

# REFLECTIONS

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# REFLECTIONS?

SHIFTING PERSPECTIVE  
ONE STEP AT A TIME



*ES*  
ESUNICK



# CONTENTS

|   |    |
|---|----|
| Introduction.....                               | 5  |
| 1. Intention.....                               | 7  |
| 2. Questions to Ponder.....                     | 9  |
| 3. Deepest Truth.....                           | 11 |
| 4. In a World.....                              | 13 |
| 5. Joy.....                                     | 15 |
| 6. Assumptions.....                             | 18 |
| 7. Open Mind & Heart.....                       | 20 |
| 8. Anticipation & Expectation.....              | 22 |
| 9. New Love.....                                | 25 |
| 10. Making magic moments.....                   | 28 |
| 11. Struggling with Our Gifts.....              | 30 |
| 12. More Questions to Ponder.....               | 32 |
| 13. Haste & Rest.....                           | 34 |
| 14. The Need to Hurry.....                      | 37 |
| 15. What Would You Try if You Had No Fear?..... | 40 |
| 16. Saying Goodbye.....                         | 42 |
| 17. Good Enough.....                            | 45 |
| 18. The Illusion of Betrayal.....               | 49 |
| 19. Receive.....                                | 52 |
| 20. Sensations.....                             | 55 |
| 21. Limiting Beliefs.....                       | 57 |
| 22. Feeling Different.....                      | 60 |
| 23. The Real You.....                           | 63 |
| 24. Hidden Gifts.....                           | 66 |

|  |     |
|--|-----|
| 25. Masculine & Feminine Dance.....        | 69  |
| 26. Our Shadow.....                        | 72  |
| 27. Time Phone .....                       | 75  |
| 28. The Music of Your Soul’s Purpose ..... | 79  |
| 29. Boundaries .....                       | 82  |
| 30. The Root of Sensation .....            | 85  |
| 31. Creativity .....                       | 89  |
| 32. Creative Communication .....           | 92  |
| 33. Presence.....                          | 96  |
| 34. Your Stable .....                      | 99  |
| 35. Who Lights You Up?.....                | 104 |
| 36. Encouragement.....                     | 107 |
| 37. Heaven .....                           | 110 |
| 38. Your Stable, Revisited.....            | 113 |
| 39. How Special You Are.....               | 115 |
| 40. My Best Mate, The Ego.....             | 118 |
| 41. New Beginnings.....                    | 121 |
| 42. Co-Creation.....                       | 125 |
| Further Resources .....                    | 127 |

# INTRODUCTION



Hello Magical One.

I am humbled that you have found your way to reading this book, which I hope will provide you with a host of new perspectives to reflect upon.

Within these pages you will find a collection of reflections on different aspects of life.

While you can read this book in any way you choose, my invitation is that you dedicate time to read just one section as part of your morning routine each day.

Each reflection has the potential to provide you with a new perspective on an area of life oh-so-common to the human experience.

The game is not to seek answers to the questions, but rather to allow the questions to open new avenues of reflection, thought and possibility into your life.

You may find that a particular reflection really touches you and you would like to spend more than one day with it, (in which case please do) only moving onto the next reflection when you are complete.

If you dedicate the coming weeks to this practice, I am quite sure that you *will* start to experience shifts in your life.

*Why?*

Because our life is the way it is as a result of the perspective we hold on ourselves, others, life and our place in life.

When we introduce new perspectives we increase the richness of the lens through which we perceive reality, in turn increasing the richness of our life experience.

If upon completion of this book you feel that you would like to continue your journey with me by your side, you will find additional resources in the final chapter. These include links to my website and details of my first book, **Reality Unwrapped**.

Whether or not we see each other beyond this book, I wish you the greatest fulfillment and joy throughout this process.

With love,

Esu Nick





REFLECTION 1

# INTENTION



*What is your intention for today?*

*As the creator of your own reality, how would you like it to unfold?*

*Will you choose to be specific, to coddiwomple (move in a vague direction with purpose), or to simply be open to any and all which may arise?*



When you set an intention with heart/mind alignment you make a statement of intent which rings throughout reality. You send the broadcast signal of ‘change’ into the universe, planting the seeds of transformation in your future.

YOU can experience anything you choose.

YOU are only restricted by limiting beliefs and patterns, which are not YOU, just an obstruction you have collected, like dirt on the lens of a telescope.

YOU can clean the lens if you so wish. The first step is making the decision to do so.

If our lens is not clean and we are carrying these restrictions, our broadcast signal will always be distorted in some way.

Yet this does not render the process of setting our intention useless. Quite the opposite in fact.

Pure and authentic intention, held with certainty, has the power to cleanse, to heal, *and* to bring calm.

It is one of the steps in cleaning our lens, In removing these obstructions *so* we can see reality as it truly is...

A playground designed by Us, for Us, for the evolution of Us.

A place to find our Love, our Joy, our Peace.

A divine garden within which we plant the seeds of our deepest desires and dreams.

*How would you like your day to unfold?*





REFLECTION 2

## QUESTIONS TO PONDER



*How do you feel right now?*

*Have you felt this way before?*

*Do you like this feeling?*

*Would you like to feel differently?*

*What led to you feeling this way?*

*What more is possible?*

*What is stopping you from realising unrealised possibilities?*

*How would your life change for the better if these possibilities were realised?*

*What more is available to you right now?*

*Do you feel any limitations in any area of your life?*

*Where do you feel your limitations are?*

*When did you first feel these limitations?*

*What happened to make you feel limited?*

*What if you felt unlimited?*

*What if you knew beyond any doubt that YOU ARE unlimited?*

*How would being limitless allow you to realise anything you want in life?*

*What if being limited or limitless was simply a matter of choice?*

*What if you were the only one who could make that choice for you?*

*What if you realised you hold the key to becoming limitless?*

*How would THAT make you feel?*





### REFLECTION 3

## DEEPEST TRUTH



*If you were to close your eyes and feel into yourself beyond the filter of the mind, what is your deepest truth in this moment?*

*Where does your heart call you today?*

*What would light you up more than anything else?*

*How are you going to sing your song to the world today?*

*In what ways can you express pure, unconditional love to yourself?*

*Where can you find moments to appreciate how magnificent you are?*

*From this place of deep self appreciation and love, how can you radiate this love to all around you?*

*How can your base state of pure Love be a healing power for you?*

*How can your base state of pure Love be a healing power for those around you?*

*How can your base state of pure Love be a healing power for the world?*



You are the highest expression of Love in this reality, a walking miracle capable of anything and everything.

YOU are subject to no limitations you have *not* chosen.

YOU can choose to be limitless; to be all that you KNOW you are.

YOU can make that choice right now; in this, the ever eternal present moment.



I am you, you are me, we are we.



## REFLECTION 4

# IN A WORLD



*In a world of endless possibilities, what is possible for you to experience today?*

*In a world of endless possibilities, how brightly can you shine your light today?*

*In a world of endless possibilities, how magnificent can this day be for you?*



*In a world made primarily of Love, how many ways can you receive Love today?*

*In a world made primarily of Love, how many ways can you give Love today?*

*In a world made primarily of Love, why would you choose to focus on anything else?*



*In a world where YOU are the creator of your reality, how will you allow this day to unfold for you?*

*In a world where YOU are the creator of your reality, how will you embrace your divinity today?*

*In a world where YOU are the creator of your reality, will you use your free will to choose wonder and magic?*



I wish for you that today is what YOU choose it to be.

Fly with the wind today brothers and sisters, I love you <3

A golden sunburst graphic with rays emanating from a central point, framing the text below.

## REFLECTION 5

# JOY



It is common to perceive life as a series of enjoyable and not so enjoyable experiences.

To ‘enjoy’ something is to take delight or pleasure in it, whatever it may be.



When we understand that nothing we can experience is inherently good or bad, we can see that buying into the illusion of good/bad *then* somewhat determines whether we experience it as enjoyable or not enjoyable.

In addition, if we have not looked consciously at something in life and are undecided, we surrender our power and leave this decision to be made through our sensory reaction to it.



As Beings of free will and reality creators of the highest order, this is a choice we each get to make.

If we decide that something is bad, we automatically set ourselves up to experience it as unenjoyable.

If we determine that something is good, we automatically set ourselves up to experience it as enjoyable.



