visualizing, we allow for the effortless creation of images and their random appearance in our heads throughout the process. On the other hand, with the active visualization process, we are deliberately searching and choosing the images that we want to see. When practicing the active visualization method, we have the opportunity to strengthen our abilities and to allow the technique of visualization to become an essential factor in the co-creation of reality as we want. In this process, a visualization board or visualization notebook is used. We collect images of our burning desires, positive emotions, happy family, a cozy and beautiful home, anticipated objects, etc. On my board, there was always an image of the black sports car that I desired. To intensify my visualization, not only did I look at the picture every day imagining my hands on the steering wheel and myself driving the desired car, but I also sat in the armchair in the living room that I imagined was the driver's seat of the racing car. I used to put headphones on my ears and play sounds of the most powerful car engines, trying to visualize myself being inside and driving the desired car. I was driving very fast, changing gears, turning sharply, waving at the pedestrians, and feeling phenomenal. This beautiful feeling of mine was growing stronger every day, and I was getting closer to the manifestation of my yearning, and in the end, it came true. My desire was finally fulfilled. Now every time I enter my sports car, those great feelings are rushing back, giving me perpetual joy. Make your personalized visualization board and practice it in your own unique way. But it is crucial not to limit yourselves to only certain imagined things from your visualization board. Allow your imagination to grow and attract surprises from the endless abundance.

If you have an important meeting ahead of you, or a job interview, or a project pitch, or you start cooperation with a new client, visualization is your true friend in whose company you should stay. Here is another practical exercise that I often do because it helps me in my everyday business life:

Exercise:

- ⊙ *Sit down in a relaxed and quiet atmosphere, close your eyes, and visualize your entire meeting, conference, or pitch. Imagine the room in which the event is going to take place, and if it is unknown to you, just allow some familiar images to emerge. Imagine as many details as possible. What do the chairs look like, is the space open or closed, is there natural light, can you hear the sound of the air conditioning or clock ticking? Imagine people's body language, how they talk and articulate, what they are wearing, and how many people there are in the room. Imagine yourself smiling and relaxed, and imagine the others smiling and relaxed. Visualize the conversation, the dialogues, and the outcome. At the same time, be aware of how you feel all the time. Imagine the ideal scene for you. Fill these desired images with positive emotions. Be the director of your movie. If the time you have before the meeting allows, repeat the process several times. When the time of the meeting arrives, you will feel relaxed because you have already been through the process several times, and even if something unpleasant happens, it will be short-lived, and it will disappear very soon. Try and see for yourself how efficient this exercise is.*

We can, without a doubt, achieve everything that our mind can visualize and believe is true! Or, in the words of the father of modern personal development literature, Napoleon Hill: *Whatever the mind of man can conceive and believe, it can achieve.* Namely, everything that we can envisage, with the aid of our imagination, and invest it with faith and emotion, we can also realize. Our creative visualization is a key principle, and a starting point of conscious co-creation as we learn how to convert our imagination into a reality we desire. All great innovations of our time were created with the help of imagination. Everything we can see with our own eyes, such as the apartment building in which we live, the roads on which we drive, the airplane in which we fly, the TV set on which we watch miracles happen, all these, someone first imagined in their own mind, saw as true and then manifested in reality. I often use the power of creative visualization before I walk out on the stage to talk in front of large audiences. I go through the presentation in my mind more than ten times. I

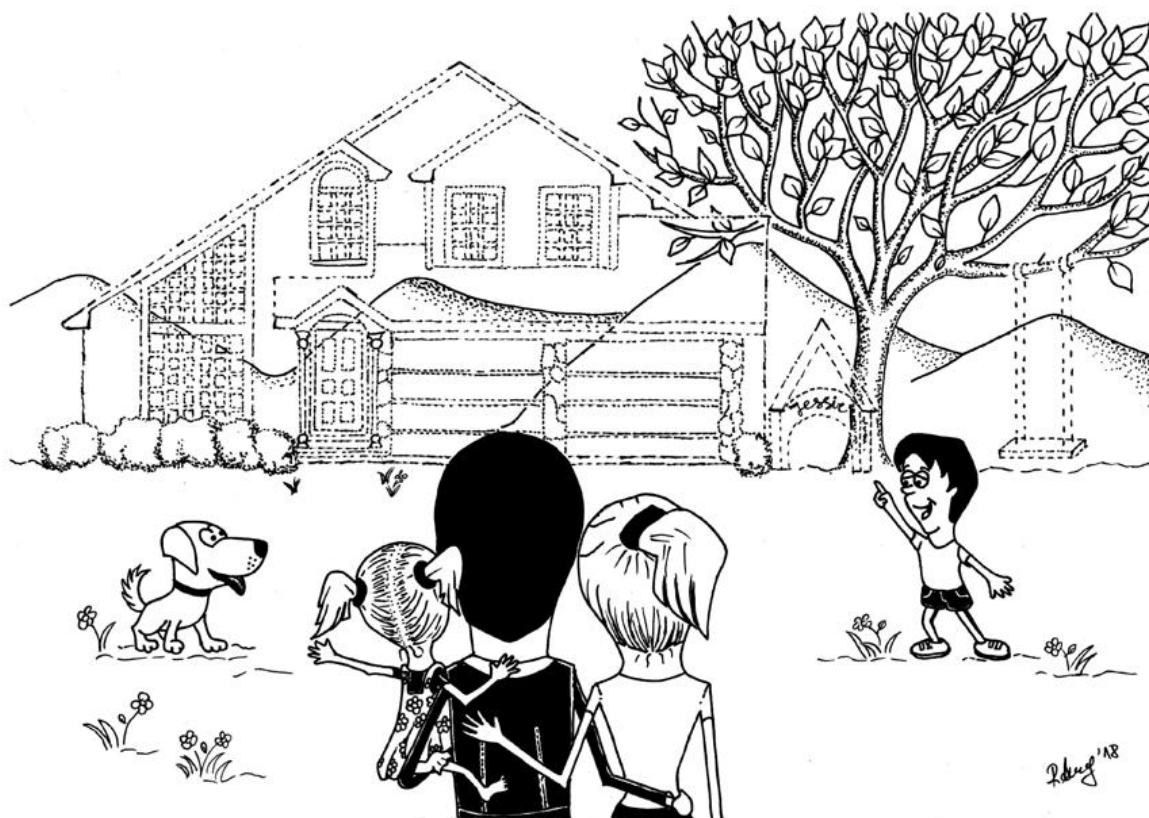
visualize myself in several different dimensions. First, I see myself speaking and behaving from the point of view of the audience, seeing everything through their eyes. I envisage myself as a spectator, sitting in the auditorium, watching myself in action! And in my next visualization, I am up on the stage talking, watching myself from the speaker's, or my point of view. And lastly, I see everything from an omniscient third-person point of view. This multidimensional technique of visualization is significantly more powerful. And I always see the colors, the audience, and the room in my mind, and I imbibe the smell of the room, I feel the atmosphere, and I accept the smiles on people's faces. I imagine every person in the audience swallowing every word I say with great pleasure. I can vividly see the way I move up and down the stage, the way I am dressed, the way I stand confidently straight, walk around with firm steps, the way I speak, enunciate clearly, loudly, and fluently, and with a smile on my face. I do not have a single doubt that the right words will come to me at the right moments and that the audience listens to me with great pleasure, accepting every word I say. I consciously focus on my amazing positive feelings while I am on the stage, and I imagine the way I successfully end the presentation. At the end of my vision, I experience a standing ovation, loud applause, excitement, and amazement coming from the audience. This exercise I sometimes do for a few days in a row. Sometimes I simply visualize while my eyes are closed, and I focus in silence, and sometimes it comes to me naturally while I am preparing my pitch.

