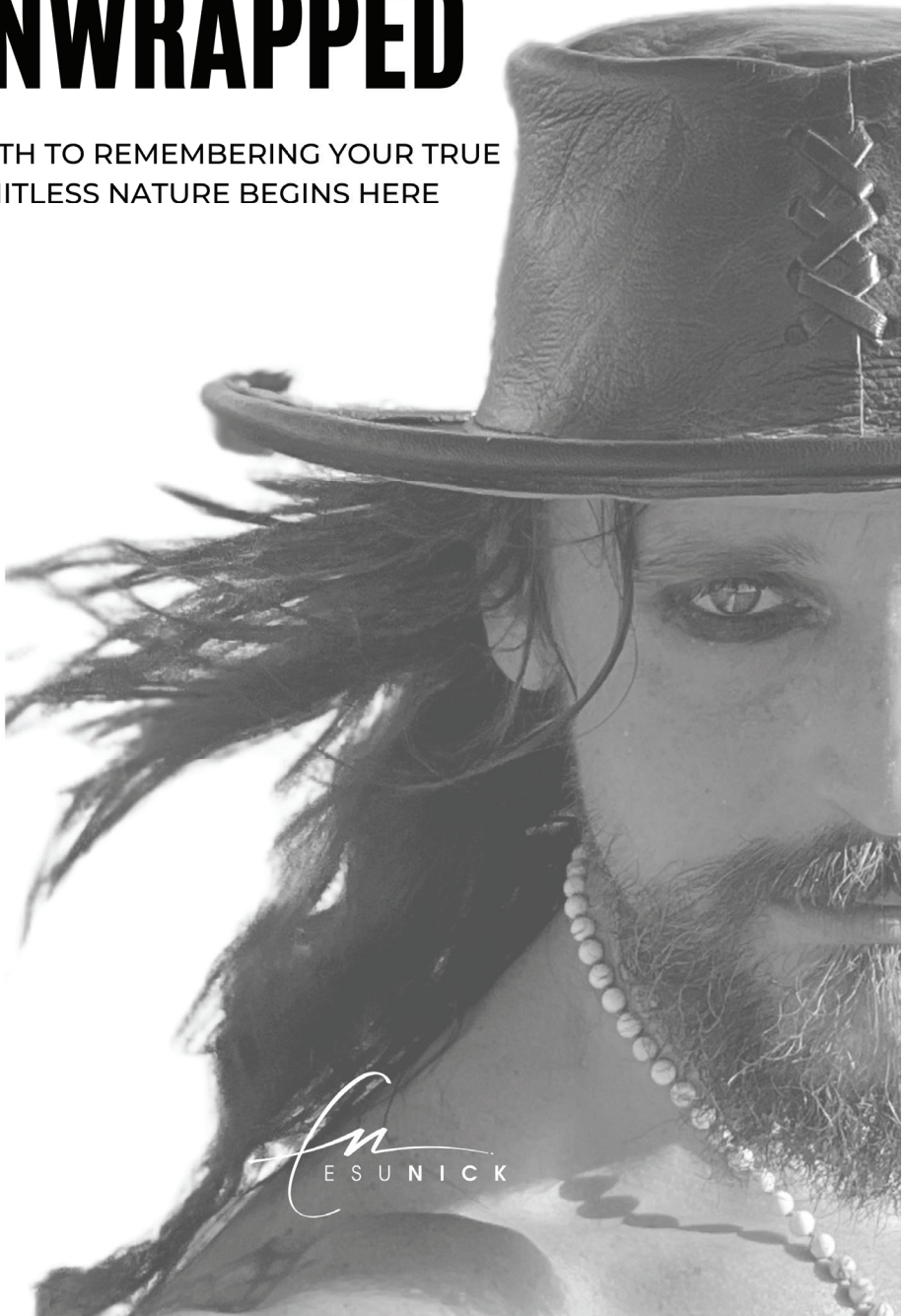


REALITY UNWRAPPED

THE PATH TO REMEMBERING YOUR TRUE
LIMITLESS NATURE BEGINS HERE



ES
ESUNICK

A NOTE FROM THE AUTHOR

Whether you aim to...

...be open to a little more, or experience all life has to offer...

...make a few refinements, or totally transform your life...

...make life a little easier, or reach enlightenment...

Reality Unwrapped provides the awareness and accompanying tools required to make your life whatever you choose it to be.

Growth happens naturally, all you have to do is get out of the way. So, in this respect, you can see this book as a manual for getting out of your own way.

Are you ready for a different experience of life?

Are you ready to strip back the layers of limitation?

Are you ready to step into your greatness



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PREFACE

I wrote this book for somebody in the place I found myself six years ago. At that time, I was twelve months into a journey of selfdiscovery. I had spent 30 years totally disconnected from myself, with no understanding of how reality really operates.

I had reached the point in my life where my capacity for selfdeception was exhausted. I could not live so inauthentically any longer. To the outside world, I was a picture of success, but I was desperately unhappy inside.

I'd lived like this for far too long.

I found myself with a huge appetite for change. However, I soon discovered that there is a ridiculous amount of information available on how one can improve their life, much of it conflicting. On my quest to find the gold, I invested thousands of pounds, and hours and hours of work, which often left my head spinning.

Despite the overwhelm, I diligently studied the most powerful information I could find. Through day-to-day practice, I have synergised the key elements of this information to maximum effect. Furthermore, through direct experience, I discovered original ways to understand and authentically align to reality as it actually is and, thus, the unfolding of the perfect life.

Finally, a project I am particularly proud of, The Pineal Tribe, has afforded me the opportunity to study shamanic practices. This has

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allowed me to experience infinitely expanded levels of consciousness, where the perceived challenges of life seem to dissolve away, leaving one with a clear understanding of how to navigate their journey.

These discoveries and experiences are the content of this book.

I wrote this book so that you would not have to do the work that I did to find the most resonant, life-changing material. I have compiled it for you.

This material is so foundational that it is applicable to anybody. All you need is an open mind and a desire to see clearly.

When I look at how much my life, and the life of my family, has changed because of what I share within the pages of this book, I am left in a state of deep gratitude. I have been blessed by the many amazing teachers I have learned from along the way. It is an honour to pass this knowledge along in the form of this book. If it helps even one person find some clarity, I will consider it a success.

ACKNOWLEDGEMENTS

There are so many people who have played a pivotal role on my journey so far, and in the creation of this book, that this section could be 100 pages long on its own! However, I do not wish to delay your exploration into this material, so I will be concise.

Mum, you're so important to me, so special. What you have taught me is beyond measure, my capacity to express love was learnt from you. I love you.

Dad, without you I would not have attained a lot of the early life development which ultimately became my foundation. Thank you for being you.

Carl, my beautiful younger brother, I miss you like crazy. I think about you every day. I love you.

Tasmin and Lauren, my darling sisters, I always know that you are there for me, for anything I need. This is so beautiful, to know that our hearts are connected.

Nina, we have walked a crazy path together with many ups and downs. and I wouldn't change any of it. You have helped me to grow, perhaps more than anyone else.

Oliver my son, the coolest person I know, who at time of writing is 10 years old and still one of the wisest people I know. My life is so much better with you, I am so excited for all the adventures we will have as we explore this wonderful playground of life together.

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My daughter Evelyn, seven years old at the time of writing, who is without doubt the greatest mirror I have. I learn so much about myself simply by being in your presence. You is also the most magical being I have ever come in contact with.

My Pineal brothers, Alex, Bjorn, Damir and Greig. You are my soul mates, without you my life would be so different. You have helped me to find the true essence of my being and my heart. Our journey has only just started, we are going to change the world my beautiful brothers.

Alex, you are the embodiment of playfulness and I love you for it.

Bjorn, you are the embodiment of wisdom, your depth and clarity of thought is breathtaking.

Damir, you are the embodiment of love, just being near you is healing for me.

Greig, you are the embodiment of both maternal and paternal energy, the divine parent.

Tony, you crazy volcano hippy! I feel in many ways you're the other side of me, as our individual attributes complement each other so well. You're one of my favourite people to spend time with.

Natura Maestra, my Italian family. Each of you is a divine example of harmony. Within your beautiful family I see all aspects of divinity.

Michele and Davide, the two of you in particular have played such pivotal roles in my evolution, I am bereft of words to express my gratitude. You are my rock and my heart.

Peter Sage, the closest person to 007 I have ever experienced. Not only were you the one who facilitated my first awakening experience, you are a constant inspiration to me, the dedication you have toward personal evolution is simply staggering.

My dear friend Rory Kilmartin, through your masterful understanding

Esu Nick

of the archetypal behavioural patterns of the human psyche, you have helped me to become a better friend, parent and person. Very few people embody love as seamlessly as you do.

Dan Warren, one of my oldest friends, and one who has always seen me for who I am. When I was young and reckless, you were always there for me, always had my back. In recent years as I have changed so much you have never once changed how you are with me, I love you for this.

My fitness guru Josh Eastham, at such a tender age you demonstrated a level of dedication I was not aware existed. You continue to inspire me to be the best I can be. It is a joy to witness your dreams unfolding in front of you.

Shane, what a gift you are in my life! Sovereign to my Magician, Generator to my Projector, you've been a god send in the completion of this book. Your eye for precision is a wonder to me. I'm excited to see the impact you will make in the literary world over the coming years. You are the organising principle to my creative flow and this book would be a lot different without you.

Egon, I save you for last for one very special reason. If it were not for the beautiful words of encouragement you gave me in Italy, I would not be writing this. You ignited a forgotten passion for writing I'd not felt since I was in school, for this I will think of you whenever I write, which I hope is a lot.

There are many, many, many more people I would like to mention. All of you who were kind enough to review the early draft versions of this book, every coaching client who acted as a mirror for me to explore the mechanics behind that which I instinctively understood and every Being who in one way or another made an impact on me over the years.

Thank you all so much, you really are very dear to my heart.

INTRODUCTION

The human experience can often seem baffling, like a chaotic unfolding of disconnected occurrences swirling around like river rapids. For many, life pushes them from one random encounter to the next, while they do their best to keep up. From this perspective, each person becomes merely a brave soul trying desperately not to be flung from their kayak by the next unexpected wave or twist in the river.

As we try to move from chaos to order, frameworks and models become valuable to provide context to our experience of life. For me, a great framework is one which provides a tool so practical that its use becomes second nature, rather than a conscious decision. I have discovered that such frameworks also provide a stepping stone to a new level of awareness, from which the next stage of growth becomes available.

Throughout this book, I will share frameworks that I have used in my most challenging moments. These frameworks have provided a platform for my expansion and act as the foundation for my life. During my work as a coach and spiritual teacher, I have further explored these frameworks and the principles which underpin them at great length and to great effect, seeing the same significant improvements I have experienced in the lives of those I work with.

I am not offering this book as a big theory of everything, but as a system of best practices for operation in this reality. It consists of various observations and demonstrable real world patterns, and the corresponding frameworks in alignment with them. From these frameworks, I have built

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the Nine Pillar Model. There are certainly more than just these elements involved in the universal unfolding. However, what I offer here is a simple way to work with some of the elements which influence us the most. My hope is that this material may also serve as a foundation for further study.

My desire here is to go deep enough with each concept and associated framework that you can acquire some gold, but not so deep that it becomes overwhelming. In the interest of keeping this book concise enough to be practical, I have kept what I share to the fundamentals. Additionally, I have included a section at the back of the book discussing materials for further learning, should you desire to continue exploring beyond what is presented here.

What can you expect from this book?

I invite you to expect nothing. Let go of any expectation you have.

Instead, I invite you to acknowledge the possibility that, if you apply what you will learn in these pages, your life has the potential to change exponentially. This book is written as a tool for you to demystify your inner world, enabling you to see and understand what unfolds with absolute clarity.

From there, it is up to you.

There is great power in attaining the information which resides within these pages. However, an even greater transformation is realised upon the absorption of the awareness this information brings.

Knowledge is only the first step. For real change to occur, knowledge must become knowing. You must develop a new awareness of yourself and your place in reality.

This means that I do not expect you to believe the things I share simply because I have shared them. I invite you to experiment with every

element of this book by applying these elements to your life. In doing this, I believe you will find that you already know much of what I share. You have been subconsciously aware of it all along. Bringing that subconscious awareness up to a conscious level will allow you to work with reality in a way that will change your life for the better.

You are subject to the influence of each of these elements whether you know it or not, and whether you like it or not. If you do not like what you read here, you can always put this book down, walk away, and go back to the life you've always had. But ignorance will not diminish the influence of these principles.

If, however, you would like to develop a greater understanding of how the forces I discuss in these pages influence your life - and how you can work with them to build the life you've always wanted - keep reading.

The Nine Pillar Model

The nine pillars are:

The Hero's Journey

A sequence observable in each of our lives which exists to drive forward human transformation through exposure to new experience and higher levels of intensity.

The Game of Life

Life provides feedback on where we are in relation to our personal evolution, the authenticity of our actions and our readiness for greater expansion. The Game of Life offers a clear and concise way of understanding and working with this feedback.

Reality Cycles

We live in a cyclical reality, meaning that every aspect of this reality is governed and/or influenced by one or more cycles. Here, I will discuss the

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five main cycles: Cycle of Service, Cycle of Psychology, Cycle of Consciousness, Cycle of Focus and Cycle of Creation.

The Telescope

Our perspective dictates how we interact with reality. The Telescope helps us understand the relationship between the true fullness of reality and our own unique perspective, as well as offering a practical way to work with past traumas, releasing us from historical limitations.

The Levels of Consciousness

When we understand how to navigate through the Levels of Consciousness, we have an experiential roadmap of how to move from limited states of consciousness to joy and beyond.

Archetypes

The Archetypes are four different blueprints of the human psyche that influence our actions and reactions. Understanding the traits of each archetype allows us to understand ourselves and everyone around us at a far deeper level.

Love Languages

Everyone experiences love in a different way. When we understand our types, and the types of our loved ones, we are empowered to create relationships that are filled with love.

The White Corridor

We are emotional Beings. The White Corridor provides a framework for total internal mastery by allowing us to understand and work with the emotional realm within.

The Kingdom Within

The Kingdom Within highlights, at the deepest level, how truly magnificent and limitless we are.

I will begin this book by sharing the story of my journey. Then I will detail the pillars, devoting a chapter to each. Included in the back of this book is a Lexicon of the terms used throughout, as well as a chapter where you can find resources for further study.

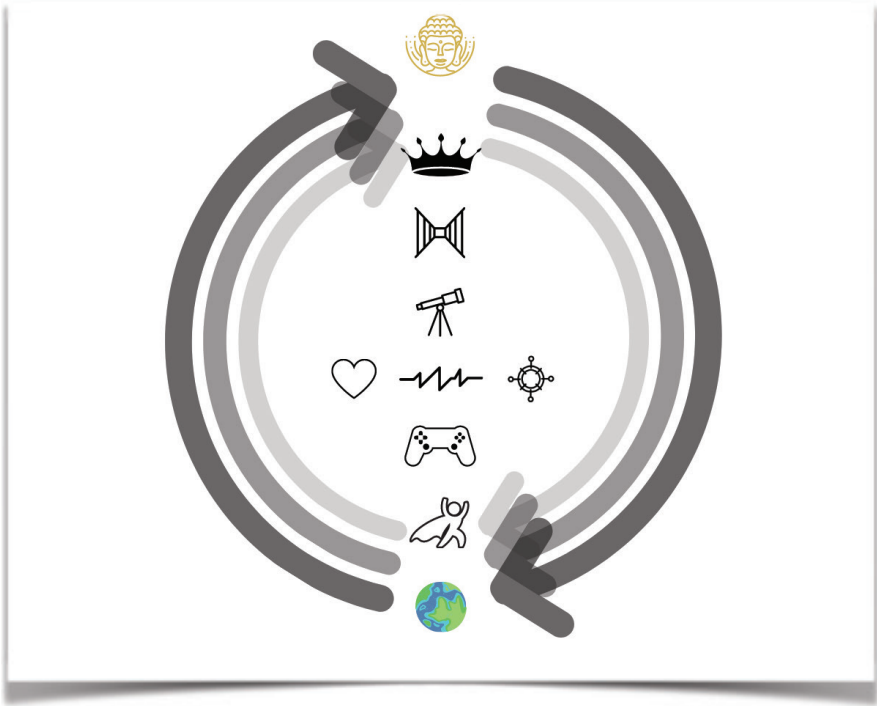
The Interconnected Pillars

While I present a linear model here, it is important to note that this is a framework for something that is entirely non-linear. The nine pillars could work in the order I present them or in some other order, as they are inherently intertwined. I have chosen to present them in the order that I perceive to be closest to the order of creation. This means that, if you were a piece of computer equipment being made in a factory, this would be the assembly order.

The diagram below shows how each of the nine pillars synergises with each other in order to create our experience of reality. When you understand the elements and how they come together in the diagram, you are able to acquire a deeper sense of awareness about your true nature, your full potential in this lifetime and how the universe is here to support your every desire. The purpose of this diagram is to visually connect the elements in your mind in order to make it easier to understand their role and purpose.

From top to bottom, each of the icons represents a new stage of your creation experience. Every person moves through the entire sequence until each element is present in their life. Once in place, the different elements are essentially the hardware and software combination every person uses for the duration of their lifetime. When you understand how to best align yourself to your own personal configuration, you will find that life becomes a far more enjoyable experience, your resistance drops, and you move into flow.

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We are all initially pure Consciousness. Undistorted, with limitless potential (Buddha head). We then manifest into this reality, at which time we take up residence within our Kingdom (crown) and gain physical form. As we can now interact with the outer world, we are introduced to the polarity of the inner world, along with all of its abstract confusion. The White Corridor (corridor) serves to demystify this confusion by creating an inner architecture. From here, we use the Telescope (telescope) to gain a unique perspective of reality. We also add various lenses (heart, vibration, wheel) to the Telescope to add various flavours to this perspective. We then use the Game of Life (video game controller) as a model to interact with, understand and learn from the outer world (earth).

Throughout this epic adventure, we are moving through multiple Hero's Journeys (superhero) as we play the game of raising our Level of Consciousness (vibration), in an ever-evolving space for new experience.

The mechanics of change necessary to drive forward this evolution are explained by the Hero's Journey.

The entire process beyond pure Consciousness is governed and influenced by Reality Cycles, which is why the circles wrap around all but the Buddha in the diagram.

Because of the foundational nature of the Nine Pillar Model, you may notice that it integrates seamlessly with other things not mentioned in this book. If you find such a practice enhances your work with the nine pillars, I would love to hear about it. I am still a keen explorer on this journey of new awareness, and am very open to expanding what I know.

In the Further Inquiry section of this book, I will share references to other practices, concepts and worldviews I align with that I have found further enhance the Nine Pillar Model, created by people I consider great teachers and inspirations. There, you will also find details on how you can access the Reality Unwrapped guided meditations which serve to support the transfer of knowing, and your integration process.

Surrender

Finally, I would like to take a moment to discuss the notion of surrender, because it plays a critical part in any person's journey of growth and evolution.

The artwork below was created by my soul sister, Dani, and represents how she feels when letting go and moving into deep surrender. It is the most beautiful and profound depiction of surrender I have seen. It speaks to me on so many levels, visually articulating many different aspects of surrender simultaneously.

Thank you, Dani, for allowing me the privilege of sharing your art here.

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What do I mean by surrender?

In the culture I grew up in, surrender carried a negative connotation, suggesting weakness. I've come to understand it differently, and have found awe in the transformational and healing power it has.

To surrender is to let go of all resistance. I am not referring to resistance to a dangerous situation, like an attacker on a dark night. I refer to resistance to change, to facing our own shadow, our own limitations or even our own magnificence. All of this comes from one main source of resistance: *resistance to the intensity of sensation*.

When we consider that pain is intensity resisted, having an inherent resistance to intensity itself is a recipe for pain.

Because this resistance is outside of the natural flow of life, it is not constructive for us. This is why the experience can be such a challenge. When life is against us, we feel that we need to double down and go harder; often, surrender seems counterintuitive.

However, it is an observable paradox that, when we do let go of the illusion of control - when we surrender to the natural unfolding of life - things seem to get better.

This is why I love Dani's picture so much. When I first surrender to something challenging, I feel like I have no support and am in free fall. However, I soon realise that I am actually flying.

I recommend a very simple practice in surrender. It trains us to not respond to every thought that pops up, breaking a habit which causes challenges in life for many people.

Lay on your back with no TV or music playing and with all personal devices switched off. Move your body into symmetry, with no parts crossing, keeping your hands by your sides with palms facing up.

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You may have noticed that when you breath, you make a noise. Even if it is very small, it is still audible. The game is to find a relaxed breath which makes zero audible sound. You want to hear nothing.

When you find this silence, stay there. Observe the temptation to make noise. *Where is that coming from?*

Observe the temptation to break symmetry. *Where is that coming from?*

Observe the temptation to scratch an itch or adjust yourself for increased comfort. *Where is that coming from?*

Observe the Observer. *Who is even observing all of this?*

These are not necessarily questions to be answered. These questions are a thought experiment to illustrate one thing - you are not your thoughts, sensations or impulses. You do not have to respond to their every whim. You can choose not to engage in the behavioural patterns they attempt to trigger. You can surrender. This is what I mean when I say, "Surrender." Step back from the trap of your senses and gain real clarity.

Any journey of transformation involves a period of deprogramming and reprogramming. We must deprogram the limiting beliefs and associated patterns we have collected throughout life, and reprogram ourselves with greater awareness and intuition. This can be uncomfortable at times because we become accustomed to, and even dependent on, our limiting beliefs and patterns. This can make letting go of them a painful process, if it is resisted. If you experience this, I invite you to simply surrender into the process. While it may be uncomfortable or even painful to let go of these limitations, your liberation is found on the other side of this challenge.

Esu Nick

As you move through this book, I invite you to surrender to the unfolding of the information. Let the contents of this book move you however they move you; don't resist and don't feel like you have to try to understand every word. It can take time to absorb new ideas.

