

Uberman: Almost Super Human

Techniques for Unlocking Ultimate Human Potential

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Introduction:

What you'll find inside this book are techniques that have been used in secret by some of the most powerful men and women in the world for thousands of years.

Many things you'll read about in here will likely challenge you.

For this reason, after each technique I encourage you to test it yourself and write down your results. This way you can keep track of your progress.

Doing this gives you feedback on where you are, which reveals a path for where you want to go. This gives you clarity, which surpasses the belief system.

So when asked to do something you feel is "silly", doesn't work or has no value, consider testing it out first. Then record the results. Then, keep going...

There is a good reason these do "work" and you'll understand why by the time you finish this book.

It is through your own personal experience that you are being given an opportunity to learn something new about yourself today.

You are more than you think. If movies like *The Secret* and *What the Bleep* intrigue you and *you want more...* do the techniques in this book.

Chapter 1: A Technique for Getting Feedback

The first technique I want to share with you sets the foundation for what is to come... there is an interesting phenomenon you can experiment with, that will turn you somewhat into a human “lie detector.”

The subconscious part of you absorbs and retains a lot more than you can. And it sends electric signals through your body, which can affect you physically.

You can use this bit of knowledge to create a tool you can use to give you information you wouldn't be able to get from the conscious part of you.

For instance, the energy of thought, when directed by intention, can influence physical strength in an instant – causing weakness in the muscles or increasing strength according to the question or statement.

Suspend your disbelief for a moment and do this technique:

1. Hold your dominant hand in an “OK” position, putting a fair amount of pressure on your index finger and thumb to keep them glued together.
2. With your other hand, hold out your index finger in a pointing position and place it within the “OK” circle.
3. Sweep the index finger from right to left and if the body tests weak, the index finger will break the chain, if strong, the chain will remain unbroken.

Next, I encourage you to watch this video for a beautiful explanation of how this is possible... it also reveals another way to do it which I think is brilliant:

[Watch The Video Demonstration](#)

Now using these tools, we can communicate with the subconscious part of us.

If the energy is resonant with the thought (in other words, if your subconscious believes it is true) electric pulses animate and strengthen the physical muscles.

If dissonant, the energy will test weak.

Here's your first test:

Say your name. You know your name, and so does your subconscious. So if you say your name, you will test strong. (Unless you aren't feeling like yourself!) ☹

So say your name like ("my name is _____") and swipe your index finger from right to left to see if it breaks the chain. Chances are, it won't.

Now regardless of your result, write it down. This is your first record.

For the second part of the test, make a statement that is false. This should create dissonance which will instantly weaken the body and the chain will break.

Say "my name is (a friend's name)". Test it. Record the result.

For some people this works better by using their middle finger and thumb to make the "OK" sign. Whichever way works best for you, use it.

Now that you know how to use the tool, let's have some fun...

1. Think of a circle. Test weak or strong?
2. Think of a square.
3. Think of a triangle.
4. Think of a cube.
5. Think of a ball.

Whatever your results, you'll notice for some strange reason, on some you test "weak" and others remain strong.

Now try these:

1. Imagine the color grey.
2. Imagine the color white.
3. Imagine the color violet.
4. Imagine the color red.
5. Imagine the color green.
6. Imagine the color gold.
7. Imagine the color blue.

How did you test on those? Certainly, some caused dissonance breaking the chain, and others tested strong. I assure you, there's a reason for this.

Now think of a bad memory from your past...

Test it – weak or strong?

Think of something that makes you cry...

Test it – weak or strong?

Now turn that into a memory you're fond of.

Test it.

Think of something that makes you laugh.

Test it.

Imagine holding a food you don't like.

Test it – weak or strong?

Imagine a food you love, and test it.

Write down your results.

If you are truly following along step by step, you'll no doubt begin noticing a peculiar feeling the instant before you discover the result of strong or weak.

Almost like you can begin to tell what the result will be, just a split second before the finger either breaks the chain or not, from a fleeting feeling within you.

You may also notice that the level of resistance changes too... some thoughts, images, colors, shapes, etc. may cause greater strength or weakness than others.

Go ahead and think of five questions, statements or ideas you'd like to get some feedback on from your subconscious, and write them down.

Here are some examples...

- A) Write down two imaginary (or real) business ideas. Say to yourself that you're going to test "strong" for the most profitable idea that is best aligned

with whatever you enjoy and are good at. And weak if the idea is not best suited to you, your personality, skills, desires or abilities.

B) Now read the first idea to yourself, and test it. Record the result.

C) Test the other idea, and record the result.

A) Give yourself 4 “best next step” choices to make, to get something you want. It could be anything. Just write down 4 possibilities...

B) Read the first one and test it. Weak or strong?

C) Do the same with each of the 4 possibilities.

D) If more than one possibility tests strong, test the two possibilities against each other until you only have one winner. Then test again to confirm it.

E) This will likely amaze you. It’s fun, and produces incredible results.

Obviously, the one that tests strong is resonating with you at the core, giving strength to the body and mind. This is your subconscious saying, “This one!”

But again, it is important to test each technique a minimum of ten times, so you can get a much more accurate “best out of ten” picture. One answer isn’t enough evidence. You want a preponderance of truth. Undeniable, repeatable proof.

Proof gives you confidence, which gives you the freedom to unlock more abilities. The only thing that robs you of these natural abilities is FEAR. People fear what they don’t understand, or have installed belief patterns that block them.

But when you do these techniques and write them down, as I’ve described – even if you fear because you don’t understand them now, you most certainly will gain a crystal clear understanding of why these work, and how to benefit from them.

Have fun testing yourself.

Ask any question, make any statement, notice if what you think is true, actually tests “weak” by your subconscious. A special bond will soon be created between you and the subconscious part of you that is unique and special to anyone else you’ve ever met.

Remember, testing in this way will reveal what your subconscious belief patterns are, that are creating the reality you experience now.

So if you consciously desire a thing, but your subconscious beliefs are dissonant (not aligned with) with your desire, you will not experience what you want.

To get what you want every time – detect the subconscious belief pattern (using testing methods such as these) and change it to “vibe” with the conscious desire you have. Once your conscious and subconscious are in agreement, you will experience your desire to its fullest through the magic of Synchronicity.

And there are other ways to self-test.

Another way is to stand up straight, feet shoulder-length apart, slightly bend the knees and ask a question. Notice you’ll be compelled to lean either forward, or backward, depending on the question or statement.

You can program yourself easily by telling yourself “this means yes” and “this means no” or, you can let your subconscious show you by saying, “show me yes.” (you’ll lean forward or backward) and then, “show me no” and likewise, etc.

In this way you can become your own human pendulum. ☉

Don’t take these techniques for granted. Test them each ten times and record your result. Have fun with these and you will gain a priceless treasure.

Beware that what your mind is focusing on at the moment, will determine the “strong” or “weak” in the test.

So if you’re daydreaming off in a good memory, while saying my name is Tom (if that isn’t your name), your excess mental energy can throw off the test.

The easiest way to ensure you’re getting an accurate result every time is by placing your main focus on what you’re testing.

Keep in mind all this is giving you feedback you didn’t have access to before.

This is providing a new tool you can use to make better choices which lead you to a better life. Never again do you have to be “stuck” in an important decision that you don’t know is best for you or not. Test ten times and record your results.

Sometimes it is best to wait a moment before each test to recompose yourself.

Too close together, and you can influence the test through mental or physical fatigue. Just pause a moment, focus on the intent and test.

Regardless of your results, you'll definitely notice there's something "more" going on here... could this be *thought* influencing physical strength?

Here's a really great way to find out...

1. Get a partner or good friend who's willing to try out something new...
2. Have him or her stand up and hold out their least dominant arm, straight out to the side, palms open and fingers outstretched...
3. Place two fingers on their wrist and instruct them to "make it strong" so when you lightly press down, their arm will remain strong, giving resistance to the two fingers you're using to press down the arm...
4. Tell them to say their name, and press down lightly with your two fingers. You should feel a certain amount of resistance as you press down, and their arm should remain straight, and strong.
5. Now tell them to say, "my name is ____" and someone else's name (could be your name) and test them. Instantly, you should feel 40-60% less resistance, and their arm should come down quite a bit.
6. Fatigue you say? Try this. Now tell them to think of a golden circle. And test them. Interestingly, the strength should return to their outstretched arm.
7. Now tell them to think of something they don't like. It could be anything. Test them. Most likely, almost all their strength will be drained.

Now, let's get to the "good stuff..."

With either hand, run your fingers up the middle of their body without touching them, from the waist up to the top of their bottom lip – as if you were "zipping them up." Don't touch them. Just zip them up. Now test them.

Undoubtedly, you'll notice a great amount of resistance and strength occurs when you try to press down on their arm with your two fingers.

Now, take away their strength with a downward stroke of your hand, from the top of their bottom lip, down the center to the pelvic region. Test them. Quite a different story, isn't it? ☺

You don't have to touch someone to influence their energy.

You can easily do this for yourself, too using the "OK" technique.

Just zip yourself up, and test. You'll test strong.

Now, unzip yourself and test. You'll test very weak.

Standing in front of your partner, unzip them only with your imagination.

Now test them, and notice the *immediate difference* in strength.

Any time you're feeling "boxed in" or lonely, depressed, vulnerable, etc. mentally or physically zip yourself up. You'll no longer be mentally or energetically exposed and will instantly feel somewhat better.

You can also "lock" the energy in place using your right-brain imagination to literally "zip and lock". In this way, others' energies can't influence you.

Just imagine zipping up to the top of your bottom lip, and turn the key to lock it. Then do an "OK" self-test and see if you're strong or weak.

Chances are, just by zipping up you'll test strong.

Now, let's play some more and see how your energy can influence others easily...

Standing in front of your partner, think of something negative about them. Even if you don't want to, just imagine something negative and direct it toward them.

Now test them and see if they're strong or weak.

Now, think something nice about them and test them.

They get their strength back, almost instantly.

Find a book (any book will do, including this one) and read a passage out loud from the book. Stop and test them. If strong, begin reading the same passage backwards, stop and test them. Notice the difference.

It is possible that your subject will test weak after you read forwards to them.

The reason is because your energies may be running backwards in your body.

Often martial arts students or physical athletes who do a lot of exercise may have their energies running backwards. This has many side-effects and none of them are

good. This can cause a public speaker to quickly drain his audience after even a short speech. Or a recurring “uncomfortable silence” in social situations.

If you’ve ever met anyone and felt “drained” after just a few moments of being in their presence, you’ve experienced a person who’s energy is running backwards.

For example, do 5 jumping jacks and test yourself.

You’ll certainly test weak.

Have your partner do 5 jumping jacks and test them.

They will no doubt test weak.

Jumping jacks are one of the many motions that literally cause the energy in the body to run backwards. This affects focus, ability to concentrate, IQ, mental and physical health and even life span.

Now, do a sideways “figure eight” motion with both arms in front of you for about ten seconds. Test yourself. You’ll probably test strong.

Now do a figure eight with your pointer-finger just in front of your partner for about ten seconds, and test them. They’ll most likely test strong, too.

Of course consciously, that doesn’t make any sense!

How could a “figure eight” infinity sign drawn in the air possibly influence another person’s physical strength? And yet, if you have been doing each step and following a long in this book to a “T” you’ll be staring at the result.

A sideways “figure eight” pattern is the symbol for infinity. It’s also how wireless communication is made possible.

Signals are both sent and received simultaneously “through the air” in a figure-eight pattern which establishes a two-way communication at the same time.

The way your mind sends and receives information is no different!

All energy in the body should cross in this figure eight pattern.

If it isn't crossed, it's running straight up and down (or backwards) and a two-way connection cannot be properly established.

This energy can be reversed and a connection re-established by making circular motions or infinity motions with the mind and body. Don't believe me because I'm telling you, test it out for yourself and experience this personally.

If your energies are running backwards, you can drain an entire room in a few minutes. If crossed, you will inspire and strengthen the energy of the room with your words, actions and presence.

Chapter 2: The Magic of Centering Yourself

Just by centering yourself, you can create instant changes within the body.

Relax, and draw an imaginary line down the exact center of your body, vertically, from your tailbone up through the top of your head, splitting yourself in two equal halves, mentally...

Place your awareness there for just a second and notice how it feels to be *in* the center of your body. Feel how your spinal cord connects into your brain stem...

Now come back to normal awareness. You've just made a mental connection with your Central Nervous System, a control panel for your body and mind.

Through your spinal cord, messages are communicated to every part of the body which governs thought, function, memory, emotion, operation and action.

Normally, your subconscious maintains control over these areas so you don't have to consciously remember when to breathe, pump blood into your heart, fight invading bacteria, forget traumatic experiences, and a plethora of other things.

If you had to consciously remember how to instruct your body and brain to function and continue its normal operation, you'd probably go insane or unconscious from mental overload.

Luckily, your subconscious takes care of the details which grants you the freedom to experience this reality to its fullest – if that is your choice to do so.

But YOU (the conscious part of you) can learn to step into the control room from time to time, and play around with the controls to see what they can do...

What you'll find (after the following techniques) is that you can "flip the switch" and create an instant shift in your body, your mind, your emotions... any area of your life or any problem you have CAN be changed in an instant.

First, you learned the "OK" self-testing technique and the arm-resistance technique so you can know what truly resonates with you, and what causes weakness within you...

Now you can learn how to transform ANY weakness into strength, by tuning into the center of your body/mind for a single moment – and flipping the switch from weak to STRONG!

For this technique, first you'll want to test for a memory that causes weakness.

Do the "OK" test to confirm it causes weakness, and now let's target-in that weakness to find its level of intensity, and where it's located in the body...

1. Think of a bad memory. Notice what emotion pops up from the depths of your heart, and label it. (sad, angry, resentful, envy, etc.) You'll test weak.
2. Now pay attention to where you feel that energy coming from in your body. It could be your head, neck, right-thigh, stomach, heart, anywhere.
3. When you notice you can think of the bad memory and the feeling associated with it comes up, there will be a sensation somewhere in your body, that is strangely connected to the feeling. Like it's coming from there.
4. Put your awareness in this area of your body, feeling the emotion intensify.
5. Now give this emotion a number between 1 and 10, according to how intense the feeling is... 1 = barely there up to 10 = unbearable

So let's say you've got a memory drenched in an emotion of sadness and you discover it's located in your heart area with an intensity of 9...

Take that thought... that memory, with all its emotional connections, locations and intensity... and move the thought to your center. Think the word "CORRECT" and draw the imaginary line from your tailbone up through your spine and out the top of your head, placing your awareness in the center for just a moment.

Now back to normal awareness and let's see what happens...

Think of the bad memory again. And notice its location. Has it moved, gotten smaller or vanished all together? Give it a number of intensity using the scale of 1 to 10. Has the number decreased significantly or gone down to zero?

