

MASTER GERALD BUSINGE ATEENYI

BECOMING

Ultimate  
Masters

Harnessing your oneness with God,  
manifesting and having a fulfilling life

## Contents

|   |            |
|---|------------|
| <b>Foreword</b> .....   | <b>6</b>   |
| <b>About this publication</b> .....   | <b>9</b>   |
| <b>Acknowledgement</b> .....  | <b>10</b>  |
| <b>Understanding the origin of humans and our purpose on earth</b> .....              | <b>13</b>  |
| Buddhism perspective.....   | 13         |
| Christianity perspective.....   | 14         |
| Islam perspective.....  | 15         |
| Judaism perspective.....  | 16         |
| Taoism perspective.....   | 17         |
| Hinduism perspective.....   | 18         |
| African Spiritual Perspective.....  | 20         |
| What do we learn from all these perspectives.....                                     | 21         |
| The purpose of human existence.....   | 22         |
| <b>Knowing and Understanding the Truth about Who You are</b> .....                    | <b>24</b>  |
| Knowing and serving your seed.....  | 27         |
| Your infinite power.....  | 30         |
| Creating your own reality.....  | 31         |
| Pope on the need to be God’s witnesses.....   | 32         |
| <b>Mastering your oneness with God</b> .....  | <b>35</b>  |
| The spiritual journey towards oneness.....  | 37         |
| The different paths to oneness in different religions.....                            | 38         |
| The Divine Connection.....  | 40         |
| The transformative power of the divine connection.....                                | 42         |
| The importance of embracing oneness today.....  | 43         |
| <b>The Great “I AM” Power</b> .....   | <b>45</b>  |
| How use of “I AM” determines your life.....   | 45         |
| Using the power of IAM.....   | 54         |
| <b>You and all as energy</b> .....  | <b>57</b>  |
| Humans as energy.....   | 59         |
| Harnessing Energy.....  | 60         |
| Brain Waves states.....   | 64         |
| <b>How to observe &amp; apply the Laws of the universe and the Laws of life</b> ..... | <b>68</b>  |
| <b>The Cosmic Law: Guidance from the Angels and Spiritual Hierarchy</b> .....         | <b>109</b> |
| 26 Rules and principles to help you observe the cosmic law.....                       | 111        |
| Mastering Happiness, Peace and Love.....  | 114        |

|   |            |
|---|------------|
| <b>The 12 laws of Karma and how to use them to improve your life for the better</b> ..... | 115        |
| <b>The 21 Universal sub-laws</b> .....  | 123        |
| <b>Unleashing Your Full Potential: The Keys to Living a Successful Life</b> .....         | <b>126</b> |
| <b>Rules for success</b> .....  | 126        |
| <b>Success Principles</b> .....   | 129        |
| <b>Overcoming challenges to achieve success</b> .....                                     | 137        |
| <b>Abundance/ Prosperity mindset</b> .....  | <b>141</b> |
| <b>The power of Thoughts and Feelings</b> .....   | <b>146</b> |
| <b>Gaining self-control and self-correction</b> .....                                     | 146        |
| <b>Mastering your thoughts</b> .....  | 147        |
| <b>Mastering your feelings</b> .....  | 149        |
| <b>The Mirror Principle</b> .....   | 154        |
| <b>Mastering Manifestation and miracles</b> .....   | <b>157</b> |
| <b>Mastering a connection with God</b> .....  | 157        |
| <b>Achieving like a miracle maker</b> .....   | 159        |
| <b>Discerning from all possible futures</b> .....   | 160        |
| <b>A key manifestation exercise</b> .....   | 161        |
| <b>Manifesting work and surrender</b> .....   | 162        |
| <b>Mastering the love energy</b> .....  | 163        |
| <b>4th dimensional thinking and identity shifting</b> .....                               | 165        |
| <b>Achieving supper alignment with God and the Universe</b> .....                         | 169        |
| <b>Growing your Awareness and Consciousness</b> .....                                     | <b>172</b> |
| <b>Entering the quantum and creating miracles</b> .....                                   | 173        |
| <b>Asking the right questions</b> .....   | 175        |
| <b>Conquering your body and subconscious mind</b> .....                                   | 179        |
| <b>The Observer Effect: Harnessing Conscious Awareness</b> .....                          | 182        |
| <b>The law of high state of consciousness</b> .....                                       | 185        |
| <b>God as source of all prosperity</b> .....  | 186        |
| <b>Growing a prosperity consciousness</b> .....   | 188        |
| <b>Entering and using the power of the heart</b> .....                                    | 192        |
| <b>The Power of Intention</b> .....   | <b>199</b> |
| <b>Harness Love and Kindness</b> .....  | 201        |
| <b>How to achieve your desires</b> .....  | 203        |
| <b>Mastering Attention</b> .....  | <b>207</b> |
| <b>Tapping into Meditation</b> .....  | <b>211</b> |
| <b>Spiritual Awakening by Activating the Third Eye</b> .....                              | <b>217</b> |