Much exciting scientific research and many tests have been done concerning the effect of visualization in the world of sport. The sportsmen undergo grueling training routines to improve their fitness when preparing for the Olympic Games. But scientists have proven that for their eventual success, not only their hard physical training but also their mental exercise is of crucial importance. According to the results of these analyses, the athletes that often imagine themselves being the first to cross the finish line, usually do so in reality as well. Such research was first undertaken among the members of the Soviet team in the 1970s, before the start of the Winter Olympics in 1980. The athletes were divided into several groups. The first group did only physical practice, while the second did more physical than mental exercise. The third did an equal measure of physical and mental exercise, while the fourth had more mental than physical training. When the

results of their tests were compared, the fourth group that was the most focused on mental training demonstrated the most improvement. Athletes have a vivid imagination and use it to visualize the entire game, the court, every maneuver, and they use all their senses when trying to envisage the result of the competition. The best sportsmen in history, the ones that had the utmost desire to become the best in their discipline, always visualized themselves as victors even before they started competing. Muhammad Ali was known for practicing self-motivation techniques all the time. The repetition of his powerful affirmation, *I am the greatest*, as well as his visualizations of being the greatest boxer, made him precisely that! But the great names in the sport, such as Garry Kasparov, Tiger Woods, Michael Jordan, Cristiano Ronaldo, Novak Djokovic, etc., are not the only ones that have become legends by using visualizations, but also Arnold Schwarzenegger, Jim Carrey, Oprah Winfrey, Will Smith, and many other famous people have claimed that they first saw themselves succeeding in their minds, many years before they achieved full realization. A more recent comparative study was carried out by psychologists from the Cleveland Clinic Foundation in Ohio. They have selected a group of examinees that actually did fitness exercises and another group of examinees that only visualized themselves doing fitness exercises. This experiment had incredible results! It showed that the muscle mass of those exercising had an increase of 30%, but surprisingly, the muscle mass of those who only imagined they were exercising had an increase of 13.5%. This discovery has significantly contributed, not only to medicine in general but also to the physical and mental rehabilitation of people who survived accidents or illnesses. With the help of visualization, people are not only able to get themselves out of difficult situations, but also to heal themselves of terrible illnesses, and reach for greatness.

In order for this creative visualization to become your everyday subconscious habit, you need to practice it consciously at first. As you acquire more routine in the process, your trust in the desired results will grow, and these visualizations will become part of your thinking, of your state of wakefulness and permanent awareness. Our potentials are unlimited, and we can transform each moment of our lives into moments of magical creation.

If there is something that you desire in your life, in any area, whether health, good relationships, love, or a home, you need to believe that it will manifest. What you need to do first is to create a clear image of the thing you desire. Insert as many details and senses in this image as you can. Think about what you want in a relaxed and unimposing way, without burdening yourselves. While concentrating on your goal, idea, vision, try and add a dose of a smile in the process, as well as some positive emotions and pleasant sensations. In time, it might so happen that you decide to change the idea that you have set as your goal, and then your visualization will change. Do not blame yourselves for it or suffer from a guilty conscience. It often happens that we change our plans. It is perfectly acceptable to change your minds about your needs because they change too. Just as we change and transform during the process, so can they.



