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Introduction

Do you live up to your fullest potential? Have all your childhood and adulthood dreams worked out? Do you believe that they can? Yes, they can. And this is not just a promotional message.

You can only succeed in any activity, game or sport when you know the rules, when you know what you are capable of and what resources you can utilize for yourself. The same is true for living your life.

The rules of life aim beyond success or failure which are human concepts, their concern is much broader or higher. The rules of life on a universal level make sure that life in whatever form is maintained until its creator decides to terminate it. The universal rules or laws are invented by the highest or the broadest perspective of the creator of the universe. They always apply as opposed to some potential rules which are invented by the less broad perspective of the beings or residents of the universe. The most important thing you need to know about these universal rules is that they give enough freedom to everyone to create an ideal life. Perhaps sometimes it feels like too much freedom? The task is to grow up in our consciousness to respect this freedom and use it to the benefit of all.

The seeming chaos in our planet demonstrates this freedom. However, the chaotic sight is just a matter of perspective. You have
enough freedom to choose a perspective which serves your highest desires and ideals. The more your perspective is aligned with the perspective of the designer of the universe you live in, the more harmony and joy you can create for yourself. But where do these rules and ideas come from and why now? – you might ask. The answer to that question is quite complex, but enough to say that we were not ready for it until now. The evolution of the mind has just reached the point where we have become more receptive to universal principles. This holds enormous potentials for us to accelerate the evolution of human consciousness and to transform our planetary life into a more harmonious and prosperous civilization.

Many of us have come to the recognition, in this era of new understandings, that we are part of a higher intelligence which lies within us and which is not dependent on any outer condition or authority. So, the task in the 21st century is to become responsible, or deliberate creators of our life by utilizing the enlightened creative mind through which inspired and effortless actions can be naturally and easily maintained.

This work suggests that we are all extensions of the one Source, a source energy, and we have physical and non-physical aspects – and we as human beings, besides being part of humanity, are also members of a cosmic family. At this level of our development we perceive and experience life in a dense physical form, and we are less aware of our non-physical
aspects, or less physical dimensions of our life, such as the
dimension of feelings and thoughts.
Have you seen the movie, “Honey, I Shrunk the Kids”? Imagine,
that you are shrunk like the kids of the inventor in the movie but
not only in size but also in consciousness. You completely forget
what and who you were as a normal sized human being before, you
suddenly awake as a miniature human being of ¼ of an inch (0.6
cm) and think that your ultimate reality is what your tiny eyes on
your tiny body make you see. You live in the backyard of the
Szalinskis’ and perceive some noises and activities but you have no
idea where they come from and what causes them. You live in
constant fear of danger and do your best to survive etc.
We are the children of a magnificent being whose creative
intelligence is inconceivable and who has shrunk parts of itself and
transformed them into the varying density of energy-matter. Our
physical, relatively low-vibrational reality is the dense, crystallized
model of higher-vibrational, subtler realities. While the
consciousness of the creator and designer of our dense physical
reality is unlimited, ours is relatively limited.

We are completing the cycle of experiencing the densest forms of
our existence. We are expanding our consciousness into subtler,
higher vibrational realities of existence. From the perspective of
our dense physical reality, higher vibrational means something that
cannot be perceived by our five sense-organs – for example,
thoughts and feelings cannot be seen, heard, smelt, touched or
tasted. From a broader or universal perspective, higher vibrational
means standing higher on the happiness scale, being tuned into the frequencies of joy. The synthesis of the two perspectives suggests that we need to start paying more attention to our thoughts and feelings if we want to experience more joy vibrations in our life. We cannot become happiness creators in the physical without acknowledging the crucial importance of our thoughts and feelings. We also need to be absolutely selective about our thoughts, because our thoughts create our reality. And we cannot proceed to a higher vibrational existence until we become experienced happiness creators in our densest physical existence. Being happy is not an option but a requirement for progress in the framework of our cosmic existence.

This is because the purpose of the creating Source is joy, consequently, the purpose of all creations is joy. All creations are born from bliss and are eventually absorbed by the blissful Source at the end of a cosmic life cycle. All creations and created beings go through the innumerable cycles of pulsating life to generate new forms of joy which are various unique interpretations of the source energy.

From a broader perspective we are all destined to be happiness creators. From a less broad, or limited, perspective some experiences in human life do not seem to reflect ultimate happiness. But these reflections are temporal, and they are parts of the innumerable variations of experiences which will eventually lead to the desired happiness creation. Sooner or later all details
and complexities are seen to merge into a more evolved understanding of a more expanded, more matured human consciousness. This new human consciousness sees life from the elevated perspective of joy and furnishes highly evolved human beings with immense creative potential.

This program can give you the courage and confidence to utilize your highest creative potential. It helps you understand that you are worthy of everything you truly desire. You can become anything you believe you can become. No economic, political or any situation, or circumstance, can override your creative superpower. There is no higher power than the power of your beliefs, thoughts and feelings.
Which one can do a better service to us? What does the heart have that goes beyond the understanding of the rational mind?

Which one can do a better service to us in our quest for truth and the purpose of our life? Cold logic and a mind which only sees what it is programmed to see in its own experiential world? Or a heart which is too weak to compete with the over analysing tendency of our rational world? Can reasonable arguments and proven best practices help people to discover the meaning of life, to establish harmonious relationships and accumulate enough money to realise their dreams?

Is overall well-being and prosperity an illogical, inconsistent, impossible theory and the illusion of the love-filled heart – or the natural consequence of the evolution of the human consciousness and spirit? Do heart and love have anything to do with evolution and human spirit? Or is it the privilege of the logical mind to decide
what to include and exclude in the process of planetary development and well-being?

We admire how the mind makes one discovery after the other in the realms of science, how it makes plans and creates visions for the future. Science acknowledges that by taking on new challenges and habits, or acquiring new skills, new neural pathways are created, and our brain gets rewired. This process never stops as long as we maintain our learning and thus become a different person from time to time. And as different persons with all those new experiences we build new beliefs. Our rewired brain, our mind reprogrammed by the new beliefs then attracts new challenges and adventures.

The heart feels instinctively that there is a higher truth than can be grasped by the dominant mind alone. The heart knows that love is the only permanency in our life. The heart knows that the limitations of the mind can only be neutralized by love. Love has something that goes beyond the understanding of the rational mind, something that connects all of us at a cellular level. The rational or analytical mind creates principles that discriminate and work in a certain way. Love has only one principle which works for all – which is, “we are all loved”.

What if the intuition of the heart can broaden the mind’s perspective?

Patanjali refers to the realm of intuition as the “raincloud of knowable things”. Access to the “raincloud” requires nothing but
an honest need for the truth – and a mind illuminated by the love of the heart.

Scientists, at the HeartMath Institute, for example, have already conducted extensive research on the power and intelligence of the heart, and the connection between the heart and the brain. It is scientifically proven that the heart produces the body’s most powerful rhythmic electromagnetic field which invisibly connects us with the Earth, the Sun and all living beings. Our heart contributes to the collective energy field, a large network of information also called collective consciousness.

The heart, as the most powerful intuitive intelligence, communicates a steady stream of intuitive information to the mind and brain – of which only a small percentage is used. It is also proven that when people hold genuine feelings rooted in love such as appreciation or compassion, the cohesive and coherent power of the heart increases. This is because pure feelings such as joy and love vibrate at the higher frequency of accelerated energy. This higher vibrational energy has a more impulsive, more impressionable, more instantaneous and more cohesive nature than the lower and slower frequency of the crystallized energy of the physical world which feels less connected, and more divided. The heart, allied with this new accelerated energy and its intuitive intelligence, can “convince” the brain and can cooperate with it which then results in a sustained synergy between the heart and the mind. This synergy is the foundation of a more harmonious and joyous life on our planet.
The evolution of whatever form is the result of the evolution of consciousness. As consciousness evolves, it creates a limitless variety of forms. Consciousness is also the product of some creation. Both ancient theories and modern science have concluded that our universe is the creation, the manifestation, the materialization of a single essence, an intelligent Source. While the intelligence and the creative power of the Source is unlimited, the creating capacity of the various beings originating from the Source varies. Their level or form of consciousness determines their creative power. A creation reflects its creator’s image and thinking.
There have been thousands of attempts to define and describe the concept of consciousness. In a nutshell, it can be said that it is a state of being aware of something, being creatively responsive to one’s surroundings. Scientists, neuroscientists, philosophers, artists etc. have tried to understand the phenomenon throughout human history. René Descartes provided his famous philosophical approach in the 17th century, “I think, therefore I am.” Though impressive, as it is, scientists say that it does not constitute a testable theory. Thoughts cannot be seen, heard, touched, smelt or tasted.

An action perceived by the five senses does not leave any doubt about its existence in the physical plane, because it is perceived by corresponding senses in a corresponding environment. Both the environment and the sense organs resonate within the same frequency range of our physical reality. Mind and thoughts are not perceived by the five sense organs at the level of the low vibrational frequency of our physicality – though we do not deny that they are present in our consciousness. Spiritual science validates their presence. According to ancient wisdom teachings our physical reality is the consequence of the activity of the mind and thoughts. The physical world is the result of a non-physical activity. Even the most sceptic people admit that things are not created out of nothing, an investment of whatever kind is needed. And even if the “investor” or creator cannot be seen by physical eyes, this does not prove that it does not exist in a broader context. We expect the seed to become a plant, but we do
not care what makes it grow, what invisible forces come into play during the process. What matters is the result, which we take for granted simply because that is what we are used to.

If the physical reality is the proof of the existence of some other reality (or realities) it means that there must be a relationship, a common ground, between the visible and invisible realities. This common ground is the creator’s thinking. A creator can only create something which somehow reflects its thinking. This reflection is observed by others, reflected in their minds and we call this an image. The image of the Creator of our planet is observed by about 7.6 billion minds and interpreted from about 7.6 billion perspectives at the beginning of the year 2018. These perspectives are all valid, are loved and appreciated by the Creator – they all contain a spark of the Creator’s thinking. As sparks of the Creator’s thinking, as parts of the Creator’s consciousness, we can expand our thinking, broaden our personal perspectives to gain more understanding about the Creator’s way of thinking. We can integrate new thoughts into our thinking, we can observe our reality through these new thoughts and test the new thoughts by putting them into action. For example, the idea of observing the processes of nature on Earth and the idea of examining the cycles and occurrences of human life can help us discover some creative rules, or life principles. We can discover the commonalities, the rules of life which apply anywhere, anytime and to anyone. Then the only task is to live our life according to these principles to assure success and harmony whatever we intend to deal with.
Science has also discovered that everything in our universe is somehow interconnected. This can help a lot to set up scientific theories to explain the origin and the modus operandi of our galaxy. This discovery also involves that one can reach the creator, the common ground, from any element or member of a creation – where all parts hang on the chain or web of creation. This also supports the teaching that every path is divine and unique at the same time and all paths eventually lead to enlightenment.

Some physicists say that we live in a multidimensional hyperspace which is the manifestation of a single essence. The material which makes up all energy and matter is thought to consist of vibrating strings or waves interweaving the galaxy. Dr. Michio Kaku, theoretical physicist, professor at the City College of New York, says that the waves are entangled with the waves of the other side of the galaxy. We are part of this invisible web and this entanglement causes vibrations. If someone makes a move in one part of the universe, other parts respond immediately, because entanglement makes vibrations travel faster than the speed of light. As for the subatomic particles, he says that they are the notes on the vibrating strings. He also describes the universe as the symphony of strings where physics constitute the laws of harmony, and chemistry is the melodies we play in the vibrating strings.

Scientists hope to find a theory which could explain every aspect of physics and perhaps our existence. Quantum theory, (the theory of probabilities), though one of the greatest theories, causes great
disagreement within scientific circles. Some say that the role of an observer is of key importance in the outcome of a quantum event (any kind of event) – and no quantum event is brought into being without an observer. In a universal context this can also mean that for someone or something to exist, someone else has to observe that someone or something first. This involves a chain of observers where there must be an ultimate observer – an intelligent Source or can be called God. Considering this approach, we can also interpret Descartes’ definition like “I am observed, therefore, I exist”.

The observers operate at various levels of consciousness which leads to created realities at various levels – can be called multiverse. The observers vibrating in their own universes have free will and can make their own decisions; they can observe any probability, any probable happening. This creates parallel universes (probable choices) within the observer’s universe, or creators’ reality. Though Schrodinger’s thought experiment, the famous cat paradox, was meant to demonstrate that in our everyday life we cannot do too much about the possible simultaneous existences of the cat – that the cat is simultaneously dead and alive –, this paradox still contributed to the idea of parallel universes and multidimensional existence. In one parallel universe the cat exists and in the other one it is dead. These theories, the observer’s theory, the idea of a multiverse and the idea of parallel universes cause the strongest debates. But what if all are valid and can tell a lot about the nature of reality?
If the ultimate determining factor of existence is observation (which is synonymous with creation in a broader context), the ultimate observer must observe everything, every existing phenomenon. What we consider as “probability” falls within the realm of the observing capacity of the ultimate observer – who, obviously, has an omnipotent observing (or creating) capacity and scope and an infinite level of consciousness. The ultimate observer sees and provides all the probable variations of an existing ultimate reality. In the chain of observers, the levels of consciousness, the levels of creating capacities, vary. An observer can only choose from probable realities, environments, happenings etc. that vibrate within the vibrational frequency range of the observer. As for our realm of observing, or creating, capacity, it is limited compared to that of the Source. But by utilizing our free will and by making decisions we can choose from any of the parallel realities or universes existing at the frequency level of our physical world. These parallel universes represent our probable choices and they become alive for us once we opt for them – it is our will, our choice that energizes them and make them appear in the focus of our attention. The phenomenon is caused by the universal law that says that energy follows thought. Due to our relatively limited consciousness, we are only capable of choosing one of the options, realities etc. which simultaneously exist in the mind of the ultimate creator. It is obvious that the ultimate creator must have all the possible versions available for us so that each one of us can make the choice that perfectly fits our unique belief system. Also, once
we make up our mind about the chosen reality, our focus is strictly kept on that one chosen reality – which we can change as often as we believe we can change. From a broader perspective, we exist on several layers of reality (physical and non-physical) but from the viewpoint of our earthly existence we can only observe one reality at a time.