**Step-by-step guidance on different methods to activate the third eye..... 220**

**Side effects and overcoming challenges ..... 224**

**Importance of faith and surrendering to the flow..... 225**

**Six ways to help you live in the flow..... 229**

Practical help to be in the flow before the Flow ..... 233

Tuning to the mind of God ..... 235

**Stop reacting and be calm ..... 237**

**Raising Your Consciousness, awareness, awakening and self-realization ..... 242**

**Raising your consciousness ..... 243**

**The Path to Self-Awareness and Awakening ..... 245**

**The Path to Self-Realization ..... 247**

**Exploring Self and Cultivating Awareness ..... 249**

**Quantum Entanglement, Levitation, and Simulation..... 251**

**Artificial Intelligence, advanced technologies and you..... 254**

**Gaining the Christ Consciousness..... 256**

**Tapping into fourth density consciousness ..... 261**

**Achieve new manifestation levels ..... 261**

**Achieving an illumined mind ..... 264**

**Becoming one with the all ..... 267**

**References..... 271**

**The Ultimate Masters creed/ Prayer ..... 275**



AI generated image on Leonardo of a person communing with the divine, expressing oneness with God

## Becoming Ultimate Masters

### **Harnessing your oneness with God, manifesting and having a fulfilling life**

#### **Some key Truths**

1. The highest, most divine truth is that I AM, and I create.
2. The kingdom of God is inside me.
3. Ye are of God, my little children, and have overcome them: because greater is he that is in you than he that is in the world. John 4:4
4. Prayer, is you telephoning God. Intuition is God telephoning you. Observe both.
5. United to the power of God, man is invincible.
6. God loves you, always. Honor only the one true God, follow his laws/rules, have faith/trust in him. God will protect you and give you anything you ask of him so long as it is for promulgating his glory on earth.
7. You are created in God's image and likeness and have authority to bring into being what you want and to have dominion in this world. Cultivate Godliness and righteousness in order to maximise God's presence at all times.
8. Emmanuel, always.

## Foreword

In a world bustling with distractions and complexities, where the disharmony of daily life often drowns out the whisper of our inner truths, a guiding light is a precious gift. As I had the privilege to peruse the pages of "*Becoming Ultimate Masters: Harnessing your Oneness with God, Manifesting, and Having a Fulfilling Life*" by Gerald Businge, I was reminded of the profound journey each soul undertakes on the path of self-discovery and spiritual awakening.

Gerald Businge, a name that resonates with authenticity and wisdom, has embarked on a noble endeavor to illuminate the path towards ultimate mastery. In a world where mastery is often mistaken for control over external circumstances, Gerald gracefully reminds us that the true essence of mastery lies in the mastery of oneself. With eloquence and insight, he navigates the reader through the realms of spirituality, manifestation, and the profound relationship between our consciousness and the divine.

The essence of this book lies in its unwavering conviction that we are all interconnected threads woven into the cosmic tapestry of existence. Gerald, in his role as a Truth teacher, uplifts our understanding of oneness with God. He artfully guides us to recognize that the spark of the divine resides within us, waiting to be acknowledged and nurtured. Through this acknowledgment, we awaken to our inherent potential to co-create our reality.

In "Becoming Ultimate Masters," Gerald delves into the art of manifestation—an endeavor often misconstrued as a mere technique to attract material desires. However, as Gerald eloquently elucidates, true manifestation transcends materialism. It is the conscious alignment with the divine flow of the universe, where our intentions are harmonized with the grand symphony of creation. Through practical insights and profound wisdom, he unveils the secrets of manifesting a life that is not only abundant in material riches but also brimming with purpose, joy, and love.

The heart of this book beats with a resounding message: fulfillment springs from the alignment of our inner authenticity with our outward expressions. As we journey through Gerald's words, we are gently guided to embrace our uniqueness, to honor our dreams, and to cultivate a life that mirrors our soul's deepest yearnings. The wisdom shared within these pages encourages us to dissolve the illusion of separateness, inviting us to recognize that a fulfilling life emerges from the harmonization of our individual paths with all existence.

As you embark on this transformative odyssey through "Becoming Ultimate Masters," allow Gerald's insights to wash over you like a refreshing stream, cleansing away the debris of doubt and uncertainty. Let his words serve as a lantern, illuminating the uncharted territories of your inner landscape. May this publication be a companion on your journey towards self-mastery, guiding you to merge with the divine rhythm of life and to manifest a reality that reflects the magnificence of your soul, and the divine power you carry within you.

In unity and enlightenment,

**Master Goddard Murphy**

**Spiritual Teacher and Visionary**



## Prologue

Here are a few statements or call them quotes to give you a glimpse of what this is about.

1. When you were born, you cried and the world rejoiced, live well so that when you die, they will cry and you rejoice.
2. Success is not final, failure is not fatal. It is the spirit to continue that counts
3. Do what you can with what you have where you are
4. Whatever the mind can conceive and believe, it can achieve.
5. The most important thing we learn at school is that the most important things cannot be learned at school
6. Any person who is capable of angering you becomes your master. S/He only makes you angry because you give her/him permission to annoy you.
7. Thinking that someone can make you happy is ridiculous.
8. Words are like x-rays. They can go through anything.
9. Do not spoil what you have by desiring what you don't have. Remember what you have was once among things only hoped for.
10. Tact is the act of making a point without making an enemy.
11. Only a fool learns from his/her mistakes. The wise learn from the mistakes of others.
12. Appear weak when you are strong, and strong when you are weak.
13. Life is like riding a bicycle, to keep your balance, you have to keep moving.
14. Life isn't about finding yourself. Life is about creating yourself.
15. Don't wait for opportunity, create it
16. The meaning of life, is to give life meaning
17. You're what you do and not what you say you will do.
18. Who of you by worrying can add a single hour to his or her life?
19. If you want a thing done well, do it yourself.
20. Knowing yourself is the beginning of all wisdom. The love of God...
21. Never was anything great achieved without danger.
22. The most exquisite pleasure, is giving pleasure to others.
23. True love begins when there is nothing expected in return.
24. Do not shake the green apple tree, when the apple is ripe, it will fall by itself.
25. A winner is a dreamer who never gives up.
26. No man/ woman is free if he or she is not a master of himself or herself.
27. Anything you can settle with money is cheap.
28. You are everything you have ever wanted. You are wonderful. Be. Live. Express. You are life itself.
29. Don't cry about the past, it's gone.
30. Don't stress about the future, it hasn't arrived yet. Live in the present and make it beautiful.
31. The highest activity a person can attain is learning for understanding then achieve wisdom and peace.