From Imagination to Reality



WHY VS. HOW

When we discover our why, how is just a walk in the park

In our existence, there are always two sides: non-material, which is the side of thought, and material, which is the side of action. On one side is our *why* and on the other, our *how*. On the *why* side is everything that happens inside us: our thoughts, intentions, desires, dreams, goals, attitudes, emotions, mental processes or everything that we think about, and all the vibrations and intentions we have, the energy we emit, our motivation, inspiration, etc. All this is on the *why* or the non-material side. The second side of existence is our actions and all physical movements of the body, or everything we take from the material world, supported by the law of action: techniques, strategies, plans, abilities, work, methods, activities, etc. This side is concerned with everyday bodily activities, with our *how* to do things in the physical world. This side shapes our consciousness into form. Let us say you are thinking about going out for a walk. This idea is on the *why* side because it is a thought process. The process of leaving the house and walking out is on the action side because it is a physical activity. For instance, if we are thinking about starting a new project, and thinking about money and sales, this belongs to the thought side. These are still just thoughts. To put our ideas into motion physically would mean to take action like starting a company, drafting a business plan, engaging associates and training them, presenting them with a compensation plan, scheduling, running meetings, reporting, and so on. Everything that you undertake physically, every engagement that brings you closer to the desired sales or completion of your project, will be on the action side. When we want to do something, we need to be aware of the time we spend on thinking about our dream and the time we spend on learning the techniques that will help us

achieve our vision. We need to have a certain amount of *why* to express it through a certain amount of *how* . What is vital in this process is not the time we spend on doing things, but to avoid any doubts, fears, and worries. They say that a thought that lasts fifteen seconds and is not interrupted by doubts, fears, and worries is equal to ten hours of activity. Sixty seconds of uninterrupted thought is equal to a whole day of doing actions! Thinking is much more powerful than working. But this does not imply that no action is needed. Action is absolutely necessary, but it should not be used as a replacement for creative thought. Our focus on *why* we do things is a greater priority than *how* we do things. But it is different in the real world. People are most commonly focused on *how* to do things, and not on vibrations and emotion. There are lectures that can teach us about the techniques, procedures, processes, steps, and definitions. We can become experts in some fields, but if we are not inspired or motivated, we will not take charge. At the same time, there are seminars and lectures where someone talks on and on about motivation for hours. And the truth is that we will leave motivated after such an event, but our motivation will not last for a very long time. We are inspired and motivated, but we have no idea what we need to do and *how* to start an activity. When we apply a technique or want to achieve something, there should be a dose of both *why* and *how* .

We are preconditioned to think about actions only. We say that we are masters in some areas, and we much prefer the process of doing. In this process of doing, we always place action before thoughts, not realizing that by doing so, we achieve the opposite. And in that case, nothing that we do is out of joy, but we compensate for the lack of joy with an expectation that the reward we will get from the action at the end of the journey will make us happier. This prevents us from living in the present, and we always look forward to some distant point in the future, as a point of excitement and happiness. But when we reach this point in the future, we are not happy, because a new goal already emerges further on the horizon and we are not able to be present in the here and now again, in other words, we do not feel happy and fulfilled. All this is a result of the fact that we focus our creation on actions, instead of on what we desire, that is to say, on our *why* . We think that nothing can be achieved unless we do something, and we often mix the concept of action with the activity itself. Most activities are often unnecessary, but we still do them. Many people wrongly believe that, in

order to get a better result, we should work more, undertake more activities. And when we complete one set of activities, we start a new set in order to fix the mistakes from the previous set of activities. Thus, we get stuck in a circle of activities that cause us constant stress and displeasure because we are not getting the desired result, but we continue in the same manner without asking ourselves: “Why?” At such moments of unconsciousness, it is better that you do not undertake anything until you receive the impulse of information from your higher self. Subject your energy to your intentions and subject the thing you desire to your yearnings. When you do that, you will always be able to recognize the right moment to take action, and that action will always be valuable. You will get what you want, and at the same time, you will have a stress-free life. Your actions will suddenly become easy. They will take their own course with less effort. All doors will be open to you without you being able to explain it to yourself. The Universe will help you in every possible way for the completion of the desired manifestation. But if you do not feel ready to take action, then don’t. Give your soul a break. Enjoy your inactivity.

When we do not work, we suffer pangs of conscience. We think that we are missing out on something, and we believe that we must work to the point of exhaustion. Take a break before you decide to act again. There is an excellent Italian saying: *Dolce far niente* that can be translated as *the sweetness of doing nothing*. Do not let yourself get burned out. Do physical and mental activities that can help you balance your body and soul. Learn to enjoy simple things that are in between your goals, such as good food, a pleasant walk, making love, traveling, etc. Affirm that you deserve a break. Quickly visualize your desire, focus on the thought and emotion that raises your energy levels, and do that until you start feeling that taking actions is the correct next step. You must not force things. Actions are a necessary step, but they always come last.

When we create something in our lives, when we manifest an idea or make money, the most crucial segment of the process is our internal goal. In that state, we communicate with ourselves from the inside out. We organize our thoughts, emotions, energy, intentions, and everything else that helps us reach a higher vibration, and then we act from a position of consciousness, not from the position of the ego. When we have a good vibration, this

vibration sets the law of attraction in motion and the *how* emerges all by itself. Situations arise, as well as events, and people that become part of the process of *how* . When our *why* is compelling enough, we will undoubtedly want to come out onto the path. You might say: “But our reality is different. I have no experience, no connections or contacts, and I have no knowledge, nor skills, or even money...” None of this is of any importance, because when our thoughts and emotions are in the correct correlation, *how* is the step that follows necessarily. This is a categorical imperative in the process of getting to know oneself, of awakening consciousness, and conscious co-creation.

