
Achieving Your Life's Goals Effortlessly

**How to Achieve Your Life, Financial, Health, and
Relationship Goals Effortlessly, Guaranteed**

By David Cameron

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About this Book and its Companion Software

This book has a companion software package that goes with it. This software package, the Prova LifeGoals Effortless Achiever+, is designed to take you by the hand and rapidly assist you in achieving your goals effortlessly.

In parts of this book, you will see references made to using the software in certain ways. While you do not have to have the software package to benefit from this book, it is highly recommended that you do. The software package puts into concrete terms and steps the material you read here. It also keeps record of your progress, mental states, and much more. It is like having your own personal guide always by your side. We do highly recommend that you get a copy of the Prova LifeGoals Effortless Achiever+ software. That will dramatically boost your successes.

You may download a free trial of Prova LifeGoals Effortless Achiever+ at:

<http://www.imagesofone.com>

Thank you and welcome!

Part 1

Introduction

You have come here to expand your capabilities, and that is exactly what this software and book package will do with you. You will expand your capabilities vastly. That is guaranteed on one condition...

You have to be willing. This is the only condition that must be met by you. You must be willing to see yourself and your world, as you have never done before. You have to be willing to learn new truths, and to put them into practice. You have to be willing.

Simply be calmly willing, and all else will follow

Everything rests on your will. And your will is nothing more than a “yes, let us proceed” statement from you. You do not have to strain to exercise any “will power” - it is all very simple. You don't ever have to fight yourself - in fact, *never fight yourself.*

Your willingness is simply your giving of yourself permission to experience the new, and giving the universe permission to assist you without infringing on your free will. Don't worry if you still have fears and reservations even after you give your permission. These are cleared for you simply because you are willing. No one is asking you for a perfect state of mind - all you are asked for is to be willing to move from point A to B, regardless of your perceived reservations and blocks.

As you will soon see very clearly, nothing happens without your will, for your free will is never infringed upon. This will soon become very clear to you.

Another thing that will soon become very clear to you is that there is no difference between being and having. Being and having are simply two words that describe the very same thing. *You cannot separate a state of being from the experiences that define that state of being.* You will soon see this clearly and scientifically.

What this means is that the life experiences (including finances, relationships and health) that you are having now are intricately related to the state of being you are in now. To have a radically new lifestyle, it clearly follows that you would require a radically new state of being.

Don't worry about the how-to of that. It will be clearly demonstrated to you soon. For now, just know that this is a requirement you cannot escape from. Being and having is the same thing. So be prepared to undergo some transformations within, which will lead to transformations in external lifestyle.

Why use this software and book package?

Life is simple. *Your life follows your intentions for it.* It does not question what those intentions are. It simply appears exactly as you intend and will it to appear, *on a conscious, subconscious and super-conscious level.*

Every thought has effect. There are no idle thoughts.

There is personal thought and group thought. To the extent that you have no personal intention on a subject, you will experience the effects of the group thought around you. When you have specific intent on a subject, you experience your own results and not those of the group around you.

This software and book package, therefore, is about perfecting your intent, empowering your will, manifesting your desires, dropping what holds you back, and getting you to a higher place on all levels.

The purpose of this software and book package, therefore, is to take you by the hand and:

- Increase your positive intentions in multiples.
- Find and resolve your negative intentions.
- Bring to reality whatever you desire in a practical way that works all the time for all your plans.
- Raise your awareness so that you become conscious of decisions you have been previously making unconsciously and thus change them.
- Understand how the universe works.

Before we start, let us again look at capability. Let us really find out what it is...

Capability (What Can You Do?)

What is capability? What can you do? What is can?

You say, "I wish I could do that. But I can't." Sometimes the thing you desire seems most evasive and elusive to you. You may seem to think that you need money or something else that is external to you for you to be able to achieve your desire. And because this external thing is away from you and you don't have it, you think that you are doomed because even that seems elusive. So you are stuck in a vicious circle. You accept that, you fear it.

But before you accept something that has absolutely no value to you, take another look. Fear is a thing we are conditioned to accept without question, yet it has absolutely no value. Next time you accept fear, ask yourself what value it really has for you. Escape is not a value. There is nowhere to run. Eventually, you will be found and you will have to face yourself. Running away from a problem is an idea that stems from the illusion that there is a you with a problem, and a you that can escape the you with the problem. Insane? Yep! The first step to getting out of a problem is knowing and accepting that you are the problem, and then you become the solution. Nothing outside changes, but as you change, a new outside replaces the old. The law of attraction and the law of cause and effect work this way.

For now, let us define capability. *What is 'can'?*

Everyone has things that they can do now that they could not do before.

You can now walk while as a child you could not. The ground never changed, but you did.

You can now read while you once could not. The English language never changed, but you did.

At one time, Bill Gates could not write software, now he can. The world did not change, Bill did.

At one time, Jesus could not perform miracles, and then he did. Miracles did not change, Jesus did.

At one time the Buddha was not enlightened, and then he was. The ways of the universe did not change, the Buddha did.

Do you get the picture? There are a million things that a person can do now that they could not do years ago. Why?

It is never those things that changed. What changed was the idea that this person had of himself or herself. Have you seen the movie *The Matrix*? When Neo changed his idea of himself, he was able to do the undoable. It is so with everyone.

So what is can? What is capability? *It is nothing more than a shift in what you think you are.* What You Really Are is a being with infinite possibilities! Everyone is. We are all literally an idea. As such, success is not something we can chase and get; it is something that we attract by the persons we become. We become those persons by changing the idea of what we think we are.

The problem is not with the world. The problem, if there is one, is with your recognition of yourself and your world. The way you perceive and interpret yourself and your world is a system. Change that system, through seeking new truths, and you change your world.

To put it in another way, on earth you are a being that has experiences. These experiences are determined by your thoughts, which are determined by your perceptions. And these experiences are experienced through perception. It is a cycle.

The key here is that perception is a learnt system. You learnt your own way of perception as you grew up. Whatever you accepted as true from your parents, friends, teachers, and so on, is what builds your framework of perception. Perception is a learnt system. You learn it, and you can just as easily unlearn it. You unlearn it by replacing it with a new system, and you get a new system by seeking new truths from books, guides, your higher self, and so on. The world that you perceive is perceived differently by the next guy. We are all seeing an illusion, an interpretation of energy activity that we are the creators of. The Real world is seen through vision, not perception. And vision only comes when you

finally drop all your judgement of what you see, when you let it tell you what it is instead of you saying what it is. But that is another story all together.

You are in charge of 'can', and no one else. People can tell you that you can't, all day long, until they grow hoarse and loose their voices. It will have absolutely zero effect on you - unless you accept it. What did you accept as a child and what do you still accept now? Do you like it? If not, then un-accept it. Change. Re-create yourself. Have a new idea of who you are!

You are now ready. Are you willing? If you are, let us now begin...

The Foundation - What You Must First Know

We have seen how having and being is the same thing. We have touched on how the life experiences (including finances, relationships and health) that you are having now are intricately related to the state of being you are in now and before. And we have seen that for you to have a radically new lifestyle, it clearly follows that you would require a radically new state of being. Let us now start getting into this state of being...

The state of being we are seeking to become is one that is abundant and can express that abundance effortlessly. Imagine being such a human being. Such a being would be one who understands the true nature of their being, one who understands the true nature of the world around, and one who understands the intricate workings of their being and that of the world around. Such a person, such a being, would have become a master of themselves, and a master of their world. And because, as you will soon see scientifically without doubt, all things are merely expressions of energy, such a being will have become a skilled master at effortlessly working on energy within and without, in accordance with the laws of the universe.

This is what you will become. You are now about to get on the path to mastery of energy. And this is how you shall effortlessly achieve your desires. You will Know Thyself.

You cannot skip this step! You cannot build your reality deliberately if you do not know what realities are made of, how they arise, and what your part is in all this.

Rush not, but spend time understanding the following material. You are about to learn:

1. What you are made of and Who You Really Are
2. What the world is made of, how it arises, and what it is for
3. Why you are here
4. How all this fits together
5. How you can use turn this information into useable skills that allow you to create your world as you desire

You will learn all this using:

1. Scientific evidence, explanations and practice
2. Spiritual, psychological and metaphysical evidence, explanations and practice

You will learn all this in various stages. Part of it will be in this chapter. This is the foundation, from which more will be built upon as you progress. This is what you

have to know before you begin using this information to create your realities. Once you are done with this foundational overview, you will then be taken to the next stage where you start actually working on manifesting your desires using the guidance of this software and book package. At each stage, you will find new information and practical steps. This timely delivery of information will ensure that you progress as smoothly and as efficiently as possible. Finally, if you wish to expand your understanding even more on these matters and gain more power through that expanded understanding, read the book *A Happy Pocket Full of Money* available at www.imagesofone.com. This highly-acclaimed book is over 200 pages long and covers all these topics and more, detailing and explaining them even further for you.

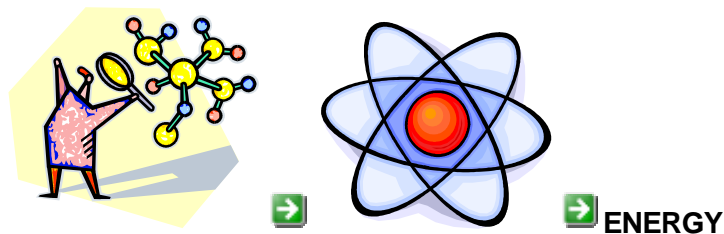
We proceed...

What are you made of?

Imagine that you are walking into a high-tech laboratory. You then place your hand under a microscope and look into the eyepiece. What would you see? You would see the skin tissue on your hand.

Now imagine that you increased the magnification power on this microscope and looked again. What would you see? You would now see the cells that make up your tissues. Magnify further and you would see the various molecules that make up each cell. For example, there would be water molecules, oxygen molecules, carbon molecules, and so on. Whatever part of your body you look at is made up of molecules. DNA is a strand of various molecular structures, and so are brain cells, bone marrow cells, and so on.

Now magnify further and what do you see? You see that the molecules themselves are made up of atoms. Magnify further, if you can get your hands on the technology to do so, and you would realize very clearly that all atoms are made up of subatomic particles such as electrons and protons. And electrons and protons and all subatomic particles are actually energy! A proton is an energy packet. Now this is very important: energy does not 'change form' to become matter. Energy *is* matter and vice versa.



Molecules are groups of atoms. Atoms are groups of energy particles.

Do you see that? The same hand that you see as a solid object when you observe it with your bare eyes is the same hand that looks like a cluster of energy packets when you observe it at a suitable magnification. It is the same thing!

You are a cluster of energy, and so is everything else.

This cluster of energy is always in motion, moving and changing to form new configuration at every moment. That table that is in your dining room is not as solid as it appears to be. On a highly magnified level, you would realize that it is in constant flux, 'losing' and 'gaining' billions of energy packets, but intelligently maintaining the overall 'look' of a table.

It is only that your five senses of sight, smell, taste, touch and smell can only perceive groups of energy activity. This perception is interpreted in the mind as a physical form. Your eyes see billions of energy patters behaving in a certain way and they interpret that as the color green, for example. Your hand feels energy behaving in a certain way and it interprets that as hard, for example. So what is your body doing with external things that it senses? It is experiencing energy in motion (e-motion, emotion). And as you will see below, it is doing the exact same thing with internal things (thoughts and feelings).

How Thoughts Become Body and Events

We now have scientific evidence that our thoughts trigger emotions which in turn become body matter through the work of glands and chemicals such as neuropeptides, adrenaline and others. Hence, our entire body is continually constructed and destroyed from our thoughts. The scientific rule is that whenever an emotion is registered by the body, various emotional chemicals are manufactured by various glands and these in turn have various constructive or destructive effects on the body.

Emotions are energy in motion. They are the body's way of registering a thought as a thing that can be experienced. Haven't you ever noticed that two people can be watching the same thing but they both react with very different emotions? It is because they both have different mental interpretations of what they see. It always works like this: thoughts create emotions (energy in motion) and these emotions manifest into physical using the Universal Laws of Attraction and Cause and Effect.

Emotions, if you are wondering, actually arise from your etheric body, your energy body, the one that keeps your 'flesh' animated, the one that leaves when you 'die'.



A thought moves energy in your etheric body which you experience as emotion. To complete the cycle of experience, the emotions do two things. (1) They trigger certain specific glands in your body. These glands then release various chemicals and hormones that have various constructive or destructive effects on your body. (2) They attract and create external conditions and opportunities that resonate with their particular nature so that the thought can be fully experienced.

From the above explanation, you can now see how your body literally represents every single emotion and thought that you have ever had. You very literally become what you think about. Quantum physics now fully explains beyond any doubt that our thoughts are the things that group together and collapse energy packets from a probability into physical matter in a given place and time. And all our religions repeatedly tell us that as a man thinketh, so is he. Just as a simple example, when you are stressed, various body processes are activated. On the short-term your thought process and muscular tension is messed with. On the long term you suffer various serious health conditions. In fact, an analysis of the cells of a perpetually stressed out person always shows far more toxins within the cell than those of a person who is mostly relaxed and balanced. As you will see below, your thoughts also scientifically cause the environment and conditions in your life, such as your financial state, health and relationships.

What is the world made of and how does it arise?

The world that you live in comes about in a certain way. Most people do not understand how it comes about, moment by moment, exactly. In fact, very, very few people understand how each moment is created. Understanding how your world comes into being, and your exact role in it, is what shall begin to get you out of the trap of suffering and shortage and into freedom and abundance.

You shall now see Nobel Prize winning scientific and spiritual evidence that shall convince you that you are at cause for everything in your world – and that you can change the effect any time.

Right now it is time for some scientific evidence of this. Many Nobel Prize winning physicists have recently (starting in the 1920s) proven beyond doubt that the physical world is one large sea of energy that flashes into and out of being in a fraction of a second, over and over again. Nothing is solid. This is the world of Quantum Physics. They have proven that thoughts are what put together and hold together this ever-changing energy field into the 'objects' that we see.

So why do we see a person instead of a flashing cluster of energy? Think of a movie reel. A movie is a collection of about 24 frames a second. Each frame is separated by a dark gap. However, because of the speed at which one frame replaces another, our eyes get cheated into thinking that we see a continuous and moving picture. Now think of television. A TV tube is simply a tube with heaps of electrons hitting the screen in a certain way, creating the illusion of form and motion. This is what all physical objects are anyway.

You have 5 physical senses (sight, sound, touch, smell, taste). Each of those senses responds to a specific spectrum (for example, a dog hears a different range of sound than you do; a snake sees a different spectrum of light than you do; and so on). In other words, your set of senses perceives the sea of energy from a certain limited standpoint and makes up an image from that. It is not complete, nor is it accurate. It is *just an interpretation*. Intelligent energy way below and above your ability to perceive with your natural senses or scientific instruments definitely exists. (Open your mind and your heart and you will be amazed, for your consciousness does have the ability to rise beyond your current limits!)



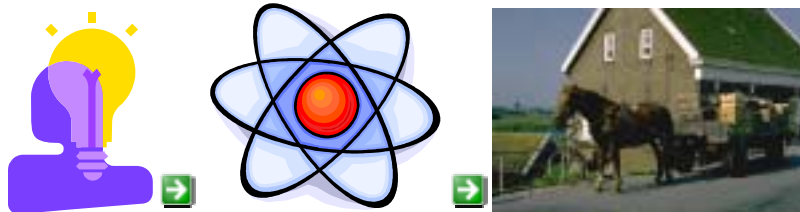


Our thoughts are linked to this energy and they determine what the energy forms. This explains things such as positive thinking, prayer, faith, creativity, goal-setting, disease, and much more in a very scientific way using Quantum Physics. Your thoughts literally shift the universe on a particle-by-particle basis to create your physical life.

Look around you. Everything you see started as an idea, an idea that grew as it was shared and expressed, until it grew into a physical object through any number of 'manufacturing' or 'growth' steps. You literally become what you think about. Your life becomes what you have imagined and believed in. The world is literally your mirror, enabling you to experience in the physical plane what you hold as your truth – until you change it. You know this to be true internally, and so do most people, and that is why people know instinctively that positive thinking works.

Quantum physics shows you that the world is not the hard and unchangeable thing it may appear to be. Instead, it is a very fluid place continuously built up using our individual and collective thoughts and states of being as a society, country, family, planet, solar system, or universe. We have begun to uncover the illusion.

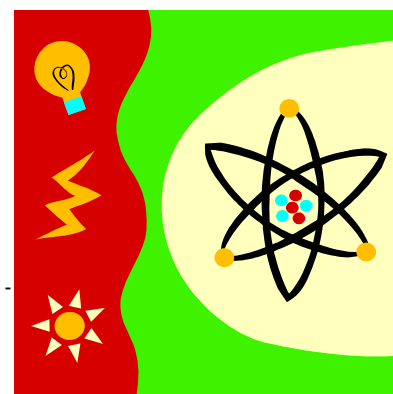
Spirit and Mind puts together this energy into the physical shape you are used to seeing with your limited set of senses. If you go into a high-tech lab right now and ask them to let you see yourself under a powerful electron microscope and conduct other experiments on yourself, you will see that you are made up of a cluster of ever-changing energy in the form of electrons, neutrons, photons and so on. And so are your wallet, your spouse, your car, and everything else.



Thoughts are energy. Thoughts move energy into form. Energy is the building block of all things. Law of cause and effect. Law of attraction. Physical objects are literally dense thought forms, energy clustered in the form expressed by the thought.

Quantum physics tells us that it is the act of observing an object that causes it to be there where and how we observe it. An object does not exist independently of its observer!

Energy is the sub-atomic particles that come together to 'make up' atoms, which come together to 'make up' matter. Matter is energy. Matter is not converted energy, it is energy. Ever heard of Einstein's equation, $E=mc^2$? What it



means is that any piece of matter has mass (m) and this mass is energy that can be calculated by multiplying that mass by the speed of light (c) squared (what a large number!). You are literally made up of light, the same stuff light is made of (hence the Bible and many other spiritual texts tell us that light was the first thing to be created).

Scientifically speaking, this energy exists as waves spread out over space and time. Only when you exercise observation do these waves become particles localized as a space-time event, a particle at a particular 'time' and 'space'. As soon as you withdraw observation, they become a wave again. So, as you can see, your observation, your attention to something, and your intention, literally creates that thing as a space-time event. This is scientific. Even your relationships with other people are governed this way by unfailing laws of cause and effect.

Spirit, Mind, and Body

You are made of spirit, mind and body. Each of those three, spirit, mind and body, has a function that is unique to it and not shared with the other. What you see with your eyes and experience with your body is the physical world, which we shall call Body (Body here representing all things physical). Body is an effect, created by a cause. This cause is Thought. Body cannot create. It can only experience and be experienced – that is its unique function. Thought cannot experience – it can only make up, create and interpret. It needs a world of relativity (the physical world, Body) to experience itself. Spirit is All That Is, that which gives Life to Thought and Body. Body has no power to create, although it gives the illusion of power to do so. This illusion is the cause of much frustration (when you believe that body has causative powers, you try to *do* your way out of a problem and into a solution, all the time not realizing that all it takes is to *be* the solution).

So here are the functions and characteristics again:

Spirit – Function: Life-force. **Characteristics:** Eternal, Infinite, All Knowing, All Powerful, One With All, Invulnerable, Unconditionally Loving, Fearless. This is Who You Really Are.

Mind – Function: Create by extension of Thought, which, as you scientifically saw, shifts the energy that comprises all things physical. **Characteristics:** 'Split' between Higher Mind and Lower Mind. Higher Mind has same characteristics as spirit while lower mind tends to identify with Body. The Higher Mind is sometimes called the Higher Self or Holy Spirit, depending on your background, and the lower mind is also called the ego, the one that has the illusion of being separated from everything else including its own Self, Spirit. **Note:** Your brain is in your head, but your mind is actually everywhere, all over your body in every cell, and beyond your body and stretching into eternity.

Body – Function: To enable experiences of energy in motion (e-motion). Experiences are possible only in a world of relativity and duality (mind and spirit exist in a realm of absolute, not relativity, where comparison is impossible). Body is purely an effect and has no power to cause or create. **Characteristics:** Takes on whatever properties the mind gives it.



To learn more about the nature and tools of creation, and Quantum Physics in a clear and simplified manner, and to know the immensely large role it plays in your life, download *A Happy Pocket Full of Money* at <http://www.ImagesOfOne.com>.

You Are Literally an Idea

As you now begin to see, you are literally an idea. An idea is a thought, and thought is energy. You are an idea that experiences itself by manipulating energy fields around it and experiencing those energies as e-motions (energy in motion). You are an Idea, a Will, a Thought. An Idea that experiences itself exactly as it chooses to. Granted, there are portions of yourself that you are not conscious of and therefore their effects seem to be out of your control, but you can grow to be conscious of them.

The best news is this: An idea can be changed. Hence, there is no situation you cannot change if you truly chose to. In a sense, you are in a cage built within your own mind, a cage whose doors are fully open, one you can walk out of at any time you choose. In truth, nothing is impossible, there are no situations that cannot be changed, and no diseases that cannot be cured, as long as the person is willing to change the root cause. All you need is:

1. To be willing to change yourself. Willingness.
2. To be aware of how you feel, who you are, and what is going on. Awareness.
3. To be honest to and with yourself about how you feel and what you think. To be willing to be honest to others in the same regard. Become true to yourself, live authentically. Honesty.
4. To be responsible for your thoughts, words and actions by acknowledging that you are at cause of your world. Without accepting responsibility for yourself, you cannot have response ability, and cannot therefore have choices. Responsibility.

These are the 4 keys to changing your Idea of Who You Really Are and subsequently experiencing yourself anew.

Vibration and Attraction

Now that you know that all things are simply combinations of energy giving an illusion of form to our physical senses, we can move on to a very important law that governs how energy reacts. It is so simple, but by this law shall you begin to master your world.

First, to recap:

All things are energy. They are not "made up of" energy. They ARE energy. All things. It is only your set of senses that gives the illusion of form depending on how these senses perceive this energy.

Now, how does this energy work? Well, much can be said about it, but for now, let us look at one of the biggest laws of energy. We will look at it stated scientifically and spiritually:

Scientific:

- Like energies display harmony, resonance, construction and attraction. Unlike energies repel, have dissonance, and destruction. For example, sounds that are in tune with each other form harmonious music. Sounds out of sync with each other destroy each other (wave motion). By nature, like energies attract, unlike energies repel.
- All objects have a vibration, a frequency. Even a human body has a frequency. Brain waves have various frequencies. DNA has a frequency range. Your words have a frequency range. Colors are merely expressions of certain frequencies. Each energy particle has its own frequency. This vibration is what sets off the law of attraction mentioned above. This vibration is the one that dictates whether a particular energy body is in or out of tune with another, and therefore whether it will disrupt or build on the other, attract or repel it. Keep this in mind. We shall be referring to your vibration many times throughout. Just before we move on, it is appropriate right now to mention that every state of being you get into changes your vibration frequency. That is why you tend to feel lighter when you are happy, heavier when you are sad and gloomy. The more you move towards love and joy, the higher your vibration. The more you move to fear, the lower it is.

Spiritual:

- As you sow, so shall you reap.
- Karma.
- Law of Cause and Effect.
- Do unto others what you would like to be done unto you.

As we proceed, you shall see numerous ways that this law of attraction comes into play in ways that you would never before have considered. For example, how does criticism and judgment of others hinder your progress? Why do all our religions tell us not to judge one another? That very thing that you are so angry about that is making you feel like judging and criticizing someone else about is setting of a certain vibration in you. Do you see that? And that vibration that you put out will bring back the effects to you, the source. Whatever you try to deny another, you automatically attract that denial to yourself. It is not a punishment being handed down to you. All it is is this:

All vibrations that you offer come back to you as perfectly corresponding manifestations.

The “down side” of this for you is that any critical thought and emotion that you have towards another person will unfailingly limit your own progress.

The upside is that once you remember to always, in your thoughts, words, emotions and actions, give the best to others, nothing will be denied to you, simply because you will no longer be blocking your own progress, and you will be having a new vibration of abundance hanging around you. Now don't forget that you also count. Give yourself the best, and drop all judgment and criticism of yourself. You cannot clearly create what you desire in your mind if your emotions contradict your thoughts.

The other upside is that no one can enforce anything on you. You will soon see very clearly that nothing you see or experience can be caused by a source outside of you. Your free will, and the Law of Attraction, guarantees this. You see, at the moment you may not be conscious and aware of all the thoughts and feelings you have on all levels 24 hours a day in your conscious, subconscious and super-conscious parts of you. Therefore, this lack of awareness may make things seem to come from a source outside of you. But in reality, they all spring from either your conscious, subconscious or super-conscious. And you can learn to raise your awareness so that more and more of your decisions are conscious. However, it is absolutely liberating to know that the whole idea of external assertion is false; it does not exist.

So how do you tell what your vibration is? Simply look at what you are feeling. At every moment, one of the most important questions you should always ask yourself is this:

What am I feeling now?

This determines what follows in your life. Always be aware of your feeling, and know that you can change it at will. Your feelings indicate to you your vibration, and they predict what will come next, unless you change it before the manifestation that would normally follow occurs.

Now that you are getting better at this, here is a simple puzzle that you should be able to solve. Let us say that you are unhappy about your current state of finances. Will that create more or less finances for you?

The answer may be obvious to you by now. It will create less. Why? Because your vibration, your feeling, is "unhappy about finances". This will attract whatever gives evidence of that, meaning that you will find even more events and people that you "think" are making you even more unhappy about your finances. All the time, it is you who is in control. This brings us to another secret about conditions:

Conditions do not exist as external, independent entities. Conditions arise out of a state of being. They do not cause a state of being. They are effects, not causes. Unhappy conditions are created from an unhappy state, not vice versa. You are unhappy because you are unhappy, and you are happy because you are happy.

Therefore, if you are unsatisfied with your finances, the first step to changing that is to have a new attitude of gratitude and satisfaction. From this new state, coupled with new thoughts of wealth and positive expectations, your finances will miraculously and quickly turn around.

OK, it is time for the next lesson in vibration. You now know that the universe, by the Law of Attraction, brings back to you experiences that match your vibration. It is pure science. Here is the next lesson:

The universe does not care or question why you are vibrating, feeling, in a certain way. It simply brings forth experiences that match your vibration.

What this means is that it does not matter whether you are vibrating, feeling, a certain way because of something you are actually seeing or simply imagining. A vibration is a vibration, regardless of why it is there, and it will be acted upon. The universe does not check first to see whether you are vibrating the way you are because of something you want or not, or something real or imagined, or something good or bad, or whatever. It does not check, and it does not decide whether to match your vibration or not. It simply, always, matches whatever vibration you are giving out and effortlessly brings along a matching experience.

To Recap - Energy, Vibration, Thoughts, and Moments

Energy is the carrier of thought and memory. Energy can never be destroyed, and thoughts and memories are carried forever by the particles that store them. Thought is the shaping of an idea, which then gets expressed as an event by the energy that holds it. The event is created so that the consciousness that originated the thought (which is you) may have the experience of the thought. Finally, the memory of this experience is recorded in the energy.

All this recording, carrying and creating happens through vibration. It is the vibration tone of the involved energy particles that record the thoughts and memories (much like a music record), and it is this very same vibration that, through resonance and attraction, brings together all that is required to create the event.

Energy cannot be destroyed, as you know from your physics class. Thoughts are forever. Eternity is all there is, world without end. Every thought you have ever had, every action you have ever taken, every word spoken, is still out there encoded for eternity on those infinite and indestructible energy "particles". Everything that has ever been created and will ever be created, all of infinity, exists right Now. You simply choose which part you desire to experience. That is the extent of the power of this universe and of your Self.

So Why Does the World Look So Solid?

Once again, the world is not solid. It is not solid. It is not solid. Your view of the world is made up of the interpretations of your five physical senses. These are what give you the illusion of form. Look at each one:

1. **Sight** - Your eyes can see a certain spectrum of colors. They see seven primary colors. Red, Orange, Yellow, Green, Blue, Indigo, Violet. That is it. All other colors are mixtures of these seven. Red is the lowest frequency that our eyes can interpret. Red is simply your eyes' interpretation of a certain frequency. Orange is simply your eyes'

interpretation of another specific frequency. And so on. Violet is the highest frequency that your eyes can interpret. Do you now see that your eyes are simply interpreting certain frequencies, certain vibrations, and giving them certain labels? Do frequencies beyond what you see exist? Yes! Life exists in infinite dimensions! Proof? Well, ever since we invented the instruments for it, we can now see a frequency lower than red, which we call infra-red. And we can now see a frequency higher than violet, which we call ultra-violet. But there are even lower and higher frequencies that we are not yet aware of because our science and bodies are not yet developed enough to detect them. This does not mean they don't exist, it just means we are not yet conscious of them.

2. **Sound** - Your ears interpret a certain range of frequency that they label as various sounds. A dog catches a different range from you. A bat also has its own different range. And so we have a different view of the world than that which a dog or a bat has.
3. **Smell and Taste** - Again, you interpret a certain range of frequencies which you label as smells. It is all about frequencies, all about vibrations. The organs simply serve as interpreters.
4. **Touch** - And finally, your body interprets certain frequencies in a particular way. Things that are extremely big relative to you can feel as if they don't exist, because you are in them! Things that are extremely small relative to you can feel as if they don't exist, because you encompass them! For example, your body is made up of billions of cells, yet you cannot hold one in your finger and feel it, nor see it with your naked eye. Or imagine an x-ray hitting you. You wouldn't even detect it. Yet there are certain organisms and life forms that are smaller than an x-ray and to them an x-ray looks like a speeding train coming to hit them! But again, all this size stuff is merely yet another relative interpretation of energies at various frequencies and groupings. In the same way that cells come together to make up your one body, you are a 'cell' in a higher being, a higher part of yourself that vibrates at a higher frequency, your higher self. Your soul holds much more than your one body you are carrying now. And it in turn has an oversoul that holds a soul group. And that

process goes on to infinity, in all directions. It really is amazing. You are the extension of the Original Source; you are literally the Original Source expressing itself in the physical dimension by a series of extensions.

The point here is this: Don't believe what you see. It is not set in stone. It is merely an experiential field, a highly fluid playground so to speak, where you can learn how to focus your creative abilities, learn how to work with energy, in your path to realizing Who You Really Are. The entire physical realm is an effect of thought. It comes about in the way we see it because of our thoughts. Our consciousness, our state of being, sets the vibration tone, which shifts the energy around us to form events and experiences that match that vibration tone. This is the Law of Attraction, and Cause and Effect. Don't take what you see seriously. It only came there because you put it there from the thoughts and feelings you previously had in this or even previous lifetimes. Don't let what you see dictate how you feel and think. Don't react. Instead, choose, independent of what you see, what you would next like to experience, and so shall it be. Create! Enjoy your power!

Speed of Energy

To begin with, the term "speed of energy" is misleading because energy exists in a realm of infinity and eternity, so speed, as such, has neither meaning nor existence in such a realm. Everything is instantaneous. Cause and effect are instantaneous. In fact, you cannot separate them or say that one happens before the other. However, our consciousness is currently in this dimension, the physical dimension, also called the third dimension. In this dimension, we do deal with the illusion of time. And we do perceive the dance of energy from a perspective of time and space. So for the sake of working in this dimension, let us look at the speed of energy. (Speed implies moving across space in a certain time).

For the purposes of creating your reality, all you need to know is that the more you put attention and focus on something, the faster your energy in relation to that thing moves. For example, if you never had your attention on creating wealth, you will have an average rate of acquiring wealth. At this slow speed, you tend not to have too much of either money problems or money abundances. However, when you increase your attention to creating wealth in your life, your energy "speeds" up. The faster you are going, the faster results come. However, results can be both negative and positive. That is why people who have a massive focus on creating wealth tend to go into the biggest money problems and the biggest wealth abundances. So the faster you are moving, the more careful you have to be about your thoughts and feelings, because your results will be rapid and magnified. The more attention and focus you have on a subject, the more important it is for you to release your fears and limiting beliefs because if you don't you will tend to manifest and experience them very fast and in greater sizes.

The Quickest Way to Manifesting Your Desires

The quickest way to manifest your desire is to match your vibration to that of whatever you desire, and do this matching on your conscious, subconscious and super-conscious levels.

That's it. That is the secret. This book and software package shows you the various steps that it takes to achieve such a match. Eventually, it will become second nature and you will be able to do it automatically all the time, wholesomely.

Understand your power

In the beginning, The Source of All That Is, God, had a Thought, a Will. God had an Idea, a Thought, a Will that you Become, and so you were. You are an extension of God's Thought, God's Will. Because you are an extension, you are exactly created in God's Own Image and Likeness. Not physically, no, but your Self, your Spirit, is in God's Image and Likeness. God's Thought has infinite creative ability, and You being an extension of God's Thought, your Thought has the same power. That is why you can achieve whatever you believe, and even right now as we speak you are achieving exactly what you believe in most. This rule is never broken. The only differences between you and God are that: (i) you have forgotten What You Really Are but you are now remembering and (ii) God created you in God's own image and likeness but you did not create God (same as a parent and child on earth).

In that forgetting, you have let your thoughts 'run wild' and have fear and worry, and out of that they create a world that is composed of exactly the things you fear and worry about. And because you are unaware you are at cause, you think there is such a thing as an idle thought that has no effect, and that conditions just happen to you without your control. Yet if you watch your thoughts closely, you will never fail to discover that you often daydream thousands of negative, worrisome, attacking and petty thoughts that very closely mirror what you experience. Watch your thoughts and you will see this to be true. Your world is literally arising from your thoughts and beliefs. There is no such thing as an idle thought. Every thought is a cause that has an effect at some level.

Because you are an extension of God's Thought, with unlimited power just like His Thought, and because, as you have seen, science has proven that the physical world is actually a collection of energy that arranges itself according to Thought, the following statements are forever true to you:

1. You have free will, always.
2. Ask and you shall receive, always.
3. Seek and you shall find, always.
4. Knock and it shall be opened unto you, always.
5. You can achieve anything you believe, always.

These may not appear to be true to you, or at least not always. But they are. Seeking is the same as finding. If you find yourself finding what you think that you are not seeking, watch yourself deeper. You will discover that at the very deepest level, you are seeking exactly what you find. For example, if you feel that you are finding conflict and poverty while you think that you seek peace and wealth, dig deeper and honestly and you will find that your root belief is that you are under

attack, you are capable of being attacked, and you live in a world of scarcity where failure is to be feared. Dig deep, be honest, then change your root thought about a thing and it shall change, always. Your world always proceeds out of your deepest intentions for it. Achieving is the same as believing. You are the Way and the Truth of your world, and it follows you.

Your ideas, visions and dreams, whatever they may be, are the prophecies of what you shall one day become and achieve. You can predict your outer life tomorrow by looking at your inner self today. You can change your tomorrow by changing your inner self today.

To learn more about Thought in a clear and simplified manner, and to know the immensely large role it plays in your life, download *A Happy Pocket Full of Money* at <http://www.ImagesOfOne.com>.

Understand the creation process

Creation follows the following sequence: Being, Thought, Words and Action. In your life, although you may not know it, you create your experiences first in your Self, spirit, being, then in your mind, then by your words, finally by your actions. It starts at being then moves on to thinking then to speaking then to acting. In fact, acting only puts into place the system necessary to receive and experience what you create in being, thinking and speaking.

Most people do not focus, nurture and tend to their first three steps of being, thinking and speaking – all they do is work like crazy all day and wonder why they are not 'successful'.

This sequence of creation is a law of the universe that cannot be broken. When you think, you formulate ideas and that shifts the universe in a constellation beyond your imagination. Your thoughts move beyond your head. They form something at some level in many places. For example, they may trigger the inspiration in many others to act in certain ways that support your thought at the same time fulfilling their own desires. You are not alone. The system is one. Ok, so after you think, you speak of your thoughts. This shares them physically with other people and also ascertains them to you, making them surer. Then you act on your thoughts and words, bringing into place the physical systems that help 'crystallize' your thoughts into experiences on the physical plane. Understand this: the physical objects you see are all effects of thoughts. They are not cause and can never be cause. As much as you may think that a physical object can be a cause, it cannot. Thought and Being are the only causes. Thoughts, Words, Action are tools of creation.

As you see, they each have a function. Some cause, some receive and experience the effect. They are totally different levels. Level confusion is the cause of much suffering. You confuse your levels when you think you can use the wrong level to create. You cannot, for example, create by action if your thoughts and words are opposite your actions. (Note: However, you can gradually change your thought habits by 'acting as if' consistently. Say for example, that you wish to learn how to think like a loving person. You can just do it now, think like a loving person. But if you find that difficult, then act as a loving person would, speak as

one would and soon you shall start thinking as one would. That is just a good mental programming technique; it is not a sequence of creation.)

The only place you can think, speak and act in is Now, Here. So don't wait for some 'perfect moment'. Just do it now.

We have mentioned this before and we should briefly mention it again here. A lot of suffering and 'failure' comes from level confusion. What are the levels again? They are Being, Thought, Word, Action, Physical Form (Body). When I say Body, I don't just mean your body, I mean all physical things, including your body. Now, we saw how there is Cause and Effect as the prime law that runs the universe. Ok, now let us see what each level is.

Being is the First Cause. It is What Is and What Gives Life. It has always been and always will be and therefore did not result from anything, hence it is First Cause.

Thought is a Cause, the effect of Being. It is the next in power, that which extends and moves the Universe. Minds are connected and thoughts are shared as thought form but the sharing is not so apparent in the physical world. Thought creates form at a certain level.

Words, as you speak and share them, extend your thought into the physical world. This is the second level of creation. Words are a Cause, the effect of Thought. Words create form on a certain level.

Actions are the third level of creation. They put into place the mechanics by which thoughts are manifested here on earth and experienced. Actions are a Cause, an effect of Words and Thoughts. Actions create form in the final level.

Body is an effect. It is not a Cause. Repeat, it is never a Cause. It is always an effect. It is a tool to experience and communicate.

Level confusion comes when people use the wrong level for the wrong thing, when they identify with the wrong level, or when they have conflicts within the levels.

Conflicts arise when what you think conflicts with what you speak and what you do. The creation is obviously going to be retarded, un-understandable and fearful.

Wrong use arises when you use Body to create when it cannot create. People have too much faith in Body. Body here can represent anything from your own body, money, walls, clothes, or anything physical. Understand this: Body cannot create. Ever. Body was designed from the word go as a tool to experience and communicate. That is its role. But you say 'then how come medicine cures and money pays rent?' Watch again. Mind is always involved. Even when you take medicine after realizing you are sick you do so with cooperation from mind. The realization puts your mind at attention and the intention to get better gets into gear, and that on its own is very powerful. It is not purely the drugs that heal you. They trigger a lot, yes, and many chemical reactions and so forth happen in your body, sure. But mind is never far away, doing the creative work. The drugs, for

the lack of a better word, activate healing through the body but from mind. Do you realize how powerful your mind is? It is always creating 24 hours a day, even as you sleep. It is eternal. It is not even confined by your body. Your brain is but not your mind. When you try to use Body to create, you experience frustration because you keep trying without getting results. Only when you engage an un-conflicting mind do you get results.

Identification with body is another level confusion. You are your Self, in the image and likeness of The Source. When you think you are your mind or your body, you believe it, and this has the power to confine your power and belittle you. Your body and possessions are just communication and experience tools. They shall all come and go. When you identify with any of them, you shall feel little and create little. And when you 'lose' these things, you shall feel loss. Yet you need not identify with Body. What for? You create Body. You brought it forth. It is smaller than you are, it is your creation. When you confuse your identity and think you are your body or possessions, you make yourself smaller than that which you created, and because it is temporal and weak, you feel fear and lack. Another misidentification comes in when you think you are your mind. The mind is a creation tool. You are bigger than it. You give it direction. When you think you are your mind, it takes over you and it has no direction. Its creations, when left on its own, are temporary and ego-controlled and hence fearful. When you think you are your mind, you identify with its ego-guided confusion and you become fearful because, as we saw, ego's creations are temporary and will be 'lost' one day.

Quantum Physics?

You may be wondering what quantum physics has to do with achieving your goals. Well, you had better believe that it has everything to do with it! How can you build a house if you do not know what a house is made of and how it is constructed?

Quantum Physics begins to explain how everything in your world comes to be. You are in direct manipulation of your entire physical world, but you may not be aware of this fact. And your lack of awareness of this fact, how the physical matter comes about and your role in it, makes your life appear to you as an occurrence 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 circumstances, including your experiencing of wealth or lack of it.

Quantum Physics is the first step in an amazing awakening that you are about to undergo. Not only will you understand the very construction of all that you see around you, you will also understand exactly how your belief and thinking creates matter, how you reap what you sow, how 'even before you ask, it has been given unto you', and so on. It is science finally catching up with spirituality and common sense, and explaining it! Think about it; when someone tells you that anything is possible if only you believe, aren't you more likely to believe that when you know how, step-by-step and scientifically, your belief shifts the universe and produces what you believe in?

One of the benefits of understanding the very basics of quantum physics (and the basics is all you need to understand) 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, eliminate doubt, create your reality consciously, powerfully and beautifully, and in many ways become more powerful.

Quantum physics also shows you how we are all connected, how we are all One Being that perpetuates an illusion of separate individual beings. It also gives you a glimpse into how Spirit and Matter interact and connect, how Mind and Matter do so as well, how creation actually happens, and how we are co-creators with God. You will be amazed at how much power you have, how amazing this universe is, and how easy it is to create any outcome you choose.

But first, 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. Everything is made up of 'large groups' of sub-atomic particles. Your body, a tree, thoughts, a vehicle, a planet, light, and everything else are 'concentrations' of energy. All of them are large collections of pretty much the same types of sub-atomic particles. The only difference is in the way these particles are grouped together into ever-larger building blocks. Knowing how the work is a key to knowing how to re-create yourself and your world around you.

To speak correctly, a sub-atomic particle is not really a particle in the way that a grain of sand is a particle. While atomic and larger particles are objects, or things, subatomic particles are not objects as such. They are 'probabilities of existence' and at the same time 'multiple existences'. They are also wave-like and particle-like at the same time.

Quantum physics asks the question 'what are these sub-atomic particles and how do they act?' Well, the sub-atomic particles are energy packets sometimes called quanta. Everything in this universe is made up of energy, and these energy packets behave in the most amazing way! They are at our command! The reason they would arrange themselves into a luxury boat, for example, is our individual and collective thoughts. Do you now start to see the link between goal achievement and quantum physics? Up until this point, you may have been designing your world haphazardly and unconsciously. Now you will awaken and do it deliberately and consciously with direction.

No solid object is solid. It is made up of rapidly flashing packets of energy. Billions and trillions of packets of energy. They flash in and flash out of that space where the 'object' is. They do not just stay there. So, why does a human body or a car look like a solid continuous object when we now know that it is actually a rapidly flashing field of energy? Think of a TV image. When you watch a movie, you see a person walk across the screen smoothly, yet in reality it is just a film reel with 24 slightly different frames a second so your eyes do not detect the gap between the frames. Even each of those frames is a composition of billions of light photons flashing at the speed of light. That is what your world is – a rapid flash that causes an illusion of being 'solid' and 'continuous'. Once you understand what your world is really, truly, you start to understand it's true behavior and nature. You then change your view of it. And with your changed perception, you change your creation of it.

Quantum physics tells us that it is the act of observing an object that causes it to be there where and how we observe it. Energy is the sub-atomic particles that in turn make up atoms and finally matter. This energy exists as waves spread out over space and time. Only when you exercise observation do these waves become particles localized as a space-time event, a particle at a particular 'time' and 'place'. As soon as you withdraw observation, they become a wave again. So, as you see, your observation, your attention to something, and your intention, literally creates that thing as a space-time event. This is scientific.

To learn more about Quantum Physics in a clear and simplified manner, and to know the immensely large role it plays in your life, download *A Happy Pocket Full of Money* at <http://www.ImagesOfOne.com>.

One: All That Is

Hinduism taught it in a different way. Buddha does the same in a different way. Tao did the same in a different way. Jesus and Mohammed taught it, in a different way. Quantum physics teaches it in a different way. Just about every spiritual teacher, sage, quantum physicist and religion teaches us, in its own different way, that we are all one and by acting in that awareness we move forward fastest, most richly and least painfully. This is nothing new, but often we have refused to listen. Now, in your quest for abundance and joy, you may wish to look at this again.

Everything is all One, the same Being, individuated in different guises. In other words, everything is a localized point in and of The Source, of The All That Is, of God. Nothing can possibly exist outside of and separate from The Source. The individuation and the illusions of separation are necessary for the creation of physical experience.

Once you realize, feel, and act from this position of oneness, you will start seeing that you already are one with all the things you desire, and with all the people and things that will bring wealth to you. You will see that you are the one making the request for your desires, the same one communicating that request, the same one fulfilling that request, and the same one experiencing the manifestation of your request. Hence, you need not worry. The illusion that you are not the same one is there just for your thrill and experience.

Whatever way you look at it, spiritually or scientifically using quantum physics, the conclusion is this:

Separation does not exist. End of story.

Let us re-visit quantum physics briefly. We saw that sub-atomic particles are what make up the physical universe. We also saw that these particles have intelligence. We saw that this pure energy has intelligence. It also has remarkable properties, properties such as being able to be in two places at once, to move from here to there without crossing the gap in between, to travel back and forth into time, and so on. We also saw that we were in relation and collaboration with these particles, for what we chose to observe is what becomes from this energy pool. Now, what do you suppose these energy packets are? What is pure energy?