## **DEDICATION**

To the Truth. To you Karen Gleason, Steve Gensler, Prof. Neil Henry, John Hogeland and Beth Hoffman for the Godly love and care while I faced serious sickness, long coma and through recovery while I was studying at the University of California Berkely. Also, to my many spiritual teachers, the catechists, the priests, my parents, academic teachers, siblings, workmates, friends and community members of my home village Paacwa, Kagadi. I AM the way I AM because you are, and you have been good to me. *Ndi Muntu* (I am human).



## About this publication

Welcome to *Becoming Ultimate Masters* where we explore how you can rediscover The Master in You, the God in you and live life more meaningfully, in charge and to the fullest. When you master the knowledge and understanding of the Truth, which is your oneness with God, you are ready to live a life powered by God Almighty, full of abundance and blessing.

This compilation is inspired by the need to help as many human beings align themselves with their purpose in this life, to know who you truly are, the power and assignment you have as given by God and to manifest that power for a better life for yourself and others.

The essence of *Becoming Ultimate Masters* is to awaken as many people by communicating the omnipresence, omnipotence and all-goodness of God. It is based on the understanding that "The Kingdom or realm of God is with us now and always". Every human being can achieve "abounding health, sufficiency of supply, achievement, accomplishment and joy they desire and deserve if one comes into "harmony with Cosmic Law", the laws of the universe and laws of life based on God's purpose for you.

Whatever your religion or beliefs, this publication is aimed at helping you on your path of conscious creation, the path of self-awareness and awakening, and the path of self-realization. The content I share here has been explicitly or implicitly stated in the Bible, Qur'an, Tipitaka (Buddhism), Tao Te Ching, Kybalion, Tanakh (Judaism), and other spiritual or religious publications, as well as by many sages and spiritual thought leaders over the centuries.

The publication emphasizes the need to change your life through right thought and faith, unwavering faith in God, in order to find and master a living consciousness of God in yourself at all times. The key is in living, thinking and acting as someone who knows God lives inside of you, and that God is always at your beacon if you have total faith in Him, as spoken of in the Bible: Psalm 82: 6. John 14:12-13, Mathew 7:7; in the Quran Surah ar-Ra`d, Ch.13: V.31, Surah ar-Ra`d, Ch.13: V.31, Surah ash-Shura, Ch.42: V.11, among other verses.

My hope is that you can get to the level of becoming a Master (of life) so as to live a more fulfilling life on this planet and in the next phase of the fully spirit being. Ultimate Mastery here is used to mean the constructively qualified energy and eternal control of all energy and all substance or the attention to the highest consciousness and being. Stay Blessed.

### **I AM Master Gerald Businge Ateenyi**

**Note:** This publication is prepared for the interested and aware seeker of the Truth. As such, many concepts and people (masters) referred to here are not referenced in the traditional publication styles. I know you can easily go online on your phone or computer at will and search for more detail on people or concepts as you find it necessary. I am also available to answer any questions you might have or to offer counsel. Thank you.

## Acknowledgement

Such work like *Becoming Ultimate Masters* can only come out of direct inspiration from Divine Source. I thank God the Almighty for the revelation and manifestation of infinite love, infinite peace, infinite intelligence, infinite joy, infinite creativity, infinite knowledge, understanding and wisdom, infinite health, infinite abundance and the being that I AM.

My gratitude goes to my richly endowed father Hon. Ignatius Besisira Akiiki who started calling me Master at a tender age (he would write me letters while I was in boarding school addressed to MASTER Businge Gerald). I grew up wondering why my own father would address me as a MASTER, a title usually reserved for respected or special teachers or spiritual gurus. I did not ask my dad about it. Having grown through a career of reporting as a journalist, writer, learning facilitator (lecturer) in several universities, developer of software and founder of companies, to this realization of the Great I AM presence, I now understand better my father's divine assertion. Thank you, papa, for dedicating me well, and teaching me to always be honest.

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Special thanks to my lovely wife Grace and my wonderful children for the love and support through the years, and accepting to learn along with me. I acknowledge the support of my other amazing mothers especially Amooti Namwanje, Sarah Asiimwe, Teopista Nabunje, Teddy Asaba, Jane Kabatasingwa, my brothers, sisters, aunties, uncles, my grandparents especially Jaaja Agnes, John, Matia and Rose, relatives, friends, staff at Ultimate Multimedia Consult, staff at Makerere University Department of Journalism and Communication who have provided me fertile ground to learn and grow through both pleasant and unpleasant experiences.