Every person can achieve anything they intend, only if they think and believe they can do it. There are many inspirational stories about people who have achieved things that others told them they could not. What they all have in common is the fact that they took responsibility for their own lives. They all knew *why* they were doing the things they did, and they were always focused on their own thoughts and emotions. Mark Twain said: *The two most important days in your life are the day you are born, and the day you find out why* . The writer J. K. Rowling was refused by twelve publishers before she managed to publish her first *Harry Potter* book. She wrote the book for her daughter so that she could read it to her in bed, while she was fighting chronic depression during a very rough period in her life. But she followed her dream (her *why*), and today she is the wealthiest female writer in the world. We have all witnessed situations in which an ordinary worker from a factory becomes a successful entrepreneur or a person without a day of formal education becomes very rich, or someone very ill manages to recover. Everything is possible when we know and follow our *why* . *When people know why they do the things they do, how is just a walk in the park!*



CONSCIOUS ACTION

The journey of a thousand miles begins with a single step

People often talk about the law of attraction and the law of cause and effect, but they do not talk about the *Law of Action*. This law is related to and a constituent part of the law of cause and effect, but at this point, we would like to make a distinction. Action is not always the cause; it can also be an effect of some emotion or impulse, and this effect can also be a factor that can affect many other causes of created action. In any case, the law of attraction will not function completely in our favor without the additional step of actually taking action. The distance between our emotional state, the vibration of our being, the desire and reality, is the *action*. The action is the key segment of the process of co-creation because the secret of successful living cannot be reached only through thinking, feeling, visualizing, and focused energy, but also action is needed. It is not enough that we know something or desire something. We must put our knowledge into practice and start doing it. We need to take the first step so that we can break out onto the path. Without taking action, the law of attraction will not complete its work. *A door might open for us, but we are the ones that need to enter it!*

Energy is in constant vibration and motion. It is neither created nor destroyed. It just changes constantly. That is why there is a reaction to every action, that is to say, there is always some result of the things we have done. Our efforts are never useless, even when we cannot see what we have caused. In order to create what we desire, the law of attraction requires us to engage in a series of actions, following an inspiring idea. To be able to come to the primary goal or fulfill some secondary goal, we must take action. Our action involves leaving point A and arriving at point B, which

we have defined as our external goal. Let us say that we have been inspired to go to the gym and do fitness exercises to feel better. Every day we drive to the gym, but let us suppose that our vibration is so high today that we feel a strong desire and inspiration to go to the gym right away, at this very moment. We somehow inexplicably feel today a more powerful attraction! So, we decide to go, and based on that decision, we take action and drive to the gym. We arrive there and make a new decision, driven by our inspiration, to start running on the treadmill. And when we enter the gym area, following the impulses of our high vibration, we meet our future partner running on the treadmill. And finally, we make the last step and decide to go and talk to her/him. Thanks to our high frequency and our cooperation with the law of attraction and law of action, we have fulfilled a desire or a goal that we have written down previously, following up with a series of actions . *It is never one particular thing that we do but the accumulation of all those little steps we take every day.* If we had ignored all these leads of intuition and the emotions that guided us, the deliberate creation might not have occurred. And if we had failed to take the first step and stayed at home, we would have missed meeting our future partner. Our impulse can also tell us not to leave the house today, for instance, and that is OK too. Then we can take another path, and perhaps we will reach our goals and intended purposes when the Universe says it is the right time for us. We can still be creative and productive and fill our day with other types of activities: working from home, reading, cooking a meal, playing with the dog, or taking time to write down positive affirmations, visualizing, meditating, and so on. These are all actions, as well.

If we look at it more carefully, we can see that conscious co-creation is very simple. It is but a discipline of repetition. It involves undemanding daily routines, supported by our conscious existence, and by the philosophies of life, and the techniques listed in this book. We only need to accept to practice them on a daily basis until we get to the desired result. Our subconscious mind is of use to us. It lets us finish things subconsciously. Without it, we would not be able to ride a bike, talk on the phone while cooking at the same time, walk down a path, not paying attention to our surroundings, etc. Our entire life experience and the unconscious abilities we have acquired throughout our lives are stored in our subconscious mind. Just as we unconsciously say things that are not good for us, we also say

and do unconscious things that are excellent for us. But it is our task not to allow our subconscious to control us or guide us in a direction that causes negative emotions inside us. What we need to do is re-program ourselves with an aim to make our life easier and create the things we want. The new positive habits are like compound interest. They enable us to create our life with ease and just as we have imagined it. When we are disciplined with our habits, and when we give ourselves sufficient time to see the results, we reach the stage when our skills become unconscious, because they have become part of us and the nature of our being. They have transformed into our habit and entered our subconscious. But, in order to a conscious co-creator, we cannot do the same things, think the same thoughts, take the same actions, and believe in the same things as we used to and expect a different outcome. According to Albert Einstein: *The definition of insanity is doing the same thing over and over again but expecting different results.*

Every repeated action, every repeated piece of information, every mental state is a skill that can be learned. All knowledge that we gain raises the level of our ability. Psychology explains that there are “four stages of learning” any information, skill, or technique. This model is called the “Conscious Competence Learning Model,” which is a process of progress in the learning of a certain skill or technique, starting with ignorance and ending with great knowledge about how to perform specific actions. This idea was articulated for the first time in 1969 by management trainer Martin M. Broadwell, and a year later, the model was developed into the theory of “four stages for learning any new skill” by the organization of the three-time Nobel Peace Prize nominee, clinical psychologist Thomas Gordon. This principle questions how consciously we do things and then explains how we can reach the highest level of consciousness in every action in order to reach the stage of advanced deliberate creation. Every one of us awakens when we admit that we do not know something, that we are *unconsciously incompetent* at something. I did the same thing when one day I admitted to myself that I did not know everything or have all the answers, so I stopped pretending that I was all-knowing. I said to myself: “I don’t know what I don’t know.” It is very arrogant and ignorant behavior for someone to think and act as if he or she were a know-it-all. No one is! Hence, this simple admission transformed my life. It helped me think that it is perfectly all right to ask for help and support when I need them. I allowed