Before we attempt to answer that question, let us look at The Source, All That Is, what many call God. We have been told that we are children of God, in the image and likeness of God, and that God is All That Is. Now, let us go back to where God was the absolute Only, before 'creation'. In truth there is no such straight line time-line but let us imagine that there is, for the sake of study. Ok, so we are now looking at God before creation. God was out there, all alone. Remember, in the absence of That Which Is Not, That Which Is, Is Not. In the realm of the absolute, there only exists One and nothing else to compare Itself against. So experiencing Itself was not possible. The One had to individuate into a Duality, a realm of Relativity. When the One did that, there now was a 'this' and 'that'. Now this duality could allow experience. Day could experience itself against night, and vice versa. The same was possible with all the 'opposite' dualities or individuations, such as man and woman, up and down, left and right, and so on. And each of these dualities had their own smaller dualities. For example, a woman or man had the dualities of sad or happy, and so on. And even happy had its dualities of very happy and not so happy, and so on. And the total of these experiences is the experience of the One. But for our discussion now, we are looking at the Initial Duality that first came of the One, before that Initial Duality split again.

Now let us get back to the question of what energy is. Ok, so from One, we have the Initial Duality. Now let us call that duality Spirit and Anti-Spirit. By the way, quantum scientists have discovered that sub-atomic particles all have an opposite. So, a proton has an anti-proton and so on, but in our part of the universe, the anti-particles are not present because anti-particles destroy particles when they meet. Scientists talk of these as the matter and anti-matter of the universe.

Now the part of One that is Spirit individuates itself again into infinite little parts, or spirits (by the way, individuation is not the same as separation). Quantum physicists have also seen that although they call a sub-atomic particle a particle, it really is not a 'thing', yet it is the building block of things. And although a sub-atomic particle has a wave like behavior and a particle-like behavior, there are no particles running around, nor waves fluctuating. You cannot visualize a sub-atomic 'particle'. You can only calculate it and experience it. Sub-atomic particles behave as spirits would. Why do they do that? Now do you see what Pure Energy is? It is spirit. Everything in this part of the universe is energy. Energy is matter – one and the same thing ($E=mc^2$). Yet, spirit is energy. And hence, spirit is matter. You see, there are no clear lines of definition and separation. All that is really is One. Individuation is not separation. Think of individuation as the having of many dimensions, not the separation into many separate things. So think of the world as dimensions or facets of the same One, not as separate things.

The other part of the universe, for everything is a duality, is the anti-universe, made up of anti-matter. But that is another topic all together. The point is that you now can trace the origins and explanation of the universe, and its link to spirit and to all. You now remember who you really are, who we really are, and why you, we, did all this. You now also know that what The Source is, You Are. It is a very complex topic and you do not need to understand it fully. Just knowing the truth is enough; you do not need to explain it in detail.

All the cosmos is a single substance of which we are a part. God is not an external manifestation, but everything that is. - Spinoza

On What Levels Do You Exist?

You exist on many levels. More than you can imagine. For example, science has proven that time does not exist in the linear fashion that we normally think of (based on the way our eyes perceive life). They know without doubt that linear time is a mental illusion, and that the past, future and present all exist simultaneously. So on this earth, in the physical dimension, you exist simultaneously in the moment of Now today, tomorrow and yesterday and across all time. Can you see that? However, your consciousness, what you are aware of and awake to, is only one "slice" of that totality at any one time.

Not only that, but you also have a part of yourself that is non-physical, the part you call soul. And it in turn extends to higher dimensions and so forth. You are truly a multidimensional being.

So what does this have to do with achieving your goals? Let us see.

We are focusing here on the achievement of goals, so we will not look in detail about your various existences. The only part of this topic we will need to look at is this:

1. You have a part of you that you are conscious to. This is called your conscious level of experience. This is the part of you that you create and experiences with some awareness of what you are doing.
2. You also have a part that you are subconscious to. This is the part of you that you create with but do so without your awareness. In other words, it makes choices and therefore creates experiences for you, but you are not aware of these choices and so may even wonder where their effects are coming from. This is the subconscious. It is not fixed and you can expand your consciousness to encompass the subconscious, thereby making it fully conscious. This is the path to awareness, enlightenment.
3. You also have a part of you that is the higher self, which is called the super-conscious. This is the level of your soul choices. The soul, the super-conscious, communicates to the conscious using intuition, instinct, inner voice, dreams, and so on. Most people are unconscious to this part, but it is a choice they have made. You have to intend to hear your higher self (it is You after all) or else you won't. The choices it makes, if you do not know about them, will also create effects that you will wonder "who put that there?" Remember, you can expand your consciousness to encompass the subconscious and super-conscious, thereby making it fully conscious. This is the path to awareness, enlightenment. Your super-conscious level is also known as your soul level. The soul does an amazingly remarkable yet effortless job of bringing together coincidences, synchronicities, people and events that manifest your desires. The way to communicate with your soul is by being aware of your heart's desires and feelings. The way to distinguish which feelings are from your soul and which are from your ego or emotion body is to ask "Does this feeling feel loving and nurturing or is it from a point

of fear or worry?" All soul communication is supportive, loving and nurturing. Even when it is a warning, it will not be in a way that brings fear. To manifest your desires faster, follow the inner guidance from your soul.

There are no definite lines demarcating these levels of awareness. As you move through life, you raise or lower your consciousness. In times of fear, you really lower it! In times of love, it is raised. As you progress in your spirituality, your knowing of your Spirit, you dramatically raise your consciousness. The highest level of consciousness you can achieve in this physical existence is that of supra-consciousness, where you are aware and conscious of the parts of you that were previously subconscious, super-conscious, and conscious. You become conscious of all of them. At that point you become spirit realized.

Now that you know what your three levels are (at least those that you need to know for your creative purpose here on earth), here is the conclusion:

1. *Nothing you see or experience is caused by a source outside of you.*
2. Whatever is occurring to you is bring by you to you from some level. Don't curse it. It is a perfect outcome. Instead, use it to (1) find out more about yourself and (2) re-create yourself anew. You will know more about this as you progress with this book and software.

You Are Always Creating. You Cannot *Not* Create

As you will be seeing over the course of this book, you can never stop creating. Every moment is a new creation. Your only choice is what to create. But you cannot stop creating. Life is eternal.

The Language the Universe Understands

We have already talked about this before but it requires one quick reminder. The universe and the powerful subconscious mind do not understand words! They only understand vibrations and images of the mind (which invoke vibrations). They do understand the vibration behind words, but that will be explained further later. The point to keep in mind here is that vibration is the language of the universe.

Your Goals Are a Framework for Inner Work

Think now of a Karate dojo (the place where you go to learn karate). In a dojo, the sensei (coach) gives you an opponent to fight with. But your opponent is not really an opponent. He or she is there simply to give you a framework through which to test yourself. In a dojo, you get to discover and learn about yourself, your flexibility, focus, potential, and so on. You rapidly do so using the illusion of having an opponent to beat, go back and train, so you can come back and beat your opponent with even more skill and ease. But in reality, the dojo is merely a place where you can work on your inside. The externals, such as the opponent, merely give you a frame of reference to work on your inside. And the better you get inside, the more you master outside.

A goal is the same. It is an inner work mirror, an inner training harness. Whatever successes you see in your life are a reflection of your inner state of being in that

regard. Whatever challenges you face in life are a reflection of the illusions or fears you still hold and believe in. In fact, even childhood fearful events that you never resolve can show up in your life as negative life situations until you resolve them. The essence will be the same, but the context or form will change.

Carl Jung put it well when he said, "The psychological rule says that when an inner situation is not made conscious, it happens outside, as fate. That is to say, when an individual remains undivided and does not become conscious of his inner contradictions, the world must perforce act out the conflict and be torn into opposite halves."

And James Allen points out that "What you are so is your world. Everything in the universe is resolved into your own inward experience. It matters little what is without, for it is all a reflection of your own state of consciousness. It matters everything what you are within, for everything without will be mirrored and colored accordingly."

The Way of the Life Warrior is to look at all things in your life as fun challenges for inner work. The Life Warrior recognizes that things are not good or bad, blessings or curses, but are all opportunities either for enjoyment or for finding new truths to break through to new levels. Even a really hard challenge has fruit hidden within it.

The choice is simple. You can either remain in the rat race or join the eagles in the sky. A rat and an eagle have different cognitive systems, different ways they perceive the world. The Way of the Life Warrior is to change your cognitive and creation systems (the way you recognize and create your world), for it is the only way to move from the rat race to the eagle's open skies. It is a choice to go through to the end without retreat, detached and open, asking why things are as they are at all turns, asking for help, being unstoppable by refusing to stop, and moving forward with nothing to defend. As Carlos Castenada says, "Every living thing has been granted the power, if it so desires, to seek an opening to freedom and go through it."

To Summarize

For the purposes of achieving goals, we can summarize what we have learnt above as follows:

1. All life arises out of an energetic field of infinite potential.
2. This field remains in a dormant state that has no definition until acted on by focused consciousness. Consciousness is simply the awareness of self, the I AM awareness.
3. Whenever any intelligent life form directs a thought, word or action at it, the field of infinite possibilities is instantly activated and takes on the form of whatever is projected onto it.
4. The field of infinite potential is limitless and cannot run out. It is from this same field that the smallest particles to the largest universes are created effortlessly.

5. The field has the intelligence to execute all directions on its own, effortlessly. The “how to” is not your concern, it is taken care of for you.
6. The field of infinite potential contains infinite love, wisdom and power and will never deny or harm you. It loves you more than you love yourself and knows you more than you know yourself. It will not infringe on your free will and will therefore let you limit yourself if you insist. But when allowed to, it will always resolve all issues and take you to points of expanding joy and abundance, for that is its nature.

Your playing small doesn't serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We were born to manifest the glory of God that is within us. It is not just in some of us, it is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our deepest fear, our presence automatically liberates others. - Nelson Mandela

Play With It!

Enjoy yourself with these methods! The best effects when doing creation work, manifesting your desires, will always come when you are like a child - playful, imaginative, spontaneous and creative! Relax! Don't get all anxious and rigid about all this!

Purpose

Before we begin, let us first define the overall purpose of all life. All life is created for one purpose: Joy. To enjoy being life! This is not only a reason for being, it is also a natural state of all life. All life forms are an extension of The Original Source. And the natural properties of The Source are love, joy, life. That is your natural state and your natural tendencies is to experience your natural state, happiness. So above all else, keep that as your focus.

But then there is more to it. Each individual life form has a unique purpose.

What is your purpose? Your purpose is separate from your goals. What is your purpose, why are you here? Only by knowing and declaring your purpose and holding it high every day can you move forward fast in the right direction for you, and have a great time doing so.

The right question is, why did you chose to come here on earth?

Where did you get your purpose? Consider this suggestion: You have free will. When did this free will start? Some people think it starts after you are born. They believe that they did not have a choice whether or not to be born, but once they are here, they have free will to make choices in their lives.

Others believe that your free will is eternal, and it starts even before you are born. That is not such a strange idea. Your soul is eternal. Your eyes tell you that life starts when one is born, but something deeper tells you that this may not be the real beginning. Purpose or destiny is what you, your Self or soul, chose to come do here on earth, a choice based on its set of attributes and wishes. And the circumstances and location you were born in are perfect for you to collect the necessary 'tools' to fulfill your chosen purpose were you to go through life with such an awareness. That is why your unique purpose feels so good once you find it. That is why it gives you so much joy doing it. That is because you chose it a long time ago. It is what you came here to do.

Unfortunately, so many people do not fulfill their purpose, largely because of the way our society and education is structured. Yet, you can easily fulfill yours if you chose to. You first find your purpose by spending some quiet time thinking what makes you feel so good, what you have so much passion for. Do not think of job descriptions or careers. Drop all those labels society has taught you to believe in. They are the number one reason why people do not find their purpose. Just ask yourself "what makes me go so happy doing?" It could be spending time with butterflies, or flying around the world making deals, or cooking, or speaking to people, or anything else. Once you do that, envision it, intend and make goals towards moving to a point where you will be working, as a career, in your discovered purpose.

For example, let us imagine that your purpose is studying butterflies and you are now working unhappily in a non-butterfly related job. Do not despair. Start getting books and finding people in the butterfly field. Find out all you can. Then start

making goals and choices that will eventually take you out into a position that is butterfly related. Do not worry about money and all the other little worries you may start having – they will sort themselves out as long as you do not worry. And you will be very happy and successful once you work in your destiny or purpose, a destiny that you yourself chose before you were born here on earth. Your self-satisfaction will also rise and you will be making optimal contribution to the world at large.

Sit down quietly and find out why you are here. You have a purpose. You may or may not know it yet. You can discover what it is by asking yourself this question and by being true to yourself. Your special talent is usually your purpose. Or it may be something you always felt, especially as a child, that you could do very well. Children often know their purpose but as they grow up the society and education system confuses them. Or it may be what gives you most joy. In fact, your purpose cannot be in something that does not give you joy and satisfaction. Find it, then live your life by your purpose, and wealth will come to you a lot easier and joyfully. And you will love your work.

Work is love made visible. And if you cannot work with love but only with distaste, it is better that you should leave your work and sit at the gate of the temple and take alms of those who work with joy. – Kahlil Gibran

Define your purpose in life clearly. Keep it high in your thoughts at all time. Declare your goals by it. Align your thoughts, words and actions with it all times, and your life will be fulfilled and satisfactory.

The surest way to enjoy your work is to work within your purpose in life. Work within whatever you determine is your purpose in life - not your job or obligation, but that which you feel called from within to do, that which you dream of doing – and joy at work will be easy to experience. What does that tell you? That everyone can work at a job or business that they enjoy, so long as they know what their purpose is and they work within it.

When you align your thoughts fearlessly to your life's purpose, you become a powerful creative force.

When you are working within your purpose, work no longer becomes a 'job', it becomes a pleasure, and it becomes life. The boundary between work and fun vanish.

How many purposes do you have? You have as many as you feel that you have. You are not restricted to just one. You are a multidimensional being.

All other things held constant, to the extent that an individual or society finds and works in their purpose, so will they have wealth and happiness.

Life is a celebration, and joy makes for celebration. Joy is spirit being expressed in the ways it likes to and desires to. Purpose gives spirit that opportunity. Find your purpose that you chose for yourself and you will find love, joy, and wealth in your work and contribute optimally to society.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, answer the purpose questions that are presented to you. These are just questions to prompt your thinking along this purpose line. You may ask yourself your own questions mentally. Finally, at the bottom, write down your final version of what you feel your purpose is.

Heart-Space and Assemblage Point

You are about to see how the heart has everything to do with the achievement of your goals. You are also about to see how your external experiences are assembled.

What is the Heart or Heart Space?

You have often heard phrases such as “believe it in your heart and it shall happen” or “it is where your heart is” or something like that.

Why do people refer to the heart that way? They seem to have a deeper knowing that it holds a certain power.

Before we proceed, it is important to know that we are not speaking of the physical heart here, the muscle in your chest cavity that pumps blood. We are talking of the etheric part of your being, in your etheric body, which is called the heart chakra. It is an energy center that is mapped to your physical heart. Just like your physical heart, it gives life to your experiences. It is also called the center of love. You will see more about chakras later, your body's energy centers. For now, just keep in mind that it is a primary energy center. You are very familiar with it yourself. You feel warmth there when you feel love or passion for a person, project, a desire or anything else you are excited about. You feel it “break” when you go through an experience that you choose to experience as critical and unexpected or negative to you. You have felt that energy center often. It is very familiar to you. That is what we are talking about here.

Now get ready to find out some amazing things about it!

The subconscious is the heart - People talk of the subconscious mind all the time, and you have heard often how powerful your subconscious is and how it calls forth events in your life. Here is a very interesting thing. The ancient Greeks were the first modern philosophers of our known world. The influence of Greek scholars such as Socrates and Plato is still great to this day, and many of the recent and highly acclaimed philosophers and psychologists, including Carl Jung and Sigmund Freud, took their initial knowledge from them. Now, the ancient Greeks called the subconscious mind the heart. Today, when you speak of the heart, people imagine that muscle, the physical heart. But the Greeks knew it represented the subconscious. But you ask “I thought the subconscious was in the brain?” No, it is in the mind, not the brain. The brain is just a dense collection of neurons and so on. But these extend all over your body. In fact, brain waves can be measured all over the body using scientific instruments. The mind, on the other hand, is not located in your brain only. The brain is only where you consciously interact with your mind. It is like the interface between your mind and your body. Your *mind* is not physical. Yes, your *mind* is not physical. Your brain is, but not your mind. Your mind extends all over your body and beyond to eternity. It has no end. There is only One Mind. Every cell of your body has intelligence. The DNA has intelligence. The atoms in your toe have their own intelligence. Your mind is all over. Now the seat of your subconscious mind is in that part of your etheric body that you call your heart. Hold that thought for now. This will become clearer as we progress. Let us look at something else.

The heart is the seat of consciousness - Consciousness is being awake to, knowing that you are. It is that “I Am”. That is consciousness. Consciousness is the ability to consciously know you are experiencing. You need consciousness to feel your experiences. Without it, you will not know you are. This is the path of evolution - rising consciousness. That is the game we all play. Becoming more aware of more and more of our infinite self. This is growth. This is soul work. Now, the seat of consciousness is the heart. Consciousness is about feeling. How do you feel now? Feelings, emotions, are the processing of experiences. The mind is simply a tool to create those experiences so that consciousness can experience. Hold that thought. It will become clearer as we progress. Let us look at something else.

Why do all our religions talk of the heart? - Have you ever wondered why all our religions and spirituality, worldwide, all talk of the heart? Why? Why is it so central and important? You will see why. But basically, it is because it is where your consciousness is and where your experiences are assembled.

The heart is the chakra of love - As we have said and as we will see in detail in the part on the chakra energy centers, the heart is the center of love. Love is the greatest force ever known. In fact, it is the force of creation. It is the nature of God. The Creator creates by extension of Itself, creating in the image and likeness. Love is that extension. It is that allowance. Love creates and is the “stuff” of which The Creator is made of. The word Love and God are interchangeable. God is not a personality, It is a process that is everywhere and in all things at all times. Nothing can exist without It. Ask God who He/She is and the answer you get is I Am That I Am. Love, the creation force, is most active in our body in the heart space. Now we are getting somewhere with the understanding of the creative power of the heart!

What Is The Assemblage Point?

You may also have heard of people say things such as “ever since my heart was broken (or freed), everything seems different, like I am living in a different world”.

Why do they say that? The reason is that their assemblage point has shifted and their experiences and perception of those experiences has therefore shifted.

The assemblage point is like an “eye”, an “eye of consciousness”, a “lens”, in the heart space. It is where you assemble your perception and your experiences. Many ancient civilizations knew about this and actively used it. More recently, it has been popularized again by Toltec and Shamanic authors such as Carlos Castaneda.

Let us move through this slowly.

1. Energy comes to us all the time from the non-physical realm and into the physical.
2. This Clear Light is always flowing forth, creating new experiences for our consciousness to experience. Every moment is a moment of creation.

3. But Clear Light, the life force, has no design of its own. It is a field of infinite pure un-manifested potential. It gets its “template” from what it flows through, the assemblage point.
4. It flows out passing through the assemblage point in the heart space. Whatever it finds in that “lens” is what it projects outwards, is what it manifests into the physical.
5. The way you experience your manifestations is also determined by your assemblage point. Seeing is actually a function of the body. All sensory experiences are eventually processed in the heart space.
6. Your assemblage point shifts. It is not in one static place all the time. It shifts suddenly due to extreme moments of joy or trauma, drugs, alcohol, spiritual experiences, health and dis-ease and the like. It shifts gradually due to everyday activities. And when you sleep, it shifts radically during dreaming phases, and then settles back on awakening.
7. Whenever it shifts, the way you create, experience and perceive your world changes. Some shifts last long, some only a short while. Large shifts are accompanied by huge shifts in perception and creation, sometimes to the point where nothing is familiar and life seems very different.
8. The location and focus of the assemblage point also affects your brain frequencies, which in turn affects your level of consciousness, health and so on. It also works vice versa.

So how does stuff end up in that lens? Your thoughts, emotions, feelings, and unresolved memories make up that lens. They make up the assemblage point. This is what you put up to the Clear Light to create your experiences. It all happens automatically. But you always have choice as to your thoughts, emotions, feelings and unresolved memories.

What you see “outside” of you is very much like a hologram of what is inside of you. It is a mirror, whereby your external conditions mirror your internal state.

All life forms have electromagnetic fields that can be measured by scientific instruments. Numerous researches, especially with plants, have shown that all organisms consciously and unconsciously communicate with, control and are formed by fields of energy. In fact it doesn't take much research to know this. Simply walk past a cheap radio and your body will start disrupting the reception; you will hear static interfering with the music coming from the radio the closer you get to the radio's antenna.

Scientists now know that the heart space has the highest amount of energy flow in the body. The bio-magnetic field around the heart is about 1 million times as strong as the one around the brain (the brain and the palms of the hands are the next highest producers/points of energy in the body).

You are literally a ball of intelligent energy. The center of that energy, the core, is the heart! It sets the vibration and template of the rest of us that extends within

and way beyond what you call your body. You are much larger than your body, as you know.

Scientifically speaking, we are always vibrating at various frequencies depending on how we feel. These vibrations emanate from us and move at the speed of light outwards and into the cosmos, extending to the ends of the universe. That is the nature of electromagnetic signals, which you produce. You and a star are not much different. A star sends out its uniquely coded signal that travels for light-years until we receive it, and so do you, right from your heart. You cannot have a thought that does not touch the farthest stars. This vibration is what attracts back to you, by law of attraction, experiences that harmonize with that vibration.

Here is another way of looking at it: Consciousness is the capability of knowing you are, and experiencing your Self. Consciousness is therefore a function of attention (because you have to put your attention, your focus, on something for you to experience it). Now we know from various teachings that whatever you put your attention to is energized and grows. That is why, when you are worried, people tell you “don’t think about it, and stay positive”. They know deep within that it works. Do you see how it is all connected now? When you put your attention on something, you are placing your consciousness on it, your assemblage point “lens”. As you hold your attention there, the Clear Light, the very energy that creates entire universes, flows through that and manifests it, energizes it and projects it onto the physical. That is the amount of power you naturally command!

Now let us look at two words:

1. Allowance
2. Blocking

People say “allowance, letting go, works miracles”. Why? Because that stream of energy flowing through you has to be allowed without blockages, without interference, without your ego putting negating thoughts, fears, into the path and trying to control what it doesn’t even know about fully. Now you know why a blockage is called a blockage - it literally blocks. And you see why allowance and letting go works in harmony with Clear Light, the life force. But we will look at all this later.

So What? What Does This Have To Do With My Goals and Desires?

Well, in case you have not put this together, here it is:

1. Your heart space and assemblage point put together your experiences. They are like a lens through which Clear Light, the life force, passes through and projects what it finds there into the physical world, thereby creating your experiences.
2. The “lens”, your assemblage point, is composed of your thoughts, emotions, feelings, and unresolved memories. These are what are projected “out there” into “objects and experiences” through various means of creation.

3. How you feel, what your vibration is, is what can indicate to you the type of experiences that will follow, that will manifest in future.

So learn how to feel your heart! Put attention to it! Most people have most of their attention in the brain, day dreaming! That is very unconscious. Be present. Start to feel yourself. Feel your heart at all times. Put your attention there. This will make you present and aware.

For starters, take 10 minutes off right now and feel your heart. Put your hand over that region if it helps you focus. Close your eyes. Feel it, appreciate it, and play with it. You will feel its warmth grow. Feel that power within it rising. Feel it open up - imagine it open up! Do this often enough and with time you will develop a very intimate link with your heart. And remember that the heart is the center of love. Allow yourself to experience and give love in increasing quantities.

Once you feel your heart, you will increasingly be aware of how you feel. When you know how you feel, you can change it. In doing so you can call forth different experiences. We will talk more about this later and we have already talked about feelings before. But the question "How do I feel now?" is highly important.

Also, whenever you visualize your goals and desires, first start by feeling your heart, putting attention to it. When you are fully centered on your heart, you then start to visualize your desire. All this will be explored in detail later. But in short, visualization done while your focus is on the heart does miracles! It is directly painting your desire onto your subconscious and feeling the response of your subconscious directly. It is planting the seed right onto the Clear Light, bypassing the usual analysis and mucking about of the ego. It is energizing your desire with love as you visualize it. You will see more of this later.

Let us look at the heart space a bit more for now...

It Is Like a Canvas That Must Be Clean First for Best Effect

As you have seen, whatever you place in your heart is projected outwards to be experienced in the physical world. Your heart is like a projector, with the life force as the light that shines through it, projecting onto the world whatever image is in it.

So in a way it acts like a canvas on which you can paint on. Whatever you paint on it, is converted into an experience.

The heart is like a canvas. If it has an old image on it when you paint a new one on, the old one will still show through. Old images are things like old limiting beliefs, past related experiences that you haven't resolved, and so on. For example, say you wish to manifest a new romantic relationship. You then go about visualizing the perfect partner and all that. If you still have old fears and so on that you carried over from your last relationship, what will actually manifest is whatever you visualized plus the fears you still hold about relationships. Your canvas was not clean so the old image and the new one are projected. To get only the new image to manifest purely is for you to clear your heart of all old related beliefs that you are still holding on.

This clearing will be brought up in various other places in this book and software. It isn't complicated at all. Clearing is simply releasing limiting beliefs that you have acquired and hold as truth. And as you will see later, a belief is simply a thought that you keep repeating. That is all. For now, just remember that the clearing process, dropping your limiting beliefs, is important for perfect manifestation.

A clean slate, a clear heart is very powerful. To illustrate its power, remember the last time you had a desire that instantly manifested. If you look back carefully, you will realize that you did not have a limiting belief about it, you had a clean slate. This 'clean slate state' usually happens when you desire something that you have no past experience with. You see, without a past experience, you cannot have built any limiting belief. Hence your heart, on that subject matter, is very clear. Limiting beliefs only come up when you have an experience that you deem as negative to you and then adapt a limiting and fearful conclusion about all future similar experiences.

What to Do Now

For now, practice feeling your heart space. We will be asking you to do so often in future as you go about various manifestation techniques. That will come later. For now, start to get acquainted with your heart space.

For starters, take 10 minutes off right now and feel your heart. Put your hand over that region if it helps you focus. Close your eyes. Feel it, appreciate it, and play with it. You will feel its warmth grow. Feel that power within it rising. Feel it open up - imagine it open up! Do this often enough and with time you will develop a very intimate link with your heart. And remember that the heart is the center of love. Allow yourself to experience and give love in increasing quantities.

Part 2

Set Your Goals

Your ideas, visions and dreams, whatever they may be, are the prophecies of what you shall one day become and achieve. You can predict your outer life tomorrow by looking at your inner self today. You can change your tomorrow by changing your inner self today.

Written, deliberate goals pack a lot of power. A twenty-year study involving students in a certain Ivy League university in the USA traced the lives of one graduating class. 3% of that class had their own written goals at the start of the study. By the end of the 20 years, that 3% who started with written goals and plans were worth more financially than the other 97% combined. They also reported more satisfaction and joy with their lives.

'I Am....' 'I Am....' No matter what you are trying to create next in your life, find a way of putting it into 'I Am'. For example if you wish to loose weight, do not think or say 'I will loose 10 pounds' or 'I want to loose 10 pounds'. Instead say, think and write 'I am x pounds now'. Do the same with wealth. The only time that exists in the universe, scientifically and spiritually, is Now. Hence 'I Am'.

Do not worry how your goals will be fulfilled. There are powerful forces at work in all of nature, with infinite intelligence and coordination. Things, people, books, places, TV shows, movies, etc, will start appearing and helping you to achieve your goals. In other words, 'coincidences' will happen. Simply visualize your goals believably.

Target dates for goals are best set to the eternal moment of Now. Even if you are setting up a goal that you would like fulfilled 10 years from today, state it and think of it in present tense. Setting an arbitrary date in the future introduces a state of wanting and waiting. Wanting prevents achievement. Arbitrary target dates also interfere with the natural functioning rate of the universe, which you do not usually know. When you say 'by next the end of next year I will be a millionaire', how do you know that you could not have become one by the end of next month? Anyway, the only real time and place there is in the universe is Now, Here.

How many goals should you have? You can never have more than enough. The wealthiest people have hundreds. Some have thousands. Some have so many goals that it would take 200 or 300 years to have them all manifest. You should aim at having at least five thousand goals. Understand the nature of goals: (1) Goals are images of the mind, the stuff that the universe uses to create. So the more you have, the more you give the universe to work with, and nothing is impossible or difficult for The Source. (2) Goals have a tendency to 'just come true' in the most unexpected times and sequences. The more goals you have, the richer your life experience will be. (3) When you reach a goal, its power disappears. You no longer have a driving force and the universe no longer has anything to work with. So the more goals you have, the better.

A person with one goal will achieve less than one with 100 goals. A person with a hundred will achieve less than one with 1000 goals. The fewer goals you have, the more you will achieve less results or get the results of other people. The more you set, the more you get.

How could you possibly have 5000 goals? Easy. Think of details and of everything. List everything, even small things like 'have lilies in my garden', 'decorate my grandmother's house for her', 'fly in the concord', 'stay at the Ritz', 'donate to the wildlife conservation fund', 'buy a BMW convertible, a jeep, a jet, a boat', 'have a salt water aquarium in my living room', 'get my father a golf set', 'buy books for orphaned children', 'take a trip to The Great Wall of China', 'meet these people', 'date these type of people', 'work with these type of people', 'these type of shoes', 'clothing from this designer', 'these type of chairs from this shop', 'these ski boots', 'see these places in these countries', and so on. You can never run out of things that you would love to do, be and see in this planet! The more you have them in your awareness, the more you will start meeting with 'coincidences' in your life that make them come true. Life starts working magic, and you have passion and excitement. Remember, wealth is abundance expressed. Again, wealth is abundance expressed, translated into physical, manifested. Abundance is all there is, it is your true nature, and the nature of Life. When you think of wealth, do not think only of money and business. Think of everything, everything that you wish to have, do, be or see in your life and the lives of other beings, all life.

Here is the greatest insight: you are merely an observer. Life gives unto life all on its own. In any case, it all exists. All you do is observe and experience. Try to understand this. You are an observer with a body to experience your observations. It is what you choose to observe and experience that determines what you observe and experience. It is all there for you, automatically. So choose many things, and you will see many things.

Another thing you should understand about goals and thoughts is this: your desires are caused by you and everyone else, and vice versa. In other words, when you intend to have a boat, it causes an inspiration in a person suited to build boats to get into the boat business. It also inspires all the necessary events and middle people to take part appropriately to bring about your having that boat. Everybody wins. What do you think caused this book to be written for you? It is the effect of your previous desire to be wealthier, the desire of billions of other people to be wealthy, and my desire to spread wealth and be it. It is because you desire that a thing is created that it is created – without your desire nothing is created, and all you desire is created.

Life gives unto life; you are an observer with a body to experience your observations. That is how it works. You observe what you choose to observe. You experience what and how you choose to experience. The more goals you have, the more you allow life to work through you for the good of all. Life's ultimate goal is to express itself, and it does so effortlessly, following your exact intentions and beliefs. Once you see this clearly, you will know without a shred of doubt that what you wish to have wishes to be with you more than you wish to be with it. Life wishes for nothing more than to express itself. So do not be shy now, have very many goals!

Do not make the mistake of making your goals only in money terms. Wealth is abundance expressed. Abundance means plenty of everything. Money is only a small aspect of wealth. Many people 'fail' to get wealthy because their plan their goals in terms of money only. They say something like 'make enough money to

buy that car' or 'make a million dollars to buy a house'. There is a huge error in that sort of goals setting. A close error to that is the error of having huge financial goals and very few other goals. Some people may set goals like 'make a billion dollars' but they have few other goals. Why are both of these an error? Try to understand this clearly: life is images of the mind expressed. It is that simple. Life is also precise. You automatically get exactly the amount of money needed to realize your most precise and certain images of your mind. And although you may think that money is the only way to get a certain thing that you would like, life knows that there are many other ways of getting it, not just through purchase with cash. So if you have very few other goals and images in your mind, if you hardly think of anything else except money, there will not be much 'material' for life to work with.

To illustrate, imagine that it was possible to open a person's mind up for examination. Now imagine there were two fictitious people, Bjorg and Li, and they both wished to become wealthy. Li wished to have a billion dollars and that is all they thought about. On examination, Li's mind also showed few images of anything else. Even concerning his business or job, there were few images or goals related to customer numbers, quality, products, and so on. There were also few images and goals on all other aspects of his life. Li just had a strong wish, desire and goal of becoming a billionaire. Now Bjorg also wished to be wealthy. However, unlike Li, she also had cultivated many interests and desires in all aspects of her life. Her mind, on examination, was full of vibrant images of a wide variety of many other things. It even had specifics on small details such as the clothes she wished to have, places to travel to, the deco in her offices, ways she wished her customers treated, gifts she wished to give to her loved ones and the rest of the world, and so on. Now the question is, all other things held constant, who do you think became wealthier and in a much easier and seemingly coincidental and lucky way? Bjorg, of course, will be the wealthier and in an easier way.

Life ensures that all of your mind's images that you hold true and clear are fulfilled. It is ok to wish to be a billionaire, but how exactly do you visualize a billion dollars! You see, the lack of lifestyle visualization is why many people 'fail' to achieve their financial goals. It is very hard to visualize and hold fast in your mind a billion dollars. But it is extremely easy to visualize the lifestyle and business of a billionaire!

Do not separate your financial life and goals from the rest of life, for the financial goals are only a means to an end, not an end in themselves. Remember, money is a shadow of value, a medium of exchange. Your goals should be on the value and the exchanges, not on the money, the shadow.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, add your goals as "I am..." statements by following the steps below:

Select a category from the list provided. The category list in the software is created the way it is for a very good reason, as you will see later. It is very important, for later analysis purposes, that you select your category carefully. The

software uses your category to analyze your goals for you based on your chakra energy centers. You may get tempted to skip this step. You may have, in the past, been used to just quickly jotting down a goal and getting on with it. Well, don't fall into that habit. Goal selection will help you to actually deliberately consider why you have this goal, what the motives are, and so on. This in itself is very helpful. And once you select the right category (and the right one is the one that feels right to *you*), the software will then be able to show you more about it in the chakra analysis state that will help you manifest it faster.

Next, enter your desire, intention, affirmation or goal as an 'I Am...' declaration statement. (Examples: I Am now taking a vacation in Nice, France, with my family. I Am now driving my new grey green BMW X5.) Don't bother elaborating your goals at the moment. Simply list them as "I am..." statements.

Sometimes you may find it a little tricky at first to word your goals as an "I Am" statement. You may get tempted to say instead "I have..." Resist that temptation. Remember that your state of being dictates what you will have. So to come up with a sentence that states your goal as an "I am" statement, ask yourself "What state of being will I be in the day I achieve this goal?" For example, if you wish to acquire some paintings and are having a hard time wording that as an "I am" statement, imagine yourself the day you will actually buy those paintings in future. How will you feel? What will you be enjoying? You will be in a particular state of being. That is the one you should now write down as an "I am" statement (e.g. "I am now enjoying the thrill and satisfaction of looking at my Picasso hanging on my living room wall").

Did you know...?

"Time, no matter how persistent, is only an illusion." - Albert Einstein. (Our minds create the illusion we call time by our individual and collective perceptions and constant occupation with past and present.)

Your life proceeds exactly out of your intentions for it.

"Whether you think you can or you can't - either way you are right." - Henry Ford, founder of the Ford Motor Company

"Within every desire is the mechanics of its fulfillment." - Deepak Chopra

"If you can? Anything is possible for him who believes." - Jesus Christ

"There is no order of difficulty...Forget not that it has been your decision to make everything that is natural and easy for you impossible. If you believe [something] is difficult for you, it is because you have become the arbiter of what is possible, and remain unwilling to give place to One Who knows. The whole belief in order of difficulty ... is centered on this." - A Course in Miracles (In other words, there is no order of difficulty – we make it up.)

"Be realistic. Plan for a miracle." - Bhagwan Shree Rajneesh

Add Goal Images

Life is images of the mind, expressed. What this means is that Life, The Source, uses your thoughts, your mental images, as the instructions by which to create your reality in the material world. Life expresses your mental images into physical reality. To express is to make known, to state, articulate, communicate, convey. The force of Life makes known your thoughts to yourself and everyone else by forming them into experiences and objects that can be experienced, here in the physical world. You experience your own thoughts first hand, your images of your mind, so that you may know which ones are suitable and which ones are not. That is how you know yourself, that is how you experience your self, and that is how you grow. This is the supreme purpose of this physical world that we are now in. It is designed to enable you to experience your Self. It is designed to enable you to experience an idea and its effects and consequences.

Life does not select which ones of your images to express and which ones not to. How would it choose for you? It therefore expresses all of them to the extent that you have them and believe them. You have true free will. This free will is truly free because of the fact that all of it is acted upon without filtering or favoring. Free will is truly free because of the fact that it actually gets results all the time, not just some of the time, and it gets them exactly.

Imagination is the force that takes you to places you have never been. Napoleon Hill said that imagination is the most marvelous, miraculous, inconceivably powerful force the world has ever known. Life is imagination, images of the mind, expressed into physical form. Feed your imagination daily and accurately with pictures, movies, and concentration. Spend time doing this in detail every day. Imagination is the most powerful force, and it is so because Life uses it to know what to create next. Most people spend little time imagining. They imagine using idle thought, haphazardly, and wonder why their life is not rich for them. Imagination has the power to make or break your life. It is your mind, and your choice.

Images. Images. Images! Life is images of the Mind, expressed. Imagine your life as you wish it to be, picture perfect, with color and details, in your mind, every day. Spend an hour daily doing your images. And throughout the rest of the day, keep your thoughts in harmony with your images of your chosen life. This is so important that it cannot be over-emphasized. The Source, God, works perfectly, giving you exactly what you envision and think about. Exactly. No more, no less. It is therefore extremely important that you have crystal-clear images and thoughts, consistently.

For example, many people wish to have a nice car. But the mistake they make is to have 'get a nice car' as their goal. What do they expect the universe to give them? There is physically no such car called Nice Car. Be crystal-clear! Envision the exact car, its make, model, color, options, and all that. Go to the car yard or look it up on the Internet and know exactly, or as exact as possible, what it is you wish to have as a nice car. Then envision that every day – the more you think about it, the closer you get it to you. This is the effective way to image. Life is images of the Mind, expressed. Do you wish to travel to another country for a dream holiday? Go to the travel agency and get all the details from them, get the

brochures, flight itinerary, prices, hotels and car reservations, and all that. Build up the whole trip, exactly, in your mind in full color and spectacle.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, select a goal that you wish to add images for. Then use the tools provided there to add images that will help you visualize your goal. You can get plenty of images free from the Internet. The Coach tab also gives you a drop-down list of image search engines that you can use to find suitable images.

Also remember to add goal images from past times when you achieved a similar objective. This will come in handy later in the subconscious mind setup step. If you have them, you can scan old pictures of you enjoying a similar success in the past and add them here.

The more images you have, the easier it will be for you to visualize so do add as many as you can find.

Setting Your Goal Up In Your Powerful Subconscious Mind

Related Past Memory

The subconscious, and the universe, only understands the language of vibration and images. Words don't mean anything to them, except for the vibration behind the words.

So the first step in visualizing your goal is to actually remember a time in the past when you achieved a similar success. This memory will be used later to tell your subconscious exactly what it is you desire. The memory is a perfect starting point because you know fully well how a vibration of the manifestation of such a desire feels like. Also, your subconscious has a great starting point - it now knows what you really desire, including the full range of emotions.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, do the following:

1. Remember a time when you achieved a similar goal or desire. It could have been much smaller, or even a little different. It doesn't matter. Just find a memory you have of a past success that resembled the one you now wish to have. *Note:* In the rare occasion that you cannot find a related past memory, use your imagination or use a scene you have seen on TV, movies or the experience of other people that you have observed.
2. Next, write it down in full detail in the space provided. Fully involve all aspects of the space-time continuum in all your memories and descriptions. Do so by including emotions and feelings; logic, thoughts and words; actions, smells, tastes, physical, touch, sight, sound; patterns and rhythms.
3. Always use in present tense, "I Am...". Although it is a memory, write it down in present tense ("I am now enjoying...").
4. Be thorough and complete! Include the details and don't assume anything. The subconscious delivers exactly so be exact; don't leave anything out and assume that it will just be put in for you. It may be but it is better to be sure.

Perfected Memory

The next step is to modify that memory to make it perfect for you. You will be doing two things:

1. Editing out what you did not like last time.
2. Adding in what you would have liked extra last time.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, do the following:

1. Copy the related memory you wrote last time into the new space for the perfected memory.
2. Next, edit that memory so that you edit out what you did not like last time and in what you would have liked extra last time. Fully involve all aspects of the space-time continuum in all your memories and descriptions. Do so by including emotions and feelings; logic, thoughts and words; actions, smells, tastes, physical, touch, sight, sound; patterns and rhythms.
3. When you are done, ask yourself "Is this perfect for me? Is this what I really would desire?" If you don't get a clear "yes", edit again until it is clear.
4. Always use in present tense, "I Am...". Although it is a memory, write it down in present tense ("I am now enjoying...").
5. Be thorough and complete! Include the details and don't assume anything. The subconscious delivers exactly so be exact; don't leave anything out and assume that it will just be put in for you. It may be but it is better to be sure.

Merged, Perfected Memory

The next step is to merge in your new desire into the perfect memory.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, do the following:

1. Copy the perfect memory you wrote last time into the new space for the merged perfected memory.
2. Next, edit that perfect memory so that you include, fully, your new desire, your new goal. Again, don't miss out or assume anything. Have your goal or desire exactly as you would like it to turn out, in full detail. Fully involve all aspects of the space-time continuum in all your memories and descriptions. Do so by including emotions and feelings; logic, thoughts and words; actions, smells, tastes, physical, touch, sight, sound; patterns and rhythms.
3. Remember to add reasons. Reasons are simply "what will you be doing with the newly manifested desire one you manifest it?" Reasons, seeing yourself living the manifested desire fully, are what activate an engagement from the subconscious. For example, if you desire a new car, don't just see the car in detail. That is good but it is not enough. See yourself using the car, enjoying it, taking your friends and family around in it, playing music in it, whatever. *See yourself participating with your manifested desire in ways that satisfy you.*
4. When you are done, ask yourself "Is this perfect for me? Is this what I really would desire?" If you don't get a clear "yes", edit again until it is clear.
5. Always use in present tense, "I Am...". Although it is a memory, write it down in present tense ("I am now enjoying...").

6. Here is an extra step that will boost results *dramatically*. Whatever it is you desire, desire it for all of humanity as well! This has immense effects because it enlarges and connects your mind with abundance consciousness and opens you up to even more universal assistance.
7. Don't limit yourself. Think big, challenge yourself to extend your expectation. For example, if you desire a certain amount of money for a certain reason, don't just limit yourself to that. Be open to receiving even more than you need. Always think in terms of "this or better".
8. Be thorough and complete! Include the details and don't assume anything. The subconscious delivers exactly so be exact; don't leave anything out and assume that it will just be put in for you. It may be but it is better to be sure.
9. Finally, and this is important but do it only if you choose to, ask that your desire be fulfilled in ways that are for the highest good of yourself and all those involved.

Essence

Essence means the fundamental nature, the feeling, of something. In terms of what we are talking about here, it means the resulting quality or feeling you expect to get from the manifestation of your desire.

Essence is very important because the universe actually delivers more by essence, and less by form. Let us see what this means.

Imagine that you desire to have a new car. Perhaps you are even very clear on the exact car you desire, and you know the model, color, and so on of the car. This is the *form*.

The essence is the feeling you expect to get from the car, the quality of life you expect. For example, you may expect that a new car will give you easy transport (convenience and ease). Or you may expect that it will give you self-worth. Or you may expect that it will give you joy on your trip to the beach or the mountains with friends and family.

Everybody has a different essence they attach to form. The same car may imply different essences to various people.

The essence is the vibration match between you and your desire.

And *the process of getting to the manifestation of your goal is the holding of the essence now*. Did you get that? Whatever you expect you will feel after you get your goal manifested, you should feel that now, and that is how you will attract the manifestation of that goal. If you expect to feel self-worthy when you get your goal, feel self-worthy now. If you expect to feel happy and free, feel that now.

That is the first thing to remember about essence.

The second thing to remember is that the universe delivers first on essence. So if you desire a car for the essence of convenience, the universe may find it even faster and better to give you a different solution that delivers that essence to you. It may not bring the car if there is an even better alternative. If you wish to feel convenience and freedom, it might, for example, get you a better job that pays more and is closer to your home, for example. So be open to receiving your essence in the form you expected, or in an even better form.

This is another reason why detachment is so important. If you are so attached to the form, you will miss anything else brought to you that will fulfill your desire. Remember, in its infinite intelligence, the universe may bring alternative solutions that will always be better for your higher good than your original. So be open to receiving your originally desired form or a different form that manifests the same essence. Open up, and let go.

Finally, if you do not know the exact form of your desire, you can still create it if you know the essence. For example, if you know you wish to have more freedom and convenience but do not know how, simply hold that essence and visualize yourself living it, and the universe will find the appropriate forms to deliver the essence.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter brief notes on what essence you expect to have from the manifestation of your desire. This is the essence, the feeling that you will have to hold when thinking and visualizing your desire. Here are some questions to help you figure out what the essence is:

1. What feelings do I expect to get when I achieve this goal or desire?
2. What features and benefits will this desire bring me when manifested?
3. What higher quality do I expect to have more of from the manifestation of this desire?
4. What perceived need am I expecting to fulfill with this desire?