This publication is greatly inspired by the great work and divinity of the Greatest Master Jesus Christ and other Masters including Mohammed, Siddhartha Gautama the Buddha, Simon Peter, Apostle Paul, Pope Francis, Pope John Paul II, Paramahansa Yogananda, Dalai Lama, Myles Munroe, Jose Silva, Nikola Tesla, Lao Tzu, Dr Joe Dispenza, Ambrose Kibuuka, Ethan

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There are many motivational, self-help, spiritual growth and new thought works out there to help make you a better person, to live a better higher version of yourself. Having got divine inspiration to communicate on this topic and researched widely, I determined to document *Becoming Ultimate Masters* as a great summary of the full knowledge, understanding, wisdom and inspiration to help as many people know themselves as beings that have God within and have the power to imagine and create a desirable world for themselves and others.

This journey of understanding the God within each human has taken me time deeply studying theology, spirituality, neurology, metaphysics, geometry, energy, consciousness, genes, mythology, faith, the Christ, artistic expression, astrology, quantum physics, sound, light, healing, epi genetics, stem cells, religions, cultures and traditions, among other topics. I

continue on that road of study and discovery. On the YouTube Channel @Ultimatemasters and on the website [www.ultimatemasters.org](http://www.ultimatemasters.org), I and other Masters continue to share the lessons learned, the knowledge and insights to help you re-discover, fine tune and live your life to the fullest (John 10:10).

Becoming Ultimate Masters is aimed at sharing knowledge, understanding and wisdom that is either hidden, concealed or unclear or known by a few, in one place and in an easy-to-understand format. This starts from understanding of self, your (my) motivations, desires, to how natural law works and all greater arcana, super consciousness, following and giving in to God's will, and how to manifest one's divine seed on earth. If we don't understand all nature (referring to spiritual domain and not created by man), then we remain ignorant of our spiritual being as we focus more on the matter or physical being. I AM glad to unveil the absolute Truth in this publication: I AM and I CREATE. Know that God's invisibleness, limitlessness, infinity and power is present in all human beings but each one must call it into action based on knowledge of the Truth, as owned and communicated by God's Masters, especially Jesus the Christ.

I thank Fr Agapitus Hector Businge and Ambrose Kibuuka for reviewing and giving great insights to this work.

I wish you God's blessings always, infinite love, joy, peace, source energy flow, knowledge, understanding, wisdom, invincible power presence in you (I AM) realization and eternal health.

**I AM Master Gerald Businge Ateenyi**

## Understanding the origin of humans and our purpose on earth

If you are reading this, you are alive. In fact, you are life itself. But are you living well? Most people's waking life is spent searching for meaning of life, and especially striving to achieve a fulfilling life. To achieve a happy and fulfilling life, you need to arrive at full awareness of yourself, your being, of all beings around you and of all beings in the universe. Awareness is crucial for mastering true consciousness that will enable you to live life like the master you are supposed to be. Remember that all understanding starts from the awareness of being.

While I have a chapter on awareness and consciousness later on in this publication, it is important to state from the onset that your awareness of being is key to understanding your and others' existence. Since the earth, and indeed the whole universe hasn't just started, it is vital to begin such a publication with a reflection on the major perspectives about our origins as human beings and the purpose of humans on earth or indeed the whole universe. The common understanding from all religions and spiritual perspectives is that a human being comes to experience earth (life) and go back where one came from.

Anyone wanting to master life must understand that while religion is good and many religions have brought us commendable perspectives that guide our daily lives, they are just paths towards our destination as humans, not the destination. In choosing the preferred path, it is important to keep the focus on the prize which is at the final destination. It is also good to be aware of what is available on other paths so you can make your life journey more encompassing and arrive more developed at your destination. This is why I refer to spiritual publications including the Bible for the richness of wisdom.

In this regard, I have explored seven major spiritual perspectives of Buddhism, Christianity, Islam, Judaism, Taoism, Hinduism and African Spirituality to understand the origin and purpose of man.

### Buddhism perspective

In Buddhism, the teachings on the origin of humans and the purpose of humans on Earth are approached from a perspective of interdependence, impermanence, and the pursuit of liberation from suffering. Here are the key teachings on the origin and purpose on man on earth:

1. **Interdependent Origination:** According to Buddhist teachings, all phenomena, including human beings, arise and exist due to causes and conditions. Humans are not considered separate entities but are interconnected with the entire web of existence. The origin of humans is seen

as a complex interplay of various factors, including biological processes, evolutionary forces, and karmic influences from past actions.

**2. Impermanence and Change:** Buddhism emphasizes the impermanent nature of all phenomena, including human existence. Humans are subject to the continuous process of birth, aging, illness, and death. Understanding the transient nature of life helps cultivate a sense of non-attachment and encourages individuals to seek lasting happiness and liberation beyond the short-lived experiences of worldly existence.

**3. The Law of Karma:** Buddhism teaches that human existence is shaped by the law of karma, which states that our actions have consequences. The circumstances and conditions we encounter in life are believed to be influenced by our past actions and intentions. Understanding karma encourages individuals to take responsibility for their choices and to cultivate wholesome actions that lead to positive outcomes and spiritual growth.

**4. The Purpose of Human Life:** The ultimate purpose of human life, according to Buddhism, is to attain liberation from suffering and to awaken to one's true nature. Humans have the unique potential to cultivate wisdom, compassion, and moral virtues that can lead to spiritual awakening. The teachings of the Buddha provide guidance on the path to liberation, emphasizing practices such as meditation, ethical conduct, and the cultivation of wisdom.