myself to be open to new knowledge. It is not shameful to admit to yourself and others that you do not know something. If you don't admit to yourselves that you don't know and say instead that you do, then it is your ego speaking, and you automatically close your mind to any new information or knowledge. Let us make a comparison with the process of tying up our shoelaces. When we were little, we could not tie our shoes by ourselves, like any other child, and it usually took us many attempts at it to learn, only to give up in the end. This was one of those times when we realized that we did not know something. We call this state of mind *conscious incompetence*. To learn something new, we first need to watch someone else doing the thing we want to learn. Whatever that might be, we will arouse our interest if we read more about the or if we attend a course or a seminar, but the best way is to have someone show us how to do it by a personal example. When someone shows us how to tie the laces and when we manage to do it ourselves after several unsuccessful attempts, then we know that we know. We say then that we are *consciously competent* because we have walked the path, but we still need to think about the technique. In time and with repetition of the process of tying laces, we will become practiced and skilled. We will no longer think about the process, and we will do it unconsciously. We will not know that we know, or in other words, we will have become *unconsciously competent*. This is the last and final stage according to the theory of four levels of competence when learning a skill. This final stage does not represent a state of low-level consciousness, but a level of passage from the conscious into the subconscious action, and a higher level of mindfulness when doing things.

Having to try new things also means that for sure, we will fail at some point. And we may fail over and over again until we do something correctly and become consciously or unconsciously competent. Same as when we were learning to ride a bicycle. First, we had training wheels attached to the rear to assist our ride. And after we practiced a little bit, then we got rid of them and tried to ride on two wheels. But immediately we fell down and maybe hurt ourselves a little bit. This was one of our first failures in life. Did we stop and quit, or did we proceed and learn how to ride it in the end? Remember that *failure* is useful when we learn new things! No matter how many times we think we have failed in our lives, this is what gave us the lesson to progress and be better and more successful. We learn from our

mistakes and move on smarter and stronger than before. Do not be afraid to try something new just because you think you may fail. We will fail anyway at some point, but this is not the end, only a new beginning. It is said that: *We never fail, either we succeed, or we learn, and: We miss 100% of the shots we do not take!*

Every professional was once an amateur, and every master started as an apprentice. Each habit that leads us to success is formed with a daily repetition of healthy thoughts, followed by a recurrence of valuable actions. We should repeat every routine many times so that we become highly competent, that is to say, to do things subconsciously until we reach a stage when we *don't know that we know*. We do them without thinking of the process. Understanding how this works, every single athlete has both physical and mental training so that he or she can achieve unconscious competence, hence the level of mastery. Every actor, artist, public speaker, or worker must go through the same process countless times to become a master of their craft. Someone practicing karate completes thousands of kicks, punches, and katas that the teacher has given him or her before he or she can become a karate master. When a musician plays the same note on an instrument for a thousand times, he already plays subconsciously. When the tennis player is a novice and starts practicing his or her service, he or she does not hit the ball precisely, does it underneath at the beginning, and, most often, it falls outside the service box. But after much exercise and repetition, the tennis player starts to serve overhead like a master, and hits the ball properly over the net with an average speed of 114 miles per hour and almost always inside the service box. If a grumpy person practices smiling every day, his or her face will start smiling without any problems. A person with predominantly negative thoughts can change these negative thoughts into positive, with everyday repetition of positive affirmations and prayers. With high awareness and regular conscious practice for emotional transformation, a person who is always worried and most commonly feels negative emotions can soon become carefree and self-confident. Each one of us can become a master of his or her own emotions, thoughts, and speech, a master of his or her work, a gentleman in his or her behavior, and healthy and vital physically. This can be achieved when we perfect the basics with disciplined repetition of routine actions on a conscious level until it all becomes part of our being. There is no other secret! One hour of

practicing yoga is not something hard to do today, but it is not difficult not to do it either. But if we practice yoga every day, we will gain a beautiful and healthy body, and if we do not practice, we will not. The same goes for finances. If we save some money every day, setting aside a single dollar, this might not seem like a lot at first, but after an extended period, this dollar might grow into a significant investment. When we decide to do all these small routines every day, over time, they might result in our success, or, if we do not do them, they can bring us to failure. If we wish the desired result to manifest as a good feeling, as a success in our personal relationships, as better looks and lifestyle, the principle is always the same. Each manifestation requires a certain level of time, discipline, dedication, strong desire, focused action, and consistency in the *right course of action*.

We need to work on things, sometimes harder, other times cleverer. We must be persistent and, more importantly, very patient to see the desired result. Because the results, most often, do not happen overnight, but within a certain period of time, and that is why we say: *Patience is a virtue*. It is like when we go to the gym. We need discipline, repetition of technique, and ascending efforts, so we can start seeing positive results, hopefully within the first 3-4 weeks. Other people then start to notice our bodily changes as well, and we receive compliments and feel good about ourselves and what we have accomplished. The same rule applies to our health. We need to brush our teeth every day, morning and night, but also go to the dentist to check for cavities every six months to prevent tooth decay or gum disease, so we can have a healthy and nice-looking set of teeth. If we think this way, not only will we be healthy, but we will also save a lot of money, time and worries in the long run. With this principle embedded in our minds, success will always be inevitable!

All we need to do is keep grinding and choose not to give up. *Things we find easy and comfortable now will become uneasy and unpleasant in the future, and what we see as uneasy and uncomfortable now will become enjoyable and pleasurable in the future*. For example, it is easy to do ten push-ups a day, but it is equally easy not to do them. If we do them every day, we will gradually build a beautiful and fit body. And if we do not, then we will end up with an obese and flabby body. Also, it is easy to read ten pages of a book every day but it is equally easy not to. Let us suppose that,

instead of investing in our intellect, we have decided to watch TV the entire day or go out regularly to have fun with our friends. After an extended period, the habit we have chosen might result in intellectual stagnation, which is a huge cost incurred for the sake of having constant fun. If we dedicate enough time to any area of our life during the day, whether personal hygiene, sport, development of some skill, work, intellectual activity, or spirituality, and we repeat this on a daily basis to become highly competent, after a while, we will definitely be successful. The question that you should ask yourself is: “What kind of sacrifice am I willing to make now, so I would be happy and live an abundant life in the future?” Or: “What am I willing to give up in order to be successful, and have the life that I desire?” If we want to fly, we must get rid of the things that weigh us down, mustn’t we?