Support Memories

You now finally need to make a composite visual of your new goal description, your perfected merged memory. For best results, your subconscious mind has to be able to associate and identify with your goal fully. For it to do that, it would need to understand what your goal description means. And because your subconscious mind understands vibration, feeling, and not pure words, you have to give it something to show it what you mean by your words. The easiest way to do so is to use support memories as explained below.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, do the following:

1. Look at each part of your new merged perfected memory, your new goal description, and the essence. For each group of words, think of an actual event you have had that approximates it. Remember this event in detail. Your subconscious mind cannot understand words - words are symbols that only come up by association. Your subconscious only understands experiences, real or imagined, vibrations and images, but not words.
2. OK, so now you have a memory that approximates a phrase in your goal description. For example, if your goal is to travel to France to see a vineyard, remember a time when you have traveled to a park or garden that you enjoyed. Even though you may never have been to a vineyard (or France), you can at least remember a time you went to a garden of some kind that you enjoyed. This would be a suitable support memory. Then, take this modify this memory to fit your phrase (in your mind, change the garden into a vineyard but maintain the good feelings you had about the garden, and change the location to France but keep that familiar feeling of the excitement of traveling).
3. Take that memory, play with it, feel it, make it real and experience it in your imagination with all your 5 senses and emotions.
4. Do this with each phrase in your description.
5. Finally join all those memories into a new movie of your new desire. In other words, see yourself clearly as you would be just right after you achieve your goal. Feel how excited, fulfilled, joyful and grateful you would be. See what you would be doing, saying, being, and having. See the whole total. Wrap this in the white light ball and place it in your heart space and let it stay there for a while. Feel it and embrace it with love. Stay with that for just over a minute - let it become familiar to you and your subconscious.
6. You are now ready to start manifestation exercises with this complete visualization you now have of your desire!

Part 3

Chakra Energy Analysis

Now that you are becoming a master of energy, let us see how you are constructed in even more detail, as this has everything to do with your entire life!

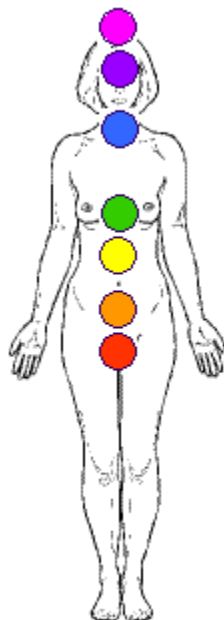
You are not constructed haphazardly. You are an energy system that is intricately put together with purpose and exactness. You are not a random ball of energy. You are a column of energy with several centers. Each center has a specific function and characteristics. Herein lays the keys to the manifestation of your successes and failures, diseases and health, and much more.

In the west, they are called energy centers; in the east they are called chakras. Although there are many energy centers and points within you, the major ones that we are interested in right now are the seven main ones that form your earthly being and feed all the thousands of minor ones. To put it simply, your spirit (life-force) gives life to your body and to your experiences and creations through these seven centers. So their function is to bring continuous life/energy from spirit into matter. As you will soon see, each has a specific function, characteristics, a mapping to various body parts, and so on. And each can be functioning well, be blocked and losing energy and causing failure and disease within its particular mapping, and it can also be enhanced and increased in power and vibration. You will see all this later on in this book.

Your energy centers are located within your energy body, your etheric body, the one that animates your flesh body and leaves when you 'die'. You cannot find your energy centers by operating on a body with a knife.

In short, your energy centers, chakras, are your soul's interface, connector and adaptor to your body and the world. They are the channels through which soul/spirit becomes manifest as matter for the sake of experiencing itself. Chakras are the channels of spirit-to-matter manifestation. Thought, words and actions are the tools of manifestation. To manifest simply means to express as matter.

You will see how they all work together later.



When a chakra is blocked or not functioning well it loses (bleeds) energy/life-force and you can literally feel yourself shrink if it happens rapidly (like when you are under terror and you feel small recoiled). This is experienced outwardly as failures in corresponding aspects of your life or as disease in your body in corresponding body parts.

For example, a blockage in your second energy center (sacral chakra) results in power, control and money issues and may manifest itself as health problems with your sexual organs, lower spin, pelvis and other areas powered by this energy center. It also manifests itself as financial problems and controlling relationships. And how does it get blocked? We will see how this happens in detail later (it happens due to incorrect perceptions of key events in

your life, especially during your first 7 years of life in this incarnation, but it can also be blocked by previous events in another incarnation).

Once a chakra is healed and unblocked, and you can do that all by yourself, the ill-effects start to reverse (sometimes instantly), health returns and external situations move to a state empowered functioning either by becoming healed themselves (the universal law of cause and effect) or dropping off to allow higher situations to move in (the universal law of attraction which states that similar vibrations harmonize and attract each other without fail).

As you can now begin to see, the mind and energy system has everything to do with your life and health. A question you may have now is, "Then how come we see medical evidence that particular germs, foods, genetics and chemicals cause certain diseases?" Well, that is a fair question and yes, certain things do appear to cause a disease. In fact, they do lead to the disease, but they do not start it, hence are not the true root cause. They are just a path to it. For example, to become obese and have unhealthy cholesterol means that you must have certain unhealthy eating habits and perhaps smoke and drink alcohol. We all know that. But what is it that propels a person towards these food and substances? And what propels a society to invent and market such substances? It is not coincidental or accidental that some people are just born with an insane tendency to rush towards things they know will harm them. No way. If you look carefully, the energy system and thought process are the root cause, the ones that resonate and magnetically are attracted to such behavior and outcomes. Another simple explanation is that of a common cold. You always carry the virus within you, every day of the year. But you only succumb to it when your immunity drops. And it drops because of very specific energy pattern reasons. It is not random. Even genetic dis-eases and dis-eases one is born with are easily explained in the light of the fact that a soul incarnates with a specific energy pattern and lessons to be explored as part of its purpose here.

Seven, Duality, Order and Embracing It All



I would like you to notice something else about nature. It all has a foundation on seven energy bases. Look at colors. There are seven primary colors (the seven colors of the rainbow). All other colors are made up by mixing these seven primary colors. Look at sounds. There are seven sounds (do re mi fa so la ti). All other sounds are made up by mixing these seven sounds and going up or down in pitch and so on, which simply means having the same sound at a higher frequency/wavelength multiple.

An interesting property of energy is to do with **vibration frequency**. The higher you go in vibration frequency of these colors and sounds, the higher, stronger, yet less perceptible they become. The lower you go with the frequency, the weaker, heavier and more perceptible they become. An example of high frequency, powerful sounds and light is ultrasound and x-rays.

Another interesting property is **duality**. Each of these seven has dual states (on/off, positive/negative, good/bad, light/dark, male/female and whatever else

you wish to call it). This duality is what allows that very thing to be known. You know the positive because the negative exists, and the positive can only be created and experienced within the field of the negative. Form and no-form. You cannot experience tall without having a concept of short. And both need to exist for the thing known as height to exist. You cannot experience cold without having a concept of hot. And both need to exist for the thing known as temperature to exist. Hence, negative is not to be avoided as such, but embraced. As you will soon see, what you resist persists, what you embrace empowers you and releases you. Although this book asks that you drop negative patterns, it does *not* seek to do so by asking you to *disown and cast away* negatives. Instead, it asks you to stop living in a negative imbalance, in a predominantly negative pattern. It asks you to know yourself positively as well, and embrace both. In such a state, the combination and acceptance of the duality as all part of you enables you to achieve the state of 'the whole is greater than the sum of the parts', a state of transcendence. It is somewhat like a bird. If a bird has any one of its wings, it cannot fly. It doesn't matter which wing it has, if it is only one, it will not fly. But given both wings, it takes off and the whole becomes greater than the sum of the parts. You will see exactly how to find your specific disowned parts, how to embrace them, and how to be freed from the negative.



Embrace all polarities, disown none, and you will transcend and become wholly powerful.

Another interesting property is **resonance**. Energy resonates and attracts with similar energy. Unlike energy repels. It even sounds appropriately harmonious or unharmonious were you to hear it (like in music)! And were you to see unlike energy coming together, for example as waves in a laboratory experiment, you would see that it has the appropriate interference or constructiveness. Like energy always attracts like energy and vice versa. You always create and attract external conditions (including health) that mirror your internal state. As you change that state, you will notice the external conditions falling away and new ones coming in that reflect your new state. Sometimes this falling away can be sudden if your change is big, and it might scare you and make you feel as if you are losing things. But relax knowing that it is natural, healthy, and normal, and it is giving way to something that is more like your new self.

Here is something that will help you tremendously in your understanding of your life and transforming it as you wish:

In this universe, created by a perfectly powerful and capable Creator, absolutely nothing exists in chaos, disorder and accident. And you are created in the image and likeness of this Creator (remember, you are spirit with a body that responds exactly to mind instructions).

Being in the image and likeness of this Creator, you are infinitely powerful, abundant, peaceful and perfect in the exact same way. You may have forgotten this, but evolution and growth is all about remembering what you already are. Step by step, you realize higher aspects of yourself. You remember. As such, there is nothing new to learn. All you are doing is unlearning the original error, step by step, at whatever rate you choose.

Everything works perfectly with precision according to universal laws. It is impossible to create chaos, as that would mean undoing the eternal design put forth by an infinitely intelligence life force.

However, it is very possible and commonplace to judge things as chaotic. When you judge a thing as chaotic (something that 'should not have happened'), you throw your very own self into chaos.

Your judgment of life's situations as chaotic things happening to you is what strips you of your power to see the reason behind the situation and to respond effectively and positively to it.

At this judgment point, you create stress in your life. You also split your personality into two, one which you wish to hide and run away from, and another that you feel has been victimized. This is the root cause of all disease, suffering and pain and it is totally unnecessary and preventable.

Your illusionary perception can be corrected by your decision to acknowledge that everything is in order. Once you acknowledge that, you can now look behind the event to see the reason.

Within that reason is a seed to your highest growth, healing and accomplishment! Indeed, healing is merely the revealing and acknowledgement of the perfect truth underneath all the illusion.

The Energy Centers (Chakras) in Detail

"Let us create Man in our own image and likeness." – Genesis

So far, we have seen scientific and spiritual evidence that you are a being of light, an energy being. That is your construction, a construction that literally means your power is limitless, your safety is guaranteed, your invincibility is indestructible, your thought power unquestionable, and your worth infinite. We have seen how the universe is one large ocean of energy, from a scientific standpoint, literally explaining the spiritual teaching that we are all One. Now let us see what this directly means in your life, strengths, limitations and growth.

"There is no order of difficulty...Forget not that it has been your decision to make everything that is natural and easy for you impossible. If you believe ... is difficult for you, it is because you have become the arbiter of what is possible, and remain unwilling to give place to One Who knows. The whole belief in order of difficulty ... is centered on this." - A Course in Miracles

"Is it not said in your law [religious texts] that ye are gods?" - Jesus

Basic Principle

The basic principle here is very simple. And this is what it is: each chakra radiates timely energy streams (e-motions) that correspond to its functions. These emotions are literally energy in motion. They are specific to the time of the experience. For example, when someone expresses their love for you, your fourth chakra increases its rotation and vibration, and this is experienced as the love emotion within the heart region. All emotions are in-the-moment. Now, you have several choices. You can (1) let the emotion flow fully to its full completion and accept and own it, watching it with detachment (2) or you can try to suppress it or disown it (3) or you can get all entangled in it and lose your presence.

When you go through it with choice 1 above, you live fully in the moment and it is complete. No blockages develop, the full lesson is learnt or the full joy experienced, and that chakra remains healthy and in fact grows from that experience. Always remember that an emotion can only be released or worked with in the moment it is happening and not in memory. You cannot block it and go to deal with it later in your own privacy. The only way to work with past emotional blockages is to re-enact the past moment so that the emotions are back in the moment of Now.

When you go through the emotion with choice 2 above, you cause a blockage. You did not express your emotion. For example, if as a child your father told you 'you will never amount to anything', you experienced an emotion at that time. Most likely, you wanted to tell him 'no way, that's crap', and you also wanted to tell him his attack was causing anger in you, and you wanted to find out whether there was really something wrong with you, why he was saying these things to you. But most likely you did not do these things because you were afraid of a beating or punishment. And this is how a blockage is developed.

And yet another way a blockage develops is when you get entangled in your emotions. You literally lose yourself and buy into the emotion, accepting it as truth. Now, let us assume you are afraid of something. We all know that fear is illusion, but that does not mean you resist it. If you are afraid, accept it, say so. But watch your fear from a point of detachment, like an external observer who watches and allows whatever passing onto his screen. The observer can choose what's next through desire and intention, but the observer never attempts to block what is currently happening. So watch the fear and accept it, embrace it, but with detachment. If you instead choose to get involved with your fear, you lose awareness, you get sucked in, and you believe in your fear. And the more you believe it and give it attention, the bigger it grows. And this blocks the chakra.

Whenever your chakras are blocked, they super-impose the blockage on all your new experiences. So if in the past you were criticized for your dreams and you developed a blockage, believing that they were unworthy of expression for people will criticize you for them, your chakra will super-impose that on all your new dreams even now as an adult. And you will wonder, "Why don't I ever seem to make it?" There is still old negative energy stored there! Bring it into the light and release it!

When your chakras are clear, all new expressions are pure and come out without any resistance at all!

We as human beings do only one thing: we create experiences. That is all we ever do. Whatever it is you are doing in your life, you are creating an experience. This experience is of the energy in motion, the e-motion. Therefore, it is of extreme importance that you always be aware of what you are FEELING now! That is the most important thing. What are you FEELING Now? Always be aware of that, then be honest about it, and be responsible for it, and you will have unrestricted response-ability to it.

What does this have to do with your money, health and relationships? Absolutely everything!

Money comes from prosperity. Prosperity is a feeling of having it all, being in the flow. This feeling attracts corresponding situations and opportunities. And this is eventually experienced physically as money and wealth. Prosperity is an inside job. Success is the person you become, not a point you chase after.

Health is a feeling of well being, a feeling of being wholesome. This feeling is expressed and experienced externally as good health and vitality. Stress kills you because it is the opposite of that feeling.

Relationships are an expression of unity. Unity comes from love. You cannot feel ultimate love unless you feel complete and love yourself wholly. Only when you are complete and intact, when you feel perfectly worthy and self-loving, can you be a complete entity capable of merging with others without issues of attack and victimization coming up.

So keep it real. What are YOU FEELING Now? Be aware of it, honest about it, responsible for it.

First Energy Center (Root Chakra): Family and Social Belonging

Body Parts Powered By It (These remain healthy or develop disease based on the wholeness of this chakra):

Base of spine
Legs
Rectum
Immune system
Feet
Bones

Issues Powered By It:

Ability to ground and manifest ideas into physical world
Providing and supporting yourself
Safety
Security
Relationship to the material world, grounding
Family and social safety and security
Acceptance by peers, family, or the immediate or global community
Standing up for oneself as an individual or community
Social bonds, equality, belonging and order

Causes and Effects of Dysfunction in It:

Any violation of the principle that we are all One
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Rejection by peers, family, or the immediate or global community
Inability to or fear of providing for and supporting yourself
Feeling that you are alone in this world and cannot find help and support
Feeling helpless and abandoned
Prejudice
Feeling insecure and threatened
Inequality
Inability to manifest dreams and ideas
Any type of lack of honor of family and society as a whole
Feeling you don't belong

Being the energy center that is connected with family and social belonging, this chakra is involved with emotional grounding and stability, a sense of belonging. This center thrives on the universal law that we are all one. Any time you accept a belief contrary to this truth, or think, speak and act contrary to this truth, you block its proper functioning. Any time you embrace this truth in belief, thought, words, and actions, you boost its power to ever-higher levels.

This is the first center to develop in your life. Your first seven years of your life have this center as the major cycle chakra, and the first year of your life has it as the theme chakra. Therefore, you will find that your view of the world is generally formed by what you chose to accept as true from the relationship you had with your family, society and environment in your first seven years of life on earth. More often than not, people were taught both through experience and 'teaching' that the world is not safe and it requires struggle to survive. Those who buy into such a view of the world always experience this as their truth. This is obviously totally contrary to the universal truth that we are all one. You must therefore correct this base belief and heal this chakra and your experiences will change accordingly.

Remember also that this chakra is the center that empowers you to stand up for yourself. You cannot escape the ill effects of the first seven years of your life by just saying "it wasn't my fault, my parents and society made me fall into that false limiting belief". That was the only thing your parents and society knew at the time, what with all their own fears they harbored. Feeling victimized is only going to make it worse for you. This software will help you heal in the right way, but basically the way to do it is to accept responsibility, face your dark side and embrace it. Why? Because you have an inner child that you disowned a long time ago and this inner child must now be put in its right position of splendor. This inner child is what was 'victimized' in your first seven years. You came into this

world full of innocence, faith, inner power and love, and slowly you were told “you are not good enough, you are doing this or that all wrong, and you are in danger, and so on” until you bought these false truths. You started seeing itself as the cause of the harm you experienced, the cause of the rejection you were experiencing. Then your ego developed an inner critic that took the job of criticizing you so that you never again experience those first rejections. Hence you yourself ended up disowning and hiding your inner child. And to this day you criticize and disown your original inner child, the key to your peace and power.

Your inner child needs to come to the forefront and know that it was perfect all along, nothing was wrong with it. Yes, it is still there. And it is still perfect, created in the image and likeness of the First Force, the Creator! But it has forgotten all that. And it has been rejected by your ego. You now identify with your ego and inner critic and hide away your inner child. You are split and this has made you weak. There is no way of getting back your inner child, your original perfect self, unless you forgive yourself, and all those you say harmed you, and embrace all your sides, dark and light. If you do not forgive, you merely enhance the idea in your mind that the transgression was real and justified, and so it will continue to harm you. That scary beast you hold in your mind in your past only looks big because you believe it is. Face it and you will see it is as thin as a veil, as light as smoke, and as harmless as a rubber duck. And as you may have heard from many famous and heroic people in the past, the dark side always holds a very powerful gift once you face it and embrace it.

In a strange way, this chakra is about belonging but it is also about standing up for yourself. This raises some confusion among some people. Do they remain loyal to their social group at the expense of their own personal will, individuation and truth? Should loyalty be expected? The answer is simple. Love does not bind, it frees. Fear binds. They are exact opposites. As cruel as it may sound, we are all one, but each answerable to themselves and only themselves. Guilt is a thing made up by the ego mind to trap you and limit you. Nothing harms a person more than feeling guilty or imposing guilt on another.

Guilt robs of our God-given perfect worth and power. It calls for punishment. Punishment is never a good teacher, for how can you teach that violence is bad when you use violence to correct the violence? Consequence teaches, love heals, and punishment and guilt imprison the mind. Besides, we are one. Guilt can only happen as a reality if we had separate wills. But in a system of One, there is no separate will. When you fully understand the law of cause and effect, you will see that it is impossible for something to happen to someone unless the ‘victim’ has accepted the energy pattern of the ‘crime’ in his or her mind and now needs an experience to lead to its experience and eventual healing. This mental error could have been done in this life or a previous one. This is where the big picture comes in. Guilt enforces the idea of victimization, and that never leads to true healing. It may dodge the issue temporarily, but it will not permanently wipe it out. And as long as you feel guilty, you will never feel deserving and hence you will never get ahead. And as long as you hold another person guilty, you will hold the belief in your mind that you were a victim and you will experience victimization in other forms. Your only way out is embracing, facing it, finding the lesson in both the positive and negative side of the issue, embracing both sides, and forgiving yourself and all parties involved.

Now, ultimately you will need to separate yourself from the group thought that is held by your society if you wish to grow faster. As you can now see, everyone has their own belief patterns that determine how their life turns out. An each group has its own group consciousness. When you are plugged into this group thought, you experience its effects and limitations. To grow further, you must unplug from it and have your own. Sometimes this may scare you, especially when it means that you physically separate from your group in order to disconnect. This chakra is what grounds us to earth and gives us a sense of belonging. This is the upside. The downside is that as you grow and especially when you start developing your sixth and seventh chakras, you may need to unplug your loyalty to your group and its particular grounding, lose one belonging so that you may find another. You should not reject your group, but you may need to lovingly release it. You definitely have to let it go whenever its beliefs contradict your truth and call upon you to be loyal to what you hold as false at the expense of what you hold as true. At this point, if you do not release it, you are bound to face some health issues or life situation problems related to this chakra.

Second Energy Center (Sacral Chakra): Money, Relationships, Personality, Power, and Control

Body Parts Powered By It (These remain healthy or develop disease based on the wholeness of this chakra):

Appendix
Large intestines
Sexual organs
Hips
Lower spine
Pelvis
Bladder

Issues Powered By It:

Finances
Power
Money
Partnership
Possessions
Relationships
Sexuality
Creativity
Self-worth

Causes and Effects of Dysfunction in It:

Financial dishonesty
Sexual dysfunctions

Fear of not having enough
Victimization issues
Relationship dishonesty
Manipulative and controlling relationships
Manipulation issues
Power-based insecurities
Control obsessions
Sexual inadequacy
Sexual guilt
Scarcity
Sexual abuse
Pegging your self-worth to external things and people
Dominance issues
Poverty
Negative relationships
Control issues
Misuse of power
Any form of feeling disempowered due to any reason
Sexual dishonesty
Lack of honor for one another
Sexual resentment

This energy center deals with relationships, personality, power, control, and money. This is the next step after the tribal nature of the first chakra. It is the next stage in development that calls for you to define your individual power within the context of the world around you.

Healthy development in this center enables you to find your own in-built unlimited power within. It enables you to build your own security and abundance and feel safe and confident doing so. And it leaves you feeling comfortable and wholly accepting of your sex, sexuality, and capable of having healthy and balanced relationships. In all, your self-worth is found within you, in vast quantities.

Unhealthy development here leaves you feeling powerless, first and foremost. Whenever you accept the belief that your self-worth is dependent on external factors such as how much money you have, what people think about you, or anything like that, you literally give away your own power to external forces. You bleed power and hence you are left powerless. The most damaging aspect of this powerlessness is that only you can fix yourself, ultimately. And as long as you do not accept your own power, you will be unable to empower your own healing.

Your life force knows this and whenever you give away your power to an external factor, your spirit eventually tries to get it back by placing you in a situation where you are forced to face your false beliefs and see the errors in your thinking. For example, many people believe their self-worth is defined by their money. There is nothing wrong with money. But when you put your worth in it your self-worth tends to fluctuate with your bank balance. This is no good for spirit, which knows its self-worth to be infinite always. When you give it away in this way, you block the path of your own growth ability because you inevitably feel powerless when your finances are low. So eventually spirit will find a way to heal this belief if you don't do it yourself. One way it could do that is by attracting a situation where money cannot save you from and you have to find within yourself the power you thought you never had. Once you find it, usually after some grief, you realize a whole new higher level of living! A great number of the richest people out there have gone through such a stage and you will often hear their rags to riches stories, their testimony of the fact that wealth is an inside job. Of course, you can learn all this consciously instead of having to learn through crisis.

This is also the chakra that deals with relationships. A healthy relationship is founded on honor and equality. No partner leans into the other, or binds them. Love never binds, only fear does. Freedom lies in love's realm, while fear rules over the idea of boundaries because of its fear of loss. A healthy relationship recognizes that each person has a path and does not try to interfere with that path, especially because it knows not what the path is. As you can begin to see, love requires that you sacrifice nothing that you do not wish to without reservation. And a true relationship is wholly accepting without judgment. At that point a relationship serves its true purpose to enable mutual growth. The state of your relationships will always reflect your inner state. Relationships are a mirror. Once you start to see this you can rapidly advance your growth simply by asking "why is this person in my life, what reflection am I seeing of myself?" You attract people who show you what you're obvious and your hidden qualities are. Often, the thing you hate about another person is the hidden self you have disowned sometime in your past.

For example, John hates people who he judges as weak. If he were to look at his own past or childhood, he would find one situation where he was criticized for his compassion and kindness by someone he wanted approval from. Let us assume that this was a father who wanted him to be strong. His father tried to make him

strong by criticizing his compassion and kindness, calling it weakness. Over time, he hated himself for his 'weakness' and built a strong outer shell to avoid further criticism and get approval from his father. He buried the original inner child deep within. This inner disowned self is a complete personality that wishes to be accepted again and brought to the surface. So it keeps bringing along people who will trigger a re-make of that past situation so that John may embrace and accept this quality in others and therefore in himself. So John keeps finding himself increasingly surrounded by 'weak' people. Even his own son may have the very qualities he detests so he repeats his father's teachings on his own son even when he doesn't wish to. Eventually, if he does not listen to his inner child and embrace all aspects of himself, he one day finds himself in a situation where he is almost forced to admit he has the very qualities he hates. Once he does, he finds that these qualities are very welcome and useful in certain situations and he was going through life half-baked because of disowning his compassionate and kind selves. Also, by forgiving his father he finds a gift in the actions of his father in that they made him develop a strong drive to go after what he desired with courage and persistence. So finally his dark and light sides meet and find that together they are greater than the sum of the parts.

This chakra is also the sex center. Sex is something that the divine left us with on earth to get in touch with our spirit. At a particular moment in sex, you literally become timeless, experience the eternal moment of Now, and touch a blissful aspect of your self that is usually covered by the daily grind. It is also the highest possible physical expression of love. And the health benefits of sex are documented to be vast, from age reversal to stress release to complex 'good hormones' releases. Such a powerful thing cannot be disowned without some powerful consequences. Any shame, guilt, resentment, fear, conflict, and negativity towards sex will show up as various aspects of impotence. It is no wonder that people with negative attitudes, guilt, shame, judgments, criticism, and fears towards sex often have self-worth issues that surface either as power, control, money or sexual impotence conditions. And vice versa. Power struggles, money struggles, individuality problems, and control issues in any aspect of life tend to manifest as sexual problems such as impotence. And cultural restraints have really not helped either. Several studies have shown that in cultures where there are no stigmas and shame attached to sexuality have almost no cases of sexual crimes, sexual dysfunctions and sexual diseases. Free your mind. Sexual liberation is not a 'bad thing'.

Watch your labels and judgments, for they tend to affect you exactly as you call them. Bring to the light and erase all negativity, judgment and inner conflict you have towards sex and your sexuality, and do so as soon as possible before it breaks you down. This inner conflict over sex in our societies, where it is seen simultaneously as a good and bad thing, is correspondingly breaking people's lives. What message does your mind and body get when you have a belief that sex is shameful and/or bad, yet you enjoy it? What result do you expect? It is the same conflict with money. A person cannot possibly get wealthy if he or she believes that money is evil, bad or fearful to him or her, and yet wants and needs some of it. That inner conflict clearly shows itself outside. The law of cause and effect never fails.

Control is another aspect of this chakra. The paradox about control is that letting go is the higher way, the way that brings your life within your circle of influence. Control issues are simply a power struggle, and you would not need to struggle with power if you knew it to be irrevocably within you, placed there for eternity in vast quantities by your creator. You actually lose power the more you try to control external factors. All of life is given freedom. So what happens when you place your sense of power on something outside of you? You get into control battles. And because everything changes externally, you are bound to lose that battle some day. Yet there is no need for the battle. It is your attack and defense thoughts that increase your vulnerability and make you to literally lose yourself. Funny enough, when you are fully centered on your internal power, the external will follow you automatically. Letting go is one of the most paradoxically powerful capabilities we have! Learn detachment from what is happening at the moment of Now. It already is, full of divine life. So how futile is it to try to change what is? And the statement you give out when you try to change what is is that you disapprove of your self and all things divine, for nothing can Be without Life feeding it, and you are part of The One Life. There is only One of Us. The less you try to control people and things, the more power you will actually find yourself having. You will stop reacting and start creating. You will learn how to desire, intend, then detach yourself from the current occurrence, knowing that your desires and intent are guaranteed to come to life by universal law, but maybe in a way you never expected. The universe always gives us what we seek, answers us what we ask, but it uses infinite intelligence to deliver at the perfect time and through the perfect means, which are both often unpredictable to you unless you have attained a state of full awareness.

A healthy second chakra makes you a powerfully creative being indeed! The amazing intelligence about life is that a creative idea, a desire, has inbuilt within it an intelligence that will bring about its manifestation. You need not worry about how it will come to fruition. Simply take the first available opportunity, and the next one shows up. A desire attracts all the events and people necessary for it to come to being. The only thing that slows it is blockages in the chakras, not having a clean slate, so to speak, and letting past false ideas of littleness get in the way. This is the creative chakra that does the actual giving birth of ideas (and babies!). Another way that this chakra is blocked, with regards to creativity, is when you stop short of manifesting your creative ideas due to some form of fear. It is every important that all creative impulses are given birth to, manifested and acted up. The only healthy way to choose not to express your creativity is through a voluntary choice made from a standpoint of pure love that is untainted with fear of any sort.

Children naturally feel the inner pull to explore this chakra's aspects when this chakra is most active in their growth as the major cycle chakra, which is from their 7th birthday (their 8th year) to their 15th birthday (the end of their 14th year). At that age they are often filled with awe, trying to find out things, create, and so on. Also, they start asking questions about sex. Now, it does not help that the parent lies about sexuality and makes it look evil, and then exerts over-the-top control on this child and denies them the chance to explore their individuality. In the name of doing good, they damage the child. A child can understand a great deal more than an adult thinks they can, so speak the truth and answer the questions honestly as they come. In fact, a child is often ahead of the parent in some ways

because the child has not collected up any fears and false beliefs that limit it. Nor does a child have an unhealthy inner critic, at least not a very dominant and damaging one. It is society that implants these damages in a child. Here is a truth you may have experienced personally: creativity cannot be blocked. If it does not find a natural answer and outlet that rings true inside to the individual, it will find an unnatural one. Choose wisely which you would rather have for yourself and your children. The worst thing that can happen in this chakra is probably to have creativity, inquiry, individuality and choice crushed. This thoroughly deforms a person and it can take a considerable amount of effort and awareness to go back to normal.

Children come to us with new growth information from the spirit world. That is why evolution moves forward. Remember your history and look at where we are now. From the caves to the mansions, from the witch hunts to acceptance, and so on. Try your best not to enforce your ideas on your children as they often are tainted with fears (false evidence appearing real). Just because a child does not know your language or know how to use its body does not mean anything more than that. The child's soul may be a very old soul, and you can see that sometimes in many children who appear wise beyond their age. What a child needs most is love and acceptance of it as it is, without conditions. They need some guidance, but often we overdo it, just like it was done to us. Those first few years can take us a lifetime to correct their errors unless we are lucky enough to be given conscious steps to take.

On the subject of sexuality, there has been a massive imbalance created over the last few thousand years. This has to do with the male/female equality and power. Over the last few thousand years, the word God has come to be manipulated to the point where people believe that God is a male being, yet at no point did 'He Himself' say 'he' was male. Consider the fact that God is All That Is, and nothing can exist outside of God. This encompasses all things, male, female, androgynous, sexless, inert, and active, you name it. God is not a personality, let alone one with a sex (male or female). Whenever God is asked "Who are you?" God has always answered "I Am That I Am". She, He, It and Everything else. The God/Goddess polarities of The Original First Force are just polarities that spring up here. The reason I am going into all this is that the world is highly imbalanced and leaning too much on the male energy and rejecting the female energy. The female energy is equally as powerful. You have to see that form arises from no-form, that allowance is equally as powerful and important as action. If you look at history, this male imbalance is very new, it did not exist a few thousand years ago. It was manipulated into place. Your soul, your spirit, does not have a sex. It is not male or female. It is all things. It is only here on earth that you choose a polarity, like everything else, for the sake of experience.

We each have the male and female polarities within us, although we do have a general side that we lean to more than the other. But rejection of any one of the polarities causes a great imbalance in your life, no matter who you are. Simply look around society and see for yourself. Men who idolize 'the hard man' at the expense and rejection of femininity eventually suffer a lonely collapse when they inevitably end up in a situation where 'the hard man' cannot get them out of, a situation that calls for the female energy properties. And women who have believed that femininity is weakness and a curse end up suffering various forms

of oppression and problems with their reproductive parts that manifest their belief that they are powerless. No one side of The One Source is any less than the other. Balance yourself, accept and embrace all your polarities. Females, do not buy even one iota of the idea that males are superior to you, more powerful than you, and put here to rule over you! The female energy is so powerful that experiencing it would leave you breathless! But the earth has not experienced it in recent millennia because we have denied its power. It is a power so strong yet so calm; a source from which creation springs effortlessly! Males are not superior in any way to you, nor are females superior in any way to men. Balance and embrace both and you will see an amazing transformation!

This energy center can be blocked by a variety of past events that were unresolved. A common cause of blockage is any event that convinces a person that he or she is unable to have and use their own independent power and choices. Therefore, events such as physical or psychological rape, criticism of capabilities and ambitions (such as a parent who always tells their child that they will never make it in life or that their career choices are wrong), and denial of creative avenues all block this chakra. But they only block it if the recipient of such actions accepts these actions within and 'agrees' to become a victim mentally. No matter what happens externally, a person always has the unalienable right to choose how to handle the situation mentally in their own mind. Once a person says 'ok, I am a victim, I have been victimized', they give away their power to the event and the chakra is blocked. And the only way to reclaim that back is through both embracing their shadow and forgiveness, as explained in the forgiveness section of this book.

Misperception of money is another way that this chakra gets blocked. This happens when you attach your sense of self-worth to money. When you do so, you give away your power to money. Therefore, your self-worth, power and life vitality fluctuates with your bank balance and, even worse, your ears of your future financial prospects. You literally 'bleed' an incredible amount of energy this way because your mind is often worrying about your financial future if you have given away your power and self-worth to how much money you have. And one day, when your money takes a dip, you may find yourself in some much disempowered situation that may be coupled with illness in this chakra's corresponding body parts. But if your sense of self-worth is healthily contained within your infinite inner self, you will always be wholesome regardless of your financial affairs, and this will go a long way towards bringing you wealth and, if need be, getting you out of financial dips in a calm and rapid manner. Money is a very good thing, but it is forever your tool, at your beck and call, always responding exactly to what you say it is. When you tell it that it is an almighty force that you must struggle for, it becomes so. When you know yourself to be the creator of wealth, it becomes so.

Another common way in which this chakra is blocked is when people sell themselves in various ways. This includes things such as doing a task that one does not really want to do but does it for the money or the recognition, or ignoring your heart and soul desire and instead doing something else for the sole reason of getting paid in some way or having some form of security.

Now let us revisit power. How do you gain personal power? It is already within you in infinite quantities. You only do not experience it because the human race, ages ago at a time symbolically referred to as “the fall of mankind” in various religions (in the Bible this is in Genesis), decided to forget its origins. Over the years, we have been remembering, gradually but at an ever increasing rate. Your power is all within you, but you have to accept it and stop fearing it. The fear to look within, to know thyself, is a major blockage to power. The lack of self-love and love for others is yet another blockage. So, the more True Love you have, the more power you uncover. We are talking here of True Love, which is unconditional and accepting of All Life without question. This is also called divine love. The reason why this limitation is put into place is that without true love which is unconditional and wholly accepting, you would destroy yourself and others in an instant were you to have full access of your full power. The same goes for knowledge and wisdom. Here, this means knowing your True Self, a part of the Creator. This is the kind of wisdom that is denied no one, for it is within everyone who cares to look within, and thus the question of IQ does not even arise. Again, this is in place for your protection. So you can effectively say that Power, Love and Knowledge form a triangle and increasing any one of that triangle’s sides will increase the others to a certain extent.

In summary, as long as you honor yourself, humanity, your relations, and all life, you will be moving towards increasing this chakra’s energies.

Third Energy Center (Solar Plexus Chakra): Personality and Individuality, Decision-Making, Self-Responsibility and Self-Esteem

Body Parts Powered By It (These remain healthy or develop disease based on the wholeness of this chakra):

Adrenal glands
Liver
Pancreas
Small intestines
Mid of spine
Stomach
Spleen
Kidney
Gallbladder
Abdomen

Issues Powered By It:

Personal survival
Trust
Knowing how to create your reality using the laws of cause and effect
Personality and individuality
Self-confidence
Self-respect
Respect
Decision-making ability
Instinct

Self-responsibility
Self-esteem

Causes and Effects of Dysfunction in It:

Inability to make decisions
Using various ways to dis-empower others, such as negative criticism and intimidation
Lack of experience with the laws of cause and effect
Lack of honor for yourself
Lack of self-confidence
Fear of intimidation
Intimidation
Resenting taking responsibility over others who may not be able to help themselves in certain situations
Low self-appreciation
Pegging your self-esteem and self-confidence to external things and people
Any form of giving away your power over yourself to others people and things
Avoiding decision-making
Fear of failure
Being controlled by other people's expectations
Bullying
Rejection
Dependency on others to appreciate you
Low self-esteem
Fear of having responsibility over yourself and your life
Fear of loss

Ignoring your gut instinct
Lack of respect for self and others
Fear of making decisions
Fear of criticism
Taking away decision-making right and power from others

This energy center deals with development of personality and individuality, decision-making, self-responsibility and self-esteem. Healthy development in this center enables you to trust your decisions and feel safe making them. It also enables you to lead a life that feels fulfilling to you. The more developed this center is in you, the less blocked it is, the higher your self-esteem will be. A person with self-esteem shortages tends to attract relationships and conditions that mirror their low self-worth back to them.

This center is also the source of instinct, or gut-feeling. Instinct is a natural feeling that comes from within, from your soul, regarding what is happening in your life at the moment. It is a communication that is always right and timely. It is always there, but few hear it because of all the mental and emotional interference they carry around them. Low self-esteem and poor decision-making development are especially blocking to this instinctive feelings. A person with low self-esteem and decision-making capability is unable to trust and follow their instincts because they have given away their power to external entities, always wondering whether they will fail in the eyes of others. Instinct from the soul will always guide you toward the right path for you. It cannot be wrong, for it is from a source that defies space and time, the part of you that is closest to The Source, the Creator. Instinct always guides you to take the next greater step. Sometimes this step may be to the unknown, and therefore only those without fear of external factors can follow it consistently.

This chakra calls for yet another move away from group thought, of course. It is a step further towards individuating. Without breaking away from group thought, your self-esteem cannot mature fully because self-esteem literally means moving the power base from external factors and authority to internal guidance and security. External factors always change so the only true security that can last you a lifetime is to be found deep within you. Without internal power, you would be unable to effect your life situations to your satisfaction and comfort on the long term. So moving away from group thought is not a selfish and arrogant thing to do, as long as you don't do it by attacking that group thought. Just as much as you have a right to have your own system, so does everyone else. People do not have to agree with you, and in fact fighting to prove yourself right is a power-eroding battle to yourself and others. It is absolutely pointless and damaging to all involved. All you are asked to do is put your foot down to the universe and claim your own say, no more, no less. Remember, the world will always reflect your internal composition back to you. It is the law of cause and effect.

If as a child and throughout life you avoided or were not given the chance to make decisions and experience your own power, you would not have had the chance to see that you really do have power and to experience that your choices have outcomes. You would not have had the chance to experience the laws of cause and effect. Hence you would now find it hard to believe that you have power and your choices always give corresponding outcomes. The world may look like a random place to you, a place where luck and misfortune places a role. Re-examine your childhood and use this software to heal it and learn how cause and effect works (also see the book *A Happy Pocket Full of Money* at www.imagesofone.com).

Unfortunately, most of our society today strips its children of the necessary experience of decision-making when this chakra is most active in their growth as a theme year chakra (in their 3rd and 10th years) and much more importantly as the major cycle chakra, which is from their 14th birthday (their 15th year) to their 22nd birthday (the end of their 21st year). This leaves them quite dependent and incapable of making decisions they can believe in and experience effects of. These are the teen years during which children naturally feel the urgency to learn this skill. Now, it does not help that the parent criticizes their decisions and tells them they are incapable of making decisions because they are 'too young to know'. Parents and society in general has tended to criticize the teenage years and put as much control as possible, which is very counter-productive in many ways. Sure, teens need guidance, but exerting no-choice control and telling a teen that they are incapable of making good decisions so they must be made for them is, as our societies now prove by result, not the way forward. A person must have a chance at making their own decisions (with guidance but not interference), even if they may be mistaken, or else they will not learn the cause and effect nature of choices, the power of choices, or even the existence of choice-making ability. The law of cause and effect, of reaping and sowing, is what runs this entire universe. Even quantum physics and other branches of science attest to this. And the years to naturally learn of this law by first hand experience, without interference, is from the 15th to the 21st year. Failure to do so vastly disempowers a person for they do not believe that their decisions have any effect, they do not believe they are capable of creating their own lives, and this ends up victimizing them for years to come until they learn the hard way that cause and effect is the way of the world. As a man thinketh, so is he. How else can you learn this naturally without experiencing it consciously without external interference and pressure?

And yet another common blockage that develops in this chakra occurs when a person frequently makes decisions based on their fears. When a person's fears dictate their choices, they completely strip this person of a vast amount of personal power and self-determination ability.

Self-responsibility is simply the realization that we are at cause of our world. With self-esteem and decision-making abilities intact, a person starts to see the ever-present link between their choices and their world. They see that they really do have the power to shape their lives exactly. The more they see this, the more they are happily able to see their responsibility over their own selves. And the more they are able to fashion their financial, health and relationship affairs as they wish them to be. When this happens, they stop attracting situations that mirror

their low self esteem and power and start attracting those that mirror their internal wholeness and security. With responsibility comes response-ability.

Fourth Energy Center (Heart Chakra): Love

Body Parts Powered By It (These remain healthy or develop disease based on the wholeness of this chakra):

Circulatory system
Respiratory system
Lungs
Thymus gland
Ribs
Arms
Breasts
Diaphragm
Shoulders
Upper spine
Heart

Issues Powered By It:

Love
Divine power of love
Forgiveness
Compassion
Fully unconditional love

Causes and Effects of Dysfunction in It:

Associating love with pain and abuse

Fear of love
Broken heart
Resentment
Hatred
Fear of affection
Competing for love
Always creating relationships that are abusive or lacking love
Trying to earn love by being with and doing things for people when you don't really wish to do those things or be there
Lack of love for yourself and all creation
Neglect
Guilt
Anger
Cruel
Feeling unworthy of love
Possessiveness
Fear of not being loved
Insensitive
Lack of forgiveness
Feeling unloved and lonely
Abuse of self, others and life in general
Grief
Selfishness
Bitterness
Fear of abandonment (jealousy)

This fourth energy center is an extremely important one. Not only is it the center for love, the driving emotion of the human being, it is also the one that connects a person's earthly aspects with his or her divine aspects. The first three chakras deal with earthly issues such as family, power and decision-making. The last three chakras deal with divine factors such as will, truth, intellect and universal consciousness. This fourth center, the heart chakra, connects the top three with the bottom three, marrying heaven and earth, spirit and body.

In any case, this is the actual powerhouse of the human being. Love is the natural state of spirit and that is why nothing can survive without love for long. Without love, a person develops a lot of fear. Fear is False Evidence Appearing Real, as it has been said many times before. We are always safe, because love is the only Reality of the universe. However, when we place a belief in a fear, we experience the illusion of danger and it can seem very, very real. Faith can move mountains, and it does not matter what you put faith in, it always works. So when you put your faith in a fear that you have, your belief will recreate its experience. But it is just an error in thought, and as such it can be corrected simply by seeing past the fear, dropping that fear and facing it straight on. When you face your fear, you realize that the big monster is actually a rubber duck, a thin veil, a cloud of mist beyond which is guaranteed safety. You are always safe, for the only thing that exists in this universe is The Source of All That Is, and nothing else. You are part of This One Creator and so is everything else. Do you see how you are naturally safe, and that it is only your faith in your fears that attack you and create an experience that is fearful?

Another powerful energy that comes from this chakra is that of forgiveness. Forgiveness is merely recognizing an error as unreal. You see, there are only two existences. These are truth and error. Truth is Reality, and it never changes. Illusion shifts with perception. The only reason an error can be corrected is because it is not real. Were it real, it would be eternal, just like truth is. Forgiveness is merely looking past the error and seeing the truth about you and all life. And the truth is that you and all life are created perfectly in the image and likeness of the creator. It is in forgetting Who We Really Are that we get into the painful event in the first place, and in continuing to forget this that we remain in the pain and damage. Yet all you have to do is recognize the error and you are free. When you once believed you were a victim damaged beyond repair, see that you were never damaged but instead you bought into the thought that you were. This sounds harsh and ridiculous. But spend time learning more about the True Nature of your being and the laws of the universe and you will see how beyond attack you naturally are, except for when you say you aren't. Forgiveness of yourself and all others is what opens your eyes and experience to a greater self. When you forgive, you release yourself from the wound that you were holding on to. Plus, you see deeper spiritual truths and lessons that were hidden within the painful event, empowering truths that were previously not visible to you as long as you held on to the wound and refused to look at the inner good, the larger picture of it. No matter how serious the transgression is, it always has a spiritual insight and a cause and effect reason behind it. See the forgiveness section in this book for more details on this.

Let us define love once again. The love that this chakra represents is divine love, the love that is unconditional and wholly accepting. Human love is often

conditional, and as such is not Real. It is a love based on avoidance of fear. You can have divine love, of course, because you are divine love by nature. But you can also easily confuse human love with divine love, in which case you would not really be standing in love, but in hidden fear. The test for divine love is that it is unconditional and wholly accepting. It understands that all occurrences arise in perfect order and does not seek to change what already is. Therefore, it only seeks to find the gifts, growth and insights contained within the event, no matter what it is. And the first place to start with real love is yourself. Love and fully accept yourself as you are right now! Doing this will eliminate all guilt, victim hood, shame, insecurity and so many other things. Once you embrace all your light and dark sides and accept them all wholly, you love yourself wholly and become empowered. Only from this point can you make lasting changes where you wish to make them. You cannot change parts of yourself that you resist, for what you resist persists. You have to embrace what you have most about yourself, and once you do so you will find that it shall release you. Do not fear to know yourself. It is the only way to finding your infinite power within.