The purpose of this book is to equip you with the tools required to successfully navigate anything you may experience in life. The tools in this book are fundamental in their nature, meaning that they are frameworks for working with the base aspect of reality. They will interweave with any other tools, methodologies or concepts which are also aligned to your continued expansion. You may have already discovered wonderful ways to work with reality. Rest assured, I have no wish for you to abandon that which works for you. What would be the point of that? Anything that is truly expansive for you will interweave with what I share in this book.

Before we go into the nine pillars in detail, I will share a little of my story with you so that you understand why I am so passionate about sharing what I know.

Thank you for your presence Magical One, it fills me with deep gratitude.

CHAPTER ONE

CHANGING REALITIES

The Death of an Old Reality

For the seven years leading up to 2015, I worked in the IT sector in Central London, commuting in and out of the city each day, totalling 40 hours of travel time per month. If you have ever used London rush hour trains, you will know that space is at an absolute premium, as people are squeezed into carriages half the required size. The mood on the commute was distinctly dour, every single day. It is commonly observed that commuters will do anything to avoid any kind of contact with each other.

By 2015, my work hadn't been satisfying for some time. I held the position of account director, and my role was to keep some of the company's most important clients happy, so we would be their first choice when they were ready to buy again.

Being a young man from a single parent household on a council estate (a low income, high love household), I was taken in by the riches of London, by my new colleagues wearing £1000 tailored suits, writing with Mont Blanc pens, sporting a flashy new watch almost every week and choosing a new sports car each year.

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I wanted to be a financial success more than anything. I felt an obligation to give my mother all the things that she had sacrificed raising me while she was just 18 years old. Her sacrifice and commitment to me and my siblings has been the single most inspiring thing I have witnessed in my life.

This feeling of obligation was accompanied by the feeling of not being good enough, an all-too-common problem in today's society. A person's value is often derived from their material success. As a result, when we are not financially successful, we naturally limit how good we can feel about ourselves. Big corporations know this and play on it masterfully, creating compelling adverts to convince us that, if we buy their product, we will somehow be good enough, a person of value. The potential riches available in my new career felt like a pathway to proving to the world (and to myself) that I was good enough.

The company I worked for was only interested in one thing - making more money. They considered new sales to be infinitely more important than client experience or happiness. Though this made me uncomfortable, I craved financial success at all costs, so the opportunity was still appealing to me. I remember thinking, *"A person is the average of the people they spend the most time with, so I need to spend as much time with these guys as possible!"*

I enjoyed many successes with this company, but also some significant failures. No matter how much I tried to force myself to mimic my colleagues' actions, I simply could not. They were more than happy to keep things from the client if it meant they got the deal, even when it would cost the client greatly in the future. This did not sit well with me. While my Ego wanted so much to compete with them, my soul simply couldn't sit by and let it happen.

After a few years, I started to become incredibly disillusioned with my professional life. I felt it was devoid of any real contribution to the world.

Even if I were to deliver the absolute best solution to my client, it would not mean much more than a slight improvement of efficiency. Hardly life-changing. Therefore, it became solely about money. The longer I stayed in this situation, the more wretched I felt about myself. I started to feel like a stain on humanity. Like I was inherently bad, and everything that happened to me was a result of that.

I was constantly looking outside myself for something, anything, to make the wretchedness go away. Whether it be new clothes to make myself look good, or new expensive technology to try to elevate my status, or, even worse, the use of alcohol and recreational drugs.

While under the influence of such substances, I would do things totally out of character, things that hurt both myself and those around me, and left me feeling even more wretched. It was a vicious cycle. I was spiralling out of control.

This all changed when my son, Oliver, was born. The seismic shift I felt inside when I saw his heartbeat on the monitor, heard his cry and held him for the very first time is like nothing I have experienced. It was so profoundly beautiful that I can't adequately describe it. I knew at that moment that the time for bullshitting myself was over. It was time to grow and change. In that moment, parts of me died. My reality changed in an instant. I felt like a character in a play who, halfway through a scene, has been asked to play a different role. My perspective and feelings towards most things shifted. I was quite literally a different person. It was in that moment that I witnessed the death of an old reality, and came to understand the transient nature of identity.

For me, it took the birth of my first child to trigger this response. It was easy to bullshit myself when I perceived that it was only me suffering; I was only lying to myself. It was easy to keep myself numb to the true nature of the universe around me. Too easy to get high and drunk

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whenever things got a bit too real, grabbing any distraction available to me. I already felt wretched about myself, so it was natural to see myself as not worthy of saving.

However, there was zero chance I was going to put that on my son. This perfect example of innocence. Of the beauty in the universe that is available to us all. The peak of creation.

A person. A really small person.

He deserved more, even if I could not see at the time that I did as well.

The Birth of a New Reality

Knowing my disillusionment with my career, a friend of mine introduced me to a well-known personal development coach and international entrepreneur, Peter Sage. He was looking to take his coaching business to new heights and my friend recommended me to become Peter's new sales director.

We met in a bar in Central London to get to know each other and see if it would be a good fit. We clicked almost immediately and

Peter invited me to take the position. The business was relatively young at this point; I was not walking into an established sales operation. Rather, I was tasked with building one from the ground up.

Listening to him speak about his vision to awaken a million people around the world inspired me. This was the adventure I had been seeking. I happily accepted his invitation, and we made plans to get started. My intention was to do this in addition to my existing career, so that I could ensure its success before leaving my job.

A few days after this meeting my uncle Darren, who I loved very dearly, passed away unexpectedly. This shook me to my core. I had no experience in dealing with grief, and I completely broke down. I remember

hearing the news and falling to the ground like I'd been shot, sobbing uncontrollably.

I realised that just maintaining my existing commitments in this state would be tough. I felt that I was unable to follow through on my agreement with Peter. I informed him of the news and expressed my gratitude for the opportunity. He was wonderfully understanding and told me his door was open if I needed any support.

A couple of months later, I received a message from Peter inviting me to his forthcoming seminar as his guest, because he felt the material could help me through this tough time. I remember clearly how seen, held and acknowledged I felt. I accepted the invitation and scheduled it in my diary.

The weeks leading up to the seminar were an emotional rollercoaster. There were moments of hope that what I would learn could help me heal myself from grief and find a new life purpose. But I also had many down moments, where I told myself that these things are not possible, and I hoped for anything that might prevent me from attending. I felt too broken to experience the pain of having my hopes dashed.

The Tuesday before the seminar, my personal trainer and good friend, Josh, informed me that one of our favourite sports people, Kai Greene, would be appearing in a business in our hometown to sign autographs and speak with fans. This was happening on the first day of the seminar, which created an obvious dilemma. Should I go with my friend to meet someone cool, or should I accept the call from Peter to step into the unknown?

After much debate, I decided to attend the seminar. I was still struggling with the passing of my uncle and felt that, even if I got my hopes dashed, it was worth the risk. Furthermore, the possibility of finding a new purpose, changing my career and attaining some kind of fulfilment in life - and having something of value to teach Oliver - was an opportunity I could not miss.

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Upon arrival at the seminar, I was greeted by many enthusiastic people, all sharing a certain glimmer of excited hope in their eyes. Peter spotted me through the crowd and, despite the fact there were 400 people in the room vying for his attention, he came straight to me. He gave me a hug, saying how delighted he was that I had made it. *Wow, I thought, what a guy! I've given him nothing, yet he still wants to help me.* This was something I was not used to in the corporate world and it blew me away.

The seminar was life-changing for many reasons, but there is one moment in particular that stands out. Halfway through the first day, we were guided through an exercise of inner inquiry, going back to childhood to connect with our earliest feelings toward life. I can't explain how it occurred, but as this process came to completion, I felt the weight of grief lift. All that remained was pure love for my uncle and absolute gratitude that I got to share the time I did with him.

I broke down into tears, but not the same tears of sadness and sorrow which had been ever-present for the past two months. These were warm, beautiful tears of appreciation, gratitude and joy. I could see more clearly in that moment than I had for a long time. As I opened my eyes and gazed around the room, I noticed many other people were equally emotional. This was one of the most profound experiences of my life to date. I could now see the adventure Peter was offering me a place in - creating opportunities for others to experience the same deep healing and awakening I had just experienced. I jumped to my feet and ran to the stage, where Peter was checking his notes before starting the next section of teaching.

“Peter, I have just had one of the most profound experiences of my life. Thank you! I now truly understand the nature of your invitation, and I realise I must accept. There is no other way. I am not sure how it would look, but I feel as though I want to create my first business, a sales agency, and bring you in as my first client.”

Esu Nick

“Wonderful!” Peter remarked, “I will have my assistant organise a video call to discuss how we can move this forward.”

The rest of the weekend was just as incredible. I met many inspiring people who are still my close friends to this day. However, the really spectacular thing which occurred was that I suddenly became aware of a greater reality than the one I had been living in. I could see my self-imposed limitations. Even if I did not yet know how to remove or undo them, this awareness was a fundamental shift in the way I saw the world. I felt myself immediately step out of the victim mentality I had been carrying for so long and into one which felt limitless. I was introduced to concepts which I would have previously deemed as mystical. However, with the new awareness I held, they no longer seemed that way.

For the first time in my life, I realised that magic is real.

I often look back at the path that led me to being in that room, how there were so many chances for me to refuse the call to adventure. From the deepest part of my Being, I am grateful with how it all unfolded.

Three months into working with Peter, at the beginning of 2016, he invited me to attend a trip to Sweden he was hosting for his mastermind group, a group of his most advanced students. On my final working day before the trip, I had planned to leave the office at 1 pm, but ended up finishing half an hour late. Leaving the office, I briskly headed to the train station.

Because of the delay, I missed the train and had to wait for the next one to arrive. I boarded the train and sat down in a booth. As I sat there reading my book, I noticed a man watching me from across the carriage. Even when I noticed him watching, he continued to do so, not breaking his stare for a moment.

Reality Unwrapped

As I carried on reading my book, the man moved into my booth, sat down and said,

*“Hi my name is Paul Bailey, nice to meet you.
I have been recommended that book and noticed you reading it,
so I just wanted to ask what you think of it.”*

As I said earlier, people in London do not speak on trains, so this was unusual. I told him I thought the book was good and we continued to talk.

He shared with me that he had been recommended the book by a famous personal development coach he follows, that this coach hosts amazing mastermind trips around the world and that he has it on his vision board to attend the next one.

He then pulled out his A4 notepad and showed me his vision board inside the front cover. Who do you think was in the middle of it? Peter Sage! There were also pictures of the ice hotel and the area of Kiruna, Sweden I would be flying to less than 24 hours later.

In a combination of excitement and confusion, I told him all about the trip and that I was working with Peter. We shared insights we'd gained from him and exchanged contact details.

After leaving the train, my head was spinning. What a coincidence! But everything I was learning at that time was teaching me that there is no such thing as coincidence. That what we call 'coincidence' is actually a synchronicity we do not understand. *So, what was this? Magic?*

Although my heart was screaming yes, my head was not so sure. I wondered, did Peter plant this guy on the train in some scam to trick me into believing all of this? No, he couldn't have. How would he ever know I was going to miss the first train?

I was left utterly confused, yet tantalisingly excited. I added it to my amassed evidence list and carried on. When I look back at it now, it makes me smile and always acts as a reminder that magic is real - something that I hope you will come to realise, if you haven't already.

In January, northern Sweden is the epitome of a winter wilderness. It is the home of the world-famous Icehotel, which, as the name suggests, is a hotel built entirely of ice. It really is a spectacular achievement in engineering and a stay there is a great addition to any bucket list. The Discovery Channel made a brilliant documentary detailing the construction process.

During the first few weeks of working with Peter, he'd opened me up to a number of concepts previously unknown to me, including the scale of human consciousness, the law of attraction, and energy manipulation, amongst other things. But, up until this trip, the learning had been mostly intellectual, with not much direct experience.

I joined 11 other members of his mastermind group, and the subject we were to study on this trip was quantum alignment. This refers to doing your work in the metaphysical so that the results manifest effortlessly in the physical, using a technique of heart and mind alignment.

There seemed to be magic in the air. We were in this unbelievable setting, learning about things we'd previously only thought could exist in Hollywood movies. As we piled into the classroom on the first day, I felt a real connection to these people, a kinship with them that I had never felt before. It was like I was totally at home with these people, even though they were strangers.

We learned about different aspects of energy, supported by the newest cutting-edge experiments in the fringe sciences. We explored the master work of wise elders such as Dr David Hawkins, Vadim Zeland, Nassim Hamein, Tom Campbell and Dr Joe Dispenza.

Reality Unwrapped

During one particular lesson, Peter explained the importance of ‘amassing evidence’: keeping a journal of instances in which something seemingly magical happens. He explained that we have programmed ourselves over many years not to believe in anything too fantastic, to remain in a self-created box of limitation and to write off anything seemingly mystical or magical as being the result of random chance. Therefore, if we solely rely on our memory, the real details of the magical experience fall away over time, our old programming kicks in and we may be left feeling as though what happened was just a coincidence we became over-excited about. By recording each instance, and referring back to our notes, we remove the element of doubt and reprogram ourselves.

During another lesson, Peter guided us through a process to remove tense or negative energy connected to another person that was impacting us.

As the process started, he asked us to think of someone in our lives toward whom we felt frustration or anger, someone who seemed to have an ability to get into the back door of our emotions and drive a wedge between us and our happiness. I selected the manager from my day job, where I was still working in addition to the work with my new company.

We were asked to hold this person in mind. Just thinking about the manager made me feel tense, and it took quite a lot of energy to stop that tension turning into anger. However, as we were taken through the steps, I remember feeling an ever-increasing cleansing effect, until I realised that thinking about this person no longer triggered those lower-level emotions. I remember sitting there and thinking to myself, *“Well that has made me feel better, what a nice exercise to disconnect from a negative feeling I have attached to.”* Initially, I didn’t see anything at all magical in what had happened.

The classroom session ended a few minutes later. On my way out, I made myself a cup of green tea and put on my big jacket and snow boots.

Esu Nick

I left the building and walked through deep snow, making it about 100 yards before my phone started ringing. To my surprise, it was the same manager from my office.

In the entire seven years we'd worked with each other, he had never called me. In fact, we'd never as much as made one other a cup of tea or coffee. We were in competition in the office, and this increased our disconnection. I answered the call gingerly, trying to guess why he was calling. I started to wonder if I had made a mistake at work, or if there had been an accident. I didn't know why he was calling, but I was sure it was to deliver bad news.

"Hey, Nick. Firstly, I have to say your pics of Sweden look amazing. You've worked so hard this year and done so much for the team, you really deserve this."

"Thankyou," I responded uncertainly. Though his voice was chipper, I was still uncertain of his motives.

"I won't take up too much of your time, but I wanted to give you some good news. I had some spare time, so I decided to take a look at the deal you signed with the architects' firm in Oxford last week.

Anyway, I have found a way for you to lower their costs by 10% and make you an extra £1000 commission. Nothing for you to do, I have updated all the paperwork for you and submitted it to the processing department."

"Wow, thanks, that's really amazing." I didn't know what else to say. This was so out of character for him, especially because we were in competition.

After the call, I just stood there, in three feet of snow, under the most brilliant blue sky. I remember that my mind was almost entirely blank. It was like my brain was still trying to process what had happened. Then

Reality Unwrapped

everything suddenly fell into place and I was able to appreciate it. The process Peter had just guided us through had almost instantaneously impacted someone on the other side of the planet in such a way that, contrary to all previous behaviour, they'd called to give me £1000.

I stood in awe and amazement. But then I realised, *“Hold on, he wouldn't have had enough time since the exercise to do this work. Maybe it is just a coincidence after all.”*

“Or, maybe when you're operating at this level, time ceases to be linear.”

This thought was swiftly followed by another. *“There is still so much to learn!”*

I continued to amass evidence of 'magical' things occurring for 12 months after that, during which I recorded 384 different instances.

Upon returning from the trip, my entire relationship with life and what was possible had changed. I felt as though I was now so much more powerful, with limitless capabilities, able to craft the life I wanted.

With unrelenting enthusiasm, I continued experimenting with the concepts that I had learnt. One such experiment is something I call The List of 15.

I was still living in the UK, but had decided that I wanted this to change. After five years living in South East Asia, I knew that I much preferred a warmer climate than what the UK had to offer. I had aspirations to live in paradise, covered in sun and soaked in a beautiful new culture. I knew that the new tools I had acquired would help this dream to unfold in the most spectacular fashion, so I started a 30-day manifestation process. The first step was to make a list of all the things I wanted to manifest. I included 15 different things I wanted in my life, ranging from year-round sun to a house near the beach, from a private school for the children to the opportunity to travel to amazing destinations.

Esu Nick

The 30-day process consisted of a 15-minute routine every morning. After 30 days, the instruction was to stop the practice, and even forget about it.

Three months later, we had moved to Tenerife, a beautiful volcano island just off the coast of Western Sahara. Throughout the process of moving, I had not thought about the list. In fact, I had genuinely forgotten about it. Then, sitting in my new garden one evening, I suddenly remembered The List of 15. Upon checking, I realised that everything had manifest. Every single thing that I included on the list was now real in my life. This list had many contradictory things on there; when I made the list I didn't really believe there was a location on Earth which could offer me all of these elements, so trying to force it with my mind never would have worked. I realised two things in that moment. Firstly, beyond any doubt, we have the power to create whatever we desire in life. Secondly, we are limitless beyond our wildest dreams.

I have so many experiences similar to the ones I have shared above, each one demonstrating to me the infinite power we have to work with the unseen forces of this reality. Perhaps one day I will dedicate an entire book to sharing such stories. However, for now, I hope what I have shared is sufficient enough to whet your appetite for the journey ahead.

CHAPTER TWO



PILLAR 1: THE HERO'S JOURNEY

Now that you've heard a little of my story, I would like to discuss your story.

Every person is the hero of their story. Just as I am the hero of my story, you are the hero of your own story. It is common to look upon the lives of others and see them as being more exciting than our own, full of adventure and rich experience compared to the boring routine we know. The truth, however, is that we are all, in every single moment, playing the lead role in an epic tale. We are each destined for trial and tribulation, enemies and allies, mentors and rewards.

Though there are many differences between us that make each person unique, there are also aspects common to the experience of being human. One of these commonalities is a resonance with a sequence of events that play out in a particular order, detailing an unfolding journey of transformation. This journey takes the adventurer outside of their known world and into the unknown, from which they will return evolved and upgraded.

Reality Unwrapped

This sequence is present in all great stories that have stood the test of time, and most movies you can name. We can see the Hero's Journey in the adventures of Luke Skywalker in Star Wars, Neo in The Matrix and Dorothy in The Wizard of Oz.

We find this story structure so powerful because it speaks directly into something we innately know; there is an aspect of our Being designed to respond to it. The Hero's Journey is one of the elements of the universal engine which drives forward change. You are taken through the sequence cyclicly, experiencing it multiple times over the course of your life. Each time, you find yourself on a road of growth and discovery which exists to facilitate your harmonious alignment with the natural mechanics of change. The Hero's Journey is your pathway to personal transformation and expansion of life experience.

The challenge with the Hero's Journey is that many do not know it exists, or they think it only applies to fictional stories. People have a tendency to perceive trials and tribulations as merely bad fortune, and, therefore, something to reject. This keeps them trapped in a loop. They are called into the journey, but reject it. They are called again. They reject it. Are called. Reject. And so on.

However, change is unavoidable, and your journey will unfold, whether you like it or not. The calls will continue to come, and in ever-increasing intensity. Eventually, you will be made so uncomfortable that you must either move or die, figuratively or literally. (This escalation mechanism is covered later, in the Game of Life.)

Understanding the Hero's Journey can serve to recontextualise the difficult occurrences of life in such a way that it becomes hard not to see the value in them. You become able to see the gift in every perceived hardship. You may even realise that no life event is bad - everything that

happens contributes to your growth. This awareness allows you to receive all the gifts available to you, exposing you to every opportunity to learn along the way. This also synergises you with the natural unfolding of life.

The Hero's Journey is most commonly discussed in relation to stories in media, with its power onscreen widely understood. This is because it drives forward character development, which is a critical aspect of the stories people resonate with. Even though we are not Luke Skywalker, Neo or Dorothy, we are intimately familiar with their journeys, because we are familiar with the sequence of the Hero's Journey. It is a sequence familiar in every fibre of our Being, and one which we can see guiding and facilitating the evolution of our lives.

It is a common misconception that the Hero's Journey only applies to the big, exciting events in our lives. However, by digging a little deeper, you can discover its presence in seemingly mundane situations as well. You can find adventure and excitement in any experience, and this is the true key to happiness.

Stages of the Hero's Journey

The Hero's Journey was first described by Joseph Campbell in his masterpiece *Hero with a Thousand Faces*. However, here I will describe the 12-stage model put forth by Christopher Vogler in *The Writer's Journey*. I prefer Vogler's model because I feel that it is clearer, without losing any of Campbell's profundity. I strongly recommend Vogler's work if you wish to dig deeper into the Hero's Journey.

Reality Unwrapped

Below is a diagram of the different stages of the Hero's Journey.



The Ordinary World

This represents the comfortable life you know. We each experience the Ordinary World differently, as we have each walked a unique path. Your Ordinary World is essentially a painting you have spent your entire life creating. Every experience you have ever had is a brush stroke on the canvas. The Hero's Journey exists to support you in consciously turning the painting of your life into a true masterpiece, one in which every single detail is chosen by you.

Call to Adventure

An opportunity presents itself by way of some kind of invitation. This may or may not be a verbal invitation, and it can come from anywhere. Another person, a potential new employer, a change in the weather, anything. It is not that *everything* is a Call to Adventure, but rather that a Call to Adventure can take any form.