**5. Compassionate Action:** While the ultimate goal is liberation from suffering, Buddhism emphasizes the importance of compassionate action in the present moment. Human existence provides an opportunity to alleviate the suffering of oneself and others, to cultivate virtues like generosity, kindness, and empathy, and to contribute to the well-being and harmony of the world.

### Christianity perspective

**1. Creation by God:** According to Christian teachings, humans are believed to have been created by God. The Book of Genesis in the Bible describes how God created Adam and Eve as the first human beings, fashioned in His image and endowed with intellect, emotions, and a spirit.

**2. Imago Dei:** Christianity teaches that humans are made in the image and likeness of God. This concept, known as the Imago Dei, suggests that humans possess inherent dignity, worth, and a divine purpose. It emphasizes the special relationship between humans and God, as well as the responsibility to reflect God's qualities, such as love, peace, compassion, and justice.

3. **Fall and Original Sin:** Christianity teaches that humans, represented by Adam and Eve, disobeyed God's command in the Garden of Eden, resulting in the "Fall" and the introduction of sin into the world. This event is believed to have disrupted the harmonious relationship between humans and God, leading to spiritual separation, suffering, and a propensity for sin.

4. **Redemption and Salvation:** Central to Christian teaching is the belief in the redemption and salvation of humanity through Jesus Christ. Jesus, as the Son of God, is seen as the embodiment of divine love and grace. His life, death, and resurrection provide a means for humans to be reconciled with God, receive forgiveness for their sins, and find eternal life.

5. **Purpose and Service:** Christians believe that the purpose of human life on Earth is to glorify God, seek a personal relationship with Him, and live in accordance with His teachings. This involves loving God and loving others, following the example of Jesus, and engaging in acts of compassion, justice, and service to others.

6. **Eternal Life:** Christianity teaches that human existence extends beyond earthly life. Believers are encouraged to strive for eternal life in the presence of God, where there will be no more pain, suffering, or separation. This eternal destiny is seen as the fulfillment of the purpose of human life, achieved through faith in Jesus Christ.

It's important to note that these teachings may vary among different Christian denominations and interpretations. Individual beliefs and practices can also differ within Christianity, as it encompasses a broad range of traditions and theological perspectives.

### Islam perspective

Islam is a monotheistic religion that teaches that humans have a special place in the universe and a distinct purpose. Here are some fundamental teachings:

1. **Creation by Allah:** According to Islamic belief, humans were created by Allah (God). The Qur'an states that Allah created Adam, the first human, out of clay and breathed life into him. Humans are seen as a unique creation with a body and a soul, distinct from other creatures.

2. **Khalifa (Stewards of the Earth):** Islam teaches that humans were appointed as stewards or vicegerents on Earth by Allah. This means that humans have been given the responsibility to take care of the Earth, its resources, and all other creatures. Muslims are encouraged to act as responsible caretakers, preserving and protecting the environment.



**3. Purpose of Worship:** The primary purpose of humans, as emphasized in Islam, is to worship and submit to Allah. Muslims believe that the purpose of life is to recognize and worship Allah, following His guidance and commandments. This involves leading a righteous life, fulfilling religious obligations, and seeking closeness to Allah through acts of devotion, such as prayer, fasting, and charitable deeds.

**4. Striving for Virtue and Character Development:** Islam teaches that humans have the potential for spiritual growth and development. Muslims are encouraged to cultivate good character, strive for moral excellence, and engage in acts of compassion, justice, and kindness towards others. The goal is to purify the soul and attain closeness to Allah through righteous deeds.

**5. Accountability and Judgment:** Islamic teachings emphasize that humans will be held accountable for their actions in the Hereafter. Muslims believe in the Day of Judgment when Allah will assess each individual's deeds and intentions. The purpose of human life is seen as a test, and the choices made in this life will determine one's eternal destiny in Paradise or Hell.

**6. Seeking Knowledge and Wisdom:** Islam places great emphasis on the pursuit of knowledge. Muslims are encouraged to seek knowledge throughout their lives, both religious and worldly, in order to understand the world around them and fulfill their purpose more effectively. Acquiring knowledge and wisdom is considered a form of worship and a means to strengthen faith.

Interpretations and practices within Islam can vary among different sects and cultural contexts. The teachings I have provided reflect general Islamic beliefs, but individual understanding and practices may differ.

### Judaism perspective

In Judaism, the key teachings on the origin of humans and the purpose of humans on Earth revolve around the following concepts:

**1. Creation by God:** Judaism teaches that God is the creator of all existence, including human beings. According to Jewish tradition, God created the first human, Adam, and then formed Eve as a partner and companion. Humans are seen as unique creations made in the image of God, with the capacity for reason, moral choice, and spiritual connection.

**2. Stewardship of the Earth:** Judaism emphasizes the belief that humans are tasked with the responsibility of caring for and preserving the Earth. This concept, known as "tikkun olam,"

highlights the idea that humans are entrusted with the duty to protect the environment, practice sustainable living, and ensure the well-being of all living creatures.

**3. Moral and Ethical Living:** Judaism places great importance on moral and ethical conduct. The Torah, which includes the commandments (mitzvot), serves as a guide for ethical behaviour and provides principles for living a righteous life. The purpose of humans on Earth, according to Judaism, is to follow these commandments, pursue justice, and act with compassion and kindness towards others.