Fifth Energy Center (Throat Chakra): Will Power, Self-Expression, Following Your Dream and Trusting Life

Body Parts Powered By It (These remain healthy or develop disease based on the wholeness of this chakra):

Esophagus
Parathyroid
Mouth
Jaws
Gums
Teeth
Hypothalamus
Neck vertebrae
Thyroid
Throat
Larynx
Trachea

Issues Powered By It:

Self-expression
Faith
Trusting life
Willpower
Following your dream
Personal and Divine Will

Causes and Effects of Dysfunction in It:

Criticizing other's choices
Criticism
Not expressing yourself fully (e.g. not crying when you felt you needed to)
Denying or covering up your emotions and feelings
Judgment of self and others
Lack of faith
Difficulty believing that you have ability to create your own reality as you desire it to be
Not letting go, not trusting the loving nature of Life
Guilt of self and holding others guilty
Inability to express ideas and choices that are truly your own
Blocking your natural desire to express your emotions, thoughts and feelings
Fear of expressing yourself
Lies, gossip, and deceitful expression
Having others make choices for you
Having your choices criticized
Interfering with or criticizing the creative impulse
Difficulty believing that you have power of choice
Regretting having not expressed yourself
Addictions

Will power, self-expression, following your dream and trusting life are all part of this energy center. An important point to consider here is that of will and trusting in life, as it brings about a lot of confusion. You have free will, a right that cannot be taken away from you. But this free will needs clarification. And this is where some people revolt against what you are about to read next.

You have heard of divine will, no doubt. Divine will is not some command handed down to you by some God. Not at all. In giving you free will, God meant that you do have free will that cannot be punished for nor revoked. You are not some robot that has to follow some orders. But you are much bigger than you think you are.

You are not a body. You are spirit. Now spirit, you, chose this journey on earth for a specific reason, a purpose, to experience and fulfill certain missions. This purpose was arranged for and agreed upon before birth. All the appropriate situations and locations were arranged to assist in fulfilling this mission. You had a choice in the whole matter, in fact it was your decision and agreement with Life. You can call this a sacred contract, a path chosen. Now, in coming here, you forgot much of that, just like you forget much of your dreams when you sleep at night. But your spirit has not forgotten, and it is still in contact with you through your higher mind which prompts you with intuition, instinct, coincidences, synchronicities and a lot of help if you just care to listen. Does all this sound too crazy? Think about it. Why would you buy a car? To drive it, of course! Why would you cook some dinner? To eat it! Why would spirit embody itself and come to earth? To fulfill its reasons! And you are spirit. Just because you forgot your choices does not mean you did not make them. There is a good reason to forgetting. The experience depends on it, the motivation depends on it, and the limited consciousness of the current human level calls for it for it cannot handle such a high amount of content at one go so it has to be 'drip fed' on a moment by moment basis as required.

So your free will is really that you have the choice to follow your Self Chosen path or not. That is what it boils down to. Did you know that prosperity is a word that is derived from the phrase 'to be in the flow'? Although you have free will, you can choose to follow personal will (which often ends up being your ego's will and leads you into all sorts of trouble for ego does not know) or you can follow divine will, which is really your own spirit's will and choice in coming here and not some will imposed on you by God.

This chakra seeks to develop will power. The first step is having your own will power, your own authority and expression instead of depending on other people's will and expression. It is very OK to ask for help and to help others; we all need occasional help. But becoming fully dependent where you can instead use your own will is harmful to you.

At its ultimate development, this chakra enables you to choose to embrace Your True Will, the one people refer to as divine will. You are Spirit. It is the Thought of Spirit that is higher, more powerful and all knowing, and not that of ego (lower mind). In your past, you have feared losing control, being denied your will by society, your parents, the government, religion, your boyfriend or girlfriend, and so on. And in that same fear, you probably have feared losing your will to God, feared that this is similar to abduction where you are commanded to go become a Mother Theresa against your will. Divine will is not another entity's will; it is Your Own Spirit's Will. And it is very much in line with what makes you happy. It is, to put it in another way, the prompting to follow your heart's true desires. If you love nature, you will find that it is in line with that. If you love abundance, you will find that it is in line with that. If you love construction, you will find that it is in line with that as well. It is not all about going to some poor country to help refugees and preach! Divine will is not about you losing material comforts and wealth; that is the domain of ego. Divine will is wholly empowering and in fact material comforts are a part of its provision so that you may focus on other aspects of life instead of worrying about bills all the time. Ask and you shall receive, seek and you shall

find – these are actual guarantees. Only your false beliefs block you from realizing them all the time.

The trick with shifting to divine will is to surrender to it and trust that life will provide the next step needed at the right moment. Ego fears and wants all steps planned and laid out in advance. And it cannot do that. The best ego can do is scare you from making a change, for change gets you into the unknown. But you cannot discover new lands unless you lose sight of the shore. Life is always safe, but ego makes it out not to be. And to the extent you trust your fears, they become a reality to you. Divine will is from your spirit, and your spirit will never seek to hurt you. You hurt yourself with your own errors in thought. Sure, some lessons that spirit may need you to learn may appear painful, but they are only there to unblock blocks that you may have built up over time within you. Without the blocks and reluctance to learn consciously and trust, there would be no need to release you from your fears and illusions.

Surrender means surrender. It does not mean to stop caring, or to pretend to surrender for a short while so that you may be rewarded in a way that your ego says you should. It is purely surrender and acceptance without judgment or an 'it should be this way instead' mentality. You do not remember your chosen path, so how can you possibly know how it should be? Another key to following your spirit's guidance along your chosen path is to be aware, and to always ask within about everything you wish to know. Always ask, ask, and ask! You have more help than you realize. But you must ask first, for spirit and your helpers will not usually interfere with your free will except in very critical junctions. You must ask! There is no formula to asking. Just simply direct your question within, ask for answers and then watch and let go. You must let go of the problem completely, for your involvement and attention to it actually interferes with it being solved for you. The answer and solution will be brought at the right time, perhaps in a book you see, a person you talk to, or any other way. It may very well be something very different from what you expected it to be. But it will be the right answer at the right time. Don't insist on a particular answer and particular timing. You do not have vision over the whole picture and the possible outcomes of all possible solutions. In fact, you don't even know of all the possible solutions, and that is why you are focused on only one. And of course, you must follow it immediately. At the end of the journey, you will see how it really was a fantastic solution! Remember, the same spirit that created the universe and all its galaxies is the exact same spirit that You are part of. There is only One, expressing Itself in seemingly many separate forms.

Poor development in this chakra allows fear to enter our will and self-expression. This totally kills faith and erodes our power to follow our desires. With this comes guilt, denial, deceit, blocked emotions and suppressed expression. Its poor development also causes an over-reliance in your ego's choices and these are bound to have weaknesses because ego is, literally speaking, a collection of thought forms based on fearful reactions in the past. Your True Self, on the other hand, is spirit and Its will is extremely powerful, with literally nothing that can oppose it for it is One with All That Is. Equally as disempowering poor development in this chakra that leads to one becoming judgmental and critical of themselves and others. You become what you judge. For example, you cannot judge something as disgusting and unworthy unless you hold that concept to be

true in your mind. And what you hold as true ends up appearing in your life. This is how judgment comes back and bites us in the behind when we are not watching. Do unto others what you would like to be done unto you is a very practical piece of advice. It is not only what you do, but what you think and say as well.

This is also the chakra of faith, which is needed in trusting that spirit will provide the next step on a step-by-step basis as you follow your chosen path. This chakra is also the one that empowers us to follow our dream. You see how these are all related? Do not settle for littleness, for less than what you desire. Desire and intend! Without desire and intent, nothing happens! Do not be embarrassed about any of your desires, for they are yours! Embrace and accept them all and see where they lead you. Each has a purpose and it will lead you to uncover a new experience, and enjoyment or a lesson. These are the stepping stones in your journey. Whatever area they may lie in, accept and honor all your desires. Remember, this universe is all just One system. There is no conflict of will from a spiritual perspective. Your desire to have something is reciprocated by a desire in someone else somewhere to produce that very thing. From a spiritual perspective, from the big picture, free will is never violated, and thought always leads to corresponding effect. This may not be so apparent from the physical viewpoint, especially because some things may have been chosen in previous lifetimes or by our higher self, but it is a law that never breaks down. As such, guilt is a construction of our own. And it limits people more than anything else other than fear. Totally pointless, and that is why you are asked to forgive yourself and others all the time.

Reach for the stars; settle not for littleness; desire! Express yourself! Desire, intend, but be detached from expectations of what 'should be' in the current moment. Trust always that the current moment is a perfect outcome of your choices, those that you are conscious of and those that you are not, the ones that are being made by your higher self.

Sixth Energy Center (Inner Eye Chakra): Truth, Intellect, Self-Evaluation, Intuition, Spiritual Insight and Seeing the Bigger Picture

Body Parts Powered By It (These remain healthy or develop disease based on the wholeness of this chakra):

Pituitary gland
Pineal gland
Brain
Full Spine
Nose
Eyes
Nervous system
Ears

Issues Powered By It:

Ability to learn from experiences and guidance
Intellect
Open-mindedness
Self-examination
Truth
Divine reason
Introspection
Intelligence
Learning by looking at the reason behind experiences by applying universal laws to the issue
Seeing the bigger picture
Spiritual insight

Intuition
Philosophical insight
Reason

Causes and Effects of Dysfunction in It:

Untrue perception
Fear of self-examination
Inability or unwillingness to look at the lesson and reason behind your experiences
Fear of intuition and natural in-built 'psychic' ability
Unloving use of intellectual power
Inability to see the bigger picture
Not knowing Who Your Really Are
Blaming others for your experiences
False beliefs
Blocking your inner truths
Belief in intellectual inferiority, superiority or inadequacy
Closing your mind up

Truth, intellect, self-evaluation, intuition, spiritual insight and seeing the bigger picture are all properties of this energy center. There are two things to keep in mind when reading about this chakra. One is that the mind is not contained only in the brain. It is all over your body and beyond it. It is infinite, just like spirit. Your mind and your brain are two separate things. The second thing to remember that there is only truth as Reality, and truth and love are very much tied together, the same thing. Fear is tied to and is the same thing as illusion. These are the root polarities of everything that exists. So this chakra involves itself with the discovery of truth about your self and your world. It seeks to go within to your inner self and see what it can find there. It seeks to listen to the unseen power of your being. It recognizes that you may be in this world but not of this world. And it seeks to place your experiences in the context of the bigger picture of life and not just look at them from the fear-based point of view of ego.

Poor development in this chakra results in false beliefs about your self, fear of Who You Really Are, and untrue perception.

Once you start dealing with this chakra, you enter a space that is increasingly harder to define using the symbols of language such as words. Inner wisdom is not linear and analytical like the surface ego thinking is. You cannot cut it up and analyze it. It is in whole. You cannot be taught inner wisdom. You can only be pointed in the right direction. Only you alone can take the journey within. You can receive help but the steps and discovery are yours to make. In fact you have tremendous amounts of help available to you. Just ask within for what you next wish to learn and guaranteed you will bump into just the right person or resource that gives you what you needed to know.

The journey to your inner self is an infinite journey, for you are an infinite being. You can never reach the end for there is no end. You can only grow stronger, wiser, and more powerful. At each point you find a new intriguing mystery to explore. So don't bother trying to find out everything. You have the whole of eternity to do that. Remember that you are also in this world so don't forget that you have to remain grounded and balanced as well. The ultimate state to be in is that of being in this world but not of it. Feet on the ground head in the skies, so to speak. So keep it light, take it easy, and enjoy yourself! It is called enlightenment, not enheavymen.

The way to access inner wisdom is to stay present in the moment of Now. The more you shut down your mental noise (which is always going on about yesterday and tomorrow), the more you can access inner wisdom. Inner wisdom is always speaking to you at all times. You simply do not hear it when you let your mind analyze everything to the nth degree, and worry all day about what has past and what is next. Be present, be aware! Wake up! And definitely open your mind to receiving insights from places you normally are not used to, such as dreams, intuition, and other symbols.

Inner wisdom does not go with proof. If you are like one of those scientists who always want evidence first before they move, you will not get too far with this chakra. Inner wisdom brings to you the new, the next, and not the past. And it brings to you wisdom of a dimension beyond this one, one which is not measurable with our normal scientific tools not perceivable by our five physical senses.

Now, as you change your sense of truth, your life will change. Things created by your old truths will either transform or drop off and new ones will arise. This may be a confusing period but don't worry. Just let go and keep your course. It is a very natural and normal thing to happen. It may also feel as if you have left an old way of living which you no longer wish to live by, but you haven't found your new way. You may feel as if you are in limbo for a while. This is perfectly normal and will come to pass. Most people progress from thinking they know (the old path), to not knowing (limbo), to knowing they know (the new path).

Seventh Energy Center (Crown Chakra): Getting In Touch With Your Spirit, Connecting Consciously With Your True Self

Body Parts Powered By It (These remain healthy or develop disease based on the wholeness of this chakra):

Skeletal system
Muscular system
Skin

Issues Powered By It:

Knowing Who You Really Are
Spirituality
Now
Letting go
Enlightenment
Surrender to and acceptance of your higher self's will
Universal being
Awareness
Entry point of life force
Self-knowledge
Life purpose
Finding meaning in life
Present moment living
Universal consciousness
Detachment (Have desires and intentions but don't try to control the outcome. Don't try to control what is Now. Observe your emotions and let them play out fully but don't get entangled with them. This is the position of the detached observer.)

Inspiration
Transcending
Oneness

Causes and Effects of Dysfunction in It:

Low life force without vitality
Lack of faith in yourself
Inability to see yourself and your life in the perspective of the universal picture and divine plan
Not knowing Who You Really Are
Spiritual crisis and emptiness
Lack of a quiet mind
Mind clutter and noise
Fear of self-knowledge and inner development
Lack of authentic self-knowledge
Inability to trust the natural, loving and supportive process of life
Feeling as if life has no purpose and meaning
Preoccupation with past and future
Fear of spiritual abandonment
Fear of loss of your identity and physical connections

This energy center is all about getting in touch with your spirit, connecting consciously with your True Self. This is the chakra of transcendence and enlightenment. It is also about finding your Life Purpose, the reason why your spirit came to earth embodied as you (it obviously had a plan and purpose in that choice). It is, at the same time, the point at which your life force streams into your energy system, coming from your spirit.

Our spirits are eternal. Living in the moment of Now puts you in touch with spirit. Now is an eternal moment. Everything in your life happens now. You do things now, you speak now, you think now. You plan for tomorrow now, and when

tomorrow gets here, it will get here now. You cannot do anything tomorrow. You have to wait until tomorrow comes to the moment of now, so to speak. Also, yesterday is also gone. Yesterday and tomorrow are not real; they are phantom worlds that exist only in the mind, worlds that are personal only to you, world that you make up.

Albert Einstein once said that no matter how persistent, time is only an illusion. All life happens Now, Here. Now is God's kitchen, where everything is alive and vibrant! When you are preoccupied mentally with thoughts about the past and future, you miss the now, you fall out of touch with spirit and life, and you lose tremendous amounts of power and inspiration.

Spirit is eternal and does not live in the world of time. Time is a mental construct we have created because our minds are always thinking of yesterday and tomorrow. Remember, we become what we think about. Spirit can only be accessed Now. For you to do that, you have to quiet the mind. Why? Because the mind that most of us use is the lower mind (ego), and it is totally incapable of thinking in Now. It is always thinking of the next thing or the previous thing. To connect with your higher mind and its vast capabilities, you must quiet down your mind.

Stop your constant rehashing of memories of the past and worries and plans of the future. 90 per cent of your thoughts are repetitive and need not be so. You can do much better with far less 'thinking' than you do now. All of the greatest inventors, philosophers, scientists and artists all had their greatest inspiration when they went into quiet moments and allowed contact with spirit and higher mind. Einstein used to do it, Thomas Edison used to do it, Mozart, Michelangelo, and many more. One way to quiet your mind is through meditation, but you can practice everyday awareness even as you go about your tasks. Simply by deciding to be aware of yourself, your thoughts and the world around you, by deciding to be an observer, you go a long way towards stepping out of the chaos of your mind and becoming a peaceful observer. You finally see that you are not your mind. You are beyond it, and it is your tool and not your master. Then you start experiencing a higher aspect of yourself that was always there but hidden behind the mental noise of past and future.

Mental preoccupation with past and future not only blocks your access to your higher self, it also creates time for you. Yes, time is not a constant. In fact, it is an illusion. Our minds are extremely powerful. We collectively create time, but even individually we personally experience different time from others (which is easily explained by Einstein's Theory of Relativity). The time it takes you to grow and go through life is wholly dependent on your mind, for it is the one creating time. You can literally collapse millions of years worth of growth by simply accessing an instant of your inner self.

As this chakra matures, you get closer and closer to your spirit. The closer you get, the more you have to let go of your ego and its fears, for spirit must have a clean vessel free of fears if it were to fully come down and be embodied in it. This is what enlightenment is. It is sometimes called the mystical marriage. It happens when your spirit finally takes full control (when you allow it), after letting go of your ego. Sometimes, when an ego is very entrenched and there are many hidden

fears that you are not aware of, you may have to find yourself in a crisis that forces you to see these fears and correct them. Once you are ready, spirit arranges for such an event, but only if it is necessary. Approximately 30-40% of people have to go through these types of crisis, often called dark nights of the soul. For example, let us assume that your self-esteem is highly wrapped around your physical possessions. Spirit cannot inhabit you fully as long as you have such a low sense of personal power and self-esteem, run by ego and its fears. So it first has to put you in a situation where you are forced to fetch back your self-esteem from the material things and find it within yourself. This might involve a financial crisis that last until you have tried every option to correct it but failed, and finally realized that there is nothing more your ego can do to get out of that mess. At this point, you look within and see that you are still intact. Then you develop your own inner self-esteem and stop relying on material possessions for your sense of self-esteem. At this point, spirit then returns your material possessions since you now know that you are perfect with or without them. There is nothing wrong with material wealth, but when it forms a 'false god' that you believe defines your existence, then that error in thought must be corrected before your Higher Self can move in permanently.

At its ultimate development, this chakra is the center of a very powerful being. Such an enlightened person is fully present and, literally, spirit on earth. They no longer know the idea that we are all One, part of the Source of All That Is, as an intellectual statement. They know it with every cell of their being and they are in full harmony with the entire cosmos.

How to Clear Blockages and Limiting Beliefs

What is a blockage? A blockage is simply a belief that blocks you from receiving the gifts of life, manifesting your desires. That is all it is. It is a false idea that you hold about yourself, life, abilities, worth, and so on.

So if a blockage is just a belief, what is a belief?

A belief is simply a thought that you keep returning to. It is simply a thought that you have allowed yourself to keep having. That is all. It is nothing complicated.

Where do your beliefs, your blockages, come from?

We have looked at this in other parts of this book in detail. Please go over those sections to see where limiting beliefs come from. Briefly, however, they come from experiences in your past where you made a limiting conclusion and you have continued to hold onto that limiting conclusion. If you go through an experience and interpret it as a fearful thing to be avoided, that begins to form a limiting belief that in effect says “you can't do that and if you try, you will fail and be embarrassed or harmed”. That is briefly where they come from. As long as you hold on to that conclusion, any new similar experiences that you face will be limited by your limiting belief regarding such situations.

How the Past Influences Your Present and Future

Why does a particular type of life situation keep revisiting a person? Why do some people keep experiencing a certain illness? Why do some people cycle through success and failure, as if someone is sabotaging them? Why can't some people seem to find a partner who treats them well?

The answer is simple:

1. Life, your spirit, always seeks to grow, bloom and fulfill its mission.
2. Your energy system always seeks to be accepted and to express its truth and be experienced fully and authentically.
3. Therefore, when you have blockages to the growth of your spirit, your life, and to the expression of your emotions, they must be cleared. To clear them, spirit pushes them to the surface so that you may become aware of them, accept and heal them (as you will see how later). Blockages include things such as past unresolved issues, denials, hidden selves, disowned archetypes and wounded inner children, thought patterns, labels, beliefs, and so on. The more you try to ignore these blockages, the more spirit pushes them to the surface. At first, they may be nagging thoughts. If you do not resolve them by facing them and healing them, they manifest as a disease and/or a life situation that will force you to face them. And if you ignore them, they keep coming back again and again, each time harder and harder, until you resolve

them in this lifetime or the next. Your soul must always get to the bottom line of all experiences by merging them with its perfect nature. No part of it can be allowed to forever remain disowned.

Whenever you go through an experience, you formulate a thought and therefore an emotion towards it. If that emotion is allowed to run its course, be fully experienced to its end in full awareness, it is done with and will not be repeated unconsciously (unless you consciously choose to repeat it), for the lesson and purpose has been fully uncovered and needs no repetition. However, if that emotion is denied and refused full expression, it is stored within as a shadow personality and will keep trying to be heard and expressed. This is what causes those cyclic repetitions of undesirable events; the ones that make you say 'Why does this always keep happening to me!' If you finally face and heal this past disowned emotion, you will discover the powerful lesson that was always there but was not completed. The transformation will be immense, empowering and liberating. But if you forever deny this shadow hidden selves that you carry around, they will be with you still.

You see, life is eternal. What you put in place remains in place until you change it. As such, hate becomes forever, once you create it, and the only way to 'get rid' of something you hate is to embrace it and by doing so you see the divine within it, as the divine is within all life. Nothing can exist outside of Life, The Source of All That Is. And you are made in the image and likeness of Life. By denying any part of Life, you deny yourself and vastly dis-empower yourself. This is how karma is formed, through denial and resistance, through incomplete lessons of All That You Are. And indeed, some of your shadow selves and fears are from a time beyond this lifetime, a past life, but they can be healed in this lifetime just as easily.

A Limiting Belief Is False. So What Is The Truth We Require To Face?

A limiting belief is always from fear, and all forms of fear are always an erroneous conclusion. And all errors are correctible because they are unreal, for if they were real they would be uncorrectable. All errors are illusions of the mind.

So whenever you have a limiting belief, you are called upon to replace it with truth. And the truth is always the truth about you, Who You Really Are. Being made in the image and likeness of The Source of All That Is, being an extension, a ray from that One, your properties are that same as that of Your Origins. Correction of error, forgiveness, merely means recognizing this truth, these properties, in you and in all others and dropping contrary beliefs. Some of these properties are:

- Free and non-intrusive
- Unconditionally loving
- Joyful
- Infinitely powerful
- Eternal

- One
- Abundant and unlimited
- Unconditional, non-judgmental, not criticizing
- Present, aware, patient
- Changing, a process, and accepting
- Fearless
- Expansive and evolving
- And so on...

Whenever you are thinking opposite to the above, you are coming from a place that denies your True Self. All suffering comes from the denial of your True Self, an error in thought. Healing is therefore the purification of mind, cleaning out the false beliefs and limitations.

How to Clear Limiting Beliefs

There are many methods available to clear your limiting beliefs. That is not the specialty of this book and software so we will not be looking at that in detail. What we shall be doing is looking at some of the more popular ways briefly. You can then investigate them more in detail if you need to by reading some of the books we will recommend below. Here we go:

Simply not giving it attention - One way of getting out of limiting beliefs is simply to pay them no attention when they come up. For example, if you have a belief that says 'I will probably be rejected when I approach a new person', just ignore that thought when it comes up. So the next time you desire to approach someone you don't know for a conversation and that thought comes up, simply watch it rise and fall back into your mind. It will fall back and disappear within a few seconds. Don't curse, it, don't explore it, don't resist it, and don't engage it in any way. Just let it fall off. Then go ahead and put your attention on what you do desire, which is to go over and say hello and have a normal conversation. Because you did not energize it, you will find that your conversation will go quite smoothly. Eventually, that thought will not even arise. You will have acquired a new belief that says 'it is easy for me to strike up a conversation with a new person'.

Act As If, Speak As If, Think As If - Whatever it is you desire, act as if you have already received it, speak as if you have, and think as if you have. Keep doing this and eventually your mind will become reprogrammed and any limiting beliefs you had will be erased. They will do so because you are already acting as if you have accomplished and received the manifestation of your desire. A belief only works if you have not yet received, in effect saying "you can't because..." This acting as if will short-circuit that part of this negative habit. All habits have

components, and when you take away any one of the components that make up a belief, the belief falls away.

Embracing Your Shadow Sides - If you would like to know more about this technique, see any book on it such as *The Dark Side of the Light Chasers* by Debbie Ford. Basically, what it takes is for you to embrace the sides of you that you have labeled as “bad and to be avoided”. Once you embrace them, you will notice that (1) because you no longer are denying them and pushing them away, you no longer have a fixation on them and are not creating negative outcomes based on them and (2) they are not really scary at all and (3) they actually do hold a gift for you that you may not have realized (e.g. they made you stronger or more ambitious or something like that).

Regression Therapy - This one is great for those with beliefs that they hold on to very strongly. The idea here is to go back to the very first time they felt the way they did and revisit that experience. They can then look at it in detail and see at which point they made the erroneous conclusion that resulted in the limiting belief. Sometimes this regression can be done in the normal state of consciousness, but sometimes it may need to be done under hypnosis. In either case, you can do it on your own with the aid of a regression CD or tape, or you can do it with a therapist or a hypnotherapist. Sometimes our limiting beliefs were formed in a past life and hypnotherapy may be the way to go.

Ask Your Higher Guidance - The amount of help available to us from the universe is amazing! You have your Higher Self, angels, guides and much more. Remember, you yourself are not a body. You are spirit with a body which you use temporarily while on earth, and you drop it when you leave this plane. You do have friends without physical bodies, just like you were once without a body and once again shall be without a body - and have done so many times over eternity. So if you do have a limiting belief, simply ask whoever you feel comfortable with (your Higher Self, your guardian angels, God, etc) to help you resolve this limiting belief. They are always ready to help, but cannot interfere in your choices. They must get your permission first. So simply state that you are ready and willing and ask for the help and it will never be denied to you. You will find events arranged that will come forth in your life to help you resolve your limits permanently. So how do you ask for help? It is very simple. Simply intend to ask whomever you wish to ask for help (e.g. the angels) and ask. The thought will be received. Don't worry about how. All they need is your intent, willingness, readiness and permission. A very good book on this is *Messages from Your Angels* by Doreen Virtue.

Inner Critic Dialog - The way your limiting beliefs communicate with you is somewhat like a third-party inner critic. They talk to you like this voice that says “no way, you will not be able to do that...” and so on. In summary, inner critic dialoging works by you imagining that your inner critic is actually a sub-personality. You close your eyes and see that personality, complete with a body and all, and then you have a dialog, asking it what it is up to and why it does what it does and so on. The amazing thing is that you will get answers. Have a friendly conversation with it and find out the root cause of what it does. Basically, you are doing so to find out “what is it you are so afraid of that makes you act this way and when did you first feel this way?” This will lead to the root cause and you can then re-evaluate that and see where the error in thought started. For more on this

see the book *Embracing Your Inner Critic* by Dr. Hal Stone and Dr. Sidra Stone. The bottom line to all inner critics is that they started when you were first embarrassed or fearful of something and now they criticize you to prevent you putting yourself in a position similar to that first one. The point to realize here is that fear is always a false conclusion.

Forgiveness - This one is very simple. We have talked at length about forgiveness throughout this book and software so please refer to those sections. Forgiveness works wonders and can undo errors faster than you would believe. Simply forgiving what you once held as guilty will release you in ways you would never have thought of. No therapy needed, no complicated stuff - it just works its own magic!

Affirmations - Affirmations are another way of getting over limiting beliefs. Simply write down a positive affirmation that is the opposite of your limiting belief. Then repeat that to yourself whenever you catch yourself thinking that limiting thought and over time you will reprogram your subconscious.

Other methods - There are many other methods you could use. One fantastic book that deals with this in a clear and easy to follow way is *You Can Heal Your Life* by Louise L. Hay. You may also wish to consider a more metaphysical approach such as the *Orion Healing Technique* and others.

Knowing why you are here

Why would you build a house? To live in it, of course. Why would you buy a car? To drive it, of course. So, why do you think Spirit, The Source, created you? The answer is obvious, but your ego resists it. Spirit obviously created you to use you to experience its magnificence. It is such a simple yet powerful idea. You make things to use them. So does Spirit. Yet You are ultimately Spirit. You were created but you are one with the creator, The Source, not separate. Yet, as we saw in the explanation of ego, an illusion of separation had to be made up so that it can eventually be used for experiential purposes. And one of the things you were given is free will, just as The Source has free will, for you are in the exact same image and likeness (in essence, not in form). So you are free to choose to believe in the illusions or to use them for what they are and know they are illusions. When you let ego take over you as most people do, the illusions appear real, for this is all ego is, and you suffer.

The world of ego is weak, changing, temporary, dark, fearful, powerless, and little. It is the opposite of Reality. When you choose Reality, you allow your Spirit to use your body as originally intended. You can imagine how powerful that becomes! Spirit is all knowing, all powerful, and in unison with everything. It is eternal and infinite. Spirit can never lack a thing, for it is the cause of all things, from the smallest thing to the largest galaxies. All arise from here. When your Spirit and not your ego is running the show, synchronicities and 'coincidences' are always happening to you and life works out amazingly in ways that defy the laws of the world of ego. The laws of time break and time is collapsed for you, because time, as Einstein and many other scientists have shown us, is not a reality – it is an illusion. Needs and scarcity drop. Fear and littleness drop. This is the world when experienced from the opposite of ego. Remember, the world resolves itself around your beliefs and thoughts, and because ego is bent on scarcity and fear,

its world is as such. Its opposite is spirit. Right here, right now, you can change your belief system. Simply suspend your ego based thoughts and ask for your higher mind to bring you a replacement. Do not worry how this will come about, just know it will. And you will be surprised to find something new in there every day!

But you are not here alone. Everybody and everything else here in the universe is here for the same reason. We are all individuations of the same One. That is why you cannot attack another without feeling the attack yourself sometime later, because you are one. And that is why you cannot save yourself alone. Your success lies in the success of others. Your answers lie in others. The moment of Now carries all that is, including all your cues and answers to your questions. Nothing else exists outside of Now, because nothing can Be anywhere else but Now (try being somewhere else like in the past or future – you can't because the only time that really exists is eternity, Now). So be present, wake up! Know that everyone and everything around you is sent to you as an angel, they all have a gift for you if only you would accept. Everyone and everything around you shows you your past thoughts and beliefs, for they came about or were attracted by your past thoughts and beliefs. They are the experiences of what you held true before this moment. And through them, you learn yourself and are able to see what you would like to change. But you can only learn if you are willing to watch without judgment, to accept what is and see what it truly is and not what your mind tells you it is using its past egoistic frame of reference. Spirit speaks to you through intuition and through everything and everyone around you. So you must be present now, be out of mind most of the time, to move ahead. Because the ego knows this very well and is threatened by it, it strives to keep you unconscious of Now by filling your mind with thousands of useless thoughts all the time.

Did you know that the average person has about 50,000 thoughts a day, 90% of which are repetitive, and many of which are negative and conflicting? That is noise, and it is dangerous because every single thought has an effect. And of course, the ego knows you have this power and so it uses it to maintain itself, but it would have you deny that you do because once you realize and accept that your thoughts do have such power, you shall drop ego knowing that it has been the main cause of your pain and negative experiences. So remember, be present and always know that only through your fellow beings can you succeed. To have something, show another how to have it and you shall learn and find it within you. It is so obvious but it escapes us so much because of ego's influence. Consider this: would you be wealthier today if everyone else on this planet was wealthy, or would you be poorer? Of course, if everyone on earth was shown and given the opportunity to be wealthy, our individual wealth would multiply. But if everyone was poor, there would be no one to buy your products and so you would be poor. Or take happiness. Would you be happier if you cause everyone else around you to be happy, or would you be sadder? Of course, if you were surrounded by happy people, you would be happier than if you were surrounded by depressed people. It is so obvious but ego is the exact opposite of spirit so it makes you ally with its belief in the insane opposite. It believes in fear and scarcity, the illusions, instead of love and abundance, the Reality. Remember that you can never have both an illusion and a reality together – you can only see one. You choose which you wish to see, for you have free will. Reality will never force itself upon you uninvited, nor will illusions. It's your choice.

Know your eternal history and ego and you shall have an explanation of why mind can be against you

Understanding is what gives you power and releases you from your fears and limitations. This is why you need to understand your ego and its origins, for it is responsible for a lot of the pain you go through.

You most likely have heard of the Big Bang, the start of the universe. You know that the universe started in an instant, arising from no-thing and becoming something. Ok, take your mind before the Big Bang, before that start of the Universe. What was there? There was just The Source, what some people call God, One Being. There was nothing else. In fact, even nothing did not exist. There was no thing called nothing. There was only One, All That Is, and no-thing else. All That Is could not know itself because there was nothing against which to experience itself. For example, if you know you are tall but have never seen another thing in your life, you can only know that you are tall as a concept, yet you would not know how tall felt like, experientially. In fact, without an opposite, you would only know you were tall, but you wouldn't be able to experience and hence be tall. Experience and Being need a frame of reference, but Knowledge is Whole and does not need anything. In the realm of the absolute, there can be no feelings and experiences of what is known. So a realm of relativity, duality and opposites, has to be 'made up' so that each part can observe the other and vice versa.

All That Is, before the Big Bang, the start of the universe, knew it was magnificent but it could not experience that magnificence experientially and know what it feels like. Remember that statement we made earlier? In the absence of that which is not, That Which Is, is not. The opposite of all the properties of The One had to be created as illusions so that the real ones may know themselves experientially. For example, love is a property of The Source, but fear had to be created, as an illusion (for it cannot be real because there is nothing outside of The Source of All That Is that can threaten It), so that the experience of love can happen. So what All That Is, The One, had to do is to 'split' itself up within. These 'splits' are not real, they are just illusionary, it is still One. Anyway, it chose to split into seemingly different forms within itself and have each form perceive the next, hence creating the relative experience. And so the universe was born.

Now comes how it was born and where you come in. At the beginning of the universe, the magnificent pure energy, pure love, one mind, split into infinite energy 'pieces', which scientifically can be called quantum energy 'packets', or called spirit in mystical definition. It does not really matter what you call them. The One Mind also 'split' into many. The splits, you have to realize, are not clear and defined separations. They are individuations, seemingly separate. Now, remember the sequence of creation, Being, Thought, Words, Action leading to Body? And remember the infinite loops? Same thing applies here, and this is how ego came into being, as you are about to see. Let us observe the Body first, from a scientific point of view. At the beginning, the universe was all just one element, hydrogen. This is the most basic element, made up of the simplest combinations of quantum packets. This element, through many processes, formed all the other elements that you know of, such as oxygen and so on. Up until now, these elements were self-sufficient. They were stable in themselves. But over millions

and billions of years, as the 'split' minds believed more and more that they were separate, they created forms which were really separate and insufficient by themselves. Compounds such as amino acids came into being. Compounds needed to 'eat' and absorb other elements so that they could sustain themselves. This is where the idea of need first came up. The illusion of need was the first illusion to be formed, from the split mind believing it is separate, and thereby creating separate forms which, with increasing complexity, needed other things to maintain them. Anyway, as 'time' went on, and Body forms increased in complexity and dependence, other illusions came in, such as the idea that a need could not be satisfied, and thus attack, invulnerability and fear would arise. Keep in mind that this is all in the level of form. Spirit never truly split, nor did mind. Only the illusion of a split was formed. But the split mind, seeing and making separate forms that it believes in and believing what it sees, is convinced that the illusions are real. This is what the ego is. It is a belief system created over millions of years. It is a belief system designed to perpetuate the illusions of separation, and the illusions of the opposite of All That Is. It was a necessary creation, for without it the illusions would not happen, but it went too far for most people. The plan did not fail, for it can never fail because we are designed to self-correct eventually. The plan was to create illusions, overcome them, then be able to experience the magnificence of What We Are without having to suffer under the illusions. The illusions were meant to be used, not believed in. See, at this stage of humanity, we are now beginning to realize that there is something else. We are now beginning to know that there is a difference between the illusions and the reality. Some people have mastered this so well that they literally create their life as they wish it to be in an instant, seemingly breaking all the 'laws' of science. Anyway, right now, we are waking up, remembering how to be in this world but not of it. It is gradual, but it is happening. In fact, all of human history is about evolution towards this point. The human race as a whole awakens slowly but an individual can awake fully in an instant, at any time, if they wholly choose to. As we awaken, we increase our 'intelligence' and abilities. Things happen faster now than they did a hundred years ago. About eight hundred years ago, we did not even know how to draw in three dimensions. We could not communicate across the globe either. See, our minds are awakening to the unity and with that our physical plane is responding. But you can take a quantum leap right now, instead of awakening slowly. Nothing is denied from you, least of all instantly knowing Who You Really Are.

So now you see how the ego came about. First, 'God the Father' split up into His Children, as some religions and mythologies around the world put it. But The One can never not be the One, it can never really separate. So it had to create the illusion of separation. This happened by 'splitting' the mind and making parts of it believe they were separate (ego). This happened as a cycle taking millions of years, a cycle whereby the mind creates what it believes and it believes in what it creates, until a point whereby it sees the insanity of the illusion and then starts backing up, realizing that they are illusions, and realizing what they are for, and finally enjoying them and using them as illusions instead of having them use it.

Let us go back to the ego. The ego is, understandably, the opposite of Reality. It believes in separation, need, attack, vulnerability, fear, the possibility of failure, and so on. It is the opposite of love, abundance and infinite power. It developed over time, and its only goal is to perpetuate the illusions. Over the last couple of

hundred years, we have eroded its power significantly, which is good, but there is still a way to go. You have to understand very clearly that the ego's only goal is to maintain itself, its illusions. It has a vested interest in that. It knows it is not real, it knows that you are not the ego. And on itself, it cannot do anything without having your mind to enable it to create. Do you see this? You are not your mind, nor are you the ego or the body. You are your Self, in the image and likeness of The Source. The ego is your opposite, but it has to win your loyalty because only you can lend it your mind, the only tool it can use to create. On its own it is powerless. Your mind is fully powerful. Yet your mind is your tool. The ego's only mission is to have autonomy, full separation. This is an unattainable goal, but it believes it can attain it. Everything it does is through separation, breaking up, attack. Yet because you cannot possibly be attacked nor attack, the result of any attack thoughts are to create an illusionary Body that can be attacked and attack, and to confuse you with Body.

The ego has one goal, as we have seen, and that is to perpetuate it and the illusions. It does this in steps. It first convinces your mind that your mind is your ego. It makes your mind believe that its memories and experiences define it, that it is also a separate unit that is vulnerable and capable of not having things, and so on. Most people's minds believe in this lie. The ego is very crafty. Have you noticed how, when you are 'in trouble', your mind (because of your ego) offers you evidence of past failures and literally scares you to believing that you will screw up? The ego selectively uses evidence that supports its case and throws away anything else that doesn't. Ego works by categorizing, separating, hiding, judging, condemning, attacking and rejecting. When you are in trouble, you totally forget all the good stuff in your life, all the times you have succeeded, and your mind blows the whole situation out of proportion. This is one of ego's tricks, for it must convince you that you are it. The next step ego takes is to use your mind (as you let it) to create out of fear and a belief that you can be attacked. Of course you cannot be attacked, but when you believe you can, you project attack and do things to 'defend' yourself and so on. The things you create out of fear of course result in making you afraid of loss, attack, failure, or whatever. This cycle goes on, making you believe more and more in fear and vulnerability. All this sounds like a fairy tale, but you have to understand that the minute you fully accept and realize Who You Really Are, your ego will have to die and be gone, for it never really existed as a reality – it was just a projected belief system. Anyway, the ego then wins you over to its side by making you identify with your split mind and your body. Your body is temporary and it was created from a split mind in the first place. You know it is not invulnerable, and this scares you because you think you are it. But it only scares you because you believe you are your body, a thing that your ego managed to convince you of after creating it over millions of years. Another trick the ego uses to take over you is to have you become a human thinking instead of a human being. By making a lot of mind noise as we have seen before, you miss being in the Now, where All Is. It brings your past (which does not exist any more) into your present, obscuring the present and resisting it, and anticipating the future (which does not exist either). You can only Be Here, Now, and the minute you resist that, you lose your power and joy and you have havoc.

The tricks of the ego are many. The point is this: The ego was created, over millions of years, to perpetuate illusion. It is a belief in illusions and uses your

mind to create these illusions. The illusions are the exact opposites of What You Are and What You Have. They are designed as reference points for you to experience your reality (in contrast to the illusions). Illusions can take over you if you do not recognize them for what they are. If they take over, they cause havoc in your life, they belittle you. You are not your mind or body. Body is a communication tool, and mind is a creation tool. Now here comes the most important thing to know about ego. Ego is opposed to you knowing What You Really Are because when you do so, you destroy ego. The illusions drop and in place of them you see Reality, which has always been there but covered up, never resisting your free choice to choose what you wish to have.

What is negativity? It is the ego's attempt to strongly make you believe you cannot do or have something. You have to understand that it is in ego's best interests that you fail, for that will keep you in the illusion and keep ego alive. So how do you drop the ego? By dropping your belief in anything it stands for: need, attack, failure, vulnerability, condemnation, and separation – anything that is not of abundance, unity and unconditional love. This new way of living may sound scary to you at first, but that is just the response of ego under threat.

Your magnificent success, joy and security are fully guaranteed when you drop ego. The ego is the weight that holds you back, makes you tired and fearful and keeps you going in circles. It is not difficult to drop ego, but it is very different. The ego drops the minute you stop giving it power and attention. Why? Because the private world of ego thoughts belongs only to you and never really was a Reality. Your mind plays tricks on you with things that cannot be seen or heard by anyone else but you. Yet you choose to believe them and run your life by them. As long as you do so, you miss seeing the world as it truly is. The ego world cannot be shared with the One, with everything that exists, because it has no existence. Not all thought is true thinking. Thoughts out of unconditional love unify with the universe and move you forward as well as the rest of the universe forward. They make reality up and they are real thoughts. Thoughts out of fear are not real thoughts. They make illusions up. You will still see their effects, but it will be your own private 'hell', so to speak, that you shall go through. Fortunately, you can change your mind at any time and drop those painful illusions.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, use the various tabs in the clearing screens to enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them. Then use any of the above mentioned clearing methods to clear yourself of limiting beliefs.

Areas to Clear

Acceptance and Allowance

Open up to the Universe. Trust it. What you desire seeks you more than you seek it. Delays in fulfillment of desires are primarily caused by fear-based thoughts, such as anxiety, worry, negative thought, resentment, judgment and so on.

When you open up to the gifts of the universe, you drop your allegiance to the limited and fearful perceptions of your ego. You give space for new becoming to occur in your life. Allowance and acceptance is simply giving space, making room, for the reception of the gifts the universe is continually offering you. Allowance and acceptance simply mean that you have made a statement to yourself that says, "I acknowledge that my ego has a very limited grasp of All That Is. It knows only the little it picked up in the past, which makes up an amazingly tiny morsel of information, relative to all the possibilities this magnificent Life holds. I know that the Universe, Love, seeks to bring me the fulfillment of my desires faster than I seek them, and it is only my ego's fear-based thoughts that slow this process down. I am therefore now ready to lay down my ego and my defense of it, and trust that the Universe knows how to fulfill my desires in the best possible way, even when it may not immediately make sense to me. So I give it space, room, to do so. I do so by accepting and allowing its ways at each moment, knowing that each moment is the perfect outcome of divine laws that never err."

Acceptance and allowance also means that you acknowledge that nothing can exist outside of The Source of Life, and everything that exist is given life by Life. You then realize that any judgment is an attempt to murder That Which Is. Judgment is another way of saying to someone or something, "I can see that you exist as you are, and you have been given life and permission by Life Itself to be as you are, but I do not like how you are and in fact I feel that you should not be as you are." Judgment is an attempt to murder, in some way or another, That Which Is. Acceptance and allowance means you drop judgment of all sorts. This does not mean that you support and condone, for example, violence. But it does mean that you give unconditional allowance to what Already Is, and only choose to change the next moment, but not the current one that Is. When you go deeper into the mystery of things, you start to see that even some of the most "unacceptable" acts have a way of working together, in the end, to the overall advancement of Life. That is why it is said that all things work together for the good of God. Acceptance and allowance allows you to have the attitude that says "I give unconditional love to all things and situations that already are. I admit that some of them may not be what I wish to support, nor am I asked to support or condone them. But I also admit that I may not be seeing the bigger picture and so could be mistaken and not know what a thing really is or is for. I can still choose to have a different outcome in the next moment, but in this moment, I give space to what already Is, without judgment or attempting to deny it life."

Remember that this is a universe of vibration and attraction. Therefore, what you judge, you keep in place, what you criticize you tend to become. So acceptance

has an added bonus in that it frees you from the feeling that you need to judge everything, and that in turn frees you from sabotaging yourself by attracting that which you judge.

Another benefit of acceptance and allowance is that you do not resist as much. The less you resist, the more you remain connected to the non-physical part of you that is fully in touch with the Eternal Source. This means that you are more receptive to communication from that part of you, what you call intuition. This guidance moves you through life more effortlessly, from one synchronicity ("coincidence") to another, as if all steps have been arranged for you to fulfill your desire.

It also means that you will not maintain what you do not want. What you resist persists. Again, what you resist persists. Resistance means you are putting attention towards what you do not want. It means that because of this attention, you are giving it energy to exist and are vibrating in a way that keeps it around you. And because you are doing so, you are keeping what you do desire away from you because you are maintaining something that you do not want but something that contradicts what you do desire. Stop resisting, and you will be amazed at how much easier and effortless your life and the manifestation of your desires will be.

But let us now look at the words acceptance and allowance for a moment. What do they really mean? How else can you write them down? Another way of saying acceptance and allowance is saying unconditional love. Love is simply acceptance. That is it. Love is the sum total of all emotions, just like white is the sum total of all colors. If you mix all colors, you get white. If you mix all emotions, you get love. Hence love is unconditional acceptance, total allowance of being. See how it is all related?

