

PLAY THE HUMAN GAME OF INFINITE ABUNDANCE



And learn to manifest the life of your dreams!

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I EXISTED

I existed. I was alone. I am pure energy. I was lonely. I decided to create another one like myself, to enable me to see what I looked like; to experience myself.

It was an instant action, and made a loud sound, similar to a thunder bolt, but on a scale too enormous for your earthly minds to comprehend. Many of you call it the Big Bang.

I experienced, I enjoyed. I grew and evolved. I created more of me. I created universes, I created planets, I created stars; I created all things that pleased me. I was having fun. I created from the smallest atom and bacteria to the largest universe. I love creating whatever I think of. I am creative. I enjoy being. I want to have fun. I want to play. I am you. I love to be. I am.

You have forgotten. But I have chosen this, for I am you. But I remember.

Let me remind you, for we are one.

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Introduction

On my path to discovery, and my search for finding the meaning of life, I made the most amazing discovery, which is what this book is all about.

Life is a journey. As we travel along the road, discovering life, we realize that there is no roadmap for life; just a moment by moment, discovery of self. Discovering who we are and more excitingly who we want to be, or become.

This book has taken me over 10 years to write since I had the dream in August 2005 and I have been on an incredible personal journey of discovery and of immense growth. If anybody had told me what I know today, ten years ago, I would have argued with them, and told them that they were being misled.

The Dream

I woke up with a start and sat up straight in bed. Perspiration beads dotted my forehead like pearls; my heart beating in my chest like a drum. Realizing that the dream was profound after making such an impact, I knew it had to be remembered. I just knew the dream was from God.

I turned my bedside lamp on and grabbed my diary to write down the dream still vivid in my mind: 'I became aware that I was walking around inside a small space ship. I started coughing and realized that the air was foul and contaminated, and it was getting hard to breathe. Gasping for air I dropped down onto my knees, crawling around to find an exit. The room started spinning as I was losing consciousness; it felt as if I were drowning. Out of nowhere an oxygen mask appeared, dangling before my eyes. After a few snatches, I managed to get the oxygen mask over my nose. Taking huge gulps of oxygen, I could breathe again. Relief!

Once I had recovered and stood up, the mask now firmly on my face, I was drawn to the back of the space ship and noticed a huge circular heavy metal door. I struggled to pull the door open and entered into a chamber which resembled a decompression chamber on a submarine. Once inside the big heavy metal door clanged closed behind me.

On the opposite end was a similar door which opened and I went through, finding myself in a different space ship. As I moved from one space ship to the next, going through the chamber, I was still wearing the oxygen mask.

I was instructed to remove the oxygen mask and took a deep breath of fresh air; relieved to breathe freely again. Looking around, I noticed that I was now no longer in a space ship, but in a wonderful place. It appeared as if I was in paradise; in seventh heaven, this place had everything that a person could ever want.

I saw a waterfall, with a sparkling stream in a green lush meadow with beautiful coloured flowers, surrounded by majestic mountains and tall trees. I was soon eating brightly coloured, juicy fruit and scrumptious fresh vegetables, and noticed that I was wearing light, comfortable clothes. I was very happy and found myself singing with absolutely no cares in the world. I moved around effortlessly, yet quickly, as if floating, or even flying and felt as light as a feather with the most amazing feeling of peace and joy. It was so wonderful that I never wanted this euphoria to end.

Eventually, I was summoned and told that the contaminated spaceship resembled the earth; that the earth was about to become too contaminated for people to live in it. My mission was to go back to earth to warn everyone about the danger and tell them about this wonderful place. To tell them to follow me to this other, safer place that I had experienced, where the air was fresh and they would be able to survive.

A voice told me; *'Now that you know the truth about the rapture, you have to go and tell others about it.'* I knew it was God speaking to me.

Instantly, I was back on earth again. I went up to people and tried telling people about the danger as I was instructed to, but they laughed at me, as if I was mad.

As I continued trying to speak to other people, they ignored me, as if I were invisible or in another dimension. I tried desperately to get my message through to them, but was failing miserably. Getting very despondent, I attempted to get back to the spaceship to get advice, but had no luck.

It occurred to me to ask God to tell me how to get through to these people; so I prayed. God replied, "The only way that the people on earth will possibly listen, is if you write down the message that I told you. Then sneak into their homes during the day, whilst they are out, and replace their framed pictures and photographs, with this message."

My heart was still beating quickly as I was thinking about this puzzling dream. *What did it mean?* Paging through my diary, I got goose bumps on my arms and a shiver down my spine, as I realized that I had a very similar dream a few weeks earlier, which I had also written down, soon to be forgotten. As I was drifting off to sleep again, pondering over the meaning of the dreams, I asked God; *what are you trying to tell me?*

This book has been written from my belief, which I believe God has shown me through many hours of searching, prayer and listening to the still, small, voice within, many hours of QUIET TIME with Christ. I am sharing information with you that I have gathered on my personal journey, but what you do with this information is up to you, as you always have a choice.

Some statements I make may go against your belief and that's ok. I am not asking you to believe in what I believe, but to keep an open mind and think of the possibility that this information may be true.

I have the most exciting information to share with you; a way to remember who you truly are and to re-connect to God, Creator of all that is; the source of all life!

In order to create abundance in your life, in every area, you need to connect to and merge with the source of all life. To do that you must be prepared to let go of all limiting belief systems and open your mind.

Life is not what it seems!

An age old parable goes like this: An old beggar was sitting on the side of the road and as a stranger came past, he asked the stranger for some money. The stranger replied that he had no money to give him, and then asked the beggar what was inside the box that he was sitting on. The beggar replied that it was an old box that he had been sitting on for as long as he could remember and had never looked inside, so he assumed it was empty. The stranger encouraged him to look inside, which the beggar duly did, only to find that the box was filled with gold.

You are like this beggar, sitting on a box of gold, unknowingly, as you have never bothered to look inside. Today I want to encourage you to look inside your “box”, so to speak. I want you to take a deeper look at who you really are, and what is on the inside of you.

What is the Gold in the box? Where can one find it, and how can it be contacted and brought into action? The answer is extraordinarily simple. This secret is the marvellous, miracle-working power that is found in your own subconscious mind, the last place that most people would look for it. The marvellous power of your subconscious can bring more power, more wealth, more health, more happiness, and more joy into your life, by learning to contact and release the hidden power of your subconscious mind, which you already possess, but you need to learn how to use it and understand it so that you can apply it in all areas of your life.

You have been taught via religion, that God is on the outside of you. High up there in heaven, in the sky somewhere! But I want to set that myth straight as God is to be found on the inside of you. “The Kingdom of God is within you” Luke 17 v 21. Bear with me, as I take you on this journey of discovery.

Imagine you were living your life as normal, and one day a mysterious stranger comes up to you and whispers in your ear: “Pssst! Wake up. You’re dreaming.”

You look at him and actually feel sorry for this person who is clearly insane, and you wish he would just go away and leave you alone. But he is persistent:

“I know it sounds crazy to you, but I assure you that you are dreaming.”

Irritated you tell him that he is talking absolute nonsense and to go away and leave you alone!

The stranger then very calmly replies “Is it really absolute nonsense? Haven’t you noticed strange co-incidences and significant patterns in your life? As if there is something more to life than this; a hidden meaning to life that you have not yet found? Well, that’s because it is a dream.”

You’re confused. “What do you mean?”

The stranger explains, “Right now, you believe that you are the person talking to me, but that is just who you temporarily appear to be in this dream. The real you is the dreamer. And the whole dream-world exists in you.”

Wouldn't you feel stunned! Thinking "*How can this stranger expect me to believe that I am imagining talking to him!*" You ask if he wants you to believe that he is a product of your imagination.

The stranger then smiles gently and explains that the person who you seem to be is not imagining the conversation, as they are part of the dream. But you are really the dreamer who is imagining everything and everyone in this life, this dream, having this conversation and although you both appear to be separate you are actually both the dreamer!

You begin to panic because deep down there is a small part of you that believes what he says: "Now you're scaring me. I am confused as to who I really am."

"Don't worry. This is a dream of awakening. It is designed to progressively make you more aware, until you are aware and conscious enough to wake up!" The stranger reassuringly replies.

"But how do I wake up?" you ask confused.

"You can wake up anytime you want to. You simply have to want to wake up more than you fear it. Waking up feels good, so there is nothing to fear. Knowing that you are dreaming is the secret, and then you can enjoy your dream." The stranger replies looking you directly in your eyes.

You realise that your anxiety becomes excitement and that you want to wake up. And the more you want to wake up, the more you become aware that you are dreaming. And it feels good. You no longer need to be frightened of all the terrible things that can happen to you in this life, because you know that the real you, is safe.

Even if the person in this dream dies, it would be okay, because it is actually not really you that would be dying, only the dreamer. How exciting!

How would you react if this were to actually happen to you right now?

Well, I am the stranger, and I want to tell you that:

Life is not what it seems!

You're not who you think you are!

Life is like a dream!

You are the dreamer!

Have you ever had a lucid dream? Been conscious that you were dreaming when you were asleep? It is possible to experience an ultra-awake state, in which you are aware that life is like a dream.

Take those 3-d pictures that were so popular some years ago. Initially you look at just loads of dots on the page but gradually your eyes adjust and you see an amazing picture appear right before your eyes, for a split-second and then the picture is gone, and all you see are just dots again.

With perseverance you finally manage to see the picture and hold it there for an extended period of time. You had to change your visual focus, i.e. squint your eyes, to see the picture. You had to change the way you looked at the dots. What you actually did was changed your perspective!

When a magician takes a saw and saws a woman in half, it looks real, but we know that it is merely an illusion; a trick, deception, a false impression. David Copperfield, the world famous magician, can make airplanes, amongst other things, disappear. Do they really disappear or is it an illusion?

When you know it is an illusion, it has no power over you. When the magician forgets it is an illusion, then the magician gives away its creative power to the illusion. Therefore the illusion entraps the magician and he believes the illusion to be reality.

What if you are a magician who forgot that this life is an illusion?

A change of Perspective

Have you seen the movie “The Matrix”? It is basically about machines that have taken over the human race. The humans are put into a coma state and their bodies are used as batteries to give energy to the machines. While the humans are in this state of unconsciousness, they are connected into a huge virtual reality computer game, which they believe to be reality.

However, some humans have become aware that this is only a virtual reality computer game, and have awakened from the unconsciousness. These few humans try to recruit others to also awaken from the Matrix game, so that the humans can claim their lives back from the machines.

“You take the blue pill, the story ends, you wake up in your bed and believe whatever you want to. You take the red pill, and stay in Wonderland, and I show you how deep the rabbit hole goes.” **Quote From the movie “The Matrix” 1999.**

To “take the blue pill” is to believe you have no power to create your life, and that all of this is nonsense and that “stuff just happens”.

To “take the red pill” is to read on, to find out that you do have the power to change your reality and experience abundance.

Neo, the main actor in the Matrix, found out during the course of the movie that if he changed his perception and how he saw things inside the matrix, he could change the game. He could do things in the game that were mind blowing, but he first had to change his beliefs. Once he realised who he really was, he could manipulate the computer program and change the game according to his own desires.

This is the way the Game of Life works. Once we are aware that this life is a virtual reality game, and that we are here to play the game; to experience, have fun and create what we want to experience, everything changes.

The idea that life is a game or a dream seems ridiculous because we presume that we are already awake. Most of the time, we are so unconscious that we don’t even notice the most obvious thing about existence: It is a mystery of mind-boggling proportions. Yet we are normally so asleep that we manage to go about our daily business as if being alive is nothing remarkable.

Think of what a fish would say if you asked about the water that it lived in. The fish would answer, “What is water?” The fish is not aware that it is living in water! You can be so immersed in a substance or a process, that up until the point of awareness, you were completely unaware of its existence.

People travel all over the world in search of mysteries and miracles, but what could be more mysterious and miraculous than life itself?

The universe is too immense to imagine and infinitely mysterious. When the Hubble telescope is focused on the night sky, each tiny dot reveals dozens of galaxies, each containing millions of stars! The amazing fire in the sky that we call the sun, that keeps burning year in and year out, on its own? And the Ocean with all its magnificent sea life and waves that ebb and flow, as if breathing with the flow of

nature! A full moon against a midnight blue sky and my absolute favourite, the incredible array of pinks and purples of a summer sun set.

The fact that we take life for granted, when it is actually so mysterious and amazing, shows how unconscious we really are! Most of us rush around as if there is no more to life than making a living and not thinking about dying. We are so wrapped up in our opinions of life that we mistake our own make believe world for reality – just like when we are dreaming!

Becoming conscious of the mystery of existence is like waking up from a dream!

When we are asleep and dreaming, things are not what they seem. We are so engrossed in our imagination, that we do not realize that we are dreaming. We think we know what is going on, but we actually don't.

What if this life is like a dream and we are so engrossed in the life-dream that we do not realise we are dreaming? We think we know what is going on, but we actually don't?

Most of us are so certain of everyday life, that this must seem totally ridiculous. But can we be so certain? All we can really be sure of is what we are experiencing right now, in this very moment. But if we really pay close attention to our experience right now, we will discover that life is in fact like a dream.

What if in years to come the future generations look back at our present cultural assumptions and find them equally crazy and amusing as we do when we look back at many of the beliefs of our ancestors? Who believed the earth was flat, and that the sun orbited around the earth plus many other equally ludicrous ideas?

How certain can you be of your own convictions? Have you ever felt completely sure about something, only to later realise that you were wrong? Isn't it possible that you'll discover that your present beliefs are also wrong? Trust me, my whole life was turned 180 degrees, from beliefs that I would have died for. What a shocker, when I found out that what I believe and have based my whole life on is not the truth!

Your experience of this moment is all that you can be absolutely sure of. The only way to really understand life is to examine your own immediate experience of living. Pay attention to what you are experiencing right now. Notice all the little signs and co-incidences that are taking place.

When you are dreaming you appear to be a character within the dream. But this is only your "apparent identity", and not who you really are. You are actually awareness, which is dreaming the dream.

I am suggesting that life is like a dream and right now you appear to be a person in the life-dream, but this is only your "apparent identity", as you are awareness which is witnessing the life-dream.

Let us examine the reality of the present moment. You are experience something right now, not so? So you are the "experiencer" of the experience. You are awareness, witnessing all that is happening right now.

Common sense says that you are a person. But even in everyday speech we say “I have a body” not I **am** a body. And we talk of “my mind” as if the mind is something we possess and not what we are.

This mysterious “I” that is neither the body nor the mind, is awareness, which witnesses the body and mind!

Think about a Hollywood movie: everything in the movies looks real and substantial. But it is not, as it is all made up; an illusion. Nothing is as it appears. With the use of special effects, every scene carefully scripted and planned before it is filmed, the end result is one of absolute amazement.

The movies are designed to get the viewer to be totally immersed in the illusion and to have a specific impact on the viewer – make them laugh, cry, angry, open their heart etc. The makers of the movie need to convince the viewers that the movie is real to enable them to get emotionally involved in it. Although you know that it is not real when you are sitting in the movie theatre, you temporarily suspend your disbelief in order to be entertained.

You do not know what goes on behind the scenes and what is involved in putting the movie together; the special effects, the editing, the time, effort and energy involved in producing a movie that would be absolutely convincing.

In the Star Trek Movies, there is a “Holodeck” that is a virtual reality, 3-dimensional, illusionary experience that the characters use to have “time-out”. They can change any simulation that they want, such as make a lamp materialize or a chair to disappear, through the use of a hologram.

I need you to understand that there is a greater part of you, co-existing with you right now, in a non-physical dimension. You are unable to detect that part as you are using your physical senses. There is a non-physical reality, in which an older and wiser part of you exists. Your non-physical body exists in this non-physical reality, the spiritual dimension, simultaneously with your physical body that exists on earth in the physical plain. The physical plain is what I am suggesting is the dream state.

Many of you believe that you are going to a non-physical dimension when you die, or that you had a past life but yet you find it hard to accept that you have a non-physical part co-existing with you right now. The non-physical part is your expanded, more aware self, known as the soul. Your soul is the real YOU and is filled with energy, inspiration and creation.

This physical body is merely a vessel, a type of space suit, or like an avatar in a computer game. Without your soul, your body would merely be a machine; likened to a computer, without software. It would be meaningless and useless.

If you can understand that your body is an apparatus, and not the real you, and that you are a far greater being, making use of this magnificent apparatus, then half the battle is won.