*What have you decided is bad, and subsequently removed your capacity to enjoy?*

*What have you decided is bad that, with further inquiry and a reframe, could be seen as good?*

*What have you decided is bad which is in fact nothing more than an occurrence?*



*What are you as yet undecided on?*

*Where have you surrendered your power to your sensory reaction to the outer world?*

*What areas of your life are yet to be looked at consciously?*



*How could this conscious review of 'what is' bring delight and pleasure into your life?*

*How could this conscious review of 'what is' bring more joy into your life?*

*Will today be the day that you decide to find joy in everything you experience?*



The secret to a truly fulfilling and happy experience of life is to find joy in all things.

I wish for you a day of discovering joy in everything you experience.



## REFLECTION 6

# ASSUMPTIONS



We are all aware of the limitations we create for ourselves when we make assumptions.

*But are we also aware of how many assumptions we make?*

*Are we aware of the assumptions we made so early in life that they are no longer visible to us?*



For example...

The assumption that we should eat three meals per day.

The assumption that we enjoy wearing trousers.

The assumption that we are only ever destined to get more of what we have always got.

While these may seem random, they are actually assumptions I made in my life which, once looked at, seemed to fall away as I realised they were not aligned with me.

Upon noticing them I was able to remove them and replace them with consciously made choices.



I realised that, despite what I had assumed, my body works better with one meal per day.

I realised that, despite what I had assumed, I enjoy wearing sarongs much more than trousers.

I realised that, despite what I had assumed, the quality of life available to me is only limited by my limiting beliefs about what is possible.



I have intentionally chosen three very different examples to demonstrate two things:

1. Any and all assumptions limit our experience of life in one way or another.
2. Replacing any and all assumptions with consciously made choices significantly improves our quality of life.



*Where are you making assumptions in life?*

*How are they holding you back?*

*What else is possible?*





REFLECTION 7

# OPEN MIND & HEART



To be completely open is to be completely exposed.

*Is this a wrongness?*

No, quite the opposite.

In this state we are open to receive all the magic of life.



While it can be beautiful it can be a challenge, because when we open to the enjoyable aspects of life, we also open to the not so enjoyable aspects as well.

We are designed to experience all emotions.

It is not the emotion which is challenging, it is the intensity of emotion which is challenging.

The more open we are, the more we experience the higher realms of intensity.



If we are able to surrender to this, we are able to remove pain associated with intensity, experience the full spectrum of what it is to be human and access the true treasure of life.

Pain in this context, is experienced when we resist this intensity.

Joy is found in surrendering to this intensity.



*Will our emotions be the path to pain or joy?*

We each get to decide for ourselves.



## ANTICIPATION & EXPECTATION



Wise teachers throughout the ages have declared that there is nothing but the present moment. Both future and past are simply an illusion, a figment of the imagination.

To be in the present moment is the only way to be alive. Allowing ourselves to be caught up in the illusion of past or present is akin to being in a dream state, not really here, lost in our imagination.



Anticipation is experienced when we give advanced thought, discussion or treatment to a certain thing.

Expectation is when we then become attached in some way to the initial anticipation.



So, we imagine something which has no real grounding in reality, then become attached to this fantasy becoming a part of our life.

We often attach our contentment, fulfilment and happiness to this, meaning that if this fantasy does not become a part of our reality, we are left discontented, unfulfilled and unhappy.

It all seems rather comical, when we are able to step back and really consider it.



*Why do we find it so very hard to simply be in the present moment?*

*Why do we feel a tendency to dwell on the illusion of the past?*

*Why do we become obsessed with fantasising about an illusory future?*



*Perhaps because we are not content, fulfilled or happy with what we have right now?*

*Perhaps because we cannot let go of the stories we have told ourselves about things we have so far experienced?*

*Perhaps because we have no idea what it is we truly desire?*



*So what is the antidote to this? What is the secret?*

In my experience the most efficient and effective way through this is to be totally immersed in what you are doing right now.

Not in a way that you are doing it while thinking of how great the end result will be.

Not in a way that you are doing it while thinking about how much it will improve your life compared to your past.

But doing it solely for the joy of doing it.



I say it is the most efficient and effective way, but in truth I feel it is the only way.

If you are caught up in the trap of expectation and attachment, lose yourself in the current moment. Do something, anything, that allows you to truly lose yourself.

For me it is writing, when I put pen to paper the illusion of past and future melts away almost instantaneously, as do any associated feelings of stress and anxiety.



I ease gently into the present moment.

I ease gently into peace.

I ease gently into Oneness.

*What is it for you?*



## REFLECTION 9

# NEW LOVE



*Have you ever met a person with whom the connection is so very strong that it becomes almost impossible to think about anything else?*

*Have you ever experienced that, in these moments, the feeling is intense at every level; physical, emotional, mental?*

*Have you ever noticed that, in these moments, our better judgement eludes us?*



This can feel so beautiful, juicy and delicious.

This can feel quite overwhelming.

This can feel a little terrifying.



It is then very easy to be pulled out of the present moment, caught up in ideas of ‘what could be’, thinking many steps ahead about the possibility of a fairytale future.

If we allow this to happen we open ourselves to attachment, at which point we create a web of expectation.

Once we are stuck in this web, it can be very difficult to get out.

Suddenly we start to feel fear of loss, becoming concerned, scared and perhaps even terrified that the vision we have for the future may be taken away from us.



In truth it is just a fantasy we have created. We cannot lose what we do not have.

This is yet another beautiful example of the benefit of staying in the present moment, of not trying to look too many steps ahead and of embracing the only thing which really exists; the eternal Now.

If we are able to do this, we are able to immerse ourselves into the deliciousness of the feeling without creating unnecessary discomfort, and ultimately suffering, for ourselves.



We also remove pressure from the other person.

If we consider this connection to be like a seed we have planted, this seed must be nurtured gently, allowing nature to work its magic.

Creating expectation here is akin to cracking open the seed and trying to force the plant to grow.



*So are we able to be excited about our future without falling into this trap?*

Yes we are, however it is most constructive to do this from a place of anticipation, not expectation.



Expectation is attached. Anticipation is unattached.

Expectation creates fear of loss. Anticipation creates unattached excitement.

Expectation makes conclusions on things we cannot conclude. Anticipation leaves the space open for the river to bend.



Falling in love is the most beautiful experience and something our heart is a master of. It is only the human mind which has a tendency to struggle with it.



REFLECTION 10

# MAKING MAGIC MOMENTS



In life we experience all manner of things.

There comes a time when experience itself becomes a joy regardless of its nature.

There are also experiences which give us a sense of the magic. Experiences which light us up inside and make us feel like anything is possible.

We of course know these as ‘magic moments’.



Magic moments can be something extraordinarily unique such as a cacao ceremony on the top deck of a magical boat, witnessing the birth of your child, your wedding day and other such events.

They can also be the more regular events such as eating a meal with your family, seeing an old friend for the first time in a while or taking a stroll through a forest.

The common thread in all magic moments is presence, a total connection to what is unfolding.



We play our own heartstrings in such a way that we experience a moment of total harmony.

The busyness of life can sometimes take us away from this presence. We can get caught up fussing over something in our past or overthinking something that may occur in our future.

This busyness can block us from experiencing the magic of the current moment, in effect removing the experience of magic from our lives and disconnecting us from the divine presence we always have the potential to be aware of.



It can be a useful exercise to assign time each day to being entirely present. no distractions just full immersion in the moment. We then open the space for magic moments to occur spontaneously, hidden in plain sight in the ordinariness of life.

This practice also conditions us to be in this state more naturally and automatically and we can find ourselves utterly soaked in a warm loving connection to all that is around us. A feeling of total oneness.

So whether big or small, unique or ordinary, exciting or relaxing, I wish you all a day of beautiful magic moments. Have fun playing in this gift of a reality my magical friends.

*Where will you find your magic today?*



## STRUGGLING WITH OUR GIFTS



We are all born with an incredible array of gifts.

Some of us have an understanding of what they are from an early age.

Some of us have to go through a process of remembering in order to uncover them.



I have found this to be quite a struggle in moments.

Facing the enormity of who we will become when we step into our magnificence can be daunting and somewhat overwhelming.

Fear of failure, judgement and scorn can get in the way, creating the perfect breeding ground for self judgement and shame, which is not fun for anybody.

It is not always easy to put ourselves out there but unless we do we are destined to forever live in a self-created box of limitation.