This should serve as a good guide to you:

Don't try to push against and resist what you don't want. That focus matches your vibration to the very thing you try to resist. Instead, allow what you desire to come in.

For example, don't push against, judge and resist being broke or unhealthy. Such attention will only match your vibration to poverty and ill health. Instead, allow wealth and health to come in simply by feeling so right now, right here, regardless of any physical "evidence".

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, how accepting and allowing are you? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and

control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Actions

Actions are the last component of the creation processes. It is a little like swimming competitively. You cannot win the Olympics if you only know how to vigorously thrash water and barely make it from one end of the pool to the other. You are acting, and very strongly. No one will fault you on effort in that pool. You would get full marks on effort, for sure. But the people who win swimming gold medals are the ones that prepare their spirit. Their being is prepared. They are confident, motivated, focused. Their mind is also prepared. Their technique is also prepared. They are rested and alert. And so on. Action in the pool is the most noticeable bit of their total winning package, but it is the final part of their creating that gold medal winning dash.

In your life, although you may not know it, you create your experiences first in your Self, spirit, being, then in your mind, then by your words, finally by your actions. It starts at being then moves on to thinking then to speaking then to acting. In fact, acting only puts into place the system necessary to receive and experience what you create in being, thinking and speaking.

Most people do not focus, nurture and tend to their first three steps of being, thinking and speaking – all they do is work like crazy all day and wonder why they are not 'successful'. They do not use The Word. The Word refers to the laws of the universe, the way the universe works, on all levels, not just the visible and physical. These laws of the universe are not some commandments of God. They are simply the laws that regulate and enable the universe. These are laws that work not only spiritually, but can also be proven scientifically using quantum physics. The Word, these laws, has nothing to do with a particular religion or person or whatever else – the laws of the universe apply equally and unfailingly to everyone and everything at all time. They never err. These are laws such as the law of cause and effect (called karma or reaping and sowing in spiritual teachings, or the energy conservation laws in science) and so on – which are covered in various parts of this book.

Actions are part of The Word, The Laws of The Universe, but they are only a small component of it. It is important to know what role actions play and how to use them in creating wealth or anything else. Actions are important, for sure, but you must understand that they are the last step. Their role is to receive what you already have created on your other three levels. You create, then you receive your creations, then you experience them. Action is for receiving and experiencing. You create a business in your Self, your being, then in your thoughts and words, and then you act to set up a system to receive this business in a manifested physical way so that you can experience it. See? Action does not create. It only receives and experiences.

In fact, when it comes to experiencing, again action does not create the experience – the mind does. Action just helps the mind in ‘doing’ the thing, then the mind decides ‘will I experience this positively, negatively, joyfully, fearfully, fast, slow...’

Here is an obvious observation that will change the way you look at your life:

Do or don't. There is no try.

It is so simple, isn't it. There is no outcome called “try”. The only outcomes that exist are “done” and “not done”. Do not try to do anything. Just do it. Or do not. But do not ever try to do it. Either you set out to do it, or you do not do it, but never set out to try to do it. If you try to do something, the universe will “try” to give you a result - in other words, it will remain mostly undone until you make up your mind as to whether you wish to have it done or not. But if you just do something with a resolve that it will be done (not it may work out, but it will work out), the universe will honor that resolve and give you back with its own resolve.

Take advantage of the opportunity most available to you now and it will open up previously hidden paths to more opportunities. By law of cause and effect, your taking advantage of the closest opportunity to you will cause the unfolding of many more opportunity previously unavailable to you.

Some Points to Keep In Mind

Here are some points to keep in mind about actions. Most people put too much emphasize on actions and too little on visualization, vibration setting. So remember that:

1. Vibration is what brings together moments. A few seconds of the right vibration, un-contradicted, will do more creation than a year of hard work at the wrong vibration. Look around the world and you will see billions of people struggling against themselves, all the time holding a vibration contrary to their desires. And then you will see a few people who seem to work very little yet have all this abundance coming to them. Why? Actions are the receiving end of a creation cycle that starts at the state of being, moves to thought, and finally to words and actions. Actions are important, but not anywhere as important as your state of being, your vibration, how you feel.
2. Do not use actions to qualify you, to prove your worth to deserve and have something. You do not have to do anything to deserve the infinite gifts of the universe. In fact, the universe doesn't care! All it looks at is “What do you feel now? What are you vibrating at? That is what I will accurately respond to.” The result of effort is effort, no more, no less.
3. Let all actions come after you have set your state of being to one that matches the vibration of your desire. And let all your actions be from such a state of being and reflect such a vibration. Act from a point of love and joy. Not to deserve something, or to struggle to get something, but simply for the joy of it.

What Is The Role Of Actions?

The way to answer that is to look at the way most humans create, and then look at the way nature creates. Humans create by action. They bulldoze things, put them into factories, work hard at them, knock them into shape, and so on. This takes so much time, effort and destruction, doesn't it? Is it necessary? Is it the easier or harder way of creating?

How does nature create? Have you ever planted a seed in your garden? Who came over and used a hammer and a bulldozer to 'build' the plant that grew there? How about you? Do you put any effort into your growth? Not really. You just eat and sleep and you grow! And what about the earth itself? No one came along with a construction company and piled stones and soil into a ball called earth. Now watch the birds as they grow from an egg into a full grown bird. They simply come into contact with food at the right time, and water, and all else they need, and it all happens effortlessly.

Actions, in all of nature, are used only to receive what has already been created effortlessly by the Unseen Force. Creation itself happens effortlessly, as a by-product of the focusing of energy. And this focusing of energy happens automatically from the arising of a thought, a desire, intent.

When you use action to create, you use an unnecessary amount of effort, you build up an unnecessary amount of waiting time (years, in fact), and you sacrifice and destroy a lot unnecessarily. And it is all unnecessary! Action is the last step of creation simply because it is that which receives what has already been created.

Putting It into Practice

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With regard to this goal, what kind of actions do you feel you would need to take? Are you taking too much action or too little? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Are You Ready?

This is a very simple question. Do you feel ready to receive the manifestation of your desire?

If you feel ready, it will come, for you are in an excellent receiving mode.

If you don't feel ready, that hesitation will delay and block it. So if you do not feel ready, be honest with yourself and ask yourself why. You will find the reason if you are honest with yourself. Write it down. Then look at it and feel the reasons behind the why. Resolve the hesitation. A hesitation is usually because you either really don't desire whatever it is you think you desire (perhaps it was just a fear-driven push from the ego saying you had to have something or else) or you are afraid to go for this desire or think you do not deserve to have what you desire. Resolve whatever the hesitation is.

One more thing. Are you ready to receive the manifestation when it comes? If you are not, it will come and you will not recognize the opportunities being presented to you to receive it.

Putting It into Practice

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With regard to this goal, do you feel ready? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Ask

You are never denied answers to your questions. Whatever questions you ask believingly and earnestly will be answered exactly. No more and no less. If you earnestly and believingly seek and ask how to earn one million dollars, the universe will conspire to bring you the knowledge, tools, people and events to give you that answer. If you ask how to earn a billion dollars, you will also get answers worthy of that amount.

Einstein was not born a mathematical and physics genius. He simply asked the right questions, believingly. You see, the universe works by perfect law that never once errs nor favors particular people.

Once you understand the universe's deeply complex yet simple rules that are perfectly balanced, you cannot fail to succeed predictably. Whenever you see chaos and unpredictability in the universe, you are simply seeing something that you do not yet understand, but something that is organized and predictable by certain laws.

Nothing is difficult for The Source, God. And perfection and balance is the nature of The Source. Hence, all laws are applied equally, universally and unfailingly. Ask the right questions, believingly and earnestly, and the answers will always come to you. The answer may not be the one you want to hear, but it will be the one that is perfect for you.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, have you asked for assistance from higher universal forces, your Higher Self, and so on? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Awareness, Conscious, Subconscious and Super-conscious

The greatest creative forces become available when your conscious, subconscious and super conscious selves are in harmony in their choices. You make them so by raising your consciousness and awareness to all three levels of your self. You become aware and conscious of things you used to do subconsciously and so on. You can do this by deciding to be aware. Decide to be mindful and deliberate, watch your thoughts and actions and dreams, instead of walking about daydreaming in a daze and doing things on automatic. It would also be a good idea to consider Vipassana (mindfulness) meditation. It is one of the best ways of increasing your awareness.

Your Self makes choices but if you are not aware of them, you will not know what they are. These choices are the super conscious ones. You start becoming aware of them by honoring your feelings (not emotions or thoughts masquerading as feelings, but genuine feelings). You also become aware of your super conscious through meditation.

You also make choices consciously and you make some subconsciously. You can increase your awareness of your subconscious choices by deciding to be aware, watching your thoughts. For example, in the past you may have had idle thoughts of fear and indecision regarding a particular topic. These thoughts went on in your head all the time as you did other things; they were background thoughts. Well, now what you should do is watch your thoughts and do not allow any idle daydreams that keep tossing about an issue like a wild monkey in a cage.

The point is that if for a particular decision these three levels all chose differently, your results will obviously be mixed and confusing to you. The way to fix that is to raise your awareness on all levels.

When you have full alignment of your conscious, subconscious and super-conscious parts of you, you attain a state of supra-consciousness. This is a state that sees you at your highest and your best. All your decisions are known to you and they are all in agreement. You reach a state of immense power, where no part of you hinders the other or moves in a different direction from the other. In this state, your Higher Self expresses through you unhindered, and all your desires are fulfilled rapidly and without fail.

This is a universe of energy that vibrates, and through this vibration the law of attraction works to bring to you things that match your vibration. You can tell what your vibration is by being aware of how you feel. This means that unless you are aware, at every moment, of how you feel you cannot consciously control the experiences you will have. Awareness allows you to know what your vibration is and gives you the chance to change it by changing your state of being.

But what is consciousness? It is being awake to something. Wealth consciousness is being awake to wealth. Wealth has always been there, of course, but you may not have been awake to it. You cannot experience what you are asleep to. Consciousness is the set of attributes and capabilities that enable you to be awake to a state of being or a set of experiences.

Several studies show that many people who win over \$1 million in lotteries end up worse off financially than they were before they won. They lose all that money in amazingly short periods, and end up even worse off because of the new debts and liabilities they accumulate. See, it is not money that makes a person wealthy. It is their wealth consciousness. People without wealth consciousness are unable to get wealthy, even when a huge sum of money comes their way in a lottery win. On the other hand, people with wealth consciousness cannot fail to have money and wealth for extended periods. They may go broke occasionally due to an error in thinking or a higher choice, but they always bounce back up. They have no fear of getting broke, because they know even if it happens it is temporary and they are designed to come right back up. You can take away all their money and within a year, they will be wealthy again, or at least be on their way to wealth. Luck has nothing to do with it.

The collective consciousness is very influential on your own wealth and happiness. You create many of the events in your life. But some events, especially the large events, happen because of the thoughts and consciousness of people around you in your society and world. You have heard this before in many forms (where two or more are gathered...). You are not alone; you are not separate from everyone else. You as an individual matter a lot to the whole, and vice versa. Your extent of wealth and happiness is co-determined by yourself and everyone else. Please understand this carefully. No one can stop you from being happy and wealthy. That is because only you alone choose to experience everything as good or bad all on your own and no one can possibly take away that internal choice from you. And only you can choose to have wealth or happiness and no one can take that from you except yourself. But that said, you

are more likely to meet good and happy opportunities and events if the people around you are of a suitable consciousness. Think of your mind as an extension of your spirit, your body as an extension of your mind, your immediate environment and other people as an extension of your body, the world as an extension of your environment, and thus the whole world as your own larger extended body. And the same goes for everyone. Thus, whatever 'good' or 'bad' that is in your extended body affects you to the degree that it is 'away' from you. So, it is very much in your interests to spread wealth and happiness consciousness around the world. That spreading of wealth consciousness 'improves' the larger extended body as a whole, for what happens to one part of the body affects the whole. The advancement of just one individual in society causes a series of advancements of varying degrees for all others in society. So to raise yourself, raise others and you will automatically rise as well. Even telling a few people is enough, but telling as many as you can tell shall shift this universe dramatically. This book is a start – share it. Use the Internet, email and SMS text messaging on your mobile phone. We have invented these affordable communication networks around the world as a testimony of our increasing realization that we are one, and as a tool to keep growing in that realization. So use these networks, remember them.

You may have imagined that your spirit is the same size as your consciousness, but in fact, it is much larger than that. It covers all aspects of your life, even those that you are not awake to, not conscious of. It is right now in your past and future, but you are only awake to the part of it in your present. Your spirit is eternal and its presence is timeless, but your consciousness is not. It is multidimensional while your consciousness is usually four-dimensional at the present stage of evolution.

The point here is this: your spirit communicates to you through intuition and feelings. It knows your future, all possible combinations of it. But it needs your consciousness to experience what it knows. In fact, it knows everything, but it needs consciousness in a physical plane to experience what it knows conceptually. Your Self knows exactly what time each event in your future will take place, exactly what you need now to make it take place then. But your future is not fixed. It changes with every choice you make. But whatever choice you make, it knows the series of events after that. And if you wish to get to a certain point in your life in future, it knows how to get there exactly, step by step.

There is an old saying that says 'when Spirit commands, the universe obeys'. To spirit, everything is instant, for it is all over the 'field' at the same time. A big reason that you experience non-instantaneous gratification of your wishes is because you may not be listening to spirit. The main reason that things seem to take time to become from when you wish them to be to when you experience them is that you may not be listening to spirit. If you were aware of what spirit is choosing at every stage, and you would know this through intuition and feelings, you would choose the same, and as soon as you choose, you would find that what you chose has popped right in your face, ready to be experienced. Try to see this.

Your spirit has everything instantaneously. There are no delays between choice and having. But your consciousness usually experiences a delay. That delay is

caused by differences in choice between what your ego, your personality here on earth, chooses, and what your Self chooses. Remember, you are your Self, but you also have an assumed ego, a personality. So all choices are yours, but your spirit choices are the most powerful, so to speak, yet all choices are acted upon by the universe. If your Self chooses to experience a choice called A1 and your ego chooses A2, you will get to A2 but you will find a 'delay' in 'time' due to the 'confusion' both choices pass on to the universe. But if you choose A1 and spirit chooses A1, then you will find no delay at all. People now call these occurrences *synchronicity*. It happens when you think of something, or a person, and immediately when you think this, that same thing or person 'coincidentally' appears or calls you just right then. And you say, "Wow! What a coincidence!" But it is not a coincidence – it is just unison between all your choices. All your other parts chose what your spirit part chose, and the result of the choice was instantaneous.

You see, your desires arise from spirit. Spirit chooses just the right sequence of events to arrive at a desired end. Remember, you are your spirit, so these are your choices. But you have many components and levels, some that you are not conscious of unless you choose to be. Fear is in the world of ego. Fear inhibits instantaneous manifestation of your choices, even if you were to know what spirit is choosing. And fear is false evidence appearing real.

Learn to be aware, intuitive, detached, and creative instead of reactive, and start seeing fear as false evidence appearing real, and you will start to experience more and more of your choices the instance you make them or very soon after you make them. Learn to trust your intuition. Realize that you are a soul, and your true nature is indestructible and all knowing, there everywhere and you have all. Your body and ego are just illusions made to enable you to experience your Self. You at the level of spirit are in your future even right now as you read this. Why then would you fear the next moment? It is already taken care of by you. And you cannot possibly hurt yourself. Even death, the thing that people fear most, is senseless to fear. Think about it: if Spirit was done with its body, what can the body possibly do to prevent spirit from leaving and taking away life? Nothing! If spirit chooses to move on, that is it. It cannot be 'trapped'. And what can the body do to leave the spirit if spirit still needs body? Nothing! Spirit is in past, present and future and can see things that body cannot. Body cannot conspire against spirit. Spirit can allow it if it chooses to allow it, but it cannot be beaten to it by body. Do you see how ego fights a fruitless war of fear against death and everything else? Do you see how fear itself is the destroyer? Spirit loses nothing, it cannot possibly lose. It knows that even after the body dies, spirit is still intact as it was before and it is all good. It is ego that fears death, and only because death is unknown. People who know death cease to fear it, as you may have heard.

Now, think about your birth. Just as you may not be aware of the all the choices you are making as spirit, just a few of them, you most likely are unaware of the choices you made with regards to your birth. That does not mean there were no choices made. You chose a purpose, as we saw in the chapter on Purpose. You had many purposes, desires, and wishes for further growth in various aspects. You chose the exact right circumstances, body, configuration, and location to be born in to fulfill your desires, purposes, choices for growth, and to stop believing in certain illusions. At every moment, you sent yourself the right people and things in

your life to take you to the next step. Sometimes your ego refused to take them, but never the less you sent them. Do you start to see how it all works?

If you are still not convinced, think about this: why do people say, when they are thinking of committing suicide, 'I can't live with myself any more'? Look at that statement. There are two people in one. It is like a person saying 'I cannot live with this other guy any more'. Yet it is two 'individuals' in one. One of them feels immortal and desires to end association with the other, which it knows is mortal and the one where the suffering is coming from. Deep within everybody, there is knowledge that we are an immortal soul with a mortal illusionary body and ego. It is in believing in our illusionary part as the real part that all suffering comes from. It is when we live in the illusion instead of using it as we came to do that causes pain and lacking. The illusions are very necessary; they are beautiful gifts, but start using them instead of living in them.

How to Become Aware

Awareness is a choice. It is simply choosing to stop pretending that you do not know. It is being awake and present to every moment of Now. It is choosing to be observant. See what is happening and why. Not by passing a judgment or opinion as to why you think it is happening, but by unbiased looking at the pure truth of the matter, unclouded by egoistic judgment. Awareness and honesty to yourself go hand in hand. It is looking at every choice and deliberately considering its effects. It is looking at every effect and seeking their cause. It is being awake to your feelings on every level. It is willingness to become more aware of yourself on all levels. It is choosing to stop thinking unconsciously, but to be deliberate in thought. Awareness is easy and it feeds itself. You start by being aware of whatever it is you can now, noticing things outside of yourself and within your body and mind. And as you do so, you become more comfortable with this new way of deliberate living, and soon it starts growing automatically, increasing your awareness everyday, as long as you are intent and willing to be aware.

Awareness is watching yourself on the level of thought, feelings, emotions, actions, words, being and so on. And it is increasing this awareness more and more each day.

With increase in awareness, you raise your consciousness, and with raising that, you raise your power and collapse time naturally. You stop fighting and tripping yourself naturally.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, how aware, present and conscious are you of your feelings and choices? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not

otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Being

Being is state, such as being happy. You cannot explain state, nor can you do a state. You can only be a state. You cannot do happiness; you can only be happiness or be happy. Creation works as follows: being causes thinking, which causes speaking, which causes doing, which puts in place the system to receive and experience what you created in your being and thinking. Being is the First Cause.

Being is what causes thinking. So, when you are happy, you will think happy thoughts. Thoughts spring from being. In other words, thoughts are sponsored by being. In fact, nothing happens without being. Conditions occur because of a state of being, and not the other way around as most people think they do. Happy conditions do not make you happy. It is being happy that causes happy conditions. Unhappy conditions only show up to prove your pre-existing state of unhappiness.

For example, the first step to experiencing massive wealth is being wealthy. Being wealthy is an internal state. It has nothing to do with the outside world. The internal state of wealth is a decision you make right now and you become it, right now. You need nothing outside of yourself to make this decision. Once you make this decision to be wealthy, you become wealthy. It is hard to speak of this because you can only be a state (you cannot do a state nor speak a state).

Remember, thought comes from being. A state of being is what causes thought. A state of hunger causes thoughts of hunger. Being is the First Cause. Being is, thought is doing. Being just is. Being takes no time to be, but thought takes time to do things into being. So, the fastest way to wealth is being wealthy, now, instantly. Change your being to a wealthy one. Do so by deciding right now and knowing it to be so with certainty, against any 'evidence' to the contrary in your physical world (which is an illusion anyway). Do it with certainty and clarity and keep holding that state of being. Know you are wealthy, for in ultimate reality, you really are actually very wealthy indeed. And you will very quickly begin to experience this wealth, very quickly in deed. Not many can pull this off because they doubt this, but we all have the capability to do this. Simply declare, knowingly and certainly, 'I Am...' And then do not start thinking about it all over again after that; that will only introduce delay and doubt. This is what I mean: remember the last time you were in a state of being broke or sad? You did not consciously think about the state, questioning whether it is real, whether you were really broke or sad. You just took it for granted that you were – you believed it unquestioningly. You were just that state and that was that. You were simply it. Now do it with wealth. Be wealth, believe it, and make it as that is that, no questions asked. The universe will obey.

The sequence of creation is as follows: the unified field of consciousness that is non-physical (God, The Source) individuates itself into non-physical units (individuated spirits or souls of various beings and objects). These units then take on individuated physical forms – the objects, people, and beings that we see. Whatever it is that you see physically is created in this sequence from, of and by The Source of All That Is, God. You are a co-creator in this creation sequence – you create together with The Source, in the same sequence.

In regards to wealth, therefore, you can now see how futile it is to look at your individuated physical aspects (like your bank account, your material wealth, your body, etc) and let what you see influence your individuated non-physical aspects (like your mind and thoughts and state of being). That is looking at the results and letting that influence the cause. It is like short-circuiting the system. It will only lead to enhancing of that physical state. For example, if you look around you and see that you are broke, and you let that dictate to you that you are a broke being, and you keep thinking from a broke point of reference, and you think broke thoughts and thoughts of inability, you will remain broke.

The right way to do this is to never look at the ground, never look at the physical and let that dictate to you that this is who you are. You are not your conditions – you simply cause them. The correct thing to do if you are broke is to simply choose your greatest vision of yourself, a vision of wealth, and keep that state of being of wealth, those thoughts of wealth steady and ever present. Act as if you were wealthy, no matter what the physical looks like, no matter how broke your physical world looks like. This will turn around the physical to match your thoughts and state of being. Always remember, the physical follows the spiritual and the mental. It is the design of the universe.

What you are so is your world. Everything in the universe is resolved into your own inward experience. It matters little what is without, for it is all a reflection of your own state of consciousness. It matters everything what you are within, for everything without will be mirrored and colored accordingly. - James Allen.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, what is your state of being? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

What Do You Believe You Deserve?

Whatever you feel, whatever you vibrate, you attract. This is a law that never fails. It must happen. So if you feel undeserving, you will get the conditions that correspond to that feeling.

Your feelings of deserving either add to or remove from the energy that brings about the manifestation of your desires. If you desire a certain thing, but you do not expect to get it, that state, that vibration, will bring about the people and events that ensure that you do not get it. Why? Because the universe is a place of vibration, and that is its natural language.

A negative expectation attached to a positive desire makes up the net vibration of "disappointment". And that is the vibration that is acted upon and fulfilled.

Do you feel that you deserve this? The truth is, you deserve everything you desire! Your Creator does not wish to hold back anything from you. Giving is Its Way. Only you can block yourself. So, do you feel that you deserve this goal to manifest? If not, why? Work on that and resolve and heal that feeling of non-deserving. Learn more about yourself, go within, affirm your worthiness, and feel deserving. And it will be done.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, do you feel deserving? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Desire

Nothing happens without desire. Desire is the natural pull that prompts beings to advancement and creation. Nothing could have been created without desire. Desire is what gives birth to intent, which follows on to creation.

Do you feel the desire for your goal?

Sit still, take away all your cares and worries, suspend all that, and then ask yourself sincerely, "What do I desire? What does my heart truly wish for?"

Without desire, you won't move far. Sometimes humans come up with a goal to achieve something that they do not desire. They may have it as a goal, but yet not desire it. Why? Well, perhaps they fear that without having that goal accomplished, something terrible will happen to them. Whatever the reason, desire for that which you wish to accomplish, love for that which you wish to have, is necessary for its effortless manifestation.

If you do not have a desire for your goal, if you are just thinking about what you don't want, really want, then just drop it and move on to something else. In any case, if you are attempting to achieve something out of fear and not because of love, you are already in error. Resolve your fear. Don't bother trying to mask it with stuff, because it will only grow in size and terror until the day you face it. So, honestly, do you desire the goal you are thinking of achieving, or is it arising out of pressure and fear?

Once you have ascertained your desire, it is time to move on to working within that desire. The next step is to align your thoughts and energy with your desire. When they are fully aligned, its manifestation will come about. The way you do this alignment is to think about your desire, actually feel it coursing through you, and feel good about it. Really feel good about the desire. Imagine how it would feel to have already accomplished the manifestation of that desire. Make it real in your mind. Feel the emotion of joy and gratitude you would have, taste the tastes, smell the smells, see the sights, hear the sounds, feel the movement and rhythm - make it real in your mind! Stay with it in your mind; revisit it every now and then. Do so until it feels really good and absolutely familiar to you, natural. One very good way of achieving this familiarity is to remember a time when you once achieved the manifestation of a similar desire. Ask yourself, "Have I ever achieved the manifestation of a similar desire? How did I feel at just the moment right after I had that achievement?" Feel that empowerment and gratitude and so on all over again. Remember all the details of how you felt. Feel it again, and anchor it to your new desire.

So now you know that your attention should be to what you desire. It therefore follows that you should put absolutely zero attention to what you do not desire. If you desire wealth and do not desire poverty, then put your attention to wealth and none to poverty. None! Whatever you put your attention to manifests. So forget all about resisting and fighting poverty. Simply do not see it, and you will be doing a great job in lifting you and humanities entire consciousness one giant step out of poverty and into abundance. You do not serve the poor by adding your attention to poverty, as much as that line of thinking may seem to make sense. You do not achieve health by putting your attention on disease, as much as that line of thinking may seem to make sense. Ever since we started putting our attention to disease and poverty, the gap between the rich and the poor has grown, and over thousands of new diseases have come about or increased in prominence.

The amazing thing about desire is that all desire has built within it all the abilities and instructions to become manifest. You must have heard the statement "Ask and you shall receive." Ask here does not mean beg. It simply means desire. So you can re-write that as:

Desire and you shall receive.

It is that automatic, and the only thing that blocks or slows down this natural process is contradicting thoughts and emotions.

You may be asking “Will all this desiring ever end?” No. You are an eternal being with no end. Your possibilities are infinite and you naturally have a built in curiosity to explore parts of you that you have not explored. This desire is what brought you here, it is what keeps you extending, it is what keeps your Life Force flowing. You cannot turn desire off. You can try, but all that will happen is discomfort. The entire universe was born out of a desire for it to be created. Desire is the thing that calls forth the Life Force to extend, and extension is the continuous unstoppable nature of Love, Spirit. So start celebrating your desires! Desire is the precursor of creation. You can never stop creating. You can never not create. At every moment you are creating. In fact, every moment is a creation.

You can never not create!

All you therefore have to do is direct that creation. Creation is something you do always and effortlessly. It is what all of life, all of nature, does.

Desires indicate to you things that you have a built-in ability for. You may never have piloted an airplane before, but if you have a desire to do so, it shows you that your Self has the ability and nature to be able to learn and pilot a plane. In truth, your Self knows all there is to know, but a desire shows you that you, at the higher level of your soul, are fully supporting that desire to pilot planes and the whole universe will be there to assist in it manifesting. It is advisable for a person to follow their desires in business as well – this way you have proof that you will be able to do what you desire, and you will enjoy it. Desires also indicate to you which parts of your Self that are calling out for attention and evolution, growth, or working out to perfection. Desires are signals from the Self.

Now, find a quiet place, put your attention on your heart, and ask your heart:

What do I truly, really, desire?

Sometimes you will find that what you truly desire in your heart is very different from what you think you desire? What you think you desire can sometimes be influenced by your fear-based ego. Your life creates faster and with more joy if your desires are Truly Yours and not fear-driven reactions.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, do you truly in your heart desire it or are you pursuing it out of fear or because you think you should pursue it so that you may somehow fit society's expectations? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may

not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Disappointment, Wanting and Desperation

This universe works by vibration, by the Law of Attraction. That is why:

You can never get what you want.

Wanting is a declaration of not having. It is a statement that says "I am maintaining a state of not having what I desire" and that is what is executed for you, effortlessly.

Wanting goes hand in hand with disappointment, desperation, and dissatisfaction. Whenever you hold these feelings, you hinder yourself very, very much. These feelings are some of the biggest hindrances to manifestation.

You see, without fail, the universe always brings to you a manifestation of the vibration you give out. *Every vibration is acted upon.* So, you always receive what you ask for, without fail. There is absolutely no reason, therefore, for you to fall into wanting, disappointment and desperation. There nothing to want! If you get everything you vibrate to, what is there to want? Nothing! But if you do decide that you will want, if you decide to feel disappointment and desperation, then you will surely experience a manifestation of that.

But you say "But how come sometimes I feel so clear as to my positive vibration and I still don't receive?" Are you sure you are clear? Look again. Look at the total feeling you have over that which you desire. Are there any little fears you may be having? Are there any negative expectations, anything at all? Be still and start to see what was previously subconscious to you (it is called subconscious because you are usually not conscious of it unless you intentionally pay attention and raise your awareness and honesty to yourself).

Whatever you experience is a perfect match to whatever you vibrated. No exceptions.

There is good reason to watch your words, thought, actions and states. Every state and thought is acted upon precisely by the universe, by law. Each word carries with it thousands of years of meaning and instructions on how it will be carried out. For example, the word 'jump' invokes specific images in any person's mind, along with the appropriate instructions to execute it. And the universe, which has to assist in that jump, acts accordingly (laws of physics, spirit-mind-body coordination, etc). Even as you read this book, the words invoke in you certain things, some of which you can feel right now.

Some people by now will excitedly know the words in here will enable them to make big differences in their lives. And that knowing is already starting to make changes unseen. And some people already know this as they read this.

In regards to wealth, the most important word to watch out for is 'want' and all its equivalents. Wanting communicates to you and to the universe that you do not have something (first mistake) and that you are in a state of not having it but wishing you did (second mistake). The problem is compounded by the fact that wanting is a perpetual state. In itself, it has no finality. Think about it.

You can never get what you want. Never. It only looks like people get what they want, but they never really do so. What actually happens is that very gradually they shift from the state of wanting to other states and then they get what they had wanted initially. But as long as they are in a state of wanting, they cannot get that which they want. Here is how the illusion of a person getting what they want works: Remember the last time you wanted to eat and you got what you wanted (you ate something). Ok, you wanted something to eat. This is a wanting state. But watch what happened next. You started to go get something to eat. You actually shifted from a wanting to a getting state, which has finality. You then shift to the present tense of having, finally, and you appear to have had what you wanted. See, you never did get what you wanted when you were in a wanting state. You had to shift states.

This unconscious shifting from a state of wanting to another state is easily done all the time by people – but only for small things. But what if it was something so big, something you had never done before? Would you still get it if you wanted it? Unlike food, it would be harder for you to unconsciously shift from the wanting state, because you have not gone through it before. If you found yourself wanting twenty dollars, it would be easy for you to unconsciously shift from the state of wanting to getting, because you have done it before over and over again. But what if you wanted a million dollars and you have never had more than twenty thousand dollars in your life before? Would you be able to shift unconsciously from wanting to getting a million dollars? Most likely not. The solution is this: never want!

You can never get what you want. Wanting something very bad is worse. In your thoughts, words, states, and feelings, replace want with desire or wish. Unlike wanting, desire does not necessarily have to mean you do not have something. It is a very subtle difference and some people may say they are the same thing, but there is a world of difference. Some thesauruses may even say want is interchangeable with desire, but that is simply for some linguistic purposes.

Remember, your thoughts are carried out with precision and perfection by the universe. It is the way the system is designed. Wanting is carried out with precision, and wanting represents a perpetual state of not having. Desire is not a perpetual state of not having; in fact, it does not necessarily have to mean you do not have what you desire. It is sad and funny to think that billions of people are kept away from what they want by such a simple little difference. It all lies in the precise execution of the universe.

Precisely, it is not just the word 'want' that should be avoided. It is the state. It helps nothing to avoid the word 'want' but be in a state of 'want' – that is useless. Language is a symbol used to represent things such as state. The word want is a symbol that represents the state of wanting. It is therefore the state that you should avoid first. The symbol, the word itself, is also to be avoided so as not to invoke the state. Please, desire, but never want.

Not needing a particular result in the moment of now frees the subconscious mind from all thoughts about why you cannot have a particular result. This in turn opens the path to the particular result that was consciously intended. This is one of the benefits of intending with detachment. You intend a future outcome, you are certain of it, but you are detached as to what is happening in the present moment. For example, assume that you intend to be a millionaire, but in the present moment, events are moving in a way that suggests you are not going towards your goal. You will make the best progress if you are detached about the present moment, meaning you accept it as it is instead of fighting it and getting frustrated by it and losing hope. But regardless of your detachment, keep your certainty about your outcome in the future, about becoming a millionaire. Learn to enable the co-existence of intention, certainty, and detachment in your life and life will quickly become happy and wealthy for you. Resistance and frustration will slowly fall out and certainty and confidence will grow. You see, you cannot fail to get wealthy if your goals are clear and focused and you are certain, faithful, you believe. It is impossible to fail. Failure would mean breaking the unbreakable laws of the universe. So certainty enables you to relax knowing wealth is on the way, regardless of whatever the present moment may look like. Lack of detachment equates to resistance, and what you resist persists.

Eliminate all forms of wanting. These include regrets about the past, wishing things are or were different, looking forward to, wishing, wanting, worrying, and throwing your awareness and consciousness out into the future or past. In other words, do not hold onto the past moment, do not wish you were in the next moment to come, but instead take in the moment of Now in its fullness for all the gifts it brings to you. The faster way to create a great future is to simply intend, release, and get back to enjoying here now. Wanting tells the universe to create conditions that keep you in wanting, making it impossible to have what you want unless you get out of the state of wanting and into another state. It is a very subtle but important way of seeing life.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, are you in a state of wanting or are you in a calm state of having? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you

leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Belief, Faith, Certainty

What is a belief?

A belief is simply a thought that you keep returning to. It is simply a thought that you have allowed yourself to keep having. That is all. It is nothing complicated. So end it there, and if you had any mystical fantasy about beliefs, they can all end here.

What is faith?

Faith is simply a belief in the direction of your desires. It is the opposite of a limiting belief.

So what is a limiting belief?

It is a belief, a constant thought, which goes against your desires. It therefore limits you only because you say "I would like that, but I can't have it". Only you can limit yourself. That is the amazing extent of your power, which is created in the image and likeness of The Source.

And finally, what is certainty?

It simply knowing, knowing surely even in the face of contrary evidence, that what you hold as truth will be so, will manifest. You know that you are your own truth. It is a point where belief and faith are totally unnecessary. Faith is only necessary when you have doubt. It is good, yes, but not as powerful as certainty. Faith, with all its benefits, is an attempt to cure doubt. For One Who Knows, faith is unnecessary.

Now that you know what a belief is, let us see how you came up with it.

All beliefs are formed over a lifetime. Yes, as you go through life, this lifetime or another one, you face various events. Some, you face, finish with them, and move on. But some, on your own choice, you select as "high points". Maybe they are tragedies, or maybe they are extremely good days. Either way, you make a decision about them that follows you, simply because you refuse to drop that decision and you choose to keep making it repeatedly. For example, you may have been embarrassed once when you tried to do something new and daring. People laughed at you. Now, you had two choices. You could have just let it go, laughed it off, and moved on. Or you could have taken it as a personal attack, developed a new fear of trying something new, and said to yourself "I never want to be laughed at again, so I will never try anything new when an opportunity arises". This new thought and emotion that you have decided to internalize will

follow you until the day you face a similar situation and, instead of making that same old decision that says "I will fail if I try this new thing and I am afraid of that embarrassment", you now say "Lets give it a go and no matter what, its all good!". Until that day, this will be your limiting belief. That is how you form the limiting beliefs.

How do you take them off? That is also simple. The next time you face a situation that calls for your response, remember love, not fear. Choose to trust life, no matter what happens, instead of trusting fear. Know that love will take you through that situation in the way it knows will best clear you of your old belief and then achieve your desire for you. Trust Life. Face your fear and trust life. The transition may be rocky or scary but once you get to the other side you will be set free, you will feel lighter, you will laugh at the whole ting and wonder what were you afraid of! You will realize that fear, the one that looked like a big monster, was merely a veil of smoke that could not harm you. Ask yourself, "What benefit has fear ever given me?" None! Fear profits a person nothing! So why defend it, why live in it. Just let go, defend nothing, and walk into the situation naked and trusting, and you will come out OK. Fear is False Evidence Appearing Real. Be a spiritual warrior, find your spirit!

For anything that you wish to be, be that state first, Now, Here, just like that. And the world will follow. Being is closely related to believing. For example, say you have a financial situation that is troubling you. You wonder, 'why is it that no matter what I do and affirm and think, this financial shortage is with me?' The answer lies in your root belief. Do you deeply believe that you have the finances you need or you do not have them? Dig deep. The question is not whether you believe you shall have the finances, it is whether you believe you have them Now or not. And do you believe in scarcity or in abundance? Remember, the universe follows you exactly. If you believe you shall have the money some day, it will suspend your money till 'someday'. And when that 'someday' arrives and you start doubting, thinking 'what if I don't have it', then it will respond likewise. You are the Way and the Truth, and the universe follows. So start calling forth to the Now all you desire by being certain that you have it already, knowing that you are the evidence. Don't look for evidence in the world. It merely shows you as you are. You are the evidence.

Certainty, faith, belief, is a necessary part of creating success or anything else for that matter. It is that which gives the universe a go-ahead to do as you wish it to do. You see, you cannot become a state without certainty, for such becoming is unbecoming. You cannot be happy if you are unsure that you are happy. You also cannot create goals without certainty, not only in their accuracy but also in their coming to reality for you. Even speaking and acting without certainty is powerless.

Many teachers in many religions and ages have taught us to have faith, to be certain. This isn't new. But remember, as you read on, that faith is a lot like state, being. You cannot really speak faith, not do faith, you can only be faithful, be certain. And the way to do that is to simply decide to be certain, just like that, and let no other contradiction come to you. Anyway, let us proceed, and this will get easier and clearer.

The last part of getting faith is to understand how the universe works. In the section on Quantum Physics, Time, and Cause and Effect in the book *A Happy Pocket Full of Money* (at www.ImagesOfOne.com), you see how the universe works and this will give you faith for you now know exactly what happens behind the scenes. Once you understand how it all works, you will believe.

Everything is possible to the extent that you are certain.

If you can? Everything is possible for him who believes. – Jesus Christ

Fear is False Evidence Appearing Real. In reality, there is absolutely nothing to be afraid of, for your Self has it all and is indestructible. Your Self is designed to never lack anything, for it has it all already. It is also indestructible. But its manifestation here on earth comes with many illusions, and one of your purposes here is to overcome these illusions. One of those illusions is the illusion that abundance does not exist. Yet we know scientifically nowadays, thanks to quantum physics, and spiritually as we have been advised by teachers throughout the ages, that abundance is all there is. If you ever catch yourself fearing something, know that it is an illusion, and seek to find out what that illusion is, for in reality there is nothing to fear at all.

Have faith. Believe. Know with certainty. When you pick up a glass of water to drink from it, you know without a shred of doubt that you will not fail to pick it up and drink. The thought does not even occur to you that you may not be able to drink the water. You do it with certainty. That is the level of faith, belief and certainty you should have in yourself, the laws of the universe, and the capabilities of The Source to work perfectly all the time. It is the certainty you should have about your having received even before you asked, and in the guarantee that you have it all. If you think you do not have something, decide, now, that you have it, and you will. Do not say 'but I don't have it'. Do not negate. Over time, it will become second nature. Until then, do your best and never think you cannot have it. Mind your mind. You can acquire faith with practice. But it is faster to just decide once and for all that you have it. How? Just decide.

To learn more about Belief in a clear and simplified manner, and to know the immensely large role it plays in your life, download *A Happy Pocket Full of Money* at <http://www.ImagesOfOne.com>.

Understand infinite loops and their starts

There are a few 'loops' you need to be aware of. These loops govern your life and it is important that you recognize them. Here they are:

1. You experience what you manifest and you manifest what you experience. What this means is that whatever you feel within you, the emotions and thoughts that you experience, creates the next moments of your world. Emotions are energy in motion. Thoughts are also energy. If you are not careful, your emotions can take over your thoughts if you left them. For example, if you are always fearful, you attract, create and manifest fearful conditions around you. Hence you manifest what you experience within you. To manifest is to make something observable. You also experience what you

manifest. This means that the world around you gives you your experiences. See, there is a loop there. But you have to know how to break the loop so that you change it. Which one comes first? What is first cause? Your being, your beliefs, your thoughts, and your words and actions come first. They start the loop. They become manifested. Then once your world is made up, you watch and respond, hence experiencing it. You must learn to break the cycle whenever you see yourself in a situation that you don't like that is repeating itself. You change it by refusing to react in the same way to it, instead watching it without judgment, welcoming it into the light, learning what thoughts are causing it, then changing those thoughts. Trying to change an effect is banging your head against a wall – it won't work! You cannot change an effect directly, you must change the cause. Sounds obvious but few do it.

2. You see what you believe and you believe what you see. That is another loop. When you see something, you unconsciously believe it is true, even though it may not be. People once thought the world was flat. They believed what they saw. However, that was not reality. What cause them to think it was reality was because they saw what they believed. Read that again. You see what you believe. Even though this universe is abundant, we see it as scarce because we have agreed and believe that it is. But because we believe this we have made it scarce (by illusion). Your belief has the power to create your world. So where does this loop start? Of course, in belief. There are two ways to approach this. One is to change your belief about something so that you may change it. For example, if you wish to be wealthy, believe that wealth is all that exists, and your world will resolve itself to prove you right. The other way to break out of the loop is to not believe anything. Look at the nearest door you can see. Do you see it as it truly is at this moment or do you see it as you believe it is? Tricky question, isn't it? Tell you what – most people see the door as it exists in their mind. That door, if you were to see it as it truly is would amaze you. Why? Because Reality is brilliant, it has no vulnerability, it cannot be attacked, it is grand. If you cannot see that, you are seeing your own image imposed on reality. You know very well that you sometimes see things as they are not, or you see a person and think they are a certain way because you have imagines them that way, only to discover one day that you were wrong about them. Seeing is very much a function of mind as it is eyes. So you can break out of your painful cycles by merely admitting you have no idea what the meaning of what you see is, like a child does, and ask what it means, expecting an answer. The answer will come to you, as long as you don't tell it what you think the answer it.

You are the evidence. That is what all this here reveals to you. You are your own evidence. Don't look at the world, Body, for evidence. It will always reflect you anyway. When you change, it changes.

Knowing that there is no order of difficulty

This is so simple that it may escape your understanding unless you take time to consider it. So please consider it carefully:

Every thought is a cause that has an effect at some level. That is the power of our thoughts and beliefs.

Reality is abundant, peaceful and fully powerful, but the illusions are of scarcity and suffering. When we drop an illusion, Reality is naturally already there waiting to be uncovered, to be chosen over the illusion.

Because of these two points, there is no order of difficulty in anything! Do you see that? The only order of difficulty that you experience actually exists in your mind and nowhere else. To the extent that you believe a thing to be difficult, it is. To the extent that you don't, it isn't. Every thought is a decision acted upon accurately by the universe. And because a decision is effortlessly made, its results are effortless. When you decide you are broke and believe it, you do so effortlessly. You need not do anything to make that decision. You just make it, sitting there. Yet because of that effortless decision, you experience your world as you decide. Yet you can just as easily and effortlessly decide and believe that you are wealthy, and the universe will follow. To the extent that you believe you need to do certain things, or go through certain conditions, you shall find achievement hard or easy. Remember, every single little thought that flashes in your mind is a powerful yet effortless decision that causes an equivalent effect. If you believe that you can succeed but only by doing A, B, C and D, so shall it be. If you decide you think there is a risk of you not getting C, so shall it be. If you are unclear and always changing your mind about your life, so shall it be. If even for a split second you think 'but what if I screw up...' that thought shall have some effect at some level. Even the most insignificant-seeming little-looking idea and feeling is executed exactly and perfectly by the universe for you. Remember, you are an extension of God's Own Thought and your thought therefore carries similar power. It is just as easy and effortless to decide either way. It is as easy and effortless to decide to have \$1 as it is to have \$1 billion. It is the belief that differences exist that makes them so. Money, like everything else, is an idea, a thought that manifests. And all thoughts are effortlessly made. This is your infinite power.

In any case, an illusion never existed; it only appears to be, upheld by a belief in it. No one illusion is more real than another, and as soon as any illusion is dropped, magnificent Reality is there waiting.

Your only real goal should be to heal your mind, to restore it to its original splendor. All else will follow automatically.

In the Bible, Jesus at one point looked at those who were surprised by his miracles and, asking them why they were so surprised, assured them that "these things you shall do and more."

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, do you believe you can have it (even a little faith is enough to get things moving)? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down

- hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Feelings and Emotions

We have talked about feelings and emotions all over this text. They are the indicators of vibration and hence they feature much in this text. Emotions are energy in motion, in vibration. When you feel something, you are simply getting an indication of how your energy is flowing, moving, vibrating.

Let us now add some more information on them to what we have already seen and shall see later.

As we said earlier:

All vibrations that you offer come back to you as perfectly corresponding manifestations. Feelings are indicators of what the vibrations you are sending out are.

At every moment, one of the most important questions you should always ask yourself is this:

What am I feeling now?

This determines what follows in your life. Therefore, whatever emotion you allow manifests to the appropriate extent in your physical reality. The deeper you dive into that emotion, the more you manifest its corresponding conditions. So be careful what emotion you are allowing, and ensure that you do not give your allegiance and belief to fear and energize it. When fear arises, or any other negative emotion, note it, release it through love as explained in various parts of this book and software, and move on. Don't get entangled in negative emotions, and don't energize. Just note them, and heal them. A negative emotion is simply an indicator to you of a limiting belief that you hold. The only reason you would have negativity and fear is because you believe in a certain limit, you have limited yourself in a certain way. So use the negative emotions, when they arise, as indicators that mean you should define clearly what the limiting belief behind that emotion is, and then heal it.