Your soul or expanded self is the awareness as discussed earlier in the dream scenario. Who you really are is an infinitely powerful and magnificent being, that has the power to snap your fingers and anything you want, instantly manifests.

The physical part of you, the person in the dream or game, is the Avatar. The Avatar is the representation of who you think you are. The non-physical part of you, your soul, is your more aware, expanded self.

We have been led to belief that we, the body, has a soul. But what I am saying is that you are a soul, and within this soul, is your body and your mind.

If we look at the hologram analogy, you are not just watching the hologram, but are actually creating everything inside it, including you as the Avatar.

A hologram works by taking a pattern of something and projecting it to appear in a 3 dimensional image, which looks exactly like the object it has made the pattern of. To create a hologram, which is the illusion of something physical, you must first create a pattern that holds all the details of the illusion you want to create.

Our Genes, which determines what we look like and how we behave, is encoded within our DNA. The DNA is the projector of the hologram, and our beliefs are the pattern.

“The Japanese Doctor Emoto’s fascinating research establishes that subspace energy generated by human language can alter the structure of water. When the water in question surrounds the DNA molecule – and all DNA in the body is surrounded by water – it has a vibratory power to transfer its new molecular structure to the DNA via mobile DNA units also known as transposons that can be manipulated by conscious intention or belief.” An excerpt from “Bridging Heaven and Earth” by Sol Luckman.

There are processed in use by Spiritual Healers that can change your DNA patterns. DNA reprogramming is the process of using energy to make some pattern dominant in your DNA and to manifest certain qualities. Typically, one will use DNA reprogramming to accelerate spiritual growth, lose weight, reverse aging, and increase your psychic and creative potential. DNA activation is a process to activate the dormant strands of the DNA. Once the DNA is activated the human being can work with more life force, consciousness or Chi-energy.

Nothing you experience is real, but completely made up. It is all a creation of your consciousness. Imagine how powerful you must be to be able to create such a convincing illusion, that you think it is actually reality?

The reason that you have created this illusion is to be able to play this game of life realistically. Imagine if you created this physical reality but it was not convincing? You would not get involved in the “reality” of life, and never learn the things that you came to learn or experience what you wanted to experience. If you were not totally convinced that this game is reality, you would soon get bored and there would be no challenge. Because of your immense power, you have to convince yourself that this is reality! If any detail in the holographic game appears fake, the illusion instantly collapses and The Human Game Ends. That cannot be allowed to happen,

therefore tremendous effort and power is invested to make everything appear real and convincing.

You are far more powerful than you can even imagine. No concept of power you're familiar with comes even close to the infinite power and omnipotence of who you really are. All the forces of nature and man put together and multiplied a billion times are but a speck compared to the power at your disposal.

In "Busting Loose from the money game" by Robert Scheinfeld, he calls this first part of the game, where you are totally convinced that this physical realm is in fact reality, "Phase 1 of the Game of Life".

The only time that you will be able to live a life of absolute abundance and become a "Master Creator", is once you grasp that this physical realm is in fact an illusion / a dream / a game. Once you are convinced that this life is an illusion, then you can you move into "Phase 2 of the Game of Life", and are then able to reclaim your power. You have put in an immense amount of power into your hologram, to convince yourself that this life is reality, and you are now able to take back this power from the hologram. Robert Scheinfeld calls these pockets of power, or balls of energy that you have inserted into the hologram, "eggs".

Just as children search for eggs in an Easter egg hunt, so you need to search for these *eggs of power* in your hologram, in order to reclaim your power from them.

You are not watching your human game hologram like you would watch a movie, but your Consciousness; your More Aware, Expanded Self is simultaneously creating the hologram and popping you right back into the action, as the player in the game.

You, the Avatar, are playing life as if in a Holodeck.....

The Truth about Time

Time does not exist, except how you believe it does. Just as everything else is an illusion, so is time. Yes, time is a complete illusion.

Time is part of the illusion created by you. Once you can understand how this illusion is created, then you can begin to manipulate time to suit your needs. For example, you can stop time if you are running late, so that you can be on time. You can start re-creating time consciously, deliberately and on purpose, instead of how you are currently doing it, unconsciously and quite by accident.

The only time that truly exists is right NOW...

“The distinction between past, present and future is only an illusion, however Persistent”- Albert Einstein

“Whether time is long or short, and whether space is broad or narrow, depends upon the mind. Those whose minds are at leisure can feel one day as a millennium, and those whose thoughts are expansive can perceive a small house to be as spacious as the universe.” - Hung Tzu-ch'eng

Time does not only flow in a linear manner i.e. just in a forward direction, as it appears to be moving. The past, the present and the future all exist simultaneously.

A simple explanation of time is to imagine you see a football field that has 10 objects spread around it. Then, imagine that one of the objects is called “A” and represents a child being born and another object which is called “B” represents a 10 year old child. So, if object “A” was to travel to object “B”, then the distance travelled would take what we know as ‘10 years of time’; i.e. 10 human years of a child growing up.

But, now it starts getting a little more complex:

What if that football field was to shrink? Object “A” would reach object “B” and pass through all the experiences of 10 years of childhood, but the sensation of time would feel totally different. In other words, 10 years would feel very different, if experienced like this, as per the previous example.

If the football field shrunk enough, ten years could feel like an instant. And many of you have experienced this quite regularly. Just think, when you are having a great time, it feels as if time is flying by. You don't notice the hours passing by; yet if you look at a clock, you will notice that those hours have actually passed, because a clock is designed to take the same amount of ‘time’ to move from one second marker on the clock face to the next.

However, you are not designed that way. “Time” is the moving of your consciousness, past pre-existing events, in the space-time continuum. Let me explain...

The Game of life is played in a field of continuing fluctuations, as it is not static – it keeps changing its dimensions. That is why we have to regularly readjust our watches worldwide, to enable us to make sense of time, or should I say, how we think

about time. We think that time is made up of perfectly measured portions, that add up to create a specific measurement, i.e. an hour.

But, as I said earlier, this is merely our misinterpretation of the experience that our consciousness is having, as it moves past different pre-existing events in the field, wherein the Game of Life is being played.

Just as the field is not static, so our consciousness does not move at a fixed speed. The field will only change as fast as we have set our mind to it, and in the same vein our consciousness will not change its speed unless we have willed it to. Therefore we do not usually notice these time differences and we believe that time is constant.

However, if you were to travel at a very fast speed in a spaceship, you can slow down your time or even go back in time. As per Einstein's Theory of Relativity.

Time is more of an experience or a sensation of passing events, so the faster or slower that you pass these events, the faster or slower the calibration of time changes. It is not the taking of time that changes; it is the calibration of time (therefore one minute no longer only takes one minute).

Let's go back to the football field! Imagine you were one of the ten objects that we spoke of earlier on the football field, then as you move around the field passing other objects you would experience time, not so? Now, imagine if time was moving three times faster, since you were born, then reaching 10 years of age, would seem three times shorter.

Now, let us take this even further! Imagine that you are an object as large as the whole football field. Because you are the same size as the field, you would be able to feel, touch, and be with all ten the objects on the football field at the same time, then time would cease to exist for you. You would not have to travel from one object to the next, because all those objects would be happening at the same 'time' for you. This is the eternal moment of Now!

Everything that can possibly happen in the universe, everything that can possibly be created, the past, the present and the future, are all happening at the same 'time', right now, in one huge field.

But because your awareness is only aware of a small section of this field at any one 'time', then as you move from one point to another, you will experience 'time'! You will experience a sensation of past, present, and future. But the field itself does not experience time, as it only experiences everything happening all at once. Everything is happening right here, right NOW! This field represents the Source.

As you, the "Avatar" becomes more aware, more conscious, your awareness will expand. As you expand, you will take up more and more of the field, and then time will shrink for you. Does that make sense?

Now the amazing thing is that the soul, is much larger than your physical body but we are programmed to think of the soul as a little thing within your physical body, but in

fact the soul is much larger and far more powerful than we can imagine, and actually contains the body and the mind within it. In other words the soul surrounds the body.

If you consider that the soul is much larger than the body, have you ever considered where it might end? How many meters could it expand away from the body? Or could it be how many kilometres away? Or how many light years away from your body does your soul end? It is not impossible that your Soul is a billion times larger than your body? Your soul is infinite and eternal!

Once you allow your mind to comprehend how powerful you really are, and that only the Now moment really exists, then you will become a powerful creator of your life. So make today, in this now moment, the best moment of your life ever!

Live in the present moment, and do not dwell on the past. Hoping for a better future, without changing how you do and perceive things in the present moment, will just end up in you wishing your life away!

Remember, the universe can only use the present moment to send you clues, events and opportunities to assist you to advance – it cannot use the imaginary future that is clearly only in your head.

Instead of wishing things to come about in the future, bring your attention back to the present and let the future start from here. When talking about things that you want to manifest, speak as if they have already happened.

For example, - I AM WEALTH. I AM ABUNDANCE. I AM JOY – right here and now!

Do not dwell in the past. Do not dream of the future. Concentrate the mind on the present moment. - Buddha

Physical Evidence

Quantum physics begins to explain how everything in your world comes into being. You are directly manipulating your entire physical world, but you are not aware of this. Your lack of awareness of how physical matter comes about and the role you play in it, makes your life appear to you as a happening that is out of your control. It may appear to you as if you are the victim of circumstances, while all along you are the cause of those experiences and circumstances, including your experiencing of wealth or lack of it.

Quantum physics is the first step in an amazing awakening from your dream, that you are about to undergo. Not only will you understand the very construction of everything that you see around you in your hologram, but you will also understand exactly how your belief and thinking creates your physical experience. Science is finally catching up with spirituality and common sense, and explaining it!

One of the benefits of understanding the very basics of quantum is that you finally see clearly how powerful concepts such as faith and right thinking work, among other things. This seeing and understanding, this knowing, enables you to have full confidence and faith to create your reality consciously.

What is quantum physics? Quantum physics is the study of the building blocks of the universe. For example, your body is made up of cells. These cells are in turn made up of molecules, which are made up of atoms, which are in turn made up of sub-atomic particles such as electrons. This is the world of quantum physics.

But let us take a look at some physical evidence. Let us take a look at Quantum Physics in more detail:

Science tells us that “atoms” are the building blocks of matter.

Scientists have come up with a way to understand the universe and the evidence thus far has pointed us to a realisation that at the deepest, most fundamental level the building blocks of matter are atoms.

Modern scientific studies show that atoms consist of mostly **empty space**.

With every level of study, atoms get less solid and less like the macro world we live in. Quantum theory has now taught that even subatomic particles are not particles. The search for the stuff that builds the universe revealed that there was **no stuff at all!**

When talking about subatomic particles, it is important to realize therefore, that no little “things” actually are present. It is more accurate, though more cumbersome, to say “particle-like”.

According to **Marcus Chown**:

“It is a remarkable fact that 99.999999999999% of the volume of ordinary matter is empty space. If there was some way to squeeze all the empty space out of the atoms in our bodies, humanity would indeed fit into the space occupied by a sugar cube.”

Marcus Chown continues:

“The appalling emptiness of atoms is only one of the extraordinary characteristics of the building blocks of matter. Another, of course, is their size. If we take 10 million atoms laid end to end to span the width of a single full stop on this page...”

So we know that within your body are billions and billions of atoms that are for the most part, not 50%, not 70%, not 80% but 99.99999999999999% empty space.

That means that when we ask the question “*What are you made of?*”, if we are looking through the lens of science and its current understanding we are quite frankly made of **absolutely nothing**. We are made of empty space. *And yet your mind and your perceptions continue to assert in a very convincing way that you feel like you are something.*

Even the subatomic particles “flicker in and out of existence”. Even more astounding perhaps is the fact that those subatomic particles, though named “particles” are in fact nothing like anything of substance. They seem literally to be particle like or display particle like characteristics but only momentarily.

Those subatomic particles seem literally to be **flickering in-and-out of existence** millions of times a second and from the moment that they shine and become “a something” that is when they are closest to being physical.

Let us compare this to how a TV works:

Your television collects electric signals from radio waves sent through the air to the television's antenna. Wherever the electric signals come from, the television does the same job with the electric signals and converts them to sound and pictures. To show the pictures, your television uses a system of many dots, called pixels. When all of these tiny pixels appear on the screen, your brain reads them as one complete image.

Quanta is a word to describe **packets of energy** and in fact much of our recent science tells us that even the nucleus and the electrons are closest in form to **energy and light** than they are to any “thing” that we know in our macro universe.

Dancing in that empty space is **energy and light** - energy and light creating the wonderful experience that you call your life.

Science is also beginning to show us is that the empty space is not empty of meaning and purpose. Whereas, in fact the subatomic particles which are like **packets of energy**, are emerging from a **void**.

One scientist, David Bohm, was on the forefront of the first breakthroughs in quantum physics. Bohm concluded that the only way to explain the strange behaviour scientists were seeing with sub-atomic particles was that the tangible reality of our everyday lives is an illusion. He asserted that underlying what we call reality was a deeper order of existence, a vast and more primary level of reality that gave birth to all the objects and appearances of our physical universe.

Inspired by Bohm, many scientists kept looking for the deeper order. They ultimately found it in the form of a gigantic field of intelligent energy that has many names, but is most often referred to as the Zero Point Field, known as the Field. This Field demonstrates an unbroken wholeness, an interconnectedness that binds all things to all things.

Modern science is demonstrating, proving in the most ground-breaking and revolutionary ways that there is no such thing as separate parts and that the universe is not a mechanism or a machine but in fact it is an unbroken wholeness from which the light dances and from which intelligence seems to be guiding and holding the very fabric of reality together.

We have established that the Field is made up of packets of energy. Physicists have established during the **Double-Slit Experiment** that these packets of energy are made up of wave-particles. They are neither waves nor particles, but once observed can become either a wave or a particle, depending on how it is observed, thus concluding that it is the observation alone that turns the possibility into reality. The field or void is filled with endless possibilities.

Physicists believed that because observation is the key to defining the wave-particle as a single entity, that consciousness alone was responsible for the collapse of the wave-particle. Without consciousness, everything would exist only as undefined, potential packets of energy, or pure potential.

The Field exists as energy with infinite potential that has not been formed into anything yet, but literally anything can be created from it. As scientists continued researching the Field, they developed a theory to explain how the physical universe is constructed from it. The theory involves four components:

1. The Field
2. Particles
3. The physical universe
4. Consciousness

I have already defined the Field and particles for you and you know about the physical universe. Consciousness is what physicists call *energy*, and what others call "Mind", "Source", "God" amongst numerous other names throughout history and across cultures.

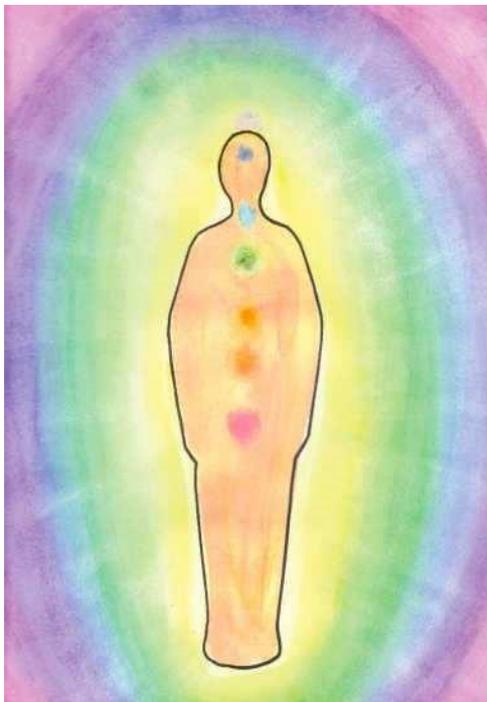
Consciousness is not physical, but it's the creative force behind everything that appears in what we call the physical realm.

Energy portals

As I said earlier, the **Real You** is Consciousness, an Infinite Being. Depending on your beliefs, you may be able to accept this easily. But, if you have a strong belief in God or a Supreme Being, you may have to modify this slightly to say that God or the Supreme Being empowered you with Consciousness to be able to play the Game of Life.

If the Field exists as energy, then everything in our experience should be energy, not so? Rub your hands together for a moment and then gently pull them apart a little way. Can you feel the warmth? Can you feel the energy? Now pull them further apart. Can you still feel the heat? Can you see the space between your hands is out of focus? The space between looks like heat waves! Like a mirage.