The truth is that there is enough time for everything, but we should determine if our priority is to start investing in our future, or are we only interested in momentary pleasures? Short term routines of merit will always bring us long term values and will make our lives more comfortable in the time to come. Learn to recognize the opportunity cost that is ever given, tempting us to choose our life’s philosophy: *instant gratifications* or *life of future abundance* . It is a balance scale that we establish in our lives, and we always must lean towards goals and actions that reside on the future success side, or the area outside the comfort zone and instant gratifications! Choosing to reside with short-term satisfactions may create profound consequences in our lives. That is why we say that all that is pleasant now will be unpleasant tomorrow and all that is unpleasant now will be pleasant tomorrow.

I, myself, have not always preferred to work on my personal development or my career, intellect, health, success, and quality of life. I loved instant gratifications and all the comfort I could get. I preferred not to go to school and was a lazy kid. My grades were average all the way to college. I loved going out every day, visiting bars and clubs. But in time, I learned how to define my priorities better and started following my principles of success. Do not get me wrong, I still go out sometimes, but this is not my lifestyle anymore. I learned how to say “No” to bad habits and instant enjoyments. I managed to build an attitude of producing wealth rather than idleness.

Instead of going out, I often choose to stay home and work on my ideas. I would likely pick a career and family over nightlife. I aim for substantial savings over excessive spending on items I do not need. I always create investments, not obligations. I choose humility over arrogance. I decide to apologize rather than to quarrel. I choose to love my haters instead of feeling hatred. Whether in our mind or in doing, we should always choose to be on the success side. If you feel unsuccessful at the moment, it is not too late yet. The cause for that feeling you might be able to trace in the past, because in the past you were focused on transitory and comfortable things. Maybe you have adopted bad habits, or you have already given up somewhere on your path to success? It is never too late to start over, to begin working on yourselves, and to organize things in the desired direction. This has nothing to do with your age. No one is too old or too young to start something new or start from the beginning. Colonel Sanders did not become a professional chef until he was 40, did not franchise *KFC* until he was 62, and did not become an icon until he was 75. Similarly, Ray Kroc, the founder of *McDonald's*, started one of the world's largest fast-food and real estate franchises in his 50s. Stan Lee was 38 when he co-created the Fantastic Four, the work that made his name, and later on, in his elderly age, he became the godfather of *Marvel* comics. Surely there are some examples from your surroundings of someone who achieved great success in the later years of his or her life. No matter how old you think you are, raise your self-confidence by reading your goals and daily affirmations and remember what it was like when you lived your life to the fullest. I know that you love your comfort zone and that every change is hard! Overcome your fears and doubts, get up from your couch, and take charge of your life! No goal or dream is farfetched. Think about what makes you the happiest. Define the areas to which you want to dedicate yourselves and focus on them. Start learning the basics, and in a short while, with regular repetition, you will become a master of your craft, and you will most certainly climb to the top again. There is a wise ancient Chinese proverb that says: *The journey of a thousand miles begins with a single step*. So, start from somewhere, but start doing it now!

In order to move in a particular direction, you need to be highly motivated and avoid discouragement. You need to create habits that will elevate you, and precondition yourself by forming a state of perpetual creation on a

subconscious level. You want to establish an automated cycle of discovering and unleashing your desires and setting external goals. Have high confidence in yourselves and the process of personal development, and the journey of awakening and conscious co-creation, followed by action in the end. Create your personal blueprint of success and follow it always. When it comes to taking action, it is crucial to understand that the result is the motor that pushes you ahead. Once you see the positive results, then this becomes an addiction. Have you ever noticed that any time you achieve any goal, as an effect of some action, you are in a better mood and more motivated to do more? And on the contrary, every time you have had some bad experience at work, or you have not achieved your goals, you seem demotivated, and you lose interest and simply give up before you reach the reward. Your creation gains speed and multiplies once the desired manifestation is fulfilled. It transforms you completely, from the unconsciousness of “I can’t” to the mindfulness of “I can.” It is not just an upgrade in consciousness, but also a new positive attitude for life implanted within us. When you have a dream that makes you feel fulfilled enough so that you can have faith in a particular idea, it is easy for you to make a decision and take action. The action is always followed by a consequence, which then directs you towards new thoughts and emotions and gives you hope and motivation to proceed. This increases your self-confidence and eases the process of creation.

Our actions should always be instigated and stimulated by our instinct and intuition. We are not trying to say that when someone inspires a positive emotion in us, we should not follow it up, we are only saying that we should follow ourselves first. The action that we take as a result of listening to our own intuition and our positive emotional state is the true action, and that is why the result will always come with the feeling that we have done the right thing. Our positive emotions should be causes of our actions, while our negative emotions should be effects of actions and therefore accepted as lessons to be learned, leading to a more positive reaction. That is why it is crucial to control our actions and point them in a direction guided by our positive thoughts, emotions, and internal goals. If our movement has caused a negative feeling and low vibration, then we should focus on transforming this emotion before we decide to react with a new response. Open up so that you can recognize the activities that cause negative emotions and allow

them to be your positive feedback for the future. Every action offers a lesson!