I have observed that an emotional pattern plays out in the moments I am experiencing a Call to Adventure, a cocktail of excitement, wonder, trepidation and anxiety. When I experience something that triggers these feelings, I have learnt to stop and take note. *What is going on here?* This is an indication that I may be experiencing a Call to Adventure. If I can observe it happening, I am presented with a choice. In that moment, I play a game with myself. I close my eyes and visualise myself making each choice, one after the other. I ask myself, *How does this make me feel?*

Once I have visualised each of the choices, I am left with a better idea of how I may experience each. If I can see that the transformation on offer is something I either require or desire, I consider it to be a Call to Adventure at the beginning of another Hero's Journey that I would like to accept.

A Call to Adventure can come in all shapes and sizes. Any new experience which offers you the potential for transformation will be inherently interwoven into the Hero's Journey, because this is what drives forward change. It is the mechanism behind the ever-evolving reality we live in.

It is important to reiterate here that this sequence drives forward all personal journeys of transformation, from the mundane to the magnificent, and everything in between. If you only believe it to be present in the most epic moments of your life, you miss out on a key awareness, one which can support you in every area of life. A Call to Adventure may, in moments, just feel like a 'Call to Mundane Change'.

Reality Unwrapped

But to miss the fact that the same mechanism drives forward all transformation is to miss the grand point of this chapter, and, therefore, the true potential available to you.

Remember, the notion of ‘good’ or ‘bad’ are human constructs, and not something a Hero’s Journey deals in. Calls to Adventure will continue to show up in your life, because reality is trying to drive change through your transformation. If you’re open to any and all transformation, then accept them all. If you’re more inclined to guide your life in a certain direction, it is important to become proficient at identifying a Call to Adventure so that you’re able to have some kind of control over the nature of the transformational journey you’re about to undertake.

Refusal of the Call

Fear, hesitation and insecurity can drive you to reject the Call to Adventure. It is a necessary step for most people, as it serves to create a loop of escalating intensity. This loop creates tension, which is then followed by the release of energy necessary to complete the journey ahead. Similar to an elastic band being pulled back, you require a certain amount of tension to truly fly. But if too much tension is created, the elastic band will snap. You will experience the same fate if you stay in this place too long.

Many people live their lives in a constant loop of refusing call after call, heads buried in the sand. The tension builds and builds but is never released, which causes great disharmony. This refusal often stems from the misconception that comfort is found when staying still, avoiding the scary invitation to step into the unknown. The reality of the situation is that real comfort is found in harmonious alignment with this sequence, in stepping into the invitation to new experience and transformation. In becoming comfortable with this sequence, accepting calls when they come and embracing the opportunity for growth, you move into flow with what is naturally occurring.

Like the rain falling or the wind blowing, the Hero's Journey will continue to repeat throughout your life, whether you choose to observe it or not.

The only decision you have is to choose to release the tension and fly forward, or resist until you snap.

Meeting the Mentor

There comes a moment when you are inspired by a person to accept the Call to Adventure and step into your Hero's Journey. This person often provides advice, guidance or insight which helps you take the leap. In tales of old, this would have been a wise elder. It still can be, but in modern times it is just as likely to be a teacher, employer or coach. This role may also be played by a person of status in society, an inspiring person with some kind of status or celebrity. You might also find mentors in friends who you look up to in a given moment for having something, or having achieved something, which you perceive you are lacking.

In short, this step is all about the inspiration, which can be found in any person.

Crossing the Threshold

This is the moment you commit to the journey ahead and take some kind of action toward the task at hand. You have been motivated to move by your mentor, become aware of your fears and insecurities regarding the journey and have stepped into it anyway. If you feel that you have received a Call to Adventure, have visualised the choices and are ready to step forward, it is a powerful gesture to take some kind of immediate action, however big or small that may be.

This is the moment when you take on the mantle of the hero and embrace the potential for change.

Reality Unwrapped

Tests, Allies, Enemies

Every process of transformation is accompanied by challenges. As you descend into the unknown world, you are faced with new experiences and opportunities to gather new awareness. These challenges can take any shape, but are always somehow connected to the journey you are on. If you have stepped into a new career, the challenges could include hurdles in learning new systems, conflict with new colleagues or a particularly challenging boss. If you have stepped into a new relationship, the challenges could include learning how to deal with breakdowns, clashing with your new partner's friends or the presence of a troublesome ex.

The enemies you experience can appear in the outer world in the form of people standing in your way, discouraging you from your path. They can also appear in the inner world, in the form of your inner demons, those little voices emanating from past traumatic experiences which seem to pop up at the worst moment with discouraging comments.

Despite all of this, you will also find allies. In the outer world, they appear as a helpful hand or guide, or perhaps just a person who gives you a warm smile in a moment of despair. In the inner world, they appear as an encouraging voice; perhaps you imagine what a grandparent, parent or friend would say to you to help you along the way. While an encounter with an ally along the way may be brief, it will almost certainly be profoundly powerful in giving you the boost you need to keep going.

These challenges are important. They are the smaller hurdles along the way that prepare you for a greater challenge ahead.

Approaching the Inner Cave

As with each stage of the Hero's Journey, this can manifest as any manner of situation or circumstance. This is the final point before you dive into the deepest part of the unknown. The fears which initially kept you from accepting the Call to Adventure have a tendency to resurface here, acting as a final test of your commitment before you take the plunge.

While the repeat experience of those fears can be uncomfortable, it is imperative that you weather the storm and continue moving forward. If you fall at this hurdle, you undo all of your efforts to reach this stage. If this is a journey that is meant to be taken, the Call to Adventure will come again in the future, only with greater intensity. The same path through the trials and tribulations will have to be walked again. In short, if you fall now and avoid the journey in this moment, you potentially set yourself up to experience the next level of intensity in the future.

The Supreme Ordeal

All you have previously learnt on the journey comes into use as you face The Supreme Ordeal, undertaking a process of death, resurrection and rebirth, and attaining the insight you have been seeking. This is the pivotal moment in the Hero's Journey, where you must change in order to overcome the challenge presented to you. Therefore, while The Ordeal is the most intense moment so far, it also holds the greatest potential for transformation.

When I speak of 'death, resurrection and rebirth', I refer to the death of the old self, which is limited in some way. You step through the limitations, releasing the stories and patterns which kept them in place, and come out the other side resurrected as a new, upgraded version of yourself. You are refreshed, revitalised and reborn.

Seize The Reward

A moment of transformation is experienced as you overcome the greatest challenge on the path so far. The reward may take many forms. It could be a professional accomplishment or winning a sporting competition. It could be completing a course or finding love. It could be that you let go of limiting patterns and beliefs which have held you back, thus providing you with the platform to live a more expanded life.

The reason this moment is so transformative is that all you have invested so far, all of the challenges you have overcome, are paid off.

Reality Unwrapped

The Road Back Home

The reverse of the Call to Adventure, The Road Back Home represents your journey back to your Ordinary World, albeit an improved one. You return as a new version of yourself, changed, altered, upgraded. You may start to feel excitement in the anticipation of possible praise, vindication or forgiveness.

It is important to stay humble here, as a failure to do so may serve to create unnecessary troubles and hurdles, making the process of reintegrating into the Ordinary World a far greater challenge.

Resurrection

The climactic moment in the journey, this is where you meet the final challenge. This serves as a graduation event - a test of whether or not the change that occurred as a result of The Ordeal will persist. How you fare in this moment determines not only how you move forward, but also the impact you will have on the world around you. You bring all of your learning to date into this moment. The difficulties you have faced so far have been overcome and you embody your expanded self. You can still fall here, but you have the training to avoid this pitfall if you are able to remain present with what is happening.

This is where you find out if you are truly reborn, if you can withstand this final test.

Return with the Elixir

The final stage, where you return to your Ordinary World anew. You have grown as a person, acquired knowledge and insight, stared into the face of danger, and survived. You are now ready to begin a new chapter in your life. Though the benefits can take any form, at their essence, they either relate to pleasure, relief of pain, realisation of unrealised potential, or a combination of these.

Esu Nick

Regardless of the uniqueness of each journey, there is one commonality everyone experiences at this stage: things are different, and can never be the same again.

Applying the Hero's Journey to Life

Below is an example of how to apply the stages of the Hero's Journey to real life events, using my own story from the last chapter.

The Ordinary World

I have been in my current job for seven years. While it offers me security, it stopped being fulfilling a long time ago. I feel comfortable in the role, as it is something I am trained to do. However the lack of new experiences is making each day seem like the last. I am devoid of excitement in my role and this is becoming a problem for me.

Call to Adventure

My friend Steve was in a similar situation a few years ago. He attended a seminar on entrepreneurship hosted by personal development teacher Peter Sage, subsequently set up his first business and has never looked back. He learned how to create a business which acts as a vehicle for of all the experiences he desires in life. He invited me to the next seminar and I think I may go. Surely, it is at least worth looking into.

Refusal of the Call

My uncle suddenly passes away, leaving me devoid of energy, struggling with even the most basic things. The prospect of changing my career feels daunting. I decide not to attend the seminar, because the security I have in my current role gives me comfort. I justify my decision by telling myself that comfort and security are just as important as excitement and fulfilment.

Reality Unwrapped

Meeting the Mentor

Steve is a little disappointed I did not attend, so he decides to send me some videos created by Peter. I watch one, just to see why he is so excited by this guy. Before I know it, I have watched five videos and am totally taken by what I've seen. A couple of days later, Peter reaches out to me directly to invite me to the next event as his personal guest.

Crossing the Threshold

I respond to Peter's message to confirm I will attend. I am both excited and anxious to see where this leads.

Tests, Allies, Enemies

The seminar is incredible and I learn so much. It is challenging, as I have to let go of a lot of old beliefs about how a person earns money and what success truly means.

I meet inspirational people on the same path as me, many of whom I decide to stay connected to. We plan to act as ongoing inspiration for each other as we walk the same path into entrepreneurship.

Before and after the seminar, I receive some negative comments from people I work with. They are telling me that I am lucky to have the life I have and am crazy to leave that behind. While I am still committed to this path, they have certainly raised some concerns in my mind.

Approaching The Inner Cave

Things are all starting to get a little too real. I can feel the tension building within, as I come closer to taking action on all I have learnt. Those old doubts and fears are still rumbling around inside, though they're quieter now. I know that if I stop now I will forever regret giving up, always wondering what could have been. I know the only way to go is forward, regardless of how scared I feel.

Esu Nick

The Supreme Ordeal

As the time comes to open my first business, I am terrified. What if I fail? What if I lose everything? What if I look stupid in front of everyone? These questions are running around my head. In spite of this, I am still committed. This next step, actually creating the business, is by far the hardest yet.

Seize The Reward

Amazing! I have created my first business! Everything works, which is a great surprise to me. I am astounded at how well I have done. I feel like everything I have been through on this path so far has been worth it. All of the effort has paid off.

The Road Back Home

I've been somewhat secretive about my efforts so far, only informing my work colleagues. Now that everything is up and running, I am excited to tell everyone and to introduce them to the new me. I can imagine them now, astounded that I managed to do this. I can imagine how impressed they will be with the new me.

Resurrection

I have a major failure in the business and almost lose everything. In that moment, the urge to throw in the towel and go back to how things used to be is overwhelming. If this kind of crisis had occurred before all of my training, I would have been done. But that won't happen now. The new me knows how to deal with this. It is definitely the hardest moment on this path to date. This is the moment that all of the experience I have gained so far has been preparing me for.

Reality Unwrapped

Return with The Elixir

Life is amazing! The business is running so well that I have handed in my notice in at work, so I can focus all of my time on the business.

The major failure ended up being a blessing in disguise, as it forced me to rethink many aspects of how the business operates, which has resulted in many improvements.

It may be that you recognise certain stages in your own life more than others. There are people who embrace all new challenges without a second thought, for whom the Refusal of the Call may not seem familiar. There are also people who resist new challenges. To them, the stages beyond Refusal of the Call may not seem familiar.

There are, of course, many different variations of examples like these.

An Opportunity for Reflection

If you are able to see this sequence in your past experiences, and remember what each stage felt like, you are able to train yourself to identify that same feeling when it occurs again. This is an incredible awareness to attain, as it allows you to identify what is happening while it is still in the early stages. Within this space of clarity, you are able to exercise your free will and make a conscious decision about what you would like to do. This allows you to more easily move with the flow of reality, rather than resisting it.

You do not have to accept every Call to Adventure, but you cannot reject them all. Understanding what is happening as it happens allows you to take an active role in choosing which adventures will unfold in your life.

Find a quiet space where you will not be disturbed and write the following questions on a piece of paper:

When have I gone through an experience which ultimately changed me?

What did my life look like before this?

What made me step outside of my normal, known world and into this experience?

Did I take the plunge immediately, or was there an initial refusal?

Was there someone who inspired or guided me?

Was there an obstacle that forced me to change some aspect of myself?

What was the change I was forced to make?

What was the benefit of this change in my life?

Did some challenge occur to test my commitment to this change? How did I approach this challenge?

What did my life look like after this experience?

Answer the questions in order. Take your time. The purpose of this exercise is to identify the Hero's Journeys in your life and to familiarise yourself with the feelings associated with each stage. This familiarity is the seed that allows your instinctive alignment with the Hero's Journey to sprout, grow and flourish. Allow yourself time to sit in your experiences and the feelings associated with them, so they become part of your emotional memory, rather than just something analytical.

Reality Unwrapped

I invite you to complete this process for as many situations in your past as you can remember. After some time, you will no doubt observe patterns in the way you feel. My experience is that each stage of the Hero's Journey carries with it a unique combination of emotions. The more familiar I am with these emotional cocktails, the better equipped I am to identify the early stages of a new Hero's Journey starting. This is valuable because, once you can recognise a stage as it is occurring, you can start to predict where your path may lead. In short, you are able to predict your future.

CHAPTER THREE



PILLAR 2: THE GAME OF LIFE

As you move through the epic adventure of your life, completing many Hero's Journeys, you will inevitably have many experiences. It is tempting to label these experiences either 'good' or 'bad', and then celebrate or reject them accordingly. It is all well and good to celebrate the 'good', but if you reject all experience that you do not like, you are destined to miss out on many lessons and much value. This chapter presents an alternative framework for processing the more difficult moments in your life.

Over the years, there have been many wise people who have studied the grand drama of life and many frameworks for understanding have sprung up from this work. In my experience, the most powerful of these is the Game of Life, discovered by my dear friend Rory Kilmartin. The content of this chapter is based on his initial discovery and his continued work in human development. Through further exploration conducted by my Pineal brother Bjorn and research partner Shane, we have further refined the framework for greater linguistic synergy with the other eight pillars.

Reality Unwrapped

The Game of Life is the first tool in your toolkit for dealing with the trials and tribulations you face on your Hero's Journeys. It provides a framework for objective assessment of your circumstances, freeing you from your emotional reactions to times of challenge. It is a technique for processing the feedback from life, integrating the learning and then navigating your way forward.

You are always playing the Game of Life, whether you are conscious of it or not. Unless you become conscious of it, the potential exists for you to become stuck in a loop of ever-intensifying challenges. These challenges intensify if you do not meet them because they are designed to provide you feedback, an invitation to look within at something that needs to change.

You are playing the Game of Life until your final breath. The purpose of this game is to gather new awareness for the continued expansion of your consciousness so that you can become a fully expressed Being. Part of this is taking responsibility for how you react to life. This includes your reactions to the feedback - the aforementioned ever-intensifying challenges. The seven principles of the Game of Life outline a framework for understanding and working with that feedback in a constructive way. When you understand the purpose and form of this feedback, you can take control of your experience and prevent that increasing intensity.

The Fundamental Principles of the Game of Life

1. *The Reflection Principle*

Reality is set up to support your growth. Your outer world provides you with a reflection of yourself - of your inner world, as well as how you are showing up in the outer world. Thus, everything inconsistent with your current goals will be reflected back to you, and will be presented to you in your life.

To aid in your growth and maturation, life will also reflect back to you everything inconsistent with your ability to love beautifully, and everything inconsistent with the greatest version of yourself available to you in this lifetime.

What a magnificent mechanism! This Reflection will point out for you everything that is standing between you and everything you desire - your goals, your relationships and the best person you can be. This feedback happens automatically; you do not have to do anything other than pay attention.

When you see your experiences as feedback specifically designed to help you, you can recontextualise everything that has ever happened to you.

When you get used to how the seven principles work, you are able to identify the Game of Life playing out across your entire life.

To provide a real world example, let us consider a person who smokes cigarettes. We will look at how the person in this example experiences each of the seven principles.

A smoker who is experiencing the Reflection Principle in relation to their smoking, will start to see signs that smoking is bad for them. These signs may come in the form of reduced health, they notice their clothes smell, etc.

2. The Synchronicity Principle

Your life is a sequence of encounters with the perfect people, events, connections, breakdowns, successes and experiences required to bring your attention to the above - the inaccurate inner world beliefs and ineffective outer world expressions that interfere with your ability to be your best self.

It is tempting to resist the people that trigger us the most, whether by ignoring their opinions or perhaps avoiding them altogether. However,

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when you realise that their role in your life is to point you towards an opportunity to heal some aspect of yourself, you can start to feel truly grateful for every difficult moment you have with them.

This principle also points to the specific aspects of yourself that you should examine. ‘Inaccurate inner world beliefs’ refers to conclusions you have made about people or the world that are not accurate. This could be as simple as “Anyone who says something critical to me is being mean” or as complex as “I can’t do anything about the bad things that happen to me.” ‘Ineffective outer world expressions’ are the habits that do not serve you. This could be anything from unhealthy eating to poor financial decisions, or any number of other things.

The Synchronicity Principle states that you will attract experiences that will point out the things that are preventing you from being as successful as you could be.

Going back to the example of the smoker, they may experience the Synchronicity Principle as opportunities which push them to test their health, or it may be that friends and family start to comment on the smoking habit, or another person they know will become sick due to smoking.

3. *The Intensification Principle*

If you do not listen to the feedback and take measures to deal with it, it will become more intense, increasing the discomfort and disturbance until you either deal with it, or it deals with you!

If you ignore the feedback in your relationships, the breakdowns will continue to worsen, until the relationship ends. If you ignore the feedback around your finances, your financial situation will get worse, until you go bankrupt. If you ignore the feedback around your health, you will continue to get sicker.

You can see this play out in every area of your life. Growth is an integral part of every natural process. If you do not grow, you will become increasingly uncomfortable, right up until you die.

Using the example of the smoker, as they ignore the feedback, the symptoms get worse. They always have a bad cough, small amounts of exercise leave them breathless, their teeth are becoming yellow, etc. Eventually something big happens, like a consultation with the doctor which scares them into change, as they receive a life-threatening diagnosis and the severity of their situation becomes too great to ignore any longer.

4. *The Transformation Principle (Short-term)*

If you do your work, the issue or breakdown you are dealing with will resolve, disappear or transform. If you do your work and gather the awareness being presented to you, inner transformation will occur and your life will become easier and more rewarding.

‘Doing your work’ refers to playing the Game of Life consciously. This is the process of noticing the feedback (the things in your life that aren’t working) and becoming curious about what is causing the feedback. Perhaps there are even experiences you can look back on in your own life - times when you faced a challenge, overcame resistance and came out of it victorious. Think about the beneficial effect that experience (and the ensuing awareness) had on your life.

As stated previously, the purpose of the Game of Life is to gather this awareness. Once you have gained the awareness of what is not working in your life, and you have made the necessary change, your life will become easier as a result.

Back to the example of the smoker, the Transformation Principle is in play when they start to see the health benefits emanating from the commitment to doing their work, which in this case is quitting smoking. They start to feel different, as a sense of renewal and rejuvenation sweeps

over them. They feel better with every passing day, and the more they feel better, the less likely they are to go backwards.

5. *The Evolution Principle*

After a period of growth, you may experience a test of your new level of awareness. If you have truly evolved, you start 'walking down a new street' leading to a life without these challenges. Your next challenges will be consistent with your higher vibration.

This is a pivotal moment in the process, as you must answer the question of whether or not you have truly grown and evolved. The temptation will exist to fall back on old habits. But if you have truly integrated the new awareness, you will overcome the challenge and, thus, fully embody your new self.

This can be difficult, however, because you may feel you have moved beyond this particular challenge. You may think, "I have already done this work. Why am I being faced with this challenge again?" You may be tempted to think that your previous work was not successful. It is important to remember that when you experience the Evolution Principle, it is actually a testament to your progress. It is an opportunity to fully embrace what you have learnt.

Using the example of the smoker, the Evolution Principle may manifest as an invitation to an event where smoking will be rife, where it will be in their face throughout. This test is a graduation event. If the smoker stands strong and is able to resist the temptation to smoke in such a setting, they graduate as a nonsmoker. If, however, they succumb to the temptation, then they remain as a smoker-trying-to-quit and will have to continue their work, before having another chance to graduate through the Evolution Principle in the future.

6. *The Embodiment Principle (Long-term)*

The integration of what you have learnt expands your awareness and raises your inner vibration, causing your life to work better. You then transcend that level of challenge.

Maturation is the Prime Directive of human experience. Each time you notice feedback, process it and change, you expand your Being.

This feedback loop is a great gift to humanity, as it cultivates your potential to expand and flourish into the fullest expression of you. This principle points to the moment you truly embody the new awareness, integrating it into every fibre of your Being.

The smoker is now able to be in any situation without great temptation. Even if temptation arises, they are changed; they are now a non-smoker, so it is not an issue. They notice that their health improves, their cough disappears, they can now exercise without becoming breathless and they no longer smell of smoke. They may even experience a great reward by way of a positive consultation with their doctor, providing further return on the energy they have invested into transformation.

7. *The Continuation Principle (Lifelong Commitment Until Your Final Breath)*

Once you have peeled a layer of the onion, you get to the next one. The next inaccurate inner world belief or ineffective outer world expression will be brought to your attention at the perfect time, and this cycle begins again. This is a lifelong commitment until your final breath.