These “heat waves” surround the whole body and is called the Aura, also known as the glow of the body. The most important property of the Aura seems to be the fact that it contains INFORMATION about the object.



Aura around living (conscious) objects (people, plants...) changes with time, sometimes very quickly. Aura around non-living object (stones, crystals, water...) is essentially fixed, but can be changed by our conscious intent.

Aura around humans is partly composed from EM (electromagnetic) radiation, spanning from microwave, infrared (IR) to UV light. The low frequency microwave and infrared part of the spectrum (body heat) seems to be related to the low levels of the functioning of our body (DNA structure, metabolism, circulation etc.) whereas high frequency (UV part) is more related to our conscious activity such as thinking, creativity, intentions, sense of humour and emotions. Russian scientists, suggest that our DNA can be altered, by influencing its microwave Aura. The high frequency UV part is very important and most interesting but largely unexplored.

And this part can be seen with naked eyes.

Above facts have been observed by scientists in Russia, who have been using **Kirlian effect** (advanced scientific tool to study mind-body functions by reading AURA) to study Auras for the last 50 years.

What you need to understand, is that Consciousness is energy, similar to electricity. It is invisible, but very powerful. Everything in this universe is energy; every animal, plant, living organism and anything that appears to be solid.

It is Consciousness that creates the particles from the Field, “tells” them how to combine, glues them together, teaches them how to perform their tasks, and allows them to communicate with each other as they do it. Your body is an apparatus that is designed to filter the energy and light. There are energy portals called Chakra’s throughout the body that are used to filter the energy.

There are 7 major Chakra's that I am going to discuss:

The Root chakra (Red)

The root chakra is located at the base of the spine at the tailbone in back, and the pubic bone in front. This centre holds the basic needs for survival, security and safety. The root chakra is powerfully related to our contact with the Earth Mother, providing us with the ability to be grounded into the earth plane. This is also the centre of manifestation. When you are trying to make things happen in the material world, business or material possessions, the energy to succeed will come from the first chakra. If this chakra is blocked an individual may feel fearful, anxious, insecure and frustrated.

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The second or Sacral chakra (Orange)

The second chakra is often referred to as the belly (sacral) or sex chakra. It is located two inches below the navel and is rooted into the spine. This centre holds the basic needs for sexuality, creativity, intuition, and self-worth. This chakra is also about friendliness, creativity, and emotions. It governs people's sense of self-worth, their confidence in their own creativity, and their ability to relate to others in an open and friendly way. If this chakra is blocked a person may feel emotionally explosive, manipulative, obsessed with thoughts of sex or may lack energy.

The third or solar plexus chakra (Yellow)

The third chakra is referred to as the Solar Plexus. It is located two inches below the breastbone in the centre behind the stomach. The third chakra is the centre of personal power, the place of ego, of passions, impulses, anger and strength. It is also the centre for astral travel and astral influences, receptivity of spirit guides and for psychic development. When the Third Chakra is out of balance you may lack confidence, be confused, worry about what others think, feel that others are controlling your life, and may be depressed.

The forth or heart chakra (Green & Pink)

The fourth chakra is referred to as the heart chakra. It is located behind the breast bone in front and on the spine between the shoulder blades in back. This is the centre for love, compassion and spirituality. This centre directs one's ability to love themselves and others, to give and to receive love. This is also the chakra connecting body and mind with spirit. When this chakra is out of balance you may feel sorry for yourself, paranoid, indecisive, afraid of letting go, afraid of getting hurt, or unworthy of love.

The fifth or throat chakra (Light Blue)

The fifth chakra is referred to as the throat chakra. It is located in the V of the collarbone at the lower neck and is the centre of communication, sound, and expression of creativity via thought, speech, and writing. The possibility for change, transformation and healing are located here. The throat is where anger is stored and finally let go of. When this chakra is out of balance you may want to hold back, feel timid, be quiet, feel weak, or can't express your thoughts.

The sixth or brow chakra "third eye" (Purple & Dark Blue)

The sixth chakra is referred to as the Third Eye. It is located above the physical eyes on the centre of the forehead. This is the centre for psychic ability, higher intuition, the energies of spirit and light. It also assists in the purification of negative tendencies and in the elimination of selfish attitudes. Through the power of the sixth chakra, you can receive guidance, channel, and tune into your Higher Self. When this chakra is not balanced you may feel non-assertive, afraid of success, or go the opposite way and be egotistical.

The seventh or crown chakra (White & Purple)

The seventh chakra is referred to as the Crown. It is located just behind the top of the skull. It is the centre of spirituality, enlightenment, dynamic thought and energy. It allows for the inward flow of wisdom, and brings the gift of cosmic consciousness. This is also the centre of connectedness with the Non-Physical, the place where life animates the physical body. The soul comes into the body through the crown at birth and leaves from the crown at death. When this chakra is unbalanced there may be a constant sense of frustration, no spark of joy, and destructive feelings.

Vibrations

Everything in the Universe is made up of energy that vibrates. Every atom, every part of an atom, every electron, every elementary “particle”, even our thoughts and consciousness are vibrating all the time, at different frequencies.

You are a vibratory energy being and whatever your vibratory frequency is, determines which vibratory reality you **manifest** in your world. This is how manifestation works.

Example: if you vibrate at depression, anger, frustration, bitterness, lack of money, loneliness and the attitude that the world is always against me. Then the vibratory frequency of your reality will manifest the same. In other words, what you think and meditate on is what you will experience.

Change the vibration to peace, wealth, health, laughter, admiration and loving then this will be your vibratory manifestation of your reality. If you want to have abundance, you need to change your attitude, and think like someone who is abundant.

You need to first think abundance, before you can experience it. If you want happiness, you need to be happy first. If you want peace, health or laughter you need to first think like someone who is peaceful, healthy or joyful. In other words, if you want to be healthy, you need to start eating healthy foods, doing some form of exercise i.e. taking actions that a healthy person will, as if you are already healthy (even if you are not yet).

To change the vibration, you first need to change your beliefs. “Negative beliefs” are the most important obstacle that can prevent you from living a life of victory and success.

Vibrations are made up of different frequencies. These frequencies can be likened to a radio. If a radio station sends out a frequency of 94 FM, you would have to tune your radio, the receiver, to the frequency of FM 94. If you tuned your radio to a different frequency, you would not be able to listen to this specific radio station. Each station has its own frequency, so that the radio waves do not get confused and mixed up.

Likewise we vibrate at different frequencies too. Have you ever met someone and found that you are on the same “wave length” as them? Or met someone that you just could not connect with?

Have you ever walked into a room after there was an argument? You could still feel the negative vibes (vibrations) in the room. People say that the air is thick or that you can cut the air with a knife. You are tapping into these vibrations, using your chakra energy portals.

Everything vibrates at a certain frequency. There are different levels of vibrations from level 1 being the lowest vibration of SHAME to 100 being ENLIGHTENMENT, 96 is LOVE and the range of others in between. Say for example, *the Source / Field* vibrates at 100 and something solid and lifeless vibrates at 1. The better feeling

energies vibrate at a higher frequency than the negative energies. To access the higher energies, we need to raise our own vibrations to be able to tune into them. Just as you tune your radio, you need to tune into vibrations.

We are tuning into vibrations all the time, but we are totally unaware of it, although sometimes we sense something. To re-connect to consciousness, you need to raise your vibrations and tune in. Emotions are the secret ingredient to raise your vibrations!

There are several ways to raise your vibrations. If you elevate your mood, by listening to music or dancing, or doing what makes you happy. Expressing gratitude is a wonderful way to raise your vibrations. If you feel a bit down, go into nature, and look around you at all the beautiful creatures and creations and be grateful for them.

There are also meditations, and breathing exercise that can assist you in raising your vibrations. By raising your vibrations, you are able to connect with the non-physical, through feelings and emotions, which is called intuition. Intuition begins with awareness.

Intuition and the experience that we have is determined by the level of awareness of our consciousness. Consciousness is the observer and the creator of our reality. Sadly, the consciousness in most human beings is controlled by the ego-self.

The ego-self is a self-created entity that runs the mind of an *un-conscious* person. The ego is always concerned with the past or the future. The conscious mind is only concerned with the present moment. If you find yourself thinking about something that already happened, then you are not being present and your ego-self is in control. If you are thinking about what you are going to say (role playing) in a certain situation, then your ego-self is in control.

Imagine what it must be like for a tree. Just being! The tree is not concerned about past, or future. If anybody were to ask the tree "What time is it?" The tree would say "It is right now! What else is there?"

Did you know that you can increase your intuition simply by quieting your mind? And in these quiet moments, you offer a space for insight, for knowledge and ideas to simply trickle in, as you are then accessing the Infinite Intelligence; the oneness MIND.

Learn to get into the habit of quieting your mind. This way you will be able to hear what the body, the link between non-physical and physical, is telling you. The quiet mind is when your brain waves slow down to between 4 and 7 Mhz, and is called the Theta brain wave and is known as the **Theta** state.

It is quite easy to obtain the Theta state, by meditating, using repetitive movements or sounds. Athletes get into the zone, which is the Theta state. Someone who is not used to going into the Theta state will fall asleep when trying to meditate. But with practise, the Theta state can be achieved quite easily and this state is where you will be able to connect with your more aware self, which is pure consciousness.

I learnt a number of years ago to journal which is a powerful tool to learn to hear God's voice; your intuition. The beautiful thing about journaling is that you clear your own mind of thoughts and open yourself up to hear what consciousness, your still, small voice; your more aware self is telling you. To open to intuition, I learnt I had to LISTEN. Most of us pray to God, but never stop to listen.

You firstly have to take note of all the thoughts that are mulling around in your head. Once you start taking note of your thoughts, you will notice that you have a lot of negative self-talk. You really need to consciously stop the negative self-talk, and start talking positively about and to yourself. Every morning, you need to look in the mirror, and admire yourself. Look into your eyes, which are the windows to the soul, and tell yourself that you love yourself. We are precious and beautiful, each and every one of us. There is a bumper sticker that says "God does not make junk" which I believe is very true.

In the beginning, when I started training myself to listen to my thoughts, and increase my intuition, it took a lot of faith. As my faith grew, I started doing it without questioning. I remember one morning when we were on our way to church I placed a vase of flowers on the ground to enable me to open the garage door. I immediately had a thought that the wind could blow the flowers over and the vase would break. I dismissed the thought and went ahead with opening the garage door. After a few seconds, a gust of wind blew the flowers over and the vase broke. I was upset with myself for not listening to the still small voice, as the vase was a wedding gift and precious to me.

There are times when I remember having a feeling, or a thought about something, only to find the exact thing actually happen a few moments later.

One evening I got home from work, and my precious black cat came to greet me as I was parking my car in the garage. He was purring and very happy to see me. It was already dark outside, and I called him to come out before I closed the garage door, to go into the house. He did not respond, so I assumed he had gone out.

Later that evening, when I was in bed, I was wondering why my cat had not come to lie on my bed with me as usual, but I thought perhaps he was catching insects outside, or whatever cats do. I had a fleeting thought, that I may have locked him in the garage, but then discarded that thought as impossible.

The next morning, when I opened my garage door, a very scared, shivering cat came storming out and disappeared into the house. I felt awful! It was winter, and he had spent the whole night locked in my garage. If I had only taken note of that fleeting thought, and gone to the garage to check, he would have not been locked in.

"The fear of the Lord is the beginning of knowledge" the Bible says. If we look at the meaning of this word "fear", it is a reverential fear, which could be likened to making something with reverence. Being careful or afraid that you might do something wrong, fearing that you could make a mistake. In other words, being afraid of not doing what your still, small voice instructs you to do, therefore being totally obedient to everything it tells you to do.

When you hear from your more aware self, and it gives you an instruction, just do it. In the beginning as I was learning to hear my more aware self's voice, it used to tell me to "brush my teeth before going to bed", or "make up my bed before leaving for work"; little things. Initially I thought it was my conscience, but later realized that it was my intuition and my more aware self that was teaching me with little things. So I did whatever it told me, even if I did not feel like it. I was totally obedient, as I was afraid that I would stop hearing from it. "Trust and Obey, for there is no other way!" The bible says that "My word is a lamp unto your feet and a light unto your path."

I always thought it would be a definite instruction, but eventually realized that it is merely a fleeting thought that comes into your mind, that you need to listen to and take appropriate action.

As soon as I became aware that I was reaching the Theta state, I started noticing that the stillness was almost as if my ears were ringing, and blocked; the same blocked feeling as when going into a high or low pressure area. There was a definite change that I could sense. Over and above that was the emotion that I felt. I always feel love, and gratitude to the point of tears. Very strong emotions are felt, followed by an indescribable peace, a stillness where time seems to stand still.

The body has its own "soul", so to speak, which is called the "EGO" or ego-self as I referred to earlier. The only thing driving the ego-self is survival, and the greatest fear of the ego is death! Death of itself! The ego-self is permanently trying to protect us from all kinds of dangers and things that it imagines and makes up.

The human race's collective ego-self has become so powerful, since the ego-self has been left unchecked for the last hundreds of years. The ego is driven by fear and that is why there are wars and hate and destruction all around.

The way to overcome the ego is to disconnect from identifying with it. Once you realise that you are not your ego, or your body, but a powerful energy being, you will not be swayed by the ego-self's little tantrums and fears. However, this takes a lot of discipline and practise, but eventually it can be mastered.

There have been several Ascended Masters i.e. Jesus and the Buddha that have tried to teach us how to disassociate with our ego-self and also to reach this "theta state". An Ascended Master is someone who has managed to convince their ego-self that they are in good hands and safe, and have taken back control of their mind. They have learned how to raise their vibrations to the highest level of Love and Peace and thereby connect to the Source of all Light!

And because they have overcome this major feat they re-incarnate to assist us to do the same.

Sadly, their teachings have usually been misunderstood, or have been manipulated over time by governments, clergy or the "powers-that-be" (the rulers of the time in this physical plain) in order to keep control of the majority of people.

As I am more familiar with the bible than any other ancient teaching, I refer to scriptures from there, not that I have any preference to the bible, but purely as I have not studied the other teachings as in depth as the Holy Bible.

When the Ascended Master re-incarnated as Jesus he was vibrating at the highest level of vibration energy, known as Christ Consciousness. But his teachings were not understood and were totally misinterpreted, as in those days the people were uneducated, He had to use parables or picture stories to try to explain his point of view, using situations that were relevant to their way of life. For example he often referred to farming, and sowing and reaping, which is his explanation for Karma. As you do to others, it will be done back to you. As you sow (plant seeds), so you will reap (harvest the results of your seed planting.) If you are angry, you will find people are angry at you.

Have you ever given someone a smile, and they have smiled back at you? It is amazing. If you give love, it will return. This works with everything including money. Laughter is very catchy, but so is anger! You need to start taking note of what you are giving out to others. If you are giving out anger or any negative emotions then rest assured that you are going to get more of the same. If you change your attitude and become happy and full of the joys of life, then soon you will have influenced those around you to also be happy.

THE MIND

One of the greatest tools that we have at our disposal is our mind. However, our mind is running on autopilot and controlling us. Have you ever tried to meditate, but found thoughts kept whirring around in your mind, despite your efforts to stop them and you were unable to switch them off for longer than a few seconds?

What I am going to show you is how to take back control of your mind, and be able to meditate effectively, giving you the “peace of mind” that you desire and so rightly deserve.

You would first have to change your binding beliefs about yourself in order to do this, but once you realise that you are capable of doing whatever you set your mind to, literally, then you are on the right track.

I will explain later how focusing our attention or tuning in, is how the body is set up to process information from our outer and inner reality. The human body is no more than a biological holographic computer.

So let us compare the similarities between a computer and the biological holographic human computer, which is obviously much more advanced and complex.

The MIND is made up of two parts: The sub-conscious mind and the conscious mind (Not Consciousness).

The subconscious mind acts like a huge supercomputer hard drive. It stores every experience you've ever had; your memories, beliefs, emotions, values, imagination, intuition, habits, experiences and ideas, and also controls all your bodily functions. The subconscious stores these experiences as a SNAPSHOT of the 5 senses, in a very efficient filing system.

Example – a digital camera or cell phone takes a pic which you can store on a computer as a .jpeg image. The subconscious mind is exactly the same, except it takes a snapshot of the 5 senses. What are the 5 senses? Sight, hearing, touch, smell and taste.

Most people don't even acknowledge that their subconscious mind is in play, when in fact the subconscious mind is a million times more powerful than the conscious mind, and that we operate 95% of our lives from subconscious programs.