Do this technique again, and notice the number drop further. If and when it drops to zero, you'll be completely neutral to the bad memory all emotional energy will be gone from it. You won't be magnetized to it anymore.

This also means you won't attract those types of experiences again.

Once it drops to zero and/or the emotional pattern stuck within the body begins to dissolve, you can self-test again... and you will certainly test STRONG.

This is an incredibly effective method for de-programming yourself and erasing the emotional connection to bad memories, experiences, beliefs, and other influences which can negatively impact every moment of your life.

For example, if you're constantly struggling for money, you can think of a memory long ago in which your father once told you, "rich people are dishonest" and locate that energetic pattern within your body... then note the level of intensity of the emotion connected with that thought and give it a number from 1 to 10. Then, go to your center with an intention to "CORRECT" and come back out.

Now repeat the process until the number reaches zero and/or the energetic pattern completely disappears from within your body, i.e. you can't locate it.

You may also notice other emotions begin to surface once the previous one is dealt with. Bring it to the surface and transmute the energy by taking it to the center for only a second or two. Then come back out and test again.

You *will* see changes. You will notice the difference. And if you keep practicing this, you'll see from your own experience that your story changes. Old cycles are broken. Things that used to keep happening to you just don't happen anymore.

If you seem to keep finding yourself in bad relationships for instance, de-magnetize yourself to attracting bad relationships. Imagine the bad relationships you've had, note the emotion(s) attached and how strong they are... Correct them by taking them to your center, then re-test and correct until they're all gone.

Sometimes several emotions can be connected to one idea, thought or memory.

Sometimes several layers of emotions can be embedded into a belief, such as “rich people are bad” and therefore the desire of “I want to be rich” gets filtered out and discarded by the reinforced belief, “I want to be a good person, but rich people are bad, so I can never be rich.”

Remove the emotional baggage you carry with you through life, and you’ll find yourself nearly floating. First, find out what you want. Then, learn if that’s what you’re aligned with subconsciously... find out what’s blocking you (emotional baggage) and dissolve the blocks one-by-one until they no longer affect you.

You can go further...

Perhaps you aren’t just being affected emotionally.

This is where some popular courses miss the boat – most are only designed to remove or create shifts in the emotions. This can and does help, but to really eliminate ANY blockage, you must go through all six levels of causes:

1. Physiological
2. Psychological
3. Mental
4. Emotional
5. Empathic
6. Quantum

Your intention drives the vehicle of your imagination.

Test and remove all physical causes and effects related to your thought.

Now, remove all the emotional baggage.

Next, remove the excess mental energy.

Then, move onto psychological, empathic (how you absorb energy from others) and even the quantum vacuum itself across all of space/time and in all dimensions which may have caused, or contributed to this particular thought, concept, belief or experience.

With practice you’ll feel the changes occur the instant it happens.

Going to the center is like pressing the “Enter” button on the conscious operating system of your mind. It energizes any thought it is given. Holding your attention there (in the center) for longer periods only weakens the result. It’s just a quick “press” with your awareness, and back to your normal state.

Then test and note what’s different than before.

You will certainly notice the difference.

Using these testing methods, you can learn to diagnose and correct any misalignment in the body/mind system. For example, if you have a recurring problem in your left leg, put your attention on that area of discomfort and notice what thoughts, memories or feelings bubble up to the surface...

Neutralize each thought and feeling on all six levels of causation, with your intention to do so, intending “CORRECT” and going to your center. After the memories, thoughts and emotions associated with the sensation in your left leg are at “zero” go back and re-evaluate how that area in your leg has changed.

It could be a different sensation, the pattern could move to a different area, or the sensation/discomfort in your leg could be completely gone. In seconds.

Once the excess energy is removed, the discomfort is gone also.

If it stubbornly remains, do the technique on the opposite side. So if it’s the left leg causing discomfort, correct the same area on the right leg. This often restores balance to both sides evenly, which can often remove the discomfort.

Ideas associated with physical pains can seemingly have no logical connection to the pain itself.

For instance, if your lower back is hurting, and you focus your attention on the area, and a thought of financial trouble comes to mind... they are entangled. Which is good, because it means once you neutralize the energy blockage causing financial troubles for you, the pain can leave your back!

And vice-versa.

No doubt there is some resistance to what you’re learning here, and that’s perfectly natural and “OK.”

It isn't my place (nor my intention) to convince you or "show proof" of anything... only to present to you some interesting phenomena that you can demonstrate to yourself, and gain knowledge from your own personal experience.

Sounds amazing, right?

Can you imagine how different your life would be if you had the ability to remove any stress, pain or fear?

Do you think your life would change?

Become better... more enjoyable... *more fruitful*...

Most likely, you may be feeling a bit of resistance to this concept. That's ok. Our entire lives are saturated with fear, stress and pain. It's a "way of life" for most people on the planet. They truly believe they just have to "live with it."

Well... not so, according to 35th generation Shaolin Grandmaster, Kam Yuen.

He's developed a methodology called "The Yuen Method" that proves beyond anyone's ability to "debunk", that instantaneous changes and shifts can occur within the body *without touching it*.

This results in a complete removal of pain, fear and stress on a physiological, psychological, mental, emotional, empathic and even quantum level.

In seconds to minutes.

Another fan and student of Dr. Yuen's work, Paul Wong has developed his own "flavor" of the Yuen Method called, Chinese Energetics. He also incorporates systems such as *Matrix Energetics, Reconnective Healing, EFT, Reiki and NLP* into his System. ([Learn More About Chinese Energetics](#))

I purchased his Home Study Course. It's basically a teleseminar recording of him working with several other students, teaching them the method, and within minutes, having them perform these changes over the phone on other students, miles away from each other!

In fact, every student “got it” and was able to create shifts and changes in the other students remotely, many, many times – in many different areas of their lives.

Sometimes, an attempt would be made to correct a problem, and that problem didn’t change...

At first.

This is where most people would likely fly the B.S. flag and be done with it...

But then... Paul would wisely instruct the student to correct a deeper issue, related to the blockage... and again, within *seconds*, the student was able to make the ‘shift’ and the former issue vanished along with its deeper counterpart.

I’ve studied just about every healing modality and consciousness technology out there... and I’m still amazed every time I watch the Yuen Method in action.

I’ll give you a prime example... watch this short video of Paul demonstrating his method of Chinese Energetics (*based primarily on the Yuen Method*) to correct foot and muscle pain... in seconds. How does he do it?

We’ll take a deeper look in a moment...

[**View A Demonstration Here**](#)

Alright... well that was interesting, wasn’t it?

I’m sure it probably looks like “magic” to the typical person un-trained in the Yuen Method or Chinese Energetics, but as famed poet and novelist, Ben Orki once stated, “*Magic becomes art when it has nothing to hide.*”

So... do YOU want to know the big secret?

It has everything to do with an ancient Shaolin secret called, “The Midline Principle.” Your body is an amazing hi-tech supercomputer that is unmatched by our most sophisticated technology.

It has a natural regenerative ability that has until now, been almost completely untapped by human-beings.

I figured it would be easier to let you learn about the Midline Principle by watching it being demonstrated:

[View A Video Demonstration Here](#)

When you watched Paul in the other video “magically” remove the guy’s foot and neck pain with a wave of his hand, this is what was actually taking place. Paul’s hand didn’t do anything magical.

What he DID, was use his hand as a type of physical anchor, and himself as a surrogate, along with a thought to “*DELETE all effects, of every cause, to zero minus infinity, to the power of negative infinity*” ... then going to the Midline for a split-second with his attention.

It’s like giving a command, then pressing the enter button. It energizes intent. Incredibly, if you feel for *what’s different* at this point, energy *does* shift within your body. This may seem amazing and otherworldly, but I encourage you to give it a try with an experiment.

1. Think of something that bothers you. It could be mental, emotional or physical. (start small at first)
2. Give the issue a number on a scale of 1 to 10, 1 being it almost isn’t there, and ten being very intense.
3. When you think about this issue, you’ll likely feel a sensation somewhere in your body. This isn’t your imagination — your body is telling you WHERE the issue is energetically located. Feel the sensation in that area of your body. If it is a physical issue or pain, the only reason you can feel it in that area is because that is where the energy is located.
4. Now using the Midline Principle (exactly as seen in the video) bring your attention to the straight line in the center of your body, going from the top of your head all the way down to your tailbone. As if you had cut a straight line down the

middle of your body vertically, creating two equal halves, the right side and left side of your body.

When you can get the sensation of what this feels like, put the thought to DELETE all causes and effects associated with this issue into your Midline, and hold the thought in this area for a few seconds. (1/4th of a second is all it takes)

5. Now, check the issue again. Think about it. Examine how you feel. Put it on a scale of 1 to 10. Has it changed?

Chances are, you may be surprised to find out that it has. It may not be completely gone yet, but it has changed.

The sensation associated with the issue may now have moved to *somewhere else in your body*. Pay attention to that.

Do the exact same steps again. There could be multiple layers of causation that are manifesting the issue.

For best results, run this through all six levels of causation as discussed earlier.

Don't be too surprised if once you run through these 'rounds' of corrections that your issue vanishes. I've been diligently practicing this method on myself, my friends and family... anyone who'd let me "give it a whirl" and I can personally attest that this does work.

I shared this method with my mother, who was experiencing a headache and nausea when I called her.

Just moments before my call, she was informed that her brother was in the hospital due to a severe heart attack, and may not make it.

By the end of our phone call, her nausea was gone, the headache was removed and the stress, tension and worry associated with the recent news about her brother had been corrected.

Apparently, she was just "*worried sick.*"

I hope that gives you some insight into this method, and how what we think and feel about ourselves and others, DOES show up as physical manifestations of illness, discomfort, pain and even disease if left un-corrected.

The GOOD news is that anyone can do this!
It isn't magical; it's the true way to "center yourself."

Chapter 3: Two Power Tools for Manifesting A Magical Life

Regardless of what you may think of the movie, *The Secret*, there are two "power tools" (as I call them) that you can start using in the next 5 minutes to begin manifesting abundance, prosperity and true happiness in your life...

And they're both from that movie. Actually, they're not IN the movie—they are made freely available on the web site.

No, *The Secret* doesn't give all the information required to fully employ what they're calling "The Law of Attraction" to work for everyone—in fact, it just barely scratches the surface.

But on their web site they give away two small videos that are both less than 5 minutes long—that you can begin using immediately to tap into the limitless power of your mind and experience a radically positive shift in your day...

I watch these two videos first thing—every single morning. But I don't *just* watch them, I immerse myself in them.

You see, whatever you align your vibrations with is what you will experience. This goes way beyond the Law of Attraction. There's actually a scientific term for it, called *resonance*.

For example, if you have two tuning forks set to an "F" tone and mount them on a box with the openings facing each other, striking one of the forks after a few

seconds will cause the other fork to resonate with the exact same tone, set into vibration by the first tuning fork.

The Law of Attraction can be thought of as a macrocosmic aspect of these phenomena. It's a reaction of vibrational fields interacting within larger vibrational fields.

That said, let's come back to Earth for a second and inject some practicality into this concept.

You open your eyes, roll out of bed and grab a cup of coffee.

Then, you turn on the TV for the morning news to stay "in touch" with what's going on in the world today...

Your senses are overloaded with the everyday scheme of violence, murder, corruption, war and maybe a bit of weather.

Your "inner tuning fork" is tuning into those experiences, as you emotionally react to the screwed up situations and circumstances all over the world.

This is the daily news.

Hey, you gotta stay informed.

Then, you head off to work and get stuck in traffic. With the turmoil of the world still fresh in memory, your road rage kicks in and you begin cursing the 89 year old driver traveling 20 miles below an acceptable speed limit right in front of you who's had his turn signal on for the last ten miles...

There's a semi truck on the other side of you, making it impossible to merge into the other lane and escape from the torment.

Your blood boils as your mind races with images of your boss meeting you at the front entrance with a scowl on his face and an uninviting look in his eyes.

You sit down at your desk and though one half of your mind is working on today's assignment, the other half is regretting every minute of it.

After what seems like *endless* hours of paid slavery, it's finally time to go home.

You're feeling better already.

Not because you're feeling *good*, but because you're relieved at the prospect of getting away from work, going home to relax, and watch some more news on TV.

And maybe even a movie.

After a few hours of the good ole' television programming your mind, heart and emotions with the usual murder, suicide, suspense, thriller and horror, you change the channel from the nightly news to a good movie, programming yourself with exactly the same thoughts, thrills and emotions.

After the movie, it's sleepy time and you're beat. It's off to bed, with a glimmer of hope that you won't get stuck in front of the old man tomorrow.

That's a visual illustration of how most people live their daily lives.

Are you one of them? ...Do you WANT to be?

If what you are "tuning" into on a daily basis is what you consider *informing and entertaining*, then you can bet your bottom dollar THAT is what you are resonating with.

But what if you turned the tables on reality?

What if you began programming yourself with visions, thoughts and emotions that are even STRONGER than the steaming pile of horse-hockey you experience every day?

Do you think you'd have a better morning... a more enjoyable commute... a more satisfying evening?

Well, why don't you *try it*?

I can make promises and explain the benefits till the cows come home, but that isn't worth the digital paper it's printed on to you.

Instead, go the *scientific* route and do an experiment. A very easy one.

Tomorrow morning, roll out of bed, grab your coffee and watch these two videos... one called, "The Secret to Riches" and the other, "The Secret to You."

Immerse yourself in them for the next five minutes or so. That's it. Just really *feel* them as you watch the images come to life on your computer screen.

About 5 minutes, that's all it takes. Just do it. Try it.

See what happens. Take note of how your day goes from there.

This will prove to you, through your own direct experience that what you resonate with, you experience.

Once you prove to yourself that these two super- "power tools" help you instantly create a better reality.

Watch them FIRST THING in the morning, every day.

Doors will open for you and windows of opportunity will present themselves to you in ways that will make your jaw drop in amazement.

Again... this is barely *scratching the surface*, but these two simple tools are incredibly powerful because they align your vibrational field and "tune" you into experiences of gratitude, prosperity, happiness, love, peace, amazement and wonder of the magical, mystical reality you are an integral part of.

Just watch the videos and feel them as you watch them.

Do this experiment and see how your reality transforms itself, literally *overnight*.

[The Secret To Riches](#)
[The Secret To You](#)

Chapter 4: Using Mind Power for Manifesting Money (Or Anything Else)

Imagine if you could use the power of your mind to manifest money into your life. Sound far-fetched?

It's easier than you might be willing to believe.

But your mind-pattern (or belief system) tells you this isn't so... you've probably tried before and failed, and thus convinced yourself that "*money does not come out of thin-air!*"

It's much easier to manifest money, when you're not thinking of money... but instead, all the things you can *buy* with money. Forget the "middle-man" for a moment, and focus on the object of your desire.