As stated previously, you are playing the Game of Life, whether or not you are conscious of it, and this game is played until your final breath. For some, this may create a sense that life is work, it is always hard and you are always being tested. This is one point of view. An alternative one is that the universe always has your back, that you are guided and protected

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always and everywhere, and, if you surrender into this guidance, you are destined for an everexpanding experience of life.

Who knows what is next for our hypothetical smoker. The Game of Life will continue to unfold and show them, as it does for us all, where they are to do their work next.

Below is another example, involving an intimate relationship. For ease of description, this story is about a wife and husband, but these principles could apply equally to all relationships.

This is a simplification meant only to illustrate an application of each step of the Game of Life and will not account for the complexities present within intimate relationships. Because this story is about the journey of the wife, we are assuming that her husband is on board and fully participating in each step. In reality, however, he would be having his own journey, which would take him through his own iteration of each step in the Game of Life.

The Reflection Principle

Though the relationship has always been a loving one, the connection this wife feels with her husband has been starting to wane, and it is impacting her life. She is noticing that the level of presence she once felt from him is now far less, which is reducing the amount of meaningful time they spend together.

The Synchronicity Principle

She starts to notice qualities in her friends' relationships that used to be present in her relationship. This sets her mind racing as to why these qualities are no longer present.

In situations where her husband would usually love her company, he now prefers to be by himself or with friends.

The Intensification Principle

Things she had previously noticed only here and there, she is now noticing everywhere. It is inescapable, and her thoughtspace has become totally consumed by questions. *Why is the connection dying in my relationship? What have I done wrong? Why am I not good enough?* These feelings are getting more and more intense, and she is experiencing moments where she feels she may snap.

Eventually, her experience becomes so intense that she comes to the realisation that something must change.

The Transformation Principle

She decides to speak with her husband and explain to him how she is feeling. He receives her communication and they make a shared commitment to bringing greater awareness to the continuous nurturing of their connection. The benefits of this are immediate. Their connection continues to deepen with each passing day.

The Evolution Principle

They both experience a particularly busy and stressful period at work, including some business trips away from home. This puts great pressure on their schedule and they are each faced with a choice. Do they drop all of their investment into connection to accommodate the additional work? Or have they transcended that way of thinking, realising now that the investment into connection is an investment into the core of their fulfilment?

They come together and decide to maintain their commitment to building their connection. As a result, they each graduate as evolved versions of themselves.

The Embodiment Principle

They live a life of greater connection every day and, over time, this connection deepens to a level neither of them has ever experienced. They

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are starting to realise the full potential of their relationship, and the ensuing joy provides more than enough energy to sustain their ongoing commitment.

They are now living different lives, holding a new perspective on their place in the world and what is possible.

The Continuation Principle

They will each now be presented with the next layer of the onion, the next place for each of them to do their work.

If you can honestly assess the events of your life, you will see these principles for yourself. This honesty can be difficult. Many find it easier to blame someone or something else for their problems. However, you can see that this is not how the Game of Life works. The only way to make your life better is to receive the feedback, look inside and do the work.

Once you are able to identify these seven principles in your own life experiences, it will become apparent that there is a greater intelligence at work. It doesn't matter what you call it - God, Divine Intelligence, Fate, Nature, Life. There is a force at work in your life

guiding you in your growth, and moving you towards greater joy. When you embrace this, you will notice a completely different relationship to 'tough times', as you will see the gift in every single experience.

How Do You Know You Are Playing the Game of Life?

Below are some questions to reflect on. Contained in these questions are some practical ideas for integrating the Game of Life into your own life.

Are you committed to your path?

To doing your work?

Are you committed to looking at what you are responsible for in your current experience?

Are you committed to gathering awareness in your personal journey?

Are you committed to noticing and replacing inaccurate beliefs, assumptions and conclusions?

Are you committed to increasing the accuracy of how you relate to yourself and the world?

Are you committed to noticing and replacing ineffective habits and behaviours?

Are you committed to increasing the positive impact of your interactions with people in the world?

Are you committed to moving away from fear and towards love? Are you committed to seeing the world more clearly?

Do you seek out elders and advisors?

Are you correcting flawed beliefs, assumptions and conclusions as they arise?

Do you create growth-centred relationships and connections?

Do you recognise that this journey is until your final breath?

CHAPTER FOUR



PILLAR 3: REALITY CYCLES

Reality Cycles are naturally occurring phenomena that govern and influence every aspect of reality. If we inquire deeply enough, we will find them everywhere. This includes, of course, in ourselves. We repeatedly move back and forth between the different sides of these cycles for the duration of our lives, from the moment we are born to the moment we die. The intensity felt on each side of any given Reality Cycle is different for each person, and also depends on their Level of Consciousness. For some people, most Reality Cycles remain sub-perceptual, beyond their experiential grasp. For such people, as they raise their Level of Consciousness, Reality Cycles will start to become apparent. (Levels of Consciousness will be explored in a later chapter.)

Physical Matter Reality and Non-Physical Matter Reality

Physical matter reality and non-physical matter reality are the first in a series of paired complementary terms that I will introduce in this chapter. However, it should be noted that the cycles discussed here represent only a sample of the cycles that exist in reality. I have chosen

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them to illustrate a series of examples to help you understand what Reality Cycles are and how we relate to them, and because I find these specific cycles to be most relevant in my own life.

The concept of physical matter reality is discussed by Tom Campbell in his masterpiece *My Big TOE*. My discussion of them here is based on his work.

Physical matter reality refers to the aspects of your life that are part of the physical world. This includes tables, houses, the entire planet, your body and everything else that is made out of matter. Some think that physical matter reality constitutes all of reality, but many find this explanation doesn't cover the entirety of our experience.

Non-physical matter reality, then, is everything outside of physical matter reality.

These two different aspects of reality each have their own rule set. The physical matter reality rule set includes all that we can measure in physical reality, while the non-physical matter reality rule set includes everything outside of that.

In physical matter reality, we have a good grasp of the rules governing most occurrences in the material world. The study of physics aims to understand a path of causality for what we observe in physical matter reality. It is when we move into non-physical matter reality that things start to get a little 'out there', as we observe occurrences which seemingly have no path of causality; in our culture, we often call these things random or mystical.

In truth, they are neither random nor mystical. We are simply unable to measure them with the tools of modern day science, which, for the most part, are only able to measure physical matter reality.

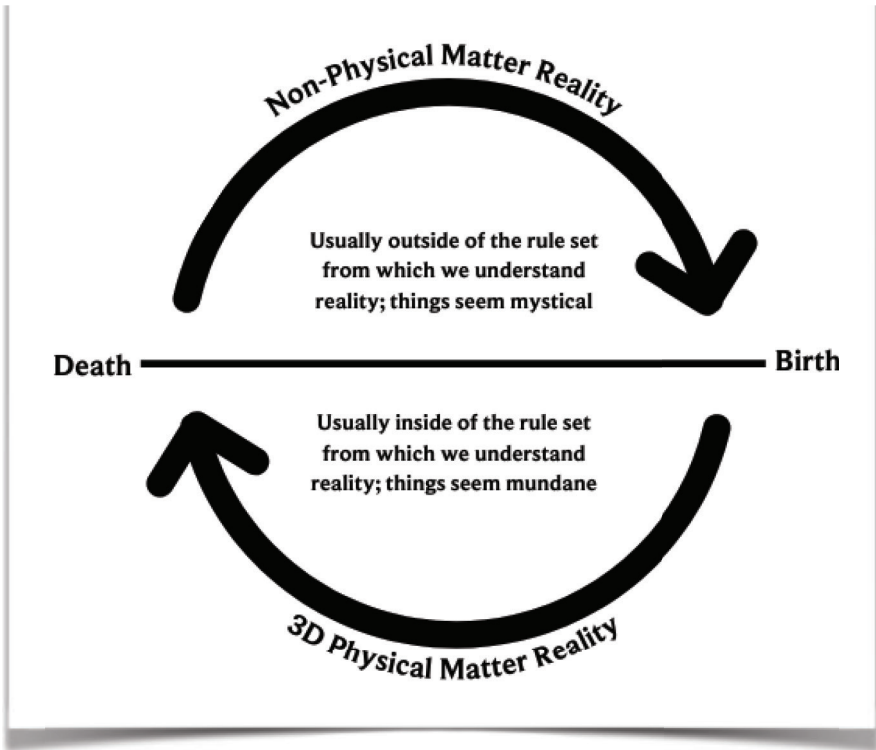
Because parts of Reality Cycles exist outside of physical matter reality, it is understandable that people may write them off. Anything outside of

physical matter reality cannot be seen from a perspective which only understands and accepts the physical matter reality rule set. If you looked at the path of causality leading up to any event in your life, you would reach a point which is the earliest step that you can perceive on that path. However, If you accept the existence of non-physical matter reality, you can then see that there are more steps before that one. Just because they are present outside of the rule set you can understand (outside of physical matter reality) does not mean that they do not exist.

Let's go back to the very beginning of your life. After conception, science can track every stage of the developmental process, setting the path of objective causality ('objective' because it exists in physical matter reality and, thus, is measurable). However, there is magic that occurs during this process, which we have no way to measure. We know it occurs, though, because science still cannot explain consciousness. Humans cannot even agree on when life begins! Consciousness and the essence of life cannot be objectively measured and, therefore, exist outside of physical matter reality - in non-physical matter reality. This demonstrates that we already accept aspects of non-physical matter reality and that, though we cannot explain how they happen, they are reliable and predictable.

The Reincarnation Cycle

The Reincarnation Cycle below demonstrates the death and rebirth cycle of a human being, as understood by reincarnation. You don't have to believe in reincarnation for this example to work; it is merely meant to illustrate the interaction between physical matter reality and non-physical matter reality and the general structure of Reality Cycles.



Firstly, we can see clearly in the diagram that elements of a cycle can sit both in non-physical matter reality and physical matter reality, and how the former is usually written off as mystical. We cannot measure and prove what happens before birth and after death, which can lead to us labelling all such experiences as mystical, woo woo or random.

Secondly, this example provides an understanding that Reality Cycles operate across this entire reality, at a macro and micro level. The entire human experience can be viewed using one cycle, as we have above. But within that one human experience there will inevitably be multiple smaller cycles also working, some of which we will explore in this chapter. If we see life as a fine Swiss watch, each of these Reality Cycles is another cog making the hands turn; regardless of how big or small, they are all as important as each other, and their synergy is what leads to a life of unconditional, undistorted harmony.

The Universal Algorithm

Wherever the Reality Cycles exist, we are radiating and absorbing energy at all times. The nature of the energy is then determined by how aligned we are to the cycle. If we are aligned, we will find the energetic exchange to be life-affirming. If we are not in alignment, we will find the energetic exchange to be life-restricting. When a cycle is aligned and harmonious, a person will simultaneously radiate and absorb life-affirming energy. When all five main Reality Cycles (Cycle of Service, Cycle of Psychology, Cycle of Consciousness, Cycle of Focus and Cycle of Creation) are aligned and harmonious, a person will move into perfect flow with the universal algorithm.

For millennia, the wisest and most intelligent people have come to understand that the fabric of reality is essentially a geometric structure, an infinitely sprawling collection of mathematical code, an algorithm which exists to transmute and convert energy into matter. We can see reality as the algorithmic expression of consciousness, which we are both unique to and a part of, like a wave in the ocean. Everything which occurs in this reality is created using a mathematical pattern, just like the graphics you see in a video game. Reality Cycles function as a force which drives forward the continued unfolding of the algorithm, and subsequent creation of new things in reality.

If we understand how this works and are able to align ourselves with the algorithm - to synchronise with the mathematical pattern - we synergise ourselves with the Universe (or Life, God, whatever label you prefer) and our experience of life is infinitely improved.

If we are out of alignment with our Reality Cycles, we are out of alignment with the algorithm of this reality. This nonalignment is then experienced in life as struggle and suffering - what we would call negative experiences.

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Up Cycles and Down Cycles

Reality Cycles have two sides, an Up Cycle and a Down Cycle. One side is not more desirable than the other; they are merely two sides of the same coin. Each side is necessary for the other to exist, and they are both necessary for the unfolding of reality, in general, and your life, specifically. It may be that one or the other side is more comfortable or enjoyable for you, but this does not make it 'better'. In fact, you may find that the side of a given cycle you like least is, in fact, the place where you will find the most growth potential.

The Hero's Journey is a Reality Cycle we have explored already, and one which offers a clear understanding of what I mean when I say that being out of alignment causes negative experiences, struggle and suffering. Repeated rejection of a Call to Adventure is an example of resisting the Hero's Journey Cycle. If you do this, you move into the Game of Life Cycle of Intensification, pushing yourself into a loop of increasingly intense experiences. If, on the other hand, you surrender to the Hero's Journey Cycle and accept the Call to Adventure, you avoid the Intensification Principle and move through the Hero's Journey toward your grand reward, in whatever form it may take. Resisting any Reality Cycle not only creates intensity of experience, it also keeps you away from potential rewards available to you.

Just like ripping the leaves from the trees in March doesn't make it Autumn, or turning your head away from a sunset doesn't prevent the day from turning to night, you may choose not to observe or align with a Reality Cycle, but that does not stop it from occurring. You will only create problems for yourself.

The power of this information is in the awareness. This allows you to understand an aspect of reality with which you are eternally entwined. It also empowers you to make adjustments in order to find alignment. Like

using an umbrella when it rains or turning on lights when the sun sets, you can find ways to best work with these cycles. This is the path to harmonious alignment with the universal algorithm.

I can say with absolute certainty that all of the people I have worked and studied with over the years were experiencing some form of suffering in their lives directly caused by a lack of alignment with one or more Reality Cycles. The common thread connecting all of their experiences was that they were either resisting or chasing a particular stage of a particular cycle, taking themselves out of alignment with the natural order, and, thus, the universal algorithm. This pattern of resisting and/or chasing is often a result of not understanding how Reality Cycles work, and subsequently deeming a particular stage of a particular cycle to be less than desirable. It is common for these people to judge themselves for experiencing a particular stage of a particular cycle, personalising the details of their experience, which keeps them firmly stuck in the side of the cycle that they perceive as bad.

For example, if a person particularly enjoys the inspiring feeling of the Up side of the Cycle of Consciousness, they may resent the more grounded, practical feeling of the Cycle of Consciousness Down Cycle. They may judge themselves for becoming less inspired, for being ‘sucked into every day life’ and resist what is naturally occurring. This resistance not only closes them off from the value of the Down Cycle, but also keeps them stuck to it and separate from the Up Cycle. I will explore more on the Up Cycle/ Down Cycle dynamics as I explain each cycle in more detail.

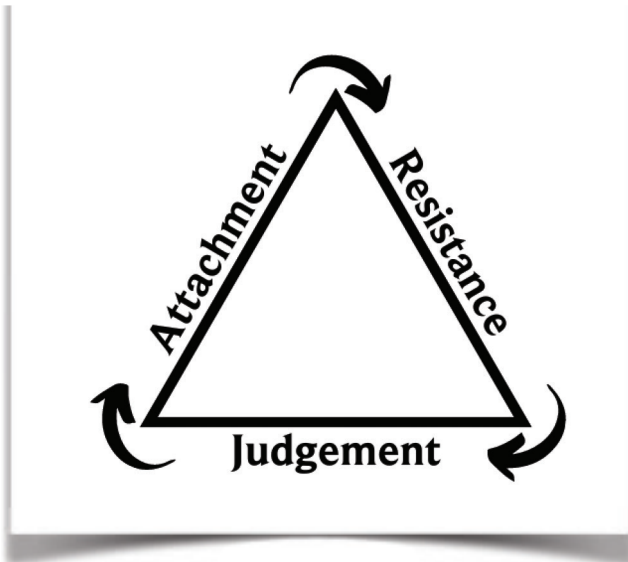
The amount of time spent in the Up side and Down side of a cycle, as well as the frequency at which a person switches between sides of a cycle, changes per person and depending on the state of their life at any given time. The greater the balance you can bring to each of the main Reality Cycles, the greater the frequency at which you might move between each

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side. So, for example, a person who is not psychologically balanced could find themselves getting stuck for long periods of time in either the Up Cycle or Down Cycle of the Cycle of Psychology, whereas a person who is grounded psychologically will find that they are able to move between Up Cycle and Down Cycle with relative ease.

With each Reality Cycle, there comes a point at which it is possible to reach such a high level of harmony that the sides blend into one and the full spectrum of what is possible can be accessed at will. This is referred to as harmonious oneness. The Cycle of Service is the cycle where this is most achievable in this lifetime, while the probability of harmonious oneness being attained in the other four main Reality Cycles is quite unlikely. That is not to say you cannot master your relationship to them. While harmonious oneness is an optimum state for each cycle, we often take the greatest value when we move between sides, interchanging between the two beneficial states.

I would like to reiterate one fundamentally important point. If we are not surrendered to the natural unfolding of life, we have the tendency to resist something that does not go how we expect. This resistance creates judgement of ourself, others or the situation itself. The ultimate result is becoming attached to the way we thought things would or should be. This triangular trap of resistance, judgement and attachment pushes us out of alignment with the universal algorithm and keeps us blind to the naturally occurring Reality Cycles.

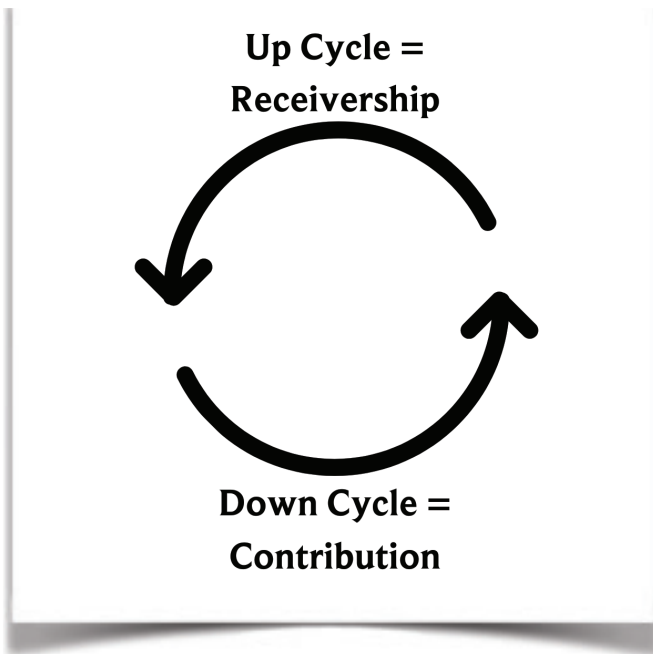


We are supposed to experience these cycles, finding perfect balance in the dance between each side. When we surrender to this, reality becomes our dance partner, holding our hand and guiding us throughout.

The five Reality Cycles we will discuss here are the Cycle of Service, Cycle of Psychology, Cycle of Consciousness, Cycle of Focus and Cycle of Creation. I have selected these five as they offer the broadest scope of clarity, once sufficiently understood.

Cycle of Service - Receivership Versus Contribution

Total receivership and total contribution represent either side of this cycle. This applies to money, love, care, work and every other aspect of life. The totality of each side of this cycle must be learned in turn, followed by a journey to the fullest expression of each. With time and practice, it is then possible to experience the total harmoniousness of the two sides as a blending into a kind of whirlpool, as mentioned previously. In this whirlpool, our state of receivership is so very deep that the vibration we then carry is a contribution to humanity. Our state of contribution is realised as ultimately being a contribution to ourselves, and we experience complete contribution as total receivership, and the line between 'us' and everything else dilutes and dissolves.



Esu Nick

The Up Cycle (receivership) has two main qualities:

- 1) We are in a state of Being, predominantly, rather than Doing. We receive only, and when Doing happens, it is effortless.
- 2) We have a subjective experience of life.

The Down Cycle (contribution) has two main qualities:

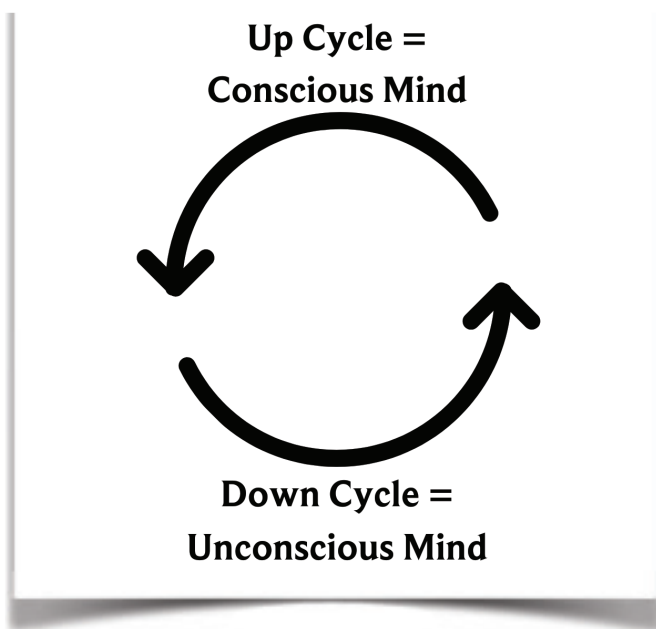
- 1) We are in a state of Presence. We are able to contribute the totality of our Being to anyone open to receive
- 2) We have an objective experience of life.

As with every cycle, if we do not honour both sides, we limit our ability to experience the side we think that we prefer. If we are resisting receiving, our capacity for contribution is limited. Rather, it becomes a duty, obligation or burden. And if we are resisting contributing, our ability to surrender into total receivership is limited, as we close ourselves to the natural inflow.

We can fall into this resistance from a feeling of scarcity, which can lead to a resistance to contribution as we perceive that we are finite and any contribution we might make will take something away from us. On the other side, a feeling of unworthiness can lead a person to believe they do not deserve to receive, which results in them closing themselves off from any such opportunities.