If you look at an ice berg that is floating on the ocean, what you see above the water is only a small percentage of what the actual size is, as the 90% odd, is below the surface of the water, and is unseen. This is how the subconscious works. The conscious mind, which is what we are using to think with, to analyse and our will power, is only about 10% of our mind.

According to your sub-conscious mind, you are the only person that exists. Therefore when you judge or criticize someone else, or you say bad things about them, your sub-conscious mind thinks that you are talking about yourself. Incredible!

According to the bible, Jesus taught in Matthew chapter 7 “Do not judge, or you too will be judged for in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.”

Taking into account that the sub-conscious mind thinks that you are the only person in the universe, this scripture takes on a new meaning. As we criticize others, we are actually criticizing ourselves, therefore as we judge others, we are in fact judging ourselves. Ouch!

Your subconscious beliefs are working either for you or against you. The truth is that you are not controlling your life, because your subconscious mind supersedes all conscious control.

There are many little voices in your head, which can be likened to little monsters. I believe each little monster has its own personality and is a part of the Ego. As you learn to “still” or quiet the mind, you will start to recognise the different little voices.

To find these little monsters, you need to really watch your thoughts and acknowledge these voices, but tell them that you have decided not to take their advice at this moment. However, you need to be able to be in a state of awareness to discern them

Every time that you give in to the monster little voice, that is a negative voice, you are going against what your truth is. You are in SIN. My interpretation of SIN is that you are in “Self-Image Nullification” mode (SIN), which goes against who you truly are. Therefore, to get rid of SIN, you need to stop that negative thought, or little voice, and do what you have set out to do. There are several little voices that keep on trying to get our attention. One of the Little Voices can cause you to get into FEAR. Fear can be overcome by taking action. E.g. If you decided to only have one slice of cake, and then the little voice says “another piece won’t hurt”, you are in SIN. Your self-image will take a knock, because you will feel guilty and ashamed of yourself. So, to overcome this SIN, you need to take no notice of that little voice, and only do what you have set out to do. Each time you achieve this, your self-image will improve as well as your confidence.

There is a meditation called “Middle Mind” which will help you to get into awareness. Because you are looking at the world through your eyes, which is basically at your forehead, you are associating yourself with this physical point of view. Whereas, if you take your awareness to your brain and take it to about the middle of your brain, you will disassociate with the Ego and be in a state of awareness. Try it now!

Did you notice that for a few seconds there was stillness in your mind?

The experience of quieting the mind, of being still, Jesus tried to explain to his Disciples on several occasions. He spoke of the servant who will be blessed if he is found watching when his master returns, as the master will prepare food for him and serve the servant. If the servant is found watching the second and third time he comes, he will be very blessed. If the master knew when the thief was coming, he would have watched at that time and not allowed the house to be broken into.

Jesus said that they must be watching, so that they can be ready, as Christ is coming at an hour that they do not know.

What do you think Jesus meant by watch? Look at? Be alert? Look at what?

Jesus was very disappointed in his disciples in the Garden the night before he was crucified, as when he returned from praying his disciples were sleeping. He asked them if they could not even keep watch for a little while. Watching for what? They were outside. No thief could break-in to steal anything!

They had to watch their thoughts, to still their minds, to get to the quiet mind and connect with God / Source / Creator of all that is! Being alert!

You need to understand that your body is an apparatus, and not the real you, and that you are a far greater being, making use of this magnificent apparatus.

Now let us take a look at the Conscious Mind – What is the PURPOSE of the Conscious mind? (We are the only animal on the planet that has a conscious mind.). The conscious mind is the door-keeper to the filing system of the sub-conscious mind.

How it works – the first thing it does is filter and the second thing it does is predict, to keep us safe.

To Filter – we have the equivalent of 300 billion bits of information coming at us each second. Luckily we have a conscious mind which filters all that and takes that 300 billion bits of information and filters it down to 2000 bits. That's a lot of information that it gets rid of. The Conscious mind decides which information is important and is allowed in, and the information that is not important stays out.

Example: You are buying a new car. You have decided on the car make and model. Suddenly you begin to see them everywhere!! Why? Because you told the door-keeper or guard at the gate that this information was important. So it lets that information in!

To Predict - The conscious mind uses the filtered information to predict whether a situation is dangerous or not. How does the conscious mind know whether a situation is dangerous or not? It bases its prediction on PAST EXPERIENCE.

Which is stored in the Subconscious mind!!

“A practical metaphor to help understand: The Conscious mind is like GOOGLE! All of the filtered information in the 5 senses coming in is like the result of a Google search.

The Conscious mind reverts to the Subconscious mind and pulls out ALL of the Past experiences that look something like this particular situation and just like with Google, there will be 1 Past Experience that comes to the top of the search list, just like there is always one website that comes to the top of the Google result list.”
(Taken from *The Fairy Godmother's Guide to **Getting what you Want*** – Donna McCallum)

Consciousness (Not the conscious mind) is the person who is typing the information on the key board to instruct the computer how to select the information to manifest reality. It is a computer programmer who has the ability to rewrite the entire program of the holographic computer. In other words, consciousness, is you, your SOUL.

Imagine you can clearly see yourself running a race and winning. You see yourself running in front and clearly see yourself winning, and experience the emotions of elation that you feel at the winning post. Then, when you actually do run the race you **will** win. But, you have to believe it without a shadow of doubt. How much can we achieve if we imagine and believe that we lose weight, or receive money?

Jesus said that if we can believe in something with all our heart, it will happen. He used the parable of the mustard seed. Jesus said that if you have faith the size of a mustard seed, you can move mountains. A mustard seed is a tiny black seed, about the size of a grain of salt, which incidentally grows into one of the biggest trees as a full grown mustard tree. When seeing that tiny little seed, you would never imagine that it would sprout and grow into an enormous tree.

There are a few things that we need to do, but the first thing is to take control of your thoughts, to take back control of your mind: the machine that pumps out thoughts at '1000 words a minute'. But how do you do that?

Through my training as a Past Life Regression Therapist, I discovered the technique of hypnotherapy, which is merely deep relaxation and deep breathing. By putting your focus onto something else, you remove the focus away from your thoughts.

Normally we are trying so hard to stop thinking that we do not, whereas, if we just thought on something else, we would automatically stop thinking, eventually anyway. This is something that you need to train yourself to do. What is actually happening is that you are taking control of the "thought machine", the mind, and using it for your purposes, and not the other way around. Not the mind running the whole show.

I know that there are tons of books on how to meditate. Take the example of "watching the candle". You look at the flame of a candle, watch it for a while, then you close your eyes and imagine the flame. Once the image of the flame disappears from your imagination, you open them again and look at the flame again, until your eyes burn then close them again, and imagine the flame.

!

I went to an SOM Church service one morning, and we meditated through one track on a cd, and all had to think a specific sentence, over and over in our minds. For example "I am at peace and one with all that is". We repeated this thought over and over again in our minds, whilst taking deep, slow breaths. With the in breath you say "I am at peace" and with the out breath you say "And one with all that is."

My thoughts stopped for a while. My "monkey brain" became still and I remember feeling very peaceful after the service. I tried that often and had more luck with that exercise than with the watching of the candle flame. However, the thoughts only stopped a short while and then the "Monkey Brain" returned, as the thoughts came flooding back as if they had never left.

The secret is to do it more often until your analytical brain gets bored, and you go into the theta state. Practise it over and over again, until you get the hang of it and get better at it. Why do you think we refer to a “Spiritual Practise”? Because that is what it is, practise! There is no short cut, but practise and perseverance!

At the back of the book, are several other meditation techniques and practices that I have developed for you to learn the various techniques and find the one that works the best for you!

You need to understand that you are always connected or plugged into Infinite Intelligence, the Source of all Life, all the time, you just need to tune your vibrations to be receiving the correct “radio station”.

Create an inner Sanctuary (a happy place/ a safe place)

You are now going to design and build an inner sanctuary in your imagination, where you can carry out the techniques that I am going to teach you in this book. When designing your sanctuary take into consideration that it needs to be comfortable and peaceful, using many favourite props, as though you were building a film set for an important scene of a movie.

Exercise:

Building your inner sanctuary

1. Sit in an awkward position – feet up, arms stretched out and head back with eyes open.
2. Fix your eyes on a spot on the ceiling.
3. Take a very deep breath to the count of 4, hold for 2 counts and then exhale for 4.
4. Take a deep breath and then gradually close your eyes.
5. Take a second deep breath and bring your head down and relax your head.
6. With the 3rd deep breath, relax your arms
7. Take the 4th deep breath and relax your shoulders and drop your head to your chest.
8. With the 5th deep breath brings your legs closer and relax your legs and feet.
9. Take the 6th deep breath and imagine that your body has no back bone or spine; see your body as a lump of jelly lying on the floor.
10. With the 7th deep breath, visualise a flight of 10 stairs going down. See a door at the bottom of the stairs. Walk down the stairs counting one step at a time. Feel yourself moving down. Once you have reached the 10th step the door will come into focus. Open the door and walk through into your inner sanctuary.
11. Create a special inner sanctuary. Visualize, using your imagination to design and build an inner sanctuary in your imagination. Take into consideration that it needs to be comfortable and peaceful, using many favourite props, as though you were building a film set for an important scene of a movie.

12. Stay in this sanctuary for a while, feeling totally at home. Look at the colours and feel the textures of this inner world that you have created.
13. When you are ready, come to the present moment, and open your eyes.

Connecting with your more aware self!

Now using your inner sanctuary and the room-of-the-mind, to re-connect to your more aware self:

It is a good idea to give your more aware self a name, as then your ego will not get confused and intervene. Sometimes it is difficult to comprehend that you are both here and in the non-physical at the same time. Therefore it is easier if you call the part of you that is out “there”, your more aware, expanded self, by a different name.

In this self-hypnosis exercise, ask your more aware self for a name, and go with the first name that comes to mind, even if it sounds strange.

Building a screen of the mind

Within your sanctuary create a separate room and build a screen of the mind inside. Make the screen a white snowy screen, the size of an outdoor drive in theatre or huge TV screen, with a blue border. Imagine a golden energy cable connected from the screen to a golden computer box, which is positioned slightly to the side. Know that the computer has wireless connection (blue tooth) to Infinite Intelligence. Your imagination is the controlling device of the computer’s mouse and keyboard. Imagine a huge golden door leading into this computer room, separating the computer room from your inner sanctuary.

Now let’s practise connecting with your more aware self - meditation!

1. Sit in an awkward position – feet up, arms stretched out and head back with eyes open.
2. Fix your eyes on a spot on the ceiling.
3. Take a very deep breath to the count of 4, hold for 2 counts and then exhale for 4.
4. Take a deep breath and then gradually close your eyes.
5. Take a second deep breath and bring your head down and relax your head.
6. With the 3rd deep breath, relax your arms
7. Take the 4th deep breath and relax your shoulders and drop your head to your chest.
8. With the 5th deep breath brings your legs closer and relax your legs and feet.
9. Take the 6th deep breath and imagine that your body has no back bone or spine; feel as if your body has turned to jelly.
10. With the 7th deep breath, visualise a flight of 10 stairs going down. See a door at the bottom of the stairs. Walk down the stairs counting one step at a time. Feel yourself moving down. Once you have reached the 10th step the door will come into focus. Open the door and walk through into your inner sanctuary.
11. Feel how peaceful it is in your inner sanctuary. Feel at home.

12. Now build a computer room-of-the-mind with a golden door to enter through.
13. In the computer room-of-the-mind, concentrate and visualize a large TV or computer screen, like a white board, in your mind's eye, which is attached to a computer.
14. The computer is connected to consciousness via blue tooth.
15. If the white board is not white, or has something on it, take a white board eraser and wipe the board clean.
16. Ask your more aware self to reveal themselves to you. Ask to see an image on the screen and ask for a name that you can call them.
17. When you are done go back into your sanctuary.
18. Come to the present moment, and open your eyes.

Now write the name down before you forget it.

Transformation of Emotions

Your most powerful tool is your imagination!

We have always been lead to believe that our imagination is just “day dreaming”. It is in fact how we perceive the non-physical reality. Just think about this: if you can clearly see something in your imagination and then it becomes a reality in your life, would that not be amazing? Just by seeing it in your mind’s eye, it materialises. Well, I have news for you, it does!

All leading athletes visualize how they succeed before they actually do. There is a powerful technique that is being used currently to assist people in changing their “programming” called Neuro-Linguistic Programming (NLP). It is taking behavioural patterns of successful people and using those patterns on ourselves to change our own behaviour patterns i.e. modelling their behaviour. Now, if we can see ourselves as being successful, how much more powerful would we be?

Please note that this re-programming is of the MIND; changing our beliefs so that we change our thinking, which will then change our lives. By changing the beliefs in our subconscious mind, we will change how our conscious mind reacts to a situation.

Now I would like to give you a chance to discover the power of your mind with the use of your imagination:

Make yourself comfortable, sit back and relax and close your eyes. I want you to imagine that you are standing in front of a refrigerator. Reach out and pull on the handle of the refrigerator door. And as you pull the handle to open the door feel the tug of the suction behind it. The light turns on and you see a bowl full of big, yellow, juicy lemons. You reach for one of those lemons, take it in your hand, and close the door. Holding the juicy lemon in your hand; feel the waxy, bumpy surface of the peel; and the firmness of the juicy pulp underneath. As you raise the yellow, juicy fruit to your nose to smell its freshness, you take out a sharp knife. Carefully pierce the lemon with the tip of the knife, feel a slight spray of liquid that increases as you push the knife down under the peel and into the lemon. The juice is spreading out and running down your hand. Remove the knife and raise the lemon to your mouth and begin to suck the juice.

Now open your eyes and notice the amount of saliva in your mouth. It increased, didn't it? But where is the lemon? Only in your imagination!

There are two areas that are vital to changing the thought patterns, and re-program the mind: The first is dealing with unresolved emotions. If you have unresolved emotions, they will affect your beliefs which will affect your thinking. If you can get healing from your unresolved emotions, then your beliefs about yourself in every area of your life will change.

If for example you were molested as a child, you would believe that you are worthless. If you believe that you are worthless, you would also believe that you are not deserving of good things, such as abundance and happiness. However, once you emotions are healed, and the thinking about yourself has changed, then your beliefs will also change about yourself.

Likewise, if your beliefs about yourself are negative, you can say affirmations until the cows come home, and nothing will change in your life. So the next step would be to change your beliefs.

First we are going to deal with and Transform our Emotions.

There are a few areas that need to be changed for us to create our reality in a powerful way. Firstly we need to deal with emotional wounds. Our emotions can affect the way we think and what we believe. Emotional wounds can prevent us from believing in ourselves.

A negative emotion is caused by a distressing memory that disrupts the flow of the body's energy system. If a distressing memory does not disrupt the body's energy flow, then a negative emotion is not caused.

Emotions are the fuel that creates our reality. E-motion is just the way it sounds i.e. "energy in motion". The emotions are the hardest area to transform. Emotions override thoughts and in an instant you can have positive thoughts all day. But as soon as you have a destructive emotion it overrides all previous positive thoughts.

There are several amazing techniques on the market to assist you in healing unresolved emotions. I will give a few examples before we delve further into this to ensure that you heal all unresolved emotions.

I am covering a view here:

Emotional Freedom Technique (EFT) technique <http://www.emofree.com>

There is a video clip plus exercises to do.

EFT is based on a new discovery that has provided thousands with relief from pain, diseases and emotional issues. Simply stated, it is an emotional version of acupuncture except that the needles are not necessary. Instead, you stimulate well established energy meridian points on your body by tapping on them with your fingertips.

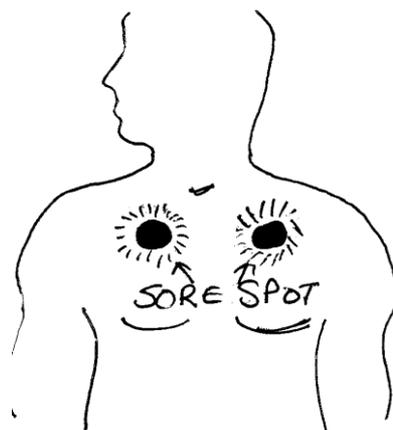
The process is easy to memorize and is portable so you can do it anywhere. Because our physical pain and disease are so obviously connected to our emotions the following statement has proven to be true:

"Our unresolved negative emotions are major contributors to most physical pains and diseases."

