Intro

Set yourself for spiritual success

How would your current life be affected by realizing inner liberation?

What if it were possible to engineer your system in such a way that no matter how chaotic your external situation is, you could still remain fully centered, at peace, untouched, and filled with transcendental bliss?

I'm asking because it seems as if everyone gave up, believing that it is normal to live in constant anxiety, hatred, unfulfillment, lack of joy, or any other negative emotions. It seems as if happiness and inner peace became like clouds that rarely pass by and never stay for long. once passed, so many cheap tricks are used to attempt to experience it again as soon as possible, like a drug addict.

Scrolling on our phone until the dopanime hits because we finally found a video that approved our idealogy or sense of humor,
eating our emotions until the body loses its vibrancy, looking for the next partner to fill this hole of loneliness.
escaping reality into video games because there seems to be nothing better to do. Taking naps and sleeping too many hours in general, and the list goes on and on.

Humans have found a tremendous amount of ways to create short-term pleasures, forgetting that in the long run, it is poisonous.

In this book, I will share with you the dos and don'ts plus all the basic knowledge I wish I had when I began my spiritual journey. allowing you to grow spiritually quickly and efficiently with understandings and methods that apply to our modern way of living.

Making it possible for you to realize this state of total liberation. having a mind that is mostly silent instead of a never-ending mental diareah, becoming the creator of your emotions, generating any of them on commands instead of waiting like a beggar for nice ones to come your way.

All of this without losing anytime, being as precise as possible. This book is not meant to be long but instead to be immensely valuable with the utmost speed. Because I understand that you are probably very busy.

Awakening and enlightenment are your birthrights, and it is available at any second. Let's make it happen.

Chapter 1

The false self and the true brahman

The false self: forced identity

In order to know the true self, it is necessary to first understand the false self. The story goes like this:

As soon as you were born, you were totally clueless, speechless, and unaware of what was going on. At this very moment, people have forced identities upon you. such as a name, a nationality, a culture, a diet, a language, a religion, a style of clothing, and more. Right away, your subconscious begins to form memory, ideology, and a sense of identity as much as it can. In fact, our first years of existence are like sponges that absorb everything that is given to them. Without seeing it as right or wrong because it has no basis on which it can tell the difference between truth and untruth.

Praised when acting as society wants you to and punished when being your authentic self, we quickly become another brainless sheep of the matrix.

The funny part is that, as clueless as you might be in your first years, for most of us, our parents and everyone who is part of our life are still as clueless as they were at birth, totally unaware of the true self beyond the body and the mind, living their life based on the programming they have received from their parents, the church, school, doctors, jobs, etc.

It is like if a blind man tries to explain to another blind man what the world looks like, everything said is accepted as 100% valid and never questioned. Simply accepting this mundane way of living, which is the same path for everyone.

go to school, get a good grade by memorizing useless things to spit them back on the exam's paper, and yes, I say memorizing because this

isn't learning, it is blindly believing information, equal to a religion. Then, being more indoctrinated by going to university, finally getting a job because what else to do? If you do not, all those years and money have been wasted.

By then, there are no more possibilities for you. You are like a hamster running in an endless wheel and thinking it is alright, that is what life is because everyone you know does the same. The next step is to procreate and continue the programming with your children. Live a quiet life until this body runs out of life force.

An efficient way to fully understand how false ego / personality are would be to contemplate this idea. What if you were born in Africa or India instead? in fact, anywhere else where culture is different than where you were born. Would you be the same person? Would your habits, beliefs, and passions remain the same? In Canada, we get a lot of snow, so hockey is a

very popular sport. How would you practice hockey in the middle of the jungle at 35 degrees Celsius? The point is that our ego / personality is simply a creation of our environment and the people around us. In other words, what our subconscious receives as data, nothing more.

The true self: Brahman

Let's start with a strong statement, are you ready? You do not have a soul, you never had one and never will. We often believe that we are a human being who has a soul, but this equation is false as it is reversed.