Considering the creator’s image, we can discover the line of thoughts along which all creations are created, and which leads to all the variations and complexities our life demonstrates. These powerful core principles operate on all levels of existence in our universe.

☀ **Existence is eternal** – we exist from the creator’s point of view, we exist on a physical and non-physical level. We are. We always are whatever we do or do not do.

☀ **Space and time are relative**, exist in relation to something else, operate in one environment and do not operate in another one. For example, in our dreams and in our thinking space and time do not exist – so space and time do not operate on all levels of reality. From the broader perspective of the creator, space and time do not belong to the core principles. They are simply allowed to be observed.

☀ **Oneness**. From the creator’s perspective none of the creations is created outside the creator. Creations are part of the creator.
We are all parts of a single essence, an intelligent Source. *We are all one*. We are just one interconnected “thing”.

- *What we give is what we get.* The creators’ images are reflected in their creations on all levels of existence – they are given, they are already there. All creators give something of themselves – and get back something of themselves. We are free to give any aspect of ourselves. We cannot create without giving first, we cannot receive without giving first, because we are the cause of the effect we are creating. Also, the principle, “what we give is what we get” validates another principle, “ask and it is given”. We ask for something and we simply take that something we ourselves have given. And what guarantees that we can give? It is existence, our existence in whatever forms and in whatever contexts. Our non-physical part causes our physical existence, it provides the energy which creates the physical form.

- *Change* is the fifth universal law. The infinite intelligence of the creator can only be demonstrated in infinite ways. The process is still going on – and on and on endlessly. Once a form is created, that form expresses one aspect of the creator’s intelligence. Then another aspect is eager to be manifested and materialized at an unimaginable speed. This does not allow repetition; every creation is unique in every fraction of the second. Once you pronounce a word it is history, it no longer exists, and you need to create another one from time to time.
And do not believe that when you, for example, pronounce the same word over and over again it is the same experience. It is always different, though the changes can be so tiny you might not realize them. Everything changes – except these universal laws, the creative core principles of the creator of our universe, the source of our existence.

These five universal principles generate subprinciples such as the law of attraction etc. and are enough to cause all the variations and complexities life can offer.
The ultimate purpose of existence is happiness creation. This purpose is served on all levels of consciousness and reality. We are ready to change our perspective about our creating habits. We are ready to experience our life creating processes as fun-filled journeys that we take to the various stations of our happiness. We are preparing to become the citizens of a new reality which vibrates at the frequency of eternal joy and harmony.
We are living the most important time in the history of humankind and the history of our universe. We have been waiting for this life for hundreds of thousands of years. It is the transformational life that has been prophesized by masters and teachers of humanity from time to time.

The core idea that our ultimate reality is pure spirit, consciousness, light or energy is expressed by great traditions, wisdom schools as well as modern physics. The idea also suggests that energy cannot be created or destroyed, it already exists and can change form. Seen from a holistic spiritual perspective, consciousness and light are the internal and external expressions of the same phenomenon. A person's consciousness creates an emanation of energy (referred to as energy field or aura) into the space which is shown as some form of light (with colour) – depending on the state of consciousness of that person. Universal consciousness (also called the mind of God) holds the key to quantum physics, metaphysics and modern physics.

Creating bliss is the ultimate purpose of existence. All creatures – masters and beings on any scale of consciousness – serve this same purpose whether they are aware of it or not. Existence is evolving life which transforms itself into countless experiences which convey the messages of the same wisdom: the wisdom of bliss. Creation is interwoven by evolutionary and involutionary processes. Evolution is an ascending, expanding tendency of the spiritual
energy, when energy changes into higher vibrational states which creates more advanced, abundant forms of life. What we call involution is the descending tendency of spiritual energy into matter, when energy crystallizes into lower vibrational states which creates more limited experiences.

According to ancient wisdom teachings, the processes under which the various planets come into being and evolve in our universe go through downward and upward phases. The sparks of spirit participating in the series of events move downward into the dense matter and then, after passing the deepest point, move upward toward spirit. The deepest point represents our planet Earth. This indicates that the passing of the Earth through the lowest point is also the turning point where the evolutionary wave turns upward leaving the densest regions of matter behind. Our evolutionary wave has already passed the deepest point. This is the reason why the life of this small planet is going through a great transformation.

Now we are in the transition period of changing our perspective from the highly focused physical materiality, which we chose as a group consciousness a long time ago, to a less restrictive reality where synchronicity and harmony gain the upper hand over the feeling of being separated and limited. Now we are waking up to welcome the new understanding which makes it clear for us that we are the creators of our physical reality in every respect. The great teachers of humanity have been challenging us to face this hidden truth throughout our history. The
teachings of ageless wisdom were necessarily limited by the thought patterns of any given culture and significant effort was made to constantly adapt these teachings to the various cultures, levels of education within the general body of humanity. The reason why many of these teachings could become distorted, corrupted by politics and narrow self-interest is that true spiritual leaders respect the free will of humanity and would never interfere or force their will on us. They are aware of our free will, which is our basic cosmic right, and only this freedom of choice can be the basis of our progress.

Now, at the beginning of the 21st century and a digitalized era, the thinking capacity of humanity has enabled its members to go on to a new cycle of living, a cycle of joy and advanced creativity. All it requires from us is a shift in our focus, a rearrangement of our priorities by following the dictates of both our elevated mind and our intuitive heart.
The source of our creative power is threefold. It is an energy package containing the following three high vibrational concepts: will, wisdom and activity. These concepts are transformed into more materialized, more crystallized, concepts which we can access and control at our current physical reality. These are: thoughts, feelings and actions. We create life on three levels, but most of us are only fully aware of one level only, which is the least powerful one. Understanding the other two levels and consciously cooperating with them will bring us the desired new creative superpower.

Cycles of creative processes follow each other in our excellently constituted, governed and sustained universe. The cosmic processes are reflected in our earthly, physical life. Our participation in our dense, earthly physical reality is based on a decision we have made by our extended, non-physical self.
The Source of Creative Power

The source of our existence is interpreted in various ways. When the word “God” is used, people often think of the Absolute, the One Existence – while others think of the architect of our solar system under this name. The exciting thing is that there are endless number of rungs on Jacob’s ladder of attainment – which leads to an endless number of solar systems. Great spiritual beings of indescribable splendour whose activity is beyond our understanding stand on this ladder – who have been “thought” into existence by an absolute mind of unlimited intelligence standing on the highest step.

The Absolute, or Undifferentiated Source, is beyond comprehension. According to ageless wisdom teachings, at the dawn of created life the Supreme Being, The One, is thought into existence, or is created by The Absolute. The three aspects that best describe The One, the Supreme Being, are power, word and motion. It is said that seven glorious creative beings of immeasurable magnificence are created first by this threefold Supreme Being. Each being exists on a cosmic plane of consciousness vibrating at a unique frequency range; each of them is threefold and creates seven-fold divisions and subdivisions within its own realm.

The creative intelligence of our solar system, whom we call God, or Godhead etc., dwells on the highest frequencies of the seventh cosmic plane. This great being is also threefold, like The Supreme
Being. Its three aspects are will, wisdom and activity. This Triune Godhead, also called The Trinity, is known in Christianity as God The Father, God The Son, and God The Holy Spirit. In Hinduism they are called Shiva, Vishnu, and Brahma.

The creator of our solar system created or thought into existence the seven planetary intelligences of immensely high creative power, also called the “Planetary Hierarchies”, or the “Planetary Spirits”. Our God thus divided its created self into a seven-fold universe. Each of the planetary creative intelligences is threefold and creates from itself beings who go through a seven-fold evolution. These creative intelligences love creating, and they admire their creations. Their “rank” on Jacob’s ladder is expressed in their creative power and field of activity.

Creation or manifestation can be described as the transformation of a thought potential into some kind of matter of more or less density; the transformation of energy into form. Energy or matter, they are expressions of the same root substance. Processes transforming energy into matter and matter into energy never stop; the number of forms and states of matter and energy is infinite. Vibration, the great organizing principle, ensures that every form of creation, every created being, exists in an environment that best suits its vibrational characteristics.

Creators being part of the vibrational spectrum appear on the various levels of created reality. Here in our physical reality we experience the creative processes on three levels: on the level of
our thoughts, feelings and actions – this (among other things) shows our threefold nature. Our life goes through seven-year cycles, and our subtle bodies (our non-physical part) also develop with our physical body. Their developing processes are invisible, we only experience the changes in our physical body, in our feelings and thoughts and in the nature of our experiences. We develop new thinking, feeling and acting patterns.

Creation begins on a non-physical level and appears on a physical level; or we can say it starts on the abstract (higher vibrational) level and appears on a concrete (lower vibrational) level. It can also be said that creations are born from concepts. Ancient wisdom teachings refer to creation as spirit (high vibrational energy) manifests or descends into matter (lower vibrational energy), or the spirit’s journey into matter.

There is a saying, “Everything begins with a thought”. We have an idea, we think of something, then we have a feeling about it, and then we act and gain experience. We operate on the three levels of thinking, feeling and acting. There is a life being created on all the three levels. There are beings, creators of more or less experience, there are forms of creation, on all these levels. We are most conscious and most experienced on the acting level, the densest physical level. We can perceive all the solid aspects of the physical world by our five sense organs. Our perceptive faculties of the reality of thoughts and feelings are in an early stage of development – as opposed to our fully developed physical sense
organs and physical body. Our physical life and physical body could not exist without the other two levels. If they could, we would have control over all the natural processes on Earth and the processes of our physical body, over our life, over our health etc. by using only our physical experiences and tools. But we do not have control over these things, they mostly happen to us. Because our subtle bodies (the bodies of our thoughts and feelings) provide the form and type of energy consciousness which shapes our physical body, we need to also operate on the level of our subtle bodies to have more influence over our life. We instinctively want more and more understanding about our life because we have become beings of ever increasing thinking capacity, intelligence and creative power. And we want to improve our creating skills and we can. Our evolving thinking capacity has brought us here at this space-time reality, at the current level of civilization and technology; and only the ability of thinking can take us further. Believing, having faith merely on an emotional level will not be enough – simply because emotions reside in a vibrational frequency range which is lower than the vibrational levels from where creative powers originate. There is no creative role assigned to feelings and emotions – they are for feedback; they fuel thoughts with energy; they influence the nature and the “direction” of the creation. We can also improve our perceptive faculties of the subtler realities (from where our higher instinct originates) by thoroughly observing our physical life – the processes of nature, our bodily functions etc. – and by carefully listening to people and paying sincere and heartfelt attention to them. When we do this, we are actually
paying attention to ourselves, simply because our physical surroundings are the reflections of our current energy consciousness. Only our elevated thinking which reflects and cooperates with the higher vibrational perspective of the intuitive heart can take us to the next level. Only an elevated mind can project an elevated reality – which offers more harmonious and abundant experiences.

Before we can experience higher realities, we must experience clarity and satisfaction about the understanding of the creative principles of our life. This understanding gives us the certainty that we can create an abundant life and achieve happiness on this physical level. Being happy means being certain about our creative power. Being creative means being happy. Happiness on the physical level is our entry to higher vibrational realities. Everything around us serves our growth and as we expand our thinking, probabilities of a happier life keep flowing through the filter of our understanding and get manifested in our experiences.

Constituted, Governed and Sustained

The universal principle, “We are all one and the one is all”, is traced back to the idea that we have all been emanated from, created by the Absolute. When a God creates he fills every atom of the cosmic root-substance with his aura and thus awakens the activity latent
within every in-separate atom. That is why it is also said that a spark of divinity is built into the very atoms of our being and for this we human beings, and all sentient beings, contain something of the essential nature of the Godhead.

As the worlds, or planes of existence, come into being they serve different purposes in the evolutionary scheme. They are not instantaneously created at the beginning of a cosmic life cycle, or world cycle, or manifestation cycle, nor do they last until the end. God differentiates the worlds of reality, the planes of existence within himself one after another, as the necessity arises for new conditions in the scheme of evolution. The highest vibrational realms, or subtler worlds, are created first, and they gradually crystallize into denser worlds and substance for the building of forms. In due time the point of greatest density, the nadir of materiality, is reached. From that point life begins to ascend into higher vibrational worlds, as evolution proceeds. After a denser world has served its purpose, God ends its existence by ceasing the particular activity within himself which brought into being and sustained that world. The invisible forces of nature disintegrate it into its components and they return to their primordial state and are thus made available for the building of new forms.