Love yourselves, and do not let anyone bring negativity into your precious lives. Surround yourselves with people who can raise your vibration, who support you, and from whom you can learn something useful. The good thing is that if you let the seed take root, a thriving fruit will grow, and on that path to success, you will start attracting new people, more similar to you. Besides learning many new things from them, their very presence near you will maintain your vibration on a higher level. They will not drag you down, but instead, they will give you a hand and lift you up towards success. Do not let the facts based on other people's collective opinions control your life and the way you think. Learn to build your own attitudes. Have attitudes and views that will create new facts. Whenever you take action, do it always with your attitude. Be bright, enthusiastic, and compelling. Stand firmly on the ground and draw from its limitless energy. Say what you think and believe is right and do not jeopardize your dignity and integrity. When you think yes, say yes. When you think no, say no. Open yourselves up to your intuition. Speak up, loudly and fluently, from your heart. Express yourselves. You are a unique and beautiful being, and you should not imitate anyone. Be someone who always accepts challenges. The more challenges you accept and the more experiences you gain, the more you will grow and become wiser. Focus your thoughts on the things you want. Speak in superlatives. Concentrate on your desires and your own needs. Think about positive things. Keep your vibration high. Feel good and have big dreams. Allow your emotions to guide you and show you the way and when an opportunity opens up for you – take action. That is how one becomes a creator. If at this very moment you are not happy with your life, there is a reason for that. But that has to be changed – right now! Your life is happening right now! In the words of Sir Winston Churchill: *Never, never, never give up!*



STATE OF LOVE

High level of consciousness

Without a doubt, love is the strongest power in the Universe. Love comes from within. Walking down the path of life, we need to discover this state of love for ourselves so that we can also give it to others and spread the message about conscious existence. That is all there is, either we search for love to receive, or we want love to give. Love is the only energy that provides us with a feeling of fulfillment.

Whether we drive an expensive or cheap car, we will get to our intended destination. Whether our watch is extravagant or ordinary, it will tell us the same time. Whether our cell phone is old or new, the signal is the same when we talk to our friends. Whether traveling by yacht or by train, we will arrive sooner or later. It is odd how much we are obsessed with the high standard of living, while we ignore the standard of our own life. There is nothing wrong with having money, glittery and expensive watches, cars, and all kinds of luxury and comfort. But never compensate for the quality of your life with the standard of living. We are focused on accolades and material gains, but those things will not make us happy in the long run. Their worth is based on use; hence they do not have the value of happiness. Some people are so poor that the only thing they have in their lives is money! Think about this for a little bit. They live lives of non-abundance! Our happiness and value in life are not among the things we buy, but among the things that are inside us. And one of those things is love! Only the exchange of love can fill our hearts and bring us joy. But how can you find that love inside you if you live with hardships? Maybe you are lost, stuck in a dead-end job, and feel that you do not know where your life is heading.

You might be a refugee at this very moment, or poor, frail, tired, depressed, suffering, unsuccessful, sad, bitter, disappointed, hurt or deceived. But nothing is permanent, everything changes, even our problems. And the only way we can achieve the state of love is to give our maximum every single day and to strive to make the world that surrounds us a slightly better place than yesterday. And if every day we go to bed thinking: “I am doing the best I can,” this comforting thought, no matter how bad your situation is, might give you encouragement and a feeling that will lead you to the state of love.

Love means to accept ourselves fully and to accept others. *Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love. 21* To love someone does not mean we love him or her because he or she meets our expectations, but because we fully accept him or her, just as we should fully accept ourselves. If we think that we have loved someone, or that someone has been dear to us, and if this someone “betrays” us, this simply is not true. This is a paradigm, and the truth is that we have had unrealistic expectations of this person. However bad that might seem to you, whenever someone does something, we should respect his or her choice. We must not expect people to do what we think is the right thing for them. If we love someone, do we need to let him or her do what he or she wants, or do we want him or her to do what we want him or her to do? If you ask someone: “Why do you eat meat?”, they might respond with: “Because I like meat.” But the truth is that no one likes meat per se. All that people like is themselves, and just because they find meat tasty, they will let the animal be hunted down, locked up, exploited and slaughtered so that they can eat it in the end. Judging by this, quite a lot of what we think is loving is not, in fact, true love. When a man and a woman fall in love, he says to himself: “Here is the woman that can fulfill my needs!” While she says to herself: “Here is a man that can be useful to me at any time!” And they say to each other that they love each other, but the truth is that both of them love themselves, and both of them have become the means for the fulfillment of each other’s needs and pleasures. This so-called love is untrue love. It is false love based on the fulfillment of personal needs. True love is not based on what we can get, but on what we can give. People usually say : *I give to the one I love* , but it would be more

accurate to say : *I love the one to whom I give* . If we decide to give someone love, then we take a part of our lives and give it away. And then he or she becomes as one with us. Unconditional love is the love of giving, not the love of taking or getting. Sometimes our loved ones are not in balance, and we might find it difficult watching them move “in the wrong direction.” And we feel a need to change them. But we should honestly accept that they do what they want to do and that everyone has the freedom of choice. We might even watch them suffer, knowing that suffering is definitely not good for them. We might want to intervene, to help them, and do the best we can. But we cannot always get into someone’s life and do something in his or her place. If we really love somebody, we will let them experience life and learn the lessons by themselves. Everyone has their own path in life, and they need to walk that path so that they can grow spiritually. If we want to meddle in somebody else’s life, we need to earn that right with trust and gain permission. All of us have some role that we play in this world, although we might not know what that role is at the given time. And more importantly, each one of us has a purpose in life that brings some change to this planet every day. We are part of the chain reaction of events created by our individual actions. Indeed, we are in the fortunate position that we can make our own decisions, to have our personal choice as to what kind of influence we want to have on ourselves and others. Therefore, we are all an integral part that brings meaning to society.

21 1 John 4:7-8.