I'm going to reveal a unique method by which anyone can easily and assuredly attain money and be able to sustain it... and watch it grow into even greater amounts of wealth and prosperity over time.

The highest secret of materializing physical objects into this plane of existence is by making a physical representation of each object you want to create.

For example, you can place a *Vision Board* on the wall in front of you.

Pin photographs or drawings that resemble what you want to manifest into physical form.

These are your *symbols*.

Symbols communicate directly with the subconscious mind.

This is certainly a good idea... but an even better one is to also have an *Achievements Board* behind you, where your symbols are removed from the *Vision Board*, and once manifested – placed onto this board!

The technique employs another psychological tactic.

Every time you succeed at manifesting a thing you desire, your mind-pattern remembers the event, programming your subconscious mind on how to operate and perceive your reality.

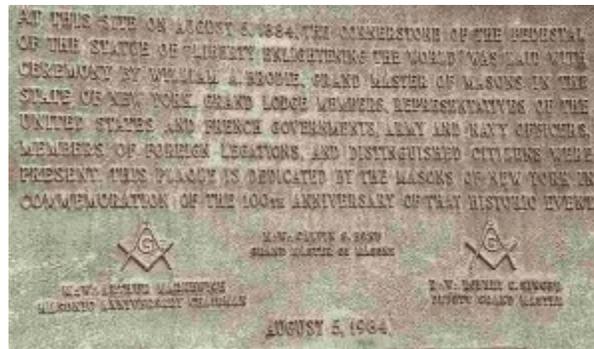
Using this method, you can greatly increase the skill and potential of your own manifesting power. Symbols are used everywhere around the world... and for this very reason.

I'll give you a crystal-clear example.

The Statue of Liberty in New York City... This is a great symbol given to America by the *Grand Temple Orient Masons* in 1884...



She is the ancient roman goddess Liberta, ruler of Liberty. Her official title is, "Liberty Enlightening the World" and she holds the Flaming Torch of Reason thrust toward the sky, a symbol of the sun...



This is strong symbolism meant to either convey a hidden meaning, or to manifest one... As you will soon see for yourself... it's both.

Symbols “call forth” Universal Energy, give it direction, purpose and a form of intelligence. Ancient and Modern-day Mystery Schools reveal the secrets of symbolism *that bring light to the wise, and darkness to the profane.*

This is another way of saying that once you understand the secret power of symbols, you gain an “intelligence” which brings the *Light of Reason* to you, while keeping others in the Darkness of Ignorance and Suffering.

It's time these secrets are brought out in the open.

Universal Energy is also known as prana, force, spirit, chi, gong, or kether. (*these are categorizations of energy, organized by frequency*)

It's like a flowing-stream...
boundless and unrestrained...
formless and void, yet *complete*.

The only force that can hold this stream in place is Thought.

Thought is like a glass bowl that dips into the infinite stream in order to be filled.

This action forms the stream of Universal Energy into the shape and characteristics of its container, and is created in its image.

The energy is still liquid... having no form but that of the glass bowl.

But then... the temperature suddenly drops.

The liquid is frozen and made solid.

The Universal Energy has now manifested as ice, limited and having dimensions such as height, width, mass, space and time. Yet it is definite and has purpose... that of being *ice*.

When you create symbols, you instantly capture a portion of Universal Energy and place it into a container with the characteristics or “intelligence” that you desire to be manifested in the physical.

The energy “freezes” when held in place... and the temperature drops.

As Universal Energy travels down the dimensions of space and time it becomes more fully concentrated and gains intelligence – and purpose.

It then manifests in the physical dimension at the most appropriate time, through Synchronicity.

Now the question becomes...

“But how do I hold the energy in place, so that it manifests?”

Remember the analogy of the glass bowl... this is the force of Thought.

Thought is not an action... it occurs both consciously and subconsciously, voluntary and in-voluntary.

Thought is a force, or a *vibration of movement* through the Universe.

Your mind picks up on these vibrations and interprets them as symbolic visions and feelings. The stronger the force, the more energy is contained and held in place... and the container *expands*.

This is the reason *why* what you focus on expands.

As the force of Thought grows stronger (*through focus, concentration and detail*) the “glass bowl” becomes an even bigger, better container to house the Universal Energy and freeze it.

Intelligence is given to the Thought by the *Light of Reason*.

Focus upon this Thought... concentrate the energy of your awareness into this form, and give it life by appointing it a definite purpose for existing in the physical plane. Give the Thought as much detail as possible, by writing down all the benefits you can imagine of having this Thought manifested.

Now symbolize the Thought in whatever way you wish. The Ancients used sigils – or symbols of great power (*which are actually categories of organized and defined Universal Energy*) and were given names, titles, stories, illustrations, characteristics and a definite purpose. From this action, their gods were “brought to life” and aided them in their magical work when called upon.

What I’m revealing to you right now, is the Science and Art of causing reality to conform to Will.

And while it isn’t accepted among the “Scientific Community” as such, your own experiments will prove beyond any shadow of a doubt, that you not only create your own reality...

You can control it.

Here is the Method:

1. Pick one object that you would like to manifest into the physical plane. Start small, and as your powers of focus and concentration increase, move onto larger objects. At first, you will be fighting against your left-brained “ego” which is hard-wired into your mind-pattern that tells you these things are not possible... you don’t create your reality and cannot control it.
This is a lie.
2. Write down the statement that calls forth the energy into the container... the words “I COMMAND” are very powerful and similar to giving commands to a computer. Anything after the words “I COMMAND” will create the

form in the likeness of its own image. (for example: “*I COMMAND my electricity bill PAID in full before July 31st of this year!*” etc.)

3. Now that the Universal Energy is contained, it must be held in place. This is accomplished through focus, concentration and detail. Concentrate and solidify this energy by creating a symbol that represents it. For instance, take your electric bill and mark-out the amount due with a pen or pencil, and write “0.00” just above it. Then place it back into its envelope, and in big letters write, “PAID IN FULL BEFORE JULY 31st!” – This is a symbolic “ceremony” that gives the Universal Energy a definite purpose – to have the electric bill paid before July 31st.
4. The more attention to detail you give, the stronger the force becomes. For this reason, place your symbol in a location where you’ll see it and be reminded of your intent, every day. With purpose, your symbol now gains in “intelligence” and begins its descent into the physical.
5. On the page with your command statement, write down as many direct and in-direct benefits you can brainstorm, seeing each of these things come to pass in your mind’s eye as you write.
6. Create a perfect scenario of how this manifestation will show up in your life and what you will do as a result of its appearance. Tell a story. Write it down. Make it as detailed and vivid as possible... each new effort brings you another step closer to manifesting your object. (*But don’t be attached to how it manifests... it may be completely different from your story – but you’re giving it “life” and intelligence as you write – thereby strengthening the force to be controlled*)
7. Next... write a single question: “*What are the possibilities in which this can manifest now?*” Be still. Remain quiet, and listen. You will soon pick-up on Thoughts, ideas and theories that will tell you several possible ways the object of your desire can manifest into your life... now. (Remember, energy is not limited by space or time, until controlled and contained!)
8. When the ideas cease and the mind is exhausted of all possible avenues for manifestation to take place, stop. Take the paper and fold until small enough to fit in your wallet, or inside your purse. The concentrated energy of these words bring greater strength to focus and direct the Universal Energy... the conduit is you. Energy is neither created nor destroyed, but transformed through the Mind. Remember – focus, concentration and detail form matter.
9. From this point, allow your symbol to “freeze” the manifestation into existence and remove any remaining or reoccurring negative beliefs to be dissolved by the Light of Reason. This is symbolized by your subconscious as illuminating white-light. You can cast white-light around any negative

Thought with the intent to do so, and feel it dissolve back into its pure form.
(*Here is wisdom: Light Illuminates the Darkness!*)

10. Remain completely un-attached to how your manifestation occurs in the physical. Rest assured that through the phenomenon of Synchronicity, your Thought will manifest at the best possible time and place for your greatest benefit... even if you don't understand *why* in that moment.

NOTE: The more programming your mind-pattern contains to disbelieve your ability and birthright to create your own reality, the stronger force will be required to reprogram your mind and be successful at manifesting the object of your desire.

It is for this reason that I'm going to divulge another secret.

The few "wise ones" are those who understand both the distinction and connection between the Knowledge of the Exoteric, and the Esoteric. All major religions are actually Exoteric teachings of *Esoteric* Wisdom.

This is why throughout our world-history, you see the same recurring themes over and over again teaching the same principles. Remember our study and exercise of Symbols... the Exoteric teachings are a wealth of symbolism based on Esoteric Wisdom. In the Exoteric studies, you'll find many passages have actually been encoded, using an ancient Science and Art known as *Gematria*.

The greatest reason of this coding is to protect the ancient secrets from being "abused" by the profane, i.e. those who are instructed and intentionally misled by the Exoteric symbolism. The truth was concealed and only given to those of highest order... the Priests, Kings, Queens and Magicians.

It was told that only "Gods" (those who knew they were of Divine origin) could have this knowledge, and it should be kept from everyone else to maintain Order out of Chaos.

In other words, those who knew the Esoteric Wisdom ruled over those who didn't.

The right was strictly reserved for Royalty and Religion.

The Exoteric is the external, personified energies symbolizing the Esoteric, which are the *inner-workings* of Nature and Reality in the Universe.

In truth, there is no external reality. The latest research into Quantum Physics is now proving this to be true. All reality filters through the *Mind* to be perceived.

This, yet devastatingly powerful external/internal mind-switch can bring you into direct alignment with God / Your Higher Self / Your Holy Guardian Angel / Illumination. Enlightenment.

As my first example clearly illustrates... the hidden message conveyed by the Statue of Liberty, is an Esoteric secret: *“Only those who possess the Light of Reason are Illuminated into Freedom!”*

You create your own reality.

Use the ten-step Method given within this book, and be free.

Now you have a sure-fire Method of controlling your reality... paying off your bills, getting out of debt, obtaining wealth and prosperity... and anything else you desire. Use this wisely and *never* interfere on another's Will.

WARNING

There is a strong negative belief about money, intimately connected with our global consciousness. For this reason, and for best results, do not focus on manifesting money, but on creating those material objects in which you require. Or, on attracting the mental, emotional and spiritual qualities that you desire to possess as your own.

Leave the rest up to Synchronicity to “schedule” the events in your life that bring your desire, to you. Take action on those ideas which come as inspiration to you and write them down.

Follow each one as yet another “clue” that leads you to freedom, wealth and prosperity.

Experience the unlimited.

Chapter 5: A New Money Manifesting Technique

Do you need more money in your life right now?

Could you use some extra cash to pay your bills?

Would you like to learn about a revolutionary new formula to bring more money into your life? I'm going to teach you a special technique for manifesting money into your life right now.

By now you're either skeptical, curious or both. That's perfectly ok. I'm here to present to you a formula I discovered utilizing a process of magnetization and the principle of incremental improvement. Using this technique, you're going to experience your innate ability to manifest money, whenever you want.

The Law of Abundance states that the world and even the fundamental nature of the entire Universe is pure, unlimited abundance.

When we realize this and shift our perspective to see amazing abundance in everything from countless stars in the sky to the endless blades of grass on Earth, we open our mind to the understanding that by nature, all things are *overflowing* with abundance.

It is only when our perspective focuses on lack of abundance that we begin to create beliefs of limitations, control, fear, jealousy and even hate. This has led to wars, street violence, poverty, theft, and the desire to have power over others.

There is in fact, more than enough.

Everyone is entitled to a life of abundance and prosperity by birthright.

Your beliefs and programming since your birth have caused this ability to lie dormant within you... yet it remains in your subconscious, patiently waiting to be re-activated.

This technique serves to activate your latent ability to manifest money. You'll begin as an *Initiate*, meaning – you're being “initiated” into this new way of

manifesting money into your life. By the time you've become proficient at using the technique you'll be known as a v10 Master Money Manifestor.

Just like any muscle, your mental abilities get stronger with practice and exercise.

Herein is a method of tracking your progress and a new way of thinking about money so that you attract it more easily into your life.

From this point onward, forget about the physical manifestation of money... the green stuff with dead presidents on it. Instead, for this exercise you will equate money to value.

The value of money is now equivalent to your level of ability to manifest it.

The levels of your ability are as follows:

- \$1.00 = v1
- \$10.00 = v2
- \$20.00 = v3
- \$50.00 = v4
- \$100.00 = v5
- \$150.00 = v6
- \$250.00 = v7
- \$500.00 = v8
- \$750.00 = v9
- \$1,000.00 = v10

Your status indicates how quickly you're able to manifest money:

Initiate = 30 days or more

Apprentice = 29-14 days

Adept = 13-7 days

Scholar = 6-2 days

Master = 1 day

You begin at \$1.00 and as you train using the technique given below, your ability to money in larger amounts will increase and the time it takes to bring the manifestation into your physical experience will get shorter.

Imagine when you attain the ability to manifest \$1,000 or more in a single day!

Once you've hit this mark, you can manifest anything you want by practicing the technique and expanding your belief system, using the incredible accomplishment of a v10 Master Money Manifestor to overcome everything!

The Money Manifesting Technique:

1. Sit still. Breathe in slow and deep in even breaths. When you inhale, feel energy in the form of pure white light come in through the top of your head and go straight down into your abdomen, about 2 inches down from your bellybutton. On exhale, see clear air with specks of negative energy in the form of dark flakes exit from your mouth. Repeat this process until the clear air you breathe out is as pure as the white light coming in.
2. Close your eyes and imagine receiving the amount of money you want to experience. Beginners always start with \$1.00, because it is often the easiest to manifest quickly. After all, anyone reading this web site will have most likely manifested \$1.00 in their lifetime and there are no strong objections or limiting beliefs about having \$1.00.
3. Do not be concerned with how the money comes to you. This part is vital and will prove itself when manifesting larger amounts of money in shorter periods of time. However you visualize or imagine money coming to you is perfectly fine, but remain completely unattached to how the money is manifested into your physical experience.
4. Answer this very important question... "*What will having this amount of money give me that I don't have right now?*" If it's \$1.00, then you can honestly answer that manifesting that amount will build a foundation for you to build your belief that you can manifest higher amounts over time. If it's a larger amount, go within and think of what this amount of money represents to you. *Explode* with emotion and exclaim your answer within your own personal Universe behind closed eyelids.

5. Think of yourself as a giant magnet. When you inhale, feel the energy you want to attract (i.e. the energy of money) being forcefully pulled to you. Create this sensation of “pulling” into your body. *You can feel it.* Visualize receiving your desired amount of money in whatever symbolic form your mind presents to you, and when you inhale, you’re pulling this specific, directed energy into your being. On the exhale, feel your body from the inside out; pulsate with magnetic force and energizing power.

6. Continue magnetizing your visualization until you instinctively feel a “click” or a sudden recession in energy. This is how you can tell your magnetization is complete and you’ll feel the desired thought-form is now closer to manifesting into your physical life.