Instead, the correct way of understanding yourself is that you ARE a soul and you HAVE a human body. We cannot possess what we are, it is simply our beingness. We can say my arm, my leg, and my hair because it is all borrowed stuff, it is ours only for a short amount of time.

This body made of earth, water, fire, air, and stardust will be given back in its entirety as soon as the deal runs out.

But you, as a soul, you are timeless, untouchable, and unchangeable. As the soul, you are already perfect. After all, we are small particles of god, of source.

The true self is beyond any personality, likes, dislikes, gender, or color. It uses those attributes only to create a temporal physical manifestation in order to experience this Leela (this play) of the 3D existence.

By using this human system, it allows us to feel as a duality even tho all is a unity, because there is no true separation, duality is an illusion that is known as Maya. As a soul, you may have had hundreds, if not thousands, or millions of bodies, whether it is an animal body, a plant, a human, or even a particle that forms material.

At each birth, totally forgetting your past lives, starting as new in your deep amnesia, with new parents, new friends, new culture, new passions, new goals, and new everything.

The soul does remember them all, but as it currently lives in the human body, its memory is limited by the human mind.

You have always existed, and you will always continue to do so because you are beyond time itself. Even if we try our best to describe the soul, it will never be possible to correctly do so with words because it is beyond our possible comprehension. Which is why meditation is of tremendous importance, it is THE WAY to experience the self beyond pretending.

At the moment when you are distant from your body and mind, yet you exist as nothingness and everything at once, At this very moment, you get a glimpse of home and a glimpse of your true self.

Yes, it is possible to experience the self with other means than meditation, maybe dancing, singing, or even extreme fighting sports. But those are all cheap tricks, because you will not sing nonstop, you will not dance or fight nonstop. It is useless. But when one learns to be centered by meditation, the next step is to make your meditation endless, even active during all daily activities. Because meditation is not an act, meditation should be named meditativeness, it is a state of being. Therefore, we can learn to maintain it all day long and even in sleep. In a way, this is how we can maintain the state of enlightenment.

Chapter 2

Why have you taken this birth?

As a soul, our way to evolve, gain more understanding and deeper perceptions is to take a temporal birth and experience duality.

There is an infinite amount of body we could have chosen, even from different densities such as 1D, 2D, 3D, 4D, 5D and higher.

As you are reading this book, clearly, as a soul, you have chosen to go for a 3D life as a human being. But is there a reason why you did so?

Definitely, there is, it is because you are a strong spiritual warrior who desires to grow as fast as possible and possibly to help other souls to come back home and pass this class called earth.

because as you grow spiritually and deepen your knowledge of the self and universal law,

not only do you benefit it individually, but also the collective consciousness is enhanced by it.

At this very moment, we are in the time that we call as Kali Yuga, It is the moment when ignorance rules the most, when suffering is inevitable, and everything manifests slowly as we are no longer in touch with our spiritual attributes due to this global system doing its best to keep us asleep.

But this isn't only bad news, on the contrary, you have chosen the hardest class, not just to suffer. You made this choice because you knew the immense potential for growth. You understood that this is the final level to finally leave this endless birth and death cycle in order to go back to our true home, which is source.

Considering that if you can be liberated and centered in the infinite self even in the midst of chaos, you will then be able to do it effortlessly, anywhere and anytime. This is the ultimate growth.

In fact, this whole life on earth is like a class, an exam, but there is no time limit, and you are allowed to retake it as many times as you need, going from birth to birth until finally you understand the self, not just intellectually but experientially.

Living in such a way that constantly, you remember your true position as a soul, a particle of god, you constantly remember that all you see here is Maya / illusion, and you know that you are beyond it all.

Ending the birth and death cycle is the highest goal of all spiritual journeys. When one is lost in earthly attachment, this idea sounds scary to such a mind.

But when one is ready, it is clearly understood that yes, life has a lot of immense beauty, pleasure, and fun. But it is also filled with suffering and limitations.

Chapter 3

What is spiritual growth?

As you now understand that your true identity is the soul and not the body, spiritual growth can be seen this way.

It is a constant evolution where we transcend the duality aspect of life by embodying the universal truth of our real self.