I used to tell myself that I couldn't afford to embrace my gifts, that they were not aligned with the way I earned money, thus to follow them was to neglect my responsibilities.

This could not be further from the truth. While they may not immediately provide us with an income to replace that which we have built, I have found that if we embrace them, everything falls into place and works itself out.



And even if that never happens, even if our gifts never provide us with the material gain we require or desire, they can bring us such joy when we move towards them with loving embrace.

We're all incredibly gifted, often beyond what we could ever comprehend. The fun part of the game is that we get to dance through life, uncovering them along the way, like an adventurer finding lost treasure.

*What gifts are you yet to discover?*

*What gifts are you not expressing to the world?*

*How would your experience of life improve if you were to be in full expression of all of your magnificent gifts?*



## MORE QUESTIONS TO PONDER



*What are you judging yourself for right now?*

*How does it feel?*

*How is it holding you back?*

*Can you see the root of the judgement?*

*Can you see any good which has come of the experience?*

*Can you see any lessons you would not have had, if it had not happened?*

*Has what you learned from those lessons had any positive impact on your life?*

*How does that feel?*

*Is judgement the only possible reaction?*

*Is there another way?*

*What more is possible?*

*Could you love yourself for trying?*

*Could you love yourself for playing the game of life?*

*Could you be thankful that despite falling over, you picked yourself back up again?*

*Can you see that self judgement, and the pain it causes, is a choice?*

*Can you see that only you have the power to choose something different?*

*Can you see that LOVE is always a choice?*

*Can you see just how magnificent you are?*

*What more is possible?*

*Why choose judgement?*

*Why choose pain?*

*Why choose suffering?*

*Instead, why not choose LOVE?*

*How would life be different if you chose to thank yourself for trying?*

*How would life be different if you chose to LOVE yourself?*





## HASTE & REST



*Have you noticed that sometimes you feel full of energy, ready for anything?*

*Have you noticed that sometimes you feel devoid of energy, ready for nothing more than rest?*

*Have you noticed that you have a tendency to switch between these states without warning?*



It is common in our ‘get things done’ culture to see this as a problem, as if we always have to be out there in full productivity mode.

The problem here is not you, it is the cultural belief that a ‘get things done’ state is the only way to be.

We live in a cyclical reality. Meaning that the algorithm of this reality, the simulation if you will, is driven forward by repeating cycles.

I call these Reality Cycles.

We can observe them everywhere, inside us, outside us, everywhere.

We may choose to ignore them, but they are still there. It is like choosing to ignore the rain: the clouds don't care if you observe them or not, you are still going to get wet.

If we come to see our times of action as breathing out, we realise that we cannot breathe out forever.

Once fully exhaled we inhale, taking a deep nourishing breath.

We could observe the inhalation side of the cycle of breathing as times of rest.

When we see it through this lens, we realise that both sides of the cycle are just as important as each other, two sides of the same coin, one cannot exist without the other.

It is oh so common to judge ourselves when we are not able to take the action we usually can.

In these moments there is nothing to do other than surrender to this naturally occurring Reality Cycle.



No self judgement.

No attachment to what society says should be.

No resistance.



Only acceptance.

Only surrender.

Only self Love.



However you are feeling today, ready to take on the world or not, know that you are perfect: it can be no other way.



REFLECTION 14

## THE NEED TO HURRY



*How annoying is it having to wait for the things we REALLY desire?!*

*In those moments, how much are we tempted to force the issue in an attempt to speed up the process?*

*When applying force, how often do we get exactly what we desire?*

*How often do we not?*

*When we do not force it, how often do we get exactly what we desire and a whole lot more?*



We are a part of nature.

Wise people throughout the ages have advised us that to really understand life we need only look to nature.

Let us take the example of the oak tree.

This big, strong, glorious miracle of nature, able to stand up to the most intense of conditions and come out the other side just as strong and beautiful. Safe and secure.

By comparison, when an acorn has recently taken root and a young sapling appears, it may still be a glorious miracle of nature, but it is by no means as strong and sturdy as the mature oak.

Of course it is durable in its own way but it is by no means the immovable object it may one day become.

Now, excluding deforestation, I think it is fair to say that far more saplings perish to natural causes than mature oak trees do.



If Mother Nature adopted the human way of looking at things, specifically the need to hurry, then she would surely try to force the development of the sapling, rushing it into maturity.

But she does not.

She allows the growth of the sapling to unfold.

*Why is this?*

Well we could observe the fact that in physical matter reality all things are subject to space-time, and that is just the way it is.

But that doesn't add up, because if she wanted to do this she would have made the change through evolution during the c.35 million years oak-like trees have been present on earth.



I feel that the reason is that the destination of any journey is not the point, it is every little twist and turn along the way which is the point, because it is these little twists and turns which form the distinctive path of causality which ultimately creates an unrepeatably final destination.

They say that the strongest trees grow in the strongest winds. I guess Mother Nature realises the value in the many hard winters the oak tree may have to face, knowing that the experience of those times forges a far more magnificent end result.

And this brings me back to us and the things that we may wish would unfold faster.



*Is it wise to wish away those hard winters which make the destination far more complete and beautiful?*

*Or is it wiser to embrace the natural process of causality?*

*If we do this and surrender to the natural unfolding of life, are we destined to experience and receive so much more than we could have hoped for from the outset?*

This I guess is for each of us to decide for ourselves, as is the beautiful nature of free will.



## WHAT WOULD YOU TRY IF YOU HAD NO FEAR?



*What do you currently avoid doing because of fear?*

*What opportunity are you yet to take because of fear?*

*What joy is being left unrealised in your life because of fear?*



Often the fear we feel toward something is nothing more than the result of a limiting belief we have, which was created when we made a conclusion about an experience we had.

It is not a wrongness that this occurred, it is actually quite magnificent as this limiting belief would have served us in some way at some time.

However, what served us yesterday can hinder us today.



*What fear have you not consciously looked at?*

*How could your life be different if this fear was not within you?*

*When will you look at this fear, when will you decide to change this pattern in your life?*



It is said that insight lies on the other side of fear.

It is said that liberation lies on the other side of our greatest fear.

It is said that true freedom comes when we release all fear.



*Will today bring you insight?*

*Will today bring you liberation?*

*Will today bring you true freedom?*



Whatever today may bring I know you will embrace it all, because you are magnificent beyond words, divine beyond imagination and Love beyond condition.



REFLECTION 16

## SAYING GOODBYE



It can be hard to say goodbye.

It can be hard to say goodbye to a situation in your life: a job or a home you love.

It can be hard to say goodbye to good friends on the back of a wonderful experience together.

It can be hard to say goodbye to an intimate partner who has decided their path is with another.

It can be hard to say goodbye to a loved one who has moved to the next level of the game.



*Why is saying goodbye so hard?*

*Why can it leave us feeling broken?*

*Why can it leave us feeling hollow, an empty shell compared to how we used to feel?*



We can speculate endlessly, but when we boil it down we are often left with three simple things...

Attachment to that which has left our lives.

Resistance to the wheel of life turning.

Judgement of ourselves, others or the universe on the whole for how things have unfolded.



*Does it serve us to feel this way?*

*Does it serve anybody for us to feel this way?*

*Does it support us in finding our way back to Love, Joy & Peace?*



These are questions we can each answer for ourselves.

However we answer them there is one underlying truth.

It is still a choice how you feel in these moments.

I appreciate that may seem insensitive with regard to the more intense situations.

But the mechanism beneath low intensity and high intensity situations remains the same.

It is only different in the human mind.



*In the most intense situations, how do we release attachment, resistance and judgement?*

*In the most intense situations, how do we transcend the pain and suffering these things can cause?*

*In the most intense situations, how do we make a different choice?*



The first step is to let go of any stories we are telling ourselves about ‘the way things should have been’.

The second step is to find gratitude for the experiences we had with that which has left our lives.

The third step is to love ourselves, to reflect any love we feel for what we perceive we have lost back onto ourselves.

As always, I can only share from my experience, and that is all this is.

The presence of this awareness allowed me to navigate grief in a way I had previously thought to be impossible.

If it can do the same for just one other person then I will consider this sharing a success.