In summary:

Any emotion that you allow and give attention to will manifest corresponding conditions in your physical reality.

Judgments against Feeling Good

Everybody has had an experience where they felt good about something but their inner critic criticized them for it. Every inner critic is built based on a person's upbringing. It does not represent truth. It merely represents the beliefs you picked up. All inner critics are ego based. You can rest surely on this rule:

Unconditional Love will never find you less than perfect, will never judge you. It will always allow you to make your choices and grow and learn from them. All judgment and criticism arise from ego.

In other parts of this text, we have covered how inner critics develop, how beliefs develop. So we will not go over that again here. What we will do is look at this question: When something feels good to you but you believe it is bad for you, what does that do to you?

It splits you up and tears you apart. It blocks and sabotages your progress. For example, many people believe in one form or another that money is bad, yet they feel good getting and spending it. This rip sabotages all their efforts to get money. It works like this: They believe they are good people. But they believe money is bad. The universe takes the net vibration of this, which looks something like "I am good I only welcome what is good" and that is what it acts on. Any attempt to get money is sabotaged by this attitude, this net feeling. In fact, this feeling produces the number one saboteur of all human desire and effort: guilt. Nothing harms your efforts more than guilt. Guilt is one of the most negative vibrations, because it calls for punishment. If you feel guilty in any way about money, you will attract what you term as financial punishment. If you feel guilty in any way about sex, you will attract what you term as appropriate punishment. See how it works? More is said about guilt in other parts of this text. You will see, in those parts, how guilt is yet another ego creation and has nothing to do with Who You Really Are. Guilt can only exist as a Reality if separation exists. In that case, one mind could be capable of coming up with a choice that attacks another, a contradictory thought, and that attack against mind would succeed. But there is but One Mind, and separation does not exist. Period.

It is up to you to choose what to hold as your truth. But do consider these truths:

Feeling good means that it is good for you. If you ever feel good but do not think or believe it is good for you, you are creating guilt. If it feels good, it's good for you. The keyword here is "feel", not "think". If it feels good, regardless of what you think about it, it is good for you. Any contradicting thought after that good feeling is false, learnt guilt.

Any negative emotion that you ever have is merely an indicator that is saying to you "Hey, you are holding and defending a belief that is limiting you, preventing you from experiencing the full magnificence of Who You Really Are"

Negative emotions are not to be hated and judged against. They are not to be encouraged and fed, either. They are simply to be watched and let to dissolve back into the depths of mind. But when they do arise, take note. Know that they are there for a reason. And the reason is that you hold a negative belief. At this

point, say to yourself, *"I am willing to bring this negative belief to the surface. I am willing to release it. I ask for help in doing so"*. Say this to yourself, directing your request for help to whatever you wish to call the higher aspect of you, whether you call that God, Higher Self, Holy Spirit, or whatever. And if you so wish, if it is in your belief system so to speak, you can also direct that help request to the angels or guides. Regardless, you have a tremendous amount of help available to you.

The universe is always ready and willing to help you. But it cannot do so against your free will. It will never infringe. You must ask. And asking is all you need to do. Now remember that help will always be provided, but the "work" will not be done for you entirely. There are still aspects of life that you must handle yourself, because it is through your participation that you advance your soul, and all Life. You cannot grow if everything is done for you. So what will most likely happen, the minute you give your willingness to heal negative beliefs, is that they will rise to the surface. Give them up to your Higher Self, God, Holy Spirit, The Source, or whatever you wish. He/She knows what to do with them, while you may not. Now what may happen after this is that situations will form around you that allow that belief to rise to the surface. Remember, Now is the only time and place where your power lies, where life is. So a situation in the Now must be created to allow the release of the old belief and the seeing of the new truth.

The harder you resist and remain in fear instead of trusting Life, the longer you will remain in those situations and the deeper they will become. If you resist long and hard enough, you may be taken to a point where you have no defense options left, a point where you see that any further action on your part that is aligned to your old belief is useless. For example, if you used to solve all your problems by throwing money at them, you believed that your power lay in money and without money you were powerless, a situation would come up where you would either have no money to throw at the problem, or no amount of money will help. At this point, backed up against the wall, your only option will be to turn within and find your authentic power, an inner power so immense that nothing can thwart it. A power so part of you that no one can take it away. In this moment, after a dark night of the soul, you will find yourself anew, reborn into a much expanded being. You will be glad you went through the darkness! But you need not go into it in the first place if you just had more trust in Life and did not defend your fears and limiting beliefs so strongly.

Getting Rid of What You Hate

So perhaps there are some things that you hate, or at least do not like. Fair enough. So you think, "I don't like this, so I will push it away some way or another. I will resist it. And I think by doing so, it will go away."

Well, that won't work very smoothly. In fact, it is a very hard way to move out of the space of that which you wish get rid of. What happens when you resist something? You build a vibration around you that attracts the very conditions that testify to that hate. Therefore, what you resist persists.

It therefore follows that the way to get rid of what you hate is to give it unconditional love and acceptance, to allow it to be. By doing so, you stop

energizing it with focused negative energy. This then withdraws the power you have been giving it, and it resolves itself automatically and disappears. Remember that whatever you put your attention to grows, and whatever you remove your attention from diminishes.

Vibration Matching

We have seen a lot so far about vibration and attraction. It is now time to make two very simple sentences that will guide you in all your understanding of why things are in your life:

If you are experiencing things that you do not like, it is because your vibration matches them and attracts them.

If you are not experiencing something that you would like to, it is because your vibration does not yet match it and you therefore need to make adjustments.

If you feel fear, anger, anxiety, unworthiness, criticism, guilt, jealousy or any of the other variations of fear whenever you think of your desire, that indicates that you are not in vibration harmony with your desire and you are actually in an energy field that is blocking the universe from delivering the manifestation of your desire.

If you feel love, passion, and joy when you think of your desire, it indicates that your vibration matches that of your desire and its manifestation is coming soon.

This book and software shows you the various adjustments you may need to make and how you can do so.

Right now, it is important to remember that whatever is happening right now does not have to influence your vibration in any way. This is very important to keep in mind. For example, if you are currently broke, that is OK. Don't judge it. But you do not have to *feel* broke. Do you see that? You can have a money shortage, but you do not have to *feel* limited. You do not have to feel powerless and unworthy and short of anything. In fact, feeling those things will only perpetuate your being broke. Whatever is happening right now does not have to influence your vibration in any way. You can always choose to feel different, to have a vibration that matches the next version of who you wish to be and what you wish to experience next. Some people have a problem with this. They feel that they are lying to themselves. This is not a lie to you. You accept your current physical condition, but you also accept that whatever you feel Now will determine what you experience next. Therefore, you choose to feel as you would feel if you had what you desired. You also choose to think as-if, speak as-if, and act as-if. That is not pretending. That is merely working consciously in partnership with the laws of creation.

Ok, so you now know the highly important question:

What am I feeling now?

This determines what follows in your life. What if you wish to make a decision? How do you make a decision that takes you higher? You simply ask this question at every moment of decision making, and you will do very well:

Out of all the choices that I can make in this situation, out of all the thoughts I can have, which feels better?

The answer to that question is the decision to make and the direction to align your vibration.

When You Feel “Bad”

By now you know that you are an energy being. Your original frequency, your natural frequency, is very high and positive. That is your natural state of being. You could call it Joy or Love. That would be a suitable label for such a high frequency.

Whenever you place your attention on a particular subject, you generate an emotion from your thoughts on that subject. If your thoughts and emotions on that subject are in line, in harmony, with your natural frequency, you will feel in agreement with what you are placing your attention on. You will enjoy yourself and feel good about what you have your attention on.

However, if you have your attention on a subject that is not right for you, one that has a much lower frequency than your natural vibration, you will slow down your whole vibration and that will “bring you down”. You will feel fear or feel bad about what you have your attention on. Remember, it is your thought about a subject that raises an emotion, which either matches with your vibration frequency or does not. The subject itself is neutral. For example, if you see a beautiful person that you wish to get to know better, you will at first feel excited. It will feel good, so that’s good for you. But then you may think “but I might get rejected” and that thought raises some tension or fear in you. This is a much slower and lower frequency of energy, and it slows down your entire being, it “brings you down”. So it is not this beautiful person that is not good for you, it is the fearful thought you just had about a possible rejection that is not good for you, that is not natural for you.

What you have just seen is an example of how your inner guidance system, your gut instinct, works to alert you of wrong thoughts that will sabotage your creative efforts. Any time you feel bad about something, examine your thoughts and see which one exactly is raising that bad feeling. You can then look at the reason why you have such a thought, and examine it for Truth. If it fails the test of Truth, if it is a belief that is self-limiting, you should drop that belief.

No belief that is self-limiting is valid, for you have no limits except those that you place on yourself.

So whenever you feel bad about something, know that you have thrown yourself out of harmony with Who You Really Are; you have believed in an error in thinking.

Whenever you feel bad, find out why you have done so, which thought is raising that emotion, then resolve and heal it.

If you wish to have good experiences, successes, and things and people you desire, then keep choosing, at all times, thoughts that feel good. Don't indulge in thoughts that feel bad to you. Once your thoughts are consistently on things that make you feel good, you will have established a consistently high frequency that matches Who You Really Are and you will consistently attract things and events that match that.

Eliminating Contradiction

All your experiences come to you by their attraction to your state of vibration. It is all pure, simple science. Nothing complicated at all. Whatever you put your attention to, you start matching your vibration to it. And whatever vibration you send out is what attracts matching experiences to you. This is the Law of Attraction and it is very simple. To put it in another way:

The universe knows only "yes". There is no "no".

In other words, it looks at what you are vibrating to, and gives back that experience exactly. What this means is that you cannot eliminate something from your life by pushing or resisting against it. There is no law of pushing against, there is only a Law of Attraction. You cannot execute a "no". To make this clear, let us say that you would like to have some money. That is a vibration, and it will be acted upon exactly. But if you feel "I would like to have some money because I don't have any and I am tired of not having money" then you are in effect sending three vibrations that are all being acted upon. So the universe brings you the net, sum total, experience of being tired of not having money and having money. This experience would something like moments of money laced with moments of not having any and moments of being tired of not having any. Do you see how that works?

When you feel "I want to loose weight because I would like to be able to appear in public without feeling embarrassed about my appearance" you are in effect feeling, right now, unfit for public appearance. And because that is how you feel now, and that is your vibration now, conditions to match that feeling will be manifested for you by the universe effortlessly. So you will end up struggling against your weights because your vibration now is effortlessly attracting to you (1) means to loose weight and (2) means to maintain weights so that you can experience your feeling of right now being unfit for public appearance. So how do you get out of this trap? The way you get out is to love unconditionally yourself right now as you are. You find yourself worthy right now, as you are. That is how you change your feeling, your vibration. You must start to vibrate to a feeling that effectively says "I am fully loved, worthy, a delight to others, beautiful, right now." You should already feel that way now. This eliminates the contradiction. Then, you can freely define your new weight goal from this already satisfied feeling about yourself, "I am now experiencing my new body weight of X and a physic <describe your desired new physic here>". The new body you desire is purely an experience out of love, and not a reaction from self-loathing and fear. That is how you eliminate contradictions.

The universe knows no “no”. You cannot say “no, I don’t want that” and manage to effortlessly eliminate what you don’t want. “No, I don’t want that” is brought back to you as an experience that matches that feeling of not wanting that. That is because the universe only says “yes”, and it says “yes” to all vibrations, feelings, and thoughts sent out to it. In many ways, the way to get rid of what you don’t want in your life is to stop hating it. The way to make it disappear is to love it, accept it, and this allows you to stop giving it attention and thought. These steps help you to stop vibrating in a way that attracts it to you, and it falls away.

What do you feel? What do you feel? What do you feel? That is the most important question. With regards to goal X, what do you feel in total? Is there any contradiction in that feeling? If there is, take it out and only focus on what you wish to have. Stop complaining, thinking about and pushing against what you don’t want and you will eliminate contradictions that cancel out the manifestation of your desire. Thinking about and pushing against what you don’t want is actually introducing a contradiction into your desire.

To help you remember all this, here are some simple statements to guide you:

When you feel “yes” about something, you are attracting that thing that you desire into your experiences.

When you feel “no” about something, you are attracting that thing that you don’t like into your experiences.

When you feel nothing about something, you stop attracting that thing into your experiences.

Therefore, don’t bother, from now on, with feeling “no” towards anything. Simply focus on what you wish to say “yes” to and you will dramatically speed up the uninterrupted and un-contradicted manifestations of your desires.

To put it in another way, it matters not what you see in front of you. It matters not what happened in your past. None of those have anything at all to do with the fresh new moment of Now presented to you Now, Here. Right Now, Right Here, you can choose to totally feel anything you choose. And in that new feeling, you will attract experiences that match that new feeling exactly. The physical you see in front of you now was brought to you by your previous vibration. It is an effect without power to cause. The physical does not dictate your next moment, unless you allow it. Your past does not dictate your next moment, unless you allow it. Other people do not dictate your next moment, unless you allow it. It is only you, Now.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, how do you feel? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Forgiveness of Judgments, Resentment, Criticism of Yourself and Others

To put it very clearly and simply, you cannot create anything for yourself while you attempt to deny that same thing to another. Attempting to do so is going on a road that is very difficult and grueling, requiring vast amounts of unnecessary effort for very little outcome. The reason why this is so is that the universe only works on vibrations. You may be vibrating abundance for yourself, but as long as you are also vibrating scarcity for others (through your desire to deny them) you will attract both abundance and scarcity to you because it is you doing the vibrations. Therefore, they tend to cancel each other out. Remember, whatever vibration you give out, you receive its perfect match of experiences.

Whenever you feel jealousy, anger, envy, resentment or criticism towards another, you will be fighting yourself simply because you are holding a negative vibration that is automatically calling forth matching experiences to you.

But it is not only others that matter. You must also drop all guilt, judgment, anger, and criticism of yourself.

In your mind and heart, give the highest thoughts to everyone, including yourself, and all things will be cleared for you. You will stop tripping yourself.

Feeling victimized, holding it as truth that you were wronged, is only going to make things worse for you. You see, you have an inner child that you disowned a long time ago and this inner child must now be put in its right position of splendor. This inner child is what was 'victimized' in your first seven years as a child (or any time after that). You came into this world full of innocence, faith, inner power and love, and slowly you were told "you are not good enough, you are doing this or that all wrong, and you are in danger, and so on" until you bought these false truths. You started seeing you're self as the cause of the harm you experienced, the cause of the rejection you were experiencing. This caused your ego to develop an inner critic that took the job of criticizing you in advance so that you never again experience those first rejections. Your inner critic is that mental voice that tells you, just before you walk out of the door, "you don't look good enough, and you will embarrass us so just fix yourself up like this and do that and that first or else they will see that you really are not good enough!" Hence you yourself ended up disowning and hiding your inner child. And to this day you criticize and disown your original inner child, the key to your peace and power.

Your inner child needs to come to the forefront and know that it was perfect all along, nothing was wrong with it. Yes, it is still there within you (every individual is composed of several sub-personalities, as any psychologist will be able to verify). And this inner child is still perfect, created in the image and likeness of the First Force, the Creator! But it has forgotten all that. And it has been rejected by your ego. You now identify with your ego and inner critic and hide away your inner child. You are split and this has made you weak. There is no way of getting back your inner child, your original perfect self, unless you forgive yourself, and all those you say harmed you, and embrace all your sides, dark and light. If you do not forgive, you merely enhance the idea in your mind that the transgression was real and justified, and so it will continue to harm you. That scary beast you hold in your mind in your past only looks big because you believe it is. Face it and you will see it is as thin as a veil, as light as smoke, and as harmless as a rubber duck. And as you may have heard from many famous and heroic people in the past, the dark side always holds a very powerful gift once you face it and embrace it.

Now let us talk about guilt and love. Love does not bind, it frees. Fear binds. They are exact opposites. As cruel as it may sound, we are all one, but each answerable to themselves and only themselves. Guilt is a thing made up by the ego mind to trap you and limit you. Nothing harms a person more than feeling guilty or imposing guilt on another.

Guilt robs of our God-given perfect worth and power. It calls for punishment. Punishment is never a good teacher, for how can you teach that violence is bad when you use violence to correct the violence? Consequence teaches, love heals, and punishment and guilt imprison the mind. Besides, we are one. Guilt can only happen as a reality if we had separate wills. But in a system of One, there is no separate will. When you fully understand the law of cause and effect, you will see that it is impossible for something to happen to someone unless the 'victim' has accepted the energy pattern of the 'crime' in his or her mind and now needs an experience to lead to its experience and eventual healing. This mental error could have been done in this life or a previous one. This is where the big picture comes in. Guilt enforces the idea of victimization, and that never leads to true healing. It may dodge the issue temporarily, but it will not permanently wipe it out. And as long as you feel guilty, you will never feel deserving and hence you will never get ahead. And as long as you hold another person guilty, you will hold the belief in your mind that you were a victim and you will experience victimization in other forms. Your only way out is embracing, facing it, finding the lesson in both the positive and negative side of the issue, embracing both sides, and forgiving yourself and all parties involved.

Remember, an error is the opposite of truth. The only reason an error can be corrected is because it does not exist in reality, it is an illusion. All that is required is the recognition and acceptance of the error and it drops. Its existence depends on a person believing in it and not facing it and looking through it in the light.

"Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God" – A Course in Miracles

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, who and what (including yourself) do you need to forgive and release resentment and criticism, and have you done so? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Giving

One of the greatest laws is the law of giving. It is a phenomenal law. Give freely and happily. Always form a habit of giving cheerfully. Give first before you receive. Whatever energy you give will come back to you in an amazing way. You may give away your time, for example, and it comes back to you much later from an unexpected source in an unexpected form in a way that benefits you greatly. You cannot insist on a particular way and time it will come back to you, but you can be assured it will come back in the best way for you. Give. Give. Give. And do so cheerfully and freely. It is the energy behind the giving that matters so do not give grudgingly. The law of cause and effect guarantees that you shall receive plenty for what you give.

Life is for giving.

Give what you have on your – time, money, smiles, love, compliments, anything. And you will get back what you do not have on you.

Give graciously and receive gratefully. Grace and gratitude are the energizing factors of giving and receiving.

The universe is all energy. Energy flows. Giving promotes this energy flow, placing you in harmony with the powers of the universe. Whatever you wish to have, cause another being to have it first, and you will begin to have it in abundance. Give and you will receive in multiples. For example, if you wish to have wealth, show others how to have wealth, and in an amazing way, you will soon find yourself wealthy. It is a very complicated system that works perfectly. Give cheerfully!

What you wish to have, cause another to have. To have wealth and abundance cause another to have it. How do you cause others to have wealth? Teach these lessons to your friends that are interested in wealth. Show them this book and

others like it. Form study groups or mastermind circles with them. Where two or more are gathered, the whole is more than the sum of its parts.

Develop an awareness that enables you to look out for and see all opportunities where you can give something freely and cheerfully. You can give material things, your time, skills, or anything else.

Get out of the habit of thinking that you should receive something first before you give. That is not giving. That is an exchange. Giving freely and cheerfully enables you to do business, if you wish to look at it that way, with the universe. This is how it works: You give someone something that you have now with you - freely and cheerfully. The universe, by the law, finds the best way to give back that energy to you in the form of something that you do not have with you. It gives you back in multiples, when it is most appropriate, in the most appropriate form. It is a magical process. Obviously, the more you give, the more magic you create for yourself. Life starts to work for you.

It is ok to think and know that when you give you will get back something from the universe. You do not have to pretend you are not interested in receiving a reward for giving. Expecting reward is good. In fact, expecting a reward is empowering a reward to come to you. The violation of the law of giving comes when you start expecting to receive something back from the same being you give to, saying 'well, I did this for you so you should do that for me'. In fact demanding a particular reward back is a violation. It makes you "trading" minded rather than "cheerful and free giving" minded. Never ask for or expect 'pay back' from those you give to. The reward you receive will come from a source and a time and in a form that the universe finds best suited for you.

Giving has one bonus effect: it shows you what you have but did not know you had. Say you wished to have wealth. You then decide to give wealth first by helping others learn how to have wealth. You read books such as these, help where you can with such knowledge, share these kind of books, and so on. In that process, magically, you end up realizing you had a whole lot of wealth and wealth capabilities that you previously thought you lacked.

You are surrounded with abundant opportunities to give, but you only see them when you decide to start seeing them.

The trick to giving is to not force it upon those you give to. Offer your gift freely and cheerfully. Show your hand. Do not shove. Show. If the receiver does not wish to take your gift, respect that cheerfully. Do not get offended if your gift is not accepted. Allow the other person their full nature of freedom of choice. And do not make a person dependent on you. When a person becomes dependent on your gifts unnecessarily, you have not done them any good because you have reduced their belief and ability in themselves.

Here is a likely scenario. Imagine a person who does not have much in material possessions to give and share with others. But this person is very charming and kind. The person gives a thousand compliments to people he or she comes across without even getting one complement back. This person uplifts their mood and confidence by finding ways to encourage and complement them. But this

person never gets a compliment back from anybody. Well, not to worry. The universe keeps its accounts perfectly. This person's giving builds credit in the universal system. One day, by the law of cause and effect, of giving and receiving, this person somehow gets the bicycle he or she has always wanted - just when the person needed it - in a way that looks like a miracle. It could be by winning some competition, or having it given to them by a stranger, or one of a countless other possibilities, what people call luck. That is how giving works. Sometime the universe takes little things that you have, can give, and do give, and it puts them into one big thing that you do not have and require and it gives that to you at a perfect time.

You give but little when you give of your possessions. It is when you give of yourself that you truly give. For what are possessions but things you keep and guard for fear you may need them tomorrow? ... And what is fear of need but fear itself. Is not dread of thirst when your well is full, the thirst that is unquenchable? There are those who give little of the much of which they have – and they give it for recognition and their hidden desire makes their gift unwholesome. And there are those who have little and give it all. These are the believers in life and the bounty of life, and their coffer is never empty...It is well to give when asked, but it is better to give unasked, through understanding...For in truth it is life that gives unto life – while you, who deem yourself a giver, are but a witness...and you are all receivers... – Kahlil Gibran, The Prophet

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, what can you give to another that will cause you to open up more to receiving it? Here is a clue: to have something, cause another to have it, and to learn something, teach another about it. Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Gratitude

All of life is a gift. Every person, moment and thing is a gift – it is only that we refuse to open the gifts hence we do not get the gift sent to us. All things come to those who are grateful. There is great truth to that and here is why it works so well. By law of cause and effect, your gratitude attracts that which you are grateful for. And you should be grateful even before you receive it because, by law, you know you will receive it. In fact, you have it even before you ask. Gratitude

speeds that reception because it is a statement of belief – you are already enthusiastically and genuinely grateful, in a state of gratitude, because of what you will receive, or more accurately, have received and are about to experience. Note, the gratitude is there before you even ‘receive’ what you are seeking. In reality, you have it all already; you just are not experiencing it yet.

So, gratitude is the first step to receiving and experiencing. It is an affirmation that you know you will have it. Imagine getting grateful and excited about a future event – do you have any idea how much faith that portrays and how much that takes you to your goals at rapid speed? It is magical! Gratitude creates and grows your faith, in addition to being the right thing to do.

The trick is to learn to want everything that you have already, to love the present moment, all of it, and to prefer nothing but the present moment when you are in the present moment. Doing this places you in a state of calmness and in a position most suitable for finding the gifts contained in the present moment so that you can rapidly grow in the direction that you wish to move to.

Gratitude for all things in the past, present, and future works wonders.

Gratitude does not need much explanation – you already know how to be grateful. Inside of you, you know how magical it is. All you now need to recognize is that every moment, person, and thing was brought to you by your own choices, thoughts, actions, and states of being. You did it. The world just creates itself around you so that you may experience your self and recreate yourself. So be grateful for every moment, thing and person – this is the best way to find your self. Remember, what you resist persists. Gratitude negates resistance. Once you are grateful, you can look at everything clearly and see yourself.

Another bonus of gratitude is faith. By being grateful now for things you have intended to experience in future, you become ever more certain that you will experience them, and this in turn brings them to you. It allows you to be excited about the future!

Be grateful for yourself and all life. Smile at your heart space and praise its amazing nature. Do the same for your Higher Self, for your friends, for nature and the world, for The Source from whence you came, for everything. Gratitude will draw to you an amazing amount of satisfactory experiences. It is a powerful vibration that says “I am well, I am taken care of” and from that vibration you attract even more experiences to manifest and increase this feeling.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, are you grateful for the desire itself, for knowing it shall be fulfilled, for the caring and loving universe you find yourself in, and for everything? Write down exactly how you feel about this issue in relation to this

goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Honesty

Honesty is simply stating to yourself and others whatever it is that you are aware of. Honesty and awareness go hand in hand.

Honesty is being clear and truthful to yourself and others about what you feel. Honesty prevents blockages from happening, because you are not hiding parts of yourself in shame. Honesty frees you to progress on your path and experience fully what you are and the choices you make. Honesty resolves all business right there and then. It is said and done, not hidden and carried around repressed for years upon years. The truth really does set you free.

Be aware first and foremost, of your thoughts, words, actions and feelings. Then be honest to yourself and others about them. This will progress you through blockages and limitations faster than you can imagine. It will resolve all issues faster than you can imagine. It will set you free more than you can imagine.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, are you honest with yourself and with others about what you feel and so on? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Love

The first step to creation is desire, then visualization of that desire to the point where you can feel how it must be like to experience the manifestation of that desire. When you can feel how it would feel like to have what you desire, in as much detail and variety of impulses as you can put together in your imagination, you start to vibrate in harmony with the desire and its final manifestation.

The next step is to feel love for the desire and the manifested outcome that is on its way. This love for what you desire is what seals the process. Love creates. It is the stuff from which all things arose. Remember that life forms are created as an extension of the Original Source and It's nature is love. Love is extension and allowance, fear is contraction. Love is the "material" God is made of, it is the substance of creation. Hence the reason your love for your desire and the expected manifestation is what brings it forth.

And at all times, remember to always love yourself unconditionally. Don't love yourself when you think you are successful and then criticize yourself when you think you are not. Some people say "well, I love myself but I can still criticize myself when I am wrong". There is no such thing. Criticism means guilt which means deserving of punishment which means not worthy, and in that instant you block yourself from receiving the manifestation of your desires because that is the vibration you send out to the universe.

Love is simply acceptance. That is pretty much all that it is. Are you willing to feel and express love for yourself and all of life?

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, do you love what you desire unconditionally, and yourself and all things around you? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

No Guilt

We are a society that has come to view guilt as something real. But is it? Remember how we defined Reality? Reality is what was created by The Source. The Source, God, creates only by extension of Himself, and hence all Creation is

in the image and likeness of the Original. It is like a Sun extending a ray of Light forward. This Ray will never leave the Sun and no matter how far it goes, it will always be part of the Sun. hence it will always have the properties of the Sun. All Creation is, in Reality, composed of Love, acceptance, is fully secure, perfect in all ways, and One. Anything that appears contrary to this is an illusion of a mind that has decided it can change Reality. But since Reality is eternally perfect, such a change can only appear to have succeeded in illusion. Illusion, as it has been said many times before by thousands of teachers, psychologists, scientists and spiritual leaders, is the product of the ego's perception and 'making up' of life. It is like a dream. No matter. All that matters here is that anything opposite of love is unreal. That is why fear has been called false evidence appearing real.

So now that we see how that works, let us look at guilt again. Guilt is another way of saying "I am guilty, so I am worth little and I deserve to be punished". Guilt is the opposite of love, it springs up from fear. Guilt and love are totally opposite. That contraction you call fear is the origin of guilt. It is a contraction, while love is an expansion.

Nothing harms your efforts more than guilt. Guilt is one of the most negative vibrations, because it calls for punishment. If you feel guilty in any way about money, you will attract what you term as financial punishment. If you feel guilty in any way about sex, you will attract what you term as appropriate punishment. See how it works? More is said about guilt in other parts of this text. You will see, in those parts, how guilt is yet another ego creation and has nothing to do with Who You Really Are. Guilt can only exist as a Reality if separation exists. In that case, one mind could be capable of coming up with a choice that attacks another, a contradictory thought, and that attack against mind would succeed. But there is but One Mind, and separation does not exist. Period.

It is absolutely important that you drop all guilt that you hold yourself and others to. Start seeing all creation in its True light, as expressions of the divine. You know the way they say God is everywhere? Start to see that. Start to acknowledge that nothing can exist outside of The Source, that all things have a purpose. No matter how bitter or sweet the lesson looks like, it has a bigger picture to it.

Guilt arises from fear and fosters fear. Anything that fosters fear is always disruptive to the holder of that thought, whether they are the 'victim' or the 'perpetrator'.

There is no one to blame. Once you understand fully the laws of vibration, cause and effect, karma, conscious, subconscious, super-conscious, and so on, you will see clearly how nothing seen or experienced can be caused by a source outside of you.

Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God. - A Course in Miracles.

Do you see the natural sense behind that? Do you start to see how guilt is an unnatural 'thought'? Guilt tries to assert that an error is permanent. Yet the only reason why an error can be corrected is that it didn't exist in the first place. If it did

exist as a Reality, it would be permanent and uncorrectable. Forgiveness, therefore, is overlooking the error and thereby dropping it, seeing through it instead of believing in it.

As if all these unprofitable effects of guilt are not enough, guilt also keeps the past alive. You can only feel guilty or hold others guilty of what has already happened. Have you ever, even once, managed to travel to the past and change it personally? If you haven't, then what is the point of guilt if it cannot help you go change what you are holding the guilt up for? What has past has past. At this moment Now, everything is clean and fresh, waiting for a wholly new definition. You can either define this new moment with a new way, or cloud it up with the past and create even more time and pain from the past. In fact, at every new moment of Now, you and all creation is an extension of the perfect One Being, and the past cannot change that and has nothing to do with that. See? Guilt arises from error, and all its decisions are in error from that point on. It cannot make the correct decision, ever. The only way the effects of an error can be undone in all directions of time, including the past, is through forgiveness. Forgiveness is overlooking the error, recognizing it as error and therefore unreal, and in that way ceasing to maintain it.

It is funny how people attribute the human ego to God. Let us look at this again. What is God? God is that First Force that expresses Itself as and through you, as and through me, as and through All Things in all dimensions. It has no personality, and the moment you attach a personality to God, you get into the trap of attaching some sort of ego to God as well. That is not the topic here, however. The point simply is that All That Is expresses Itself in all things, and has Unconditional Love for all Creation, for all of it is part of that One being, and separation from It does not exist. So in that space of Unconditional Love, you who are part of that One cannot possibly do anything to displease the One, to change Its unconditional love for you into a love with conditions. Anything outside of that is an interpretation of ego.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, do you hold yourself or anyone else guilty or to blame or as having failed in any way? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Peace

The opposite of peace is chaos. Chaos disrupts. If you have chaos within you, you will disrupt yourself and hinder your goals.

Peace comes through understanding. Self-knowledge is the key to inner peace.

Now, with regard to the goal you wish to achieve, do you feel peace within you? If you do, that is great. If you don't, seek to go within and keep asking why until you resolve all the causes of that chaos and you reach a point of peace. One tip: most inner chaos comes from judgment or a lack of self-acceptance on some level.

Peace involves understanding. But it also involves acceptance and letting go. Do not confuse acceptance and letting go with giving up. Giving up is not the same thing as letting go and accepting.

In regards to the particular goal you wish to manifest, do you feel peace?

Putting It into Practice

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With regard to this goal, are you at peace with yourself or in conflict? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Focus On the Process, Not Just the End

Where is life and joy?

Life and joy are in the process, not just in the end.

What is a goal, a desire?

It is merely a carrot to entice you to extend yourself, to reach out and grow, to move the Life Force through you.

The goal is only a motivator. As long as you keep that in mind, you will be fine. What is of utmost importance to your soul is that you actually extend yourself. Your soul is primarily interested in growth, in the journey itself. Your soul keeps bringing new desires to your awareness so that you extend yourself. Your soul came here to earth for a journey. It is interested in the journey, the experiences of

the journey, not so much in the objects of the journey. It does not fear about failing and so on, because it knows such an outcome is impossible and meaningless. It is only your ego that fears failure and therefore anxiously chases only the achieving of a goal, calling everything else a "failure". Your ego knows only the opposite of truth. Illusions are its domains. There is no such thing as failure. You have never failed to experience the effects of whatever you have thought and vibrated to. Not once have you failed in that.

So remember always that the goal, the desire, is important, but it is not the only thing. It is just a motivator to prompt you to extend yourself and take a journey, which is what the soul really is interested in. Whenever you obsess about a goal so much that you actually start worrying that it is not yet fulfilled, you actually start to drop out of the flow of life and contradict the goal's manifestation.

Have you noticed how you are more excited about getting something than actually getting it? Have you noticed how once one desire is fulfilled you have a new desire? Desire is the trigger that activates the Life Force. As it has been said before in many places, desire is God wanting to say hi through you.

So stop cursing yourself for having an unfulfilled desire or goal. Desires are what keep life flowing through you. Enjoy them! Be grateful for them! Celebrate them! Most humans have a negative attitude to having goals they have not manifested. No, no, no! This will not help you at all. In fact, that is like cursing the reason behind the flow your life force. And when a desire becomes manifested and stops being a desire then enjoy the manifested results! Take time out to enjoy your manifested desires!

Start to be grateful for and satisfied with the desire itself as it exists only as a mental construct. Enjoy playing with it in your mind, feeling excited about it, and so on. Be thankful for the desire itself! Enjoy the becoming! That is how it will actually become. Appreciate the desire itself. Don't feel disappointed that it is not yet manifested. Welcome the desire itself. Relish it and play within it. This alone will eliminate much of the delays you experience in manifesting your desire. Be happy right now with the desire. An easy way to explain how this should go about is using sex as an illustration: Imagine that you desire an orgasm. But to have an orgasm, you have to go through the act of sex. That is the process. Now, the only way you would have that orgasm is to enjoy the sex act itself, until you peak into an orgasm. If you stress out about the orgasm, if you are all anxious about it to the point where you do not even manage to focus on and enjoy the sex, the orgasm will never come, even if you do actually have sex. Only when you let go of the obsession with the orgasm and start enjoying the sex will the orgasm happen. Now, coming back to your goals and desires for anything in life, you have to have that attitude of letting go and enjoying the process, including the unmanifested desire as it exists as an exciting imagination. Enjoy the process. Play with the process, have fun with it. Stop cursing it, feeling disappointed by it, and calling it a failure. It is all a series of successive moments. There is no failure.

The Details Are Handled For You

The "how will it be done" details of the process are actually handled for you. That is why this process is effortless. Sure, you will be called upon to respond to

certain events with an appropriate action. But the event will be brought to you. To put it in another way, you will always have the next step available. You can never reach a point where you can honestly say "I am out of moves". You will always be given a move. The way the whole universe works is in this process:

1. You have a desire and you put it out by vibrating in harmony with it.
2. The universe picks that vibration up and, through infinite ways using divine infinite intelligence, brings you steps that lead to the manifestation of your desire. You do not need to concern yourself with the "how" of your desire will work. That is handled for you. You simply remain aware, present, and respond moment by moment with decisions that bring you ever closer to manifestation. With each decision, the universe brings more events. It is all automatic.
3. You finally receive your manifestation. To receive, you must be in vibration harmony with your desire. Don't contradict it with negative thoughts and emotion. Without contradiction, manifestations occur in the most miraculous and expedient of ways. Your own negative thoughts and feelings are the things that add time to the manifestation, causing delay. You can literally shave off years of effort simply by remaining clear.

Seeing how the process works, you can now come to a new insight:

You are not the maker, doer, or director. You are simply the point of consciousness that focuses energy by its choice and allows the energy to do its work with its own intelligence.

You are not the maker, doer, or director. That is so liberating! Think about that statement for a while. Just look at some of the moments you had today. Can you honestly say you "made" the moment? Did you put it together, make, schedule and orchestrate all the life-forms involved in ensuring that the moment went as it did? Although you did take some actions, did you actually *do* them? This last question can be tricky. Take reading for instance. You are reading this sentence. That is an action. But are you actually doing it? Are you personally managing the immensely complicated science behind light, sight, interpretation of the words? No. You are more like an observer watching an interaction of energy which forms the action you call reading. And you are only observing this interaction because you chose it. But from that observation, you collect data to make the next choice on what you wish to observe.

The point here is this:

Stop stressing yourself, worrying about how things will be done. They just will. Simply put your attention on the desire, and respond to the moments that follow, trusting that the universe knows exactly which moments to bring to you to get you to experience a manifestation of that desire. And enjoy each moment with gratitude and satisfaction, knowing that the law of attraction never fails even once.

To be honest, you do not know exactly what needs to be made, done and directed for your desire to manifest. You may have a rough idea, but you do not

know exactly. In fact, your rough idea may be the exact opposite of what is really required. When you defend that rough idea, when you insist it is right and fight against everything else, you actually slow yourself down dramatically. Let go. Enjoy.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, are you anxious about the manifestation of the goal or are you letting go and enjoying the process and the present moment, knowing that the manifestation will occur automatically if you are in the flow? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Purity

Purity is just another word for clarity. It has nothing to do with religion or anything like that.

Remember how we saw that whatever you place in your heart space is projected into your experience? We saw how your heart space is like a canvas on which you paint images on that are then projected into experiences. We also saw how any old images still on the canvas will seep through and interfere with the new image. Old images are those old fears and worries you have regarding similar situations.

Purity therefore is ensuring that, in regard to a particular goal, you are clear. You do not have any egoistic blockages and fears. You feel light about the matter, not bogged down, for you will experience exactly what you feel.

So, what do you feel? In regard to your particular desire, do you feel pure, clear, or bogged down and clouded?

If you feel clear, no problem. If not, then take this as a reminder for you to clear yourself using the various tools and wisdom brought to you in this book and software.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, is your 'canvas', your emotions, clear or is it clouded with past conditioning and fears? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Responsibility, Cause and Effect

We will start this one with a very simple truth:

Nothing you see or experience can be cause by a source outside of you.

Free will is not a joke. It is a property you are designed with and nothing in this universe can interfere with it. Now, as you have seen, you do have conscious, subconscious and super-conscious parts of you, and they all make decisions. Depending on the level of awareness and consciousness you have cultivated, you will be aware of some of the decisions you make and unaware of some. Remember, that even in your sleep, you make decisions that are acted upon. Even in your waking moments, you make unconscious decisions. And even before you were born into this incarnation, you had made certain major decisions as to the purpose and major highlights of your life. You had a goal for coming here.

The decisions you are not aware of are the ones that make you think that things are arising out of a source outside of you. As you raise your awareness and consciousness, you begin to wipe out that misperception.

Responsibility = Response Ability

The simple truth is this: If you do not take responsibility for all that you experience, you effectively give away your response ability. If you believe that things are happening to you, caused by an external source, then that belief will prevent you from seeing how you can respond to those things.

Responsibility does not mean guilt and blame. In fact it never does. It is not related in any way. Responsibility simply means acknowledging that nothing you see or experience can be caused by a source outside of you, therefore you are the source of all you see and experience. It takes great learning and maturity to clearly see this link. This software and book brings you scientific and spiritual evidence of this to make that easier for you to see. But once you see it, you will

feel the tremendous freedom, not weight, of responsibility. You will recognize that you can never be victimized - unless you accept it. Nothing can be forced upon you by anything or anyone - unless you accept it. And you can call forth whatever you choose.

You now know how this universe is a dance of energy that vibrates, attracting to it similarly vibrating energy. This is how you create your experiences. Now, take this in:

No one can vibrate for you!

No one can vibrate for you. This is such an important statement. Look at it again. In view of this, how would you re-evaluate your life?

Responsibility is seeing this clearly, and then accepting responsibility for you. Once you accept responsibility for yourself, you gain response ability, the ability to respond to your environment in any way that you choose to.

What about Other People?

Sometimes you may desire that another person behaves in a certain way. Is this a worthy goal? Well, these statements will help you answer that for you:

You cannot control what another person chooses to experience.

You cannot vibrate for another person.

You cannot possibly infringe on another person's free will.

Nothing another person sees and experiences can be caused by a source outside of them.

You can only choose how you will interact with what they choose to experience. You do not have to experience their experiences. By your clearly chosen vibration you can experience your own selected experiences independent of what they choose to experience. If you do not wish to experience certain experiences of another person, the best way to avoid experiencing these effects is to not resist them, to not push against them, to not give them any attention and thought at all, to not join in that vibration in any way, to simply allow them to be without judging them.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, do you accept responsibility over whatever is in your life or are you looking at yourself as 'victim of circumstances'? Write down exactly how you feel about this issue in relation to this goal. Over the coming days,

review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Satisfaction and Joy

Always, at all times, feel joy. Find something to be joyful about, to be happy about. Find something to feel satisfied and grateful for. Not in your memory, but in the present moment. Look around you and within you and find something in the present moment to be grateful and joyous about.

It has been said that the word joy, love and God all mean the same thing. Only Love is Real, the natural state of Love is Joy. God creates by extension of Thought, and that expansion is called Love. You are an extension of The Source, God, and are created in Its image and likeness. You create by extension, in the same way. Fear is actually a contraction, only capable of making things up, but never creating. Only Love can extend, and its nature is Joy. This is why the manifestations of your desires happen in your moments of joy. This is when the universe is most actively working to bring your desires to you, and this is when you are in the best state to receive them. It is very hard to receive them when you are not in a state of satisfaction, gratitude, joy.

The only reason for Life is Joy.

Life, on all levels and dimensions, was created to enjoy Itself. That is the only reason, and no other. Yes, every soul has a purpose and a growth path that is different and unique to it. Yes, these are many and varied. But for all of them, the reason behind them is Joy. The One Original Force created all this to enjoy the experience of Its Infinite Being. Whenever you are not in joy, enjoying, you have chosen a false thought that contradicts Who You Really Are, you have chosen a limiting thought that says you or another being is less than Perfect, Eternal, Powerful, Loving, One with everything, and so on. You have chosen to believe in attack, separation, limits. And in such a state, you contract instead of expand.

The essential nature of Life is Joy. Joy is what Life is made up of and vice versa. It is the natural state of all beings. Anything with life (and everything has life) has joy as it's natural state. It is how we are born as children, with a natural ability to live life with carefree abandon and joy. You can re-capture that nature and extend it.

Happiness is a decision. Decide now to be of the state of happiness, and all else will follow.

Happiness is a continuum of moments that are not resisted. If you resist a moment, you will not be happy with it. Also, what you resist persists, what you

accept and bring into your light reveals itself and lets go of you. Unconditional love, acceptance, detachment, and tolerance – all these lead to happiness.

Choose to like yourself, to love yourself. Scream aloud several times, 'I LOVE MYSELF!' and do it convincingly! Just make the choice, now. Do not complicate it. It is a simple choice. What if there is something about yourself that you do not like? Start liking it, and then change it. See, what you resist will never let go of you. If a person told you not to think of the color red, you will find yourself thinking of the color red. Whatever it is that you do not like about yourself, stop resisting it. Instead, accept it, bring it into your light, love it, and look at it calmly with detachment. Smile with it and befriend it. It will then reveal its secrets to you and let go of you. But you must continuously choose to like yourself fully at all times. This means that you start thinking about the thoughts you have about yourself. Whenever you get a thought about yourself that is negative, end it instantly and go positive. Be deliberate in thought. You become what you think about most often. If you think unloving thoughts about yourself, you become an unloved person. Both your and other people will be unable to love you. It is very simple. Choose well, for it is all within your power to the extent that you choose clearly, consistently, and believably. If you consistently think you are ugly, unwanted, unable to do this or that, it will be so. The universe will conspire to make the powerful thoughts that you have of yourself to become true. The conditions to make them true will arise. Change your mind, and change your world. Choose well.

Change your mind. Start seeing how good things really are and you will have joy. Look at the light and you will never see the darkness. Change your mind; change what you think you see. You can be looking at the same thing and see a happy picture instead of an unhappy one. See the good in everything. See the magic. That is what happy people do.

Joy is what happens to us when we allow ourselves to recognize how good things really are. – Marianne Williamson

Cherish and nurture your freedom, and let others have theirs as well. Practice unconditional love for yourself and for others. Freedom and love – these are the keys to happiness. Do not cut your freedom short, nor cut another's. True and unconditional freedom and love are the flames that fuel creativity, trust, growth, and expressional of spirit, hence joy. It is important to understand the nature of unconditional love and freedom. Love and freedom that comes full of conditions goes against the only constant in the universe: change. Every moment, things change. Change is growth. Conditional love resists change; it is a love of an idea, not a person. It is the love of a past known moment and not a future unknown moment. It is full of fear that the conditions will one day not be met. That fear attracts the very thing that is being feared. This is evident all around our world today. Finally, yet importantly, conditional love and freedom takes away the power to choose happiness no matter what the event is. Happiness is a choice. People who understand this are able to face any situation with joy. Conditionality makes it harder for you to do this. To be happy, start to understand and practice unconditional love and freedom. Start to enjoy watching others grow as they choose to grow, not as you choose them to grow. Start to enjoy the unknown

moment of the future, and stop clinging onto a past known moment. Start creating instead of reacting.

It is possible to experience joy no matter what your outward circumstances. The way you get to that point is by holding the intention to always feel joy in your heart and mind. Actually put your attention on your heart space and feel the joy, hold the intention. Emotions are always the result of thought. You can train your mind to be of this state no matter what. It may take a few weeks to get into the habit of being deliberate in joy, and when you do you will notice that everything runs a lot more smoothly for you because that is your new vibration. Joy is the highest vibration and it attracts conditions that perpetuate it. It is a cycle, in which you choose joy, and it brings you joy.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, do you hold a vibration of satisfaction of joy right now or are you feeling unsatisfied and waiting for 'happiness in the future'? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Self-Acceptance and Self-Approval

Keep in mind that this universe works by the law of attraction. It brings forth experiences that match what you are vibrating to.