At the beginning of a cosmic life cycle, world cycle, or a life cycle on Earth the most highly evolved beings (who started their evolution in previous life creations or manifestations of life) work on those who have the greatest degree of unconsciousness (who
have just started their evolution) – they act as cosmic parents and
guides. Later this task is turned over to some less evolved entities
who are qualified to carry on the work.

At the early stage of creation, the new-born energy beings or spirit
beings have all-consciousness, one-consciousness or divine
consciousness, but do not have self-consciousness or individual
consciousness – they feel one with their creators. They alone
cannot get along in the cosmic environment without their cosmic
relations – just like new-born babies on Earth. They cannot take
care of themselves, they need their parents who help them survive.
The new-born energy beings or spirit beings whose purpose is to
become physical are unconscious of the physical existence in the
beginning. As these spiritual beings proceed on their journey – their
descent into the increasing density of matter – they become
conscious of the physical reality of Earth and at last they attain
individual consciousness or self-consciousness, they become
thinking human beings with free will. From this point they must
continue without the outside help of their highly evolved cosmic
parents. They must rely on their own experiences and expand their
consciousness into higher vibrational planes of existence, to less
physical, less limited realities to attain limitless power and
splendour by using the power of their free will.

As can be seen, the processes in our physical world reflect
universal processes which are in operation in all through the
created universe. The hermetic axiom, “As above so below” refers
to this truth principle. As we go to sleep at the end of a day to take some rest and wake up fresh to start a new day, God also takes a rest after an active life cycle or manifestation cycle – this is called cosmic night. This resting period is not annihilation, and neither is sleeping as we know – and nor is death as many of us already know. During a cosmic night the experiences of the cosmic life cycle which has just ended are processed and assimilated into new forms of consciousness so that this added consciousness can again be used in another active creation, in a new cosmic life cycle. During manifestation, when the cosmic life cycle is active, consciousness is hampered by forms of energy and matter, and the process of synthesis would be impossible. Also, without a rest period, during which there is a renewal of consciousness, creation would start to stagnate, would get blocked or might start to degenerate. Because the principle “everything changes” is one of the universal principles upon which creation is based, all forms of consciousness, matter and activity change. We human beings also need to renew our creative energies from day to day – also from life to life.

The denser dimensions, the worlds of lower vibrations, are images or reflections of the higher worlds. Our physical world is influenced by subtler planes or realities and subtler planes are also affected by the physical world. The forces of the invisible planes and realities become materialized as forms and are perceived by our five senses in our material world on Earth. No plant or seed grows out of nothing, some invisible forces are invested into their material existence – the same way we invest our thoughts, creativity, work,
time, money etc. to make our life happen in the physical world. We are aware that without this investment nothing would be realized through us and by us.
The images or reflections of the higher worlds are manifold and might seem “distorted” compared to their source. This distortion which generates patterns of contrast and complexity is an essential component of the limited existence at low vibrational levels. This has been done by design, this has been planned for us to play the game of limitations, to gain experience under such conditions and forge our evolving consciousness to get back to the light and attain renewed super-consciousness. This has been done for the sake of creativity, to give opportunities to ourselves, to our cosmic brothers and sisters to gather experience and gain more wisdom. This way we are of altruistic service to each other, we serve out of love and happiness – which type of service is the only way for evolving beings to ascend, and which is the highest desire of all existing beings. The higher the frequency level of an existing reality, the higher level of joy is experienced, because the Source itself is also infinite joy. Indeed, ascending means becoming more aware of the importance of joy and happiness in our life.

We have all volunteered to be part of this wonderful creation, though most of us do not remember. We have closed our higher memory on purpose, because we knew when we were planning our earthly life that this type of experience would be tough, and only experience would show to what extent. At a higher level we all want to accomplish our mission – even it takes a closed memory, several
lifetimes and the “sacrifice” of being lost in the darkness of matter. That is how magnificent creatures we all are. Incarnation always implies limitation, particularly in the physical world where life is extensively limited by form. On a higher level of consciousness none of us can resist the limitless creative impulse inherent in our nature. This creative impulse originating in bliss has sent us here. We did not come here to deliberately create pain and suffering – simply because they are unknown in the higher, subtler dimensions where the subtler parts of our energies reside. On the contrary, we have come here to create joy.

What we do here on Earth has an impact on our entire universe. We are now becoming aware that we have never been alone. We are in a time of global transition. And there are other beings who reside on other planets and in other subtler realms of reality who are also experiencing their accelerating energies and who are waiting to greet us. These inter-dimensional beings have a clearer understanding of galactic cosmology than we have on Earth. Their history of soul expansion did not include experiences of limitation, which appears as density or low frequency, to the extent we experience it in our physical reality. As a result, they enjoy greater conscious communion with galactic truth and appear to be more advanced than we are.

The idea of „advanced”, however, is merely a hierarchical construction of Earth consciousness. It will not apply once we leave this consciousness behind. Our energy field contains breaks,
which are caused by fear and guilt, and this creates the illusion that we are limited in consciousness. But this does not make us any less. On the contrary, our expertise of creating countless occasions of self-invalidiation, self-limitation and separation in our lives is admired by our cosmic family. The fact that we have delved so deeply and so strongly in keeping ourselves in the status quo of lack of self-empowerment has made us the master researchers and experimenters of limitation. And this expertise is matched by none among the many civilizations in our galactic family.
The time has come when the mass consciousness of humanity is ready for the next level of understanding cosmic processes – when people are ready to be initiated into the cosmic organizing principles and mechanisms of our universe. We have our inner guide built into our being which encourages us to tune into the frequencies of joy, to give our best to get the best, to maintain harmony within our being and to not hesitate to inaugurate changes whenever the need is felt. Maintaining the proper perspective and doing what we love doing are essential for us to flow with the enormous power of the new energy.
Initiation

The method of initiation into cosmic or galactic processes varies as understanding grows. The power of our mind enables us to become aware of the existence of our soul and our higher self. This awareness will be the key to the realization of our immense creative potential.

We have come to Earth with a plan, and we have some free will to decide about how we want to accomplish that plan. Because we are of divine nature, it is inevitable that all of us will, in the end, follow the path of return to the light from where we all come. We sometimes cause our sufferings by misdirecting our energies, creating situations that do not serve the will of our soul and are not aligned with the divine plan. In other cases, we create experiences which offer us lessons about the nature of existence and about relationships. We create opportunities to see previous experiences from new perspectives etc. Whatever feels painful can eventually be transformed and merged into a more joyous chain of experiences through the right thinking, feeling and the right actions. From an even broader perspective, there is no misdirected energy, and every experience is appreciated. “Mistake” and “pain” are concepts at our relatively limited level of consciousness. These words are part of our language but are not found in the vocabulary of the cosmic language.
By now we, as human beings, have gained self-consciousness and we have the creative power of the mind. This gives us the opportunity to shorten the evolutionary process by using our thinking and understanding. This was called initiation in the past, and was only possible for some chosen few, and the process usually needed a personal guru. With the improvement of our thinking, these days, initiation is open to all who wish to grab the opportunity.

The purpose of initiation, and the purpose of all spiritual exercises, is the union with the soul, the higher self. This requires a rise in our vibrational frequency, which means leaving behind thoughts of low vibratory level, such as fear, anger, sadness etc. and aspiring to entertain elevated thoughts, such as freedom, tolerance, compassion, togetherness etc. This will bring changes in our physical environment which then generate further changes in our thought patterns to thus bring about creations of ever increasing joy and happiness.
Inner Guide

Whatever you create in your life is realized not only by your actions but also by various invisible forces, such as the forces of nature and subconscious programs which appear in the form of habits and beliefs. It is recognized by science that our conscious mind takes less than 10% part in the creation process, the remaining 90% is caused by some invisible, omnipotent power.

Your higher instinct or intuition is one of the invisible forces operating in the background of happenings. What we can call higher instinct is a vibratory wave which has made itself through from the region of the soul to carry the message of your soul into your physical consciousness. It feels too subtle, fragile, delicate and volatile by a physical consciousness. Your higher instinct, part of which is also your conscience, is the mouthpiece of your soul.

When you trust this little voice that keeps talking to you so gently that you might not believe in its importance, you can be sure you take the right action. It has enough wisdom, power and capability to bring the best possible outcomes of your experiences into being. This outcome is part of a larger spiritual perspective which enhances a higher will, the will of the soul.

Whether you have conscious recognition of it or not, it was you who made the decision to be physical. At a subtler level of your reality you are more aware of what you are doing. Your fundamental purpose is to be the person you have designed yourself (at a subtler level of your reality) to be. The best way to express that is doing
what you love doing the most and being of service by doing so – because this attitude matches the nature of the subtler reality where your creative ideas come from.

Because we are in a transition period, expanding our consciousness into realities beyond the physical, and only starting to have an idea of the magnificence of the coming new form of existence on a higher vibrational level, we cannot totally experience its reality yet. Our higher organs have not evolved yet to the point which would allow us to perceive higher realities. At the moment it is our higher instinct, our intuition, and elevated thinking that can connect us to subtler realities.

Joy

When we vibrate at the higher frequencies of joy, we tune into the region of the soul and we are on the path of least resistance and in the state of abundance.

“Follow your bliss” or highest excitement – has been the best advice of all wisdom teachers. The underlying principle of the teaching is that the nature of the soul is joy. The region of the soul is the seat of higher ideals that resonate at the higher frequencies of joy and abundance. Your highest excitement and joy tell you who and what you really are. You only have struggle and pain when you are trying to be someone you are not.
Acting on your highest excitement will keep you on the path of least resistance and in the state of abundance. You will attract opportunities that allow you to do the things that excite you the most in a more expanded way – as excitement is the thread that leads to other excitement. This might sound incredible but by getting out in the world, doing what you love doing, you will experience that the world will shape itself into what you need. Thus, it is right and good for you to seek and gratify all pure desires and ambitions. There is enough for everyone, and no one loses because someone is winning, because everything fits, and demand attracts supply.

For many people our physical reality has not been particularly enjoyable. They will remain in it until they realize that it can be. When you find an experience, which you obviously chose to have, unpleasant, objectionable etc., then you are not getting out of it what you can get out of it. Once you understand the reason why you wanted that experience you can move on. The quickest way to get to the higher levels of reality is to realize that you can enjoy this dense physical existence.
Giving Determines Getting

We are the creators of our reality. We determine the direction of our creations by investing our thoughts, feelings and actions in them. Inspiring and exciting thoughts lead to inspired actions. Inspired actions feel effortless and are full of joy.

With becoming more aware of the new energy we are beginning to realize that we are the creators of our reality. The nature of the new energy implies that thoughts and feelings of low vibration such as guilt, fear, anger, revenge, envy, sadness etc. are vanishing. For this reason, decisions based on these thought-forms will produce weak outcomes. However, motives rooted in love and joy will open wonderful new dimensions of creativity.

Change always begins with changing yourself, re-creating yourself. This is an analogy of how God creates. God simply projects his energy, his aura, and the vibrations of the cosmic root substance respond and transform God's energy into various forms. By projecting a new version of yourself with new desires and beliefs you give a new direction to your life. Your giving will determine what you get. For example, when you give an emotional response to a situation or a circumstance, that emotional response will shape the continuation of your experience of the situation. It is your choice how you respond to situations and if emotion is involved what that emotional response will be. You are always free to change your perspective and react from a new perspective. You
are also in charge of all emotions which are under the control of the mind and the will. When you respond with a love-based emotion you give a more harmonious direction to the consequences, because you invite situations that resonate at the higher frequency of love. By giving fear-based responses, you continue to stay at low vibrational frequency, because the law of attraction will connect you with events that support that low vibrational frequency. From a broader perspective, on a long term, low frequency happenings have a destroying tendency on each other. It is because at the lower frequencies of existence the law of repulsion also operates to keep the unfavourable nature of low frequencies within reasonable frames. Thus, low frequency happenings and interactions are mutually destructive and self-destructive.

When you respond to a situation with a love-based emotion, you allow that situation to follow the path of least resistance. The situation can freely flow in the direction of the best possible outcome. When you give love, you give freedom. Love is freedom. Your freedom to create whatever you want whenever you want is respected when you respond with love. When you feel free to shape your experiences the way you want, you are happy and inspired. When this freedom is in the focus of your awareness, you are happy. When you forget about this freedom (that you are unconditionally loved and supported) and focus so intensely on an experience that you get lost in the experience or in the situation, you are not free. You feel limited
and unsupported, you are in the state of fear. This limited state of fear offers you scenarios when you act out of the limited perspective of fear-based vibrations. But once you become tired of your miserable state, you can stop experiencing fear-based situations when you remember your free will, your freedom to create. You can replace fear with excitement and inspiration. Your being-ness is made from freedom, love and joy. You are not fear or limitation, but you are free to experience them. When you are inspired, you never get tired, no effort is too great. This is because you give no less, but yourself – and you get no less but yourself. You are your greatest admirer. Be inspired by the will of your higher self, which is no less than seeing you a happy and satisfied creator in this physical dimension.
Harmony

The harmony of the layers of reality that penetrate our being is important. The harmony of our thoughts, words and actions make us feel in harmony with the intention of our higher self, make us feel in tune with the frequencies of joy.