7. Repeat this process every single day until the desired amount of money is manifested into your physical experience. When that happens, make a note of how many days it took you to manifest this amount of money in a journal or notebook. Find what status and level you’re at and record that as well. You are now a Money Manifestor!

8. Use incremental improvement to increase your ability to manifest money. Start with v1 (\$1.00) and move up the scale, all the way to a v10 (\$1,000.00). Be open to any and all opportunities that present themselves to bring this money to you. You’ll quickly begin to notice how many opportunities suddenly emerge to manifest your desires. Do not try to “skip” levels, but instead make a commitment to accomplish each level in the shortest amount of time. Doing this will raise your level and build your status quickly.

Again, do not be concerned with how the money will come to you. You could receive your \$1.00 through finding it on a street corner, by realizing you had \$1.00 you weren’t aware of in your pocket, or in any other way. The intention to hold in mind is to receive an *unexpected* sum of money. That’s the key.

What many closed-minded people call coincidence is actually the energy of synchronicity in motion. Synchronicity is how your desires are made manifest.

It may seem like nothing more than “coincidence” at first that you wanted to manifest \$1, \$10, \$20 or even \$50 and then magically received it, however it will become much clearer to you over time, and as you strengthen your belief system to incorporate manifestation into your life that you will realize this method works.

When you've reached the level of a v10 Master Money Manifestor, you'll know beyond the shadow of a doubt that you create your reality and can manifest anything you want!

Remember, you must practice manifesting these amounts of money in order and once you've manifested all the way through a v10 level, focus your intent on increasing your status by reducing the amount of time it takes you to progress through each level.

Within a very short time, your energy field will contain a strong magnetic force that pulls energy directed by your intent to you easily and effortlessly.

You can then go onto manifesting much larger amounts and watch the opportunities show up to bring you money in any amount, whenever you choose.

You are now a master of money manifestation!

Chapter 6: A Deceptively Simple Secret

Katie was *frantic*.

We were trapped... on a trail in the woods, *in the dark*.

The only thing between us and the way home was a massive freight train that stretched as far as we could see in both directions... *it came out of nowhere* and suddenly blocked our path to safety, and our car!

Like a scene straight out of a horror movie we stood in the dark staring down this massive object separating us from freedom... *and began considering desperate solutions....*

"We could climb through the cars!" Someone blurted out in the darkness. But Katie was too scared to move. Fear began to set in as the darkness consumed all hint of remaining light.

"We could walk to the back or the front of the train and go around" — But there was no end in sight. This was getting serious.

Anything could happen.

It could be parked for hours, *or the whole weekend*.

The only way to really know would be to follow the front of the train until we reached the engineer...

But the further we walked, the longer the train seemed to get.

Katie was beginning to have a panic attack. All fear suddenly vanished as Skye recalled the power of commanding. *There are no limitations*. She rushed to Katie and took her hands in hers.

After reminding her of what she had learned just a few hours earlier, Skye asked

Katie to command out loud with her: *"I COMMAND the train to move out of our way and make it back to the car safely!"*

You could feel the crackle of electricity in the air...

Almost immediately – *and to our utter astonishment* — the massive train in front of us exploded with a booming, squealing, screeching sound and sprang to life. It made us all jump, then smile as we watched the barely visible dark object move forward and finally disappear in the distance.

Skye congratulated Katie for moving the train, as we all walked over the now-empty tracks and safely back to the car.

That's a pretty amazing story to hear, *and more-so to live the experience*. Was it all a coincidence? Maybe.

But coincidence is actually Synchronicity in Motion.

Think about it... every single small or large decision we have ever made in our individual lives led us up -in perfect timing- to that experience together.

Just as every decision and choice you've ever made has led you right here at this precise point in time, reading these words. If even one thing had been different, none of these events would have ever happened.

Spiritual masters say "*enlightenment can happen instantly, or like the blooming of a lotus flower.*" The same can be said of sudden, powerful realizations.

As you read a book on any subject you will have moments that you stop reading just long enough to say "*Ah ha!*" or "*Wow, so that's how that works*" or "*ah, that's why that happens!*"

When you first look at a math equation, it makes no sense... then after you learn the method, you can look at the same equation again and not only understand it, you can solve it.

There is a point where substance is gained from the knowledge you obtain and absorb. First, you are ignorant... and then you inquire... next, you realize... now you have the power of that knowledge and can apply it to your world.

People will sell you courses and charge you thousands of dollars to flush out the truth of what I am about to openly share with you...

There is only one guideline when using these two magic words — you must be clear on *what you want* to make this work.... *focus on feeling!*

Then put it in this statement: "I COMMAND..." then state whatever you want. I know it sounds too simple.

Your disbelief in this might actually *aid* in its power. You remain detached from the outcome because it just sounds too easy... "*This couldn't possibly work, I've tried everything!*" – Your mind will say.

Good. What can it hurt to seriously give this a try?

I "COMMAND" all day, every day and I have come to realize the power I have over the outcome of my life. So have those I have told these words to through their own experiences with it.

Of course your mind may dismiss the acquisition of your desires as coincidental.

But does it really matter?

After all, you got what you wanted and never worried about how. If you honestly begin to use this, take into consideration that when using this command, do not concern yourself with “how” it’s going to happen.

The manifesting power takes the *shortest and most direct path* to get from A to B.

All things great and small are possible when you use the words “I COMMAND”, but whatever they are, be prepared.

Of course you can always change what you want if you realize it’s not what you thought it would be. It is never too late in this world and nothing is final.

The only thing constant in this world is *change*.

You can either be conscious of your creations, or dragged along, oblivious to them.

There is only one rule.

This is important if you truly want to apply this knowledge. You should NEVER command something for, or concerning someone else.

Such as: “*I COMMAND so-and-so to fall in love with me.*” Instead use, “I COMMAND my true love to make him (or her)self known to me.”

That’s it. You can command anything within the realm of your imagination—*nothing is impossible*. All you have to do is command, and then look for the command to be fulfilled.

This might sound “too easy” to work, but there is psychology behind it.

When you begin to use the I COMMAND statement, you’re affirming to yourself that *you are consciously creating your reality*, rather than being a victim of a reality you cannot control.

This alone imbues your intentions with *power*.

You're either a creator, and you are responsible for all you observe, or you're a victim, and things happen *to* you. *Which are you?*

Above all, you really just have to have crystal clarity on what you truly want.

Then with all the power and authority of a *Heaven-sent Warrior or Wizard*, you COMMAND what you want into your reality, as if you are to part the red sea.

The manifestation takes place in whatever way is the most direct, and often the quickest path. The events that take place along the path aren't always what you might consider "good" and that's why you absolutely must beware of exactly what you're wishing for.

Be specific as possible.

If you apply these two magic words, prepare to get what you asked for... and be ready for the sudden, often *dramatic* changes that *must take place* along the path you are creating!

Chapter 7: Why Do Bad Things Happen?

When misfortune strikes... when calamity occurs... *when bad stuff happens...*
WHY? I mean, if it's indeed true that you create the reality you experience... the GOOD and the BAD...

If in truth, you -in a higher dimension of being- are making a decision to play a great cosmic "game" with yourself, and so you decide to experience separation, identity, Ego... you create this reality you experience and you also choose to "forget" who you really are, so the game becomes "real" to you...

If all that's true, WHY would you ever choose to create bad things in your life??

I mean, you'd surely choose to only experience those things which are good for yourself, and all those "separate" aspects of yourself, right?

This would seem to make sense, except for one detail... how would you know what feels *good*, unless you also feel its opposite?

How can you understand an experience of Light, unless you experience Darkness?

Here, I'll make it easy for you. *You can't.*

When you "chose" to come here and experience Life, Love and Happiness from an individual perspective... you also understood that SO YOU CAN experience these things, you must also experience *Death, Hate and Suffering.*

How else would you know which is which?

You cannot experience what it's like to Love, and understand what that means... without *also* experiencing getting your feelings hurt, heart-break, sadness and all the wonderfully negative things that can spring out of a relationship.

Remember the last time you had a huge fight with a loved one... *So much anger, so much suffering...*

And yet, what comes after it? Elation... relief... peace... and LOVE!

Everything in creation operates under the same *macro-and-micro-scopic* patterns.

Everything is a pattern.

If you don't see the pattern, that's because *you're right in the middle of it!*

Take a few steps back and look at the overall design.

You will see the pattern.

From the time you first realized your personal powers as Manifestor you could look back at your evolution to this day and see how you created (whether you were conscious of it or not) every event in your life.

For those of you wanting to know first what the law of attraction is, it states - "you get what you think about, your thoughts determine your destiny" - basically "like

attracts like” is a shorter explanation for this metaphysical principle of life.

By some of these metaphysical “attraction principles” it can be said that yes you attract every event – good or bad – into your life all the time. This is regardless of age, or sex, your maturity, regardless of education or experience. Everyone creates all the time, and then attracts these things which “happen” to the person.

This is not approaching deeply the internal center so much as it is the basic outside influences. These are sensitive issues.

Those of us that have to deal with these seemingly unforgivable experiences of abuse as a child still struggle with understanding.

There is almost a tendency to reject explanations we receive because we do not want to forgive, the aggressor was wrong, we were wronged – defenseless.

When you look at “attraction” scratching the surface of understanding when it comes to manifestation, it has to do with resonation.

You attract what you resonate with.

If you resonate anger you attract anger or experience what will give you a justification to continue your resonation, creating a dark harmony.

If you resonate happiness you will attract more events and reasons to be happy.

Now – staying on the surface of attraction – how you resonate is closely related to your belief structures.

How you are programmed from the beginning of your life by your parents. Later by schools and media your mind is bent around the operating structure of society.

Now you can attract what has been allowed in your restrictive belief structures of what you think you are allowed to have. Such as, you can “attract” wealth, but only if the amount is within your programmed belief structure, otherwise you will label yourself greedy and you won’t allow that.

Just dealing with the basic external world, belief structures created by outside sources determine what you are able to “attract”.

In the case of a young child for example, from the point of attraction, and the view points of several coaches and psychics I have been told, “Yes, the child does create

and attract these events,” ...also, “these events were created to be experienced before entering this world.”

To me this was incomprehensible at the time.

Belief structures created in the mind of the young child by the parents could create these experiences. Belief structures that unless recognized will be quite hard to reprogram and thus create more of these experiences throughout the child’s lifetime, right up to the future love relationships as an adult.

Still looking at the experience as an outside event you have one explanation of the east. [Falun dafa](#) says the abuse is to be seen as a good thing, the happening to the practitioner rids them of accumulated Karma they have collected over multiple lifetimes.

In this practice you not only raise your vibrational level but your energetic composition down to a cellular level evolves to a form of high energy matter.

Gruesome events that occur daily around the world, bombings, shootings, burning of villages etc, ...do we ascribe those events to the vibrational energy of the casualties?

Yes.

And how about events related to wars among nations?

Are we, the citizens, responsible for having attracted the devastation of our homes and lands?

Looking at the surface of energy study and attraction - Yes, but this is only one explanation. The law of attraction is a good place to start when approaching the reasons your world operates, and likewise a good place to start when teaching.

But do not accept that it is the end of learning.

Your study of the world and energy should be like the cells of your body during study - in a constant state of evolution. Answers, like your body, like your soul, like a flower, like the planet, like the universe are created in levels that must first be observed to be understood.

Yes these things do happen – for whatever external reason you blame – if you blame you do not understand. If you are looking for reasons a solution will never be seen, and change will never be affected.

But it does not have to be this way. First you must take responsibility.

Now here is the difficult part.

You are personally responsible for the creation of everything you observe.

Every single event, person, murder, bombing, and act of aggression or words you are reading - you are the source. That is the most difficult to accept, but it is also the beginning of a true global change.

You may reject this, you are free to do so, but you also dismiss the ability to change these things.

You may hear about “total responsibility.” This is a fairly new concept that I have seen surfacing to follow this “attraction” movement. This is the next step for someone that has understood the energy active in the “Law of Attraction.”

It is basically, that the observer, “you” are personally and solely responsible for every event and happening in your world. Everything that happens to anyone anywhere at any time is your doing, is your responsibility. If you observe it you create it, and further more can change it.

For this method you first take total responsibility for your world, and then you have the power to look inside for where that exterior problem exists in yourself.

It cannot exist outside you if it does not first exist in you. All the good and the bad happenings of the world around you are present within you, right now.

By changing this problem area within you, you change the world around you.

As unbelievable as this sounds, it has worked, there is evidence of this method. A doctor in Hawaii. **Dr. Hew Len** has used this method to cure mental illness. Criminally insane patients have been “cured” without ever meeting this doctor.

The man sat in his office and looked at the individual profiles of the patients’ one at a time, studied the illness then studied himself to find the similar part of his

thinking. Where did this illness exist in him so that he created it in another person? Remarkably, as he fixed himself, the patient improved, to the point that they became so sound they were released.

This is very similar to another ancient secret dealing with acceptance.

It states “Objects and desires exist in me as in others. So accepting, let them be transformed.” I will explain. This is one of the witnessing techniques that may help you understand this new way of understanding and translating.

Take when you are angry for example, you always have a justification for feeling this way. But when someone else becomes angry you say he or she is wrong, you criticize that person for displaying anger.

Your actions may be natural, for others they are wrong or perverted...

So for you, all your actions seem necessary – no matter what they are - you have a rationalization.

Everyone else will do the same thing, same actions – different reasons to justify the actions. When you are angry and you act it is for the good, you punish someone for their benefit to punish them.

But when someone else gets angry at you, now they are wrong, they are mad and evil – your rationalization does not apply.

There are double standards, all over the world, we have them – one standard for oneself, and a different standard for everyone else. There is nothing but misery in the world surrounding this person with the double-standard mind.

In this state there is no justice, no equality, and no truth. You cannot begin to see truth while you still exist in this double-standard mind.

Everyone believes that he is exceptional; he is outside the norm, extraordinary...

This is the way every ordinary mind works.

I will tell you now the truly extraordinary mind is the one that knows he is ordinary. He is just like everyone in his world, with the same desires and issues.

Yet whatever you do you protect and become defensive of, what you do is right is good. It may have different names but it is basically the same actions.

This is not just something that happens on a personal level, this happens on a racial level and a national level. This is why the world is always so confused and in states of upheaval and disagreement.

One army is strengthened for attack while another is strengthened for attack.

Every country in this world is ready with an army to defend; they call their military a defense organization. Yet to have conflict there needs to be an aggressor. So who is the aggressor? Look back through your history books, who has declared to be an aggressor?

-The losers. The losers are declared and recorded the aggressors by the winners. This is because the winners are the ones recording history. They were right the defenders, the winning team.

History would be a much different story if Hitler would have succeeded, then America and its allies would be the aggressors.

This is the same with everything we do as people, as races and as nations. We are one things and everyone else is another.