If you are not accepting yourself as you are right now, you are sending out a vibration that says "I am unacceptable". And this is what you will attract, situations and experiences to match that.

Many people walk around thinking "I am unacceptable right now, but when I lose weight (or make money) I will be acceptable". They then wonder why they cannot seem to lose weight or make money. It is because they are sending the vibration that perfectly suspends the conditions that maintain the not being acceptable because of not having this or that! It is a perfect match!

You must first love yourself as you are, accept yourself as you are, and approve of yourself as you are, now, here. Then you will automatically attract the weight loss, money making, or whatever it was you desired, without sabotaging yourself.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, do you approve and accept yourself as you are right now? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Should's and Should Not's

Any time you feel "I should be doing this or that, but I am not" or "I am doing this or that but I should not", you are declaring yourself guilty.

Guilt is another way of saying "I am guilty, so I am worth little and I deserve to be punished". Guilt is the opposite of love, it springs up from fear. Guilt and love are totally opposite. That contraction you call fear is the origin of guilt. It is a contraction, while love is an expansion.

Nothing harms your efforts more than guilt. Guilt is one of the most negative vibrations, because it calls for punishment. If you feel guilty in any way about money, you will attract what you term as financial punishment. If you feel guilty in any way about sex, you will attract what you term as appropriate punishment. See how it works?

Should is a mental construct, an attempt to lay guilt on yourself or another person based on some judgment. It doesn't exist as a reality.

Drop all should and should not from your vibration. It is not helping anyone in any way at all. That vibration is simply calling forth struggle. If someone says to you "You should..." just thank them and ignore that statement. Who says you should? On what ultimate authority? Where did they get that idea from? What is is what is. You just can't go about saying it is but it should not be. There is more on this topic in other parts of this book such as the parts on guilt and on judgment.

For now, just drop should and should not from your vibration. It doesn't help. You either do a thing or you don't. But if you do it, then don't criticize yourself. It is done. Change if you like, but forget the "should not" criticism. And if you don't do it, then don't criticize yourself. It is not done. Change if you like, but forget the "should" criticism.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, do you feel as if you should be doing something you are not, or you should not be doing something that you are? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Strength & Power

You are a powerful being. You are an extension of the Creator. It is safe for you to feel powerful.

The only way you can lose your power is if you give it away. For example, you can give away your power by believing you are less than powerful without a particular thing (e.g. some people feel they are worth nothing, that they are weak, when they have no money).

If your self-worth and sense of power is tied to anything external, you have given away your power. If you have given away your ability or right to make decisions, you have given away your power.

If you have given away your power, you cannot create. Take back your power. Affirm to yourself that you are fully powerful, fully worthy, regardless of external circumstances. Feel this totally. Affirm it again and again until it feels natural to you.

You must vibrate from a point of power, of self-acceptance and self-worth at all time, if you wish to achieve rapid manifestation of all your desires regardless of your current state.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, have you given away your power to an external thing or person? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise

catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Success and Conditions

Conditions

Einstein and other brilliant scientists have show to us how the space-time continuum really works. We now see how everything, the past, present and future, all exists in an eternal moment of Now. But being little participants within this moment, we experience a sensation of time as we pass other participants in that continuum.

As we see in quantum physics, the quantum 'soup' is quite literally all these things and options that can possibly exist existing all at one go. In other words, everything you can possibly imagine, and more, all exists already and it exists at this moment of Now. Everything! So a wealthy you and a non-wealthy you all exist simultaneously, but you are experiencing only one of them, you are conscious, awake to, and aware of one.

Ok, it is time for you to put your thinking cap on. Here we go: If everything exists all at one go, right now, can you see how conditions do not exists as real properties of the universe? If all possible outcomes exist, how can there be a condition against certain outcomes existing, when they already exist! Look, just a moment ago, you read the last sentence. You have already read it. How then can there be a condition that you have not read it when you have already read it? It is not possible. So, because everything possible, everything conceivable, already exists, it is not possible for a condition of it not existing, against its already-existence.

Your being wealthy already exists scientifically and spiritually. All you need to do is shift your awareness, your consciousness, to that part of your Self that is wealthy. There are no conditions of that part existing – nothing can stop it from existing, because it already exists. But you can create other outcomes that look like conditions. For example, another thing that exists but you may not be experiencing it is you being not wealthy materially, you feeling procrastination or feeling out of time, you going to the casino and getting a gambling habit, being in a poor country, having no education, and so on. All these are independent existences that are the opposite of wealthy existence. But just because they exist does not mean that the wealthy existence does not exist or exists depending on these other existences.

People make a mistake of saying 'well, if I was born in a wealthy family, or in a good country, or with this gift or that knowledge, or if I went to that college or had that thing happen to me, I would be wealthy'. They assume that wealth has a condition. Yet, what they call a condition is actually another independent existence. In other words, you can get to wealth with or without having to pass

through the so-called condition. You do not need to fulfill these conditions to get wealthy. But when you believe in conditions, then they will be there. There are a countless paths to wealth, and conditions are just one of those paths – it is your choice whether or not you wish to go through conditions. Even time, which looks like a condition, is not a condition. People think you need a lot of time and age to get wealthy, so it happens that way for them, but it does not have to be that way.

Everything that is conceivable exists – you can only understand this if you understood the nature of time, quanta, and spirit. Conditions are not if-then statements that separate having and not having. They are just another outcome out of an infinite number of outcomes. They do not exist as conditions – they exist as just another possible existence. You do not have to pass through them, but if you believe in conditions and you create them, then of course you will experience them.

The important thing to know is that, even scientifically, conditions do not exist as if-then statements, as requirements that you have to go through, or as traps that you are born in and must stay in, or as things you can only get out of using certain actions and getting certain help that is outside of you. Conditionality does not exist. We have designed conditionality on our own. What you call a condition is not a condition – it is just another one of infinite possible existences, and it does not exclude you from having another existence.

Success

You have never failed and can never fail!

That is the most accurate statement when you understand it. The universe works by the laws of attraction and cause and effect that never fail. Whatever you think and feel attracts experiences to match that. This is the way in which you come to know your thoughts and emotions experientially. You cannot experience thoughts and emotions without a physical realm or dualities, such as that you find on Earth. This is the purpose of Earth, an experiential field where you learn to be a deliberate and conscious creator.

The laws of attraction and cause and effect never fail. Even that which you call a failure was a situation that was brought about by yourself at some level, conscious or unconscious. Nothing you see or experience can be caused by a source outside of you. Now put all this together and you will see how you can never fail! You have never failed! You have never failed to attract exactly the experience that matched your thoughts and vibration! Never failed! And your thoughts and vibrations are totally under your control. No one can make you think or feel anything unless you accept to. You can always say “No thanks, I will go this way instead, with my own thought and emotions and not the ones you are bringing to me.” Your feelings are always up to you. See, it is all within. You have never failed and cannot ever fail. You were designed to always call forth exact matches of your thoughts and vibration.

All of life is a success full of successive moments.

'Failure', when used without fear as a learning process, is what eliminates weakness and builds strength in thought and character. This new strength in thought and character is essential and critical to the future success that you seek. 'Failure' is truly a successive moment, a moment of success in its own right. Through 'failure', one learns how to succeed, and how eventual triumph tastes like, for how would you know how to relish the sweet taste of triumph if you did not know how 'failure' tasted? And how would you know how to arrive at your intended triumph without the tools designed to get there? All failure, all suffering, is simply an indication of an error in thought. When you look within you to find the error in thought causing your suffering, always look with humility so that your ego does not interfere. Look with sincerity to find truthfully. Look with no self-pity or mercy - call a spade a spade. Remember, it is a private exercise; no one else will know and ridicule you so feel free to be precise and honest with yourself.

The most common cause of 'failure' is the lack of clear and focused goals and visualizations. The universe, Life, literary lacks something to work with, so it does nothing. Life is images of the mind, expressed. And without images, there is no expression.

Putting It into Practice

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With regard to this goal, do you feel successful no matter what, knowing that all steps are outcomes of your thoughts and are there to take you to higher levels of understanding? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Surrender - Letting Go

All things resolve themselves when left alone. A major benefit of letting go is that you get a chance to experience the equilibrium nature of the universe. To put it simply, all things tend to resolve themselves when left alone. The universe has a restful state, and that state is fully that of love. In other words, your well-being is assured. Anything outside of that is a fearful perception that builds upon illusion. It is not Real, for nothing Real can be threatened, and nothing unreal exists. That is where your wellbeing is assured, and this is what defines the indestructible peace of God that is very much an inalienable part of you.

Let us start with this Universal Law and then see how your negation of it causes the illusionary perceptions we just mentioned above.

The way it works is simple: *All* things resolve themselves if allowed. *All* problems fix themselves when allowed. That is the *nature* of Life, and you cannot change it. So how come problems still seem to happen and stay for a period of time, longer than you may be comfortable with?

Look again. Why do you have your set of problems, and not those of another person? If you are a business person, why do you have business problems, instead of, for example, a teacher's ones? Of all the possible problems on this planet, why do you seem to have problems that are intricately related to whatever it is you give most attention to? Take two minutes to observe this fact. The bulk of your problems are in subjects that you have most of your attention in, and you have just about no problems in things you have no invested attention in. What does this mean? Very simply, it means that we all create problems, consciously or unconsciously, because of the opportunities for growth that they present us. The only problem is that we forget to see this and we think we are under attack *by* the problem. No problem can exist without you.

No problem can exist without you. A problem does not have a life on its own; it must live through you. You hardly stop to realize that you can drop anything in your life in an instant if you so chose to. So, now we know that we create problems for the opportunities of growth they present us. We are so good at it that we do it unconsciously. For example, a person interested in starting a business will not have business related problems before they start the business. But when they start, their shadow side, the part of them that beliefs in limitations and keeps telling them 'you are not good enough' tends to come out. It manifests itself as external events that force the person to confront this self-limiting belief head on. If they face this and redefine themselves, they become unstoppable. They realize that the power is within them and they know that whatever they put their mind to they will achieve. That is the gift of the problem - it gives them a training ground to eliminate beliefs that limited them. However, if they do not rise up to the challenge and instead fall into the problem with a feeling of helplessness and victimization, they remain in their current state. In fact, the problem keeps recurring, always giving them yet another chance to drop their false limiting beliefs that they hold as "truth". As long as they believe they are limited, Life cannot fully express itself through them. They must clear that belief.

Now, as you can see, we create our own problems through our unconscious and conscious mind.

This brings us to the next point: All problems, all things, resolve themselves when allowed to. Your mind's activities are the ones that brought those problems up. Nothing seen or experienced can be cause by a source outside of you. This is demonstrated by quantum physics and repeated throughout our world's spiritual teachings.

The reason why your problem hovers around you, or why delay of gratification hovers around you, is because you put it there with your worrying and anxiety. The universe by nature will fall back to loving equilibrium, but it can never go against your free will. As long as you keep adding problem thought into the situation, you will experience problems. The universe works by attraction, always. It is all one big field of various compositions of energy, and energy vibrates at

various frequencies. Similar frequencies resonate and attract each other. Your vibration state, how you feel and think about a thing, is what attracts situations around you that match your vibration. And this is how your “truth” is reinforced, and your “evidence” found. Simply let go, allow, and everything will resolve itself.

Be anxious over nothing. That worry and anxiety is the state of vibration that is attracting and maintaining the problem. By the Law of Attraction, you are creating your own “proof” that things do not resolve themselves whenever you remain anxious and worried, or in any negative state.

Now that you know this, how do you change it? You simply start watching yourself, watch your thoughts and emotions, and whenever a negative emotion or thought comes up, simply let it fly by and dissolve back into the depths of the mind. By nature, all thoughts rise and fall, *if* left alone. Don't get entangled in the negative thought and emotion. Don't in any way participate with it, energize it, give it attention or add to it. Just watch it calmly, detached, and in a moment it will just cruise past and be gone.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, have you let go? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Thought

Your thought are an amazingly powerful creative force. They are the ones that trigger the Original Source to produce a particular event out of its infinite depth of endless possibilities. That is the extent of their power, that whatever they say is acted upon unfailingly. It is therefore very important to learn how to handle thoughts so that you do not find yourself in a mess every now and then. It is the path to living by design and not by default.

First, know what thoughts are. We already know that they are made up of energy (they *are* energy). We also know that they are the activating agent of The Source of Creation, they are the ones that command the creation of an event from the Creator. You know what they are made of, you know what they do, but what are they?

Thoughts are simply the very nature of the mind. They are simply the natural thing that rises and falls back into Mind. To make this clear, look at the ocean. Waves are the very nature of the ocean. As long as there is an ocean, there will be waves that naturally rise and fall back into the ocean. Some waves are big, some small. Some are violent, some are not. Either way, the ocean knows to let them all be. No worries. The ocean now knows that it is not affected by the waves, and so it can watch them with detachment, not having to panic that a particular wave is too violent or whatever.

Your mind is like the ocean. Simply because it is mind, it will have thoughts rising and falling back. The problem comes in, with us humans, when we forget this very simply clear arrangement. We see a negative or scary thought come up, and we panic, we treat it as a problem and even hysterically start to react to it as if it was a real event occurring in front of our eyes. It is time for a new way.

The new way is this: remember that by its very nature, a thought will arise from your mind, and after a short while it will dissolve right back. If you do not do anything with it, if you leave it alone, by its nature it has no choice but to arise and fall back into the depths of your mind. All you have to do is remember that you are not your mind. Your mind is a tool, a tool you use to create your realities. You are actually an observer behind the mind. You watch it as it works. When a thought comes up that would previously alarm you, this time watch it with love, knowing it is just rising and, as long as you don't impulsively react to it and you are patient, it will fall right back into the depths of mind without harming you in any way.

Love your mind. It is a beautiful tool. But remember, you are not your mind. You are a silent force behind the mind, much greater than the mind. The mind is your creative tool. When you forget this arrangement, you are likely to panic at thoughts that scare you. And when you do, you latch on to them, energize them, keep repeating them in your head, play out entire scenarios of doom, and eventually create the very thing you feared, simply because you put so much attention to it. Whatever you put your attention to grows. It is simple quantum physics. Quantum physics proves that nothing can exist without the attention of an observer observing it. The word 'manifesting' literally is derived from the phrase 'to invest your attention in'.

The mind is to be loved, but not necessarily believed. What this means is that your mind has the creative power, but it is not the determiner. There is One behind Mind, and that one is You, your Self, that determines what goes. You are your Truth. Your mind will create whatever you say. However, when you forget the position of mind and you, you can be carried away and 'owned' by your own very powerful creation tool, mind. The mind is to be loved, but not necessarily believed. Believe yourself, use and love your mind.

Your mind is in training. You are learning, through the long-term evolutionary process and everyday short term events, to be a fully realized creator. This is the whole point of evolution - waking up. You are a localized point of experience of All That Is. All you do, at every moment of your life, is create and have experiences. No matter what labels you put on events in your day, they are all experiences of various formulations of energy. You are a localized point of experience of All That Is. In other words, you are God's Information and you are learning to be a master

of creation, you are Gods In Formation, made in the image and likeness of The Original Source.

As you can see, your mind is in training. You are now learning to detach from your mind, body, and so on. As you start to see that the mind is a tool that you can control, not a thing that swings you wherever it wants at its mercy, you start to develop certain calm. You see that you are the silent observer behind mind. You start to notice that your mind follows your state of being. When your state of being is happy, your mind tends to throw out happier thoughts. When your state of being is turmoil, your mind tends to increase its activity in generating negative thoughts. Then you realize that you are always able to choose whatever state of being you wish to be in. you then start to see that you are having no difficulty with your thoughts. In the past you may have fought with them, but now you have absolutely no difficulty with them. All is well.

At this stage, you see that:

- Your thoughts are very much in tune with your being, which you determine the state of its being
- Sometimes a thought will arise that you would previously have classified as negative and fearful. Now, you allow it to arise. You accept it, watching it as a loving parent that knows its child is still learning. The mind is now your child, as you now know yourself to be the Self Beyond Mind. So you lovingly give acceptance to whatever arises, knowing that it will naturally fall back within a few moments. You stop grabbing and obsessing about thoughts, fearing and energizing it, making it worse.
- You then start to see that even that which you classified as 'bad' and 'fearful' is just an energy construct that is not naturally 'bad' or 'fearful'. It is just an arrangement of energy. Nevertheless, you, for some reason, have labeled it as 'bad' and 'fearful', and it therefore terrifies you and grabs your attention. Another person may not even notice this particular arrangement of energy, let alone fear it. You start to see how even that which you previously feared can be transformed into harmlessness by merely allowing it instead of resisting it, watching it with detachment and love, and dropping that old label.
- Finally, you start to clearly see how you are always safe. You start to see how you have never failed. You start to see how those events you previously termed as failure arose as a natural result of mind activity. You see that you can never fail to realize the sum total of your thoughts. You have never, ever, failed. By Law, whatever crosses that mind and is then fed attention, will be acted upon exactly by Clear Light. And you have never failed in this aspect and cannot possibly fail. You then start to see that your failures were not failures in ability, performance, deservingness, and so on. They were simply a 'failure' to understand who you are and how you and the universe works. They were an error in perception.

So whenever a thought comes up, don't think about that thought. Don't analyze that thought, and then analyze that analysis and keep that going. No. When a

thought comes up, just let it be. It will breeze right by and out. Let them all be. Don't think about them. Just watch them. Give attention to only the ones you wish to move further, to develop and materialize into the physical. Give attention to only the ones you wish to experience.

To the extent that your thoughts are not conscious, deliberate and focused in any topic of life, you will be affected by the outcome of the thoughts of other people. And to the extent that your thoughts are clear, focused and non-contradictory, your results will be sped up. A few people are able to perform what many people would call miracles simply by thinking only one way and strongly about a thing. The idea that the outcome of their intention may not happen as they wish it to happen does not even occur to them for a split moment.

Suffering is always the result of an error in thinking. It is an indication of being out of harmony with the laws of the universe. The only purpose behind the existence of suffering is to show a person when a thought is in error and alert them of the existence of a higher thought that would serve them better. Suffering stops as soon as that higher way is found, that higher thought. In the presence of suffering, try not to resist. Instead, examine with an open mind, and the answer will always show itself to you without fail.

Be specific and do not keep changing your mind. All thoughts count and produce results. Changing your mind all the time 'confuses' the universe. Imagine walking into a travel agency and saying, 'I wish to travel'. Then you look at the agent blankly. He or she would be ready to make your reservation, but they cannot until you tell them where you wish to go. Imagine you now say, 'Well, I'd like to go to Moscow and Timbuktu, at the same time'. Again, the agent cannot fulfill that request. Now imagine you say, 'OK, then book me to Moscow. No, wait, Timbuktu. No, wait, Moscow. No, wait; I am not sure I can afford it. No, I can. No, maybe I don't wish to go there or travel at all.' This is how many people think all day. And the universe is 'confused' by their thoughts, just like the travel agent is, and it therefore produces 'confused' results for them.

Now here is something that might take some time to ring true. Understanding of this brings enormous power. Here we go: Remember how we saw that you are at cause over things that happen in your world. Those who have taken time to study and experience this know experientially that every person causes 100% of their world. Now, remember that thought takes time to manifest into the physical, depending on the subject matter. So, what then are you looking at when you use your eyes to see things? What are your eyes seeing? If you are at cause of all you see, and thought takes you time to manifest, you are obviously looking at yourself at various stages of your 'past'. Read that through again. It is all an illusion. An illusion designed to allow you to look at yourself so that you can create the next version of yourself, design your growth. What you see with your eyes is an illusion designed from various stages of your past. The real you, your Self, is very far ahead. Your thoughts right now are extremely close to the real you, dragging behind just a fraction. The real you is that which causes the thought, the wordless you from which thought springs, the observer, the soul. But that's another topic. Let us get back to illusions and how to use them to create wealth. The way to use this world you see with your eyes is to see it as your past and actively use it deliberately to observe your Self and see what to change and grow.

That is one way to use the illusion, which is a gift brought to you kindly so that you may know your self.

Present results are the effects of previous thoughts. In other words, when you look at the world today, you are actually looking at yourself as you were yesterday. The world at any present moment of now reflects your thoughts and state of being before the present moment of now. It is all an illusion. Use it as the illusion that it is and you will live wonderfully and richly.

Thinking has its position. Thinking is a tool, just as your arm or leg is a tool. You do not use your leg all the time. You only use it when necessary. The mind is a powerful tool. It makes many things possible. Yet, it is so powerful that it often takes over us. The mind should be used only when necessary. And it is only necessary about 10% of the time. Research has shown that about 90% of our thoughts are repetitive. Most of them are worries about the future or reliving the past. This is clearly unnecessary. The only real moment is Now. Escaping Now is the cause of much tension and 'failure' and trouble in our world. Your normal state throughout the day should be of no mind. You should be a watcher not a thinker. You should watch your mind. Just as you observe the things outside of you, start observing your thoughts as well. In this way, you cease to be under the control of mind. You stop identifying with mind and identify with your Self, the all-knowing being. You start living in the present instead of the past or the imaginary future. Your tensions fall away and your success blossoms.

However, do not judge your mind or curse it if you realize you have been under its control. It is a beautiful tool if only we learnt how to use it correctly. You already know how to use it. Use it only to make your intentions, to give life its appropriate images to bring forth new experiences into the moment of Now, and to work with things in your moment of Now (not five minutes from now, but right Now). You will start to notice that in the moment of Now, you never have any problems – you have events, but not problems. Problems exist in the mind, in your thoughts. As events, they just are events that happen and change as soon as they happen. In fact, mind is at cause of many of the events Now and their sustenance. All your problems, if any, are imaginary and in the 'future'. If you are still alive reading this book, you will know that you have never missed to get through the moment of Now. If you are here, reading this, then you never did fail a moment of Now, you never did fail to get through Now successfully. Even death, the ultimate fear for many people, is not a problem. Those who know what death really is also know that it is not a problem; hence, they do not fear it. Nothing in Now is a problem.

Nothing Now is a problem – you are designed to execute Now perfectly. But the minute you start worrying about the future, identifying with your mind instead of using it, you start having problems. Remember, the future does not exist. It is in your mind. Even when you think of the future, you think of it Now. When you actually get to it, you get to it Now, not then. At the time you shall actually be in your future, it will still be Now.

Be the observer of your thoughts. You are not your mind. Your mind is a powerful and beautiful tool, but never identify with it. Use it to think in the right way, and turn it off when you are not using it. In truth, you do not need to use it most of the time. Think about this: have you ever been in a life-threatening situation that just

popped right up in your face unexpectedly? What happened then? Your mind may have done some things, but it mostly shut off. Your Self, Being, took over and in a most intelligent way handled the situation in the best way possible. In any true emergency, when mind has no time to think about things, you usually become present in Now and it is never a problem when you do become present. In fact, you become extremely calm. Now here is the good news: you do not need an emergency to access this calm, supra-intelligence. You can learn to be there all the time, to be present all the time. That is true Being. Being is of no mind. Being is Isness, presence, awareness, consciousness, Now.

About Everything, Always Choose the Highest Thought

Whenever something comes to your attention, always choose to have the highest thought about it. Don't think of the negatives. Just see the God within it all. See the divine within your friend, within the grass, within your family, within everything! Remember that the truth is that nothing can exist outside of the Life Force, so all things are by nature divine. Keep this in mind, and have the highest thought about everything. From that position, all will go well for you because your vibration about all things will be high and expanding, instead of low, fearful and contracting.

Say you have experienced an event where you feel you were attacked and victimized. Maybe you even feel the "offender" deserves "punishment". No matter how you rationalize it, the bottom line is that whatever thought you hold in your mind will arouse a vibration within you that will in turn attract matching experiences to you. So whenever you catch yourself having a negative thought about something or someone, ask yourself "Does this thought, based on what I now know about vibration and the law of attraction, harm me or help me?" The answer is always that the negative thought will harm you because it will attract negative experiences to you. You cannot hold an attack thought towards another object without having that attack, in some form, comes into your own experiences. Forgive and see the God within all. Forgiveness is merely looking past the error, the illusion, and seeing the Truth, even when the other person may not see it in themselves. In you're seeing it in them, you free them to see it in them, and in doing so you raise your own awareness of the true nature of Who You Really Are.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, what is your thought pattern and content? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with

yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Time

Power in this moment of Now

The only moment that exists is Reality is Now, the Eternal Moment of Now. Tomorrow exists in your mind, a phantom world. Even when you think of it, you think of it Now. When it gets here, tomorrow will get here Now. Do you see that? Yesterday is a memory, a phantom world, that exists in your mind. You remember it Now, and when you were in yesterday, living yesterday, it was still Now.

Now is the only place where Life is.

Now is God's kitchen, so to speak. It is where everyone is, where all of Creation rests, and nowhere else.

It therefore follows that:

All your power is in the moment of Now. So Be Present lest you waste it!

This is the moment where your thoughts, emotions, actions, feelings, words and being are. Right Here, Right Now. So in this moment of Now, watch your feelings and thoughts. At every moment of now, you have infinite power to choose which way your life will turn to next. All things change, but the direction they change to is up to you. No one can take that away from you, not your parents, spouse, government and not even God, who grants you free will to move your life anyway you choose.

Now is your power point. But here is the amazing thing about now:

Your egoic mind cannot live in Now. Therefore, you must be out of mind to be present.

Have you noticed how your mind makes so much mind noise? And about what? All your thoughts are about the past and the future. Only very few human beings right now have put their willingness and intent to be in the present. Your mind's thoughts, your lower mind's thoughts, are all about the past and the future. Your lower mind, the ego, cannot handle Now. In fact, it attempts to remove you from Now because that is the only way it can perpetuate itself. By keeping you dissatisfied with your present, by keeping you worried about your past and future and totally blind to this very Instant, it takes power away from you and maintains itself. Your ego cannot live without your power, and it therefore tries its best to usurp that power by keeping you unsatisfied with yourself Now, giving you a promise of a "better" tomorrow that never really gets here because tomorrow the ego will come up with yet another tomorrow that will "fix" all your problems. The truth is, if you simply became present, you would be amazed by your own power. Ego knows that and hence it tries hard to distract you.

Now, where your feelings are, is where you have an opportunity to create. Remember, this is a universe of vibration, which sets in place the law of attraction. And the only place where vibration exists is Now. Take a few moments to take that in. *This is a universe of vibration. Your vibrations that you give out are what attract the perfect manifestation of that vibration. This is a scientific law that never fails and never changes. Vibrations only exist in the moment of Now. Hence, be awake and present Now, for it is the only place and time where you have power, unlimited power.*

What Is Time?

Time is a funny thing. A very funny thing. The biggest trick time ever played on us was to make us think it was real, and that we were under its full control. Yet, time is a complete illusion, a strong and persistent illusion.

What wonderful news that is! Time is an illusion created by you. Once you understand how this illusion is created by you, you then begin to re-create it as you wish, consciously and deliberately instead of unconsciously and accidentally as you may have been doing.

What is time? What do I have to do with time? How should I think and be about time so that I may experience wealth and other things in larger quantities faster?

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, depend 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

The wheels of time are mysterious. Time is a concept of mind. Without mind, there is no concept of time. Annihilate the mind. You will go beyond time. You will enter the realm of Timeless. You will live in the Eternal. – Sivananda

Do not dwell in the past. Do not dream of the future. Concentrate the mind on the present moment. - Buddha (B.C. 568-488)

According to Albert Einstein and others, time and space do not exist as separate entities. Time is not a separate thing, and space (made up of length, width and height) is not another separate thing. Rather, they are all one thing, a continuum called the space-time continuum. Try to understand this and use it. Do not believe in time as something separate from you that you have to go through as it dictates. If you do not take time to understand time, it will rule your thinking, your planning, your belief system, and your experiences.

Time is not a straight line that you have to walk through. Imagine it to be a network of tunnels under a city. To get from house A to house B, you can use any one of very many routes, some longer and some shorter. For example, in 1930, it may have taken 30 years of hard work to make a person rich. Now it can take 2

years or less. We have increased our wealth consciousness and certainty and this makes us take a shorter path.

Another way to think of the space-time continuum is as a sheet of paper that holds all possible events. Every event possible, everything, is on that paper. Then imagine yourself to be a pencil with an eye. Then imagine that this piece of paper wraps itself around the pencil. So, you are the pencil and you are fully wrapped in that paper that holds all events possible. But this pencil only has one eye, so you can only see the event happening on the piece of paper in the region where the eye is. The pencil's eye can travel up and down and around the pencil. It is a moveable eye that can go anywhere on the pencil's surface. The faster you move the eye, the more events you see. Now, imagine you can increase the size of the eye. The bigger you make it, the more events you see at the same time. Ok, one last thing: Imagine you can multiply the number of eyes on you, the pencil. When the pencil has more eyes, it sees more 'life', more events simultaneously instead of one at a time. When you increase the number of eyes and size of each eye, you see more in less 'time'. Ok, replace the word 'eye' in this whole explanation with the word 'consciousness'. An increase in eye size and number of eyes is an increase in consciousness, in being 'awake' to all that exists. That is what our evolution as beings is all about – increasing consciousness. Ok, so what is the pencil? Your Self, your spirit or soul, as you wish to call it. You are a timeless and multidimensional being, made in the image and likeness of The Source, God. And as you grow, you increase your consciousness and awareness of this fact.

A lot can be said about time, but this book will not go into details on that. *A Happy Pocket Full of Money* from www.imagesofone.com does. The key thing for you now to remember is:

Time is not a constant thing that you have to go through to get to a certain goal. You don't have to take 10 years to get rich, one month to be healthy, and so on. It is all in the mind. So free yourself, don't limit yourself with how long you think it will take. Nature can be much faster than that! Miracles are the compression of time. The amount of time you experience between desire and manifestation depends on your awareness, presence (not stressing out about the past and future), clarity of thought and certainty. There are no standard times. And miracles are your birthright.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, are you mostly present minded or are you constantly worrying about the future and analyzing the past, and do you see how the time it takes to get where you are going is primarily up to you? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of

consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Trust

Learn to trust the universe. It loves you more than you love yourself. It knows you more than you know yourself. It has infinite intelligence that is eternally active.

Yet, the amazing thing about trust is that once you learn how the universe works, you start to see how trust is actually not even necessary. You do not need to trust, because the universe will always work by its perfect laws, perfectly, all the time whether you trust it or not.

But, and this is very important, distrusting the universe is actually very harmful to you. If you distrust it, you will believe you are under attack. You will worry and actually attract those very same situations you are worried about. So if you find that you do not trust yourself and the universe, then you need trust. But once you have trust, you will see that it is not even necessary - your well-being is guaranteed!

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, do you trust yourself and the universe? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Vision

Without vision we perish. – The Bible

This is just a reminder of what you now already know. The universe only understands the language of vibration. The visualization you do should encompass emotion on all levels, as explained earlier. Life situations are images of the mind expressed. Without vision, life has no instructions to work with.

Do not just write down a goal and sit and wait. That isn't very powerful at all. You must visualize that goal in its fullness, involving (1) detail and (2) full range of experience such as reasons, emotions, how it feels, how it smells, what you will do with it, and so on. You must do so until it feels totally natural to you, until it feels as if the next natural step is for the manifestation to actually occur.

Are you visualizing in such detail?

And does it feel natural to you?

Does it feel like the next natural thing that will happen is for the goal to manifest?

Are you enjoying the visualization itself, just having a thrilling and exciting time with it, satisfied with playing with it, to the point where its manifestation is just a natural by-product that will just happen as it always does with all visualizations? The truth is that manifestation is the natural by-product of full visualization. It is how life works. So you don't even need to worry or concern yourself with it. In fact, don't worry about it. Are you so thrilled with gratitude when doing your visualization? If not, why not? You should be. I mean, you have a divine promise that guarantees that your visualization will naturally result in manifestation! So the visualization itself should be sweet, like a promise of a gift! That's all you got to do! Enjoy it!

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, do you have a clear vision of yourself as you will be after you manifest your goal? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Willingness

Willingness is an amazing thing. Nothing happens without your willingness on some level.

Nothing you see or experience can be caused by a source outside of you. And your free will is never interfered with. At some level, you must be willing before anything moves.

So, the simple question is: With regard to the particular desire or goal in mind, are you willing to have it done?

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, are you willing to have this goal manifest and are you willing to become the type of person who would have such a goal manifest? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Wisdom

Everyone has a built in inner wisdom. But they can only hear it if they quiet the fearful worries of the ego. It is that silent voice that never interferes but offers clarity beyond 'logical' thought.

Listen.

There is not mystery to it. Just listen.

You can feel it always.

But you have to stop talking to yourself and listen instead.

Wisdom is that knowingness that comes to you, directing you to the next step, always. You get that feeling, but often you choose not to trust it. Instead you trust the analysis of the egoic mind. Ego was raised from fear, an error, and all its conclusions can only result in error. Remember that your ego runs on fear - notice carefully the decisions it makes and you will see that they are all in an attempt to "survive" and "defend" itself. It acts as if your survival can be threatened. Your survival is guaranteed. It only looks like it is not because you believe it isn't.

Wisdom is that which shows you Reason. Reason is what gets you into the Truth of Who You Really Are. Reason is not analysis, nor is it logic, nor is it argument. It is simply the seeing of the truth. Here is a very interesting and funny analysis of Reason:

1. The fully insane do not see reason, for they do not even recognize its existence. They have chaos. They believe in their illusions and see them as truth.
2. The partially insane know reason, for they see its benefits and recognize there is a knowingness that they seek. They recognize that reason reveals to them knowingness. They have questions. They have started to recognize that there is truth and there is illusion, and they have started to drop their illusions and become masters of their illusions instead of slaves to them.
3. The fully sane do not need reason at all, for they have reached knowingness, and knowingness is complete and does not need reason. They have no questions, nor chaos. They see truth and use illusions for play, to experience what they choose.

Are you using wisdom?

Are you following that inner guidance?

Do you trust your intuition? Your intuition will always come from a place of love. That is how you recognize it. It will never scare you. Whenever you get a feeling that is fearful, know that this is not intuition. It is just fear masking itself as intuition.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, are you following inner guidance and wisdom? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Words

It is not the words that count; it is the feeling behind the words.

Some clarification is in order now. Words are a tool of creation. But it is not just the words themselves that are the tool. It is the feeling behind the word.

The universe does not understand or listen to words, only to vibration. But words do have a vibration to them, and hence they create. So it is not the word itself that

creates; it is the vibration, the feeling, behind the word. Every word has a feeling attached to it. And that feeling is specific to you.

To clarify this, let us look at the way you learnt each word as you grew up. Let us take the word 'happy', for example. The first time you heard that word, as a child, you begun to learn it. Perhaps you learnt it from your parents. As they taught you that word, you noticed their faces, their body language, and their emotions. You felt their vibration intuitively as they said 'I am happy!' So you concluded that happy means feels like joy. And if you were with parents who associate happy as a good thing without guilt, you picked that up as well. But if you were with parents who associated happiness with something that one should feel guilty about, then you picked that up as well. And if you were with parents that felt happiness is something that you struggle for, something that comes rarely, you picked up that vibe as well. Now, you always had the choice of accepting their feeling for the word 'happy', or creating your own feeling for that word. And throughout your life you have altered the original feeling and made up your own. So the word 'happy' does not feel the same for everyone. Each person has their own feeling for that word. And when they use this word, they attract their own unique conditions to match that utterance.

What are you overall feelings about other words? For example, what is your feeling behind the word 'sex'? Is it purely joyful and free or is it laced with guilt and shame? What is your feeling behind the word 'money'? Is it purely joyful and free or is it laced with difficulty, scarcity, struggle and limitations? How did your friends, teachers, parents, and others around you act and react as they said this word? Did you accept their feelings for this word? Are they good feelings or not?

The universe does not understand words. It understands only the feeling behind the words. You can always change the way you feel about a word.

You can always change your feelings towards any word. It is very important that you purify what you feel behind major words in your life, such as 'health', 'money', 'sex', 'friends', 'relationships', and so on. Purify them of fear and limitations and align them with love, abundance and freedom. It is very important to do so because your overall feeling is exactly what you will attract as manifested outcomes of the words you use in your thoughts, speaking and writing.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, enter your thoughts and feelings on this in the space provided. It will come in handy when you do your reviews, and it is also a great way to draw out your true feelings and thoughts on the matter so that you can examine them.

With regard to this goal, what words do you tend to use and what is the feeling you have behind those words? Write down exactly how you feel about this issue in relation to this goal. Over the coming days, review what you have written down - hindsight often reveals hidden fears and control issues and so on that you may not otherwise catch. This is an opportunity for you to draw out hidden issues. Anything that you face and put to the light of consciousness always clears itself out. Anything you leave hidden in the background grows and controls you. So

please do be open and honest with yourself here. Don't criticize or judge yourself. You cannot be wrong - you can only grow. Just be honest and open. That is all that is required.

Part 4

Step 1: Metaphysical Manifestation (4th Dimension or Mental Dimension Creation)

To manifest is to “invest attention in”. That is pretty much where that word rises from, what it means: To invest your attention in.

The best way to manifest your desire is to focus on it on an energy and thought level.

The bottom line is this:

Working directly with energy and thought for even just a few minutes will do more than doing only physical work for months! That is just the way the system is set up. The physical action is the final part of creation and if you use it as if it is the first part, you will waste a tremendous amount of energy for meager results! Energy and thought level work brings tremendous results effortlessly.

How Long Do You Do Visualizations For?

Once you have captured that total feeling of the desire, including the visual, emotional and other aspects of it, you should hold it and play with it for at least 17 seconds. That is about how long it takes to start achieving vibration harmony between yourself and the goal. It is also how long it takes to start a chain reaction of matching thought. Each 17 second increment brings along a new chain reaction. Not only that, such focus puts you in contact with the pure source of creation from which all things arise.

If you can hold a thought for 17 seconds, without contradicting that thought, you will have done an amazing amount of creation. Without contradiction, any thought held for 17 seconds reaches a tremendous creative point. If you hold the thought for a further 17 seconds, without contradiction, you geometrically multiply that creative power. The point to remember is that you should not throw in contradictory thoughts in there.

Any conscious or unconscious, intentional or unintentional, thought held un-contradicted for 17 seconds reaches a point of tremendous creative power. The same thought maintained un-contradicted for 34 seconds increases that creative power geometrically. 51 seconds is geometrically more powerful than 34 seconds, and 68 seconds is geometrically more powerful than 51 seconds.

For best effects, hold it for just over a minute (68 seconds, to be precise, which is 17 seconds x 4). You will be amazed at how fast your results will appear to you if you hold a thought un-contradicted for at least 68 seconds. The problem with most people is that their mind has been allowed to act like a drunken monkey, jumping from one thought to another without any direction or intent. Most people hardly reach 10 seconds on one thought, un-contradicted, except when they are anxiously worrying themselves into a fright.

Once you have achieved this harmony, the manifestation is on the way. It is. That is just how it works without fail. It is scientific and spiritual and cannot be altered. Physical manifestation must happen once vibration harmony is achieved, whether

it was achieved consciously or not. So all you have to do now is wait, have patience. Lack of patience introduces a new contradictory vibration of “I don’t have” and this will slow down or even block the original manifestation of your desire.

And now you know something new: If a thing has not yet physically manifested, you can cancel its manifestation by changing your vibration and holding a new one that contradicts the first one. This is yet another use and reason for time. Time is in place to allow you to learn to be a deliberate creator. It gives you an opportunity to change your mind before experiencing the effects of your thought. This is especially a great way of learning to maintain pure positive focus and learning to eliminate unconscious negative and destructive thoughts. Remember, we are all Gods In Formation and God’s Information at the same time. In higher dimensions with highly evolved beings, time is unnecessary and hence cause and effect are experienced instantaneously.

Repetitions

The following information on repetitions pertains to the first time setup of any new desire that you have.

The way to reprogram the subconscious is through repetition. Whenever you do something repeatedly, it gets programmed into your subconscious. How do the top sports people get where they are? They repeat a move over and over until it is part of their psyche, until all conscious and subconscious resistance to that move is erased, until it is a natural part of them and they can do that move without thinking about it consciously. In fact, that is how all training is done, from riding a bike, driving a car, singing, and so on.

Programming your desire into your heart space/assemblage point would follow this exact same procedure. The idea is to make your goal and desire part of your subconscious, and eliminate conscious and subconscious resistance to it.

Assuming you are a totally clear being, fully present and aware, and totally clear of the past, you would not need any repetition to have your assemblage point manifest your desire. All you would need to do is place your attention clearly, once, on your desire and it will be brought forth with amazing speed. The universe will find an infinite number of ways to deliver effortlessly.

But if you are like the vast majority of humans, you will not be that clear. You would therefore need a means to program your subconscious so that contradictions within the subconscious are eliminated and the conscious does not bring up obstructions either. The way to do that is through the good old repetition trick. Visualize your goal and desire with clarity as explained earlier. Feel it in your heart, see it clearly, feel it fully. The entire process is explained above. Now, let us talk about the repetitions. Repeat this process, each time watching for any contradictory emotions and thoughts that arise as you visualize and feel your desire. Whenever one arises, clear it out using the clearing instructions given elsewhere in this book and software. Then go back and repeat the visualization and feeling again. Do this about 25 times. If by now you feel that your desire and you are one, if you feel that it feels like the most natural thing to you and you feel nothing but joy when you think of it, then that is enough. Now all you need to do is

the daily quick morning and evening visualization until your desire manifests. However, if you still do not feel aligned in that way with your desire, repeat another 25 times, each time watching for and clearing blockages and negativity as explained before. And repeat again and again until you feel aligned totally. If that takes 100 repetitions, that is OK. Eventually you will be reprogrammed. Once you have clear alignment of your vibration and that of your desire, the universe will find an infinite number of ways to deliver effortlessly.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software (or a paper journal if you do not have the software), do the following:

1. For a new goal, click on the Initial Setup tab. Use the heart-space / assemblage point visualization technique on your goal as explained. This should be done with as many repetitions as is necessary to achieve clarity on a conscious and subconscious level. The point of the repetitions is to find and heal conscious and subconscious negative thoughts that contradict your goal. Once you feel totally in harmony with your desire, you do not have to do any more repetitions. For some goals, this may take just one repetition if you are totally clear and un-contradictory to the desire. If you have no thoughts and feelings that contradict your desire, just one go is enough - you do not have to repeat. For some goals, it may take 100 repetitions, depending on your beliefs. Use the repetition counter to keep track of how many reps you have done. Each rep should last as long as it lasts before contradiction comes in. once contradiction comes in, resolve that using the other parts of this software. Finally, when you have no more contradictions, do one final repetition that lasts 68 seconds. In other words, visualize your desire, feel it, for 68 seconds. Don't think about the time while you are doing this, because that will bring in anxiety. Just use the timer on the software, click go, and start visualizing. Stay with that visualization, playing with it and feeling it, without contradicting it, for as long as you like. When you are done, open your eyes and see how long you took. If it was less than 68 seconds, at least now you know how long 68 seconds feels like. Close your eyes again and start again (reset the timer on the software) and do it longer until you feel you have gone beyond 68 seconds.
2. Once you have completed the initial setup for a goal, you can keep the manifestation coming in faster by doing one of the given visualization and creation techniques once in the morning and once in the evening, just before going to bed. Your mind does a lot of creative work in your sleep and doing these visualizations before bed will subconsciously set the mind for creative work in your sleep. So every morning and evening, select your favorite creation technique from the tabs given in the software (Heart-Space/Assemblage Point, Energy Ball, Active Grounding, Theta). Visualize your desire with your chosen technique, feel it, for 68 seconds. Don't think about the time while you are doing this, because that will bring in anxiety. Just use the timer on the software, click go, and start visualizing. Stay with that visualization, playing with it and feeling it, without contradicting it, for as long as you like. When you are done, open your eyes and see how long you took. If it was less than 68 seconds, at least now you know how long 68 seconds

feels like. Close your eyes again and start again (reset the timer on the software) and do it longer until you feel you have gone beyond 68 seconds.

Manifest through Your Heart-Space / Assemblage Point

(Note: If you are using the Prova LifeGoals Effortless Achiever+ software, your goal description and essence will now be showing in front of you, along with images that help you visualize)

We have already seen about the power of the heart. It is now time to use that consciously. It is actually amazingly simple.

1. Start by breathing in a relaxed, deep manner, from the belly. This has two effects. One is that it calms you down. Secondly, it puts you in an inspirational mode. Breath has many qualities, including giving life. Other than being your life support, rhythmic deep breathing also connects you with your inner self. It also is a communication medium between you and the “rest” of the universe, something that most westerners find hard to believe at first. It is also one other way that energy comes into your body. Anyway, get into a good deep breathing rhythm. Once you settle into it, maintain it over the remaining steps that follow.
2. Next, put your attention in your heart space. Feel it open up and feel that power build up. Just by placing your attention there and feeling gratitude for it and love for yourself will release it. You will start to feel that warmth, that build-up.
3. Visualize your desire in full detail, incorporating all sensory experiences. See and feel how it would be like manifest that desire. Live it in your mind’s eye.
4. Next, place that visualization into your heart space. Let it stay in the heart space for a few moments. Feel the love for your desire and its manifestation. Feel the love both for the un-manifested desire, and the manifestation itself. Feel that unity between you and the desire, and its manifestation. This is the key, feeling that juicy bond with the desire. Wrap it in love, acceptance. Feel this for at least 17 seconds, preferably for 68 seconds or more. 68 seconds will give you a tremendous multiple of an effect over 17 seconds. Under 17 seconds is OK, but not miraculous. You are working with energy here, my friend, and it moves in “leaps”, quantum leaps actually, and 17 seconds of uninterrupted and un-contradicted focus on your desire will work miracle, but 68 seconds will absolutely amaze you!
5. Put your attention now to your Higher Self, or God, and give it over and gratefully say to yourself something to this effect: “I command that this be done to the best and highest good of me and everyone else involved. Thank you. It is done.” But don’t just say the words, feel them! Feel the command, feel the gratitude, feel the excitement of knowing it truly is done and by natural law, it will happen. The vibration you give out counts! And don’t be afraid to command. It is your birth right. You are worthy of commanding. This is not demanding, it is commanding. There is a big difference. So command!