Besides creating thought-forms of higher vibration, it is important that you choose your wording carefully and act appropriately. The harmony of your thoughts, words and actions is crucial, because they are all manifestations, energy creations, and as such they bear consequences for you. If you create disharmony between the reality layers that surround and penetrate your being (the vibrational patterns of thoughts, words and actions), you need to suffer that disharmony.

When you “walk your talk”, you live your truth. Living your truth is not merely avoiding deliberate lies. The truth in your words appears when you mean what you say. People sometimes, in their conversation, say one thing and mean something else. Also, in the age of commercials and marketing, in the age of exaggeration, we do not always believe people who tell the truth.

The harmony of your intentions, thoughts and actions, keeping them at the same vibrational level, will create the synchronicities, the so-called flow, based on the feeling of joy which is the basic nature of higher dimensions. You will begin to live more in the now, in the present, without living in the past or worrying too much about
the future. You will rely on your inner guide more often and feel the need when you need to do something or make a move. Time frames and deadlines will not frustrate you. Doing the right thing at the right time (living in the now) also creates more harmony and effortless experiences, and keeps you in the flow – the path of least resistance. If you do the right thing at the wrong moment, or when the right moment comes you forget your obligation, the result is disharmony. This is because new causes, new actions have their results and consequences at a given time (a point at the space-time continuum) and if they are started at the wrong time, the effects will also come at the wrong time. It is advisable that you do your duties at the proper time, doing them possibly in the order as they appear without postponing them and without worrying about the result.

From a broader perspective, living your truth means following your highest desires and experiencing joy. When you accept something less ideal than what you really want you create resistance which immediately appears in some form of unpleasant feeling. Remember, what feels best to you is best for you. Feel good when you think, speak and act.

Change

Changing starts with changing beliefs, changing perspective and prioritizing new concepts which best express the new version of yourself that you are about to create.
Situations come into your life to show you what beliefs you hold, what you have been taught to believe, that created the situations. After a thorough examination you can discover the belief that has brought into being and shaped the situation. Then it is up to you whether you keep that belief, the underlying cause, or you replace it with a concept that seems more appropriate for your purposes. If you do not like the belief that operates your life, you can change it. Once you change the belief which is reflected around you, your perspective is changed which enables you to experience your reality from that new perspective. Your new beliefs will generate new responses to old situations. These new responses furnish your upcoming creations with a corresponding nature. A positive emotional response, for example, contributes to the creation of an experience that feels positive. As your new standpoint, the new underlying concept or consciousness pattern, gains strength – by repetition, by reinforcing your new standpoint over and over again – it will attract the appropriate physical materialization. This way you will generate further changes in your environment and in your life.

As for the time required for the change, it depends on how focused you are on the vibrational frequency you intend to transfer to. For example, you decide to live according to your highest values, such as being tolerant, truthful and loving etc., in your private life. On the other hand, if you are less consistent in your business life, because you believe that you cannot afford to be completely truthful and loving when you do business, you must suffer the
disadvantageous consequences. The simultaneous presence of these differing vibrational patterns in your being, in your various bodies, causes friction which causes pain. Doubt, for example, also causes delay toward the desired change. The feeling of doubt signals that the belief you hold is not in harmony with the belief of your higher self, the soul. You can accelerate the change if you adjust your beliefs to the soul’s beliefs. What is best for you feels best to you. When you create your visions, watch your feelings. If your belief matches the mental picture or thought pattern of your future creation, you should feel satisfied, and then excited. If you feel any doubt, ask yourself what the underlying thought or belief is that makes you feel doubt – and ignore that thought or belief and get new ones that cause you to feel satisfied and excited.

You can also shorten the time required for the desired change by removing specific expectations about how your desire gets materialized from your mind. When you do this, you follow the path of least resistance and you allow synchronicity to come into your life and you do a great service to yourself. Anticipating a preferred way for the outcome is a limiting thought process which is carried out by the mind which is not yet able to see the context of higher realities which create the physical. The rational physical mind is programmed to resonate at the dense physical frequencies. It is a vehicle of the soul to orient in the physical world and as such it has a rather limited scope of wisdom at its current level of development. It can analyse existing facts,
but it cannot see the bigger picture, the underlying causes that create realities and the operating forces that bring about the created worlds. If you want less pain and obstacles, make your plans really sketchy. Leave it to synchronicity to fill in the details. All you need to do is maintain your proper mental and emotional perspective.

We are so used to considering physicality the only reality that it might not be easy at first not to prioritise the physical mind. All beginnings seem hard, and we are just starting to expand our consciousness into non-physicality. At this time of transition, we only have the intuition of the heart to rely on until the proper organs to perceive non-physical realities are developed. Now only the intuition of the heart can connect us with our non-physical part. Our task now is to learn to communicate with it.

Our thinking capacity and our intuition are our essential guides to help us expand our consciousness into higher vibrational, non-physical existence.

When you think, you become the receiver of thoughts. Your state of being, your mental and emotional state, determines what thoughts you can receive or perceive. This is a “tricky” process. Mainly because you already are in a mental and emotional state. When people want changes in their life, they usually do not consider their mental and emotional state important. They think that a chain of events has brought them into that state of being and they create action plans to realise the desired changes. But their mental and emotional state remain. Though they want the changes
because they do not feel happy, they only focus on the materialized effects or consequences, physical appearances of their unhappiness and do not deal with the causes. And they remain unhappy and create further action plans while they remain in that unhappy state. This is just natural for people who deal only with the physicality and think that both the causes and their effects originate in the physical.

But you obviously do not belong to this group of people. You are just starting to believe or becoming convinced that it is important to observe and change your mental and emotional state first, so that your desired state of being can be materialized in corresponding circumstances. You need to listen to your intuition, your inner guidance system, which will guide you to become happy. Your intuition communicates with you through your feelings. You can train yourself by saying thoughts and sentences to yourself and observe what you feel while saying them. Follow thoughts that make you feel good.

Once you feel good, it is time for you to ask. Ask and it is given. Your being-ness, your state of being, is already given – this is the tricky part for people who only deal with the physical. It is not tricky for you anymore, because you have consciously arranged your state of being by your will, your intention. As has already been said, our universe operates through the law of existence (remember, “we are” no matter what conditions we create for ourselves). And because the other universal law says that “what you give is what you get”, you can decide what you give and under what conditions
you exist. You have access to the causes of your physical existence. You can manage the forces that reside and exist on the subtler levels that cause physicality. You can direct them and energize them with your intention so that the desired conditions are materialized for you on the physical level. You only need to project happiness from your being. This practically means that you follow the dictates of your higher and wiser will which you are part of.

Once you have made the decision to create the desired change, it is very important to make sure that you have changed your thinking, the repeated thoughts, the beliefs that have maintained the reality you have outgrown. Proceed step by step. Changing beliefs always comes before changing habits or actions. Be patient with yourself. Never do anything that is not fully supported by your underlying beliefs. If you experience that something “does not work” for you, you need to discover the underlying belief(s) that counteracts and causes resistance. You can ask yourself: “What is the belief that holds me back? What do I need to believe to get where I want to, to receive what I want?” etc. Be specific and keep asking. When an answer comes, and you feel satisfied, safe, confident and excited, then you are ready, and you can start acting on the new belief and thought. The actual task is to reach a state of being where your new actions resonate with your new beliefs, when the harmony of your emotional and mental standpoints creates ultimate trust and confidence in yourself. When you are really self-confident and rely on your internal self-appreciation, no circumstance, event or
people can make you question your beliefs and your decision. You do not want to change others and differing opinions do not affect you, you simply respect them. You have your peace of mind and know that you can benefit from any situation, circumstance or challenge. Your inner smiling never stops, you feel comfortable and at ease. You feel more and more motivated and energized to act. And as you proceed with your actions, your excitement grows, synchronicity surprises you from time to time and magic happens. If you sometimes find yourself doubting your motives or actions, respond with the appropriate question, follow the above agenda and get back to your desired path. Changes always come gradually, it is just natural that in the beginning you return to your habitual thoughts and beliefs from time to time until your new beliefs get strengthened. Keep asking and expect the answer. Sometimes people are so engaged in the reality that surrounds them and what others do and think etc. that they forget to ask.
Proper Perspective

Choosing the proper perspective is important, because our perspective becomes physically materialized at an ever-accelerating speed. Your perspective creates the frequencies along which your life will vibrate. If you want to create a happy life, choose the perspective of happiness and stay on the frequency of happiness.

Proper perspective also means giving each person and each thing their proper place and keeping our judgment clear – as impartial as possible. We usually do not know the bigger picture, we are not familiar with others’ path and experiences from previous lives, with their deep truth values which result from their experiences. That is why judging others might be a limiting thought process and can deprive us from truly elevating experiences and relationships. This explains why respecting, accepting and tolerating others is so important – and what we actually tolerate is our or lack of information.

It can happen that you encounter something you do not feel good about, something that does not resonate with you. You feel that what you have encountered does not contribute to the magnificence of your being-ness but tries to make you believe that you are less in any respect. Simply stop paying attention to it, let that something vibrate and travel within its own custom frequency range which is obviously not your desired frequency. Whenever you encounter something that does not support your ideal of what and
Who you are, you are given an opportunity to take stand, to exercise your free will and express what and who you think you really are. Your job is to select thoughts, people, events etc. that completely fit your ideal frequency range and let everything else go.

It is very important to know that if you want a particular thing, happening or situation to disappear from your life, from your experience, the only way to accomplish it is to ignore it, to stop paying attention to it and to let it go. Denying it, fighting against it etc. will not help, because by doing any of these you maintain that thing or situation. You just add another condition or chapter to the story. Our universe is operated by an inclusive mentality, and it does not exclude any created being or thing from existence, it does not deny their right to exist. As has been mentioned, “we exist” is a universal law which applies on all levels of creation. If we ignore this universal principle, we face frustration from time to time. Even killing somebody in the physical world does not cease the person’s existence, only part of the person’s being is transferred from one plane of reality to another. The same applies to thoughts and feelings. Making a thought, or a feeling non-existent is not possible for us. Bringing thoughts and feelings into and out of our individual focus, attention, or experience is possible. If something is already existent, it does not matter what we do to it – praise it or fight against it – we will maintain its existence the way we choose to maintain it by praising it or by fighting against it. It does lie within our capacity to shape experiences by choosing our individual perspectives about existing things, however it is the Creator of our universe who can cease any kind of existence.
In conclusion, if you want unwanted things to disappear from your life, you need to turn your back on them. If you want to create a happy life, you need to stay on the frequency of happiness.

Flow with the New Energy

You can maintain your awareness of the new energy of joy and abundance through positive thinking and by doing what you love doing.

With the entrance of the new accelerated energy many of us are experiencing changes in the physical body, in the mind and in the emotions. As we become aware of the idea of subtler realities, we are trying to explore it and understand it from the point of view of our physical reality. The idea of a so-called higher vibration is represented in our mentality – and we still retain the notion that we actually exist in the densest physical reality. These two different types of vibration in our being cause friction which causes pain.

If you intend to flow with the new energy you need to be really serious about that. Now you are, figuratively, in between two realities – you are leaving the old one and have not really entered the new one yet. The more apparent, the clearer your intentions, your thoughts and your actions are the more quickly you reorient yourself. If you feel lost, depressed and uninspired, it is because you forgot to remind yourself where you belong.

You can do a lot to maintain your awareness of the new energy of joy and abundance. You can study spiritual writings, listen to
inspiring speeches, watch inspiring movies, listen to your favourite uplifting music, stay in the company of positive people, do physical exercise, eat reasonably etc. Find out which activities make you truly happy and spend time doing them as often as you can. Do not be discouraged by the fact that you do not seem to have enough time to “live a spiritual life”. Everything can be spiritually advancing if you look at it that way. In this respect, positive thinking is a must. Positive thinking means looking for the gift, the “lesson” in every occurrence. The gift is always there.

Pain is the result of the rigid structure of physicality. It comes from the limited physical mind programmed to project only the solid, physical effects of non-physical causes. The physical mind is only aware of the results of non-physical, invisible activities. It can analyse past experiences and currently existing things from a rather limited perspective, but it does not understand the bigger picture. The limited mind reacts with fearful thoughts to things, situations it does not fully understand – and it mostly does not fully understand. This lack of understanding causes fear from the unknown. You can lessen the pain and fear by understanding through the wisdom of your intuition – and through feeling joy and love which go beyond understanding.

As you start living your life from the soul’s perspective, and act in compliance with the will of the soul, you will find new sources of knowledge and information, new sources of joy and happiness. This is a gradual process accelerating at an incredible speed.
Synchronicity will surprise you from time to time to deliver things, events and people into your life exactly when and where you want to experience them. Then the day comes when those “too many coincidences” will make you realize that there is no coincidence. It is you, your intention, your desire, the power of your thoughts and feelings that are responsible for what seem coincidences on the surface. One day it will be obvious to you, you will have no shadow of a doubt, that you are worthy of everything YOU allow to come into your life.
When we become one with the soul we are our highest ideals, thoughts and aspirations. We are universal goodwill, we are freedom, we are love and we are joy. Our higher purpose is to become who we really are.
The Soul

As it has already been mentioned, we are both physical and non-physical. We are all extensions of the Source, a source energy, and we have physical and non-physical aspects. When we become focused physically, have our material life on planet Earth, for example, our non-physical aspects remain outside our physical consciousness and are invisible and insensible to us.