## REFLECTION 17

# GOOD ENOUGH



*Do you ever get that feeling that you are not quite good enough, but can't figure out how or why?*

*It is not in relation to anything in particular, you just feel insufficient?*

*You can think of reasons and tell yourself victim stories which make them the reason, but you know really they are not, you just don't feel great?*



I've always experienced these moments.

Way back when I was doing no work on myself.

And even right now, at the exact moment I am writing this.

These moments used to take me down.

I would either wallow in them, sinking ever deeper into a seemingly never-ending pit of despair or I would find something to distract

myself from the feeling, usually something which ended up being destructive for my physical and mental wellbeing in the long run.

These periods could last hours, days, even weeks.



I used to identify with my feelings, seeing no distinction between them and myself.

If I experienced the feeling of not being good enough, I would say “I am not good enough”.

If I experienced the feeling of sadness, I would say “I am sad”.

If I experienced the feeling of fear, I would say “I am scared”.



We know the power of anything which follows the words “I am”.

We know that these words are incredibly powerful.

We know they send a broadcast signal out into reality, and deep inside as well.

We encode the outer world to respond to them.

We program the inner world to embody them.

We become them.



There is a big difference for me now, which has entirely changed my experience of life.

If I experience the feeling of not being good enough, I say “I am experiencing the feeling of not being good enough”.

If I experience the feeling of sadness, I say “I am experiencing the feeling of sadness”.

If I experience the feeling of fear, I say “I am experiencing the feeling of fear”.



While these may seem like small linguistic shifts, they change everything.

We are no longer identifying with the feeling.

We are no longer making it a permanent fixture in our reality.

We are no longer surrendering our power as reality creators.

Our words are powerful, they serve to shape reality in both our inner and outer worlds.

By bringing greater awareness to them we are able to consciously craft a different experience of life.



*Do you find that when less than enjoyable feelings arise, they have a tendency to hang around a bit too long?*

*Do you notice that you are entangling your identity with a transient feeling?*

*Have you had enough of operating in this way?*





## THE ILLUSION OF BETRAYAL



It is not possible for another person to betray you, it is only possible for you to betray yourself by placing obligation and expectation onto another.

This does not mean that it is OK to let other people do what they please to you, unless of course that is what you would like.

Rather than placing obligation, and the expectation they meet it, onto a person, you can create clearly defined boundaries.



Understand that, at times, people will cross these boundaries. In these moments, it is appropriate to tell them “this is not OK”.

But also understand, it is not a betrayal of you if they do cross your boundarie. It is simply an example of them playing out the starring role in the movie of their life.

To say “I was betrayed”, or, “they betrayed me”, is a story fuelled by victimhood and does not serve you in the slightest.



The question you then have to ask yourself is, “In the movie of my life, what do I value more, the presence of this person, or the integrity of my boundaries?”

You are then able to determine your next step in the situation without getting caught up in the emotional entanglement which inevitably follows the idea that we have been betrayed.

If you have bought into the illusion of betrayal, do not judge yourself. We have built societies where the illusion feels ever so real. Your reaction was perfect in the moment in order to feel the *pain* of the illusion, which is precisely the fuel required to transcend it.



In intimate relationships, there is something else to consider...

For betrayal to be a possibility, it suggests that there are rules or conditions which can be betrayed.

Which suggests that the relationship is conditional.

While unconditional Love can exist in a relationship based on conditions, just as a rose can grow in a swamp, it is not the ideal environment.

Thus, to buy into the illusion of betrayal is to pre-install it in every relationship we have.



This , of course, is not a wrongness: we can do whatever we wish.

However, if you desire to experience the most expansive, unlimited, undistorted feeling of unconditional love, it makes sense to put down the illusion of betrayal.



## REFLECTION 19

# RECEIVE



*Are you happy to receive?*

*Are you open to receiving?*

*Or, do you resist receiving?*



Abundance of all varieties is there for us all.

Abundance of experience.

Abundance of resources.

Abundance of Love.

Abundance of Peace.

Abundance of Joy.



It is very 'human' to believe that we must strive for all we have.  
That we must take on the world to get what we most desire.  
That we have to sacrifice what is most sacred to us.



*Where are you fighting reality to get what you desire?*

*Where are you making life harder for yourself than it needs to be?*

*Where are you making sacrifices you don't need to be making?*



Often our resistance to receiving stems from a lack of worthiness.

We cannot fully receive if we have judged ourselves as not being truly worthy of the things we desire.

This lack of worthiness pushes our desires away.

We then expend time and energy chasing them.

We play a never ending game of chasing and not getting.

Like a dog chasing its tail.



*As a divine Being, how could you ever be anything less than worthy?*

*How could you be anything less than perfect?*

*How could you be anything less?*



*Are you ready to let go of the limiting beliefs which keep you in this loop?*

*Are you ready to drop all resistance and open to the abundance waiting to arrive in your life?*

*Are you ready?*



For the ego to realise its worthiness, the Self must accept the divinity and magnificence that the ego truly is.

For the Self to accept its worthiness the ego must drop the stories of limitation and lack collected through a lifetime.

Ego and Self have a symbiotic relationship, like two dance partners.

When they learn to dance together EVERYTHING changes, and it is a very beautiful thing.





## REFLECTION 20

# SENSATIONS



To enjoy the sensations of the flesh is to allow ourselves to experience and understand the nature of sensation.

This paves the way for us to experience the more subtle, non physical sensations available to us.



*Where do you deny yourself the experience of the sensations of the flesh?*

*Where do you allow yourself the experience of the sensations of the flesh?*



To become obsessed by, and attached to, the sensations of the flesh is to blind ourselves to the more subtle experiences available to us.

This limits our exposure to the full spectrum of what is available.



*Where have you become obsessed with the sensations of the flesh?*

*Where have you become attached to the sensations of the flesh?*



If we're able to stay unattached, it represents a deeply beautiful path.

A path to heightened awareness and the experiential riches are available to us in this reality.

This is another example of the importance of finding the middle road, being conscious not to get stuck in either extreme.



*Can you see any area of your life where you are stuck in one of the extremes, either denying or obsessively over indulging?*

*Can you see the potential limitations this is creating in your experience of life?*

*Do you feel that finding the middle road represents a path of healing, transformation and awakening?*



You are a divine flower growing in the garden of creation.

You came here to flourish.

You came here to blossom.



## LIMITING BELIEFS



*Do you have limiting beliefs?*

*Do you have the limiting belief that you are unable to remove these limiting beliefs?*

*Do you have a limiting belief which says that 'limiting beliefs do not exist'?*

*Do you have the belief that my questions are a projection of my limiting beliefs?*

*What even is a limiting belief?*

*How would you go about identifying one?*



A 'limiting belief' is a belief you have about yourself that restricts you in some way.

These beliefs are often inaccurate conclusions you make about yourself that can result in a limited and constricted experience of life.

Here are three constructive ways to identify limiting beliefs in your life...

- Look at your general beliefs and ask yourself this question for each...

*“Is this belief helping my life expand or holding me back in some way?”*

- Looking at your behaviour in life and, where you can see that you have been anything less than you would like to be, it is safe to assume that there is a limiting belief underlying the behaviour? Then ask yourself...

*“What belief influences me in situations like this?”*

- Look at areas of life you find challenging; is it health, relationships, money, etc.? The challenges you experience in a particular area are most likely caused by a limiting belief of some kind. You can then ask yourself...

*“What conclusions have I made about my ability to express myself in this area of life?”*



This is a process of self inquiry and one which is good to integrate into a daily practice, because we may come to find that over the years we have collected many layers of limiting beliefs.

Now of course we all have to do our own work, but that does not mean we have to do our work on our own.

Having people around you: friends, guides and mentors, who can hold a mirror up to you, become an invaluable asset in this process.

*Why?*

Because often we cannot see these beliefs.

Like the fish who has no awareness of water, as it is all it knows.

It would require someone looking from outside to point out that the water exists.



I cannot imagine that you would like to experience a life of carrying limitations with you wherever you go.

I cannot imagine that you would like to limit your potential to experience all life has to offer.

I cannot imagine that you would like to keep your limiting beliefs.



So I ask you...

*What is stopping you from making the commitment to yourself to release your limiting beliefs right now?*

*What is stopping you from taking a huge step toward limitless living?*

*What is stopping you?*



REFLECTION 22

## FEELING DIFFERENT



*Do you ever have those days where you feel untouchable - almost invincible?*

*Do you ever have those days where you feel totally exposed, naked to the world around you and desperate to hide away?*

*Do you ever have those days where you feel nothing but emptiness and cannot inspire yourself to do anything?*



We live in a cyclical reality.