Understand, no one is different, a spiritual mind, a religious mind will know that everyone is the same.

Be just, if you have a justification for your actions give others the same justification. If you are critical of others apply that to yourself as well.

Create and understand just one standard. Doing this for first time you will be equal, true, and just ...and for the first time, you will be able to see reality as it is.

So first it is to understand that these things that exist in others exist in you. After you grasp this you can learn to accept them, only then they will be transformed.

So what do you do now? You can understand that yes these things exist in others, what is bad and wrong exists in others. What is right and good exists in you, you are innocent, and you are already transformed – so how can there be any change?

You will think the world needs a transformation, not you...

As long as this happens we will always have leaders, profits, and revolutionaries.

These people will go on preaching to “change the world” and to “start a revolution” and we have been listening, and revolting, and making wars and nothing has changed.

Man is the same and the Earth remains unhappy. The names and faces in the news may change but the story is the same – the Earth is not happy.

So the question is not dealing with why these things happen, or how the world can be changed. The problem does not exist with the world, it is you.

Your question can now be how to change yourself.

“How can I change myself?” is the beginning of a spiritual quest, a religious pursuit. Whereas “How can I change the world?” is a political question.

In that case he is right and sees himself as the model of how the world should conform to be, it is up to him to change the world.

But for the spiritual person it is different, what he sees in other people looks for in himself. You begin to think of the world differently when you start to think this way. You see violence and you wonder whether this violence exists in you. You see anger or hatred or desire and you look inside to see where this exists in you.

You will see things and your first thoughts will reflect in on yourself. The more you look the more you will see that inside you is the source of all evil. Then the question is no longer how to change the world, the question is now more personal – the question is how to change *you*.

Now it may be a little confusing because it is easy to change something external, and more difficult to change something you cannot touch or see...

The easy point is this - you start by accepting one standard. Then you have already begun, you have already begun changing.

How to do this:

Understand inside you is the seed of potential to do all this things others do. That seed for wrong-doing that is in others, is also in you.

The murderer, the killer a moment before he took the action - there was nothing but a seed of potential in him. He was not always a killer; many of us can admit having thoughts of killing. The seed is there.

The seed for all these potential desires and actions is there.

Once you understand this you will begin to have compassion for all people, you will look at them and they will be a mirror.

Every person you meet will be like looking into a mirror.

This is the beginning of change.

Chapter 8: How To “Let Go” And Get Your Wish

To manifest anything, you have to let go.

But this single concept has proven for many to be an almost *impossible* challenge.

It is my intent that within these words you will finally achieve the ability to “let go” and thus achieve any goal you desire... any wish you want...

Anything you choose, can be yours. When you learn to let go.

See... letting go isn't a process.

It isn't a method.

It doesn't require any effort or energy.

In fact, if you are putting forth effort or energy into letting go, *you aren't letting go.*

You are trying to control an outcome.

And just like holding a firm grip on a water hose, when the water tries to pass through... the stronger the force of your grip, the less water comes through. Makes sense, doesn't it?

It isn't about control. *It's about command.* There's a BIG difference.

Controlling doesn't leave any room for letting go.

But commanding means stating an intent, "charging" it with energy and then stopping ALL thought so the original thought form, or potential/possibility becomes a weighted probability and is allowed to precipitate (collapse a wave function) into physical reality.

That basically means to create a thought form of what you want (your intent), feel what having that feels like, looks like, smells like, tastes like, etc... and then STOP YOUR THOUGHT PROCESS.

This allows the potential energy to flow unimpeded by your thoughts, beliefs, adverse emotions and whatever else may slip through the cracks... when letting go... truly letting go... you're accessing the zero-point state, where ALL possibilities and potentials exist, *now*.

Of course, the highest probability always manifests.

But what causes a 'thing' to be more or less probable?

The key to manifestation, creation or manipulation is found in *letting go*.

In order to truly let go, you must stop your thoughts.

That can be either the most difficult thing you can try... or the easiest, and most fulfilling thing you'll ever "do."

Students of meditation are taught and have installed a belief that stopping thought takes years and years of practice, diligence and skill.

However... what if it could be accomplished in minutes?

What if you could have an experience of your thoughts... *which normally never cease...* just stop?

What do you think would happen?

Would you die? Fall asleep? Go into a trance?

Or maybe... you would, possibly for the first time in your life, stop your thoughts and let go.

And in that “letting go” you may experience something pretty *bizarre*.

You just might become aware – for the first time – that “something” is still there.

This can lead into a realization of Self. Which can dissolve the illusion you live in.

And perhaps, it can happen in just a few minutes. Or maybe *seconds*.

Are you ready to finally let go and learn what that means from your own experience?

Watch This Video By Dr. Frank Kinslow...

[How To Stop Your Thoughts](#)

And now you know *exactly* how to stop your thoughts and *truly* let go.

The more you let go (it isn't actually ‘doing’ something — it's a “do nothing” state) the easier it becomes to let go, stop your thoughts for longer and longer...

And as a direct result, you experience Pure Awareness... the *zero-point* state.

The left-hemisphere of the brain sees this “space between thought” as emptiness... nothing-ness.

And yet, the right hemisphere (with its 11+ *billion* bits of information processing capacity) feels this space reflects pure potential, unlimited possibility. Anything can bubble up in the moment.

By the act of *observing*, a wave function is collapsed and a reality is experienced.

So if you create a thought form with the intent of “I want so and so to be my life partner”, and before it has a chance to manifest, along comes a barricade of emotional attachments, fears and beliefs such as “What if my new partner hurts me too?” or “I don’t deserve to have so and so” etc...

Then guess what happens?

Those fears, ideas, concepts, beliefs... *they get more charge*... their weight of probability is ‘heavier’ than your wish, goal, dream or desire... and so, the opposite polarity of what you want manifests.

It’s going to be one or the other... you either get your wish. *Or you don’t*. It’s like you’ve got two magnets, and they’re either repelling each other, or pulling into each other.

There’s no in-between. And it’s instant, isn’t it?

So, there you have it.

If you watched the video on *Stopping Thought*, did the exercise and paid attention... you let go.

Now to get your wish...

Make your wish. Just have an intent. Doesn’t matter what it is.

Now pay attention to how that intent is reflected symbolically to you.

For instance, if your wish was “I want to eat an apple today” you might see an apple in your mind’s eye.

Now feel the texture of the apple... sense the fresh smell... how the first juicy bite tastes on your tongue... the anticipation of the next bite...

Just pay attention to it. Be “aware” of it. Use all your senses.

And NOW... stop your thoughts.

At the first sign of the next thought bubbling up from the abyss, pay attention to everything around you, now.

Just pick an object in the room and look at it. *Be aware of it.* Be aware of the space between you and the object.

Now move your awareness into your body. Whoa... interesting, right?

Did you feel the “whoosh” effect caused by the movement of your awareness?

If not... do this: Become aware of your right hand. Just feel how it feels. You don't have to look at it, though your eyes (even if they're closed) may have a habit of following your awareness. That's fine.

Whatever happens, happens. Just “notice what you notice” and that is all.

So you're aware of your right hand... now move your awareness *from there*, to your left hand.

Did you feel the “whoosh” of subtle awareness?

Do it again. Move now from the left hand, to the right hand.

Now move from the right hand, to the middle of your forehead.

Now move from your forehead to your legs.

I bet you're feeling it now, aren't you?

This is just playing with your awareness. But when you're being “aware” of Pure

Awareness... by stopping your thoughts... being aware of the space between where one thought ends, and another begins... you become Self Aware.

You realize it's the same awareness outside of your body, as inside. It's the same awareness in all of creation... the entire universe and beyond... *it's all YOU.*

So how can this actually become practical and enrich your life?

I'll give you a new tool...

The “Bow & Arrow” Technique for Effortless Manifestation

1. Imagine you're holding a bow and arrow. The bow represents your Will, your Intent. The arrow represents a thought-form you wish to manifest into physical reality.

2. See a target in the distance. An archer's circular target, with the red bulls-eye in the center. Notice a “100” on the red bulls-eye of the target. In the ring outside of the red bulls-eye, you see a 75. In the next ring, a 50. The next, a 25... and the outer-most ring of the target displays a 10. Everything else can be considered “missing the target” and thus a zero. *The target represents the physical world.* Your actual experience.

3. Now aim the arrow, knowing that it represents your thought-form. Your wish. Of course you want to aim for the red bulls-eye. The 100. As you pull back the arrow and feel the resistance, you realize the “pulling back” is an action of charging the arrow with force... which represents how you feel about, sense, taste, smell, hear and see your thought-form. *Your wish.* Naturally, the more you pull back... the greater the force... the further, faster and stronger the arrow flies to it's target, when you...

4. LET GO. *Stop your thoughts.* Free the bow-string and thus the arrow from your grip. Allow it to fly. It is now out of your control. It's in the air, headed for the target. All you did was aim, pull back and let go.

5. It is done. *This next part is just for calibration.* With a state of total non-attachment... “it's just an arrow” — take a few deep breaths... remain calm and relaxed... and casually observe the target. Is the arrow there? Did it hit the bulls-eye, and get 100... or somewhere else resulting in a lower score? Did it miss the

target completely?

Wherever you see the arrow, pay attention. The number it lands on represents *the weight of probability* for that wish to manifest into the physical world. If it's lower than 100, there's a reason why.

And it ALWAYS has to do with letting go.

Because, when you're reasoning, you're in *left-brain* land.

See, nothing actually happens (or can) until you *truly* let go.

You can hold onto that bow and arrow all day long... *string pulled back as far as it'll go*... but all that'll happen is you'll eventually tire yourself out and either give up — no longer pulling back, and hence, no force... or you'll get out of your own way, and let go.

If you get anything less than 100, you need to *adjust your AIM*, or pull back a little further. You have endless thoughts (until you stop them) and so, you have endless arrows. No limits.

You can use this tool as many times as you want... forever... just remember, if you get a 100, *you don't need to use the tool again for the same thought-form*.

It will manifest, so long as you stay out of way.

And the very best way, *to stay out of the way*, is to move your awareness (remember the “whoosh?”) into your heart-field... which is actually an energetic bio-field surrounding the heart that reaches from the heart area, down through the pit of the stomach... within and around the bellybutton. It's a big field!

Interestingly, when you really want to “get out of the way” drop down into this area. Just become aware of the area. That's it. *Just “whoosh” it right there*.

Get out of your head, and into your heart... so you can get a “gut feeling” which is your access-point to the *right-brain* hemisphere, and the zero-point state!

You access your left-brain when your awareness is in your head. Here, you're limited to *logic*. All the affirmations, visualizations, tips, tricks, tools and techniques in the world can't help you.

Your grip on the hose is too tight — and your left-brain likes it that way, because that makes it feel safe. Secure. In control.

But drop into your heart-field, and notice what you feel.

You feel.

When you use what you learned from Dr. Frank Kinslow for stopping thoughts and at the same time drop your awareness into your heart... magic happens.

You gain a *deep* sense of Self Awareness.

This combined with the *Bow & Arrow Technique* I gave you can be very powerful, on many levels.

As with anything... the more you use it... the more you become aware of it... the easier it becomes. The stronger it gets. The quicker and clearer you'll see the effects of your cause.

This is the sole purpose of practice. Enjoy the tool and your new-found abilities to stop your thoughts and make your wishes come true.

Chapter 9: The Problem with Visualization (And How to Fix It)

There are a plethora of tools, tips and techniques out there that can give you experiences beyond your wildest imagination... but *most* of them require a skill that less than 20% of the population of Earth seems to possess.

This is the skill of Visualization. Many people have great trouble with “seeing” things in their mind's eye. When told to ‘see’ a blue ball for example... some people can actually see the ball, visually.

But a greater majority is not primarily visual.

They will have difficulty in seeing the ball, which can cause frustration and eventual abandoning of the technique.

Let me let you in on a little secret.

Visualization actually has nothing with the ability to see visually.

Instead, you *imagine*.

Everyone on this planet can imagine. Including you.

So if you can't "see" the blue ball, imagine it.

Remember back to a time where you had a blue ball.

Your attention might go to the sense of touching the ball.

It might flow toward the feelings you were having while holding the ball.

It could just be a "knowing" or awareness that the ball is there.

Any of these are perfectly fine.

Having awareness of the object of your thought is all you need to have perfect visualization. The more you use the skill, the better it gets.

So, do this...

Remember a good experience in your past.

You might see it, feel it, hear it, sense it... however you bring back that experience is natural and unique to you. Just enjoy playing the memory out in your mind.

You are visualizing the memory.

Now, shift into your imagination...

Take that memory, and replace some of the characters in it with your favorite childhood cartoon characters. Just imagine it. Notice how certain feelings attached to that memory change into other feelings, some peculiar.

You can use this visualization technique to erase negative or unwanted emotional content from bad memories or traumatic experiences...

1. Think of a bad memory or unwanted experience you'd like to erase.
2. Really play it out in your mind, from beginning to end...
3. Pay attention to the feelings that bubble up from this...
4. Now, change the situation. Replace an angry character with a silly cartoon character, change the scene and create some kind of nonsense.
5. If you were severely embarrassed, change the circumstance to something that puts you more in control of the situation. Make it silly, so you'll want to laugh when your attention is focused on this mental experience.
6. Now rewind the movie to the beginning. Once the movie reaches the beginning – press your mental “play button” and watch the crazy scenario you've created come to life. This is your new memory.
7. Again, pay close attention to the difference in emotional content from just mentally transforming this experience. This has lasting effects.

As you can see, visualization isn't hard... so long as you're not actually trying to “see” anything. It's possible that may not be your primary channel for receiving information... and that's ok. Just imagine. You're already a master of that. :)

Chapter 10: A Lesson on Raising Vibrations

First off, everything vibrates.

You can break every substance in life down to its basic microscopic components and what you will see is nothing is solid - just a nucleus with electrons rotating around it.

Now it's these electrons possessing specific numbers and shapes of orbits creating a unique set of vibrational frequencies.

What the ancient Buddhist Hanyashingyo said ages ago now has been proven correct by progressing science. "That which can be seen has no form, and that which cannot be seen has form."

We now know that everything vibrates and has a specific unique frequency.

Every species and object in this world has a specific shared frequency within its species and according to its similar characteristics.

So a table has a frequency, a plant has a frequency, and a human also has frequency. Just as every species has a unique frequency, every individual within that species will have its own unique variation of that frequency.

Each frequency is infinitely unique and will never be repeated.

We know that everything has a unique frequency, everything vibrates, and therefore it makes a sound.

That doesn't necessarily mean that you are able to hear all these sounds taking place. I think we would get a lot less sleep if we could, nature works out in the balance it does for its own ingenious reasons.

Yet some people say they can hear plants, or even Pythagoras was said to have heard the sound of the planets in motion.

So it vibrates - it has a sound that can be measured in Hz, or Hertz.