Knowing that the soul is unchangeable, infinite and blissful. It becomes our duty to turn our intellectual knowledge into a daily experience.

It is the process of purifying our mental body, physical body, and energical body by becoming as light as possible. The term light is often misunderstood, when in fact it is pretty simple. The faster we vibrate, the lighter we become and this allows us to manifest a better life for ourselves, filled with peace of mind, stability in emotion, thoughts, and health.

As we are vibrant on a regular basis and constantly enhance our frequencies by using the right yogic practices such as meditation, pranayama, yoga asanas, and more. This alone by itself opens up our minds to grasp a deeper understanding of the universe and ourselves, allowing liberation and enlightenment to become our natural states.

Without the proper yogic practices, we tend to feel lost, unable to tell what truth is, and untruth. Because the human system is similar to a satellitein a way.

If a satellite does not receive its proper daily maintenance, clearly it will be very limited and won't receive all the data and information that it should. On the other hand, when it receives the proper care, it becomes effortless for it perceives everything clearly.

This example applies to us in the same way. By simply applying the right practices on a regular

basis, suddenly everything becomes clearer and clearer. We lose the need to read thousands of books wondering which one is right, instead, as we consume information, we now have the ability to clearly know what resonates with existential truth and what might be garbage information.

Knowing this, it should be obvious by now that it takes effort to grow spiritually. There is no such thing as being a truly evolved being without performing spiritual practices.

Yes, it is possible to be enlightened out of nowhere as you sing, dance or even fight in professional sports, in fact, it can happen anywhere and anytime.

The thing is, it will not stay, this is just a cheap delusional trick that leads nowhere. The reason why is because enlightenment is not something that we can acquire and keep in our pocket.

Enlightenment is a state of being that can be experienced right now and lost in the next minute. Which is why it takes constant effort to maintain it, especially in this age of distraction and lifestyles in the modes of ignorance.

This perfectly explains why we need a sadhana (sequences of spiritual practices) in the morning to get ready for the day and the night to purify ourselves before sleep. allowing us to recycle our good energy even in the dream world.

In Spiritual Growth Academy, you will learn how to use both quiet time in your room to evolve and how to use your free time, your job, your commute, and more to still grow spiritually and maintain a high vibrancy at all time, which mean to feel amazing within yourself without any specific external reason.

Chapter 4

How to actually grow spiritually?

Your trinity

Have you ever heard of the Trinity? I'm asking because there is a reason why it is mentioned in most religious texts, spiritual wisdom, and even science. If you truly wish to grow spiritually, it is of utter importance to take care of your trinity.

The human body is said to be made of skin, bones,muscle, etc. But this is a limited science that has been perceived by the five senses, which are known to show Ilusion. We are not even seeing 20% of all layers of light. So where I am going with this is that the human system is made of several layers of body. Luckily for us, for liberation and enlightenment, we simply need to understand how to take care of three: physical body, mental body, and energical body.

As your mind, body, and energy are purified and maintained in good vibrancy, naturally you will bloom in all fields of human and spiritual endeavor.

Mental body: Eat with your eyes and ears.

When we think of consumption, we automatically picture some tasty food, but this is not the only thing that we eat. What we hear and what we see is also being consumed by our subconscious mind.

Whatever is being seen or heard repeatedly becomes part of our subconscious program. Our subconscious program controls about 95% of all our lives and manifests our future. This should ring a bell and make you understand its importance.

This is why it is extremely important to not consume negative music, whether it is instrumental or lyrics. Equally, we must not feed our minds with ignorant TV shows and series that promote drama,

fear, negativity, greed, and violence. Because to our subconscious mind, there is no difference between real life and what the TV shows us.

This is why it is call it a tellevision, it means tell-a-vision. We also pick our favorite programs to watch, which are programings coming from this black screen, which is a black mirror.

I hope this simple way of putting it opens up a new perception of consuming online content and music. Because once it is understood, we can use it to our advantage by listening to positive music and mantras to elevate ourselves. We can also watch positive and inspiring movies to boost ourselves. Listen to audio books as you drive or walk. consume spiritual scriptures, watch the beauties of nature, and witness the miracles of God on earth.