Reality Cycles will continue to turn whether we like it or not.

Our capacity to truly accept ourselves is impacted by our acceptance of the Cycles.



*Do you ever have those days where nothing anybody else says or does can impact or effect you?*

*Do you ever have those days where you are totally consumed by what other people think of you?*

*Do you ever have those days where you feel nothing; where you are so defeated you can barely bring yourself to look another person in the eye?*



We are *meant* to cycle between different states.

While some sides of a cycle may feel more enjoyable than others, all are beneficial.

If you are moving between states, while it can be ungrounding, know that it is divine.

Your system is recalibrating, cleansing and/or upgrading in one way or another.

Each state we can embody has certain energetic qualities.

Each state we can embody has its cyclical opposite.



In some states we collect more heavy energy, in other states we release such energy.

In some states we collect more inspirational insight, in other states we turn that insight into action.

In some states we can channel great power through laser point focus, in others we can absorb universal life force through a relinquishing of all focus.



If we align without resistance, these cycles guide us forward on our natural path of growth and transformation.

It is only when we resist them that we begin to experience difficulties in life.

For most people, this resistance is a result of not knowing about Reality Cycles.



*You and 'your ways' are divinely beautiful. Why would you ever let anybody tell you otherwise?*

*You and 'your ways' are divinely beautiful. Why would you ever allow life experience to force you to believe anything different?*

*You and 'your ways' are divinely beautiful. Why would you ever let your little inner voice tell you otherwise?*





## REFLECTION 23

# THE REAL YOU



*How well do you know You?*

*Could you describe You?*

*Have you ever even met You?*



Your authentic self is always one step prior to any learned perspective you have of yourself.

Your authentic self is the elusive ‘obvious’ which bears witness to all that unfolds.

Your authentic self is never changing, always unchanged.



This is why the only reliable thing to ground into is your authentic self.

Nothing else in this reality is permanent, so if you are leaning on it, it will break and you will fall eventually.

When connected to your authentic self, and grounded into that state of Being, you find divine stability.



Move into a meditative state, with gentle rested breathing.

Bring your attention to the centre of your forehead.

Repeat the word 'me'. Every time you do, allow your focus to move into your head, stepping further back with every repetition.



Every time you repeat the word, step back again.

Step backwards until you reach the centre of your head, and cannot go any further.

There, you will uncover a perfectly undistorted Being, free of any perceived limitation.

Free of all learned identity.

Free of all learned limitation.

Free of all.



*Where will you choose to place your focus?*

*What will you choose to accept?*

*What will you see?*



Seeing is believing.

Whether or not it's true is your point of view.

Whether or not you accept it is your choice.

Whether or not it changes your life, who knows?



## REFLECTION 24

# HIDDEN GIFTS



We often walk around with the pain of unrealised potential and broken dreams weighing us down.

Preventing us from following our hearts, from doing what we want to do, from living our dreams.

We are often so caught up in the drama of the stories we tell ourselves about how our life has unfolded that we are unable to see them for what they are.

Unable to see them as simply ‘stories’.

Unable to understand the teaching.

Unable to learn the lesson.

When we let go these pains wash away with ease and, as if it were their divine purpose to do so, they leave us effortlessly and in a better state than they found us.



It sounds too easy. To simply let go.

It takes courage.

And for each of us it is different.



I can only speak for myself.

Like any lesson we must learn, we are pushed.

Pushed into places we do not want to be.

Everyone goes through this, however we can still feel alone.

It is easy in those moments to feel the world is against us.

Like we are the only ones suffering even though we know this is not true.



*Is it not, however, in our darkest hours that our greatest lessons are learnt?*

*When we are forced outside of our comfort zone do we sink or swim?*

*When all looks to be hopeless, is this not when we see the glimmering light of transformation ahead of us?*



Perception. Is. Everything.

Once perception changes what we once thought to be obstacles become our most valuable assets.

Opportunities for experience.

Opportunities to learn.

Opportunities to grow.

Opportunities to forgive.

Opportunities to love.

Opportunities to live our dreams.

Don't miss the beauty and power in what is right in front of you because you are looking at it in a less than constructive way.



The world is ready for you to reach your fullest expression.

Awaiting your full incarnation into your limitless self.

*Will you embrace the beautiful light that you are and radiate your magnificence today?*





## MASCULINE & FEMININE DANCE



*How connected are you to your feminine energy?*

*How connected are you to your masculine energy?*

*How do they balance in your inner world?*



*How comfortable are you expressing your feminine energy?*

*How comfortable are you expressing your masculine energy?*

*How do they express in your outer world?*



Feminine energy is the creative flow which emanates from our inner world.

It is the ever moving, un-manifest stream of divinity.

It is the divine inspiration behind all creation.



Masculine energy is the action which expresses in our outer world.

It is the assertive, manifest action.

It is where the rubber hits the road.



Feminine energy is the creativity behind a beautiful painting, masculine energy puts brush to paper.

Feminine energy inspires us to dance, masculine energy places our feet where they need to go.

Feminine energy rouses us to kiss the lips of our love, masculine energy animates the body to make it possible.



When we understand these two energies in this way, their symbiotic nature becomes obvious.

When we accept these two divine sides of our Being, we move toward a state of pure flow.

When we embody these two aspects of creation, we can fully express ourselves in reality.



*Where in your life can you see that you are not connected to your feminine energy?*

*Where in your life can you see that you are not connected to your masculine energy?*

*How would your life change if you allowed these two energies to dance their way into your reality?*





## REFLECTION 26

# OUR SHADOW



When our light truly shines it is magnificent.

We beam our brilliance into reality.

When we are shining it is clear for all to see, and can be felt at many different levels.



However, our light is only one half of this coin of duality.

Without the other half our light could not exist.

Just as beautiful as our light is our shadow.



*What is our shadow?*

*How does it affect us?*

*How and why is it beautiful?*



Our shadow is an unconscious aspect of our personality.

Our shadow does not align with the picture that ego created for itself, leading us to resist, suppress and repress it.

Our shadow is the disowned and discarded aspects of ourselves.



An unexamined shadow leads us to create limiting patterns which allow us to avoid looking at it.

An unexamined shadow creates many trigger points.

An unexamined shadow distorts our ability to perceive reality as it truly is.



Within our shadow can be found the keys to our doors of greatness.

Within our shadow can be found gifts beyond what we could ever perceive.

Within our shadow can be found our salvation, liberation and joy.



*How can we truly know ourselves until we examine, accept, and integrate our shadow?*

*How can we expect to experience all that life has to offer us if we continue to reject this innate part of ourselves?*

*How can we discover our highest potential for Love, Joy and Peace while rejecting parts of our inner world?*



Once we embrace our shadow, we embody our true nature.

Once we embrace our shadow, we move toward full incarnation of our highest expression.

Once we embrace our shadow, we move into a realm of infinite potential.



## REFLECTION 27

# TIME PHONE



Imagine for a moment if you will that I came to you today with a magical phone.

With this magical phone you can call yourself at any age throughout your life.

Now imagine that I invite you to call the fifteen year old version of you.



*What would you say?*

*What message would you have to give?*

*What emotions would you express to that version of you?*



Perhaps, “Don’t worry, everything is going to be ok”

Perhaps, “You will overcome the fears & challenges you have right now”

Perhaps, “Keep going, life will unfold in the most beautiful of ways”



Now cast your mind ten years into the future to 2033.

At that time I approach you again with the same magical phone.

I invite you to call the version of you now, the version of you reading this message.



*What would you say?*

*What message would you have to give?*

*What emotions would you express to this version of you?*



Perhaps, “Don’t worry, everything is going to be ok”

Perhaps, “You will overcome the fears & challenges you have right now”

Perhaps, “Keep going, life will unfold in the most beautiful of ways”



Things often seem far easier in retrospect.

With hindsight we can see that the challenges we perceive often melt away, even if it doesn't feel that way in the moment they are occurring.

With the wisdom gained through experience we can observe that challenges are not obstacles on our journey, **they are the journey.**



*What challenges are you dealing with right now which seem insurmountable?*

*What difficulties are you dealing with right now for which you can see no resolution?*

*What suffering are you dealing with right now, that would dissolve away with the hindsight you will have in ten years time?*



Time is but an illusion.