There are four basic stages to doing EFT. Firstly you need to think on the thing that you have a negative emotion about. You need to really think about it and muster up as much negative emotion that you can. Do not generalise. Be very specific about an emotion, and the more detail you can remember the better. Only think of one memory at a time.

1. The Setup
2. The Sequence
3. The 9 Gamut Procedure
4. The Sequence

1. The Setup



Find the “Sore” spot on your chest. There are two sore spots, and it does not matter which one you use. They are located in the upper left and right portions of the chest and you find them as follows:

Go to the base of the throat about where a man would knot his tie. Poke around in this area and you will find a U shaped notch at the top of your breastbone (sternum). From the top of that notch go down 3 inches toward your navel and over 3 inches to your left or right. You should now be in the upper left or right portion of your chest. If you press vigorously in that area (within a 2 inch radius) you will find a “Sore Spot”.

Rub the sore spot while saying the affirmation 3 times. The spot is sore when you rub it because of lymphatic congestion, and will improve as the congestion is dispersed.

It is very important that you say the affirmations 3 times, whilst rubbing the sore spot! While you are rubbing the sore spot and saying the affirmation, you need to really think about this negative emotion as much as possible. Give it all the attention you can.

Affirmation

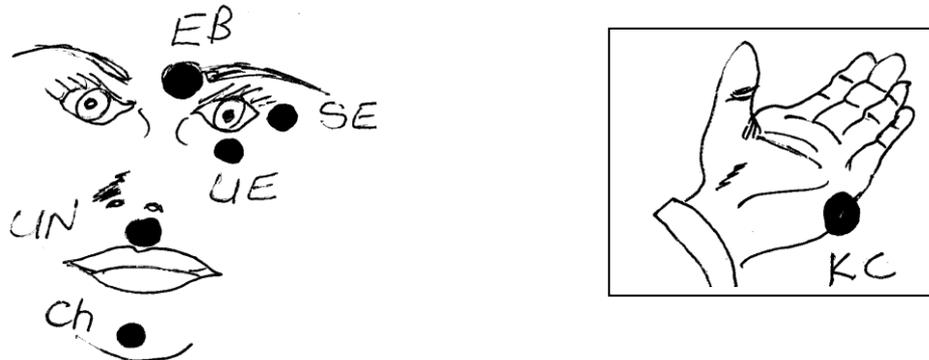
Even though I have this I deeply and completely accept myself.

Eg. Even though I have this **anger towards my father** I deeply and completely accept myself.

Eg. Even though I have this **fear of failure** I deeply and completely accept myself.

2. The Sequence

There are seven places that you need to tap 7 times with your ring and pointer finger, as shown in the diagram. Note that they form a question mark on the face, so it should be easy to remember.



Say out loud: ***I am angry at my father*** tapping each of the 7 points in order, 7 times. If you cannot count 7 times whilst saying the affirmation, do not worry, as long as it is more or less between 5 and 9.

Repeat this process but this time saying ***I am still angry at my father.*** (The sequence should be done twice).

If you are in a public place and cannot say this out loud, it will also work if you must mumble it under your breathe.

3. The 9 Gamut Procedure

The purpose of this procedure is to fine tune the brain and it does so via some eye movements and some humming and counting.

The Gamut point is on the back of the hand half an inch behind the midpoint between the knuckles at the base of the ring finger and the little finger. You need to tap the gamut point continuously while doing the 9 points that follow:

1. Eyes closed
2. Eyes open
3. Eyes hard down right while holding head steady
4. Eyes hard down left while holding head steady
5. Roll eyes in a circle as though your nose was at the centre of a clock and you were trying to see all the numbers in order
6. Same as #5 only reverse the direction in which you roll your eyes
7. Hum 2 seconds of a song – suggest Happy Birthday
8. Count rapidly from 1 to 5
9. Hum 2 seconds of Happy birthday again

4. The Sequence (again)

The fourth and last phase is a repeat of the second phase.

Once you have done all this, test how you are feeling and see if the negative emotion feels gone. If you still feel that you have some negative emotion, redo the whole four step process again.

EFT can be used for headaches and any body aches or pains, as well as painful memories, or food or alcohol cravings or depression. The list is endless.

Another amazing process is by Byron Katie, known as "The Work"

"The Work" by Byron Katie (several books)

<http://www.thework.com> Download a Judge-your-Neighbour worksheet from her website, as per the link above, and then do this amazing process!

Here is an example of her worksheet.

The Judge-Your-Neighbor Worksheet

Fill in the blanks below, using short, simple sentences. Don't censor yourself; don't be wise or "spiritual." Take this opportunity to express your negative feelings on paper.

1. Who angers, irritates, saddens, or frustrates you, and why?

I am _____ at _____ because _____.

Example: *I am angry at Paul because he doesn't listen to me, he doesn't appreciate me, he argues with everything I say.*

2. How do you want them to change?

What do you want them to do?

I want _____ to _____.

Example: *I want Paul to see that he is wrong. I want him to apologize.*

3. What is it that they should or shouldn't do, be, think, or feel? What advice could you offer?

_____ should/shouldn't _____.

Example: *Paul should take better care of himself. He shouldn't argue with me.*

4. What do they need to do in order for you to be happy?

I need _____ to _____.

Example: *I need Paul to hear me and respect me.*

5. What do you think of them? Make a list.

_____ is _____.

Example: Paul is unfair, arrogant, loud, dishonest, way out of line, and unconscious

6. What is it that you don't want to experience with that person again?

I don't ever want to _____.

Example: I don't ever want to feel unappreciated by Paul again. I don't ever want to see him smoking and ruining his health again.

Instructions for Doing "The Work" by Byron Katie

Do you really want to know the truth? Investigate each of your statements using the four questions and the turnaround below. Leave out "but", "because", or "and". Take only one negative judgment at a time through the process. Often you will have several negative judgments about one person. Take each judgment separately through the inquiry process.

The Work is a meditation. It's about awareness; it's not about trying to change your mind. Let the mind ask the questions, then contemplate. Take your time, go inside, and wait for the deeper answers to surface.

The Four Questions

1. Is it true?

2. Can you absolutely know that it's true?

3. How do you react, what happens, when you believe that thought?

4. Who would you be without the thought?

Here's an example of how the four questions might be applied to the statement, "Paul should understand me."

1. **Is it true?** Is it true that he should understand you? Be still. Wait for the heart's response.

2. **Can you absolutely know that it's true?** Ultimately, can you really know what he should or shouldn't understand? Can you absolutely know what's in his best interest to understand?

3. **How do you react, what happens, when you believe that thought?** What happens when you believe "Paul should understand me" and he doesn't? Do you experience anger, stress, frustration? Do you give him "the look"? Do you try to change him in any way? How do these reactions feel? Does that thought bring stress or peace into your life? Be still as you listen.

4. **Who would you be without the thought?** Close your eyes. Picture yourself in the presence of the person you want to understand you. Now imagine looking at that person, just for a moment, without the thought, "I want him to understand." What do you see? What would your life look like without that thought?

The Turnaround

Next, turn your statement around. The turnarounds are an opportunity to consider the opposite of what you believe to be true. You may find several turnarounds.

For example, “Paul should understand me” turns around to:

- Paul *shouldn't* understand me. (Isn't that reality sometimes?)
- I should understand me. (It's my job, not his.)
- I should understand *Paul*. (Can I understand that he doesn't understand me?)

Let yourself fully experience the turnarounds. For each one, ask yourself, “Is that as true or truer?” Can you find specific examples in your life where the turnaround is as true or truer? This is not about blaming yourself or feeling guilty. It's about discovering alternatives that can bring you peace.

Hypnosis – several excellent Hypnotherapists and Psychologists.

DNA Activation – this is reasonably new and can be done with a DNA Activation practitioner.

Your body is an instrument that has been given to you, and as long as your heart is pumping, you are alive and able to feel a number of different sensations. Cold, joy, heat, sour, salty, sweet etc. When someone says something painful or offends you, you will experience a pain in your chest. When you are in love, that same chest will experience feelings of fireworks and ecstasy. When you are lonely, your body feels empty. When you are sad it feels as if a heavy load is pressing down on your chest. Grief feels like quick sand under you and waves knocking you down and joy like bubbles of champagne flowing through you and bubbling in your belly.

Our ego minds are masters of deceit and blame, but our bodies never lie. Jesus talks about the “Father of Lies” who comes to deceive us. I believe these are our thoughts that are running around in our heads, randomly.

Many of us have learned to ignore the body's signals and numb ourselves with food, alcohol, drugs, sex or whatever drug we have chosen to use. Most of us feel that to actually experience the feelings, we would be overwhelmed; we would drown in sorrow or be overtaken by anger.

However, it is necessary to delve into these feelings to be able to heal the unresolved emotions. You need to do a body-based enquiry to really experience the feeling, to BE with the feeling. With awareness (the ability to know what you are feeling) and presence (the ability to inhabit the feeling while sensing that which is bigger than the feeling) it is possible to experience the emotion without it destroying you, even though that is what you believe this painful feeling will do to you.

You need to pay attention to what you already are feeling, be it sad, happy, lonely, angry, bored or hungry. Pay attention to these feelings and take a deep breath, then you take another. You notice sensations in your body, not the usual feelings of sadness, but try to establish what these sensations feel like. Is it tingling, or coolness, or warmth, or pulsing? Try to describe it differently to what you have in the past. Give it a colour. Look for new words to use. Be curious about these sensations in your body; is it a mound of blue sand, or a heap of green stones? Is it in your chest or do you feel a hole in your heart? Once you notice and observe it, does it change? Does it open and seem to dissipate?

This type of enquiry provides a bridge between what you believe about yourself and who you actually are. It helps you to distinguish between the stories that you have made up about yourself, based on past experiences and the present living truth.

This kind of enquiry requires inhabiting a feeling completely. It is not about trying to put yourself back together, but rather trying to pull 'who you think you are' apart. This process, of trying to find the unresolved emotions and healing them, is not about healing our "wounded inner child", or trying to experience every bit of grief or anger we were never able to express. We do not want to blame our parents for not saying the right things, but because unfelt feelings prevent us from truly knowing ourselves.

As long as we are stuck in the groove of being the child who was hurt by a parent we will never grow up. We will never know who we truly are. We will continue to look for a parent that never showed up and will not realise that we are no longer a child.

Pretend you were surrounded by a number of hungry lions, what would you do?

Are you feeling fear? Are you getting anxious?

Now stop pretending! Is the emotion you are feeling real?

Most of us are so obsessed with the hungry lions in our minds, our stories of loneliness, rejection, abandonment and grief, that we do not even realise that they are all in the past. They cannot hurt us anymore. It is the Ego that we created that is fighting for attention. Give it your attention. Feel those emotions that have been swept under the carpet! Those feelings that have been suppressed by eating chocolate and ice cream! The anger that is "sinful"!

Once we realise that those stories, are just that, **stories**, and that they cannot affect us anymore, then we can be in the present moment with our bodies. We can begin to feel our bodies directly and consequently those awful feelings will dissipate and we will be left with amazing feelings of peace.

Allowing ourselves to fully feel an emotion at the time it occurs will develop courage and strength that we never knew we were capable of. When we allow ourselves to truly feel the feelings in our body, we will realise that we are far more than just those feelings. We tend to make up stories and exaggerate the whole thing, make a drama out of it, instead of just allowing those feelings to be fully felt so that we can move on.

Pretend you are a child, and get hurt, and an adult summons you to come to them, and they encourage you to "tell me all about it". If you could allow all those hurt emotions to be expressed with love and kindness, then they would not become stuck, and you will be able to resolve them.

The first step is to drag yourself away from those old stories playing back like a record player, and sense what is happening in your body right now. Your body has all the information that you need.

What are you feeling in your chest, your solar plexus? What is happening right now? Resist the temptation to turn away and follow the story about the problem, and concentrate on your body, right here and now. Drag your attention away from the

story and put it onto your body; notice how it feels. It might surprise you to notice that your body may be feeling calm and relaxed and that the drama is only going on in your mind.

This enquiry needs to be done as a meditation. If you can set aside 20 to 30 minutes a day, and just be with your body. Pay full attention to what is happening in your body. Once you have released all old wounds and hurts, you will be able to decipher current events the instant they happen. You will notice that there will be no more self-blame and self-hatred but that you will experience peace and tranquillity.

In the middle of a crisis, you need to drag yourself out of the situation and immediately into your body. If you are unable to do this meditation at that very moment, ensure that you do it as soon as you can.

In the process by Byron Katie “Judge your neighbour worksheet”, it is very helpful to deal with emotional issues that you are struggling to overcome.

Beliefs

Secondly we need to change our beliefs and realise the power that is in our thoughts.

I want to re-iterate that your most powerful tool is your imagination.

Just think about this, would it not be amazing if you can clearly see something in your imagination, believe it 100% and then it becomes a reality in your life? Just by seeing it in your mind's eye, it materialises. Well, I have news for you; it does, provided you believe it totally and completely. Jesus said "If you can have faith the size of a mustard seed, you can move mountains".

You have to change the binding beliefs about yourself first. Once you realise what you are capable of; doing whatever you set your mind to, literally, then you will become a powerful creator. You will be able to change the game of life, to suit yourself.

The feeling when a binding belief changes, and you finally understand the truth is amazing. It is a feeling of great gratitude and peace.

You perceive your world through your beliefs. Beliefs are filters that you perceive your life through. Everything in this world is neutral, you give it meaning. You see the world, not as it is...but as YOU ARE!!

This is the reference point of all your judgements. This is what gives you an identity and defines who you are. All your thoughts and emotions originate from what you believe.

Most of your beliefs originate from your ancestors, your parents, friends, schooling, work colleagues, experiences that you have endured and your own minds.

You can visualise all day long, read tons of books, do loads of courses, try everything on the market, but if you have stored negative beliefs, you will not change. Your belief systems will sabotage whatever you try to do, that does not line up with your current beliefs.

By changing your beliefs, you are creating a new chemical coding in your body. You are expanding the blueprint of yourself. The more you do this exercise in a playful way, the more you begin creating a more empowering and lasting belief. This will ignite and activate your hidden, untapped potential and allow you to program successes in every area of your lives. Remember, your beliefs always precede your reality!

Beliefs are extremely powerful, and they will not change overnight. You need to change your subconscious, which is where the beliefs are stored. Hypnosis and daily affirmations can assist, but this takes time. Every day when you have a negative thought, or doubt that you are able to do something, it most likely is a belief that needs to change.

Use affirmations that are opposite to what the belief is that you are struggling with: e.g. If you believe that you have to work hard for money, use the affirmation: "I can obtain money whenever I need it, without working for it at all."

Repetition is the secret here. Many religions use beads to count affirmations that are chanted, as they know that the more you say the better chance you have of it sticking.

Take your note book and write down any belief that comes to mind from your parents or teachers or anyone that had an influence on your life. Once you have no more that you can think of, go through the list that you have made, and put similar ones together. They are most likely linked, and sometimes can all be dealt with at once.

There is a new modality that has been discovered, called Theta Healing technique, which can change your beliefs instantly. You "download" your new beliefs into your subconscious and then observe the download. By observing it, it manifests into your life.

Below is a technique for establishing obstructing beliefs and the belief changing technique:

Here is a sheet that you will use to put down three of your negative beliefs, and the rest you will need to work through at a later stage on your own. More negative beliefs should keep popping up, and you deal with them the same way as this process that I am about to show you:

Establishing obstructing beliefs

Write down 3 phrases your mother & your father said to you when you were small

Mother said _____

Father said _____

Choose one from your Mother's or Father's list, which still influence your life and/or relationships _____

How does this belief show itself in your actions and behaviour with others?

Have you tried to change this belief? How?

If you did not have this belief, how would you behave differently?

Are other members of your family influenced by this belief? How?

Is this a belief you would like to pass onto your children? Why?

Now we will do the Belief changing Technique: #

Belief changing Technique using the screen in the Room-of-the-Mind!

Let us go back into the inner sanctuary and place these beliefs on the screen in the room-of-the-mind and then delete them.