According to ancient wisdom teachings, the threefold nature of existence is representative throughout all the created worlds starting from the Supreme Being to the human being. Some traditions call some part of man’s non-physical aspects higher self or soul which is also threefold – it has an emotional, an intellectual and a consciousness aspect. If there is a higher self, logic dictates that there must be a lower self – which also has physiological, emotional and vital force aspects which channel the energy for the bodily parts to function. The only physical aspect of the lower self is the physical body. The two non-physical aspects are represented by the so-called astral body (emotional aspect) and the etheric body, also called vital body (vital force aspect). What some ancient teachings understand under the term “personality” involves both the higher and the lower selves. In their interpretation there is a higher personality which they call Ego, which is the spiritual aspect of man. It is also threefold, it has a divine, a life and a human nature – also called divine spirit, life spirit and human spirit in ancient wisdom teachings.
The soul region vibrates at higher frequencies than our material world, and its vibration is lower than the spiritual worlds. The soul is the seat of our highest ideals, thoughts and aspirations, it is part of our individual spirit, the Ego, which is part of the highest spirit, the Source. As the lower bodies grow and evolve throughout lifetimes they contribute to the growth of the soul. The consciousness aspect of the soul is nurtured by the right actions of the physical body. The emotional aspect is nurtured by the pure love emotions and the highest desires of the astral body. The intellectual aspect is nurtured by the lessons of actions done by the physical body.

Evolution requires soul growth which is a path of trial and error, and a path of free will and creativity. Aligning ourselves with the new energy practically means that we are raising our vibration to reach the region of the soul. For this we can obtain the cooperation of the soul – actually, the soul has always been there for us, but we were not aware of it. For those who wish to experience the higher frequencies of the soul now and enjoy all the abundance and freedom this relationship with the soul holds, the following practice can be of a great help. Of course, there are several other ways to raise our vibration – the following practice is just one of them.
Working with the Soul

When the soul influence takes over, “mistaken” thought-form creations are neutralized, and the soul can more easily create the desired ideals. The idea of forgiveness serves the same purpose, it dissipates the emotional force built into thought-forms of past wrongdoings and help to restore poise to the personality.

The techniques called “soul star techniques” or “rainbow bridge techniques” help to accelerate the union with the soul. These techniques also burn karma and save suffering – which would be otherwise inevitable on account of the law of consequence. Josephine and Norman Stevens, the Two Disciples, (the writers of the Rainbow Bridge series) were the developers of the Rainbow Bridge Techniques. The techniques build on the true science of mind, because they use mental substance to build a bridge between the lower self and the soul. They also differ from guided imagery techniques in that their success does not depend on the quality of visualization. Instead, the success depends on our willingness to cooperate with the soul by requesting its assistance. Once we ask for the soul’s support, the soul responds to our thought and does the work for us. Our task is simply to hold the belief and thought in our consciousness that the soul is doing the work we requested.
The Rainbow Bridge

The rainbow bridge is a thread of consciousness and energy which passes from beyond the soul star through the physical and subtler bodies, along their central axis into the earth. It is also called the central channel or the antahkarana. This channel is the energy conduit along which the energies of the soul flow, nourishing and sustaining all the bodies. Without this energy channel, there would be no life in the physical body. This channel is recognized by many students of the ageless wisdom teachings as a connection with the soul, or higher self, an internal organ of consciousness. The authors of the Rainbow Bridge series were able, because of their clairvoyant vision, to study the auras of initiates. They observed the existence of a band or thread of light and energy which passes through a sun-like centre six inches (15 cm) above the head, upward into space and downward into Earth. As this band, the central channel, is cleared and enlarged, a rainbow coloured flow of energy can be clairvoyantly observed in it; that is why it is called rainbow bridge.

The completed antahkarana contains five strands of energy. Two threads are put down by the spiritual self, the Ego: the life thread (also known as silver cord) and the consciousness thread. One part of the silver cord sprouts from the seed atom or permanent atom of the astral body in the great vortex of the liver; the other part grows out of the permanent atom of the heart. Both parts meet in the seed atom of the etheric body in the solar plexus. The
consciousness thread extends from the soul to the pineal gland in the head.
The last three strands of the antahkarana are collectively known as the creative thread and are projected upward by the personality. These strands must be consciously built by us. We become conscious creators when we complete the development of our antahkarana or rainbow bridge.

The Soul Star

The soul star is the etheric symbol of the soul, an extension of the soul. It is usually white and gold in colour – its shine and strength vary depending on the individuals. It is linked with the soul, first by a thread of light, and later by a band of expanding rainbow fire as the fusion of personality and soul proceeds. The soul star is an instrument, an intelligent force which is used by the soul to transform and refine the matter of the subtle bodies so that they can better reflect the soul’s qualities. The soul star is located about six inches (about 15 cm) above the head.
The earth star is approximately 12-18 inches (about 30 – 45 cm) below the bottoms of the feet. It is usually brown or black in colour. It is also known as the super root. It aligns and connects the bodies and the soul to the powerful energies within the magnetic core of the Earth.
Connecting with the Soul

When we do the soul star techniques, we call for the support of the soul by using an ancient mantram or verse to transform, uplift, inspire and bring in energies. Its power has been increased by its repeated use and it helps us identify with the qualities and attitudes of the soul – this is called “soul invocation” in ancient wisdom teachings. Inviting the soul to cooperate is recommended before any spiritual exercise or work is undertaken. We use the following lines to request the soul’s help:
I am the Soul.
I am the Light Divine.
I am Love.
I am Joy
I am Will.
I am Fixed Design.

As each line is spoken the soul star responds. When the mind is given the above thoughts, its vibratory frequency is quickened in such a manner as to span the distance in awareness between the lower self and the soul. Once the thoughts are dropped as words we pause at the end of each line.

When "I am the Soul" is pronounced by speaking with the intent of identification or oneness with the soul, the soul star increases in size, brilliance and radiation and the central channel becomes filled with rainbow fire.
When "I am the Light Divine" is spoken, the soul star sends forth a stream of rainbow fire into the central channel.
When "I am Love" is spoken, a rose pink down pour of energy from the heart of the soul star floods the central channel.
When “I am Joy” is spoken, a pale golden colour energy (similar to the ginger ale) of sparkling bubbles starts expanding in the heart, and in the heart of the soul star.
When "I am Will" is spoken, a royal purple, brilliant clear red, a white and indigo blue downpour enters and fills the central channel.
When "I am Fixed Design" is spoken the 7 energy centres along the spine intensify. This last line means that we come into this life with a specific soul plan or purpose. Within this plan we have the freedom of choice and we may live our life any way we wish. If we make mistakes, as all evolving human beings do, we will learn from them. We can evolve more rapidly and reap the benefits of this incarnation when we follow the plan of the soul.

Balancing Experiences

Through clairvoyant observation, Josephine Stevens found that the energy fields of people contain patterns which appear as dark forms. Impurities and low-grade thought-forms appear in the aura as surrounding dark clouds, forms of low-grade energies. Some dense formations are attached to the body affecting the organs and their functions. These exist in everyone and are the results of excessive emotional development, incomplete mental growth, imperfect thinking or thought-form building from previous years and lifetimes.

This can be traced back to the time when humans were given the spark of mind about 18 million years ago, and they lacked the discipline to properly use the creative energy. This resulted in the creation of many undesirable thought-forms and patterns and human beings have had to work hard to control the mind and purify their bodies or vehicles.
Also, according to the law of cause and effect, any cause will produce effects. The reason why thought-forms are retained in the aura is that the creative impulse was not strong enough to project them outside the aura to accomplish a visualized purpose. The Tibetan Master Djwhal Khul says that this also explains our ineffectiveness. In our effort to satisfy every wandering desire we are not fully able to duly energize our thought-forms – we simply scatter their energy. This leads to the dense, dark cloud of half-formed disintegrating thought-forms which creates a number of problems. Basically, this dark cloud prevents us from clearly perceiving and communicating with the external world – and, most importantly, it hinders the union with the soul or higher self. We might become vulnerable to suggestion, control by others, infection and disease. We might experience low self-esteem and excessive emotional reactions. These thought-forms or patterns are effects and stand as an incomplete record of purpose and activity. They represent karma to be worked out.

Most often, we create patterns unconsciously as we grow up; we are subjected to various kinds of energies, very often in the form of words. The patterns or thought-forms remain latent, until they are activated by interaction with the environment. We are not aware of them, except perhaps as a generalized feeling of limitation. Patterns and thought-forms cause not only unpleasant psychological states but also situations where we are drawn to because they relate to the content of the pattern. For example, if
we have negative self-image pattern, we might find ourselves continually in a situation in which we are put down.

Because of this magnetizing quality of the patterns, it is likely that much negative life experience will have to be worked through unless the patterns can be eliminated ahead of time. Once patterns or thought-forms are removed, we can change the direction of our life and save much suffering and many unpleasant happenings. It is much quicker and more efficient to remove the cause of a possible negative experience than it is to go through the experience.

The rainbow bridge clearing processes can be a good approach for those who want to work out a significant amount of karma in a short period of time. The amount of karma that can be worked out depends on the individual. According to the Two Disciples, the karma of several lifetimes can be worked out.

The rainbow bridge techniques are divided into two phases. In the first phase the central channel, the bridge to the soul, is built through the so-called triangulation, and also widened so that the soul energies can flow through. By doing the first phase we also offer a planetary service by becoming a bridge for the accelerated new energy which will be the foundation of the new era of joy and abundance.

The second phase focuses on the purification and it is more personal. The process eliminates thought-forms of low vibration
which stand between the lower self and the soul and hinder the fusion with the soul.

The processes of both phases create some by-product, etheric waste, as emotional and mental thought-forms are burnt and dissipated. This waste must be cleared from the aura. For this, the so-called spiritual whirlwind or etheric vortex is used. The etheric vortex is built of the substance of the higher planes of the astral world and of the lower regions of thought and is generally white in colour. The operating principle of the vortex is analogous to a natural process in our physical world. Air or water moving downward under the law of gravity forms a vortex, cyclone or whirlpool. Three forces enter into the formation of a tornado: gravity, centrifugal force and centripetal force. A vacuum is formed at the empty centre and heavier objects are carried into the vortex by currents of air and rotated in the rim. The spiritual vortex is a rotating etheric energy which picks up loose etheric waste and carries them deep into the Earth.

**Triangulation**

The first phase starts with a technique which builds the central channel (the bridge to the soul) and which is called triangulation. It consists of forming, mentally, a series of small triangles, one side of which, when aligned, forms the vertical channel. It is a universal
truth that energy follows thought. As you direct your thought to the
soul star it is possible for you to direct the movement of the star
with its soul energy.
It is important that you move the soul star very slowly and
deliberately in its upward motion; especially at the lower points of
the body, because the material there is denser and heavier and
requires more effort to remove it.
Once you start working on the central channel, you cannot change
your mind halfway through the process and quit without some
adverse consequences. The channel is initially clogged with
psychic debris or waste and if you were to clear it to a certain point
only and decide to quit, energy from the soul would begin to enter
your body and congest at that point. This might lead to illness in
the physical body.
Use the following technique to build the central channel:
1. Request the soul’s help by saying the soul mantram (aloud if
   possible). Pause after each line to feel the down pour of light.
   Say each line only once; you do not need to repeat the lines.
   I am the Soul.
   I am the Light Divine.
   I am Love.
   I am Joy
   I am Will.
   I am Fixed Design.
2. Focus your attention on the soul star six inches (about 15 cm)
   above the head. If you cannot see it or sense it, think of it as a
   small, brilliant sun and feel its radiance. In time, you will
actually recognize its presence. From this point on, act as if you were the soul as you perform the steps.

3. Mentally move the soul star diagonally forward to a position just in front of the eyes. Then move it straight into the centre of the head, and slowly move the soul star straight upward to its normal position six inches (about 15 cm) above the head. Repeat the triangulation three or four more times. Work with the first triangle only for the first two weeks. The soul star should be moved slowly and deliberately up the channel because it is literally burning away hindering thought forms and emotional blockages to open a channel for the flow of higher energies. This procedure should be followed for each of the energy points or chakras shown in the picture that shows the clearing of the central channel. On the 3rd week you can add the throat and the heart. Do at least three or four sessions of each. Continue the practice by adding each week one or two of the remaining points until all the triangles have been made and the central channel is completely through the body and anchored to the Earth.
SOUL STAR

CENTER OF HEAD

THROAT

HEART

SOLAR PLEXUS

SACRAL PLEXUS

BASE OF SPINE

KNEES

SOLES OF FEET

EARTH STAR

CLEARING THE CENTRAL CHANNEL
End each session by inviting the spiritual whirlwind or etheric vortex. Do the vortex for about 5 minutes to sweep loose etheric waste from your aura. The vortex can also be used to transmit energies of higher vibration from the soul to the lower vehicles. The vortex is also needed because the process of clearing the central channel creates waste as the soul star burns through emotional and mental thought-forms clogging your channel.