The human ear is capable of hearing approximately from 15 Hz to 20,000 Hz.

Everything you say, music and thought all create sound and thus have frequency and vibration. You are creating frequency and vibrations just by existing but also with every little action you make every day.

In "21st Century Science and Technology" Warren J. Hamerman writes, human beings are formed by a matter that vibrates at a frequency approximately 42 octaves above middle C.

That's 570 trillion Hz (meaning vibrations per second), so 570 trillion times a second. Wow, boggles the mind.

Ok now whether you play the piano or not I'm sure you understand the octave is composed of 8 progressing notes. Or do, re, mi, fa, so, la, ti and do.

The higher the octave - the higher the sound - the higher the vibration.

This is why notes differ in sound to create melody, imagine the fantastic orchestra of sound humanity would make - could you hear it...

Now we finally get into the beginnings of resonance.

Here's where your enlightenment through sound, frequency, vibration all comes to realization. The miracle of resonance.

The universe is made up of tons of frequencies from the lowest to the highest, all of them existing in these endlessly doubling octaves. Overlapping, doubling just as the frequency doubles.

You'll bump into this example often, to imagine all of existence as a giant keyboard extending to infinity.

You can hit a tuning fork that gives you the note "la", and have a singer respond with the same "la" note. Both voices combine to create a single frequency wave of sound. This is resonance.

It's a equation – if one sound is created and answered by the similar frequency they will resonate. Like attracts like.

So too it seems that like vibrations attract, and interact with other vibrations similar to them. Here's where the basic law of attraction operates in the grand scheme of it all...

Resonation.

You can see it every day.

Imagine this:

You're talking to a friend, everything is great, you are laughing and chatting just getting along swimmingly. You share a frequency with your friends, you are of a like vibration and thus you resonate and magically get along.

Now, into the room walks gloomy Gus. All slouched over and full of complaints.

You can actually feel the "atmosphere" of the room change. Even skeptics can admit to the feelings in this scenario.

You can feel the difference the second this sallow person walked into the room.

Humans to some degree can feel how others are vibrating and in cases no matter how physically close they become can still be in a state of disharmony.

It all breaks down to resonance.

You understand by now that everything is vibrating and has a unique, one-of-a-kind frequency and like frequencies resonate.

Biologist Rupert Sheldrake's work seems to connect all this to the theory of collective consciousness. You, me, every human being in the world is connected by our basic similar (yet unique) frequency.

He also states that if there is a collective consciousness than it only makes sense that there is a collective memory.

This brings me to a theory he calls "Morphic Resonance." You can Google this one.

I find it absolutely fascinating.

How do you know form?

As an organism, like an acorn, how does it know the form and shape it is supposed to take as an oak tree? Like some kind of genetic program - you might say "c' mon it's in the DNA, everybody knows that."

But what Sheldrake, science and other biologists would tell you is that DNA codes for proteins and the other micro components that make up proteins.

Nowhere does it give way to the ultimate form and shape of the organism.

Take your own body for instance. The DNA in your arm is identical to the DNA in your leg. Where does the information come from that tells these body parts that they are different and meant to have different functions and forms?

This where the beginning of "Morphic Resonance" and collective memory is formed. If it's not in the DNA - perhaps the information is contained within the similar vibration we all share as humans.

Morphic resonance is basically a field of energy that is part of and surrounds an organism. Also, within this field information is contained, some of which being the form of the developing organism.

He writes that the every species has a unique field that connects it, and fields within those fields. Like the overlapping frequencies.

These fields have a built-in memory created by the experiences of the previous organisms or those with a similar form.

Here's an example that really made morphic resonance clear to me.
(For best examples you can always turn to nature, micro to macro similarities)

Britain around the 1950's, it's early in the morning and the milkman paces up the walk and leaves cardboard topped milk bottles to your door step.

The milkman heads off and leaves the early morning lawn in an undisturbed silence. Along comes this little blue headed bird called a "bluetit" - a very home based bird it never flies more than a 5 mile radius from its home.

The small aviator flutters down to rest on one of the milk bottles and gives into curiosity. Using his beak he tears through the cardboard and finding the rich cream beneath it appetizing he drinks it all the way down to the milk.

His tiny belly full he flits away.

This behavior was previously unheard of and unreported. But following the first few cases reported in Southampton in 1920 more cases were reported 50 miles away, then 100.

These are birds that never fly in a radius further than 5 miles from their home.

Called the bluetit phenomenon, the only explanation was independent discovery of the habit by these different groups of birds.

It was mapped throughout Britain until about 1947 when the people conducting the research came to the conclusions that the behavior had been invented individually over 50 times.

Also there was a measurable increase in the rate the habit spread as time went on.

Here's another kicker in this bluetit story that really blows my mind...

There was a similar phenomenon in other parts of Europe. In Holland all milk delivery stopped in 1939 and did not start again until 1948.

But when it did, so again did the behavior resume among the local birds. Now the average lifespan of this bird is only about 2 years. They went through several generations and any bird with knowledge of the milk bottle had long since died.

This remarkable little bird had once again and almost immediately reinvented this behavior. It's only a matter of time. More and more you have seen new theories and ancient studies making a movement through the mass media...

Deepak Chopra was on the Colbert Report sharing the infinite.

Joe Vitale and friends were on Larry King Live talking about attraction, resonance, and energy. Quantum Sciences are proving true what spiritual masters have pulled from scrolls for ages.

We are in the greatest example of Morphic Resonance to date.

Chapter 11: How to Overcome Any Challenge

A situation often appears to have the upper hand, but it is only your internal observation that makes it seem so. Your interpretation of what you believe to be factual is what is creating the situation the way it is.

We live in a multifaceted world of constantly changing observances both internal and external of ourselves, but there is stability and strength in the immovable...

Your situation is not unique – it is a reoccurrence, a reflection of the exact same event happening right now somewhere else in this world.

The outside problem - first understand that it is possibly not just existent as an outside issue alone. You understand that this is also an energetic world of causation which can lead to many facets of the same reality.

Change the focus – change the energy pattern or field – change the chemistry – change the function. You must change your perspective of the problem before you can understand a solution.

It would seem the world is made of facts – something that has already happened or is certain to happen. Unchangeable, unavoidable, hard to control, definite, stay within the lines facts. Historical fact: The sun will always rise, right?

Facts give rise to more facts. In the world of facts nothing really changes. In most minds what happens tomorrow is as a result of the facts of today.

Now, on the lowest levels we can agree that there is another force in this puzzling world and that is the realm of “possibility.”

There is a possibility that it might snow tomorrow, but there is also a possibility that it might not...

A possibility is like a fact because it is something definite, it is a happening. But the fact is – possibility is something that may or may not happen.

It deals with the future - the change, the fluctuation, the moving.

While the fact is fixed, it is in the past.

The facts of the past are not necessarily the default for your future.

Many inventors try to create and fail but continuing on in the realm of infinite possibility they succeed.

Possibility is the future – it is not yet fixed or finished – it is open.

So facts are fixed, finished and past.

Possibility is never in the past – it has everything to do with what you aspire to. It is what is moving you toward your wishes, your hopes and your fears.

In this basic way the world is made up of facts and possibilities.

Understand the possibility is the possibility for a fact which is a specific event, outcome, or thing -- it is definite, fixed, a sure thing – it just hasn't happened yet.

When you admit to the fact that the world is not only facts but also one of possibilities – you are open to a new way of understanding reality. Now you have a new perspective of the world, the point of view of possibility itself.

Your view has changed you no longer view the world as a fixed set of immovable, unchangeable facts that are sure to bring about more undeniable facts.

It is a beautiful thing when you change your view to see the world as being open to becoming something more...open to infinite possibilities.

Shifting your point of being from being the victim of seemingly helpless circumstances to that of being the master of your infinite potential begins when you switch your view of the world.

Change your world of factuality to one of possibilities.

Empower and charge your own mind for positive changes in your life with the possibilities waiting in the infinite for direction.

When one is a victim of the world they will see facts and only facts. They even see the future as facts that just haven't happened yet...

For them, things just are the way they are and there's nothing anyone can do about it. Following the footsteps of others, taking the right channels, going through the paperwork and the red tape – many trod the path most worn.

There is no openness, no chance anything could turn out differently, there is no possibility. It's safer, easier; often all it takes is a little research and an inspired mind to discover unlimited possibilities in the most unexpected places.

Every challenge, every new set of facts and impossible situations is a new world of opportunities. All you have to do is switch from being the victim of facts - to the master of possibilities.

Change your own point of view when it comes to your world.

Change your world by changing your perspective from “Factuality” to “Possibility.”

This is the first step to getting a real grip on the situation to affect a real change.

Shifting your perspective of the world to a vision of possibility is to switch over into a world where everything you think of becomes instantly real. This is because your definition of what is real has changed and shifted to possibility.

It's not that there are no facts, or there are no solids or points of definiteness. Only whatever appears as such can be instantly seen as being full of potentiality.

Now you not only see what a thing or situation is – you see what it might lead to... the new opportunities, the multiple solutions, the outcome that will best suit all beings involved.

Potentiality is not just a viewpoint of possibility it is a way of being. A new way of being and understanding the constantly changing states around you.

When you make the shift to master – you not only change your world to one of possibilities... You become possibility itself. You not only affect the change and observe the change, you are the change.

Step into this world and you will come to a way of right brained thinking that leads you to a new capacity of feeling and using intuition.

All this is just a new way to take or experience the reality you are in now.

Perhaps you have heard Werner Erhard's comparison: reality is like a train.

You cannot just ride the train. You cannot even drive the train. The train itself will still follow the predestinated set of tracks.

He says what you must do is get out and in front of the train to lay down a new set of tracks.

It is said that the world of possibility is outside the train, the tracks and the ground all together. The reality of possibility is like a plane.

A plane - flying through the unlimited sky, free to change direction at a thought, and free to follow every desire instantly. This is a new state of existence.

Enter a higher state of being and understanding. You think it and it is - an entire world as possibility - with no gap between thought and manifestation.

After there is a change in viewpoint, or the way you take in information from the objective world - there will be a change in interpretation, the middleman between what you live and how you understand it.

There is a premise that says the outer chaos in our world is a result of the inner chaos we all project. I think that is at least a great start in explaining the hectic world we all inhabit.

You have heard that thoughts become things creating the reality around you.

Taking this in – it's difficult most times to quiet the thoughts we have running into and out of our minds at any given time.

Do you ever notice the events that happen around you at any given time when you have errant thoughts running wild through your mind?

You are beating yourself up about something; mentally you know something could have been done differently. "If only I had said this instead" just then some other bad event happens.

You burn something you were cooking, a cup is knocked off the counter and comes crashing to the floor. Or, no matter how hard you look you just can't find your keys.

Stepping back you can clearly see that you're state of mind and what you choose to focus on is what you resonate with.

Everything is constantly moving, constantly changing and there are infinite possibilities. There is a possibility that your thoughts influence the outcome of not only future events but present situations.

By choosing a point of focus of the worst that is happening now, it is fact even then you are not physically looking at the situation directly.

You cannot see them but you truly believe without a doubt they are still present in the negative situation, and again you focus more energy towards misery.

Instead of the question "what can I do to get them out of this horrible situation?" -

Ask - “what situation would make them the happiest, what would they like to experience?”

Energetically - negative thinking causes actual noticeable destructive energetic events. Things around you, shorted electrical appliances, and burnt light bulbs are easy victims in your home - reflections of negative thinking and feeling.

Most of the time the mind operates in a negative/fear based frame of mind.

To attain peace of mind and silence the chaotic mind that is constantly creating our reality (whether we are conscious of it or not) we have to create a harmony with our inner dialogue.

First we must break through the conflicting voices existing in our minds from religious, social, cultural conditioning. This fear based inner dialogue inhibits your full ability to create using quantum thought.

For now most of what you create is based in the fear based thinking belonging to someone else.

Your teachers, your family, people that loved you and people you hardly knew have all aided in your fearful and reactive programming.

When you get to the base of all these thoughts racing in your head on a daily basis, which ones are even yours?

When you remove all this destructive and fear based mind chatter it leaves your mind free to create the harmonious life you want for yourself.

How can we quiet this mental chaos, how can we regain control of this out of control situation?

I love the way nature is two steps ahead of us at all times, giving us the tools we need and teaching us how to use them without our ever knowing the full potential of their uses. Employ at least two of your physical senses to interrupt the rampant mind chatter.

Focus attentively on watching or listening to the immediate surroundings. If you are focused on the act of being an observer of the moment, it automatically takes your focus from the inside to the outside.

The next time you find you start worrying about something to the point of getting angry or frustrated take three deep breaths and snap your fingers or focus on an immediate sound around you. The sounds of birds or crickets, the beautiful quiet rustling sound of leaves clinging to bare branches.

Any two sensory focuses will work for this exercise. Once you can quiet these inner negative distractive thoughts you can begin to create a world the way you want it, and not the way others have made it for you.

Another point to consider when looking at the inner world creating or attracting the outer is this:

What you are observing and focusing on is the neglect, take a look at yourself and ask – “where am I neglected, where have I neglected myself?”

This is hard because it is often the last place we expect to find the cause of an external problem. Take a good look at your life, and if you can find a point of neglect dealing with yourself – confront it directly.

If this deals with a loved one let them know how you feel.

If this is self neglect – take care to address this forgotten part of yourself.

Take control of the situation to find the source of the problem, then do not just see the issue as fact, see the possibility for a joyous outcome to benefit all.

Now there is one last bit of focus for you - as the source of every event and interaction in your life.

Take this time to accept responsibility for every happening in your life.

Understand that this acceptance is what gives you the starting point to influence change in whatever direction you want it to go.

Now we have spoken of infinite possibility, and of our inner world creating our outer instead of the other way around. Let's go further.

There is one last thing. You... where are you and how can you advance in the face of all this worldliness?

Understand this mental world you create and observe. Possibility or fact is all a shadow. There is one thing, besides all this change, outside all this moving world, mind and body.

Outside and yet very intimate, there is the unmoving, unchanging center. Be aware of this unmoving center and you will see the whole of the world moving around you. Know that life is change; life is possibility but somewhere within all that is an unmoving center.

Awareness is enough to set you free of circumstances. The feeling “I am unmoving” is liberating, it is truth.

Know this and you are different, the outside world is constantly changing a shadow world, you are unchanging, the center, you are real.

When you get involved in the world, when you become the change, you are the change - this is when the problem arises.

Problems are not created by the outside changing world. They are created when you make the association “I am this change.”

When you feel that it is happening to you like “I am getting sick” there is a disturbance. If you can step outside yourself and be the unmoving witness, you will feel that these changes are now outside of you.

You can be separate from them.

Your true immortality lies in the realization that the wheel of the world will go on.

Just know that you are not the wheel, you are the axis.

Switching your focus to the unlimited world of possibilities around you will help in the understanding and absorbing of helpful information that will come to you from many sources.