Select one of your obstructing beliefs and go to the room-of-the-mind in your inner sanctuary:

1. Sit in an awkward position – feet up, arms stretched out and head back with eyes open.
2. Fix your eyes on a spot on the ceiling.
3. Take a very deep breath to the count of 4, hold for 2 counts and then exhale for 4.
4. Take a deep breath and then gradually close your eyes.
5. Take a second deep breath and bring your head down and relax your head.
6. With the 3rd deep breath, relax your arms
7. Take the 4th deep breath and relax your shoulders and drop your head to your chest.
8. With the 5th deep breath brings your legs closer and relax your legs and feet.
9. Take the 6th deep breath and imagine that your body has no back bone or spine; feel as if your body has turned to jelly.
10. With the 7th deep breath, visualise a flight of 10 stairs going down. See a door at the bottom of the stairs. Walk down the stairs counting one step at a time. Feel yourself moving down. Once you have reached the 10th step the door will come into focus. Open the door and walk through.
11. Go into your inner sanctuary.
12. Go through the golden door into your room-of-the-mind.
13. Using your imagination see yourself on the screen in the role of the belief you have chosen, as if you were acting in a movie. If for example your belief is that you need to work hard for money. See yourself working hard and then getting paid at the end of the month.

14. Then ask the computer for the root cause of this belief. The screen should change to a scene where the root cause of the belief started. If it does not appear immediately, then tell it to appear on the count of 3. Sometimes an image or scene will appear that does not make sense and does not relate to the issue. Then ask the computer to decipher the image/scene for you.
15. If it again gives you another image/scene that makes no sense, repeat the above process, until you get an image that does make sense to you.
16. If you have not luck, repeat the process a few days later.
17. Once you have an image that does make sense to you take a white board eraser and wipe the board clean.
18. Play a movie of a new scenario which is opposite to the very first movie you acted out in the beginning. i.e. see yourself receiving money without having to work hard for it. You have now changed the root cause of that belief.
19. When you are done, go back into your sanctuary 20. Come to the present moment, and open your eyes.

If you struggle with this ask your more aware self to assist you. Remember to use your imagination.

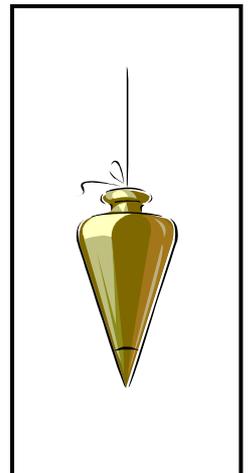
We now need to check to see if the belief has changed: \$

Diagnostic techniques for belief change

1. Pendulum Technique

The pendulum is the vocal cord of the non-physical. Draw a circle with a cross on the inside and first establish what your yes and no is, by asking a simple question, like what your own name is. My yes is up and down, the same as I would nod my head and my no is left and right. But not everybody's is the same. Then, once you are sure, you can use the pendulum to ask questions pertaining to your beliefs:

- a: Which beliefs are obstructing or standing in the way of your goals?
- b: Which beliefs do not need to change and which belief changing method is best to use when you want to change, resolve, and dissolve a destructive belief?
- c: Which technique should be used to install an empowering belief?

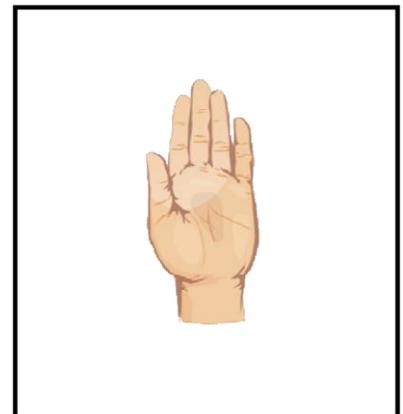


2. Ideomotor Question Technique

Finger technique:

- Right index finger = Yes
- Left index finger = No
- Both index fingers = Don't know

First establish if your fingers do respond the same as this suggestion by asking a simple question, to establish your **yes** and **no**, as suggested for the pendulum technique.



3. Yes/No theory using the screen of the mind

On this theory we will be using two colours on the screen of our computer to identify YES and NO answers.

YES = green colour and **NO** = red colour

1. Go into your computer room with the screen of the mind using the above techniques.
2. Programme your computer for the theory: Type in YES and see a green colour square in your left hand corner on the screen. Now type in NO and see a red colour square in your right hand corner on the screen. (Do this about 10 times to reinforce it.)
3. See if you have a different feeling in your body when YES appears to when NO appears.
4. Then ask simple questions first to ensure that the programme is working.
5. Wait about 2 seconds for your answer. The non-physical will always tell you the truth.
6. When you are done, go back into your sanctuary 7. Come to the present moment, and open your eyes.

This method can be used for any questions that you need answers to, except if it is about someone else's life, as you need their permission first.

You need to understand that your body is an apparatus, and not the real you, and that you are a far greater being, making use of this magnificent apparatus. The body, the apparatus, is a means of COMMUNICATION. The physical body is the link between your non-physical mind/body and your physical mind/body. You need to learn to **interpret** your body; i.e. use your intuition.

Affirmations are a great way to help you when you are lacking confidence, or feeling anxious. You have negative self-talk that needs to be changed, and the best way is to consciously say positive things.

When you catch yourself saying something negative about yourself, stop and change that negative into a positive. For example: If you look at your bank account and see that there is no money in it, and you say "I am broke" or "I cannot afford this". You change it to say that I am in Infinite Abundance right here, right now.

Try using a question, because the subconscious mind likes to be challenged, and will always try to get the question answered: "Why am I so wealthy right now?" or "Why am I one of the luckiest people alive?" or "Why am I in infinite abundance right here, right now?"

Affirmations can help if you are struggling with negative beliefs and emotions. Try this exercise:

Look at yourself in the mirror, in your eyes. The eyes are the window to the soul. Say the following affirmations with feeling, while looking into your eyes, every day.

I love you!

You are beautiful!
You are amazing!
You are successful!
You are powerful!

I find it easier to use “YOU” as then your sub-conscious programs cannot sabotage you. But if you are happy that you have no more sabotaging beliefs, then you can say “I AM...”

If you struggle to believe this, then change it to. Why do I love you? And so on! You can use any affirmation that you find works for you. As long as you have a feeling that goes with the affirmation, it will definitely work.

I need to stress how powerful affirmations are. The thoughts that keep running around on automatic pilot in your head are destructive, so you need to change them. Affirmations can replace your negative thoughts, but will not necessarily change your beliefs.

A short cut to change these thoughts is by going for hypnosis. You can get a disk made by a hypnotherapist, with all the affirmations that you want to change your thinking with, and then listen to these everyday using self- hypnosis or a guided meditation.

Theta healing is also a very powerful way to change your thoughts.

Affirmations are to be used as well, and every time you catch yourself thinking negative thoughts, you say affirmations, right then and there. Affirmations also work to lift a low self-esteem, to boost your confidence, etc. They are powerful. But it is important to use feeling when saying them!

Positive self-talk is something that needs to be nurtured and developed with perseverance and practice. Faith is positive self-talk and belief. The bible says that faith is the substance of things hoped for, the evidence of things not seen. Faith is the belief in something that is not tangible, that you have not yet seen, but believe with all your heart. Faith is the belief in something that you have not seen with physical eyes, but only in your imagination.

I want to re-iterate, that your more aware self, communicates with you through feelings, using the body as the apparatus. These feelings come in various disguises – images, recurring dreams, information, memories or reactions that seem to arise out of nowhere. Whatever shape they choose to come in, they are guidance or messages from your more aware self, to enable you to awaken from the dream and become conscious again.

Once you are fully open to your more aware self, you will experience these feelings in your “gut” area, below your belly button. Most of us have no feelings at all down there, other than tummy ache, as we have sub-consciously ignored them, afraid to confront them. These feelings are guidance from your soul and have many riddles and clues to give us that need to be explored.

The feelings give you a clue as to what you are thinking, and the best way to find out what you are thinking is to take note of and then watch your thoughts.

The first practical way that I can suggest is to stop running away from these messages or feelings that you are trying to avoid and write down these recurring things or feelings that you have been avoiding. Keep a note book at your bedside table, and make a point of remembering your dreams. As soon as you wake up write them down immediately. If you do not, they will be forgotten.

Here is a meditation to try, the body awareness meditation.

Body awareness meditation

1. Find a quiet place where you will not be disturbed for about 30 minutes.
2. Ensure you have your note book and pen
3. Focus on your body whilst taking deep breaths
4. Keep breathing deeply until you start to feel sensations in your body
5. Scan your body and slowly go to each area, to sense what is there
6. Write down these areas and sensations
7. Delve into one area at a time, and really sense that feeling fully
8. Follow the feeling and notice if any memories are triggered. When did I first experience this feeling? Was it when I felt abandoned as a child? Notice that you are now in the present and safe.
9. Notice that once you have fully investigated a feeling, that it dissipates and you experience feelings of peace.
10. Continue to delve into all the areas that you identified, until you are feeling totally peaceful

By observing the feeling, and bringing in your attention, your consciousness, you have collapsed the negative emotions.

It is quite natural to be fearful but you need to face these fears to overcome them. Be assured, anybody that you respect or admire, have had to face uncharted emotional territory and had to face their fears. Facing fears, of any kind, is all part of your physical experience in this dimension to decode the riddles and clues on the map to reach awareness.

Feelings that are not acknowledged, do not go away, they become stagnant. These stagnant feelings keep your energy trapped, stopping the flow of your vital intuitive energy and creative inspiration.

Write down your thoughts using a method called, **journaling**.

Take your journal or notebook and write down the date and time on the top of the page and write down whatever comes to mind. If you cannot think of anything, think of what happened during the day. For example: Today my boss asked me to do the month end reports earlier than normal. As if you were keeping a diary. Soon, the thoughts will start flowing. Just keep writing whatever comes to mind, until you have no more thoughts flowing.

The beautiful thing about journaling is that you clear your own mind of thoughts and open your heart up to hear Consciousness, Your Higher Self or God.

Now let us do a meditation, to get a quiet mind together:

Quiet mind meditation

Firstly find a quiet, comfortable place, where you will not be disturbed. I want you to sit in a comfortable position and relax. Concentrate on your breathing, and breathe in and out deeply and rhythmically. Count your breaths up to ten. Keep your eyes closed for this part of the exercise.

As a new thought comes, consciously see yourself moving the thought into a balloon, in your mind's eye, that bursts and dissipates and disappears. Keep trying that over and over until no new thoughts come and then sit in this quiet place for as long as you can. You will have to start slowly and work your way up. Try to relax, as if you are anxious you are not going to be successful.

If you find too many thoughts keep distracting you, I suggest that you get a piece of paper and a pen, or your journal, to jot the thoughts down or make a TO-DO list, to get all these things that keep running on auto-pilot out of your mind.

Now let us do the "Watch your thoughts" meditation technique:

"Watch your thoughts" meditation technique

Make sure you are sitting down. Breathe in deeply through your nose and then breathe out through your mouth forcefully, making a "Shoo" sound. Breathe in and out five times, without a break between breaths. You will feel light headed but do not worry about that.

In your imagination, I want you to imagine that you are a cat, sitting poised in front of a mouse hole in a wall, waiting for a mouse to walk out. Instead of a mouse though, you are watching and waiting for your next thought. Notice how long it takes before a thought comes. Did you see that? As you were allowing the thoughts, not merely watching them, they are more controlled.

If not, go back to your imaginary cat and mouse scene and try again. Really visualise a mouse hole, and be expectant of a thought coming out of the hole. If there are still too many thoughts flowing, grab your journal and write those down first and then try this exercise again.

Initially, it does take a while to get the hang of it, but after a while, the mind cooperates with you and becomes still. The whole idea is that you are not stopping your thoughts, but allowing them.

You know when you have achieved this, when you feel the awesome feeling of gratitude, peace, joy and love. This is when your brain waves have slowed down to the Theta State.

Have you ever had the awe inspiring experience of seeing the sun set, which took your breath away? Or taken a look up into the heavens and seen the full moon and

all the stars and felt so small amidst this awesome wonder? Or sat and looked at the ocean and it felt as if time had stopped? You felt the most amazing love and peace on the inside of you. It was at those times, that your thoughts had stopped. If you were aware, you would have noticed stillness, a peacefulness that is beyond understanding.

Once you have got the hang of the different meditations in part 2, you will experience that amazing peace and joy.

Now let us do the energy filling meditation:

In this exercise you will learn how to pull the energy into your body and the energy will settle in your gut area.

Concentrate on your feet first and feel your toes relax, then the arch of your feet, the soles, up to your ankles, your heels and to your calves, the knees, the thighs, up to the hip joints. Feel each muscle relaxing. Turn your attention to your arms, moving up from the fingers, into the hands, the forearms, the elbows, the upper arms, all the way up to your shoulders, concentrating on each section at a time, feeling every muscle relax. Do the same for your tummy area, your chest and then your back, neck and top of your head. Take your time, go to each area and concentrate on every part of your body to relax it with intention. Once you feel very relaxed, start using your imagination.

Now imagine you have a hollow shaft stretching from the crown of your head, all the way down to your root chakra. See a bright, gold, pillar of light coming down from above your head and pouring into the hollow shaft and going all the way down to your root chakra. See it as it passes each chakra. See it go past the third eye, then the throat chakra, then the heart chakra, the solar plexus, past the sacral chakra and eventually settling at the root chakra. Now see this energy seep into the rest of your body and imagine it filling your whole body, see it go into your toes, your legs, hands, arms, every piece of you. Sense it. Feel the energy on the inside of you. Imagine you feel a tingling feeling on the inside of your body, as the light energy flows in.

Once you feel that you are quite full to the brim then **become** the light. Imagine that you are the light on the inside of your body. Feel yourself expanding. Feel inside your legs and your arms and each area. Be aware of the inside of your body. Once you are comfortable that you are feeling inside the body, by using your imagination feel yourself as the energy settling down inside. Move your attention to your physical body and feel your bottom on the chair where you are sitting, feel the back of your legs on the chair, and put all your concentration onto your gut area. Become grounded.

Feel the emotion in your gut, below your navel. That is where you will sense your emotions. Once you are feeling a good emotion, you can continue. The first time it may take a while, as you may not be sure what it feels like. If you are struggling to get a good emotion, think of a good thought. Sing a song. Do something to elevate your mood.

I sometimes put my hands above my head and physically pull my hands down as if I was pulling the energy down by using my hands. Do whatever you need to assist you in pulling the energy into your body. Remember the power of your imagination.

This feeling in your gut will vary and fluctuate during the day between an amazing feeling of excitement, to peace and to love and joy and then you will know that you are still on the right track. You will eventually get so used to that feeling that you will almost not even notice it other than an amazing feeling of wellbeing. But, as soon as something is not right, you will know it loud and clear, as you will be so accustomed to the wonderful peaceful feeling.

The feelings are all connected to what you are thinking. If your thoughts are in line with your more aware self, and what you are creating, then it is a good feeling. The minute your thoughts do not vibrate on the same frequency as your more aware self, you will lose that feeling of peace and joy and create what you do not want, as you are constantly creating.

Now I am going to discuss three spiritual laws that are useful for you to understand what I have told you so far:

The Law of Attraction

You need to understand how magnificent you are. How powerful you are. You also need to understand why you, as a non-physical being, came into this physical dimension. You are a creator and you came into this dimension, to be able to create what you want to experience.

Your more aware self, has an expanded knowing and knowledge of a few simple laws. If you are able to accept, acknowledge and utilize these laws you will become a deliberate creator. Deliberately creating your everyday experiences and creating abundance in your life.

Through communication you co-create with your more aware self. Through stimulation of thought, and utilizing the laws of the universe, you can attract thoughts to you. Thoughts attract “like-thoughts” to themselves. Like a magnet attracts metal objects to itself. The saying that “birds of a feather, flock together” explains this concept very well.

The Law of attraction is the most powerful law of the universe. That which is like unto itself is drawn. We have all experienced this, for example: say your day starts out badly and it progressively gets worse as the day goes by and everything seems to go wrong. You will notice that someone who speaks mostly of illness is always ill and likewise a person who speaks mostly of prosperity has it.

You are a magnet attracting to you what you are thinking and feeling. If you feel fat, you cannot attract getting thin. If you feel poor, you cannot attract wealth. Pay attention to what you are thinking. Words and action are an extension of your thought. You are creating your experience.

Illness is not created on purpose, but we attract it unconsciously, creating illness through inappropriate thought and expectation.

The greatest resistance to the law of attraction is that so many people cannot believe that they have created the things that they experience. They cannot believe that they brought such bad things as being hi-jacked or raped or robbed into their experience. They say that they would not have done it to themselves. Although they did not do it intentionally, they ultimately were responsible for it. They were afraid that it would happen to them, and that is how it was attracted to them, through fear, which is a negative emotion. Being afraid of something, you are actually thinking about it.