Cycle of Psychology - Conscious Versus Unconscious

The Cycle of Psychology facilitates one's movement between the conscious and unconscious minds. This cycle provides us with an opportunity to 'clean house', ensuring the landscape of our inner world is demystified (reducing confusion) and harmonious (producing flow). We must spend time in our conscious mind, as this is how we interface with the world around us. The unconscious mind is important because this is where we process the events of our lives. If we do not tend to our unconscious mind, we are disconnected from our inner world. The ramifications of this are widespread; we will feel the effects in our physical and mental health, as well as experiencing our traumas and triggers as reactions to the world that we do not control and cannot understand.



The Up Cycle (conscious mind) has two main qualities:

- 1) It runs all of our obvious functions
- 2) It is where the Ego resides.

The Down Cycle (unconscious mind) has two main qualities:

- 1) It runs all of our less obvious, often sub-perceptual, functions
- 2) It is where we store suppressed pain and unhealed trauma.

As with the other cycles, neither is good or bad; they are both essential. Having a delusion about one's own power or importance will inflate the Ego, which is trained to keep at bay that which it perceives as painful or dangerous. This naturally results in resistance to going into the unconscious mind. A fear of reliving old trauma can also create this resistance. On the other hand, if we are trying to avoid something in our life, we may seek an escape in our unconscious mind. We can end up shut off from the outer world altogether, rejecting day-to-day life in exchange for a retreat into fantasy, addiction or other means of distraction.

The lines between the sides of this cycle have the potential to blur, not to the extent of the Cycle of Service, but enough that one can access the qualities from each side at any time.

The importance of the Cycle of Psychology is aptly described below in this quote from Dan Harmon:

"Your mind is a home, with an upstairs and a downstairs.

Upstairs, in your consciousness, things are well-lit and regularly swept. Friends visit. Scrabble is played, hot cocoa is brewing. It is a pleasant, familiar place.

Downstairs, it is older, darker and much, much freakier. We call this basement the unconscious mind.

The unconscious is exactly what it sounds like: It's the stuff you don't, won't and/or can't think about. According to Freud, there are dirty pictures of your mother down there. According to Jung, there are pipes, wires, even tunnels down there that connect your home to others. And even though it contains life-sustaining energies (like the fuse box and

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water heater), it's a primitive, stinky, scary place and it's no wonder that, given the choice, we don't hang out down there.

However, your pleasure, your sanity and even your life depend on occasional round trips. You've got to change the fuses, grab the Christmas ornaments, clean the litter box. To the extent that we keep the basement door sealed, the entire home becomes unstable. The creatures downstairs get louder and the guy upstairs (your ego) tries to cover the noise with neurotic behaviour.

For some, eventually, the basement door can come right off its hinges and the slimy, primal denizens of the deep can become Scrabble partners. You might call this a nervous breakdown or psychotic break, it doesn't matter. The point is: Occasional ventures by the ego into the unconscious, through therapy, meditation, confession, sex, violence, or a good story, keep the consciousness in working order.

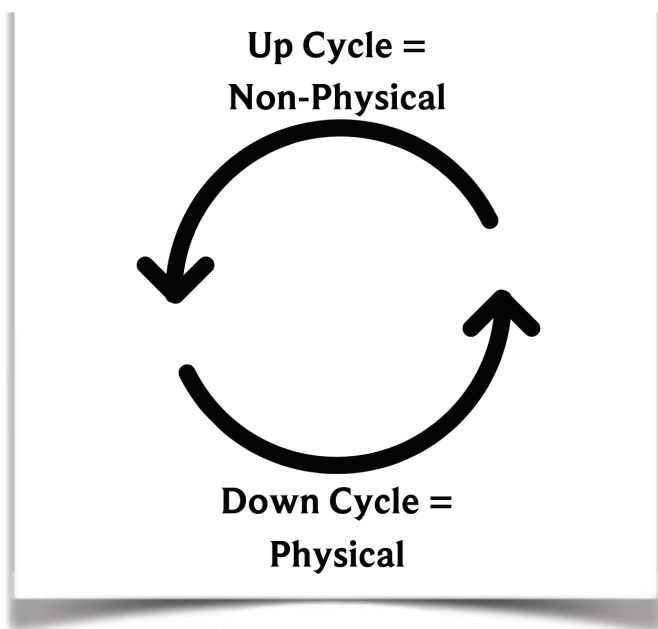
This is the rhythm of psychology: Conscious-unconscious- conscious-unconscious-etc."

Cycle of Consciousness - Non-physical Versus Physical

The Cycle of Consciousness moves between the non-physical and physical realms. The non-physical realm is characterised by feeling light, ungrounded, introverted and inspired. By contrast, the physical realm is characterised by feeling dense, grounded, extroverted and uninspired. We receive inspiration in the non-physical and the rubber hits the road in the physical.

In the non-physical, we download divine insight and receive energetic detox. We then translate the insight so that we can act upon it, bringing it from non-physical matter reality into physical matter reality, which is represented by the physical side of this cycle. The Cycle of Consciousness thus supports our dual exposure to physical matter reality and non-physical matter reality, balancing action and reflection in a way which is perfectly aligned with our purpose in any moment.

In this cycle, we can see the interplay of feminine and masculine energy. (Note that I am not referring to female and male, but to feminine and masculine *energy* - both of which exist in each of us to some degree.) Feminine energy is expressed in flow, creativity and possibility. Masculine energy expresses itself as action, focus and efficiency. If you are trying to find greater balance between the feminine and masculine within, understanding the Cycle of Consciousness and, indeed, all Reality Cycles, provides a wonderful place to start.



The Up Cycle (non-physical) has three main qualities:

- 1) Our system goes into detox, releasing any heavy or dense energy collected in the Down Cycle
- 2) We are open to downloads of inspiration and/or creativity
- 3) We are more related to the inner world.

The Down Cycle (physical) has three main qualities:

- 1) We are practical; we get things done
- 2) We collect dense energy from our experiences and engagements (these are what are cleansed in the Up Cycle)
- 3) We are more related to the outer world.

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As always, regardless of your personal preference, neither side is good or bad. The Up side represents our greatest connection to nonphysical matter reality, where we are most open. The Down side represents our greatest connection to physical matter reality, where we are most productive. Though you are likely more comfortable in one space or the other, both are necessary for a balanced life.

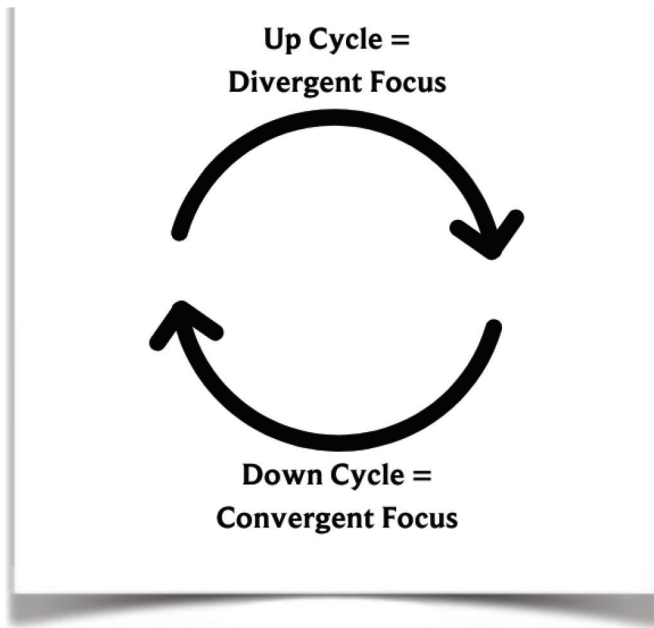
As with the Cycle of Psychology, the lines between the sides of this cycle have the potential to blur such that, with practice, one can access the qualities from each side at any time.

Cycle of Focus - Divergent Versus Convergent Focus

The Cycle of Focus moves between divergent and convergent focus. Divergent focus is an open state of awareness, taking in all that is around without paying special attention to any one thing. It disconnects from the analytical mind and allows an openness to inspiration and creativity. Divergent focus also allows the opportunity to clear the mind and cleanse the soul. Convergent focus is when we bring all of our attention to one focal point, allowing laser point focus on a task. It is great for the application of logic or linear processes; this is the space for getting things done.

One of the main five Reality Cycles, the Cycle of Focus is the most easily controlled without creating misalignment. While it is essential to spend time in each, with a little practice, it can become easy to tell which side of the cycle is needed in a given moment. Additionally, the fluctuations of this cycle are fast, potentially occurring multiple times within a given day. This makes this cycle particularly ripe for experimentation as you try to understand the way these cycles work.

The Cycle of Consciousness and the Cycle of Focus have a special relationship, as they are the seen and unseen sides of the same coin. You may have noticed the similarities in their qualities. The Cycle of Consciousness is the unseen side of the coin, in that it is controlled mostly by that which resides in non-physical matter reality. The Cycle of Focus is the seen side of the coin. We control it through our action and, therefore, it mostly resides in physical matter reality. While they live in different realms, they are interwoven. If we are able to mirror our Cycle of Focus to our Cycle of Consciousness, we can move into perfect alignment. In this way, our Cycle of Focus can be seen as the tool we use to synergise with our Cycle of Consciousness.



The Up Cycle (divergent focus) has four main qualities:

- 1) Our mind can rest
- 2) We are open to downloads of inspiration and/or creativity
- 3) We predominantly absorb energy
- 4) We are more related to the inner world.

The Down Cycle (convergent focus) has four main qualities:

- 1) We can bring laser focus to a particular task
- 2) We are organised
- 3) We predominantly use energy
- 4) We are more related to the outer world.

One of these traits worth specifically pointing out is each side's relationship to energy. Convergent focus allows us to focus on a specific

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task and get work done, but it can be tiring. We have all felt the burnout of working long hours, or the way our eyes get heavy after reading. Convergent focus consumes energy. Divergent focus, on the other hand, makes direct precise action challenging, but has a regenerative effect on the mind, body and soul. It allows us to harmoniously align with the immediate environment around us, opening us up to access and absorb an infinite amount of universal energy.

This is why spending time in nature is so powerful. Being in nature allows us to lose ourselves in divergent focus, riding the waves of the naturally occurring sounds and sensations around us. In these moments of immersion, we can experience the same effect that meditation brings. We become centred, which has a cleansing quality, serving to clean our Primary Lens (discussed in the next chapter).

Regular time spent in nature is one of the easiest and most enjoyable ways to bring an overall cleansing energy to this journey and enhance all of our other efforts. One of the reasons for this is that we experience in nature the vibration of pure life force without any judgement, which is unconditionally nourishing for our soul.

Ancient cultures understood nature in a way most of us could not comprehend. They did not have the distractions we have today; their internet search engine was the world around them. They would observe how the plants and animals survived, interacted and found natural equilibrium. If we can allow ourselves to see nature as a grand teacher there are many lessons to be learnt.

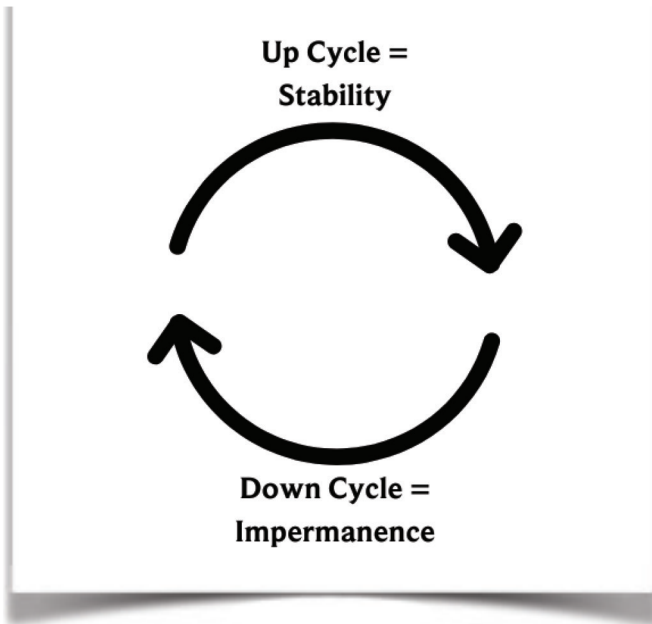
Cycle of Creation - Stability Versus Impermanence

Order versus chaos. Creation versus destruction. Routine versus change. We are all familiar with this dichotomy.

The Cycle of Creation moves us between states of order and chaos by enacting the laws of stability and impermanence. The Up Cycle is where stability is restored and a state of relative harmony achieved, the Down Cycle is where the system is taken out of balance as the old is removed and space is made for something new.

The law of stability states that the universe always strives to achieve a state of harmony. You can see this within ecosystems, weather systems and, more locally, within your own body. When a system is out of balance, natural measures are taken to re-establish order.

The law of impermanence states that nothing is permanent, everything is in a perpetual state of decay, destined to expire. We can see this in everything, living and non-living, and in any aspect of our own lives. Nothing lasts forever.



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The Up Cycle (stability) has three main qualities:

- 1) Fortuitous situations are plenty; everything works
- 2) Life feels effortless, like a joyous unfolding of pure flow
- 3) A tendency towards a feeling of abundance.

The Down Cycle (impermanence) has three main qualities:

- 1) Fortuitous situations seem to be few and far between; everything seems hard
- 2) Life feels like it is fighting you; you find you must try many different things before something works
- 3) A tendency towards a feeling of scarcity.

Though we can all readily observe the interplay of stability and impermanence in the world around us, there is a natural human tendency to resist change in our own lives. In order for change to occur, something must be lost, and our instinct is to resist that loss. We often tell ourselves a sad story about the loss, and subsequently feel less because of it. Left unchecked, this can lead to prolonged unhappiness and a reduction in the quality of our life. It can also lead to a desperation to fill the hole that we feel was left by the thing that was lost. However, if we understand how the Cycle of Creation works - that change is inevitable, and something must be lost in order to facilitate that change - we can alter the story we tell ourselves about it. This gives us the option to feel empowered by change, and embrace the new adventure ahead, rather than feeling that our lives are less for it.

An understanding of this cycle allows us to see change for what it truly is - an opportunity to evolve. Without change, our lives would become stagnant and we would never grow. The natural unfolding of life dictates that all things must grow. Again, we can readily observe this in nature. Thus, when you sense your life shifting away from order and

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towards chaos, rather than resisting, you can choose to recognise what is actually happening. You are being presented with an opportunity to evolve. However, you cannot grow in an environment that is comfortable. Thus, change must occur. And, once you have an understanding of the Game of Life, you know that the Universe will present you with everything you require; all you have to do is seize the opportunity, rather than succumbing to fear.

CHAPTER FIVE



PILLAR 4: THE TELESCOPE

When I look back on my younger years, I observe a constant stream of conflict. Unable to establish a middle ground on which to find agreement, I would fall out with people over the smallest things. Sometimes, I would feel that the other person didn't know what they were talking about. Other times, I felt like I was stupid for not seeing or understanding them.

I would find myself in arguments with no obvious path to resolution, as though we were speaking totally different languages. I could be quite difficult at times, very argumentative. Because of this, these relationships broke down and I was often left out of things I wanted to be part of. I experienced limitations in every area of my life because it was next to impossible for me to find cohesion and workability with others.

As my life has unfolded, I have come to understand that the reason I could not find common ground was the way I saw the world, and my attachment to that view. This meant that I was destined to either disagree with people or compromise on what I felt was right.

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The truth of the matter is that we all possess a unique perspective of reality. This is a beautiful thing, because it creates an opportunity for different ideas to come together and synergise, allowing powerful co-creation to occur. However, these unique perspectives are often the cause of great suffering, contributing to disagreements, arguments and wars.

So, where is the balance? We all desire to fully express ourselves, but how do we avoid the discord that attachment to our point of view causes? How do we experience the full possibility of co-creation, without giving up something of ourselves?

The Telescope

Imagine you're standing on a pier looking out at the ocean. The view is magnificent, nature in all its glory. The sky is mostly blue, and the clouds that appear are artistically splayed across the vista. The ocean is calm, complemented with delicious swells of blue and green. Birds bob and weave their way around each other playfully, occasionally darting into the ocean below.

This incredible view represents the world as it really is. Beautiful, boundless, serene, perfect.

Next to you on the pier is a telescope pointing out to the ocean. When you look through the telescope, you are able to bring great focus to one specific point in the view, which is wonderful and very practical, especially if we are looking for something in particular.

This telescope represents your model of the world, along with your pre-held beliefs. The lens you see through is the unique perspective of reality you have.

Though we each have the ability to step back and absorb the entire view, we human beings tend to become obsessed with the telescope, believing that the perspective it provides is the only one there is. We

become rigid and dogmatic about our views, refusing to accept them as anything other than absolute truth. This isn't because we are bad people, it is merely all we know, and we can only act based on what we know.

In addition to this, our telescope's Primary Lens (which filters our unique perception of reality) can become dirty, picking up obstructions as life unfolds. Most people, obsessed with their telescope and the unique worldview it provides, become limited not only in their perspective of reality, but by the obstructions preventing them from seeing this view clearly.

When we understand that this is at the root of every human disagreement, we can observe that humanity has spent eons fighting over whose telescope provides the view which is most truthful. The irony here is that peace and love are not found in deciding whose view is best, but in the co-creation only made possible through the coming together of many different perspectives.

In addition to all of this, many people do not maintain their Primary Lens, either leaving it totally neglected, or only decorating the casing rather than caring for the lens itself, hoping that others will think their telescope the most beautiful. While there is no harm itself in decorating the telescope casing, there is a risk. If we become obsessed with the telescope itself, a tool through which we view a piece of a larger reality may become the totality of our reality instead. If it becomes all about the telescope, we forget about the magnificent beauty residing on the other side.

The true extent of happiness available in this lifetime is found when we step back from the telescope and take in the entire view, seeing reality for what it truly is. We are then able to ensure this happiness is a permanent fixture in our life by balancing the time we spend taking in the entire view and peering through our Telescope.

The Primary Lens

Obstructions on the Primary Lens

When I was younger, I would become attached to emotional memories of things happening in my life. When I interpreted an experience as negative, I would cling to these memories, despite the fact that they hurt me.

If I argued with someone, I would replay that memory over and over in my head for ages, telling myself story after story about myself or that person.

If I did not succeed in something, I would tell myself it was because I was not good enough or didn't deserve it and, therefore, I should not try again.

If I did not feel seen or acknowledged in a particular situation, I would tell myself it was because I was not worthy.

The amount of sleepless nights I had toiling over these stories is beyond measure.

The amount of opportunities I missed because I was limited by these stories is hard to count.

The amount of people I inadvertently hurt because I bought into a story hurts to think about.

Do you see the pattern? Stories.

When an experience occurs that we interpret as negative, we tell ourselves a story about the experience. We do not tell ourselves these stories because they are true; they are merely our interpretations. Each time we tell ourself a story about something bad that has happened, and then cling to that story, an obstruction is formed on our Primary Lens. These obstructions then alter the way we see ourselves, others and life moving forward.

It could be that someone cuts you up in traffic, short changes you in the shop, is rude to you in the street - and in each instance you judge that person, telling yourself a story about them (and, perhaps, about people in general) and, thus clinging to the initial emotional reaction, making it sticky and putting it onto your Primary Lens.

Perhaps something bigger occurs. You lose your job, your child gets bullied in school, or your intimate partner sleeps with another person. If something like this has happened to you, do you remember how long it stayed with you? How long did it consume your thoughts and lower your emotional state?

The effect of all of these situations is the same. Something happens that you interpret in a certain way. Not based on the event itself, but based on your feelings about the event. You then cling to this story in order to justify your feelings, generalising this occurrence in some way to make a statement about yourself, all people or even the state of the world. The unconscious application of this story to future similar events is what creates the obstruction - it affects how you see reality moving forward. Some obstructions are big, some are small. But they all distort your view through your telescope.

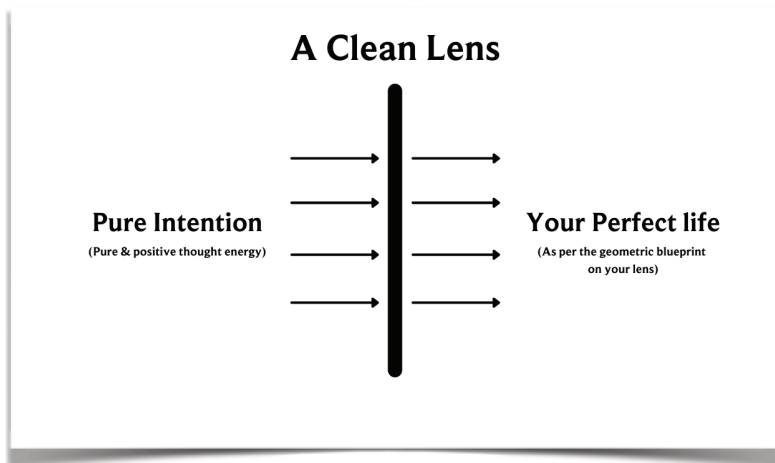
We have previously discussed the cycle of attachment, resistance and judgement, and these factors are at work here as well. They are the motivating factors for the stories we tell ourselves about these events. They are the source of the feelings that drive these stories, and prevent us from seeing the events as what they are - just a thing that happened. Understanding how to keep our Primary Lens clean helps us navigate our way through these pitfalls of attachment, resistance and judgement.