Fear and suffering are but a choice.

Love and Joy are more constructive and enjoyable choices.



There is no need for the illusory wheel of time to turn before we make a different choice.

There is no need to remain in fear and suffering if we are ready to make a different choice.

There is no need to experience anything other than Love and Joy if we are ready to make a different choice.



Today I invite you to transcend the illusion of time and adopt the perspective you will have ten years from now.

Today I invite you to give yourself the gift of wisdom you will attain in the years to come.

Today I invite you to dissolve any fear and suffering you are currently experiencing.



Today I invite you to choose Love and Joy.

Today I invite you to choose to embody the greatest expression of your Being.

Today I invite you to choose.



## THE MUSIC OF YOUR SOUL'S PURPOSE



“Those who were seen dancing were thought to be insane by those who could not hear the music.”



As a young man I hid away from the world a lot.

I could always feel a calling to express myself more.

Even louder was the inner voice telling me to resist the calling as I would be judged.



So I would do things just to conform.

It was like I was playing a character, acting in a way which would allow me to fit in.

I wasn't good at it. It was so inauthentic to me and it made me terribly unhappy.



I thought I was broken in some way. “Why do people around me seem to be able to function so well in this system yet I cannot?” I would ask myself.

I would numb my mind with pointless activities: alcohol, recreational drugs...and pretty much anything to silence the voice within which shouted with ever louder volume, “THIS IS NOT YOU!”.

When I take a moment to look back at those times, at younger me, I would like to give that guy a huge hug. Because I know how confused he was, how he judged himself and blamed himself for every incongruence he experienced with the world around him.



I would like to tell him, ‘it will be OK’. I yearn to save him.

But if given that chance I wouldn't because, while painful and tough at the time, those moments of struggle were what created the depth of appreciation I now feel for the way my life has unfolded.

The freedom of mind, heart, spirit and action I have right now is liberating.



I am me.

Not only am I me, I am unapologetically me. Unconditionally me. Uncompromisingly me.

I'm authentic to the song of my soul which I am now comfortable to dance to regardless of where I am or who I am with.



Anyone who would like more than anything to be able to dance to their own song like an excited child on the morning of their birthday but is scared to do so, I invite you to remember...

This is your song.

This is your dance.

This is your life.

Dance away my beautiful brothers and sisters.



## BOUNDARIES



*What is a boundary?*

Some people will tell you a boundary is an essential tool in protecting yourself.

Other people will tell you a boundary is something we use to keep us from looking at something that would be constructive to look at.

Different people will tell you having boundaries is akin to spiritual bypassing.



*All interesting points of view but what is it for you?*

I can see how what is intended as a boundary could fall into any of the categories above.

A boundary could become a great way to protect myself from something I perceive as being dangerous.

A boundary could become a great way for me to justify not looking at an area of life which requires my attention.

A boundary could become a great way to build a bubble around me, so that I avoid having to do any work on myself.

*So, if it can be all of the above, how do we know if our boundaries are beneficial or not?*



A well established boundary is like the cabin of an aeroplane. At first glance it may stop us from walking beyond it onto the clouds, but when we look a little closer we see that it is what is keeping us in the air. Without it we would not be flying.

A poorly established boundary is like wearing cement boots. We feel heavier with it, as though we could be experiencing so much more without it. However, with it being so common for us to fear our own magnificence, we can sometimes feel safer when the concrete boots are stopping us from running as fast as we possibly could.

There exist some boundaries which we have not chosen for ourselves. These can feel even more ingrained and even more like ‘just the way it is’.



*Where do you have boundaries which you feel are holding you back?*

*Were these boundaries chosen for you or by you?*

*Do these boundaries serve you?*

*Could you choose to establish a new, more constructive boundary?*

*How does your life change if you do this?*

*How does your life stagnate, or even retract, if you do not do this?*



*How free are you going to be today...?*

*...how limitless will your experience of life be...?*

*...how much can you embrace the experience of experiencing?*





## REFLECTION 30

# THE ROOT OF SENSATION



One of my most painful experiences in life to date became one of my most profoundly insightful.

I found myself in deep despair, hurting in every way I could imagine.

This occurrence a few years ago turned out to be one of my greatest gifts.



*Have you noticed this in your life?*

*That in your darkest days, you find your greatest lessons?*

*That these moments of despair take you so far from your usual way of seeing things, that you instantly gain an entirely new perspective?*



I came to appreciate suffering as I do joy.

They are simply different flavours of the same drink delivered by the emotional bartender within us all.

Breathless, anxious, exhausting yet exhilarating moments exist in both.

Sleepless nights, tearful eyes and overwhelming nausea are yet more similarities.



*What is the difference here?*

Stories.

The stories we have attached to each emotion.



There exists a vibrational difference between suffering and joy.

What **I am not** referring to here is a person's state of consciousness.

What **I am** referring to here is the temporary emotions we feel within us.



I prefer love over pain like I prefer a bright sunny day over a grey rainy one; I know where I'd rather be but I see the importance and innate beauty in both.

In moments when tears stream down my face I try to step back from the detail and feel the raw emotion, the spirit beneath the mixer.

Something very funny happened inside me when I cut through the illusion of 'good emotion and bad emotions' for the first time.



The colour of everything in my mind balanced and there was less division and separation.

There was a state of inner oneness, of completion within my Being.

This was followed by a sensation of complete integration of all my parts, light and dark.



*What conclusions have you made about each emotion?*

*What stories have been created as a result of these conclusions?*

*How are these stories impacting you when you experience each emotion?*



*Which emotions are you resisting?*

*Which emotions are you judging?*

*Which emotions are you attached to?*



*How would your life change if you began releasing all resistance to emotions?*

*How would your life change if you began releasing all judgement of emotions?*

*How would your life change if you began releasing all attachment to emotions?*



REFLECTION 31

## CREATIVITY



*How do you find creativity?*

*How do you allow creativity to find you?*

*How does creativity influence your life?*



*What is creativity to you?*

*Is it a feeling?*

*Is it a power?*

*Is it an expression?*

*Is it a spirit?*

*Is it 'the creator'?*



*Where do you see a lack of creativity in your life?*

*Where do you see an abundance of creativity in your life?*

*Where do you see the potential for more creativity in your life?*



You are an incredibly powerful Being, with access to limitless creativity.

You are unbound in your capacity to be the embodiment of creative flow.

Your potential for greatness knows no limits.



Love is your natural state.

Creativity is Love.

You are Creativity.



The only way you can **not** be creative is if you are **not** allowing yourself to be.

Because it is who you are, beneath all the layers.

*Are you allowing your pure creativity to shine through?*



*What are you resisting which is stopping your creative flow?*

*What are you judging which is stopping your creative flow?*

*What are you attached to which is stopping your creative flow?*



Love is your natural state. Creativity is Love. You are Creativity.



## CREATIVE COMMUNICATION



*Where do you communicate from?*

This may sound like an odd question.

“My mouth,” would be a sensible answer.



What I mean is, *are you aware of where the message is emanating from?*

*Who is communicating?*

*Is it you, You or someone else?*



There are three places we can communicate from and depending on our level of consciousness we can be bound to just one.

We can communicate from our limiting beliefs and patterns.

We can communicate from a clear mind.

We can allow the words to come through us.



Our limiting beliefs and patterns are like filters.

Our experience of life and capacity to express ourselves must first pass through these filters.

When we communicate through these limiting beliefs and patterns we become a mouthpiece for their views.



We communicate from a clear mind when we are able to transcend any limiting beliefs and patterns.

We communicate through the lens of Reason.

We are objective in our communication, able to find workability. We can sometimes lack creativity here.



When we allow the words to come through us, they become a representation of pure creativity and the verbal expression of our authenticity.

They are passing through no filter as we have stopped all resistance and simply allowed them to flow.

We experience a stream of consciousness.



When the words come through us they resonate with people's minds.

Beyond the words, they resonate with peoples hearts.

Beneath that, they resonate with people's Being.



*Where do you communicate from?*

*Does this change depending on where you are?*

*Does this change depending on who you are communicating with?*



*How does it feel when you communicate through limiting beliefs and patterns?*

*How does it feel when you communicate from a clear mind?*

*How does it feel when you communicate by allowing the words to come through you?*



You can choose how you would like to communicate.