**4. Relationship with God:** Judaism teaches that the purpose of human life is to cultivate a personal relationship with God. This is achieved through prayer, studying sacred texts, observing religious rituals, and engaging in acts of worship. The pursuit of spiritual connection and the adherence to religious practices help individuals deepen their understanding of God and their place in the world.

**5. Continuity and Transmission:** Judaism places significance on the continuity of Jewish tradition and the transmission of values from one generation to the next. This involves the passing down of religious teachings, rituals, and moral values through education and the observance of Jewish customs. Humans are seen as links in a chain of tradition, responsible for preserving and perpetuating Jewish spirituality and wisdom.

**6. Seeking Wisdom and Knowledge:** Judaism encourages the pursuit of wisdom, knowledge, and intellectual growth. Studying sacred texts, engaging in philosophical discussions, and seeking understanding of God's teachings are considered essential aspects of Jewish spirituality. The purpose of humans on Earth, in part, is to engage in lifelong learning and deepen their understanding of Jewish traditions and teachings.

Judaism encompasses a diverse range of beliefs and interpretations, and there can be variations in emphasis and understanding among different Jewish communities and individuals. The teachings shared here provide a general overview of key principles within Judaism regarding the origin of humans and their purpose on Earth.

### Taoism perspective

Taoism (the God power or energy) which was popularized by Chinese guru Lao Tzu in the Tao Te Ching teaches:

- 1. Origin from the Tao:** Taoism teaches that humans, like all beings, arise from the Tao, the ultimate source and principle of existence. The Tao is formless, ineffable, and beyond human comprehension. Humans are considered a manifestation of the Tao in physical form.
- 2. Alignment with the Natural Way:** Taoism emphasizes the importance of aligning with the natural way of the universe. Humans are seen as an integral part of nature, and their purpose is to live in harmony with the Tao and the natural rhythms of life. By embracing the natural flow of existence, humans can find balance, peace, and fulfillment.
- 3. Cultivating Inner Virtues:** Taoism teaches that the purpose of humans on Earth is to cultivate inner virtues and develop their inherent potential. This involves practicing simplicity, humility, compassion, spontaneity, and non-contention. By embodying these virtues, individuals align themselves with the Tao and nurture their spiritual growth.
- 4. Wu Wei:** Wu Wei is a central concept in Taoism, which advocates for effortless action and non-interference with the natural course of events. It is about acting in harmony with the Tao without forcing or striving. Humans are encouraged to let go of excessive desires, attachments, and the need for control, and instead, allow life to unfold naturally.
- 5. Self-Realization and Oneness:** Taoism teaches that the purpose of humans on Earth is to realize their true nature and recognize their interconnectedness with all things. Through self-cultivation, meditation, and contemplation, individuals can transcend the limitations of the ego (earthly guide only) and experience a sense of oneness with the Tao and the universe.
- 6. Embracing the Way of Virtue:** The Tao Te Ching, a fundamental Taoist text, emphasizes the importance of embracing the Way of Virtue (Te). It encourages individuals to cultivate moral integrity, authenticity, and ethical conduct. By embodying virtue, individuals contribute to the well-being of society and align themselves with the higher principles of the Tao.

Taoism is a multifaceted and complex philosophy, and different interpretations and schools of thought exist within Taoist teachings. The teachings shared here provide a general overview of key principles regarding the origin of humans and their purpose on Earth according to Taoist wisdom.

### Hinduism perspective

Here are some key teachings on the origin of humans and the purpose of humans on Earth from a Hindu perspective:

1. **Eternal Soul (Atman) and Reincarnation:** Hinduism teaches that humans have an eternal soul, known as the Atman, which is divine and interconnected with the ultimate reality, Brahman. The origin of humans is not limited to a single event but is part of a continuous cycle of birth, death, and rebirth. It is believed in Hinduism that through the process of reincarnation, the soul takes on different bodies and experiences in order to learn and evolve spiritually.

2. **Karma and Dharma:** Hinduism emphasizes the concept of karma, which is the law of cause and effect. It teaches that every action, thought, and intention has consequences. Humans are responsible for their actions and bear the fruits of their deeds, both in this life and in future lives. Dharma, on the other hand, refers to one's duty, righteousness, and moral obligations. The purpose of humans is to live in accordance with their dharma, performing their duties and responsibilities with integrity and righteousness.

3. **Moksha (Liberation):** The ultimate purpose of humans in Hinduism is to attain Moksha, which is liberation from the cycle of birth and death. Moksha is the realization of one's true nature as the Atman and the union with Brahman, the ultimate reality. It is the release from the cycle of suffering and the attainment of eternal bliss and enlightenment. Through self-realization, spiritual practices, and the pursuit of knowledge, humans strive to break free from the cycle of reincarnation and merge with the divine.

4. **Yoga and Spiritual Practices:** Hinduism offers various spiritual paths and practices to help individuals on their journey towards Moksha. Yoga, which means union, is a prominent practice that encompasses physical postures (asanas), breath control (pranayama), meditation, and ethical disciplines. These practices aim to purify the body, mind, and spirit, and bring about self-realization and union with the divine.

5. **Divine Manifestations:** Hinduism recognizes that the divine can manifest in various forms and deities. Different deities represent different aspects of the divine, and humans have the freedom to choose their path of worship and devotion. The purpose of humans is to cultivate devotion, surrender, and love towards the divine, and to seek union with the divine through their chosen deity or form of worship.