To love also means to love ourselves and to take care of our own body. We have full control over our bodies, and if we want to have healthy bodies and be beings with balanced energy, we need to treat our bodies like sublime and holy temples first of all and love them unconditionally. If we are in harmony and love, our bodies will maintain themselves, and our immune system will work flawlessly. If we live in fear, the game is “over” for us. According to the American author and biologist, Dr. Bruce Lipton: *Only 1% of the illnesses on the planet are genetic, while 90% or more is a result of our habits and lifestyle, that is to say, a result of the psychology of fear.* When the thought of love enters the body, we can feel it physically. Our

cells bathe in the chemistry of love. But, when we are loveless, we are overwhelmed by fears of external factors. When we feel the emotion of fear, the substances released by the brain lock all the mechanisms in our body that allow for our spiritual, mental, and physical development, and they close our energy centers, the chakras in our body. And this then results in all kinds of illnesses. Both our mental and spiritual health are connected to our body. This is why it is essential how we treat it. Start with your diet first. Eat predominantly plants, whole grains, nuts, and drink a lot of water. Invest in a water filtration system at home. Also, take your daily vitamins and supplements. Minimize the intake of processed foods and consume natural and organic products bought from the green market. These healthy habits concerning your diet will allow you to vibrate at high frequencies and have energy all the time. Change your way of thinking! Always before eating or drinking water, thank both your food and your water. Remember Dr. Masaru Emoto and his discovery that our thoughts and emotions affect the structure of water. At the same time, in this way, you raise your vibration. Take care that you sleep regularly. Surround yourselves with people that support you, people with high energy. Be aware of the things around you at every possible moment, recognize them, observe them, and carefully say to yourselves: “Aha, something is going on around me!” Whether in town or the countryside, life goes around you! When you are present in the moment and looking at the tree ahead of you, you cannot think about anything else. Just about what is here, right now! Take long walks in the countryside, climb mountains, practice fitness, yoga, dance, sing, hug trees, look at the sky, see how the sun rises and goes down, and laugh. Listen to positive frequency music. Meditate every day. If you can arrange it, meditate outside, in nature. Step barefoot on the grass. Connect with the ground. Listen to music nature creates. All these everyday activities will help you live consciously in the now. They will stimulate the process of balancing your energy centers and, at the same time, will raise your vibration.

When we are awakening and making changes, we cognize our internal state. We recognize our internal goals rather than our external goals. We can sense what our internal goal is and what it is not. Life happens through us. We now have a purpose, we have a mission, and we know what we want. We believe in our intuition, and we are in harmony with ourselves. The ultimate

stage is spirituality. It is a state of manifestation from the level of love. We act subconsciously, and the manifestation is quick. We do not feel detached from our spirit. We exist in the state of love, and we are as one with the Universe. We become consciousness! We are calm, and we can get rid of our identification with material objects quite easily. Our feelings of universal belonging intensify. We have empathy and compassion toward others. We relate to things with consciousness and clarity, and we can tell what is true and what is not true. Our intuition is pronounced. Our internal truth reveals itself, and we stop believing in conventional convictions and teachings. We are living in the *love vibration*, which is the *highest state of being* .

Allow me to share with you one Tibetan folk story that inspired me a great deal when I first heard it. A long time ago, there lived a king who had four wives. One day the king fell deathly ill. Being afraid to face the afterlife alone, he asked his fourth wife, whom he loved the most and whom he always adorned with expensive clothes and gold and diamond jewelry, whether she would join him in death so that they could start their afterlife together. The fourth wife said: "I'm sorry, but I can't do that," and she left. He called his third wife, whom he also loved very much. She was the prettiest of all wives, and he always bragged of her beauty in front of other people and presented her around the kingdom proudly. He asked her the same question: "Will you join me in my afterlife?" The third wife replied: "I'm sorry, but I love my life too much to join you on your journey. And when you die, I intend to remarry!" It was the second wife's turn. She used to be there for him all the time. He asked her the same question, whether she would join him in death so that they could continue together in their afterlife. She responded: "I'm sorry, but this time I can't be there for you. What I can do is organize your funeral and see you off in a dignified way." Then he heard a voice coming from behind: "I'll come with you, and I will always follow you, wherever you go, even in your afterlife." When the king raised his head, he saw his first wife, whom he always treated as the least favorite and showed minimal affection and care. Filled with shame and sorrow, he said to her: "I'm sorry, I should have taken better care of you while alive."

What is the moral of this story? We all have our four wives. The fourth wife is our body. We want to decorate it with beautiful clothes and jewelry, but in the end, those things cannot follow us in the afterlife. The third wife symbolizes our possessions, the things we own. We waste our time during our lives working, seeking, and trying to come into possession of some objects, but in the end, they cannot follow us in the afterlife either. After our death, they are divided among other people; they “remarry.” The second wife symbolizes our family and friends. We love them, and we trust them, and they are always there when we need them. But they as well will not die with us and join us in our afterlife. Our first wife is our soul. We usually neglect it and often fail to take any care of it. And our soul is the only one that will come with us to our afterlife. Every manifestation is a result of the attention we pay to all dimensions of our being and existence. The way we take care of our body, mind, and spirit will define the reality of our life. When we fully care for our being, we are in harmony with ourselves and with nature, and then the manifestation is easy, quick, and pure. It does not spring from the ego, but from the higher self that communicates with our higher consciousness and with the infinite source of energy.

For our desired reality to manifest itself, we need to be unconsciously competent in our mindfulness. We need to be in a state in which we are fully aware of our thoughts, sayings, affirmations, visualizations, meditations, of the emotions we emit, of the state of our body, of the frequency at which we vibrate, the energy we radiate, of the external goals we have set ourselves, of the decisions we make and the actions we take. We need to love our bodies and take care of them in order to be healthy. We need to enjoy the things we already have and the comfort they bring us and learn to give and be generous. We need to take care of our family and friends and return their love with even greater love. But we must not forget to feed our souls because our soul is the source of our life. The soul is our most faithful friend. So, awaken your consciousness, love yourselves completely, and take good care of your being!

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AWAKENING CONSCIOUSNESS

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