You can choose how you would like to express yourself.

*What will you choose?*



## REFLECTION 33

# PRESENCE



*How present are you when communicating with another person?*

*Do you find yourself thinking about what you will say next, rather than listening?*

*Do you feel as though this differs depending on the person you are speaking with?*



*Can you think of a time when a person was completely present with you?*

*Can you remember how that felt?*

*Can you take a moment to connect to that feeling now?*



Being absolutely present with another person is a great gift to both of you.

They experience full acknowledgement.

You experience connection beyond limitation.



*Do you notice that your ability to be present changes at different times of the day?*

*Do you notice that your ability to be present changes in different places?*

*Do you notice that your ability to be present changes with different people?*



Our capacity to bring absolute presence to another is a mirror of our capacity to bring absolute presence to ourselves.

If we are struggling to be with ourselves, to find the necessary silence to explore the inner world, connection with others offers a valuable path to growth.

It is a particularly beautiful path as it will also bring us many new connections and experiences.



*How present are you with other people?*

*How present are you with yourself?*

*How present are you with life?*



## REFLECTION 34

# YOUR STABLE



There are many ways for us to view life.

My personal favourite is that life is one big game within which there are many smaller games.

We are all subject to the big game because we are all alive.

The smaller games are not all mandatory; some are optional.

The mandatory games are health, money, relationships & meaning.



*Why are they mandatory?*

Because while you may **choose** not to play them consciously, you are still playing them.

If you have a physical body, you are playing the health game.

If you require a roof over your head and food on your table to survive, you are playing the money game.

If you desire to have relationships with other people, yourself or even the environment around you, you are playing the relationship game.

If you are striving to experience true fulfilment and joy in life, you are playing the meaning game.



*What is an optional game?*

This is a game we can choose to play or not.

For example, the career game is one.

The parenthood game is another.

The fame game yet another.

The list goes on and on.

Each one of these games is optional. If you choose not to play it then you do not have to.



Let us focus on the mandatory games of life.

While they are each a separate game, they are all inherently connected through us.

Thus, it is not possible for us to ignore one of these games without it having a detrimental effect on the other games and, in turn, our overall experience of life.



A useful metaphor is to see each of these mandatory games as a horse.

These four horses are pulling a carriage that represents our life.

In order to get to where we would like to go it is essential that all horses are pulling in the same direction.



A horse pulls in the correct direction when nurtured and often the incorrect direction when neglected.

A neglected horse may randomly find the correct direction but mostly it will not.

A nurtured horse will always find the correct direction.



If one horse is not pulling in the correct direction, then it doesn't matter how hard the other horses try, they will always be restricted on how far they can take us.

When all horses are pulling in the same direction we experience a significant expansion in our life: unrestricted growth.

With some guided self analysis, most people can attribute their life not being the way they desire it to be to one of their horses pulling in a direction that doesn't serve what they desire.



If you are amazing with money and relationships, but your health is terrible the upside of your life experience will always be limited.

If you are amazing with money and health, but your relationships are chaotic the upside of your life experience will always be limited.

If you are amazing with relationships and health, but your financial situation is a mess the upside of your life experience will always be limited.

If you are amazing with health, relationships and money, however your life is devoid of any real, authentic meaning, the upside of your life experience will always be limited.



Exponential growth is found in balancing these four games.

Greater life experience is found in balancing these four games.

The greatest potential for Joy is found in balancing these four games.



We can easily check in to this each day by visiting our stable.

We can address each horse and ask, *'what can I do to support your expansion today?'*

*'Hi Health Game, how can I best support your expansion today?'*

*'Hi Money Game, how can I best support your expansion today?'*

*‘Hi Relationship Game, how can I best support your expansion today?’*

*‘Hi Meaning Game, how can I best support your expansion today?’*


This will support you in simplifying these areas of your life, provide an opportunity to check in with each one daily and act whenever there is something to act upon.



If we neglect our stable we are setting ourselves up for unnecessary challenges in one or more areas of our life.

If nurture our stable we are setting ourselves up for the greatest possible expansion in our life.

It is a choice we each have to make. *What will you choose today?*



REFLECTION 35

## WHO LIGHTS YOU UP?



*Who in your life really lights you up?*

It could be in a romantic way.

It could be in an inspirational way.

It could be in any way.

*Can you think of someone now, whose presence alone is enough to completely change your state for the better?*



Let us take a moment to express gratitude for this person.

Let us take a moment to express gratitude to ourselves for being receptive to their positive effect.

Let us take a moment to express gratitude to the greater potential this carries.



*What greater potential?*

The feeling which the other person has triggered in you is yours.

While they may have triggered it, it is yours to feel in any moment, at any time.



This is the same with every feeling that is generated within you. Something in the outer world simply pushes the right buttons.

*What does this mean?*

It means we are able to access any feeling through conscious choice to do so, both that which we would consider enjoyable and not so enjoyable.



We see this all over the world.

When we choose to see bad, we experience bad.

When we choose to see good, we experience good.



Due to the abstract nature of emotions it may be challenging, if not impossible, to consciously choose a feeling which the outer world hasn't first triggered.

*What does this mean?*

You have direct access to every feeling you have ever experienced. If you would like to expand your scope of feeling you require new experience.



*Why is this useful?*

Because this is the doorway to becoming the master of our emotional response, transcending the influence the outer world has on us and being able to express ourselves in whichever way ignites our heart the most.

This at least is why I think it is useful.



*But how?*

When we start to ‘see’ the almost mechanical nature of the outer-world-stimuli to emotional-response process, we peer behind the curtain.

We can begin to learn how this mechanism works.

This learning brings with it a choice...

*Will I use this awareness to consciously manage my relationship to my emotions?*

This is a question for each us to answer for ourselves.



REFLECTION 36

# ENCOURAGEMENT



When I am in the presence of one person giving meaningful encouragement to another, I feel a special kind of gratitude.

To ‘encourage’ means to ‘inspire courage’, which points to something beautifully profound about this act.

For anyone familiar with the work of Dr David Hawkins, you may know he believes that courage holds a very special place and serves a very special role in a person’s growth and maturation.



The very special place I refer to that courage holds, is the transition point between Force & Power.

The very special role I refer to that courage serves, is the vehicle a person can use to transcend Force and move into Power.

When we are in a state of Force life is tough; we are swimming against the tide and the world can seem like a scary, evil place.

When we are in a state of Power, life is easeful: we are flowing with the tide and the world can seem like a joyous, loving place.



So, while it is valuable for us to experience the entire spectrum of emotion, it is clear that we find greatest access to fulfilment and joy when we are in our Power.

Therefore, courage becomes the essential bridge we must cross to find our greatest experience of joy.

Additionally, courage is a powerful vehicle we can take to expand our entire experience of life.



This is why I feel deep gratitude when I am in the presence of one person giving meaningful encouragement to another person.

Because I am witnessing one person acting as a conduit for a transformational vibration.

And I am often witnessing the other person experience some kind of expansion of Being.



*What does courage mean to you?*

*Where do you see a lack of courage in your life?*

*Where do you see an abundance of courage in your life?*



*Where can you use encouragement today?*

*How can you provide this essential bridge?*

*Who will you provide this powerful vehicle to?*





## REFLECTION 37

# HEAVEN



Have you ever been in heaven?

When was the last time you were in heaven?

Are you in heaven now?



Do you even know if you have been in heaven?

Where is heaven?

What is heaven?



For me heaven is right here, right now, in this very place.

This is always the case for each of us.

The only question is: are we choosing to experience heaven or not?



All there ever is, all there ever can be, is the eternal here.

All there ever is, all there ever can be, is the eternal now.

Hear and now is all there is.



We choose, in every moment, to experience heaven or not.

We choose, in every thought, to experience heaven or not.

We choose, in every action, to experience heaven or not.



Heaven is everywhere, all the time, always available.

Heaven can be found in the profound.

Heaven can be found in the mundane.



A cold drink to quench a deep thirst.

A comfortable chair for tired legs.

An authentic smile to warm the heart.



Each of these, and indeed anything and everything else, is an opportunity to experience heaven, even if only for a moment.

So, what do you choose?

Do you choose to live a heavenly experience?

Or not?

Do you choose divinity in every step you take?

Or not?

Do you choose?