Do the following steps to invite the spiritual whirlwind:

- Ask for the vortex by identifying yourself with the soul. Say, “I am the soul and I am inviting the spiritual whirlwind” and focus your mind high above your head.
- Think of a spinning whirlwind of energy similar in shape to the funnel of a tornado. The colour of the vortex is usually white. As the whirlwind moves downward rotating clockwise it picks up the heavier substance not locked into the vehicles and sweeps away any loose and drifting substance in the aura and carries them deep into the Earth, about 20-30 feet (about 6-9 meters) below the earth star. There they can be utilized by lower kingdoms evolving with humanity on the planet. This way the spiritual vortex supports the system of spiritual ecology. When it drops its load into the Earth, it simply ceases to move and exist and disappears. A new whirlwind must be called for by you. This process is continued for about five minutes or until you feel that your aura is clear. The size of the vortex, the
colour and the direction of the vortex are determined by the soul. As the whirlwind sweeps waste out of your aura, it also fills it with the light of higher energies from the subtler planes.
INVITING THE SPIRITUAL WHIRLWIND
The spiritual whirlwind may also be used to clear etheric waste from your aura that you pick up during the day, as a result of being in close proximity to groups of people. It is suggested that you use the spiritual whirlwind:

- After being in a crowd of people such as shopping malls, airplanes, subways, theatres, and night clubs, etc.
- After doing healing or body work on an individual
- To call for specific qualities of energy from the soul
- At the beginning of a group or public meditation
- At the end of the work day to regain your *equilibrium* after returning home from work.

As the Two Disciples say, you are urged to “build this bridge as the Brothers of the Light and the Christ have done. Become a part of the bridge between Heaven and Earth, between the present age and the new, between that which you appear to be and the Shining One which is your Soul”.
Widening the Central Channel

By building the central channel you have linked yourself with the soul and our cosmic family and guides, and you have become a bridge for those energies which help with rising the vibration of the planet.

As a next step, the channel needs to be widened for about six to eight weeks to increase its capacity to transmit soul and planetary energies.

Do the following steps to widen the central channel:

1. Say the Soul Mantram, out loud if possible, and identify your consciousness with your soul. From this point act as if you are the soul as you do the rest of the process.

   I am the Soul.
   I am the Light Divine.
   I am Love.
   I am Joy
   I am Will.
   I am Fixed Design.
2. Say the Mantram of Unification:

"The sons of men are one and I am one with them,
I seek to love, not hate;
I seek to serve and not exact due service;
I seek to heal not hurt.
Let pain bring due reward of light and love.
Let the Soul control the outer form and life and all events.
And bring to light the love that underlies the happenings of the time.
Let vision come and insight.
Let the future stand revealed.
Let inner union demonstrate and outer cleavages be gone;
Let love prevail.
Let all men love."

3. Make one large triangle from the soul star to the earth star.
Mentally move the soul star diagonally to the position of the earth star.
WIDENING THE CENTRAL CHANNEL
4. As you move the soul star up the channel, think of it as it is moving in a corkscrew motion boring a path through the channel up to the resting position of the soul star, six inches (about 15 cm) above the head. Imagine the channel is being widened as the soul star moves up the channel. Do the big triangle 3-5 times or more per session.

5. Invite the spiritual whirlwind or etheric vortex for 3-5 minutes, say “I am the soul and I am inviting the spiritual whirlwind”.

6. End the process with a prayer for universal good will or peace appropriate to your spiritual background and culture. A recommended closing for ending the process is the Great Invocation.
The Great Invocation

"From the point of Light within the Mind of God
Let Light Stream forth into the minds of men.
Let light descend on Earth.
From the point of Love within the Heart of God
Let Love stream forth into the hearts of men.
May Christ return to Earth.
From the centre where the Will of God is known
Let purpose guide the little wills of men
The purpose which the Masters know and serve.
From the centre which we call the race of men
Let the Plan of Love and Light work out.
And may it seal the door where evil dwells.
Let Light and Love and Power restore the Plan on Earth.
"

Repeat the process twice per day for at least a month. Once you have done the process you have two options. You can either maintain your central channel by moving the soul star through it once or twice a day (and ending the process by inviting the spiritual whirlwind) or you might want to begin the second phase which is included in the Rainbow Bridge books of the Two Disciples. The channel must be at least one inch (2.54 cm) in diameter for second phase work to be done effectively. You will very soon “see” through your inner vision or “sense” instinctively somehow that the channel is not wide enough. Then at a certain point you will feel when you are ready – and you can either continue by maintaining the central
channel or by doing the second phase. You will know how to proceed.

Additional Protective Techniques

Protection always begins with the Soul Mantram, which produces the identification with the soul.

I am the Soul.
I am the Light Divine.
        I am Love.
        I am Joy
        I am Will.
        I am Fixed Design.

1. *Golden light* is a protective energy. You can build a protective globe of energy on the outside of your aura to shield you from accidents and intruding harmful forces. Identify with the soul and invite the golden light from the soul star. Say, “I am the soul and I am inviting the golden light”. Think of the energy as it is coming from the soul star. When this technique is performed on a daily basis it will protect you against negative environmental impacts.

2. To offset emotional impacts, invite the *silver light*. Identify with the soul and draw the silver energy from the soul star to fill the
central channel. Say, “I am the soul and I am inviting the silver light”. Think of the silver light as it is radiating outward to form a protective shield or belt of energy around the solar plexus area.

3. **Mantram of Unification** is also a great formula which can be used for protection. The Tibetan Master Djwhal Khul said that it produces accumulated effects on the world. It changes attitudes and enlightens the vision.

"The sons of men are one and I am one with them,
    I seek to love not hate;
    I seek to serve and not exact due service;
    I seek to heal not hurt.
    Let pain bring due reward of light and love.
    Let the Soul control the outer form and life and all events.
    And bring to light the love that underlies the happenings of the time.
    Let vision come and insight.
    Let the future stand revealed.
    Let inner union demonstrate and outer cleavages be gone;
    Let love prevail.
    Let all men love."

4. To balance the currents of fear in the mass-consciousness of humanity, to which we are all exposed, the *energies of joy* can be requested from the soul. This energy appears as a pale
golden colour similar to the colour of ginger ale and contains sparkling bubbles of energy. After identifying with the soul, say: “The nature of the soul is joy. I am the soul and I am inviting the energies of joy”. Think of the energy coming from the soul star, filling the central channel and illuminating all the bodies.

As you do the clearing work with the soul, certain changes will be “forced” on you (by yourself). The clearing process is a balancing act. To create harmony, you want to face what needs to be balanced.

Be courageous and know that you are loved and respected unconditionally. You can recreate your reality any time you want to, and it does not matter what your current reality is, what others think (about you) and what others do. What matters is what YOU think of YOURSELF, since YOU are the creator of your life. Wherever you are now, your magical creative forces are ALWAYS with(in) you.
CHAPTER 7
The Side Effects of Physicality

When considered from the broader perspective of the higher purpose, pain, suffering and death no longer affect us dramatically. Once we understand their short-term purpose, we will experience them less – until one day we expel them from our life.

When we live our life from the soul’s perspective, we can reduce the unwanted side effects of the physical existence. Instead of creating reasons and conditions to make us happy we can simply let our natural joy create the flow of our life.
When the Creator designed our physical reality, it “shrunk” parts of the higher or subtler realities and made them dense and crystallized. The energy-consciousness constituting the higher realities has been transformed into something we call matter. The same transformation happens and visibly appears to us when vapour turns into water and water turns into ice. Though they are made from the same substance, their visible characteristics differ. That is how the layers of reality relate to each other – they are made from the same root substance and show various forms. The frequency level of consciousness at which a created being, the “limited version” of the Creator, vibrates will decide what form of reality can the created being observe or perceive.

As a result of the shrinkage, the consciousness structure of the physical world is rigid; its parts feel solid and separate from each other. This consciousness design generates fear and guilt. People fear from the unknown which originates from feeling separated from the Source and from each other. The limited consciousness always expects some “unknown”, its knowledge is always limited or insufficient or unsatisfactory and this maintains the pillars of the physical consciousness: which is fear and guilt – fear from the unknown and guilt because of the “mistaken” thought creations and life creations. This way experiences that are rooted in fear and guilt are automatically maintained. Changing the structure of a rigid system is also painful, so people experience pain when they make changes in their lives.
Pain and mistakes are concepts that only exist in our dense physical perspective. Our limited consciousness makes us perceive pain and guilt in our dense physical reality. We automatically or unconsciously expand our consciousness when we are having joy, and we can deliberately expand our consciousness through understanding. With the expansion of consciousness, we experience less and less pain and guilt.

As our relatively limited consciousness causes fear and pain, it creates confusions which make our life complex and complicated.

From the viewpoint of the Creator of our universe complexity and variety are natural phenomena of the creative process and are also inherent in the creative impulse. As has been said, the ultimate purpose of creation is bliss. Gaining experience and wisdom and growing thereby serve this ultimate purpose. The highest wisdom and growth can be created when life is experienced from the most possible angles or perspectives. The more perspectives the Creator can generate the more understanding, wisdom and bliss it gains. This is the reason why the experiences of all created beings with varying levels of consciousness are so precious. Their unique standpoints and experiences cause and create both the complexities and the added wisdom and added consciousness which enrich the wisdom and the glory of the Source.

Resistance, or contrast, and complexity are essential components of the physical reality as they increase opportunities to gain
experience. Because the consciousness and physiological characteristics of human beings are limited, they work with other participants, co-creators, to gain experiences from several perspectives. But because the whole system is greater than the sum of its parts, creations are never finished. After contrasts are balanced, experiences continue at a more expanded level which also generates new contrasts and complexities. Unique interests and unique free wills create their own stories. As the stories are created the consciousness of the participants keep expanding both on the physical and subtler levels. The new experiences are processed, lessons are grouped and filtered so that they can be integrated into the consciousness structure of the evolving beings. For this the evolving beings take some rest and leave behind the hectic physical consciousness. Then they return refreshed and with more wisdom that they can build on to continue their story creations in their new physical life. Practically, the evolving human beings go back and forth in consciousness between the physical and subtler realities. During a lifetime on Earth human beings leave physical consciousness during sleep. This experience is mostly forgotten during daytime but, to a certain extent, presents itself in the intuition. When the point comes when no more experiences can be gained in a physical life time, the human beings cease to exist in the physical: they die – only to return to continue expanding their consciousness by gaining new physical experiences from various perspectives. For example, in the previous lifetime a human spirit was a father and now she is a mother, then a daughter etc. The
point is to expand one’s perspective about the concept of “family”. The more participants a story has the more perspectives are represented, the more complexity is created, the more wisdom is gained. Once human beings are reborn in the physical they can only use the wisdom they gained in previous lives. For example, if it is the fifth lifetime that someone is a mother, then her perspective of “motherhood” is more expanded than someone else’s who is experiencing her first role as a mother. It is important to note that “more expanded” does not equal to “better”, because good and bad are relative and relate always to a particular context. On a more universal level only experience and expansion matter – and all experiences are equally loved – regardless of the conditions of the experiences. Having a drug addict son and an ill daughter might feel a more painful experience than having one healthy, bright and supporting child – but from a universal perspective they are both experiences that hold different potentials for expansion.

Resistance and complexity might cause us to get lost in the challenging circumstances. Aligning ourselves with the soul, with the higher self, can help us rise above unwanted conditions. This alignment with the soul has become a potential for us only “recently”. Our consciousness has expanded a lot since we started our journey into matter as new-born human spirits or babies of light. We are no more babies, we have experienced all what the lowest vibrations can offer, we are ready to move on to higher vibrations, to less pain and more joy. We do not need hardship, war, killing and poverty to realize that human life and human values
are important, that LIFE deserves our highest admiration. We do not want to hurt or deceive others just to get what we want. We are evolved enough to take more responsibility for ourselves and all created beings and things. It is true, that there are some young, less evolved parts on our planet where lower vibrational experiences are gained. The purpose of this is to give chance to young human spirits to incarnate on Earth and grow thereby. These types of lower vibrational experiences, however, differ from the experiences of the first new-born human spirits who started their evolution on our planet – as has been mentioned, no one experience is allowed to be repeated, every experience is unique.

While pain and suffering are the natural characteristics of the physical existence, because free will allows them to be observed, they cannot be experienced or perceived on subtler levels. Also, higher vibrational planes are more expanded in space – space and time do not exist there the way they do here in the physical reality. Because subtler realities are more spacious and less rigid, changes also happen much effortlessly and less painfully than in the physical world.

As the evanescent steam does not understand the solid nature and hardness of the stone, so the higher vibrational beings who exist in a less physical dimension do not understand the pain and suffering we experience here.

We are the offspring of a higher consciousness which has created us to gain wisdom and experience bliss thereby. Our experiences get filtered and will be made available for evolving consciousness and life in future creations. Our happiness creations will build the
bridge between our physical self and our higher self, between our higher self and the Source.

Pain and suffering, the “by-products” or “side effects” of the physical reality, can also help us stay on the right track and follow the desire of the soul. Because we have limited consciousness about who we really are, defining who and what we are not can be great steps to help us discover our divine nature and can help us evolve. That is why life continuously causes us to make choices, either by making us focus our attention to what or who we think we are from moment to moment or by impelling us to turn our attention away from what does not agree with our true self. We make decisions in every second of our life – even we do not always realize it, because things can happen so fast.