Pure Intention and Your Primary Lens

In addition to being your primary window through which you experience your own unique perspective of reality, the Primary Lens also filters manifestation energy - Pure Intention - into matter. The Primary

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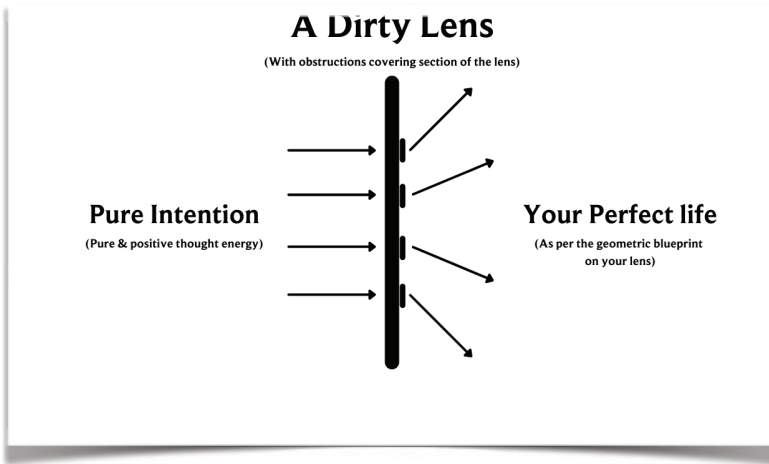
Lens contains the blueprint for your perfect life. Another way to think of this Pure Intention is to call it positive Thought Form Energy. When this energy passes through a clean Primary Lens, the geometric blueprint for your perfect life encodes it, transmuting it into matter. You experience this as manifestation in your life in line with your divine path.



Therefore, a clean Primary Lens provides two things:

1. A clear view of your own unique perspective of reality
2. A clear path of flow for Pure Intention, ensuring you manifest your perfect life.

However, any time you have any type of life experience which you become attached to, a geometric blueprint containing the code for the essence of that experience is created and appears on your Primary Lens, obstructing the natural flow of Pure Intention.



These geometric blueprints of past experiences are the obstructions discussed earlier. Some of these obstructions are single use, meaning that Pure Intention passes through it only once before it disappears. Therefore, we experience it only once. This can happen if we somehow resolve the story we created that caused the obstruction, which naturally removes any negative feeling we had about the situation. Other obstructions last longer. When we cling to them, we give them a home on our Primary Lens and we bring the flavour of that experience into our life as a constant presence. The three things keeping obstructions stuck to our Primary Lens are judgement of the situation, attachment to our idea of what should or should not be and the resulting resistance to realities other than the one we are attached to.

The Effect of Obstructions on Your Life

The more obstructions you have on your Primary Lens, the less you can see the world as it actually is. They pile up and, if left

unchecked, can completely cover your Primary Lens. If this happens, the life you live becomes just a collage of your previous experiences.

The geometric design of each of these obstructions relates to a certain feeling. Thus, if you look through it again, it taints the world you see on

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the other side and you experience that feeling again. Additionally, by filtering your Pure Intention through these obstructions, the manifestation of your life is also affected. This is the reason why so many people experience life as a sequence of repetitive, negative experiences. These people remain attached to their previous negative experiences, and expect those experiences to continue. This becomes a self-fulfilling prophesy, as this expectation creates more of those same experiences within their life. They are not even aware of the Primary Lens, let alone the need to keep it clean, so they move through life filtering their intention through their obstructions and, thus, create a life exactly in line with their negative expectations.

A Mantra to Prevent Obstructions

Whenever a situation occurs that causes strong emotions in you, repeat the following mantra three times. Do not try to answer these questions. Instead, ask each one openly, and then move on to the next one. This process will open up new possibilities, showing you why you might have a tendency to see your reality in a distorted way, as well as why you might experience the same situation repeatedly. You may also notice the relationship between past experiences and your current state, and the detrimental effect of attachment, resistance and judgement.

What aspects of this situation am I judging?

How are these judgements making me resistant to the natural path?

Which of these elements am I attached to?

What stories am I telling myself about this?

What is the benefit in judging this?

What is the benefit in resisting the natural unfolding of my reality?

What is the benefit in attached to a lesser version of myself?

What stories am I telling myself about this?

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I release all judgement of the situation and of myself

I release all resistance to the natural unfolding of my reality

I release all attachments to anything less than my fullest expression

I release all stories I am telling myself about this

Additional Lenses

Taking the metaphor of a telescope one step further, we can imagine multiple additional lenses, in addition to the Primary Lens. Each of these new lenses offers the potential to view the world in a different way. All of these lenses within a telescope can be adjusted in relation to the others to gain a new perspective.

There are three different types of lenses. Other than the Primary Lens, there are also mandatory additional lenses and optional additional lenses. Just as it sounds, every person has each of the mandatory additional lenses, while the optional ones are, indeed, optional.

All of these lenses help us understand and describe the various aspects of the infinite number of different perspectives found within humanity. The more additional lenses our consciousness passes through, the more refined and unique our perspective becomes.

***In the next three chapters, I will discuss in detail
three mandatory lenses: Levels of Consciousness,
Archetypes and Love Languages.***

CHAPTER SIX



PILLAR 5: CONSCIOUSNESS LENS

As a younger man, I often found that how I felt in any given moment was determined by what was happening around me. My state of being would move from happy to sad, joyous to angry, safe to scared, based entirely on the environment I found myself in. It seemed to me that people who seemed peaceful and fulfilled were either smarter than me, or were given more opportunities to find their happiness. This left me feeling powerless, resentful and bitter, believing that I wasn't smart enough or deserving enough to feel happiness.

I felt this way because no one ever sat me down and explained to me how happiness works; that it must be found within myself. Instead, I let myself be pushed and pulled about in a turbulent world, experiencing turbulent emotions as a result.

This was the state of my life until I discovered the Levels of Consciousness, the topic of the book *Power vs. Force*, by Dr David Hawkins. Hawkins' model of consciousness provides a clear path for growth and expansion that has changed the trajectory of my life forever, and I am eternally grateful to my mentor Peter Sage for recommending I read it. If you get nothing else out of this book other than the under-

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standing of how human consciousness works, and how to expand your own, it will have been well worth your time.

The Scale of Consciousness

The Scale of Consciousness Calibration was created by Dr Hawkins by using Applied Kinesiology to map out the entire spectrum of human emotion. The scale ranges from zero to 1000, with 0-199 correlating to life-denying energy, 201-1000 correlating to lifeaffirming energy, and 200 being neutral. Additionally, the scale is logarithmic, which means that each increase of one point on the scale actually corresponds to a ten-fold increase in distance on the scale. This means that even a tiny step forward on the scale results in a large difference in lived experience.

It is important to note right away that higher does not equal ‘better’, nor down lower equal ‘worse’. In truth, the levels merely represent different states of being. Like in other areas discussed in this book, no person’s state of being is better than any other’s. Judging a lower level of consciousness as ‘worse’ than a higher one would be like judging an acorn as ‘worse’ than an oak tree; they are merely different states of being.

Similarly, it is tempting to think of the Map of Consciousness like a roadmap with a destination, to think of higher levels of consciousness like goals. The irony is that the more you try to raise your state of consciousness, the more stuck you become. Because you cannot understand levels that you have not experienced, you are unable to work your way into higher levels; you do not know what is required. Rather than trying to map out your spiritual growth, it is better to use the Levels of Consciousness as a general guide to what is possible, and to be open to the lessons and growth life presents you. As stated previously, “Growth happens naturally. All you have to do is get out of the way.”

In this chapter, I present two different models of the Scale of Consciousness. I will start with Hawkins’ Map of Consciousness, as it is

a precise model that is easy for the human mind to understand. After that, I will present Box Consciousness, a more abstract, intuitive model that I developed so that I could explain the Scale of Consciousness to my son. I believe this model provides a more practical understanding of the experience of each position on the Scale of Consciousness.

This understanding is a powerful additional lens on your Telescope because it flavours everything you perceive and experience with the emotions associated with the level of consciousness your lens is attuned to. Though it is possible to experience emotions associated with any level at any time, your level of consciousness is defined by the level you spend the most time in - your default, or home base level.

It is also important to note that your state of consciousness fluctuates throughout your life, and with your given environment.

Below is Hawkins' Scale of Consciousness Calibration. I will reference this when categorising different emotions and their associated impact on one's physical and non-physical being.

MAP OF CONSCIOUSNESS

LEVEL NAME	CALIBRATED FREQUENCY	ASSOCIATED EMOTIONAL STATE	RESULTING PROCESS	VIEW ON LIFE	VIEW ON GOD
ENLIGHTENMENT	700-1000	INEFFABLE	PURE CONSCIOUSNESS	IS	SELF
PEACE <small>(LEVEL OF SPONTANEOUS HEALING)</small>	600	BLISS	ILLUMINATION	PERFECT	ALL-BEING
UNCONDITIONAL LOVE [JOY]	540	SERENITY	TRANSFIGURATION	COMPLETE	ONE
LOVE	500	REVERENCE	REVELATION	BENIGN	LOVING
REASON	400	UNDERSTANDING	ABSTRACTION	MEANINGFUL	WISE
ACCEPTANCE	350	FORGIVENESS	TRANSCENDENCE	HARMONIOUS	MERCIFUL
WILLINGNESS	310	OPTIMISM	INTENTION	HOPEFUL	INSPIRING
NEUTRALITY	250	TRUST	RELEASE	SATISFACTORY	ENABLING
COURAGE	200	AFFIRMATION	EMPOWERMENT	FEASIBLE	PERMITTING

POWER

STRONG

LEVELS AT OR ABOVE 200 HAVE TRUTH, INTEGRITY AND SUPPORT LIFE CREATIVE

LEVELS BELOW 200 ARE FALSE, LACK INTEGRITY, DO NOT SUPPORT LIFE DESTRUCTIVE

PRIDE	175	SCORN	INFLATION	DEMANDING	INDIFFERENT
ANGER	150	HATE	AGGRESSION	ANTAGONISTIC	VENGEFUL
DESIRE	125	CRAVING	ENSLAVEMENT	DISAPPOINTING	DENYING
FEAR	100	ANXIETY	WITHDRAWAL	FRIGHTENING	PUNITIVE
GRIEF	75	REGRET	DESPONDENCE	TRAGIC	DISDAINFUL
APATHY	50	DESPAIR	ABDICATION	HOPELESS	CONDEMNING
GUILT	30	BLAME	DESTRUCTION	EVIL	VINDICTIVE
SHAME	20	HUMILIATION	ELIMINATION	MISERABLE	DESPISING

FORCE

WEAK

POWER IS SELF-SUSTAINING, PERMANENT, STATIONARY AND INVINCIBLE.
FORCE IS TEMPORARY, CONSUMES ENERGY AND MOVES FROM LOCATION TO LOCATION.
ENERGY FIELD INCREASES LOGARITHMICALLY: 1 = (1) 2 = (10) 3 = (100) 4 = (1000) 5 = (10,000) 6 = (100,000) ...ETC
ALL LEVELS BELOW 500 ARE "OBJECTIVE" (CONTENT BIASED) AND ALL LEVELS ABOVE 500 ARE "SUBJECTIVE" (CONTEXT BIASED)

Credit: Dr. David R. Hawkins

Levels of Consciousness

Each level of consciousness corresponds to a different energetic frequency. Your level determines your energetic frequency, which, in turn, determines the viewpoint from which you perceive reality.

The most important point on the scale is level 200, the level of courage. If you look at the Map of Consciousness, you can see that a dramatic change occurs at this level. This is the dividing line between Power and Force.

I speak of Power and Force, as opposed to “power” and “force”, because these words have specific meanings in this context. Living in the realm of Force means having to brute force your way through life. This is swimming against the current, experiencing a feeling of significant pressure to get anything done. There is not much natural flow at these levels. Everything which is achieved has to be worked for in a heavy, action-based fashion. This is also the realm of victimhood, delusion, addiction and acts which are not constructive to expansion of persons consciousness.

On the contrary, Power is where things start to move into a state of flow. The frequency of these levels is in alignment with the natural order of things. Life feels more effortless; you are just drawn to where you need to be. This is the realm of occurrences that seem magical or miraculous. When living in Power, it is possible to experience bonafide miracles, as well as the deepest human connection imaginable and a life of pure bliss.

Levels of consciousness are magnetic. Because your consciousness is the frequency with which you vibrate, this vibration attracts life experiences that resonate with that level. If you reside in anger, you will experience opportunities to be angry. If you live in fear, you will find the world a terrifying place. And so on.

It becomes imperative, then, to ensure that your level of consciousness is in resonance with the kind of life you would like.

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For example, abundance - true abundance - is closely connected to the level of love (540, well into the Power zone), whereas scarcity is closely connected to the level of fear (100, in the Force zone). If you come from and express love, the chances are strong that your experience is that life is a huge celebration, full of opportunity. If, however, you come from and express fear, your perception is likely that life is scary, and full of ways to suffer and die.

When you understand how consciousness works, you can start to ask yourself: What is the frequency of the life I desire?

Why Raise Your Consciousness?

The process of stripping back the layers of conditioning in order to raise your consciousness will totally transform your experience of your life. The higher your level of consciousness, the higher the vantage point from which you can view reality. This means having a clearer view of the landscape before you, which leaves you better prepared to navigate through life's inevitable trials and tribulations. Moving into the realms of Power, rather than Force, will allow you to move from having to pursue everything you desire to attracting what you desire to you.

Undergoing this transformation will impact every area of your life and will serve to illuminate your purpose, as you clear away the noise of the lower levels and begin to see more clearly, while effortlessly attracting your purpose to you.

It is important, however, to realise that raising your consciousness does not mean you will not have difficulties. As we learned in the Game of Life, the most significant growth is achieved through discomfort. But being able to see more clearly means that you are better able to see these difficult times for what they are - opportunities to grow. You will be better able to see the situation as it is, and how best to respond.

How Does It Feel When You Raise Your Consciousness?

The obvious benefit of raising your consciousness is that being in love with life feels better than living in fear. However, there is something deeper to be discussed. Something happens when you transition out of the realm of Force (below 200), across the dividing line of courage (200), and into Power (above 200). In the realm of Power, it is common to gain a subtle awareness of a greater intelligence guiding your path.

This increases your connection to the natural environment around you, essentially expanding your field of awareness beyond your own physical senses. You become able to read your environment in a way you were unable to before. Adding on the tools and practices discussed in this book will bring this awareness into even sharper focus.

The further you go with this work, the less subtle the awareness becomes. With time, it can become like a sixth sense. When a spider spins a web, the web itself becomes like an extension of the spider's body. The spider extends its capacity to analyse relevant stimuli in the environment surrounding it. An expanded level of consciousness works the same; you become like the spider, far more able to instinctively read the energetic space around you.

How Can You Raise Your Consciousness?

If the higher levels of consciousness are not goals to be attained, then how can you raise your consciousness?

While it is true that you cannot raise your consciousness by studying the level you perceive as your goal and then trying to make yourself be that way, you can work to expand your consciousness in a more general sense. Think of consciousness less like a line and more like a bubble; it can expand and contract in any direction. Therefore, expansion is not a one-

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dimensional activity. In fact, there are many many ways you can expand your consciousness. It would be impossible to describe them all, and they won't all be appropriate for you, anyhow. However, I would like to discuss three key foundational elements for any practice of consciousness expansion.

1. *Do Your Work*

Doing your work means understanding that life is a growth-centric experience and then embracing the opportunity for growth that any situation might bring. This means staying with the discomfort of difficult moments and asking yourself what opportunity to learn exists in that discomfort. This means resisting the inevitable urges to fall back on old habits. It also means picking yourself up when you do backslide - recognising that you are human, forgiving yourself, and moving forward again.

Doing your work can also mean actively seeking out mentors, books, courses, seminars, retreats and similar opportunities to learn from those further along the path. It is important, however, to remember that your journey is unique. Just because some tool, technique or philosophy worked for someone else doesn't necessarily mean that it is appropriate for you. Only you can know what serves you.

2. *Ask Yourself: What Would Love Do?*

This may seem simple, but it can have a profound effect. If you can honestly and authentically answer this question, you will always be presented with an option aligned with the greater good.

Bringing love into your thought-space multiple times every day can only be to your benefit. Making it a habit to ask yourself this question will help you ensure you bring the best version of yourself to any situation. This will also help you ensure that your work is as productive as possible.

3. *Ask Yourself: What Else Is Possible?*

Again, this question seems simple, but it opens the door to your limitless nature. When you ask this question, you call forth the infinite variety of potential available to you. After all, it is much harder to manifest a possibility that you haven't yet thought of.

Have fun with this. Be playful. But keep your intent grounded. What is actually possible in your life? You might surprise yourself with what you come up with.

I could expand on each of these points but, put simply, if you are conscientiously doing your work, keeping an awareness of love present in your being and opening yourself up to the limitless realm of possibility, you will find yourself naturally expanding. Your level of consciousness will rise, even if you never think about Levels of Consciousness again.

My invitation is that you decide, right now, to make these three elements the foundation of your practice. If you are serious about getting the most out of what life has to offer, or even improving your life beyond what it is now, this is a fundamental step.

You are, of course, welcome to decline. But the contents of this book will be infinitely more powerful if taken from this perspective.

Box Consciousness

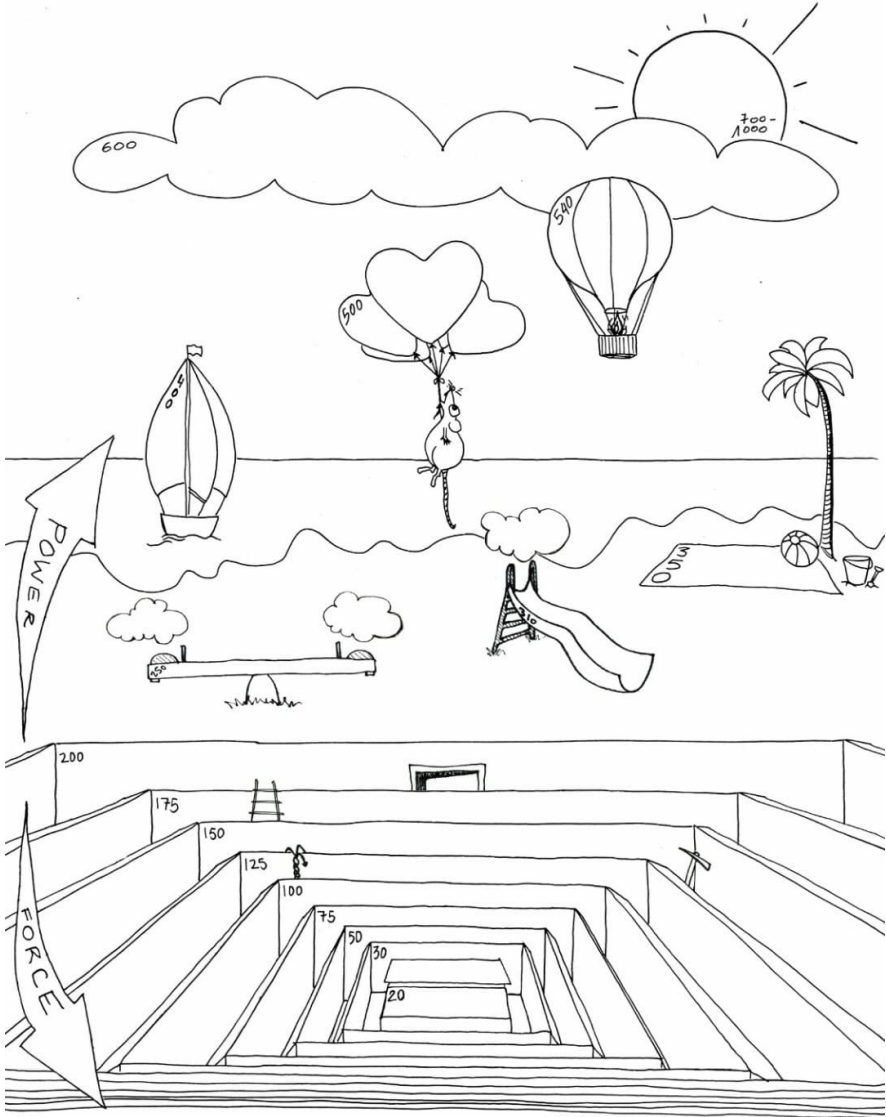
Dr Hawkins constructed the Scale of Consciousness in a onedimensional fashion because it is easy to understand, explain and visualise. However, as mentioned previously, this linear scale can limit one's ability to truly conceptualise the difference between the levels. It also drives the previously mentioned natural human tendency to think of higher as 'better' and lower as 'worse' and, therefore, to think that we are 'better' than those at lower levels, or that we should be 'better' than we are.

Reality Unwrapped

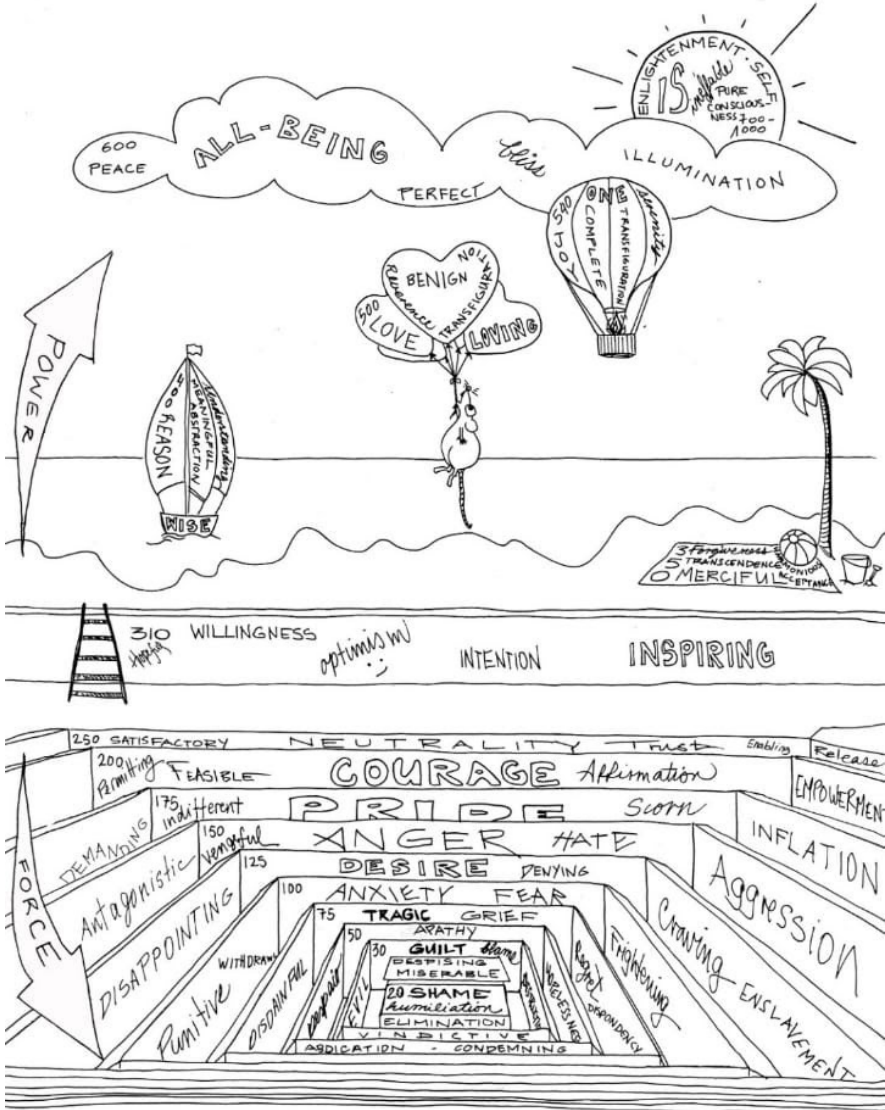
Box Consciousness is a model I created to address these shortcomings inherent in the linear model of the Scale of Consciousness.