6. **Service and Selflessness:** Hinduism teaches the importance of selfless service (seva) and compassion towards all beings. Humans are encouraged to engage in acts of kindness, charity, and service to uplift others and contribute to the welfare of society. Serving others without attachment to the results is considered a means of purifying the heart and progressing spiritually.

Hinduism is a complex and diverse tradition with various philosophical schools and interpretations. The teachings shared here provide a general overview of some key principles regarding the origin of humans and their purpose on Earth according to Hindu spiritual wisdom.

### African Spiritual Perspective

Africans have common beliefs on spirituality and enlightenment, the origin of humans and the purpose of humans on Earth from:

- 1. Connection to Ancestors and Divine Forces:** African spirituality recognizes the deep connection between humans, ancestors, and divine forces. It teaches that humans have a spiritual lineage that traces back to their ancestors and that humans are in constant communion with the spiritual realm. The purpose of humans is to maintain this connection, honour their ancestors, and seek guidance and blessings from the divine forces.
- 2. Cosmic Harmony and Interconnectedness:** African spirituality emphasizes the belief in cosmic harmony and the interconnectedness of all things. Humans are seen as an integral part of the natural world and are interconnected with plants, animals, the land, water bodies, mountains, and other elements. The purpose of humans is to live in harmony with nature, maintaining a balanced relationship with all beings and respecting the sacredness of life.
- 3. Spiritual Growth and Ancestral Legacy:** Africans believe that humans are born with a purpose and have the potential for spiritual growth and self-realization. They are encouraged to develop their unique gifts, talents, and virtues to contribute positively to their community and society. Africans also believe in carrying forward the legacy of their ancestors, preserving cultural traditions, and passing on wisdom to future generations.
- 4. Rituals and Ceremonies:** African spirituality places great importance on rituals and ceremonies as means of connecting with the divine and aligning with spiritual forces. These rituals may involve offerings, prayers, dances, music, and other forms of sacred practices. By participating in rituals, humans can establish a deeper connection with the spiritual realm and seek guidance, protection, and blessings.
- 5. Ubuntu (Interconnected Humanity):** The concept of Ubuntu is central to African spirituality, highlighting the interconnectedness of humanity. It teaches that humans are responsible for each other's well-being and should strive for harmonious relationships, empathy, and compassion. The purpose of humans is to live in community, support one another, and foster social harmony and justice.

**6. Communion with Nature and Ancestral Wisdom:** African spirituality recognizes the wisdom and guidance present in nature and the wisdom passed down by ancestors. Humans are encouraged to connect with nature, learn from its cycles and rhythms, and listen to the teachings of their ancestors. By attuning themselves to these sources of wisdom, humans can find guidance, healing, and a deeper understanding of their purpose.

African spirituality encompasses a diverse range of beliefs and practices across different regions, communities and cultures. The teachings shared here provide a general overview of some key principles regarding the origin of humans and their purpose on Earth according to African spiritual wisdom.

#### What do we learn from all these perspectives

As can be noted, while many religious people tend to focus on the purity and perceived ‘rightness’ of their specific religion, it should be clear that each human is on a separate journey but all lead to the same destination. Across Buddhism, Taoism, Hinduism, Judaism, Christianity, Islam, and African spirituality, there are some key similarities.

**1. Divine Origin and Interconnectedness:** All these traditions recognize that humans have a spiritual essence or soul that originates from a divine source. Whether it is the Atman in Hinduism, the concept of God in monotheistic religions, or the divine essence in African spirituality, there is a belief in a higher power or universal consciousness from which humans originate. Furthermore, there is an understanding of the interconnectedness between all beings, highlighting the unity of creation.

**2. Spiritual Evolution and Growth:** These traditions emphasize that humans on earth are on a spiritual journey with the purpose of growth, enlightenment, and self-realization. This journey involves overcoming ignorance, egoism, and attachment to material desires. Through various practices such as meditation, prayer, self-discipline, and service, individuals can evolve spiritually, transcend their limitations, and realize their true nature.

**3. Moral and Ethical Living:** Another common teaching is the importance of leading a moral and ethical life. This includes practicing virtues such as compassion, kindness, honesty, justice, and selflessness. Living in alignment with these principles allows individuals to cultivate inner peace, harmony, and a sense of purpose. It also contributes to the well-being of others and the greater society.

**4. Liberation and Unity with the Divine:** The ultimate purpose in these traditions is liberation from suffering and the attainment of union with the divine or ultimate reality. Whether it is Moksha in Hinduism, Nirvana in Buddhism, or the concept of Heaven in monotheistic religions, there is a shared goal of transcending the cycle of birth and death and experiencing eternal bliss, peace, and enlightenment. This liberation is often achieved through spiritual practices, self-realization, and the cultivation of a deep connection with the divine.

While each tradition has its unique teachings and practices, these commonalities highlight the universal themes of seeking spiritual growth, living ethically, and attaining liberation from suffering. These teachings should serve as guiding principles on your paths to enlightenment and provide a foundation for leading meaningful and purposeful lives. To become an Ultimate Master, you need to be in the know, have good understanding necessary for great wisdom that will make your journey on earth a joyful and fulfilling experience.