The difference in the vibrational nature of the realities which influence our life – whether visibly or invisibly – can also cause pain and fear. The high frequency of the region of thoughts dictates a speed which cannot be interpreted or realized in the slowdown nature of the crystallized physical world. Once you think a thought it is already done. In the world of thought it is a finished creation, which creation also holds enormous creative power which wants to expand into the physical and attract more and more thoughts around itself. Because of the slowdown nature of the physical, we are tempted to spend time focusing on our creations (that is why
we “invented time”). And because our focus is kept there, our focus generates energy which generates more thoughts which continues the creation process. The problem might occur when we want to take a completely new direction in our creation, because we do not feel comfortable in that creation any more. However, our observation which generates unpleasant feelings and thoughts in us keeps us there. The law of attraction does its job and works with the type of vibrating energy we provide. If our thoughts vibrate on an unwanted frequency and feel unpleasant to us, law of attraction will attract unpleasant experiences for us.

The solution is to shift focus. From the physical to the non-physical, from the negative thoughts and feelings to the positive ones. Shifting the focus is really the key. The reason for this is that conscious creative power is only attached to positive, joyous thoughts. Unpleasant thoughts also create in the physical, but they usually create unconsciously – which often leads to unwanted creations.

Whether we think thoughts deliberately or unwantedly they come into being and do their job. The more aware we become of their existence and how they function the more control we gain over our creations. People often cannot manifest their desired creations in the physical because unconscious and unwanted thoughts of disadvantageous vibrational nature are in the way of the desired creations.

When we try to discover the nature of subtler realities from a dense physical perspective, our definitions about the mechanism of
higher vibrational existence will always remain incomplete or limited. That is why we cannot stop discovering. We always find a more accurate approach. For example, “free will” the universal law, operates in a non-free context (the physical reality), in the limited reality of endless conditions. If there was no free will, and only one will would prevail (for example, during dictatorships or in slaveholding colonies) that would give the impression that there is less friction; however, from the perspective of the dictator only and up to a certain point only. Non-free or limited will is the creation of a higher vibrational will, its life span in the physicality is determined by a non-physical higher will. That is why dictatorships and slaveholding work up to a certain point only; they exist only as long as they provide experiences for young human spirits to grow. That is the case with all created things – once they stop serving evolution and growth, the form of their existence is ceased in that particular context (for example, in the physical world), their forms break down into their components which are then recycled for use for less evolved forms.

People today are more evolved than at any other time in human history, they are more qualified to practise their free will – which creates a growing complexity of creations.

Physicality, existence in the physical world, is transforming into a more delicate, a more transparent and subtler phenomenon. The materials of our everyday objects, for example, have become not only smaller in size, but also less solid, less thick and heavy. The computer is a great example to demonstrate this. The first ENIAC
in 1946 weighed more than 27 tons and occupied 167 m$^2$ (1800 ft$^2$). Today you can hold a computer in your hand.

The rigid concepts that make physicality painful are gradually dissolving into a less rigid, more flexible reality with less separation and more transparency (Internet greatly exemplifies this). This tendency is present in all fields of our life. The rising vibration of humanity’s consciousness is expressed in this tendency.

While we fear, feel guilty and suffer from all the complexities, the Source or the omnipotent Creator benefits from our experiences. It gains wisdom and admires its created Self which contains all the created versions. However, we have no reason to complain once we understand the bigger picture and the higher motives. First, we can definitely understand the bigger picture on the most general level. Now we can see that, on a general level, whatever happens, happens for the best. We might not be able to see the bigger picture on a more specific level in many cases. However, we can improve our skills in this respect once we manage to shift our consciousness from the dense physical to the subtler layers of thoughts and feelings. Once our conscious and deliberate thought creating processes become habitual we gain certainty about our physical creations – which then automatically cancels fear and guilt from our life. Once we start working with our thoughts and feelings consciously, a new dimension of life reveals itself to us; and we realize that we have found a new home, a safe place which educates and cares for us and gives us all the safety, freedom and joy we expect from a perfect home.
Whatever we do with our life, or however we handle our relationships etc. affect other living beings in and out of our physical reality. It is really up to us what we think and do, we have absolute freedom in this respect; it is only our awareness of our creative potentials that can hinder us or support us with our desired creations. Merging with the soul energy, tuning into the soul vibrations, will open doors for us to start our new-dimensional experiences on higher levels of consciousness where fear, pain and suffering are highly reduced or non-existent.
Creative Thinking

As we expand our consciousness to the vibrations of the soul, our life feels more balanced and holistic, and we gradually learn to allow more and more joyful experiences to come into our life. The soul views all experiences from the perspective of joy, love and freedom – from the perspective of bliss. From the soul’s point of view creations simply “are”. They are allowed to be the way they are, they are all valid and unconditionally loved. Creations exist because there is no reason why they should not exist – since abundant freedom and love let them exist.

As evolution proceeds vibrations always become higher, but this space-time reality what we are experiencing now is more exciting than any other turning point in human history. Simply because the evolution of the mind has reached the point where it is getting ready for the breakthrough – to tune into the subtler realities of human consciousness. Human thinking has been evolving ever since the mind was created. There has been a tendency for humans, in the past hundred years, to outgrow the understanding of the analytical thinking. There has been a growing receptivity for higher concepts which induces creative thinking.

Through creative thinking humanity is ready to grasp the concept of the deliberate or conscious creation process. We are ready to understand that our creative potentials are exposed to what we think of them. We can consciously or deliberately create anything on the physical level we can think of or imagine on the level of
thoughts. Thus, we consciously or intentionally transform mental energies into physical energies. The creative imagination functions best when the conscious mind is vibrating at an exceedingly rapid rate, at a joyous, blissful rate; when it is stimulated, for example, by the emotion of strong desire, love, enthusiasm, etc.

Desire

Napoleon Hill and other genius thinkers pointed out that the number one mind motivator is the desire for sex expression. The emotion of sex creates a state of mind vibrating at high frequencies. These high vibrational energies seek a rapid way of expression and naturally follow the path of least resistance. The most popular way of expressing the sex force, utilizing the highest creating force on the physical level, is having sexual intercourse, gratifying sex organs. It is not surprising, since the mind of most people populating this planet projects a dense, concrete physical reality to express creative energies – thus the mind is naturally highly biased in favour of things and pleasures essentially physical. Ancient wisdom teachings and geniuses like Freud and Jung also emphasised that the sexual energy is an important source for personal growth and creativity. Through the transmutation of sexual energy, the transformation of mediocrity into genius becomes possible. Sex transmutation happens when the mind is switched from thoughts of lower vibrational physical expression – such as having sexual intercourse – to thoughts of some higher
vibrational, non-physical nature. When driven by this most powerful human desire, sex desire, people develop keenness of imagination, courage, willpower, persistence and creative ability unknown to them at other times. This strongest motivation force can be used as a powerful creative force in literature, art or in any other profession including the accumulation of riches and abundance, including the possibility to create a better civilization and well-being for all living creatures on our planet.

Bliss is Our True Nature

There is one “thing” you want to appear in your life: ultimate happiness. On the short term and on the long term you want to be happy. You forget from time to time that happiness is already with you, it is within your nature, it is available in any moment of your life. You knew this when you were a child. When you were a child you viewed the world from the perspective all children share: from the perspective of happiness.

You have grown up in your physicality to leave behind the frequency of happiness from time to time so that you can create experiences to take you back to happiness. You have created reasons for being happy. When you were a child you were happy for no reason.

As the saying goes, “All is well that ends well”. Every creation ends well or works out in the end – if it has not worked out for you yet, it is not the end. You are made from and by bliss. You can avoid pain, struggle, fear, guilt and their consequences but you cannot
avoid bliss and happiness. The reason why you can survive pain, struggle, fear and guilt is that part of you, the larger part of you, is vibrating at the frequency of bliss.

If you are tired of creating “long-term reasons” to make you happy, if you want to experience happiness and bliss more frequently (even constantly?), you can do three things: think, feel and act from the perspective of happiness. Bliss is your true nature. It is not that you deserve to be happy, you are required to be happy, you have no choice but to be happy. Fill your mind with blissful thoughts, feel the support of your loving heart, and let your blissful mind and loving heart inspire you in your actions.
WORKBOOK
How to Let Your Mind Successfully Cooperate with Your Heart

The key is to pay attention to both your inner journey and your outward journey in your action plans. Your inner journey is a journey of feelings, of learning and of self-development. The outward journey is the action steps. To put it simply, your task is to watch your feelings when you act. Do what feels good to you and be flexible about the desired outcome because your vision is not big enough to see all the wonderful things you are to experience.

Your intuition unites your highest feelings and your highest intellect. When you listen to your intuition you can be sure you are on the right track to raise your vibration and attract your reality accordingly: a higher vibrational, more harmonious physical reality. When you listen to your intuition you make friends with the unknown knowing that it holds the best possible outcome for you. So, basically the cooperation of your heart and mind is expressed in your listening to your intuition. Choose what your inner guidance dictates and in about 3 days you receive a positive feedback on your choice. Try it.

How your intuition communicates with you, depends on you. Intuition always chooses the path of your least resistance. You may get a message from within as a vision or a visual image while you are meditating or dreaming. I often get images while I am doing the
washing up, while I am cooing, while I am driving or while I am watching a movie. Your intuition may speak to you as a hunch, a thought, or a voice.

You may also receive a message from your intuition through your physical senses. For example, a positive “yes” message feels like an expanding v-shaped joyous feeling starting from your chest area or higher; or the message might come in the form of goose bumps, a dizzy feeling or warmth; you may experience a feeling of joy, euphoria, or profound inner peace.

You may also receive intuitive messages through negative emotions, such as a feeling of uneasiness, concern or confusion. People also have a contracting feeling in their stomach, heaviness in the pit of the stomach, compression in the chest or lump in the throat. These feelings are telling you that you are not expressing your truth in your actions or in your beliefs.

Sometimes sensing intuition is just a sense of knowing, you do not know how, but you just know it in your heart, in the depth of your soul.

An indicator that the message is truly from your intuition is that it will often be accompanied by a sense of greater clarity, a feeling of rightness, a feeling of excitement, a feeling of passion about the answer or the impulse. Following the intuition arises the most positive feelings in you. So, when you consider a plan of action, stick to these feelings.
Limiting beliefs cause uneasiness, concern or confusion – usually a contracting feeling somewhere in your torso.

I recommend the following exercise to identify your limiting beliefs (from Joseph O'Connor and Andrea Lages):

- Think about an important goal.
- While keeping that goal in mind, say out loud, each of the following sentences. In each case state your actual goal ‘my goal’. So, if the goal is to have better relationships, the first statement you make is, “I deserve to achieve better relationships.”
- As you do so, give a score from one to ten. One means that you do not believe the statement, and ten means that you completely believe the statement.

1. *I deserve to achieve better relationships*
   
   1 2 3 4 5 6 7 8 9 10
   
   Do not believe completely believe

2. *I have the skills and abilities necessary to achieve better relationships.*
   
   1 2 3 4 5 6 7 8 9 10
   
   Do not believe completely believe
3. *It is possible to achieve better relationships.*
   1 2 3 4 5 6 7 8 9 10
   Do not believe   completely believe

4. *Achieving better relationships is clear*
   1 2 3 4 5 6 7 8 9 10
   Do not believe   completely believe

5. *Achieving better relationships is desirable*
   1 2 3 4 5 6 7 8 9 10
   Do not believe   completely believe

6. *Achieving better relationships is ecological*
   1 2 3 4 5 6 7 8 9 10
   Do not believe   completely believe

7. *Achieving better relationships is worthwhile*
   1 2 3 4 5 6 7 8 9 10
   Do not believe   completely believe

Doing an ecology check (6. Achieving better relationships is ecological) is checking the consequences. Think as if you are in the future. What are the wider consequences? What extra will you have to do? What will you gain if you make this change? What is the price of making this change and are you willing to pay it? What are the good aspects of the present state? How can you keep those good aspects while making the change that you want? How will your change affect others?
This can be very revealing. Low scores (less than seven) show a limiting belief or that you have not thought about the goal sufficiently. Then you need to ask yourself:
“Why am I doubtful?”
“What could be making me doubt this?”
New Beliefs

Beliefs do change naturally thorough life. You can integrate new beliefs into your belief system with a process which utilizes what happens naturally. Also, from a broader perspective you contain all beliefs and all truths. When you change belief you simply shift your focus.

Here is the list of a few principles for you to integrate into your beliefs system. By doing so, you will do a great service to yourself, because you reduce your fear from the unknown and your doubt about your creative power.

- You create your reality.
- You are part of a higher consciousness. You are a point of view (of a higher consciousness).
- You are part of a perfectly operating system which contains physical and non-physical elements.
- The invisible forces operating the system are well-designed by highly intelligent thinkers and they are 100% reliable. These forces work automatically, operate nature, the flora and fauna, the human body, our entire planet, our solar system, our universe.
- The fact that you cannot see, hear, smell, touch and taste these forces does not prove that they do not exist. Our existence is the proof of their existence.
- You are already experiencing your immense creative power, you are only not fully aware of it.
Your task is to manage the creative forces at your disposal with full consciousness and understanding.