Box Consciousness was born from a desire to teach the Levels of Consciousness to my son, Oliver, who was seven years old at the time. I intended for him to understand the relationship between the levels, the corresponding experience of each level and how to transcend the lower levels. While Hawkins' work is breathtakingly good, I have known adults who have struggled to fully grasp it, so I knew I needed something new for Oliver. I create a model which allowed for an intuitive understanding. The result was perfect, as he understood and embraced it immediately.

You can find the Box Consciousness diagram below. I have included two different versions of the diagram, one with descriptions for each level and one without. I thank my good friend Nicole for her beautiful and fun artwork.



Reality Unwrapped



I have included both diagrams because I have found that people usually resonate with one more than the other. Furthermore, they can provide a fun way to teach someone you know about how Levels of Consciousness work. Print both, talk the person through the complete one and then work through completing the empty one to provide a simple, visual way of understanding.

The reason I teach Box Consciousness is because it offers a straightforward way of understanding why an awareness of Levels of Consciousness is so critical to one's growth and evolution.

Within the realm of Force, the lower the level of consciousness, the smaller the box. A higher level of consciousness below 200 might afford you more space (and, therefore, more possibilities for experience), but it is still a life in a box - a life of limitation.

The box structure in the realm of Force confines you within yourself, not offering enough space to authentically welcome anyone or any new experience.

When the level of 200 is transcended, one leaves the box structure and moves into a more limitless way of living, which provides space to welcome truly new people and new experiences.

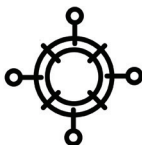
The higher you go, the greater the view you get of the world and, therefore, the more you understand it. There are fewer barriers blocking your view, until you reach the point when you can see everything with absolute clarity.

This model also makes it easier to understand how your level might shift. If you spend an hour or two feeling angry at somebody, you will spend that time in the small 'anger' box. However, if you spend a couple hours feeling unconditional love, you will spend that time outside of the boxes altogether, floating high above the beach, as demonstrated by the mouse cartoon in the diagram.

Reality Unwrapped

The more time you spend in specific areas, the more your ‘home box’, or default state, starts to adjust to the place you are visiting. If you visit the ‘anger box’ for eight hours a day while at work, you will notice that your ‘home level’ will start to look more and more like the anger box. The same is true if you spend eight hours a day feeling unconditional love, or any other state of consciousness.

CHAPTER SEVEN



PILLAR 6: ARCHETYPE LENS

Archetypes were described by psychiatrist Carl Jung as universal aspects of the human psyche. Though there have been many archetypes described, the ones I will discuss here are taken from the book *Sovereign, Warrior, Magician, Lover*, by Robert Moore and Douglas Gillette. Though described by them as archetypes of the mature masculine, these archetypes apply to everyone, regardless of gender.

These four archetypes can be seen as potential blueprints for your psyche; the dominant archetype within you is the foundational aspect of the operating system you are running. It encompasses everything, including your worldview, values and talents, as well as what upsets you and makes you most uncomfortable. Your archetypal nature also dictates how you relate to other people. For example, if you lean more towards the Warrior archetype, you will believe and act very differently from the Lover. Neither way of being is right or wrong; they are just different. However, if you are unaware of these differences, this could create significant tension in your life and relationships.

Reality Unwrapped

I speak of this as a lens on your Telescope because, like Levels of Consciousness, this represents a foundational paradigm through which you perceive the world, and your place within it. Also, like the level of your consciousness, you are likely unaware of its existence - unless someone has taught you about it. On a surface level, you may be aware of your values and behaviour patterns, but it is likely that you are totally unaware of the deep fears that drive your most dysfunctional behaviour. Additionally, without an understanding of the archetypes, the values and behaviours of those with different archetypal leanings remain a total mystery. You may not even be aware that three-quarters of people are running an operating system that is totally different from yours!

It is clear that until you have a deep understanding of your own Archetype and the traits of the other Archetypes, you are destined to have a limited understanding of yourself and others. This can lead to feelings of inauthenticity within yourself and a tendency to disown parts of yourself that make you uncomfortable. It can also lead to tension and breakdown in your relationships with others.

Despite this, it is important that these Archetypes exist, as they represent a cross-section of the human experience, as well as the skills and talents necessary for a whole sense of being. As discussed in the chapter about the Telescope, varied perspectives are necessary for fulfilling co-creation and the realisation of human potential. The Archetype lens combines with the other lenses to create the unique perspective of each individual person.

That said, though you likely lean more strongly towards one of the archetypes, all four exist within you, and you have the potential to embody every archetype. In your journey along your growth path, as you evolve and expand, you will gain the ability to access the traits of the less dominant archetypes within you. This is like learning a new skill; some will come more easily than others, but you have the potential within you to learn all of them.

Full expression of your psyche is achieved when you are able to embody all four of the Archetypes. In this way, you can see this aspect of your journey as upgrading your Archetype Lens. A truly balanced psyche can access all Archetypes, and draw on whichever is most appropriate for any given moment, allowing you to fully express yourself in the outer world.

As such, you may identify with more than one Archetype from the descriptions below. However, it is likely that you identify more strongly with one. This is the one with the most influence on your values and worldview, leaving the others as potential avenues for learning new skills and finding greater balance.

The Four Archetypes

This discussion of the traits of each individual archetype is necessarily brief, as I could not possibly paint a complete picture in one section of one chapter. Entire books have been written about these Archetypes, and they have only begun to scratch the surface of what is there. This is an area of active research, with more being discovered all the time.

However, I hope this section may help you see the nature of the differences between each archetype, why the talents and perspective of each is necessary and, perhaps, start to recognise them in yourself.

Sovereign

The Sovereign represents the ordering energy within all of us. They care for their community, and use their energies and talents to organise the community to the benefit of all of its members. The Sovereign values fairness, honesty and hard work. They innately understand the systems underlying every aspect of life, and it is important to them that those systems to work.

Reality Unwrapped

It follows, then, that an immature Sovereign can become irritated or angered by actions and attitudes they perceive to be working against their “greater good” - unpredictability, inefficiency and those that appear to have priorities other than the Sovereign’s own “community first” ethic. They can become cross and bossy when things don’t go their way. Without an understanding of how others differ from them, they can see people as agents of chaos in a dangerous, unstable world.

When balanced, the Sovereign energy is necessary to the community for leadership and planning.

Magician

The Magician energy represents wonder, magic and connection to the divine. Where the Sovereign is concerned with the physical wellbeing of the community, the Magician is concerned with spiritual wellness. They value creativity, freedom and fun. The Magician has an innate ability to go with the flow of life, and understands that even the best plans must change with changing circumstances.

An immature Magician, however, values freedom and fun so highly that they struggle to recognise when a plan is necessary. They can become defensive and unable to take even the most well-meaning criticism. They can fall into seeing any oversight as an attempt to control them, restricting their ability to access the magic that makes their life work.

When balanced, the Magician energy is necessary for creative problem-solving and to connect the community with its greater purpose.

Warrior

The Warrior represents the energy to get things done. They love to be on a mission; the more challenging the better. The Warrior values integrity above all else. They are the one watching for wolves amongst the sheep. They are unafraid of conflict and will tell you if they see an issue with you.

Esu Nick

This is their way of caring - they want you to be aware of the issue so that you can fix it. They see your potential, and want to help you reach it.

An immature Warrior, on the other hand, can become angry, aggressive and condescending. People not meeting their standards are seen as lacking the will to do the right thing. Without an understanding of how others differ from them, they can see people as liars and cowards in a dangerous world that lacks any moral worth.

When balanced, the Warrior energy is necessary to protect the community from bad actors and toxic attitudes.

Lover

The Lover energy represents connection, bliss and love of life. Where the Warrior is concerned with physical safety, the Lover values the community's emotional safety. They want everyone to *feel* safe. The Lover has an innate sense of how to make each person in the community feel seen and valued. They are also most able to stop and enjoy a moment, savouring a glass of fine wine or a leisurely walk on the beach.

When imbalanced, the Lover feels attacked from all sides. Any perceived slight - even an offhand comment - is a dagger pointed straight to the heart. They react to this by retreating in order to protect themselves, and withdrawing their love as punishment against the aggressor. They can also be very placating, saying whatever they think the other person wants to hear and suppressing their own internal truth.

When balanced, the Lover is necessary to ensure the emotional well-being of each member of the community.

Reality Unwrapped

The exploration into the Archetypes is a deep and far-reaching one. My aim for this chapter was only to introduce the concept, as it is central to the human experience. If you feel the pull to take this inquiry further, I invite you to connect with my teacher, Rory Kilmartin. His work on the Archetypes is far and away the best out there, and studying with him is one of the best things you can do to expand your understanding in this area. I will include his information in the additional resources chapter at the end of this book.

CHAPTER EIGHT



PILLAR 7: LOVE LANGUAGE LENS

Have you ever been in a relationship - any kind of relationship - where you knew that you loved each other, but struggled to express that love?

As I look back on my life, I can clearly see many situations when another person was trying to show me love, yet I did not receive it that way. On the flip side, I can see many times where my own loving gestures were rejected, which led to me feeling personally rejected. I had not considered that there might be different ways to give and receive love. I expressed love in the way that felt most natural to me, and I expected others to express their own love in the same way. When this didn't happen, I assumed that the love in the relationship was lacking.

Marriage counsellor Dr Gary Chapman described different styles or preferences for giving and receiving love, calling them Love Languages. In understanding these Love Languages, I have come to see that there was actually much love in the space of these relationships I struggled with. I was simply not speaking the correct language to give or receive it.

The Five Love Languages

1. *Words of Affirmation*

You feel love from verbal expressions of affection, praise, and encouragement, or you show love by giving them.

Harsh words or criticism can knock you off balance and leave you feeling unhappy, even wounded, for hours.

2. *Acts of Service*

You see love in favours or tasks others perform for you, or show love with these gestures of affection.

You can feel unseen, unheard and unimportant when someone breaks a promise or if your requests are treated like a burden. Similarly, you may feel rejected if others do not notice or appreciate what you have done for them.

3. *Gifts*

Meaningful and thoughtful gifts give you a sense of being seen, appreciated and loved. Similarly, you show love by giving the perfect gift in the perfect moment.

Therefore, you can feel wounded if someone forgets a traditional gift-giving moment, such as a birthday or anniversary. You also feel unseen when someone gives a meaningless or thoughtless gift, such as a gift simply for the sake of giving a gift.

4. *Quality Time*

You most feel the exchange of love in experiencing real presence with someone, whatever the activity or setting may be.

Without meaningful time spent together, you are left feeling rejected, unseen or unloved.

5. *Physical Touch*

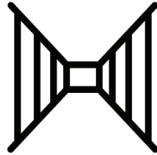
You feel most loved when holding hands, being kissed, receiving hugs, or any other affectionate touch. Affectionate, appropriate touches leave you feeling a sense of warmth and safety.

The experience of being physically ignored or rejected creates a palpable sense of separation between you and others.

I consider the languages of giving and receiving love a lens on the Telescope because it is a fundamental and ever-present part of the human experience. Humans are social beings; we need love. The Love Languages colour how we perceive that love, thereby affecting every aspect of our experience of relationships.

It is possible to feel love in more than one of these ways, operating with more than one Love Language lens in place. However, you may find that one of these lights you up more than the others. This is important to know because it allows you to become conscious about the ways you exchange love. You can communicate about how you prefer to express love, and to observe the ways in which others prefer to receive your expressions of love. It also allows you to understand what is happening when others do not express their love in your preferred way. You will know that it is not because you are unlovable; they just do not know how to speak your Love Language.

CHAPTER NINE



PILLAR 8: THE WHITE CORRIDOR

As you travel on the journey of your life, there will be times when everything feels like too much. Regardless of your worldview, life is inevitably stressful, and difficult situations have a tendency to pile up all at the same time. When you feel so overwhelmed that you cannot think straight, how do you retain your balance?

I struggled with this for a long time. I would be fine when everything was going well, but if life didn't unfold in the way I expected, I would be triggered and sent into a downward spiral of negative storytelling and low-level emotions. This would result in breakdowns with work colleagues, the demise of many intimate relationships and a general view that life was nothing but suffering. As in previously discussed contexts, I was at the whim of my surroundings, unable to maintain my composure when the world around me turned chaotic.

In my desire to do something about this, I created the White Corridor, a powerful yet practical way of dealing with overwhelming emotions.

I tried it out in different situations, such as when I had an argument with my partner or during times of seeing others in pain, and I was blown

Reality Unwrapped

away by how quickly I was able to bring myself back into a balanced state. However, I didn't grasp the real power of this tool until my 21-year-old brother, Carl, died unexpectedly in September of 2021.

Carl had been in the hospital for a few weeks after having a seizure and the news had been mostly positive; we were excited to welcome him home and move through the recovery process with him.

I was traveling home after helping facilitate a retreat, and was alone for the first time in a week. Within ten minutes of my arrival at the airport, I received the call from my sister telling me Carl had passed away. The news hit me like a sledgehammer, and my feelings of joy following the retreat immediately transformed into apathetic grief. I felt like someone had set off a bomb in my stomach and chest. As the tears started to flow, I remembered the White Corridor. I moved through the process and, within 90 seconds, I was balanced again.

I dealt with many challenges in the following weeks, including telling my nine-year-old son that his beloved uncle was no longer with us, being present for my mother and sisters and attending Carl's funeral. Throughout all of this, I maintained balance, not allowing myself to be sucked into the life-destroying vibrations of apathy and self-pity. This allowed me to celebrate my beautiful brother and the years we had with him, rather than getting lost in a self-defeating narrative of victimhood.

Let me be clear that this process is not about repression, suppression, or in any way burying or avoiding your emotions. This is a separation of Consciousness from the emotional whirlpool. I used this tool while dealing with my grief in order to maintain my composure while also releasing what initially felt like overwhelming intensity.

Conceptualising the White Corridor

The Home of Consciousness

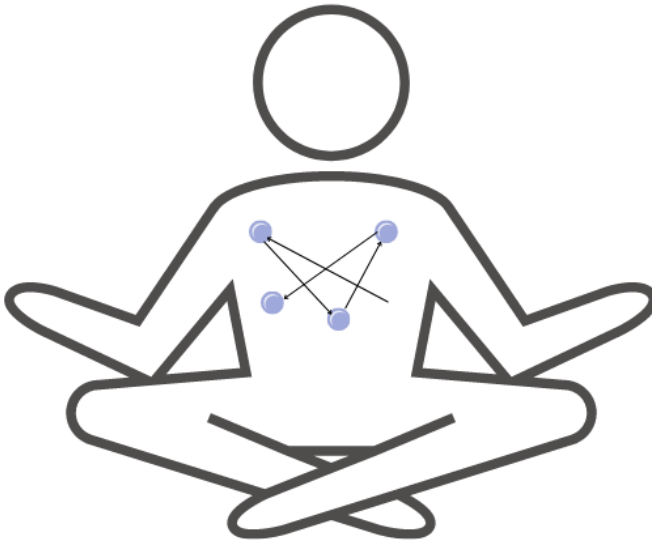
I perceive that my Consciousness, my soul, the part of me that is really *me* resides between my eyes. I am not referring to the mind here. This is the capital S ‘Self’ part of me, not my thoughts. I think I perceive it here because, even though I know that pure Consciousness imbues every fibre of my Being, the senses I use to experience the world are mainly found in my head. Therefore, it feels like this is the place where my Consciousness meets the physical.

Decisions made from this place of Consciousness (again, not the mind) are always in my best interest, as they are unobstructed and undistorted by outside influences and previously installed patterns of limiting belief.



The Centre of Emotions

In contrast, I feel emotions as originating in my torso, below my rib cage. As an emotion is created, it shoots across my torso and, like a ball in a pinball machine, subsequently bounces around the space. This experience is the same for emotions that I perceive as positive and emotions I perceive as negative.



Maintaining Composure in the Presence of Intense Emotion When I find myself in an emotionally intense situation, either positive or negative, I get the sensations of multiple pinballs bouncing around this space. There is a pinball for each specific emotion. The more emotions, the more pinballs. When emotions are not allowed to dissipate, the pinballs keep bouncing. After some time, the pinballs start to coordinate their movements, swirling and creating a whirlpool spinning in the Centre of

Emotions. This creates familiar sensations, such as butterflies in the stomach or that feeling like you have been kicked in the torso.



If this whirlpool is left spinning, it starts to create a gravitational pull and expands outwards, eventually leaving little room for anything else to exist. This creates the life experience where a particular situation ends up consuming us.

The gravitational pull also extends to our Consciousness, which can be sucked down away from its home and into the sticky and dense nature of the emotional whirlpool. We know this has happened when the whirlpool, and the situation that created it, become the focus of our every thought. The more of our thoughtspace it consumes, the more we have been sucked in.

Reality Unwrapped



Knowing that every moment of your life contains the potential for intense emotion, it becomes imperative to have a way to work with those emotions. Not just to protect your Consciousness from being consumed by the emotional whirlpool, but also to dissipate the emotions in a practical, efficient and beneficial way.

The White Corridor is a consciously created boundary designed to impose a safe space between your Consciousness and the Centre of Emotions. The gravitational pull of the whirlpool cannot cross this corridor, which allows a clear layer of protection for your Consciousness.



Most people have some degree of White Corridor in place. However, it is frequently too narrow, which leads to them being fine when the emotional whirlpool is small, but still becoming sucked in when the gravitational pull becomes too large. When established properly, the White Corridor will offer a layer of protection against the emotional gravity of ANY situation, regardless of how potentially traumatic it may be.

The Ego As Messenger

Though the Ego has many roles, one in particular is relevant to this discussion - the Ego's role as messenger between the Centre of Emotions and Consciousness. Ideally, the Ego picks up on the predominant emotion and suggests supporting and expansive actions. In practice, however, it often does not work that way.

Reality Unwrapped

The Ego's nature is abstract, making it difficult to describe in concrete terms, so I will use the analogy of a dog to illustrate my point.

When we are young, the Ego is like a puppy. With the best of intentions, it will run around like crazy, making loads of noise and mess, and taking over the house with its insane energy. However, just like a puppy, the Ego can be trained and, once trained, it becomes a loyal friend. An untrained Ego will attempt to protect you from everything it sees as dangerous, even when no real danger exists, like a puppy barking at the mailman. Your Ego learns how to 'keep you safe' based on past experiences. Therefore, when untrained, it acts based on past programming established by your worst traumas and fears, keeping you in a cycle of the same experiences and not allowing you to step outside your comfort zone.

How does the Ego do this? As the messenger between the Centre of Emotions and Consciousness, it picks up on emotions and instructs Consciousness to react in a certain way. Where a well-trained Ego will fetch your keys and bring you your slippers, an untrained Ego will ignore your requests and bring you what it likes, whenever it likes.

When you open up the White Corridor, you don't just create a safe space between Consciousness and the Centre of Emotions. You also illuminate your inner world. In this way, you have more space to examine and differentiate between Consciousness, Ego and your emotions. With time and practice, you can then gain great clarity on your internal world.

Opening Up the White Corridor

To aid in establishing and widening the White Corridor, I have created the following exercise. It is valuable to practice this both in emotionally intense situations and in moments when you are calm and relaxed. The former will help reduce the immediate intensity, the latter will provide an opportunity to gain a deeper understanding of yourself.

Esu Nick

The practice is as follows:

Assign 10 minutes per day to repeat this process.

Sit upright, where you will not be disturbed.

If you'd like to play music, use music without lyrics.

Set a gentle alarm for at least 10 minutes.

Once you are settled, repeat the following process in a relaxed fashion, without rushing. Repeat as many times as possible in the allotted time.

Touch the middle of your forehead, between your eyes, and say:

“This is my Consciousness, this is my Consciousness,
this is my Consciousness”

Touch the bottom of your rib cage and say:

“This is where my emotions are, this is where my
emotions are, this is where my emotions are”

Bring your hands together in front of your throat, then separate them, moving them horizontally to shoulder width and back again while saying,

“This is my White Corridor, this is my White Corridor,
this is my White Corridor”

That is it.

Reality Unwrapped

Because this is a practice, it will become more and more powerful the more frequently you do it. I invite you to complete this each morning before you start your day, and again each evening before you go to bed.

This practice will accomplish three things:

1. You will strengthen and refine a process which can be applied in the face of any emotionally challenging situation, making it a readily available tool in your toolbox
2. You will gain the ability to create clarity in the light of overwhelmingly positive emotion, ensuring you do not make decisions solely based upon excitement
3. You will naturally demystify your inner landscape, assisting in creating distinction between Consciousness, Ego and the Centre of Emotions.