REFLECTION 38

## YOUR STABLE, REVISITED



With every new moment we are afforded an opportunity to reflect on how conscious, attentive and loving we each were with our stable in recent times.

*Did you check in every day?*

*Is there one horse who you would say is your favourite?*

*Is there one horse who you would say is your least favourite?*



The beginning of a period of time also affords us each an opportunity to tune into our stable for the days ahead...

*Are all four horses pulling in the correct direction?*

*Which horse do you feel requires the most attention?*

*Which horse do you feel requires the least attention?*



Most of us will have one horse in particular which we find challenging. We may even observe that we avoid that horse altogether, burying our heads in the sand and ignoring its very existence.

*Which horse are you neglecting?*

*What would it take for you to change this?*


*What would it take for you to bring presence and love to this horse?*



Wherever these questions take you, I hope it is an enjoyable journey.

I send Love to You, to each one of your horses and to the glorious golden chariot which is your life.

You are beyond magnificent, deliciously delectable, it can be no other way xXx



REFLECTION 39

## HOW SPECIAL YOU ARE



In case you do not know, YOU are very special. The crown jewel if you like.

You are the physical manifestation of Unconditional Love.

This is indeed what everything is; a manifestation of Unconditional Love.

Meaning; YOU are everything, and everything is YOU.

When you surrender into this awareness, everything becomes perfect.



When you know it, you embrace it.

When you embrace it, you embody it.

When you embody it, you radiate it.



To be around you is healing for others.

To be around you is inspiring for others.

To be around is nurturing for others.



You are everything.

You are the sun.

You are the moon.

You are the stars.

You are the trees.

You are the ocean.

You are all living Beings.

You are all of it.

For most people this is too magnificent to believe, too delicious to be taken on as real.



How could I be everything?

If I were Unconditional Love, would I not love everyone and everything?

How could little old me heal, inspire and nurture others?



Let go of these questions, they are simply distractions of the mind.

The mind cannot know, it can only think.

True knowing comes from deep within, from the eternal part of You, your soul, your higher self, your Godicle...whichever label you prefer.



I am you, you are me, we are we.

love LoVe LOVE   



## MY BEST MATE, THE EGO



I remember when I first started exploring the concept of the ego. I'd read many things about how we must 'dissolve', 'remove' or even 'kill' the ego, which made me think of people running at themselves in the mirror, waving pitchforks in the air.

Even with the limited understanding I had this seemed odd. If the ego is truly a part of us then why would we want to kill it? Why would we want to kill something which millions of years of evolution has deemed is necessary for us to have?

As my inquiry deepened I came to see the essential role the ego plays. It is the part of us that keeps an eye on certain things which, for me at least, are the more mundane aspects of life. It is kind of like an inner admin system running constant checks to ensure we are adhering to a best practice which we have developed over a lifetime of learning.



I see the ego as being like a puppy; if you leave it untrained it will chew up everything and s\*\*t everywhere. But once it is trained it becomes a totally loyal friend, the best friend we can ever have. Training it to understand what truly serves the Self can be a big job, but that is such a great investment of time and energy.

In my experience the problem is that, when untrained, the ego becomes obsessive about things and after some time takes over, which leads us to act inauthentically. In the more extreme situations we can lose connection to our Self altogether.

Furthermore, I realised that my ego had been trained by other people, society and cultural expectation, meaning it had been programmed to keep me conforming with society rather keep me happy.



During a deep Ayahuasca ceremony recently I found my ego freaking out, shouting “run, run run!!”. There was an amusing moment when my authentic Self responded with, “Hey shut up you, your job is to make sure my hair looks good while I focus on the more important things!”, which amused me no end.

After the amusement passed I found great insight in that momentary exchange, and also a deeper appreciation for my ego. How amazing it is to have this wonderful piece of technology, evolved over millions of years of tweaks and improvements solely to take care of the more mundane aspects of life so that my authentic Self can be left to focus on the more important, joyous and loving aspects.

The work we do with plant medicine (and other powerful tools) in the Pineal Tribe has allowed me to explore altered states of reality and perception, affording me an opportunity to observe the inner workings of a Human Being and understand the beautiful symbiotic synergy we all have within.



So I raise a glass to my best friend in the world, the one who will always be with me and the one who I know always has my back. Ego, you're awesome. You're a welcome companion on any journey I take, I'll just make sure I am always in the driver's seat



## NEW BEGINNINGS



I breathed in deep as I crammed myself into a busy train along with hundreds of other people, all huddled in like sardines, all looking tired, all looking stressed.

Arriving in the City at 7:30am on a cold winter's day in 2015 I noted the fact that I wouldn't be leaving for another 10 hours...

...at which point I'd be again faced with the 'delights' of the London commute, not arriving home until after 7pm.



Every day I left the house before my family had even woken up, and arrived home when my partner was tiring and my children were already asleep.

5 days out of 7, over 70% of my week, over 70% of my LIFE, I wasn't able to truly connect with my family, the people I love the most.

I asked myself...

*Is this what I worked so hard for?*

*Is this what I always hoped it would be?*

*Is this what I truly desire for my life?*



Something changed at that moment. I stopped kidding myself into the notion I was working toward my dream life.

It was painful to realise that I'd worked so hard for a life that I did not enjoy.

There was nothing 'wrong' with my career...but it was not what I came here to do, not in line with the unique song of my beautiful heart.

But enough was enough, and I decided I had to take action immediately, no longer could I keep myself in this situation..

I didn't want to miss another day of my children growing up.



The following months and years were scary as I repeatedly stepped outside of my comfort zone and pushed myself to strive for what made me truly happy.

I was called to create the time and space to do the things that set my heart on fire.

I let go of a career I had been working so hard to create.

I let go of the sense of identity my career success had given me.

I let go...



Friends told me I was crazy.

Only the closest really showed me they believed in me.

That did not matter to me as my capacity for self-deception was exhausted and I knew what I had to do.



Fast forward a few years and my working situation, indeed my entire life, is completely different.

My time is MY TIME.

My life is MY LIFE.

I am FREE.

My life is now a masterpiece consciously created by me, for me.



While following your dreams may be scary, I must say I find the prospect of living a life where your dreams do not come true far scarier.

Your dreams may not be the same as mine, and that is what makes them special; they are YOURS, to do with as you wish.

Follow them or not, it is your choice.

Embrace them or not, it is your choice.

It is your choice.

*What will you choose today?*



## REFLECTION 42

# CO-CREATION



We came here to dance, and I find it so much more enjoyable when we dance together 🤝

I am you

You are me

We are we



Divinely individuated fractals of consciousness, dancing like waves, always connected, never truly apart.

Part of this game we all play is losing ourselves in order to find ourselves again.

Forgetting that we are indeed one.



I find myself in my heart.

I find myself in your eyes.

I find you in my heart.



We are always together, connected deep down inside, forever entwined.

It is our very nature to be together as one, as a species we have forgotten this.

This is why co-creation is so majestically important; because it allows us to truly reflect our highest state into this reality.

So, my magical friend, wherever the wind blows you today, I hope it is a deliciously serendipitous adventure.



## FURTHER RESOURCES



If you are reading this section because you have jumped ahead through the book, I would like to begin by wishing you a fulfilling and expansive journey through this collection of reflection perspectives.

If you are reading this section because you have completed all of the reflection perspectives, congratulations, I imagine you are experiencing reality differently now that you have altered the lens through which you view life.

Either way, I would like to share an invitation with you as to where your journey could take you from here.

The first book I wrote, **Reality Unwrapped**, will take you on a journey of seeing, feeling and understanding reality in a whole new way.

You will learn about The Nine Pillars, which are a collection of observable mechanisms present in each of our lives. When understood, they provide us with a practical way to align with the natural unfolding of life.

You will discover:

- The mechanisms for human change and transformation
- The feedback language reality uses to guide us on our path of growth
- The reason why we move between different states of feeling and expression in different moments
- The nature of the filters through which our consciousness passes before perceiving reality
- The structure of our inner-world architecture, providing distinction between consciousness, ego and emotions
- The true nature of what you are and why your true limitless magnificence is unquestionable

Visit [EsuNick.com](http://EsuNick.com) to find out more and get your copy of the book.

You will also be able to submit your email address to receive regular reflection perspectives.

Thank you for your presence here Magical One. I am humbled and blessed to have you with me.

With love,

Esu Nick