You have unlimited creative power in this physical world in the sense that the variety of your probable choices and creations is almost infinite and cannot be experienced in one lifetime.

You have free will and unlimited freedom to create your version of the physical reality.

The purpose of having individual consciousness is to utilize your creative power.

What you invest into your creations is what you get back.

You are both a physical self and a non-physical self.

Your physical self is created by your non-physical self.

You contain everything. Your non-physical self knows all.

Your physical creations represent where your non-physical self focuses.

This non-physical focus manifests as a crystallized, slow-down version – in the form of the physical world.

Your circumstances are the reflection of you from a certain perspective.

By changing your focus, you can change your reality.

Because of the slow-down nature of the physical world, creations can be realized gradually, step by step. There are no instantaneous creations in the physical.

Your thoughts, your beliefs, your feelings and actions create your reality.
The law of attraction causes like thoughts, similar thoughts, to attract one another, and the compilation of similar thought patterns results in beliefs and convictions. You never do anything without thinking of it first. The type of thoughts that you can sense with your mind depends on your vibrational state. Your current vibrational state and consciousness is the result of your experiences in your past lives, and the result of your experiences in your current physical life.

Are they too good to be true?

Do the following exercise – I call it “Charging Your Magic Wand”.

1. Pick one principle from the above list which is to a certain extent okay for you but might not 100% resonate with you.
2. Ask yourself: “Why is it too good to be true?” “What questions does it raise in me?” Put down the question(s) and be certain that you will find the answers for yourself. The more questions you have the better. The questions are part of the answers.
3. Think of a time when you were open to a new belief. What is it like to be open to a belief? Think about this new belief while you are in this “open state”. How does it feel? How is it a better choice than an old belief(s) it replaces? What would it be like to believe this? What difference would it make? What could it achieve for you? How would it influence your faith in your creating power, your security,
your health, your relationships? What could you do that you cannot currently do? What would you stop doing that you currently do? How would that make you feel?

4. Test the new belief. What if this belief can be 100% true for you? What if you play with the idea – just for fun? Imagine that you are a student in the wizarding school of life, and you have a virtual magic wand to help you with your creations in the physical. It is within your power to charge your magic wand and make it as powerful as you can imagine. You can charge your magic wand with beliefs. It is up to you with which beliefs you update your magic wand from time to time – the new version will integrate them and will work accordingly. Your magic wand works automatically no matter what.

- So, update your magic wand with the new belief, make an action plan while holding your magic wand – virtually in your mind – in your right hand or dominant hand and expect the best possible outcome. Think of a memory (or memories) where the outcome of the situation was more grandiose than you planned. Feel that magical feeling you felt at that time, relive it in every cell of your body.

- Then act with the thought in your mind that your action is supported by your magic wand charged with the new, uplifting belief.

- Your physical reality will reflect a positive feedback on the action related to the new belief in about 3 days. Keep a record of the feedback – use a diary where you can record
your experiences with your new beliefs. Also, review the questions you asked under the second point. Does your experience answer some of your questions? Do you have additional questions? Put them down.

- Continue experimenting with the new beliefs and record your experiences, questions and answers. Re-read your experiences, questions and answers from time to time and see how your creativity improves.

Let us suppose that you believe that you are the fully responsible for your creations, because you are the creator of your reality – would you restrict your creating capacity in any way? (besides respecting the 5 universal principles our reality is based on, see chapter 2).
Rewrite Your Past

Have you noticed that I do not often mention negative words? I do not expand on why things do not serve you etc. Instead, I focus on what is positive and what works. You can do the same, release your negative “karma” and see your past from a different perspective. See only the beauty, see what you have learnt, what have made you evolve and forget everything else. In a sense, forgive yourself, because there is no reason why you should feel guilty in any way. As you change, evolve, and look back to your life you see things from a broader perspective. And you cannot stop changing. With your current level of experience, you would act differently. But you are not given a chance to relive any past situation and correct it, because the same situation never manifests the same way twice, there is always some change (as universal law dictates). So, there is no need for correction or guilt.

From a universal perspective an experience is just an experience. The conditions under which an experience happens, whether you view it as good or bad, effortless or tough are up to you. You are completely free to attach any condition – feeling and meaning. This is the unconditional love which embraces all your experiences and creations. You have unlimited freedom to create new, joyous experiences. Also, because you are the creator of your reality, it is obvious that you would not do any harm to yourself. At least, not consciously.
Do the following exercise. Remember a time when you thought you were a victim of the circumstances and did not understand why things were happening to you, why you had to experience what you were experiencing. Find out how that experience served you, what gift you received from that experience, how it helped you in another experience or how it can help you in the future.

For example, when we decided with my husband to adopt a child, we had to go through trainings and various medical examinations. Finally, the lady from the local authorities of child protection decided to put us to the end of the list of applicants, adoptive parents, because we were not married at that time (being married was not a precondition of adopting) – she thought we were not committed enough. We did get married soon after, but it did not help. So, we could not even imagine how long we were supposed to wait for our child. Also, for my medical examinations I had to go to another city, because I could not make a timely appointment in the local hospital. There I was introduced to a nurse and we changed phone numbers. One and a half years later she called that a 7-month pregnant lady wanted to give up her child for adoption. So, instead of waiting several years, we eventually received our adorable daughter one and a half years after we applied.

This taught me the lesson that if something is not available in your current reality, you do not need that; something greater than that is waiting for you. I regularly apply this principle in my everyday life even with small things and I am always amazed how fast the solution appears as I let go what is not needed.
Practise forgiveness to yourself. Remember times in your life when you felt that you messed things up and you felt bad about yourself. Take your diary and put down each and every related event you can recall and decide to forgive yourself for acting the way you acted. You can write, “I forgive myself for ____________ when ____________.”

You can also add:

“I know I did it because at that time I ________________.”

“No I see things differently...”

For example, “I forgive myself for being rude to my mother when she stayed with us for two weeks last year. I know I did it because she and my husband did not get along and I blamed her. Now I see things differently. I am not responsible for my mother’s behaviour or for my husband’s behaviour, and I am not in a position to blame them for their behaviour, but I can choose not to be part of their conflict.”
Positive Self-Inquiry

Feel good, feel better, raise your vibration by doing positive self-inquiry. Self-inquiry can be a positive or a negative method. The negative method strips away the false to reveal the true. When you practise the positive method, the blocks and tensions are not the focus, instead attention is put on the flow or the upward shift of energy.

The process consists of asking a series of questions and make corresponding statements.

The first step of the self-inquiry is to locate emotionally where you are in the present. For example, question: “What is going on here? What emotion is it?” Answer: “I feel sad”. It is important to note that it is okay to be where you are. When you fight against where you are (“I hate to feel sad”, for example), you are at war with yourself.

Obviously, there is a story behind your sadness. You are well aware of that story, that situation and you want to change your feeling, sadness, about it. When you review the story shortly, remind yourself that it was you who created it (you create your reality) and it does serve you even if you feel differently at the moment. You have the following options: you can change the situation, or you can leave the situation. You need some understanding to release the negative feeling; and you want to take the highest perspective. The most beneficial question you can ever ask is: “How does this serve me?”. It is okay, if you cannot find answers immediately, you will in time. Below is an example of questions and statements.
Q: “What is going on here? What emotion is it?”
A: I’m sad.
Q: What caused it? (Is it a chronic situation?)
A: The story: my boss treats me badly.
Q: What do I need to do to change the feeling?
A: I can’t leave my job now, so I need to change the situation.
Q: What understanding do I need? What is the highest perspective I can take?
A: An inner change is necessary to change the outer.
Q: How do I make myself sad which then gets reflected in my circumstances?
A: I treat myself badly.
Q: Why and how?
A: I keep postponing things and I am always behind time in my daily routine, my daily tasks and I am unhappy with myself because of it. Doing my daily tasks is not too exciting.
Q: What is exciting to me?
A: I love painting, but I do not have time to paint, because I am always behind time in my daily tasks.
Q: How did I feel when I last painted?
A: I felt like being in heaven when I last painted years ago, I painted regularly, and I often sold my paintings. That was the best time of my life.
Q: Do I miss that feeling?
A: I want to find the way to get excited again about my life. “
I only included the key questions, because you know your own situation, so you need less discovery questions than when you work with a coach. Also, you can ask the “How does this serve me?” question any time you feel like asking it.

When you gain some understanding and conclude what inner change you want you can continue with uplifting statements:

“I know I can do it, I’m talented and smart, I’m worthy of a happy and exciting life. I forgive myself for not giving myself a chance to do what I love doing, I trust myself, I trust the future. My higher self knows all and wants the best for me. I only suffer when I do not see the higher truth, when I do not see how the situation serves me. I trust my higher self, I trust my intuition.”

There are uplifting statements that come from a higher source, relate to the higher self (HS statements), to higher consciousness and they uplift us if they are within reach of our current spiritual understanding. We are all unique and each path has a collection of such statements that are the heart and soul of the path. Also, religions and philosophies have their own HS statements. An HS statement for me may not be an HS statement for you.

Here are a few HS statements:

“I know that I am consciousness. I am part of a higher consciousness which feeds on and is drenched with bliss and love. I create my reality and I have unlimited power to create anything I can think of. I, the creator of my reality, would never cause myself
to suffer. I am my higher self. I am the soul, I am the light divine. I am unlimited. “

Then the insight to reveal how the situation serves you usually presents itself when you feel uplifted:
Q: “So how does this situation serve me?
A: It teaches me that obligation without excitement, passion and joy is not enough to live a happy and healthy life. Doing what we love doing calls forth our happiness creating energies. It teaches me that happiness is our most natural state. Happiness will always find its way, but I determine the price I pay for it. “

Also, when you feel uplifted you can come up with some action steps. “I will reorganize my daily tasks. I will ask for help. I will set my daily goals correctly and prioritize wisely. I will insert painting in my weekly schedule. I will celebrate my little successes. I forgive my boss and start fresh with him from tomorrow. I will do my best at work and if an uncomfortable situation arises, I will handle it wisely. When needed, I stand up for myself firmly and politely. I am open to seek for another job if that is the best next step. “

Again, it is important to note that a positive statement or affirmation can cause a negative vibration in you, if you feel negative about it, if you doubt it – if you do not believe that it is true for you. So, make sure you work with statements and affirmations that completely resonate with you.
As an example, here is a small list of positive statements:

I am worthy.
My self-esteem is improving every single day.
I'm a good person.
I'm nice looking.
I accept myself.
I forgive myself.
I have a lot to offer.
I deserve the best.
Everything is possible.
I am a problem solver.
I trust my intuition.
No dream is too big for me to achieve.

Here is a small list of HS statements:

Everything is energy.
Love is energy.
Love is freedom.
Love is harmony.
We are made from bliss.
Existence is eternal.
Space and time are relative.
I am everywhere in my universe.
No outer event can harm my true nature.
I am the soul.
I am the light divine.
I am love.
I am harmony.
I am will.
I am unlimited.
The World Needs What You Have to Offer

What is the best job for you, what is the best service you can do for yourself and mankind? Do what you enjoy doing. If you have not found it yet, here is one way to discover your dream job or dream profession.

The Life Purpose Exercise: (from Arnold M. Patent)

- List two of your unique personal qualities, such as “enthusiasm” and “creativity”.
- List one or two ways you enjoy expressing those qualities when interacting with others, such as “to support” or “to inspire”.
- Assume the world is perfect right now. What does this world look like? How is everyone interacting with everyone else? What does it feel like? Write your answer as a statement, in the present tense, describing the ultimate condition, the perfect world as you see it and feel it. Remember, a perfect world is a fun place to be. Example: “Everyone is freely expressing their own unique talents.” “Everyone is working in harmony.” “Everyone is expressing love.”
- Combine the three prior subdivisions into a single statement. Example: “My purpose is to use my creativity and enthusiasm to support and inspire others to freely express their talents in a harmonious and loving way.”
Commitment is Everything

“Without commitment you cannot have depth in anything.” ~ Neil Strauss

Here is a small story from Max Heindel to illustrate the depth:
“A young man came to a sage one day and asked,
- Sire, what must I do to become wise?
The sage vouchsafed no answer. The youth after repeating his question a number of times, with a like result, at last left him, to return the next day with the same question. Again, no answer was given, and the youth returned on the third day, still repeating his question,
- Sire what must I do to become wise?
Finally, the sage turned and went down to a near-by river. He entered the water, bidding the youth follow him. Upon arriving at a sufficient depth, the sage took the young man by the shoulders and held him under the water, despite his struggles to free himself. At last, however, he released him and when the youth had regained his breath the sage questioned him.
- Son, when you were under the water what did you most desire?
The youth answered without hesitation.
- Air, air! I wanted air!
- Would you not rather have had riches, pleasure, power or love, my son? Did you not think of any of these? – queried the sage.
- No, sire! I wanted air and thought only of air – came the instant response.
- Then, – said the sage – to become wise you must desire wisdom with as great intensity as you just now desired air. You must struggle for it, to the exclusion of every other aim in life. It must be your one and only aspiration, by day and by night. If you seek wisdom with that fervour, my son, you will surely become wise.”

Be committed to your highest dreams and happiness and happiness will be committed to you. I hope you have enjoyed the program. Feel free to contact me if you have any question or comment at support@thinknsucce.com.

Committed to Your Success,
Florence
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