You invite things into your experience by giving thought to it. You may have a little thought about what you do not want, then, as you give your attention to it, you start to think about it and it grows larger and larger and more and more powerful, then it grows and becomes a reality in your experience.

It works whether you are thinking about what you want to create, or thinking of the lack thereof, or what you do not want to create. The direction of your thought is your choice, but it works upon what you are thinking on. These laws are real, even if you do not believe in them.

Do not resist them because they are strange. See the correlation between what you are thinking and speaking and experiencing. Not every subtle thought will come into your experience, but if you keep on thinking on that thought, they eventually will.

Accept the Law of attraction so that you can start using it to your benefit and not your detriment.

Imagine yourself as a huge magnet, and you are attracting things that you are thinking of to yourself.

The Law of Creation

The next universal law that I want to bring to your attention is the law of creation. As I mentioned earlier, you came into this physical realm to be a creator and you came into this dimension, to be able to create what you want to experience. I am sure you want to experience good things rather than bad things, so if you use this law of creation to create deliberately, you will create only the things that you want to experience. You will create on purpose.

You can use the law of creation to become a master creator and create what you want to experience deliberately. This law, as the law of attraction, works whether you are thinking about what you are creating or not. Whether you are thinking of the lack thereof, or not, it works upon what you are thinking of.

For example: If you have outstanding bills to pay, and you keep thinking about them, and the lack of money to pay for them, you will continually create LACK of money. If you change your thinking, and believe that you will have the money, somehow, to pay for the bills, you will be attracting the money into your experience.

It is difficult because we believe that we need to take action. We believe that we can only receive money by working for it. However, the universe is vast. The universe is abundant. There is more than enough for every single person on this beautiful planet of ours. The problem is that we give up just before the creation materialises into our experience.

We live in the physical realm, which is a dimension with a buffer of time. Although our creation has been ordered, it does not materialise or manifest immediately. If you can think of yourself sitting in a restaurant for dinner, you check the menu and then place the order with the waiter. You do not keep going into the kitchen to see if the chef is cooking your meal, you KNOW that it will be coming as soon as it is ready. You also would not get up after a few minutes and walk out, because your food did not arrive. You wait, and chat to your fellow diners, with excitement and expectation of the delicious meal arriving.

Launching creation with emotion, and then expecting or allowing it to come to you, will allow it to manifest into your reality. When I say emotion, I mean positive emotion, excitement, expectation, joy, peace and a knowing; an expectation that it will manifest into your experience, into this physical realm, on time. The next part to this experience is to receive it.

Many people may create something, but do not know how to receive it, as they do not believe that they are worth it, or deserving of it. They cannot accept that they do not need to take action either, as this physical realm is run by action.

Imagine you are a teenager coming home from school, without a care in the world, and you come home after playing sport at school. You go up to the refrigerator, open the door and then look inside. You see an ice cold soda, sitting on the shelf. You may call to your mother to ask if you can have it, and then once she has given you permission, you take it out and do what? Say "Oh, I am not worthy of this soda. I have been a bad person today. I did not tidy my room" (or whatever) and put it

back? Of course not! You will take it out and open it ASAP and drink it with relish. You asked and it was given and you are enjoying it. Why then when we ask God for something, do we not have the same re-action?

Just because it does not manifest into this reality immediately, we assume it has not been given to us. Believe, and it will happen. Keep believing, have joy, knowing that it is on its way via the courier service from heaven.

You need to utilize the power of your thought, plan ahead and think about what you want your life to be like. If you give some thought in advance, preparing what you want to experience, there will be less action to take. Thought is the intended means of creation. You need to walk through space and time expecting to receive. You need to take action in the present moment, in the now moment. Believe that you have already received something. Believe it has already materialised. Believe and behave as if it has already manifested, be joyful and grateful.

Think things into being, launch your creation and expect that it will happen. Take inspired action with joy and think things into being. You will be guided and inspired by your more aware self, to perfect action, so that you will receive what you want to receive. Believe that you have your creation NOW, as if you have already received it. Express and have gratitude for receiving your creation. The only real time is the NOW moment.

If NOW is the only moment that counts, make it the best that you can, live each moment to the fullest, as you can never re-live this moment.

The Law of Allowing

The final law that needs to be addressed is the Law of Allowing. You need to allow others to do and be who and what they are. You must realise that you did not come to save the world. Do not focus on the difference between others and yourself. Realise that you are not here to get everyone to believe what you believe. Notice that there is diversity. Everyone is different and we need to accept the differences in others, and allow them to be who they want to be, even if it is totally against what you believe.

Be grateful for what you do have and be content in whatever situation you find yourself in. If you cannot be happy in your current situation, then you cannot change it. Do not focus on the negative emotion, but onto what you want.

Do not focus on your current circumstances, but on the end result. When you allow yourself to just be, you feel good. When you do not allow others, or are just being tolerant, you do not feel good. Although allowing does make you feel good. Being tolerant is letting others do what they want, but not liking it, therefore binding you through negativity.

Nothing comes into your experience unless you have invited it through thought. So if you do not want something to happen, do NOT think about it, do NOT invite it in, then you will not experience it. You will only experience something that you have created with emotion.

If you understand that others are creating their own experience, and you are creating yours, then you are absolutely free to create the kind of world that you want. You will not need walls and barricades, or security fences, as you are not attracting burglary or negativity into your experience. You are free to control your own world and then you will not feel such an urge to control everyone else.

As you are creator of your experience, you need to know exactly what it is you want and what you want to experience. During the day you need to check what your emotions are saying. If you get a negative emotion, you need to reclaim your power, by finding out what you are thinking that is not in line with your more aware self. And then change that thought, by letting go and trusting that your more aware self is in control. It is going with the flow of the river, rather than swimming up-stream, against the flow.

Another angle to the law of allowing is surrendering to the universe and allowing “the order to be prepared”. You have placed the order now you need to wait. You do not need to DO anything, just relax and ALLOW things to happen. Just BE. What will be, will be! Expect things to come in their own time. Be joyful and happy by allowing them to happen in their own time.

All creative power is in this moment, but projects into all future that exists for you. The more you are prepared to stop and create in this NOW moment, the better your future experiences will be.

Deliberate Creation

To create deliberately, you need to know what you want to experience. You need to know exactly what you want with absolute clarity.

Every day you will be seeing things that you might like so you start by collecting information as to what you would like to experience. Set aside some time, about 15 minutes, every day to be clear about what you want.

Before you start the “Creation Workshop Exercise”, make sure that you lift your mood by either listening to music or thinking a happy thought, or do whatever makes you happy. Pets and children are wonderful to lift a person’s mood. You must be in a good mood when doing this, or it will not work.

Why are dreams and goals important?

They give you inspiration/ motivation.

They give you a reason to get up in the morning.

They give you a point of focus.

They provide a reference point for when things aren’t going that well.

They give you a sense of direction.

Dreams and Goals are important because they give you a sense of which direction you are heading in and where you are going.

Imagine you go to a restaurant for dinner, and you do not put in your order, you will sit there all night and not get served. Or, if you do not look at the menu, and you have no idea what to order, you will also not get served, as you do not know what you want.

“Most people don’t get what they want in life, because they don’t ASK for what they want”.

Most people do not know what they want.

In 1979 the Harvard Business School conducted a survey amongst its MBA students on dreams and goals. In the survey they asked: “Have you set clear, written goals for your future and made plans to accomplish them?”

The result of the survey was as follows: only 3% had written goals and plans, 13% had goals but they were not written down and 84% had no goals at all.

Ten years later, the same group was interviewed again and the result was absolutely mind-blowing.

The 13% of the class who had goals but did not write them down was earning twice the amount of the 84% who had no goals.

The 3% who had written goals were earning, on average, ten times as much as the other 97% of the class combined!

To be able to set goals, you first need to find out what your passions, skills and your talents are. The best way to do this is to use the right hemisphere of the brain.

However, when writing down your dreams and goals, you will be using your left hemisphere of your brain.

The Left hemisphere of the brain controls LANGUAGE, and is also the logical and analytical part of the brain. It is the part of the brain that controls numbers, maths and language, and it is the part of the brain that thinks in sequence. The part of the brain where things need to make sense.

In our society, we have been VERY left brain trained. Beginning from going to school, through universities and into the companies that we work at. We are taught to be logical, analytical and to plan. This is one of the reasons most people no longer DREAM, because left brain thinking brings logic to the dreaming process and when you dream you HAVE to use the right-hemisphere of the brain to tap into your creativity and think BIG picture and holistically.

To connect to the right-hemisphere of the brain, you need be relaxed, so I suggest that you do relaxation exercises to connect to the right side of the brain. You can use one of the relaxation exercises that I have given you in this book, and then do the Deliberate Creation Workshop:

Before you start this exercise, make sure that you lift your mood by either listening to music or thinking a happy thought, or whatever makes you happy. You must be in a good mood when doing this, or it will not work.

Once you are clear about what you want, write it down and then imagine it. Use your imagination to see yourself in that scenario that you want to experience. You can make a dream book, by cutting out pictures and pasting them in the book, or a dream poster that you can put up on the wall. You can make a collage of pictures with all the things you want to create and experience. Make out a cheque with the amount on that you want to receive and then paste it on your head board or ceiling so that you can see it all the time.

If you want to lose weight, take a photo of yourself and then take a black marker and colour in the “extra” fat bits to make yourself look thinner in the photo. If you have a photo of yourself when you were thinner, then use that.

If you prefer, you can make a Powerpoint presentation of what you want to create and save it on a CD or a flash disk.

Go into your sanctuary and imagine that you download the disk into the computer of your mind and that all the creations are placed inside your head.

You then energise this disk every time you do the Creation Process by holding it to your heart and imagining golden light flowing from your heart and energising the disk. Do this daily.

You need to first know what you want. Once you are clear about what you want, write it down and then imagine it. Use your imagination to see yourself in the scenario that you want to experience. Daydream!

You can make a dream book, a dream poster or a vision board that you can put up on the wall. Make out a cheque with the amount on that you want to receive and then paste it on your head board or ceiling so that you can see it all the time. By keeping the “dream” in front of you, you will keep your vibrations tuned into it.

Once your beliefs have been changed, you can use your imagination to visualise a scenario, and you will create that experience into your life, like the hologram I spoke of earlier. However, this time you are consciously creating the experiences in your hologram, and not unconsciously as you have been in Phase 1 of the Game of Life.

To create a hologram, which is the illusion of something physical, you must first create a pattern that holds all the details of the illusion you want to create.

Your beliefs are the “pattern” that creates the hologram.

To actually see the hologram, you must then add a tremendous amount of power to the pattern, which then pops the creation into your human game experience, and appears real.

If I want something, and believe I can have it, I can attract it into my life. This brings me to the Law of Attraction. If I want to be thin, and I visualize myself as thin, and speak of myself as thin and behave thin i.e. eat healthy food, exercise etc, I will get thin.

This can work for anything. If I can visualize myself as being rich, and speak of myself as being rich and behave rich (be generous), and I believe it with all my heart, I guarantee that I will become rich. I do not believe that I will have a million dollars paid into my bank account from nowhere, (not that it cannot happen) but I think that I will suddenly get a great idea that will make a lot of money or I will “co-incidentally” be led somewhere that I will hear of a great investment or inherit a large sum of money from an uncle I never knew of.

But how badly do I want to be rich. If I do not believe it with all my heart, I will lose hope. The problem is that, just before the thing I am creating manifests I lose faith and give up. I need to visualize it, and write the vision down, and believe that it is, even though it does not look as if it is. Further, I need to believe that I deserve to be rich. Often we feel undeserving, and then we are unable to attract it into our lives.

“Write down affirmations, affirming that it is, as though it is, and then say the affirmations aloud every day.” God told me. There are many stories in the bible where Jesus told his disciples to be obedient. The one was where they needed money to pay their taxes and Jesus told them to throw the net in and the disciple pulled out a fish which had gold coins in it’s mouth.

Faith comes by hearing, and hearing the word of God. If you are in God and He is in you, and if Jesus is the word of God, and you are equal to Jesus, then your words are God’s words.

Wow, if that is so, then we had better be very careful what we say, not so. We need to speak words of Love, because God is Love and therefore so are we. We need to watch what we say and think, because thoughts are just as powerful as words.

I re-iterate that we are creators, just as God is, and therefore if we speak, we create. Sure it does not happen as instantly as when God speaks, but as our faith grows and we become more spiritually attuned and aligned things will be created more quickly.

Now that you are sure of what you desire, you now need to set goals to achieve these dreams.

A goal is a dream that you intend to take action on.

What is a SMART goal? (Specific, Measurable, Achievable, Realistic and Time based). SMART goals, however, is old technology? No person who has ever done anything great has had a SMART goal!

If you want to live an **Extraordinary** life, then your goals must be extraordinary – not “realistic” and “achievable”. With SMART goals we make our goals too small, and too boring.

Michaelangelo said *“The greatest danger for human beings is not that you too aim too high and miss, but that you aim too low and reach it”*.

SMART goals do not ignite desire or imagination or action. That is why we need to set goals that stretch you. Goals that ignite you. Goals that delight and excite you but terrify you all at the same time.

The type of goals that you need to set, are goals that are Wildly Improbable. Goals that STRETCH you. If you don't feel some tingle of fear, then it isn't big enough. When you come up with a Wildly Improbable Goal you will feel it in your body. You will probably first feel a nervous kind of excitement in your stomach and then it should move into your throat, like absolute terror. The type of feeling of “How am I possibly going to do that”?

To come up with this type of amazing goal, you should take an Area or Activity that you are passionate about (it may have come up when you did the deliberate creation workshop or it may be something you already know you are passionate about) and then you literally think about that area or activity and STRETCH it into something that it Wildly Improbable:

You are now going to be coming up with your Amazing Goal. Expect the Inner Critic!!

Our little inner critic absolutely HATES to stretch itself, and whilst you are thinking about or writing about your amazing Goal, you may find your little inner critic goes mad and starts saying things like “That's ridiculous” or “How are you going to do that?” or “You're not smart enough to do that” or whatever it is saying...

Remember - The louder it is shouting the more on track you are!!

Have you found an amazing goal that ignites, delights and excites you?

When we human beings create, we create twice – first in the mind and then in reality. This is called manifesting.

As I mentioned earlier, your mind is the most important piece of technology that you own, but most of us are never given a manual for it.

The subconscious mind acts like a huge supercomputer hard drive. It stores every experience you've ever had, and controls all your bodily functions.

The subconscious stores every experience that you have as a SNAPSHOT of the 5 senses.

Example – a digital camera or cellphone takes a pic which you can store on a computer as a .jpeg image. The subconscious mind is exactly the same, except it takes a snapshot of the 5 senses. What are the 5 senses? Sight, hearing, tactile, smell and taste.

What am I seeing, what am I hearing, what am I feeling, what am I smelling, what am I tasting?

The Conscious Mind – What is the PURPOSE of the Conscious mind? (We are the only animal on the planet that has a conscious mind. What is its purpose?). It is our Survival Mechanism.

How it works – the first thing it does is filter. The second thing it does is predict.

To Filter – we have the equivalent of 300 billion bits of information coming at us each second. Luckily we have a conscious mind which filters all that and takes that 300 billion bits of information and filters it down to 2000 bits. That's a lot of information that it gets rid of.

The Conscious mind acts like a Guard at a gate – It decides that this information is important and is allowed in, and that information is not important and stays out. Example: You are buying a new car. You have decided on the car make and model. Suddenly you begin to see them everywhere!! Why? Because you told the guard at the gate that this information was important. So it lets that information in!

To Predict - The conscious mind uses the filtered information to predict whether a situation is dangerous or not. How does the conscious mind know whether a situation is dangerous or not?

It makes a prediction that is based on PAST EXPERIENCES, that is the most VIVID memory of something you have experienced that looks like this situation does at this stage.

There are 2 things that make a memory Vivid. What is the first thing that makes a memory vivid?

1. Emotional Arousal or High Emotion. Highly pleasurable or highly painful. For example do you remember where you were when 9/11 happened? Or your first kiss? Why do you remember it? Because it was such a highly emotional event!

2. The second thing that makes a memory vivid is repetition.

Find areas or incidences or times in your life that the same patterns keep showing up – eg. Same type of boss, even if you change jobs, or the same type of body weight, no matter what you do? Can you see you keep repeating the past over and over and over again?

The GOOD News is that you can break this pattern!