You will see how greatly it will affect your life to only allow positive content to program your mind.

Mental body: repetitive thoughts.

If you make the mental effort to become aware of the specific thoughts that generate themselves repeatedly, it will become very clear why your life is the way it is and why you feel the way you feel.

Because every single thought and emotion is manifesting your life as it is. If you would create a bubble out of the affirmations that you have repeated the most since birth, this would give you a great idea of your karmic blueprint, which is the maker of your future manifesting as present.

Consequently, from now on, we must consciously choose a bundle of specific affirmations that we will repeat at least 100 times a day in order to create a new mental karmic blueprint, allowing us to plant new seeds that will grow into the trees of our desired inward and outward reality. To do so effectively, every time that we have a negative

thought, we must replace it with three positive opposite thoughts. for example, if you become aware that you affirmed inward: I'm so broke, I can't even afford this. Affirm instead: I am so happy and grateful for my infinite wealth. I know myself to be abundant. I speak abundance into existence, and I love how financially free I am.

Mental body: emotions

Whatever the circumstances of your current life, it is your emotions that determine the quality of your experience.

When we are sad, even if we are given amazing food or any gift, deep within the sadness is still present. Eating us from the inside.

Equally, when we are very happy and energetic, we are able to make miracles out of chaos. So how amazing do you think your life could be if you had control over your emotions?

The good news is that, unlike what we have been brainwashed to believe, we can create any emotions on commands because they are all created from within. Therefore, it means that the manufacturer, or love, joy, ecstasy, is within.

As we understand this fact to be true, we can begin to contemplate the idea that we can create joy on commands or any desired state.

There is no need to speak of advanced science, it can be explained in a very simple way.
To create an emotion as a beginner, picture in your mind a memory that makes you feel happy. Once you truly feel the happiness, let go of the memory while only sustaining the energy. You will begin to feel the energy of the emotion itself. which will allow you to create them on command by vibrating the correct frequencies.

Then it simply becomes a matter of willpower and focus to be able to sustain this good energy all day long during daily activities, and especially to raise our frequencies every time we notice negative emotions entering ourselves.

Physical body: movement

For the physical body, it is necessary to exercise, to move every part of it because it is similar to a car battery.

If the battery is not used, it ends up destroying itself as it becomes weaker by the day, unable to recharge to full capacity even if we try. Therefore, by exercising or doing any sort of physically demanding activities, we are ensuring that our human battery is fully used during the day and fully recharged at rest, creating longevity of life. Also, emotions / energy are being stored in the body and must be released to be free of useless heavy karmic

memory. So find any ways to move that suit you, whether it is going to the gym, running, boxing, biking, or anything else.

Physical body: building blocks

It is clearly stated that you are what you eat, every certain amount of months, every organ of our system totally renews itself.

Guess what their building materials are?
It is what you eat! Therefore, we must address food consumption in a new way, which is not simply through daily meals but with the understanding that what we repeatedly consume becomes the building blocks of our body.

We have the choice to either be made of pizza, meat (which is dead bodies), chocolate, gummies, and chips. OR we can be made of the true forms of life, which is the closest food to the source of all food, the sun. By eating fruits, vegetables, seeds, peanuts, drinking herbs, etc.

Physical body: importance of fasting

What happens when the body receives too many "building blocks"? not knowing what to do with all this greedy junk, it is given to feed cancer, illness, and negative thinking.

This is why fasting is extremely important for spiritual growth as well. Your digestive system is strongly affecting your three lower chakras, The digestive system is even known to be our second brain.

Therefore, when the digestive system works very hard, energy cannot flow properly to our heart and upper chakras, leading us to have less intelligence, less consciousness and less energy.

As we vibrate low with our stomach full, we attract negative emotions, negative thoughts, and negative events. On the other hand, when we are hungry, we become very vibrant, as we are biologically created to look for food, climb

for fruit, hunt if necessary, and to constantly be in motion to find something to keep us alive.