Manifest Using the Magnetizing Technique

(Note: If you are using the Prova LifeGoals Effortless Achiever+ software, your goal description and essence will now be showing in front of you, along with images that help you visualize)

This is a highly effective and recommended technique. (It is adopted from various wonderful books written by Sanaya Roman.)

This one focuses on the direct use of vibration and energy by having you vibrate and attract your desire, feeling the essence, as if you were a magnet (which, scientifically and technically, you are!).

1. Start by breathing in a relaxed, deep manner, from the belly. This has two effects. One is that it calms you down. Secondly, it puts you in an inspirational mode. Breath has many qualities, including giving life. Other than being your life support, rhythmic deep breathing also connects you with your inner self. It also is a communication medium between you and the “rest” of the universe, something that most westerners find hard to believe at first. It is also one other way that energy comes into your body. Anyway, get into a good deep breathing rhythm. Once you settle into it, maintain it over the remaining steps that follow.
2. Next, put your attention in your heart space. Feel it open up and feel that power build up. Just by placing your attention there and feeling gratitude for it and love for yourself will release it. You will start to feel that warmth, that build-up.
3. Now think of and visualize the form and essence of your desire. Spend some time seeing this in your mind's eye and feeling the essence, getting familiar. Walk into the visualization and experience it as if you were standing in it, then “zoom out” and see yourself in it as if you were an observer. Then go back into the vision and see yourself living it, see yourself as you would be if you had just achieved that desire or goal. Feel the entire range of emotions, essence, that you would feel when you achieved it.
4. Now, remember that you are an energy source yourself. Imagine now that you have a coil that goes round and round, beginning inside your body at the solar plexus and expanding outwards and upwards. Imagine that when you move your energy through this coil, you magnetize it and you become highly magnetic yourself. (You really are magnetic, anyway, but this visualization of a coil helps the subconscious work on this level better). Now start moving energy from within you, your unlimited energy source that is connected to your Higher Self and All-That-Is, and move this energy into the coil from your solar plexus area and round and up through the coil.
5. Now think of what you wish to magnetize and attract (your desire or goal), and feel what size of a coil you need to create to effectively magnetize that desire. Try various sizes and pick the one that feels best for you. Now vary the intensity of the energy you are pumping through the coil and settle for

whatever intensity you feel is best to magnetize your desire. Trust yourself - you will know what is best.

6. You are now a highly powered magnet on an energetic level. This is because you are consciously placing an intent of attracting the desire you are visualizing and feeling the essence of, and using your energy to pull this in. energy always follows intent so be assured that this is actually what is happening.
7. As you keep magnetizing and bring your desire closer to you, feel where you wish to bring it into your energy. You may wish to just spread your desire all around you, or you may wish to draw it into your hand, or pull it to your heart or even imaging a cord linking your mind, heart or throat to your desire and pulling it in.
8. Now imaging the events that would need to happen to bring about the manifestation of your desire. You do not need to know all the events but you do have an idea of some of them. Visualize these happening. As you do so, visualize the time frame you feel most comfortable with them happening. Remember, you can expect miracles to the extent that you believe you deserve them. As you visualize these events, experiment with various times frames and see what feels most comfortable (no pressure) to you. Time is at your command because it is a product of your co-creation. So you feel for yourself how much time you feel these events would take place over. You can literally control the speed at which your desires manifest.
9. Now notice your breathing and posture. Adjust these two and see whether you increase you're feeling of magnetizing as you gradually vary your posture and breathing.
10. Keep doing this magnetism with the coil until you feel that the energy has naturally come to a stop, or is fading, or you just get a tug that that is enough. When it stops feeling natural and good, stop the magnetization. The system knows by itself how much is enough.
11. Finally, put your attention on your heart and ask your Higher Self how often you will require repeating this magnetization until your desire manifests.

Manifest Using the Energy Ball Technique

(Note: If you are using the Prova LifeGoals Effortless Achiever+ software, your goal description and essence will now be showing in front of you, along with images that help you visualize)

Remember that we said the heart, brain and palms of the hands are the three biggest producers and point of energy? We will now use this in this manifestation technique. Actually, it is not new. It has been practiced over the ages in various parts of the world by various civilizations and peoples, current and past.

1. Start by breathing in a relaxed, deep manner, from the belly. This has two effects. One is that it calms you down. Secondly, it puts you in an inspirational mode. Breath has many qualities, including giving life. Other than being your life support, rhythmic deep breathing also connects you with your inner self. It also is a communication medium between you and the “rest” of the universe, something that most westerners find hard to believe at first. It is also one other way that energy comes into your body. Anyway, get into a good deep breathing rhythm. Once you settle into it, maintain it over the remaining steps that follow.
2. Next, put your attention in your heart space. Feel it open up and feel that power build up. Just by placing your attention there and feeling gratitude for it and love for yourself will release it. You will start to feel that warmth, that build-up.
3. Next, put the palms of your hands together, in front of the chest area, as if you were going to pray. You know the way Catholics or Buddhists or Muslims and so on put their hands together by the chest to pray? It is the same position.
4. Now pull your palms about 6 inches apart. Put your attention on the space between the palms and hold the intention of filling that space with a ball of energy, with the energy coming out of the palms of your hands and pumping it up. It may help to do this with your eyes closed. Just visualize it, feel it, and it will be done. The intention is what counts. Keep “filling” this invisible ball between the palms of your hands with energy, feeling it, visualizing it, and intending it. See it in your mind’s eye as this vortex, this swirling ball of white light. See it grow and charge up. When you feel it has really become nice and full, move to the next step.
5. Visualize your desire in full detail, incorporating all sensory experiences. See and feel how it would be like manifest that desire. Live it in your mind’s eye.
6. Next, place that visualization into your white energy ball. See it in there.
7. Then, draw this energy ball into your heart space. Let it stay in the heart space for a few moments, and then raise it up through the top of your head and over and above you. See it float off and rise above you. Put your attention now to your Higher Self, or God, and give it over and gratefully say to yourself something to this effect: “I command that this be done to the best and highest good of me and everyone else involved. Thank you. It is done.” But don’t just say the words, feel them! Feel the command, feel the gratitude, feel the excitement of knowing it truly is done and by natural law, it will happen. The vibration you give out counts! And don’t be afraid to command. It is your birth right. You are worthy of commanding. This is not demanding, it is commanding. There is a big difference. So command!

Manifest by Active Grounding

(Note: If you are using the Prova LifeGoals Effortless Achiever+ software, your goal description and essence will now be showing in front of you, along with images that help you visualize)

Once again, you are an energy system. Exercise increases the flow of that energy. Exercise is like a meditation for your body - it puts it in contact with the life force.

There is a very powerful technique that you can use to manifest your desires while you go about enjoyable physical activities. Here is how it works:

1. Select an enjoyable activity to do. It could be exercising, dancing, walking, jogging, or whatever you can do enjoyably. The key here is enjoyably! If you don't enjoy it, don't use it for this manifestation technique!
2. Now as you do this activity, visualize your desire. See it in full details and feel it in its full range of experiences including taste, smell, colors, and so on. See the reasons why you wish to have this desire. See yourself actually living your life after the desire has manifested. It is very important that you feel love for it and you enjoy this visualization and feel gratitude for it. Those are the three vibrations you must hold as you go along with this: love, joy, gratitude.
3. Just do this as you go about your activity. It should last for at least a few minutes, but you can hold it as long as you feel comfortable doing it. Remember, keep the vision un-contradicted. Don't start day-dreaming all sorts of negative what-if scenarios. Don't get carried away and day-dream. Stay deliberate and focused only on exactly what it is you desire. That's it!

Manifesting Using the Theta Brain Waves Technique

In this day and age, most educated people know that the brain works at different frequencies. It is common scientific and psychological knowledge which you probably have heard a little about.

There are many frequencies at which the brain works. You can measure them using medical equipment, as they do in all good hospitals worldwide for the detection and treatment of certain dis-eases. However, the frequency range we are interested in here for manifestation is the theta range. Let us first briefly look at the various frequencies the brain works at, before we go deeper into theta.

The three most discussed brain wave frequency ranges, outside the normal frequency range most people have when they are awake and going about daily activity, are:

- Alpha
- Beta
- Theta

Beta - The beta frequency range lies between 13 and 40 hertz. This state is characterized by wakefulness and is believed to be the frequency of cognition (recognizing your world).

Alpha - The alpha frequency range lies between 7 and 12 hertz (cycles per second). It is just below the normal state of everyday waking that most people have. It is a lightly relaxed state that results in and is used for enhanced learning, positive thinking, ESP, day dreaming, intuition, inspiration, psychic ability and introspection. It has been proven to have a wide range of amazing effects such as right and left brain synchronization, alleviation of pain, the release of beneficial body chemicals, the improving of the immune system, elimination of anxiety, mental clarity and enhanced memory, vivid memory and imagination, higher intellect and more. This is commonly known as the state of mind awake, body asleep. It is also the same frequency as the Schumann Resonance, which is the resonant frequency of the earth's electromagnetic field.

Theta - This is the range we are interested in most for manifestation. This is where you touch the field of possibilities. To put it in another way, this is where creation starts, to be grounded and implemented by the beta, alpha and other frequencies. Have you heard of the phrase "Be still and know God"? This is what it means. Be still, move towards the infinite void within, and you will touch the source of all things. The theta frequency range lies between 4 and 7 hertz. This range is associated with very deep relaxation, heightened mental imagery and memory, free association, sharp but detached focus, heightened psychic abilities, feelings of unity with the universe, deep insights and inspiration, extended creativity, accelerated learning and retention, vast recall, and so on. It is a transcendental state - you transcend this existence at that stage. In your sleep, you reach it in your dreams. Next time you see someone sleeping and their eyes start to rapidly move while closed (as all people do when they dream), know they are in this state. At this state, the brain releases vast amounts of tension, uploads information of the day's experiences to higher consciousness, and downloads new information and insights for the next day. That is why sleep is so important. It is like a mini-death where you go and meet your higher self. Theta has a tremendous array of benefits. For example, other than those we have mentioned already, hypnotherapists can easily remove a person's old limiting beliefs and blocks and program new beneficial ones when a patient is in theta. Theta is the gateway to the higher self and the subconscious. You can enter theta in many ways, including hypnosis, sleep, drugs and hallucinogens, meditation, sounds, chants, and so on. In theta, you also are able to access psychic abilities such as astral travel (which is what you do anyway in your sleep), you are able to have a deep knowing and understanding of wisdom that can usually not be understood in your normal waking state (that is why dreams stop making 'normal sense' when you wake up), and you are able to access amazing self-healing power. In fact, the brain uses theta every night to restore its chemical balance - chemical imbalance in the brain is the primary cause of mental fatigue. Theta can fix such an imbalance within a matter of minutes (about 15 minutes), if only you could get there when you needed to!

Delta - The delta frequency range lies between 0 and 4 hertz. This is the state you reach in deep sleep. It is of tremendous importance. It is responsible for recharging your whole system and for getting you to reconnect with your source

for a variety of life-based reasons. This is where your higher self really works with you every night. An hour of deep sleep feels more rejuvenating than a few hours of normal sleep. However, we will not be consciously using this level for desire manifestation, so we will leave it at that.

Please note that you do not have to be asleep to experience delta, theta and alpha states. You naturally do so when you sleep, but you do not have to be asleep to do so. You can enter this state in a more conscious state using various means.

Brain wave technologies are used in a wide range of applications today, from medical therapy to sports training, hypnosis, memory work, stress management, investigative work, and much more. Now let us see how you can use the theta state to manifest your desires.

First of all, know that you always go in and out of all these states naturally when you are resting or going to bed, or even in deep sleep. But you do not do so consciously so you are then unable to hold a deliberate intent on what benefits you wish to extract from each state. The benefits do come, but they are not specific as you would consciously wish them to be. They are more subconsciously driven, which is still all right. But you now are going to be more deliberate.

There are various ways if moving into each frequency band. You can use certain sounds to do so, or a hypnotist to take you there, for example. We will now look at one way of going into theta on your own, without the need for any extra equipment of persons.

Why theta? Because theta puts you in direct touch with the Source of All Creation. There are no interferences and blockages at this level. The conscious mind does not argue and interfere. You put your thought straight and direct into the source of creation and the manifestation is that much more multiplied.

But first, let us answer this question...

God Is Up There. Where?

You have often heard people say “God is up there”. Actually, you have probably said that yourself. And people worldwide say God is up there. You could be on opposite sides of the world and you still say the same thing! Why? Why up there, no matter where you are. What is that deeper knowing within us that knows that no matter where you are there is “something” vertically above you that is in touch with the Godhead?

First of all, you know that God is everywhere, including left, right, center, behind you, within you, and so on. Not just up. But whenever you are communicating with that which you call God, you always tend to direct your attention upwards. Why?

We will say that again: Whenever you are *communicating* with that which you call God, you always tend to direct your attention upwards. Why?

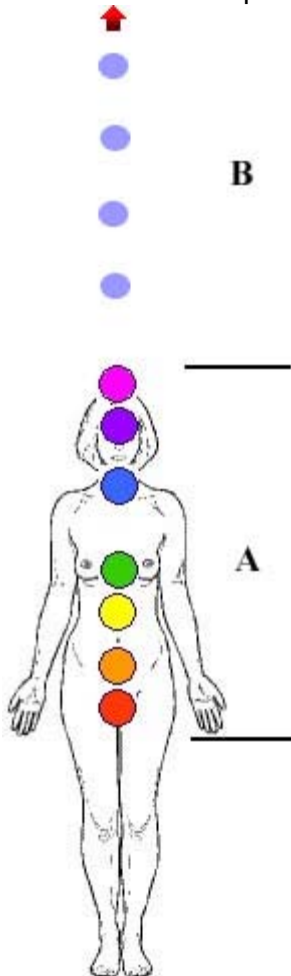
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You are an extension of that which you call God. You are like a ray from the sun, and God is that sun. You are God/Goddess expressing Itself in the physical dimension. The reason that this physical realm exists is that Spirit wished to experience itself in a physical realm of relativity and duality, something it could not do in its realm of absolute (in the absolute there is only One and thus nothing to “measure against” and create an experience, so to speak). But for It to do that, it has to “step down” itself gradually until it grounds Itself here. Your soul only expresses a small amount of itself in the physical - it is too powerful to pour itself all in. It would literally burn out the body and the brain. Your soul, your Higher Self, “steps down” into the physical. And your soul in turn is a “stepped down” part of the Godhead. There are no boundaries as such, simply graduations. The link is still there and it is seamless. But between each “step”, there is an energy center (chakra) that processes this two way passage.

By now you may have had a chance to read the chakra energy center information in this book or other books. At this stage of our evolution, we are aware of the lowest 7 chakras in our system. But even then we have not fully opened them up yet. For example, worldwide the 6th and 7th ones are becoming more prominent in people, resulting to intelligence, intellect, intuition, and spirituality rising. As we evolve and grow, higher chakras enter our conscious awareness and we can therefore use them consciously. Thousands of years ago, our most dominant one was the root chakra, the tribal one. And as we have moved on over the millennia, we have evolved “upwards” in the chakra chart. Look at the chakra information pages now if you wish to remember what each chakra powers and so on.

Look at the picture below showing the chakras. The section labeled “A” shows the 7 major chakras within our body system. The highest chakra within our body system is the crown chakra (the one just at the crown of your head). It is where the life force streams in with the largest quantities into our physical. It is our “link” with the non-physical part of us. The seventh chakra is responsible for our universal being, spirituality, Oneness, inspiration, and universal consciousness.

What is above the crown chakra? More chakras of course! These are shown in the diagram to the left as the section labeled “B” and they continue upwards with even more as you go higher up. Each one encompasses higher and more multidimensional parts of us. There is an oversoul chakra, and so on. It is as if each higher chakra “steps up” and “opens up” into the Godhead further and further.



So now you can see how you are like a massive pillar, the “bottom end” or leading edge of this pillar being the physical part of you. This pillar, this “ray”, is connected to the “sun” (Godhead) on the other “top” end.

So no matter where you are, your link to the Godhead is always above you!

That is why people somehow know deep within that “God is up there” and whenever they direct their communication to God, their attention is automatically programmed to direct that communication upwards.

We will use this information in a minute...

Floating

Numerous experiments by several doctors over the last 50 years or so have been carried out on the mental effects of floating. Using various devices such as salt water tanks or other means, these scientists induced a state of floating on their subjects and measured what effect that had on them. The consistent conclusion is that a sense of floating always deeply lowered the brain frequency and induced a deep state of relaxation on the subject. It was almost as if floating was a form of meditation or hypnosis.

Floating puts a person in a state of theta but unlike sleep, it keeps them conscious. The person is able to notice the amazing imagery and insights streaming across their mind in this state, and they are able to plant seeds of thought into that stream.

There is no argument that floating, or inducing a sense of floating, puts a person's mind into theta. Scientists believe that the reason this happens is that a sense of floating takes away all sense of external stimuli from a person, including gravity. Now, remember that the state of waking is that which defines cognition, the ability to recognize external stimuli. So taking away external stimuli takes away the need for wakefulness and you naturally drop into alpha and on to theta. But because you did not go to sleep, you maintain consciousness.

Have you seen those new infinity swimming pools they have in some of the more expensive hotels and houses of the rich and famous? They are swimming pools designed to fill to the brim, and because they are built at a ledge, their 3 sides all merge with the sky, giving a sensation of floating in the sky to anyone who swims in them. If you have not seen them yet, look for them on the internet. They are called infinity pools. The reason they are so sought after is that they give an extremely deep sense of relaxation to the person swimming in them. They can take a person relaxing in them into a state of conscious theta.

Floating has also been used by some performance sports trainers to get their athletes to victory. In all instances of this advanced training, what the coach does is to get the athlete to get into theta, and then to visualize themselves doing whatever competition it is that they are training for. They see themselves going through the entire race and winning. The visualization is such that the person is watching themselves from an aerial perspective, as if they were floating above their body during the race and directing their performance all the way to a victory. When the actual race comes, it surprisingly happens exactly as was seen!

Floating and theta are also used to an amazing degree of success in various healing techniques such as the Orion Healing technique and others. Even some

of the most “incurable” diseases are resolved with the appropriate healing guidance while in theta.

A few universities have also carried out super-learning experiments with students while in theta (through floating or any other means) and the results have been astonishing. Theta is an amazing state for learning, just as it is for creation and healing.

The only “down side” with theta is that you cannot operate yourself. You can be conscious and awake, but you cannot walk about, talk, and do physical activity while in theta. The minute you attempt to do so, you pop out of it and go into beta and alpha. Other states are designed for cognition, wakefulness, and that is why you cannot be in theta while you are moving about and performing action.

So now you know that floating can take you into theta consciously, without having to put you to sleep. Now, be prepared to see how to take yourself there without the aid of any pools, equipment, or hypnotists - and without falling asleep.

The Theta Manifestation Technique

Remember what we just said above, about God being up there? Normally, your consciousness is focused on your 7 major chakras, so that is what you are consciously in touch with and in communication with. Your consciousness, your “I am”, is yours, you can direct it where you want. As we evolve personally and as life forms, it automatically expands to include more of the totality that we are including the non-physical. But you don’t have to wait for that. You can direct it right now.

Ok, so your “I am” is currently focused here, on this page. Which probably means it is largely focused in your 6th chakra right now, absorbing this information. You know that you can move it around. For example, you can put its primary focus on your heart and you will feel increasing love and power when you do so.

Wherever you place your “I am”, your attention, you cause it to grow, you vibrate with it, you communicate with it.

You can raise it above you.

When you do, you vibrate and connect with the higher parts of you.

At approximately 3 feet above your head is where your soul “steps down” its massive energy stream, ready for entry into the physical. At approximately 67 feet above your head is where you connect with your Higher Self, that part of you that is of unconditional love, knows itself to be of infinite power, and is not bound by space and time constraints.

You will now see how you can float above yourself and reach theta, at the same time connecting with the part of you that is most aware and conscious of your eternal and infinite existence and can at command create experiences effortlessly.

Here is how you do it:

(Note: If you are using the Prova LifeGoals Effortless Achiever+ software, your goal description and essence will now be showing in front of you, along with images that help you visualize)

1. Start by breathing in a relaxed, deep manner, from the belly. This has two effects. One is that it calms you down. Secondly, it puts you in an inspirational mode. Breath has many qualities, including giving life. Other than being your life support, rhythmic deep breathing also connects you with your inner self. It also is a communication medium between you and the “rest” of the universe, something that most westerners find hard to believe at first. It is also one other way that energy comes into your body. Anyway, get into a good deep breathing rhythm. Once you settle into it, maintain it over the remaining steps that follow.
2. Next, put your attention in your heart space. Feel it open up and feel that power build up. Just by placing your attention there and feeling gratitude for it and love for yourself will release it. You will start to feel that warmth, that build-up.
3. Next, imagine that you are now listing yourself up about 3 feet above your head. Feel that lifting. Like rising out of your body. Get comfortable there for a moment. Remember that this is the level that your soul “steps down” into the physical. Above 3 feet, you are not stepped down. Now, with you floating there, call upon God/Goddess, The Source, Higher Self, Holy Spirit or whatever you call your Creator. Simply calling upon It, putting your attention on forming a communication link with Him/Her, places you into theta. It has been shown that this has the same effect as floating into theta or going into theta naturally during sleep. The advantage is that you can do it without any equipment or third party and you maintain consciousness. Simply feel yourself float above 3 feet over your head and call on God or whatever you like to refer to your Creator as. Be still and know God, it is said. He lives in that place of stillness and calm, it is said. Your subconscious knows this. So when you put your intent on communicating directly with God, it knows that it is time to drop to theta, where the brain waves are of a very low and calm frequency. But you have to “float” mentally so that your consciousness is also where the God Force is.
4. Three feet is usually easy with most people. If you can, attempt to go to above 67 feet. This is the level of your Higher Self in its purest state, in its most direct connection to the Godhead, full of unconditional love, multidimensional and totally unlimited. When you put your “I am” focus here, you can really make some powerful commands! See if you can feel yourself float to 67 feet above your head. If you can, great. If not, 3 feet will work just fine. You can always practice over time and go higher as you feel comfortable.
5. Once you have floated and called upon God, you are in theta. Next, see your desire in your mind’s eye. Then say “I command that I am now <insert your desire here phrased as if it has just been accomplished>. I command that this be done to the best and highest good of me and everyone else involved.

Thank you. It is done.” But don’t just say the words, feel them! Feel the command, feel the gratitude, feel the excitement of knowing it truly is done and by natural law, it will happen. The vibration you give out counts! And don’t be afraid to command. It is your birth right. You are worthy of commanding. This is not demanding, it is commanding. There is a big difference. So command! If you do not command, what vibration are you giving out? That you are not worthy of creating! Command, it’s OK! Don’t be shy or afraid. You are the beloved Perfect Child of The Creator, so command creation!

6. Finally, if you are floating 67 feet above you, see yourself below in your mind’s eye. See (imagine) yourself looking down at your life below. Imagine that your life below and change it to what you would like it to be - in other words, see yourself after having just manifested your desire. Feel yourself stretching this mental arm down to your life below and feel this new life with your mental arm, feel the new energy you just put in there, stir in that energy, mix it in there with your mental arm. You can even put in place things you would like. Enjoy the new events and feel the gratitude that it is done. When you are done watching and playing with that scene, come back down into your body space and open your eyes.

Remember! When you perform conscious physical activities in theta, you pop out of theta! Therefore, you can only use this technique in silence, and the less exposed you are to external stimuli the better so find as quiet a place as possible, sit comfortably and close your eyes as you do this.

And don’t worry about how to measure exactly 67 feet. 67 feet is approximately 7 floors of a building. You don’t have to get it exactly. Just intend 67 feet, feel yourself float, and stop where you feel is the right height. The universe has an amazing intelligence that works on your intentions accurately.

Step 2: Physical Manifestation (3rd Dimension or Physical Action Creation)

Taking Action

Once you have done the visualizations, it is now time to take action. Actions are what set in place a system through which you will receive your manifestations that you created on the mental level.

The first rule of thumb with actions is this: never struggle! It is OK to work or put effort, but never struggle! That will actually hinder you - it is a limiting vibration.

The second rule of thumb is this: do what you can now, and the next step will reveal itself to you. Don't wait for the complete picture to fall onto your laps all at once. Do what you can now, even if it means buying a magazine related to your desire and perusing through it. Doesn't matter how small an action looks. Take the one you can now, and the next will open up.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, use the fields provided to enter:

1. The tasks that you feel would be needed to get closer to a certain goal.
2. The general information you would need to get. For example, if your goal is to buy a new boat, general information would constitute information on sailing, boating permits, clubs, boating magazines, and so on.
3. The specific information you would need to get. For example, if your goal is to buy a new boat, specific information would constitute actual details and study of various boats, hulls, purchase tips and so on.
4. Ask yourself what skill gap exists that you may need to fill. For example, if your goal is to buy your first car, do you know how to drive and do you have a driver's license? What skill gap exists between who you are now and what you would need to be to be a good match with this desire when it manifests? Identify the skill gap and see how you can fill it.
5. Find mentors. A mentor is anyone who has done what you seek to do successfully. Mentors are incredibly helpful. They boost your progress tremendously. Find someone who has done what you seek to do and ask for help, advice, tips, introductions, and so on.
6. You can also keep track of all your information sources using this screen on Prova LifeGoals Effortless Achiever+.

Part 5

Journal

Keeping a journal is one of the most effective ways to see how cause and effect works in your life, discover hidden subconscious blockages, keep a record of your successes, and rapidly grow in all areas of your life.

Your memory is selective and your ego will often pick only your moments of 'failure' to convince you that you are less than What You Really Are. In times of a crisis, the ego picks its own witnesses to support its case against you and hides all other moments of success from your awareness. Having a written journal will ensure that you never forget your successes, you never forget that all your experiences arise from within you and can be changed by you, you never feel like the helpless victim, and so on. Your journal is your witness for you. It is also your mirror, through which you can in future look back at your state of mind, your activities, and so on, for any given day and see how they relate.

Journals are also therapeutic, allowing you to express yourself privately and comfortably, and through that expression have a way to release yourself, to inspire yourself, to boost yourself.

For a million and one reasons, keeping a journal is an extremely good idea, one that all success coaches advocate for.

How to keep your journal

There is only one rule:

Be honest to yourself!

That is all. Everything else is up to you. How you write it, what you write, and so on are up to you. Of course, the more details you write in it, the more effective it is. Just something is better than nothing, so even just a few lines will do.

Here is a program you may find useful to follow:

When to write - Throughout the day, whenever you get a moment of inspiration, a flash of insight, or you just get an emotion that you wish to resolve, write something about it. Even just a few sentences will do. The important thing is to document highlights of the day. Also, at the end of the day, it would be a good idea to write something down about your whole day, whatever comes to mind.

What to write - Everything in your life counts and has meaning. It is up to you to decide what level of detail you wish to maintain for your journal. The more the detail, the more useful it will be to you when, in future, you look back to extract the gems of your life, so to speak. There are many things that will become clear to you when you look back that you will miss right now. So detail is good, but it is up to you. You may want to consider documenting the following: Successes, Key Events, Power, Love, Knowledge, Feelings, Emotions, Fears, Predominant Thoughts, Energy, Nutrition, Sleep, Happiness, Satisfaction, Water Intake, and Exercise.

How to review it - Whenever you review your journal, you will be surprised at what you find there! Sometimes you will wonder whether it was you who actually wrote some of that stuff! You will sometimes be amazed at how capable you really are of amazing levels of success. You will be surprised at the clear link between your state of being and mind and subsequent events. You will be amazed at how some previously critical scares now, in retrospect, look ridiculously small! In other words, reviewing a journal will give you a chance to re-experience your life from a new perspective and extract an amazing array of new lessons, joy, successes and growth that you missed the first time! It is amazingly powerful! Review your journal once a week for the previous week, once a month for the past month, and once a year for the past year. And whenever else you feel like. As you review, you may wish to make some notes of the new findings you have made, whatever new things you learn. Make those notes in your journal in the date you did the review.

Daily Intuition

Every day, you should also take some time out, perhaps in the morning and evening, to quiet down, relax your body, and then listen to any intuition you may have regarding your goals. Just find some quiet minutes alone, relax, breathe naturally and deeply, and focus on your heart space. Then ask yourself, "What are my inner messages today? And what can I do today that will get me closer to the manifestation of this desire?" On some days you will get some new insights, and on some days there will be nothing to do (just relax!). Remember, asking results in answers - that is how it works.

Daily Gratitude

Gratitude sets you into a vibration of abundance! Having an attitude of gratitude will do wonders for you. Here are just some of the advantages you get by expressing your gratitude to your Self, the Universe, All That Is, to whatever you have, and so on:

1. You train your subconscious on what you like so that it knows to bring you more of that.
2. You raise your vibration to one of abundance.
3. You focus on what you like and thus attract more of it.
4. You recognize your successes.
5. You register your appreciation to the entire universe, to your Self, to everything you are grateful for, and by that you are brought more.
6. By being grateful for the future manifestation of your desire and for the desire itself, you match your vibration with it and bring it in faster.

Every day in the morning and evening, take time out to deliberately go through all that you like in your life and actually feel the gratitude for all those things. *Feel the gratitude*. That is how you register that higher vibration of abundance.

Also, there are three levels of creation - thought, word and action. Being grateful mentally is good, but actually verbalizing and writing down the gratitude is a lot more powerful as it grounds it to the physical plane. Actually acting on that gratitude is even more powerful. If you wish to test this for yourself, commit to two weeks of daily gratitude on the level of feelings, thought, words, and action and you will be amazed at the results.

Biorhythms

Just like all other life on this planet and in this universe, we human beings have biological rhythms. That is pretty obvious. These rhythms do not dictate what we do and think, but they do bear a good amount of influence.

You may or may not find information on your biorhythms useful. In either case, the Prova LifeGoals Effortless Achiever+ gives you your biorhythm chart if you wish to use it.

So what exactly are biorhythms? Life is about rhythm. Everything has a rhythm, a cycle it goes through. The day, the planets, the oceans, reproductive systems, moods, growth, and everything else has rhythms, cycles. Human beings have many different cycles. Various sciences will tell you what your various cycles are. For example, astrology and numerology can tell you what your life lessons cycles are. Biorhythms, on the other hand, tell you what your biological rhythms are.

Biorhythms are calculated simply based on the day you were born. Through numerous researches, scientists have found the length of each cycle in days so it is easy to use that cycle length information to calculate exactly where you are on your cycle on any given date.

It is very important to keep in mind that biorhythms are indicators and not predictors! They do not predict what will occur. They only indicate the level and phase of energy in a particular area of your life at a given time. For example, at certain times of the month, you will either be in the expressive or receptive phase intellectually, and to certain degrees. Now let us say, for example, that you are in the intellectually receptive phase. That does not mean that you cannot express yourself when you are in a receptive phase. It also does not mean that you will receive lots of insights even if you are blocking yourself from intuition. All it says is that on that particular date, the energy will tend to effortlessly support intellectual reception such as learning and so on. Whether or not that is what you end up doing are you choice.

There are no hard and fast rules on how to use biorhythm information. By keeping a journal and reviewing it weekly, you will start to see how your biorhythm information may relate to your life. At that time, you will be able to draw your own conclusions and see how best to use this information for *you*. Everybody is different. In fact, some people will not even notice their biorhythms, while others will feel them very strongly. Just play with it for a couple of weeks and see how you go. You will be able to draw your own conclusions suitable for you.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, use the Journal tab to add to and read your journal, and the Biorhythms tab for biorhythms. Adding to your journal is very simple. Just select a date, type into the upper box, and click on the Add Journal Entry button. It will be time stamped and added to your Journal. If you wish to have more writing space, click on the + button to get a bigger entry window.

To review your journal, simply select a date and entries for that date will be displayed.

After-Manifest Review

There are two reasons why you should write down a review of your desire after you manifest it:

1. So that you can learn from the process and reinforce your link with intent.
2. So that you can remember to maintain your appreciation of your manifested desire so that it does not fall away. Maintain the use and attention on your manifested things so that they do not fall away before you are done with them. Remember, whatever you take away attention from falls away. Don't take your manifested goal for granted just because you now have it. Maintain that appreciation and love for it if you wish to have it stay with you effortlessly.

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, do the following:

1. Put a tick mark on the goals that have manifested. This is done in the first tab of the After Manifest Review screen.
2. Next, click on the next tab and write down your thoughts on the whole process ever since you first felt the desire until you had it manifest. This where you will learn a lot, rapidly, about your power and yourself. (*Note: If you do not see a goal on that list that you have just marked off as accomplished, you may need to restart the software*). Remember also to feel the gratitude fully and celebrate! Tell you subconscious that this was a job well done. Such feedback will strengthen your link with intent and make yourself more accurate in creation.

How to Have a Good Day

How do you guarantee that your waking moments, your days, are successful, joyful, effortless, and deliver the results of your desires?

There is a way to accomplish this. It is a simple way but it requires a few steps that may be very different from your current habits. However, with willingness to practice every one of these steps, you will soon replace your old habits with this new way. The following steps are adopted from *A Course in Miracles*.

Step 1: The Day You Wish To Have

The first thing to realize is that you are always making decisions, that decisions are continuous. You are not aware of many of the ones you make, but by practicing awareness of the present moment, you will begin to become aware of many more of the thoughts and decisions you previously made unconsciously.

The first thing to do, when you wake up every day, is to ask yourself “What kind of day would I like to have today?” Feel your desire for such a day. Then remember that whatever you ask for, you always receive by universal law. The point of the remaining steps that follow this one is to fine-tune that asking and uncover the “sabotaging” asking that has been going on behind the scene.

To recap:

1. Think about the kind of day that you wish to have. Actually, go over the experiences and feelings you would like to have. Feel the reasons and desires, the experiences of such a day.
2. Remember that you always receive whatever you ask for.
3. Therefore, you know that there is a way that this day you desire can happen automatically. You need not know how. In fact, you do not know how exactly. The how is up to Life to take care of. Life, The Source of All That Is, is the Maker, Doer and Director of the outcome of the intent that you hold.

Step 2: Make No Decision by Yourself

Once you have decided on what kind of a day you wish to have, it is now time to let go and let Life work. It is time to realize that whenever you make a decision, you always do so on either of two sides. One is the side of love and acceptance, and the other is the side of fear. You always have either one of these two advisors for every decision you make.

To make things clear, we now bring in the sources of these advisors. Fear comes from ego. In fact, ego is 100% fear, and that is its total construction. Ego is merely a set of beliefs that one has put together over a lifetime, starting as a child. A belief is merely a thought that is habitually repeated whenever a trigger situation arises. A belief is formed after the first instance that such a trigger situation happened in the holder's life. That is all. It can be dropped in an instant. A belief

maintains an illusion contrary to Reality. Reality does not depend on a belief for Reality to exist. It just is. However, an illusion can only happen when there is a belief behind it, when a certain thought is repeated over and over, creating this illusion as a natural outcome of the Laws of Cause and Effect. The minute the belief is dropped the illusion starts collapsing and leaves behind the Reality it once covered. Love is the only Reality. Fear is the denial of love and all that goes with it, such as trust, acceptance, and so on. Now you begin to see how ego, that basket of beliefs that people decide defines them and who they are, is a basket of thoughts arising out of fear and its various forms, such as attack, anger, judgment, denial, low self-esteem, un-acceptance, and so on.

Let us look at advisor number one - fear, ego. You now know that it is formed over time as a fear-based reaction to certain events. For example, a child may be innocently playing and discovering their world, know nothing to be wrong with them, desiring only to be loved and to enjoy. Then one day, this child's teacher, neighbor, parent, brother or sister reprimands this child for something that they judged to be "wrong". The child is now left with the question "What did I do wrong that made that person withdraw their love from me?" And here is formed the first inner critic, the first strand of ego, with an false intent of making sure that in a similar situation this child will not act in that way again, or express themselves freely in that way again, lest they shall be found worthy of punishment, guilty, and unloved.

Therefore, this inner critic, this new voice, keeps trying to control and block the child in ways that avoid a similar performance in similar events. From that point on, the present is no longer faced afresh, is no longer seen in Reality, but is covered by the past-based belief being carried by the ego. Until that is dropped and love and self-acceptance allowed again in such situations, self-sabotage and pain will happen in similar situations. These situations will arise often in an attempt to give this person an opportunity to drop the belief, remove that block they put in years ago, and allow the force of Life to thrive through them and grow without further hindrance.

Why does it need to be cleared? Because it is false, and limits expression of truth and life as it is without judgment. It is false because the child was never wrong. The person who judged the child decided, based on their own set of beliefs, that what the child had done was worthy of a denial of love, of punishment. The child would have been ok if it had not accepted this judgment as "truth" and judged itself as "wrong". However, it accepted this foreign decision, this attempt to deny life to what is, as the "truth". It judged itself as guilty and having failed, and hence the ego and the block were added. Do you see how this all works? You, who are made eternally in the image and likeness of The Source, God, cannot lose this position under any circumstance, and any attempt to deny this, to impose guilt, unworthiness and failure on Who You Really Are can only succeed as an illusion. Do you know what image and likeness means? All our religions remind us that we are made in the image and likeness of The One Creator, that we are part of it, not separate from it. "Image" means of the same form and design. Here we are talking about you, and you are spirit. Your body is just a temporary jacket that you put on and will soon take off and move on without. "Likeness" means of the same properties and content, such as power and abilities, knowing, being, size, extent, presence, and so on. The only difference between you and the part of you that

you call God, is that (1) God is fully aware and conscious, not pretending, limiting and denying Who It Really Is (2) God created you by extending Itself, just like a parent creates a child by extending themselves. That is it! That is the only difference. This means that the only two things that you are not capable of is creating God and destroying anything Real, for nothing Real can be threatened, as all Reality is an extension of The First Force. Any other limits you face are those you place and accept on yourself.

Think of it this way: You are like a ray of sunlight from the original Sun. You have never left the Sun, and you cannot possibly be disconnected from the Sun. No ray from the sun is ever disconnected from the sun. And you possess the same properties of light as the Whole Sun, even if you are just a ray. Or, to put it in another way, you are like a wave that has arisen from the Ocean, and even though you are individuated as a seemingly separate wave from all the other waves, you are still part of the ocean. You also possess the same properties of water as the Infinite Ocean that you arose from.

Ego knows absolutely very little, a tiny collection of inventory accumulated over a very short lifetime. It defends that little morsel that it knows with all its might, and all it knows arises from fear, and thus it knows not the truth.

Love, on the other hand, knows Reality. Reality comes in Whole, and as Truth. Now why would you wish to place your trust in the ego that knows so little about the Infinite universe, in fact knows the exact opposite of What Is? Would it not be much more beneficial to let go and trust that Love, which is part of you, the same One Fabric that can never be separated from you except in illusion, knows the How of how your desires shall be realized? It is, after all, the Infinite Intelligence that runs Creation. It is part of you, and you are part of it, all an indivisible part of All That Is, The Source, God, or whatever term you like.

Now that we know who the two advisors are, let us look at how you can always have love as your advisor and avoid having fear as your advisor. As long as you have ego working strongly in your life, any decision you make by yourself is made with ego as your advisor. It is very simple to turn that around. All you do is declare that:

Today I will make no decisions by myself.

All that this means is that you choose not to judge the events that arise. Remember, once you ask for something, the Intelligence of Life brings it to you in the most efficient way. It knows, for example, what sequences of events would lead to what you asked for to manifest. It knows which blocks within you need up to come to your attention and be cleared so that your desire may be manifested. For example, if you have a subconscious blockage that you are not aware of that is sabotaging your desires manifesting perfectly, it may be necessary for a situation to be brought to you that allows this hidden blockage to rise to the surface. This happens so that you may resolve it permanently by redefining who you hold yourself to be, in the light of love and not fear. So at times, when such situations arise, you may actually think that you are going in the opposite direction to your desire, while in reality you are actually being presented with a chance to clear your hidden fears by bringing them to Truth and Love.

So simply decide not to judge the situations that arise. When you judge them, you are setting the rules, from your egoic experience, of how you should react and what things 'should' be. In such a position of mind, any other answer to your question, no matter how right and relevant it is, can only bring frustration, confusion, uncertainty and fear in your mind. Only because you have decided what the answer should be and then asked the question, fighting the Real answers unless they match the answer you previously decided should be, no matter how illusion and fear based your expected "answer" is. When you ask for something, and then make up your mind what the form and process of the answer will be and block anything else, any Real answer will contradict your false one that you defend, and so you shall feel attacked and therefore angry and lacking. In addition, you shall miss the Real answer, only to wonder later what went wrong.

Step 3: Affirm the Day and Your Non-Judgment

Once more, think about the kind of day that you wish to have. Actually, go over the experiences and feelings you would like to have. Then, say to yourself:

If I make no decisions by myself, this is the day that will be given me.

Throughout the day, repeat this process every now and then. This will reprogram your old habits and within a short time, it will be second nature to have Love and Infinity, instead of fear and contraction, as your advisor.

In other words, if you do not allow your ego to block things up, to bring up thoughts that negate your desire, Life will naturally, without hindrance, bring exactly what you asked for, in the most wholesome way.

Step 4: If You Slip...

In the event that you find yourself angry and frustrated during the day, it will be time to recognize that the reason why you are in such a position is that you have pre-judged unconsciously and the answer being given to you looks like it is attacking the one you have already decided should be. It is thus necessary to quickly correct your mind and choose again to have an answer that works, not one that just fits your ego's limited ideas. If you do not correct it quickly, you will keep reinforcing your ego until it grows to a point where you blindly believe that the only answer to your desire is the one your ego has formulated. And because it can never be, you will find it increasingly difficult to get what you truly desire. Therefore, make this correction immediately, by saying to yourself:

I have no question. I forgot what to decide.

This makes you realize that the original question and desire has been hijacked by the ego.

Step 5: If Your Resistance Is High

If you find that you are still resisting letting go and trusting Life, you need another method to clear up the confusion. To get out of your cycle of making your own ego-based decisions, all you do is say to yourself:

At least I can decide I do not like what I feel now.

Well, that part is easy, isn't it? If you are angry at your day, at least you can admit you don't like what you feel about it. Once you admit that, you can easily admit the following:

And so I hope I have been wrong.

This will remind you that, based on your original true desire made before you started getting angered by thoughts arising from your ego, Life is bring in situations that would help you eventually to get what you desired. Through acceptance and working with the situations presented to you from a standpoint of love and willingness to discover the truth about Who You Really Are, you get closer to being the person who can have what you wished for in the first place. Success is not something you can chase after - it is something that you attract by the person you become.

By admitting that you could be wrong in your judgment of the situation, and seeing that you stand to gain by accepting and working with the situation with love and awareness, to grow, you start to see the benefit of letting go. You start to see that your happiness does not depend on your ego being right. In fact, you start to see that you would be much better off if your ego is wrong.

Step 6: Another Way to Look At It

Once you see that your perception is the cause of your pain, you can now say to yourself:

I would like to have another way to look at this.

This drops the ego's goal that had replaced your original desire. The ego's goal was "I am only happy if I am right even when in reality I am wrong". This insane goal had started to replace the original desire for your day.

Finally, solidify your willingness to see clearly by stating it to yourself, by declaring yourself willing to see things clearly, by asking to be shown how to do so. You do this by saying to yourself:

Perhaps there is another way to look at this. What can I lose by asking? I am now willing to see things clearly. Show me.

You then stop fighting against life. Remember, what you resist persists, what you love and accept releases you.

In addition, isn't it easier to have a happy day when you do not allow unhappiness of any form to enter in the first place?

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software (or a paper journal if you do not have the software), go through the above steps every day. It is very important to document your steps as you go through them. Make quick notes.

Write down what you feel about them, what you feel about your day, what is going on, how you are progressing, and so on. At the end of the day, write a review of your day. The software has fields made available to you for each step.

The reason why you make this written record is (1) it helps you catch your habits and thoughts faster so that you can correct them better, (2) establishes and shows you the pattern of cause and effect in your perception and (3) allows you to review your days in future for whatever analysis reason you may have. Remember, you cannot change what you cannot identify, and keeping records is the best way to identify unconscious negative patterns so that you may transform them. It is also a great way to record your success so that you may see how well you really are growing and how powerful you actually are, more than you may have imagined you were!

Task Simplifier

Your life has many tasks that you do in your personal, social and business life. About 80% of them are repetitive. You do not need to do them over and over.

All successful people know the value of multiplying their efforts by focusing on what they like to do and what they are best at doing and leaving everything else to other people and systems to do for them. Multiplying your efforts multiplies your time and freedom. Amazingly, it also increases your health and wealth!

Putting It into Practice

Using the Prova LifeGoals Effortless Achiever+ software, take the following steps in the field provided:

1. Enter a task that you usually do.
2. Break that task down into steps. Every task has steps. So stop looking at it as one big mass and break it down into a series of steps.
3. For each step, research and ask around and see how you can either delegate that step or automate it. Enter what hard system, soft system or information system can take over a particular step and do it for you. A hard system is something like a machine. A soft system is something like a person who can do it for you. An information system is something like software or something like that.

Do this and you will find that you can drop about 80% of your mundane tasks!