Chapter 12: The Secret of True Love

Not only do many couples notice a differing of interests, sometimes even a clash - for many reasons, spiritualists find it especially hard.

Throughout history the greatest spiritual leaders, gurus and philosophers that have chosen to share their life and love a husband or wife have had their share of complications.

Conflicts in interest and frustration are common as it is often times hard for a spouse to understand concepts and secrets outside their physical reality.

It is for the master and not the spouse to learn patience, understanding, forgiveness, passivity, and surrender in the face of seeming disharmony.

There is always a harmony and it exists in the practitioner.

Affairs of the heart – love - cannot exist where there is ownership and definition. The more you define a relationship with a person, the less of a person they become and therefore less fulfilling for you.

Labels and facts when connected with a person make them an object, something that is defined, and then cannot be loved.

Love must be a surrender to be felt.

“Husband “or “wife” is a title, a limited way of understanding and interpreting a person you love. “He is this, he likes that” is all your mind’s way of defining something and owning something, giving it limitations.

When in all actually he and you are unlimited, the more labels you place, the more your mind becomes frustrated because now you cannot be fulfilled by it.

Love and relationships exist outside the mind. You become frustrated and angry and feel put out, a lack of communication. Show gratitude and appreciation of his existence, his very form.

A Buddhist monk once gave this advice when we asked about our marriage. He said “You can’t make someone happy, only they can do that, all you can do is share happiness with those you are with.”

I know now that even this cannot be taken literally or it will not be understood. But we will get to that soon.

What you and most people find to be the problem is just the reflection in the

mirror. For example, you are standing before a mirror. Your nose itches. Reaching out, you scratch the reflection of your nose in the mirror.

Unsatisfied because your nose still itches, you become frustrated because you cannot understand, you are scratching, taking an action. But the problem still remains.

Your nose is still itching and it seems to be getting worse. (give me one moment here, my nose itches) This is the problem for many people. They cannot understand the separation.

The one who is witnessing, the one with the itchy nose.

They only feel a problem, so they try to remedy it externally in the world they can see, the mirror – which is only the reflection.

It is most unfulfilling and frustrating, sometimes the apparent problem will get worse or become reoccurring if you run or try to shun or ignore.

This will only leave you feeling angry, blocked and itchy.

You can try different approaches, always external, always with the same results.

You will notice reoccurring issues in different relationships, different people, same feelings for you... the same lessons.

It doesn't matter who you are with or what they prefer and are interested in or not interested in because it is you who is creating the lesson for yourself, the disharmony is in you, not the apparent outside cause.

I will say that the problem you see in communication with outside people is apparent because there is a part of yourself you are having trouble communicating with. Not so much a neglect, because that is not what you observe and what you feel.

A disharmony with a personal outside relationship is reflective of a disharmony in communication or shutting out of something personal inside.

A clash of interests outside might represent something you are not aligned with when it comes to your spiritual purpose.

So the question is not what you are neglecting.

The question is what inner spiritual voice are you not communicating with? Where is your disharmony with your inner voice and messages so that it manifests in your outer world?

Consider sometimes, that what you see, hear and experience are just inner messages that you are translating into something that is easier for you to interact with and understand.

But the root, the beginning the meaning of everything is taking place inside the projector. What you are observing is the movie that cannot be physically altered.

It is the end result of an inner construct. What you are seeing has already been created in the studio of your mind and now it is past. What you are seeing has already happened. Is already recorded, and though you are seeing the finished product now for the first time, the mind thinks it's new.

Consider this. The movie is made, it has been in production, and now you are sitting back watching the finished film for the first time. It seems new as now you can see how all the pieces of your creation come together to form a complete show. Now it is real to you.

But you cannot edit the screen. All you can do is see the finished and past work play out before you.

Now you can make your notes, you say this is wrong, the timing is off here, but it is already something created.

What you are seeing is not a mistake, because you are the watcher. As the editor, you have the power to make the changes, but you cannot make them to the screen. You are seeing the potential for harmony, for the film to match up and play the way you want to see it.

Back to the studio, if you can feel hurt it is not correct yet. You can get upset because it was not done the way you wanted it, though you could not see that until you sat down to watch the movie.

Shouting at the screen will not change the film.

Now understand you are not the film, you are not even in the picture. You are not the theatre where you sit to watch, you are not the cast in the picture, you are not the studio, and you are not even the director.

You are the creative observer, the witness.

You want to make changes to see the film play out perfectly, yet here you are with everyone else, feeling hurt by the mistakes and shouting at the screen.

You may think the problem is in the screen, the film, but this is over, created and done, it is just the creation, not real.

You are the one watching, the one feeling because of this unreal thing. You shift focus from yourself, blame the movie for making you feel this way – for not understanding the way you feel. But does the film understand? Does the cast care?

No, they have moved on to continue creating your future films.

What happens now?

You feel this way and as the creative power - the writer - you let this unhappiness and an outside, unreal influence affect your writing in future films.

Now your movies become even less satisfying for you, even more frustrating, more disharmonious, because “as you feel, you create more of what you feel.”

And if you are blaming this unreal, already past manifestation for the way you are feeling now, you give up responsibility.

You cannot look for the real source because you believe you have already found it.

Put simply, if your problem is a feeling, then the source of your problem is with the one feeling.

No one can make you feel, only you can make yourself feel, and only you can change it. But this is not an external thing.

I have this for you, a new way of looking...

Most people will find it difficult to understand they are the creator of their lives whether they are conscious or unconscious of this. The next step is accepting the responsibility for everything, every action, every event, every happening.

“But what about these things that happen to me like sickness, and accidents? All around me things are happening that I would never create.” Responsibility and allowance are the beginnings of a great chain reaction. But this will come later.

For now understand the eyes are constantly moving, not only from object A to object B, but they are also made of many cells that are constantly swirling and moving. Some are moving, some are dying and some are newly created taking in the fresh world.

So you are constantly seeing a new world through new eyes, both constant in a state of fluid motion. The eyes are special, I will tell you this.

But you know. When you first felt love, when it was new to you, there was no understanding; you were in a type of madness. But you remember, and probably still notice that look in your beloved's eyes and become lost.

You have heard the eyes are the gateway to the soul, I will explain. The eyes are the meeting point between you and your body. You share a deep connection with them more so than with any other part of your physical body.

Eyes can be used with this inner journey, you have a connection there that is unique, they are closest to you. This is also why when you know how to look you can see into the depths of others. Nowhere else can this happen when looking upon someone, nowhere are they more near than in the eyes.

You cannot really look into someone else's eyes unless you have looked behind and beyond your own.

This is what makes love unique.

You can stare into your beloved's eyes, look straight into them.

If you just look into someone's eyes with no love they could feel offended, they might look away, because you are trespassing, entering without permission.

But with love you do not have this, the eyes are open, inviting, you are allowed to enter, there is no want to keep secrets.

There is willingness in deep love, surrender, each is welcome in the other, those who have experienced this will know. There is a connection here in the eyes that does not exist in the body, mind, or in any other way. This you have felt.

When it comes to arguments with love, each person becomes frustrated because of the want to be right. They do not feel understood, like they cannot properly interpret how they feel which only adds more frustration.

There is an acceptance that comes with understanding that each experience is unique to each person. What is so for you, what is truth, method or technique for you may not be so for someone close to you.

That which is your “right” to you may not be what your love defines as “right.” Everyone’s perception and understanding will always be unique to them.

What to you is the greatest pursuit and higher purpose to others may not make sense. Because they have a different purpose, a different frequency, thus to be aligned with their spiritual purpose, no matter how similar their interest, it will always be unique.

Ask yourself, if he never took an interest in your pursuits, if no one did, no one ever knew what you were up to... would you still do it? Would you still be happy?

You are only seeing one side of the world, one side of the problem, and it is solid for you. With your studies, this question will leave you with many different answers from many degrees and schools. “Can I save my relationship in little chunks, or should I just picture the perfect relationship?”

But did you follow these professionals when you decided to stay with this person?

To share everything with this person, or did you surrender to the unknown? Was it risky, magical, crazy, and unexplainable – this is a true love experience, it makes no sense...

You are left revitalized and full of life, no sadness, no depression, there is an abundance of life and excitement. You shared something with no name, and then you were fulfilled.

Most people today are so caught up in the mind they miss this, you are taught the right thing to do, is own this love “sanctify it” but when you own them they are a thing and can no longer fulfill you.

I will say, do not try to own a love.

You will only feel it less. Instead, surrender to it.

Understand that the problem you have cannot be solved externally, or it will never be solved. The problem and the solution both begin with you.

Last, close your eyes to the distraction of seemingly external problems, and begin to communicate with yourself.

What inner messages are you ignoring, where are you not listening?

If you see the external problem as someone who is not listening, stop and look at yourself first. Shift your awareness behind and beyond your eyes. If you stop your eyes, there will be a point where you shift.

When all movement ceases your awareness turns inward and you will be the witness. Many outside voices can tell you exactly what to do in any situation.

But it is only through the shift inside that you may be able to hear.

Most information and advice you receive hits the wall of your beliefs your facts and is stopped there. Many different sources and techniques are out there for the ready practitioner or seeker.

But I will say to you do not create a barrier; do not create walls of expectation.

Learning how to become the witness will allow you to understand and be unmoved. You will be clear, free. Sadness, disappointment, frustration are all a result, a reaction, there is a lesson and you may not even be able to see it.

Sometimes what you expect will be the cause for is what is stopping you; you have created an imaginary wall with your expectation of an end result.

There is a story Kabbalists tell of two men in a home for the insane. Together they plan an escape, if the wall surrounding the building is more than 6 feet they will

dig under, and if less they will help each other over.

The night of the escape, the two men split up.

One stays to keep guard while the other runs to inspect the wall.

The one who went to check the wall returns with a sad look on his face.

”There is no hope,” he says, “we’re stuck. There is no wall.”

With expectation based on what you think is real, that the problem is something external you build these imaginary yet seemingly real walls.

All you must do is drop your expectation and step back as the witness to see there is no wall.

Let go of your definitions of what you think something is or should be, to see what it truly is.

Allowance is the key that unlocks the door to a true love experience.

Chapter 13: Do You Believe In Miracles? (Here’s How to Do Them)

“Miracles” for most, are categorized under either religion or pure sorcery.

And if you don’t believe in either, you probably think of them as either flukes, or *pure nonsense*.

But what if there really was a Science to manifesting miracles? Not something only the “elite” or spiritual Masters can perform... but a real Art and Science of Instant Transformation, available to you, me and everyone on this planet?

I’ve recently been introduced to something so powerful... *so trans-formative*... It is a challenge to put into words exactly how I feel about it.

This is actually more than information... it’s like a “Consciousness Technology” derived from earlier covert studies done by scientists in the Soviet Union, called Psycho-Energetics.

There's just no way I can fully give you a clear enough picture of what I'm talking about here, without sharing with you a perspective on this technology directly from its founder, Dr. Richard Bartlett, D.C., N.D.

Here is an excellent interview conducted with Dr. Bartlett that sheds light on this phenomenon that literally can *transform your life in an instant*, just as it has for thousands of others.

[Listen to Interview on Matrix Energetics](#)

After watching this video, I highly suggest you head over to his official website at www.MatrixEnergetics.com and begin to devour this information that will — most ASSUREDLY, change your life from the inside out.

I caution you... what you're about to learn is going to obliterate your belief structures and the way you see reality.

I encourage you to do as much research as you possibly can on both Dr. Richard Bartlett and Matrix Energetics.

You'll find (as I have)... there is a plethora of information freely available on the web from Dr. Bartlett himself, and his many practitioners of Matrix Energetics. This will transform you in ways unimaginable, if you open your heart to it.

Chapter 14: How to Find Your Purpose

You and I are connected with the rest of humanity when it comes to a deep longing, a questioning left to be filled.

Not so much a “why are we here?” as it is a...
“What am I meant to do while I am here?”

Are we all born equally with freedom of choice, and ultimately freedom of destiny? Or are we preprogrammed at birth with one definite purpose - something built into our genes that we are meant to fulfill?

First let's get a firm understanding of this that we define as *purpose*. As this is what

many use to define themselves, for example - those that make this connection
“what I do with my life is who I am”

(Wikipedia: Purpose is the quality of one being determined to do or achieve a goal deliberately.)

Really look at the statement: The “Quality” of being, is the focus and not the goal.

Purpose is something we stay confused about often because we are looking for an action to give us fulfillment... Purpose for the religious mind, can be preordained by god or left open to the freewill of man.

There are many views as to what purpose is and how to find it and define it so you can spend your life fulfilling it or failing.

I will tell you now.

Drop it, whatever you define as “purpose” or “your purpose”, whatever attachment you have to this search of “my reason for being here.”

Let this attachment fall away.

It will not bring fulfillment because purpose is not an action...

It is a quality of being; it is a state of passion, a feeling of a life fulfilled.

A life filled with meaning.

I hope now we are clear on purpose. It is not what you do; it is a quality of being.

We have previously addressed matters of love and of the heart. Saying the head and thus the ego do not have a place in matters associated with being.

If you begin to define these matters of the heart - like love and passion - they will no longer fulfill you. The definitions and the presupposed limitations you believe will make you happy is actually what will keep you from feeling fulfillment.

It will make whatever the actual thing is not real to you anymore.

If you have seen “The Secret” they discuss purpose and again it is not a specific action. They do not say: “It is in the right job” or “It is in the perfect family”.

They will tell you, to find purpose...

“Follow your bliss.”

You know many things bring you happiness and fulfillment. It could be in a surrender... helping a person, helping a cause, teaching a child, loving a spouse, there are many “things” you would call a purposeful pursuit. But you are confusing the feeling with the action.

Many things that began as your supposed purpose will not continue to fulfill you unless you continue to have that feeling.

Your “life-purpose” no longer brings you joy, you begin to question “well, is this really my purpose?”

Purpose is like all things -in a fluid state of possibility. Closely linked with passion which is an undefined feeling of joy and fulfillment.

Some have told me you created your life before entering the body, this included what you are meant to do with your life, who you will meet and when, your job, your spouse, how many kids. Everything.

Uncertainty abounds and the same psychics will say, predictions can be proven wrong. Tarot card reading and scrying are only reflections of one dimension of possibility, and it is not stone.

So if you are looking for a purpose, or what you should be doing to feel fulfilled – then you will not find it. Actually the process is backwards.

Understand follow your passion, surrender to it and you will be fulfilled – you will have the quality you know as purpose in your life.
Be fulfilled and feel purpose in all you do.

Reality will become deliberate, a world of possibility. Then as you feel more joy in what you do every day, you will resonate with purpose and attract more situations to make you feel this way.

You may have found any number of things that have seemed perfect but when tried did not bring the results you want. Humans are classically guilty of putting too much energy into something that does not require so much.