So when we are hungry, our energy becomes much more vibrant, as our energy is more vibrant, our perceptions enhance, allowing us to understand deeper spiritual insight without even needing to read a book.

As we are more vibrant, we are attracting people, events, and circumstances that are in harmony with our positive vibrations.

It is also clearly known by now in 2023 that fasting for 24 hours, 48 hours, and 72 hours has immense benefits that boost our immune system intensely, healing the body and the mind from almost anything.

Within us is the creative energy that allowed this whole incredible machine to be created. Therefore, within us also lies the power to heal ourselves.

The way to reactivate our healing power is to cease food consumption, allowing our body to be self-sufficient and no longer needing to work so hard to break down foods all day long. having its full energy and potential available to do any inside jobs.

So how should we apply fasting to our daily lives? We can start small with a 14-hour fast that begins in the evening after our last meal and ends several hours after waking up. When breaking our fast, starting with fruits that possess a high water content is crucial. Only after that we can start consuming denser food. such as seeds and peanuts.

When this 14-hour daily fast becomes easy, move to 16 hours. When 16h fast becomes easy, you can still keep doing this 16h fast (or more) while also adding some 2 to 3 days fruit or juice fast every 2 weeks or so. which means to eat nothing except homemade juice of real fruits, or only eating solid fruits, depending on how comfortable you are with the idea.

How many times a day should we eat? One time is best, but to be realistic with our modern way of living, two is also very good.

When should we eat? The breakfast, which means breaking the fast, should be done several hours after waking up, never directly after waking up.

The second meal can be taken several hours later, making sure
that we do not eat 3 to 4 hours before sleep.

Energy body: fondation

The energy body is the most significant of the three because it is the foundation of each.

All physicality is a manifestation of unseen energy. This is why it is possible for yogis to live for years without food, water, and even movement. Because the energy body is the true source of our system, it can create autosufficiency by simply using oxygen, which flows with pranic energy acting as life force itself.

Of course, as this book is made to fit with our modern way of life, I am not asking you to sit in transcendental meditation for days and cease all activities. My point instead is to bring awareness to the importance of feeding this energy body and maintaining its vitality and strength.

energy body: chakra

We have 7 main chakras, and each of them deals with a dimension of life such as health and fearlessness, joy and creativity, success and self-confidence, love and ability to receive, power of speech and neutrality,
the ability to see beyond the illusion of the five senses and realize awakening, becoming fully detached from earthly life, and rising to the next level of existence.

Our chakras are either vibrating too low, too high, or they are balanced.
Not only will they affect our persona and emotions, they are also the source of our vital organs, in fact, each of our vital organs is a physical manifestation of our chakras. This can give you a clear understanding of the correlation between energy body and physical body. In one of the next chapters, I will explain how each chakra works.

For now, it is not necessary to fully understand it because, simply by performing the right spiritual practices, all of our chakras naturally balance themselves without us needing to focus on them individually. In my online program, Spiritual Growth Academy, all of those practices are shared.

Energy Body: Meditation as spiritual steroid

Meditation alone is enough to balance all of our chakras because as we experience beingness, being distant from the body and the mind, we are one with Brahman, which is the true self beyond ilusion.

When this phenomenon happens, automatically pranic energy flows from the first chakra muladhara all the way up to the last chakra Sahasrara. this phenomenon is also known as Kundalini rising / awakening.

When this occurs, you are enlightened, you receive cosmic downloads that will translate themselves into immediate or slowly acquired spiritual understanding, enhancing your perceptions.

As our mind becomes quiet by being meditative, our karma begins to burn, allowing new experiences and states of being to surface. It is possible to burn karma from all of our past lives in this one single life. In the next chapters, you will learn three methods for true meditation: for begginer, advanced and pro.

Energy body: Yoga asanas

Our human system has 72 000 nadis, which are like veins for blood but instead for pranic energy.

As the physical and energical bodies are directly connected, when we have a lack of mobility due to stiff muscles and imbalance of geometry in

our posture. This greatly limit the flow of energy in each chakra, hence, this is one of the reasons why yoga asanas is so important.