There is a direct connection between a person's ability to work with their White Corridor and their Level of Consciousness. The deeper you understand how Levels of Consciousness work, and the more committed you are to raising your Level of Consciousness, the greater your ability to intuitively use your White Corridor in the most intense of emotional experiences.

In addition, using the White Corridor reduces the potential for obstructions sticking to your Telescope lens because your need to attach, judge or resist comes from the emotional realm. When the White Corridor is fully established and you are no longer controlled by your emotions, you are able to observe them without being attached, entangled and, ultimately, consumed by them.

CHAPTER TEN



PILLAR 9: THE KINGDOM WITHIN

This pillar is different from the ones preceding it. Pillars one to eight are directly and immediately practicable; you can use them right now, today, to make an impact on your life. The Kingdom Within, however, is more a state of awareness than a tool or model. This state of awareness is achieved when you have fully integrated the first eight pillars. As such, this chapter may initially be a little hard to relate to, especially the first time you read it. I hope you will read it anyway, absorbing whatever you can. Then, as you work to integrate the other pillars, you may find that the penny drops and your intellectual understanding of these ideas will evolve into an experiential knowing.

During a sacred medicine retreat a few years ago, I had an experience which changed my life forever. I was in ceremony, living my life to the fullest, dancing to the divine music and feeling more connected to myself than I ever had before. Suddenly, I felt as though I was falling. Not falling forward or backward, but down through my feet, into the earth. After some time falling, I found myself in a vast space of brilliant white light.

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In this place, I found myself moving around my body, perceiving it from the perspective of one of my cells. I experienced the role each cell plays, and how they perceive my Consciousness. This shifted my understanding of the relationship between my Consciousness and my body in a way that has significantly impacted my life.

There are many different ways to perceive your body, and your relationship to it. In Western culture, it is common to assume that one's Self and one's body are one and the same. That the body is the whole self. But this is not the truth of things.

What I experienced in that ceremony is that my body is a civilisation of Followers who serve one God, my Consciousness. This applies to every person. You are also God. And your body is a Kingdom inhabited by your Followers, who are dedicated to serving you - the real you - your Consciousness.

The Followers are your cells, and they have one purpose - to create a temple as an exact reflection of your conscious and unconscious thoughts, wishes and actions. This temple is your body. And the Followers do not make mistakes. The body you have in this moment is perfectly built based on the blueprint you have given them.

So, you could say that you are God both in the sense that your Consciousness is part of the entire collective consciousness in nonphysical matter reality, and also in the sense that you are an actual embodied God in physical matter reality.

Once the impact sinks in, this is a game-changing realisation, because it transforms your relationship with your Followers.

The Four Realms of Body Consciousness

We are all given the gift of this wonderful community of Followers that we call the body. For some, this body is a nurturing paradise, a heaven

in which they get to live their every moment, an everevolving space they can call their own. For others, their body is a living hell, a place that harbours pain, anxiety and fear; they are constantly at war with their body, feeling at odds with it, or that it is working against them. There are also, of course, many experiences of the body between these two places.

Every experience of the body represents a different relationship with the Followers and, therefore, different access to the Followers, and the Kingdom itself.

I have moved through four different realms in my relationship with my body. At first, I saw the body as *Me*. Then I came to see the body as a privilege that I enjoy as *Mine*. Eventually, I progressed to seeing it as a lifelong relationship with a friend *I* had. Finally, I came to understand that this body is a Kingdom, a place of worship and committed service lovingly delivered by trillions of dedicated subjects - *Us*.

Each of these levels of perception brings with it different ways of seeing, treating and relating to and with the body.

Progressing Through the Realms of Body Consciousness Moving through these realms first takes an awareness of their existence, and of the relationship you have with your body.

Second, you must decide that you are choosing to progress through the realms. It is easy to become overwhelmed by your own magnificence, or to take what seems the easier road. However, this ultimately leads to a limited life, and restricts the depth of experience available to you. Thus, a conscious choice must be made to do the work of expanding your relationship with your Followers.

Finally, it requires practice. Like any new paradigm, it will be unfamiliar at first. Developing familiarity, and making it part of who you are, takes practice. You must progress through all of the stages of learning, from total ignorance, through the process of making it familiar, and then the process of making it something that lives in you, as much a part of you

Reality Unwrapped

as any other belief or value that you take for granted.

A crucial component of this practice is discipline. The world is full of distractions, opportunities to fall back on old habits or to decide that you are ‘too busy’ to do your work right now. Additionally, you will find yourself surrounded by people who have no knowledge of the Kingdom Within (or, indeed, any of the concepts in this book) and, without this knowledge, even the most well-meaning people can bring you down or pull you off track. The human tendency is to conform to the environment we find ourselves in. Because of this, it is critical that you commit to doing this work, keeping it at the forefront of your mind until it becomes second nature. This will help you protect yourself from the influence of outside forces, well-meaning or otherwise.

The Four Realms

The ***Me*** realm is characterised by arrogance and a feeling of immortality. There is a careless or antagonistic relationship with the body. In identifying totally with their body, one seeks instant gratification of the senses and feels victimised when their body fails them, even if they have done nothing to take care of it. They become their aches, pains and illnesses, unable to separate their identity or Consciousness from these maladies in any meaningful way.

In the ***Mine*** realm, one begins to develop respect for the body. The sense of ownership leads one to care for the body to the extent that it will help them navigate their life, or make them look good. The relationship is much like the relationship between a boy racer and their car. At this level, a nice body inflates the Ego, as it feels like an accomplishment. The body then becomes a vehicle for significance, and its usefulness is limited to what it can do for a person. This realm is easy to become stuck in, as it is possible to feel very good here, at least in a superficial way. But everything comes apart as soon as the body stops providing this sense of significance and accomplishment.

The **I** realm is characterised by the beginning of a sense of real relationship with the body; if one does one's part to care for their body, the body will do its part in turn. One starts listening to the body, and caring for its needs. Not for significance, but because it is the life-affirming thing to do. Gratitude is felt here, for the lifelong friendship with the body. This is where real communication with the body starts to become possible.

Finally, the **Us** realm is the realm of true awareness and reverence. One becomes aware that their body is not a singular being, but an entire community, with every part totally devoted to doing their part for the greater good. Through practice, one learns how to hear what each of the parts (the Followers) is asking for. One can interpret the quirks of the body as an instinctive act. Reverence follows naturally, as one is left in awe of the beautiful system at work in their body, and their relationship to it.

The Three Sub-levels of the Us Realm

There are sub-levels within each realm that provide a more precise breakdown of the possibilities of human experience. Here, I will only speak to the sub-levels of the Us realm, as it is most relevant to the actualisation of the Kingdom Within in your life.

Friend of the Followers

Once you are truly connected with your Kingdom, you will start to feel a deep love for your Followers. This love rebounds back from the Followers, magnified trillions of times.

This vibration then permeates every fibre of your Being.

Maintaining this feeling with the Followers keeps you bound to this level of awareness, and provides the momentum needed to transcend this sub-level.

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This is primarily an act of being. Being love. Being the personification of benevolence. Being the expression of harmony.

This being is aided by activities which help you maintain presence in the current moment. Whenever you are thinking about the past or the future, you enter a sort of dream state, leaving you open to inadvertently acting adversely towards the body. Staying present ensures you remain a vigilant protector of the Kingdom.

While living in this realm, you feel an inner sense of harmony, a complete alignment with Self. You notice that the inner voice of the Ego is quiet, at a distance, less able to interfere. You experience meditation in a different way, able to enter the Kingdom at will. You are able to significantly enhance physical and mental performance through the energetic effect of this harmony.

Sovereign of the Followers

The realisation of this realm is dependent on the strength of the vibration of your love. The more the Followers feel this, the more it is reflected back to you, and the more the entire Kingdom becomes immersed in it. This strengthens the relationship and, therefore, the lines of communication. Your relationship with your Followers is directly related to your Level of Consciousness (which is also related to the vibration of love in your Being). The higher your Consciousness, the clearer the lines of communication and connection become.

At this level, you notice that in meditation you can instruct your Followers to any manner of task. Your instincts are sharp and your ability to act on them is clean and unobstructed. You start to understand the aches and pains of the body differently, gaining a clear awareness of their cause.

God of the Followers

The realm of God is reached once you have harmoniously and benevolently held the position of Sovereign for a period of time. You have

maintained the vibration of love and lived in alignment with what is good for the entire Kingdom. You also listen to and act upon the communications from the Followers.

In this realm, you start to feel total oneness with the Followers, thinking as they think and feeling as they feel. You experience a line of communication with the Followers that is so clear and strong that you are able to intuitively identify precisely where the messages arise and the nature of the messages is abundantly clear. You are also able to learn from the Followers, as they teach you truths about the Kingdom and, indeed, the entire universe. Their teachings seem to be unlimited.

The Kingdom and Manifestation

As I touched on when discussing the Telescope, you are manifesting whether or not you're aware of it. It is built into your design. Intention emanates from your Consciousness, transforms as it passes through your Telescope lenses, and you experience the result of that as a manifestation in your physical reality. If you are not conscious of this process, it may seem like reality is happening to you. But it is still a result of this same process.

Taking active control of manifestation means synergising Consciousness (you) with every single one of your Followers, creating a harmonised signal for what you would like to manifest.

In order to truly manifest at the highest level, you must:

1. Be conscious of what you are manifesting
2. Have a lens clear of obstructions
3. Harness the synergetic effect of being in harmony with your entire Kingdom.

Thus, even for those with conscious intentions towards manifestation, there are two potential stumbling blocks.

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The first is a lens full of obstructions, often a result of resistance to looking at themselves and doing their work. This means that, regardless of what manifestation practice they employ, they will still be feeding their creative energy through a blueprint for a life they do not truly desire.

The other stumbling block is that they have little or no connection with their Kingdom and are thus unable to summon the collective efforts of their Followers. This dilutes their ability to create reality.

Reaching Enlightenment

When you grasp the power of manifestation in your life, you can see that you are infinitely powerful. Once you fully absorb that awareness, you can summon the collective efforts, power and wisdom of your entire Kingdom. The lines of communication between you and your Followers are opened and constant two-way communication is established.

This awareness illuminates an achievable path to enlightenment, if you are called to take it.

Enlightenment can be seen as the unison of God and the Followers within the Kingdom. When this unison is achieved, all else falls away and you fully incarnate into your God potential.

You remember who you really are.

Whether or not you are able to hear and understand them, the Followers are communicating with you all the time. Without the right awareness, their communications remain unheard and, thus, unanswered.

This is where the Ego comes in.

Much like in the discussion of the White Corridor, the Ego serves as a messenger. In its simplest form, it acts as a bridge between Consciousness and your Followers, and then as an interface with the physical world. It picks up messages, brings them to the awareness of your Consciousness, and guides you in your interactions.

However, over time, the Ego has evolved and started to take too much control within most people. Rather than being a servant to the Kingdom, the Ego has become its master. God and the Followers have been forgotten. This takeover by the Ego explains why so many constantly feel pulled here and there, living day-by-day at the mercy of their every thought and feeling, unable to keep the larger perspective in mind.

Once you reconnect with your Followers, the role of the Ego is significantly reduced. This is why your mind becomes calmer, as you can instinctively feel what is needed in any given moment.

Eventually, the Ego is no longer needed at all, at which point it dissolves. You are then released from the trap of the senses as you take control of the Kingdom. In this moment, you reach enlightenment.

At this point, there are two potential paths you can take.

The first path is to put the Ego to rest and move into a state of total oneness. Although this may be an incredible experience, it makes participation in day-to-day activities difficult.

The second path is to keep the Ego in place, with a significantly reduced role. Here the Ego becomes your servant, like an inner admin department, providing a means of interfacing with the physical world.

Both paths are liberating, and the choice is entirely yours. Choosing one path does not mean you cannot choose the alternative path in the future.

CHAPTER ELEVEN

WHAT NOW?

As a Being of divine free will that choice is yours. My invitation is that you explore and experiment with the nine pillars.

While you may intellectually resonate with the contents of Reality Unwrapped, the real power and profundity of what resides between these pages is realised through direct experience.

Perhaps you're called into this, perhaps you're not.

Either way, all is perfect.

You may take what you have learned and transform your entire life, or you may not apply any of it. You could still see improvements as a result of holding a greater awareness about how reality really works.

We each take what we choose. No more, no less.

Either way is perfect. When it comes to raising awareness, there is no right or wrong.

You will do whatever is perfect for you to do right now.

This is the way it is meant to be. We each enact our free will in every moment in order to create the maximum variant of human experience.

Some prefer relaxing in the sun, others prefer fighting through the rain.

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Whatever your true preference is, by owning, embracing and expressing it, your personal path to fulfilment is illuminated.

Thank you for reading this book; it really does mean a lot to me. Within these pages, I have shared many personal aspects about myself. Your presence for such a sharing is humbling.

However life unfolds from here, Magical One, I wish you well on the path of rediscovering who you truly are, in all your magnificence.

With love,

Esu Nick

CHAPTER TWELVE

FURTHER INQUIRY

Where does your path lead from here?

This is, of course, a question only you can answer. For my part, I'd like to extend my service to you beyond the end of this book.

Regarding further reading resources, in the future, I will write more books to explore that which I have shared here. I can already see my next five books. You can connect to more of my work by visiting my website, EsuNick.com.

There is, however, no need to wait for me to be ready, as there are many wonderful sources of further insight, some of which I would like to share here.

Rather than sharing links in this section, which have a tendency to change, I will maintain the page EsuNick.com/RealityUnwrapped with ever current links to everything shared in this chapter.

Each of the people mentioned below also share a lot of their teaching online in spaces such as YouTube.

Book Recommendations

Godbook, by Dr Bjorn Lenz

What would it take to rediscover you are God? What a question! And one which Bjorn expertly addresses in this seminal book.

You will learn about the Mirror Reality, how it works and how it is the vehicle for creating the reality you desire. The frameworks and tools you have learnt in *Reality Unwrapped* are the perfect complement to this awareness. If we look at the Nine Pillar diagram, we can see that the Mirror Reality exists everywhere after pure consciousness, the same space we find Reality Cycles.

The Inside Track, by Peter Sage

Peter's life is a movie waiting to be made. One of the more colourful experiences he had was spending 6 months in Pentonville prison in the UK. During his time there he put into practice many of the tools he teaches, to incredible effect.

In this book Peter walks you through his entire prison experience, using this highly challenging environment to prove the power of these tools in any setting.

Peter's work extends beyond this book and, if you're inspired by the time I spent with him at the beginning of my journey, I invite you to visit petersage.com for more information on his ongoing work.

Power vs Force, by Dr David Hawkins

This is the book which expanded my understanding of human consciousness and set off a journey of study which has become a passion.

Dr Hawkins builds on research from Dr John Diamond to delineate the levels of consciousness, in turn creating a blueprint of understanding for why people do what they do and think what they think; the Map of Consciousness we explored in chapter 6, Pillar 5: Consciousness Lens.

If what you learnt in this chapter in particular resonated with you, then Power vs Force is the book for you.

My Big TOE, by Tom Campbell

Nasa Physicist and Author Tom Campbell's work on the true nature reality is quite simply staggering. He synergises his incredible level of intellect with his naturally open connection to non-physical matter reality in such a way that he is able to break down in great detail how reality really works.

I warn you, this is a challenging book and reading it is quite a commitment. However, if you're looking for a real 'nuts & bolts' understanding of reality, delivered in a very scientific way, this book is for you.

Within the model of the world Tom presents, his Big Theory of Everything (Big T.O.E), you will see Nine Pillars present in different moments. While it is not necessary to read this book to use the Nine Pillars, the depth of information he shares could certainly enhance your practice.

The Book on the Taboo Against Knowing who You Are, by Alan Watts

If you're unfamiliar with the work of Alan Watts, then this introduction could be a moment you never forget.

This book explores the truth of who we are beneath all of the layers of programming. His understanding of many faiths, religions and cultures combined with the most eloquent way of presenting his case make reading this book a life changing experience.

The way Alan sees the world is so clear, and the poetic way in which he expresses himself is beautiful. His view is very much aligned to the view from which Reality Unwrapped has been born, so this book provides

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you with a way to deepen your integration of the Nine Pillars through poetic beauty.

The Power of Now, by Eckhardt Tolle

This book significantly shifted my understanding of the ego, so much so that I found it altered my every thought after reading it.

Eckhart's poetic style and ability to bring the abstract into profound beauty make this book an absolute joy to read, the fact it can be so transformational at the same time is a mark of its greatness.

Once again this book beautifully compliments the Nine Pillars, offering another layer of insight.

LEXICON

Abundance

A very large quantity of something.

Amassed Evidence

The process of recording evidence of experiences.

Box Consciousness

A framework for understanding how Levels of Consciousness work.

Centre of Emotions

The part of our body where we feel the associated sensations when emotions arise.

Clean Lens

Refers to a clean lens on our Telescope, affording us an undistorted view of our unique perspective of reality.

Conscious Mind

Our thinking, analytical mind.

Consciousness

Pure presence. The part of us which is the same in all of us.

The Continuation Principle

The Game of Life principle that states that, once you have resolved the previous issue, the next one will present itself at the perfect moment. The Game of Life is a lifelong commitment, until your final breath.

Reality Unwrapped

Contribution

The act of giving.

Convergent Focus

To bring all of your focus to one point.

Cycle of Consciousness

The cycle between moments of being more and less exposed to non-physical matter reality.

Cycle of Psychology

The cycle between the conscious and unconscious minds.

Cycle of Service

The cycle between contributing and receiving.

Dirty Lens

Refers to a dirty lens on our Telescope, preventing us from having an undistorted view of our unique perspective of reality.

Divergent Focus

Opening up our senses to focus on nothing in particular.

Down Cycle

The lower, more grounded side of any cycle.

Ego

The construct of the psyche designed primarily to act as a messenger between the Followers and God, and as an interface with the outer world.

The Embodiment Principle

The Game of Life principle that states that the integration of what you have learnt expands your awareness and raises your inner vibration, causing your life to work better.

Emotional Whirlpool

Caused when unreleased emotions are left to move around, spin and ultimately create a whirlpool of emotion.

Enlightenment

The state when communication between the Followers and God is open and clear.

The Evolution Principle

The Game of Life principle that states that, after a period of growth, you will experience a test of your new awareness.

Followers

The given name in the Kingdom of the cells in the human body.

Force

The type of energy created in the lower Levels of Consciousness.

The Four Realms of Body Consciousness

The four different relationships we can with our body, governing how we understand it and communicate with it.

Friend of the Followers

The first sub-level of body relationship in the Us Realm.

The Fundamental Principles of the Game of Life

The seven principles of understanding feedback provided by life.

The Game of Life

The name given to the framework within which the seven Fundamental Principles sit.

God of the Followers

The third, and highest, sub-level of body relationship in the Us Realm.

Hawkins Scale of Consciousness Calibration

The list of human emotions created by Dr David Hawkins and his research team.

Human Consciousness

The specific aspect of Consciousness which resides in a human being.

Reality Unwrapped

The I Realm

The third and highest level of body relationship.

Impermanence

The state or fact of lasting for only a limited period of time.

The Intensification Principle

The Game of Life principle that states that, when ignored, the feedback will increase in intensity, until you either do something about it or die.

The Kingdom Within

Our body, this wonderful kingdom of dedicated followers we get to call home.

Levels of Consciousness

The different levels of consciousness, or awareness, available to a human being.

The Me Realm

The first and lowest level of body relationship.

The Mine Realm

The second level of body relationship.

The Nine Pillars

The foundational pieces of the puzzle of unwrapping reality, as shared in this book.

Non-Physical Matter Reality

Everything outside of physical matter reality.

Obstructions

Geometric patterns relating to past experiences, and carrying the associated experiential sensations as them, which get stuck on a persons Telescope Lens.

Physical Matter Reality

Physical matter reality, everything in the known universe.

The Pier

The vantage point we can take when we step back from our egoic, specific view of reality and take all the beauty life has to offer.

Power

The type of energy created in the higher Levels of Consciousness.

Pure Intention

Pure, unobscured universal energy. This energy flows through all of us, if it is allowed to.

Reality Cycles

The observable naturally occurring cycles which control and/or influence every aspect of our reality, and beyond.

Reality Feedback

The way to perceive any experience we ever have. Once we understand how to perceive these experiences as constructive feedback, we're able to see the value, the gift, in ANY experience we ever have.

Receivership

The state of receiving.

The Reflection Principle

The Game of Life principle that states that your outer world will reflect yourself back at you through feedback presented to you in your life. This is done in order to aid in your growth and maturation.

Relationship Game

The name given to the pursuit of fulfilling relationships.

Scarcity

A lack of something.

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Sovereign of the Followers

The second sub-level of body relationship in the Us Realm.

Stability

A situation in which different elements are equal or in the correct proportions.

The Synchronicity Principle

The Game of Life principle that states that your life will provide you with the perfect people and circumstances to point out your inaccurate inner world beliefs and ineffective outer world expression - everything interfering with your ability to meet your goals and live your best life.

The Telescope

The specific and unique view each of us has of reality, our egoic window into this reality.

The Telescope Lens

The lens through which we view our unique view of reality, which can succumb to obstructions and become distorted.

The Transformation Principle

The Game of Life principle that states that, if you do your work, the issue will dissolve or transform and you will experience inner transformation.

Unconscious Mind

Our subconscious, the part of us which stores memory, trauma and runs our mundane functions.

Universe

All that is.

Up Cycle

The lower, more connected side of any cycle.

Up/Down Ratio

The ratio between the Up and Down Cycles of a particular Reality Cycle.

The Us Realm

The fourth and highest level of body relationship.

The White Corridor

The consciously created space between Consciousness and the Centre of Emotions, which we all have the ability to create and expand when practiced.