We are taught to exceed and force, overwork and over dedicate. It is proven that too much energy or effort actually negates thought and ability.

You have seen the man that seems to work harder than anyone, always he pushes and dedicates. He always seems confused, and though he tries hardest is passed constantly - by others it seems do less but always end with more.

He is forcing too much energy. If you look at the human mind the way you look at any other electronic processor you will notice the similarities.

Any very efficient machine if you force too much energy through it will not operate properly. You will short it out and it will not work at all.

Now balance the energy and it will exceed your expectations.

Do not try to overdo and over think everything because you will miss.

Excess effort will negate any progress you could make. Find a way that is in the middle, not an extreme. Do this, and allow yourself to be fulfilled, to have a life with meaning, then – there will be a quality of purpose in everything you do.

Chapter 15: How to Cure an Addiction

What is the base, the beginning the basic force behind addiction?

Is it related to desire? Does it have anything to do with a missing or a longing... some will tell you it does.

Opinions and professional quotes and statistics will tell you with priests at their side that the Addict in question is trying to fill something. A need that cannot be fulfilled by something physical, therefore they continue to fail and continue to fall victim to their “unhealthy” obsessions.

The mind and all its synaptic fires are the sole producer of the chemicals released into the body that makes you feel the way you do. So In truth, anything you are addicted to is a feeling generated within your own body.

It doesn't matter the addiction... sex, cigarettes, food, being victimized, they all create a reaction in our body – and that is what we are addicted to.

There are many forces both seen and unseen at work here.

First, you are not addicted now, right now you are not. If you not doing this thing that “makes you feel guilty” right now, don't feel guilty because that does not exist – let alone exist as an addiction.

And if indeed you are doing that thing right now that will later make you feel guilty, listen to me now – enjoy it, because it is what you want to be doing. It is only after the fact that you will feel guilty again and classify it as an addiction.

Admit first that you are doing this thing because now, you enjoy it. You are not addicted; you want to do it.

You want to smoke in this moment, you want to make love in this moment, and you want to eat a cookie in this moment. It is something you enjoy.

You are not alone.

If you have done these things before, when you were younger, these things were not addictions then. They were just things you wanted to do. So first you must be rid of a victim mentality and allow yourself to admit. You are doing these things in the moment because you want to do them.

You want them, you created and you control them, not the other way around.

Now you are on the mountain, now you can take the higher perspective and say yes I do them because at the time I want to do them.

But afterward I still regret them now what do I do?

Here is where we address a strange energetic and vibrational phenomenon we can apply to this.

Opposing energies will cancel one another out completely.

The result is silence.

In the case of vibration and sound this is already being taken to market. You may have heard that car designers have created a device that emits a sound to cancel the sound created by your engine thus making the car run almost silently.

The two opposing frequencies of sound cancel one another out and you are left with silence.

Now to move on there are questions you must ask yourself, why you want to disappoint yourself, what does that do for you.

Because you are doing what you want to do - but then you make yourself feel disappointment and disgust? You continue doing what you want, even though you know it will make you feel bad later.

This may not make sense at first, but I will say...

Stop disappointing yourself.

You can do this immediately by smoking and not feeling bad. Do this for 7 days.

Do not allow yourself to feel guilty about doing something you have always done, your bad feelings and guilt will only manifest ugly things for you, and make it almost impossible to quit. In that case even if you do if you quit, with this energy, there will always be longing.

Some may not agree. But trust if you do this thing you want, do not feel bad, then it will no longer take the form of this justification for you and it will fall away. There will be no difficulty.

Currently your “addiction” is only your justification to feel a sense of disappointment with yourself. You will notice when you enjoy the want and it falls away - if you do not find the source of this disapproving belief structure you will only find something else in life to fill it.

For example, you enjoy every smoke filled breath the way you did years ago, stress leaves, you smile and laugh, perhaps it will not even take a week for you to wave goodbye to this old acquaintance.

Because it no longer fuels that hidden need - that base “addiction” you have, which is to feel guilty. Understand this, experience this and move forward.

Now to find the base – the beginning – the root of the manifestation of self disapproval...

After accepting responsibility for everything you create you can begin to view the world differently - you can come from a point of action instead of reaction.

Now, I have searched and come across something that will help you get out of the first physical way of understanding.

I would like you to find a well.

I will not ask you to go into the deep research for yourself, but it certainly is fascinating to discover the deep connection you share with water, and the world on a conscious, subconscious and perhaps super conscious level.

If you look into the works of Dr. Emoto, I am sure you will find his work on water crystals fascinating. Basically, and I will say this is very basic - he experiments with exposing water to different words in various forms: spoken aloud, written in different languages and thought including prayer.

Then after exposing the water to words he freezes it and takes pictures of the momentary crystals that form. The results are astonishing.

Words that you would consider positive and beautiful yield intricate, complete and beautiful snowflake-like patterns. While on the other hand ugly words and thoughts: like war and hate, as well as certain kinds of music create ugly incomplete crystals and discoloration.

He has experimented with groups of people praying for a body of water. Taking samples from before and after.

Before the prayer - the water from ugly or incomplete crystals. And after a few minutes of prayer - no matter the religion - beautiful complete crystals form.

Every book published by Emoto comes full of color photos of all his results, I am sure you can even find the photos online.

Now consider what, if anything we can agree upon after these results.

One, water can be influenced by thoughts and words.

Two, water records the message given.

And three - Water, based on what it is given will reflect and yield a result.

Now consider that your world, your body is more than 70 percent water.

Water that is intimately connected with you, touching you, composing you, flowing through you... influenced by you, your thoughts, your words, all this happening before any action takes place in the world around you.

Every day with every spark of desire, affirmation, negative burden and reaction you are programming your body to yield something beautiful and intricate, or something ugly and incomplete.

Not only what you say to yourself but how you say it influences your makeup and thus your world every day.

Such as this: "try to be beautiful" yielded an incomplete misshapen crystal while "you are beautiful" creates a beautiful balanced pure crystal.

I have had trouble with affirmations in the past because the mind steps in and will say "this is not true" For example - "I am rich" or "I am happy and fit" the mind will argue and say show me. But really the mind is backwards, it is looking to the past for a creation to come in the future.

Now when you look at water with an open fascination, you will find a change, possibilities will begin to arise. And even the mind will say "that sounds possible"

Our world is changing, just as we are, becoming more open to new ways of thinking, healing and living.

I have told you this modern discovery only to travel back through ages to an ancient sutra I mentioned earlier.

"At the edge of a deep well, look steadily into its depths until - the wondrousness."

When you look deep into this well, it will be reflected in you.

Forget thinking and just look.

The mind is deep like the well.

Just as you are aware the well is much deeper than the surface, so you will realize the mind is the same. It is deep to many levels.

As you look without thinking the depth of the well will be reflected in you, the well is just an outer symbol of your inner depth.

Keep looking - meditating, until you are wonder-filled.

I cannot say how long, but as you look there will be a time when thoughts are gone and wonder fills you.

It is said Lao Tzu was walking over a bridge with his student Chuang Tzu when he stopped and spoke to him. Lao Tzu told him to remain on the bridge looking down into the river until the water stops and bridge starts flowing.

Only then was he to go find him.

Chuang once given this meditation built a hut on this bridge and stayed for months - looking down into the water.

After all this time it happened, the river water stopped and the bridge flowed. Your mind will ask how this is possible.

Anything is possible when the fixed thought is abandoned. Information is relative.

Einstein has said everything is relative. It is all perspective. If you are riding on a train watching the trees pass by that is what you understand, if the ride is smooth, you will feel that you are static and it is the tree that are speeding by.

Now it is also said that if there are two smooth trains running side by side through empty space and there is no point of comparison to see.

Neither will appear to be moving.

At first you would think that the bridge is static, unmoving, when in reality the bridge is flowing constantly. Everything is...

Constantly moving, constantly flowing like water.

Chuang Tzu must have had some glimpse into this micro structure of the bridge. Everything moves on this molecular level that is apparently solid. But the particles move so fast that you cannot see, this is why it feels static.

Just as when you turn on a fan, what once you knew to be separate blades appears as a solid disk of color that seems to be static and unmoving. It is just that your eyes cannot see at that speed.

Chuang must have stared so long that the mind dissolved and when this fixed mind dropped he caught a glimpse of the flowing of the bridge, which was moving so fast the river appeared to be still by comparison.

For this technique, when you are able to drop the mind and be wonder-filled, everything will become like a mystery to you.

And when this happens mind will be nothing more than a mystery - then can you begin to be capable of knowing yourself.

When it comes to addiction, and finding what it is you are truly attached to, use this technique to find the source.

When you are done, if you have not forgotten completely that you ever claimed addiction, you will have found and removed your true source.

Forgive yourself... and create something beautiful in your life, like shimmering water your world will reflect the messages you give yourself.

When you drink water from a bottle or glass, wherever you are, hold it for a moment and affirm or pray something beautiful, and allow it to create for you.

Chapter 16: The Secret of ESP, Telepathy & Precognition - The Alpha Level

Can two people separated by vast distances actually communicate using *nothing* but their minds? Skeptics say not a chance.

However, there are *numerous* case-studies and experiments that may suggest otherwise. For instance...

Journalist Harold Sherman conducted an experiment in 1937 with a famous Arctic explorer, Sir Hubert Wilkins.

Hubert been hired by the Russian government to search for a plane that crashed somewhere near the north pole.

Three nights a week at 11:30 EST, Wilkins would go over the events of the day in his mind. Sherman would then try to “pick up” on his thoughts from more than 3,000 miles away.

Reginald Iverson, a radio operator for the New York Times, swore in a signed affidavit that his efforts to contact Wilkins via shortwave radio had been frustrated by poor reception, getting through only 13 times in 5 months.

He also attested that Sherman had received more information via telepathy than he had by shortwave radio.

Another pioneer in the field of telepathy, Mary Sinclair claimed that she could reproduce drawings hidden in sealed envelopes. Her accuracy stunned many, but her experiments were unsupervised and therefore failed to provide proof worthy of the scientific community.

Dr. Joseph Banks Rhine was the first to put telepathy testing on a scientific basis. Volunteers in his lab in Duke University in North Carolina took part in thousands of “card guessing” trials using Zener cards.

Rhine claimed that some of his volunteers proved the existence of ESP by scoring much higher than would be possible by chance.

Dr. Ernesto Spinelli’s research into ESP testing on more than 2,000 children of various ages revealed some *mind-expanding* evidence.

His findings concluded that children three years of age scored an incredible 46%, whereas 20% is considered within the realm of mere chance.

That is more than twice the amount than they should have obtained by statistics of chance, according to Dr. Rhine.

The five year olds scored around 35% accuracy, and the last group, the six-to-eight year olds scored 26%.

The older the children were, the lower was their ESP score. Dr. Spinelli's testing gave evidence to the idea that as we grow older, we build up mental barriers that inhibit our ability to be receptive to telepathic transmissions.

Younger children have not yet constructed these barriers, and as these tests have shown, seem to possess a higher capacity for telepathy and ESP, resulting in higher scores.

This also suggests that telepathy is a quality everyone is born with, but becomes closed off or blocked as we develop and solidify a sense of identity.

These findings may hold *fascinating* implications.

But, there remains a critical problem for those who have demonstrated these abilities, practiced them and gained profound evidence of their existence...

Most who've tried "ESP" experiments and failed, have missed out on a critical component required for accurate extra-sensory perception...

They're in beta.

At 20 cycles per second of brainwave activity, "beta" as it's referred to, is your normal waking state. It's the state of awareness designed for taking action.

But no one in school taught us this, so we also do all or most of our thinking in this "beta" state. This creates a bleed-through between beta, and our natural thinking state of alpha – we get mixed messages, and our "ESP" fails us.

The intuition's channel in the radio of your mind is found in alpha, not beta.

This requires the brain to operate on a lower frequency.

But a problem persists... if we get the brain-wave activity down to say, 10 cycles per second, once a person begins the thinking process, the brainwave jumps back up into 20 cycles per second of activity.

So how can we possibly do any thinking in alpha?

The answer has finally been discovered. By taking the brainwave activity down to 5-7Hz – THETA – once a person begins thinking in this state, the frequency jumps up to 10-12Hz – allowing them to think in alpha!

Altering your brainwave is a lot easier than it sounds.

Do this technique and record your results:

1. Close your eyes. Tilt your eyeballs 20 degrees upward. Now tilt your head 20 degrees downward and touch the tip of your tongue to the roof of your mouth. Just sit there and become aware of your whole being.
2. Take a deep breath IN, and in your mind, imagine the number 3, three times while breathing OUT slowly, until the lungs are empty.
3. Take another deep breath IN, and in your mind, imagine the number 2, three times while breathing OUT slowly, until the lungs are empty.
4. Feeling your entire body relax deeper and deeper with every breath, breathe IN deep and hold it for a moment... then imagine the number 1 three times while breathing OUT slowly, until lungs are empty.
5. Once you have emptied your breath the final time, begin counting down from 10 to 1, with each slow OUT breath and each number, feel your body and mind double in relaxation... 9, 8, 7, 6, 5, 4, 3, 2, 1... feel yourself from head to toe, completely relaxed.
6. You are now in Alpha.

From this state, notice the expansive feeling you have.

Note how everyday stresses have just ‘melted’ away, and you can sense the energy of the whole room, as well as within your body.

This is the state from which you want your thinking to occur.

Things are much clearer here. Plus, you have access to a “still, small voice” from within... this is your intuition.

Now do this for a peculiar experience...

While in alpha, imagine you are standing in front of another you.

This 'other you' is identical in every way, except he or she has already accomplished some goal you have been desperately wanting to achieve.

Ask this 'other you' for some advice, and then watch... and listen.

While on the 'intuition channel' the information comes in much more clearly, and you might surprise yourself as you discover that you can obtain answers and real-life solutions you might have never thought of before.

Now, before doing any experiments or practices in meditation, ESP, channeling, remote viewing, astral projection, energy work or anything else involving the mind... use this technique to go into Alpha first – then watch out!

Alternatively, you can use a proven system to get you *deep into Alpha* by one of the true pioneers of the method... [Learn the Silva UltraMind ESP System](#)

The only way to know for sure how your skills are improving is to practice and conduct your own experiments. And *always* write down your results!

Here are two *very cool* sites that provide some tools you can use to practice:

[Psychic Science](#)

[Sheldrake Online ESP Testing Portal](#)

By using these techniques, I guarantee you'll be amazed at how quickly your story changes for the better... things you never knew were possible are now at your fingertips, and you can now enjoy a whole new kind of life experience.

Is it all in your imagination? ...Maybe yes, maybe no.

The better question to ask is, "does it work?"

It shouldn't matter if it's psychic energy or psychology at work... what matters is the results you get from doing it. More practice, better results. With daily practice of these skills, you just might find yourself becoming... ***Almost Super Human.*** ☺