It is not to be fit and sexy. But instead, to open up the channels that allow energy to flow within you. To address this issue, begin with any yoga asanas that fit with your current mobility.

I suggest beginning with daily Yoga Surya Namaskar and Namaskar squats every morning as one of the first things done in the day.

It is known that your spine is your connection to the universe, so we must maintain it healthy and friction-free. To efficiently do so, begin to become aware of which parts of your body are stiff and which parts hurt. Once identified, find yoga poses for this area of the body.

We live in an era of information, all of this information is easily found on the internet by

simply typing things such as: yoga for upper back pain, yoga for hips disbalance, yoga for lower back, etc.

For quick results, focus on all the basic movements such as bending forward, bending backward, twisting the upper and lower body, opening the upper back, freeing the neck, opening the hips, and more.

Always remembering to be careful, not forcing yourself into a pose, being honest with what is your current maximum, and slowly getting better every day.

Chapter 5

Taking action for your spiritual growth and liberation

Now that you've come this far into this book, you really have zero excuses to not grow spiritually in the upcoming days and weeks.

For most people, it would take them months, if not years, just to come to those simple understandings shared in this book. Not because it is rare information, but simply for the fact that we can only accept or think about concepts that are in harmony with our current state of being.

I have started from the bottom with zero knowledge, lost by myself with no one to help me, I've done research for hundreds of hours, consumed plenty of books, and tried a large variety of spiritual practices. It is from my

suffering, thirst for liberation, and constant action that I came to this level of comprehension, and today I offer you to highjack the process.

To use a proven blueprint toward your spiritual success instead of feeling confused and stagnant for years to come.

At the moment, no true tutorial on pranamaya or meditation has been shared. Yet you have a lot of applicable ideas to implement in your daily life, such as purifying your mind, programming your mind, creating emotions on commands, fasting, understanding the true self and the goal of your existence, meditating, moving your body, eating properly, and more.

Not only this but you are now aware of the most important thing to do, which is to feed and maintain your energy body by using ancient yogic practices. because your energy

body is the phundation of your current system, as it becomes vibrant, everything starts to shift for the best, and true spiritual evolution occurs.

Therefore, I am now leaving you with two choices.

The first one is to go the hard way, which is to find every practices for yourself and figure out how to properly implement them into your routine. I say the hard way, but I have even prepared this option to be easier, as I want it to be available to all. So let's call it the medium way. because in my YouTube channel I have shared most of the practices that are part of my online program. The thing is, they are all mixed on my channel without any precise program to follow for maximum benefits and quickest results. So still, confusion and uncertainty might be part of your situation.

The second option is to go with the easiest way, which is to use a proven blueprint to maximize your growth in the shortest amount of time.

For this, I have created the online program Spiritual Growth Academy, which offers you the opportunity to learn in the right order, every single life-transforming practice that is required to make your spiritual growth and liberation happen.

Depending on your availability, there are programs that take 1 hour a day, 30 minutes a day, and more options.

Everyone who has truly invested themselves seriously in this program has had wonderful benefits such as perceiving higher understanding, having better health, quieting their mind so that peace becomes their natural state, enhancing their energy, allowing

them to take the actions they know they should take, removing confusion for spiritual growth, stabilizing their emotions and mind, opening their third eye, astral projecting, balancing their chakra, being free from stress, burning karma, rising kundalini, experiencing the true self in deep transcendantal meditation, and the list goes on.

So what will be your choice? I deeply hope that whatever you decide, action must be part of it. Because there is nothing worse than knowing ourselves to have a certain desire, such as growing spiritually, and seeing ourselves not taking any action.

Procrastination creates a life eating karma that slowly takes away all of our energy and self-respect.

Therefore, take action now, whichever option you pick. Do not wait for tomorow, tomorrow never came because it does not exist, only the present is real.

I'll be waiting for you in Spiritual Growth Academy. Let's grow together, Spiritual evolution is your birthright and the reason why you came to this earth.

Click Here to start Spiritual Growth Academy now