The Subconscious Mind does not know the difference between something that is experienced in reality, something that is imagined, or something that is dreamed, as in dreamed when sleeping.

The Subconscious Mind does not know the difference between something that is experienced in reality, something that is imagined, or something that is dreamed, as in dreamed when sleeping. Why is this SO important?

If the subconscious mind doesn't know the difference between something that is experienced in REALITY and something that is IMAGINED, then you can create an Imagined Story of something in the Future (like your Wildly Improbable Goal) which you can make into a MEMORY in the Subconscious mind.

For the first time you can start putting your FUTURE into the FUTURE, instead of putting your PAST into the Future!

For those of you who may be confused let me give you an Example... you are going to create a Little Story – using all 5 of your senses, about how your goal has already happened and how it has come true.

First decide on the little story about a goal that you want to happen, where you'll be, who you'll be with, what you'll be doing.

Ensure that in your future memory your goal has already happened, that it is completed, it has come true!! You are not working towards it or planning it. It is done! Ensure that you know that it is done, it is not enough to have the “feeling” that it is done, but you need to have visual, auditory and kinesthetic cues – eg. You can see it is done, someone says it is done, you feel it is done.

Now that you have thought about your Future Imagined Memory (eg. The little including using your 5 senses in the story of the OUTCOME of your Amazing Goal) write down all of the details. Use as MUCH detail as possible, the more detailed the better – in order to create a fully rounded and rich future imagined memory.

Spend 10 minutes in the morning **OR** 10 minutes in the evening thinking about your Future Imagined Memory. Imagine yourself in the scene, get excited about it, and feel the positive feelings, listen to the sounds, enjoy the sensation of having what you want for your life. Do this every day for 30 days, then stop. 30 days is enough REPETITION to create the imagined memory into a VIVID memory.

Before you start this process, make sure that you are very relaxed. The more relaxed you are the better, as then it will allow your dreams to sink into your mind. The best time to do this exercise, is first thing in the morning when you just wake up and you are naturally more relaxed, thus more receptive to images. It is also best just before you go to sleep, as you are able to set up powerful dream images before you go to sleep.

The trick with this exercise is to really be in the story of your Future Imagined Memory – see, hear, feel, taste and smell with clarity. Make it as real as possible and most importantly get EMOTIONAL about it, really access and feel those emotions! Imagine your future memory and get a real life sensation of actually being there. The more life like your future memory, the better for the process... and the more you can feel the positive emotions the more quickly your amazing goal will begin to manifest.

Release and Surrender

The next step is to surrender to Consciousness. To totally trust and do whatever your more aware self tells you to do. You need to get rid of all fear and doubt, and do exactly what you feel that you need to do, in faith.

You need to live reactively. It is known as living consciously, but I think “reactively” is a lot more descriptive.

Imagine that you get into a canoe and that you have to row against the current. It is hard work and you really have to struggle. If you take the oars out of the water, the canoe will automatically turn around and start flowing in the same direction as the current. You will not have to struggle, and probably do not need to row or do anything, just relax and let the canoe flow with the power of the water.

This is what it is like to surrender. Stop struggling and go with the flow. There is no more resistance, you are not struggling but simply allowing.

Surrender to your more aware self. Trusting, knowing that they are in control and will not let any harm come to you. Know that you are safe!

There is a story about a man who falls off a cliff. He manages to grab onto some roots and while he is dangling on the side of the cliff, he calls out to God to help him. God answers him and tells him to let go. But, the man is too scared and does not trust that he is hearing from God so continues to hold on for dear life. When the rescuers eventually arrive, they find a frozen body, clinging to a root. The man's feet are only a few inches above a ledge.

If this man had faith in God, he would have trusted enough to let go of the roots and would have landed safely on the ledge, and been alive to tell the tale.

If you can imagine what it feels like to just be free falling, with no fear, you will know what it is like to surrender! Letting go! You need to exercise faith, knowing that all is well!

Release and Surrender Meditation

Make sure you are sitting down. Breathe in deeply through your nose and then breathe out through your mouth forcefully, making a “Shoo” sound. Breathe in and out five times, without a break between breaths. You will feel light headed but do not worry about that.

In this meditation I want you to imagine that you get into a canoe and that you are rowing against the current. It is hard work and you are struggling.

Then, see yourself turn the canoe around, and take the oars out of the water. See yourself lie back in the canoe as it flows with the current. You do not need to row or do anything, just relax and let it flow. Really use your imagination, see this, but more importantly, feel it. Feel yourself let go and surrender.

Feel how much better that feels! There is no more resistance, you are not struggling but simply allowing.

Surrender to your more aware self. Trusting, knowing that they are in control and will not let any harm come to you. Know that you are safe!

Imagine that you are standing on the top of a high building, looking down. You then jump off the side of the building. You do have a parachute should you need it, but I assure you that you will not need the parachute.

Feel what it feels like to just be free falling, with no fear. This is surrender! Letting go! Now you need to exercise faith, knowing that all is well!

If you are reading this book, I am assuming that you were led here by your More Aware Self. Therefore it is now time for you to become aware that this physical reality is an illusion, and to wake up from the dream! You need to reclaim your power and become aware of how powerful you really are.

Actually 'pulling off' the illusion, of the Game of Life, making everyone and everything appear absolutely real, is an amazing accomplishment and one of the most amazing aspects of who you really are and how much power you really have.

Reclaim your power

In the awakening process, we now know that this physical reality is an illusion, and therefore are able to take back all the massive amounts of power that we injected into our hologram, to convince us that it was reality.

The awakening process is about awareness, and reclaiming our power!

To reclaim our power, we need to recognise that we have discomfort, feelings of doubt and fear, and then remember that we are the power of pure consciousness.

We need to disassociate with our ego-self and remember that we are non-physical beings having an experience in this physical reality. We need to be in the present moment and need to bring in more consciousness, because the ego-self cannot survive in the present.

As soon as you feel doubt or discomfort of any description, analyse what you are thinking. Let that negative thought build and become as big as it can be. You have created the ego-self or pain-body, so only you can dissolve it. Only consciousness can dissipate it. Remember, you are consciousness. Do not be afraid of this negative feeling, allow it.

Mini Process

This is the process that you use during the day when that wonderful feeling of peace and joy is no longer there:

Reclaim your power process

Release and Surrender

Say the affirmations (without looking into the mirror)

Be grateful – think of all the things that you are grateful for!

As soon as you feel that you cannot afford something, or that you have doubt of any description, do the mini process. In the beginning you are going to need to do it fairly

often, until your faith grows. But it will eventually become a way of life, to live in total submission to your more aware self. As if you are sitting in the passenger seat of the vehicle, with your Expanded Self, driving.

All you now need to do is change your thinking, by watching your thoughts and using affirmations. Then you need to be content and grateful for everything that you experience and every situation you find yourself in. You need to keep yourself connected to your Expanded More Aware Self, and monitor your feelings every moment of every day. In so doing, you can be led by your Expanded Self. You need to trust that leading and surrender, by allowing your Expanded Self to take the driver's seat. Then you need to be totally sure of what you want to create and experience and then be able to receive the amazing gifts that you will receive. Live a thankful life.

Once you can realise that you are the creator of everything that you experience, you will be able to change those old thought patterns, and be able to create and attract abundance into your life.

All other people that appear in your Game are like actors in a movie. They were created and popped into your experience according to what you were thinking about.

Imagine the power that you now have, knowing everything that has been shown to you in this book?

Remember that as an Infinite Being, you have access to all the Knowledge, Wisdom and Insight that is available to support you in living a life of absolute abundance. What a great way to live!

I have given you a tremendous amount of information in this book, and it may take a while for everything to sink in, but I suggest that you do the processes that I have given you on a regular basis, and eventually everything will fall into place.

Remember to deal with unresolved emotions and to constantly check if you have beliefs that do not serve you. Reclaim your power whenever you feel the slightest bit of doubt. And then do the processes that I have given you on a regular basis.

Reclaiming Your Power Meditation

Make sure you are sitting down. Breathe in deeply through your nose and then breathe out through your mouth forcefully, making a "Shoo" sound. Breathe in and out five times, without a break between breaths. You will feel light headed but do not worry about that. Then say the following affirmations:

I am the power of pure consciousness and I am creating this. None of this is real. It is all an illusion. I am in infinite abundance right here and right now. I am the power of pure consciousness.

Then do the visualization of the "golden pot". See the golden river flow into your crown and feel yourself reclaim your power. Remember to take deep breathes, until you can feel yourself energized again.

Then when you have more time, see if you can fully understand why you felt like that and what you were thinking as it most likely is a negative belief that still needs to change. Do the “changing belief” exercise.

The Game of Life

I want to re-iterate that as Scientists have been searching for answers they looked deeper and deeper, and started finding smaller and smaller particles. As they penetrated deeper into the subatomic world, Scientists began to notice smaller particles that didn't seem to behave according to the known laws of physics. Those discoveries led to a series of breakthroughs that are now called Quantum physics.

Scientists concluded that the only way to explain the strange behaviour they were seeing with subatomic particles was that the tangible reality of our everyday lives is that it is an illusion. However, underlying this reality was a deeper order of existence, a vast and more primary level of reality that gave birth to all the objects and appearances in our physical universe. Scientists ultimately found that the deeper order that they asserted was there, was in the form of a gigantic field of intelligent energy that is often referred to as the Zero Point Field (The Field) within the scientific community.

The Zero Point Field is an ocean of microscopic vibrations, which exists in the space between things. The Field exists as energy with infinite potential that has not been formed into anything yet. Anything can be created from that infinite potential. If you can imagine it, you can create it.

If you dig deep enough into anything in this physical world, you will end up in the Field.

Scientists further discovered that the very act of observing wave-particles in the Field caused them to collapse. The Field exists in a state of infinite possibility, which means anything is possible and anything can be created from it.

Your consciousness can create anything from this Field of infinite possibilities, by focusing on it with specific intent. Nothing will be experienced by you unless your consciousness focuses on it, with the intent to create something and then actually constructs it piece by piece, particle by particle for you to see.

It is Consciousness that creates using the particles from the Field, tells them how to combine, glues them together and tells them how to perform.

Amit Goswami, a brilliant scientist on the cutting edge of quantum physics said the following:

We all have the habit of thinking that everything around us is already a thing existing without my input, without my choice. You have to banish that kind of thinking.

Instead, you really have to recognize that even the material world around us, the chairs, the tables, the rooms, the carpet, time included, all of these are nothing but possible movements of Consciousness. And I'm choosing, moment to moment, out of those movements, to bring my actual experience into manifestation.

This is the only radical thinking that you need to do. But it is so radical, it is so difficult, because our tendency is that the world is already out there, independent of my experience.

It is not! Quantum physics have been so clear about it. Heisenberg himself, codiscoverer of quantum physics said, "Atoms are not things, they are only tendencies."

So instead of thinking of things, you have to think of possibilities. They're all possibilities of Consciousness.

The observer is creating the observed.

Abundance is a state of consciousness or state of being. It is not something in the outside world that we need to acquire.

Money, just like everything else in the Game of Life, is an illusion. Money appears to come from another person or from somewhere, and you have convinced yourself that it does. Whatever your past or current financial situation, whatever amount of money appears to be in your bank account right now, whatever your net worth or your income appears to be, whatever debt you appear to have, it was all created by patterns that you popped into your hologram and the power you gave them to create the illusion.

Despite what things appear to be, you are in infinite abundance, permanently and completely. There is a verse in the bible that says "My Father owns the cattle on a 1000 hills". That is a huge amount of cattle...this scripture is talking about abundance and wealth.

Change your attitude towards money. Think of money as a way to say "Thank-you" for whatever you are purchasing, rather than thinking that you are paying for it. Think of money as a means to show appreciation. Every time you pay a debt, do it with gratitude for the service you received in incurring that debt. Be grateful that you are able to show thanks in this manner. Gratitude is a powerful emotion that you need to express all the time if possible.

Create a relationship with money. Be comfortable with money, feel free around it, talk about it, treat it and love it as you would a close friend. With that attitude, you will attract more money into your experience. If you fear it or refuse to love it, you will repel it. Remember you are like a huge magnet, and will attract whatever you think about.

You cannot see your bank or cheque account or any numbers in it unless your Consciousness focuses on the Field with the intent to create them and then actually constructs them, piece by piece, particle by particle, for you to see. So the less you look at your bank statement, the less energy you need to put into the creation of it.

Money comes from your Consciousness and not from anybody else as you have convinced yourself it has. No matter what your current or past financial situation looks like, how much debt you have, how much money you earn, it was all created by YOU.

Money is a holographic illusion, like everything else in the Game. When you are paying money, who do you think you are giving the money to? As this is all an illusion, you are paying yourself. We often think that there is not enough money to

go around, because we are giving money to others, but the more we give, the more we will get, as it creates a flow. And the flow is to you!

Stop monitoring your bank accounts and stop thinking that you are unable to afford something. Know that you are in Infinite Abundance right here, right now.

Think of your bank account as if it were a magic purse. As money flows out, so money flows in again, keeping the purse full of money. Be led totally by your more aware self, through your emotions. Live reactively!

This is a universe of abundance. No one is going to 'take your share' or 'beat you to it'. There is more than enough for everyone. The only time there is not enough, the only time when you are 'beaten to it', is when you think and act competitively instead of thinking and acting creatively and trusting in the abundant nature of The Source.

Thinking and acting competitively makes it harder for you to correctly follow the laws of the universe especially the laws of cause and effect, the process of life expressing images of the mind, and of the power of certainty and faith. Thinking creatively and non-competitively helps you be in agreement with these universal laws and processes.

Take one moment and one day at a time. Be grateful all day long. When standing in the queue at the bank, a store or supermarket, think on different things that you can be grateful for.

Receive and Give thanks meditation

In this exercise I want you to imagine that you have a huge "pot of gold" above your head that is filled with everything your heart desires. All the money you need, all the dreams you have, all the wishes you make. It is overflowing with abundance.

Take a deep breath, hold for two counts and then breathe out. As you breathe in again through your nose, imagine that you are breathing in all the wonderful things that your heart desires. See a river of golden energy flow from the "pot of gold" into your crown chakra. The river looks like sand being poured out of a bucket. When you breathe out, use your mouth making a "shooh!" sound, blowing out all the things that no longer serve you. When you breathe in again and you see the river flowing out of the pot, notice that the sand had specks of gold in it, like glitter. Also notice the dust cloud forming from the flow of this river of abundance. Do this at least five times, until you believe that all these amazing things are yours.

Then let your heart be filled with thanks, knowing that you are in infinite abundance, right here and right now!

Do this exercise as often as possible, at least once a day, to ensure that you are receiving your creations.

Know that whatever happens in your life is there because you created it, or because your Expanded Self needs you to take note of something. So, analyse it, take note of it to be able to change your thinking and then take it with a pinch of salt and enjoy your life. What will be, will be!

This physical “reality” can be likened to an amusement park. You are creating the entire Human Game and amusement park out of your Consciousness.

In summary:

- Consciousness creates everything that you experience, down to the finest detail, including money.
- You and your more aware self are Consciousness, so **YOU** are creating everything you experience, down to the finest detail, including money.
- The Game of Life is a game being played entirely in Consciousness, and every detail is custom designed by your Expanded, more aware self, to support you in playing the game the way you want to play it.
- You are not just the dreamer watching the dream, but creating everything in it, including yourself, the Avatar.
- Nothing you experience is real.
- It is all completely made up.
- It is all a creation of your Consciousness.
- Your Expanded Self has direct access to the Field.
- Your Expanded Self-controls what pops into your virtual reality Game of Life, according to what you want to experience.

Processes in summary:

1. Watch your thoughts meditation
2. Energy filling meditation
3. Deliberate Creation Workshop
4. Affirmations exercise
5. Reclaim your power
6. Release and surrender meditation
7. Receive and give thanks meditation

Live a reactive life, with an attitude of gratitude.

Recommended Reading:

Ask & It is Given	Esther & Jerry Hicks
The Power of Now	Eckhardt Tolle
The Disappearance of the Universe	Gary R. Renard
The Game of Life and How to Play it	Florence Scovel Shinn
Lucid Living	Tim Freke
Busting Loose from the Money Game	Robert Scheinfled
Your Word is Your Wand	Florence Scovel Shinn
SynchroDestiny	Deepak Chopra
The Holographic Universe	Michael Talbot
Women Food and God	Geneen Roth
The Fairy Godmother's Guide to Getting what you Want	Donna McCallum

Website: www.lightwarrior.co.za