#### The purpose of human existence

From the major perspectives presented here, it is important to grasp the purpose of our human experience, which is to evolve and expand our consciousness, gain wisdom and love, and have a meaningful impact on life. Some sages believe that each and every one of us has incarnated on this planet to engage in our spiritual development, interact with others, and participate in various experiences. Life on Earth can be seen as a profound process through which the Universe teaches us how to navigate both favorable and unfavorable circumstances while discovering and fulfilling our individual tasks and missions assigned by God. In a sense, planet Earth can be considered a "spiritual school," and each life experience serves as a lesson to help us grow and progress towards fulfilling our unique purpose on this planet.

To effectively navigate the challenges and lessons presented by life on Earth, it is essential for us, as human beings, to cultivate and expand our spiritual capacities. This enables us to express and exemplify the goodness and greatness of God in our own distinctive way. However, it is crucial to recognize that human beings have been endowed with power and free will by God, as depicted in the creation stories found in religious texts such as the Bible and the Quran. Thus, we have the ability to decide how we live our lives on Earth.

In our pursuit of spiritual growth and self-knowledge, it is vital to engage and interact with others. Instead of focusing solely on our own development, some individuals tend to interfere in the lives of others by passing judgment. Rather than attempting to change others, it is more fruitful to learn from them. By avoiding unnecessary complications in our lives, we can find



lessons in the situations we face and move forward without resistance. The ultimate goal for every successful human being is to attain maturity and wisdom, which involves ceasing to suffer from external circumstances, achieving inner peace that remains unshaken, and expressing our capacity to create, love, and serve unconditionally.

In order to reach a higher level of understanding that fosters growth and satisfaction for all, we must start by harmonizing ourselves. Therefore, it is crucial to acquire knowledge and understanding of the Universal Laws and apply the principles that lead to wisdom and a greater manifestation of the divine within each of us. Exploring the reasons behind the existence and occurrence of things can help us recognize these Laws, which in turn enable us to create a better future for humanity.

## Knowing and Understanding the Truth about Who You are

In addition to thanksgiving, praise and worship, many religions teach the importance of praying to God for knowledge, understanding and wisdom. These are the keys to living a fulfilling life as achieving wisdom helps one to gain discernment, another key spiritual gift.

In Hosea 4:6 (the Bible), God is quoted as saying His people perish because they lack knowledge. Most of the less than desirable experiences are due to limited knowledge and understanding of who you are. The importance of Knowledge, Understanding and Wisdom is clearly illustrated in Proverbs 3:13-16 "*Happy is the man that findeth wisdom, and the man that getteth understanding. for the gain from her is better than gain from silver and her profit better than gold. She is more precious than rubies: and all the things thou canst desire are not to be compared unto her. Length of days is in her right hand; and in her left hand riches and honour*".

Knowledge, understanding, and wisdom are three closely related concepts:

- Knowledge is the accumulation of facts and information. It is what we know about the world. Knowledge can be acquired through education, experience, or observation.
- Understanding is the ability to comprehend and make sense of knowledge. It is the ability to see the big picture and to see how different pieces of knowledge fit together. Understanding can be developed through reflection, discussion, and debate.
- Wisdom on the other hand, goes beyond knowledge and understanding. It is the ability to apply knowledge and understanding in a practical and meaningful way. Wisdom involves using one's experience, knowledge, and understanding to make sound judgments and decisions. It involves a deeper level of insight and intuition that can only be gained through a lifetime of experience and reflection.

In other words, knowledge is what we know, understanding is how we comprehend what we know, and wisdom is how we use what we know to make good decisions. Becoming Ultimate Masters is about growing or gaining the wisdom to make decisions that are helpful to you.

Many enlightened people have affirmed that real knowledge and empowerment for you as a human being starts with answering the questions: Who am I? Why am I here? Where do I come from? Where AM I going from here? The knowledgeable answers to these should bring us the

necessary awareness and consciousness we need to live a great, purpose driven and harmonious life on this planet earth.

“Who Am I?” This is the most fundamental question to answer if you are to master this universe and live your life to the fullest. Are you a baby, a child, a teenager, a youth, an adult man or woman, an elderly man or elderly woman, a grandfather or grandmother? Are you a husband, wife, son, daughter, father or mother? Are you that name, job position, qualification, economic activity, tribe, citizen of country or owner of what you think you possess? Or are you that body, that mind, the soul or thoughts you have? Who are you (who AM I?)

From the knowledge of the several religious perspectives, it should now be clear you are a being created by God or in existence to live a life that gives honour to your powerful source. All humans are expressions of God or are consciousness in expression. All humans come into the earth as consciousness or spirit, in order to experience a physical existence by living life in different stages, playing different roles and fulfilling different responsibilities.

To gain a good understanding of who you truly are, you need to separate yourself from roles you play along your life (i.e. you are not the person who plays those roles e.g. mother, father, grand child). You are also different from your stages of growth i.e. you are the same that you are when you are baby, a teen, a youth, an adult or an elderly person. You are different from your possessions or attribute like clothes, cars, land, looks or thoughts. You are the person who the thoughts appear to, the person who owns the mind, who owns the body (the body that has changed over the years since birth but owner remained the same), the person that owns the qualifications, feelings and so on. Who are you therefore?

Now that I have had ample time to research and reflect on these questions, I can comfortably say that consciousness of that I AM. I know and understand that I AM divine love, intelligence, health, abundance, peace, joy and all I desire. I AM life and I AM one with Source Energy (the Creator). I AM part of Supreme Consciousness. I AM God's Light. I AM Energy. I AM a part of God in action on earth. A big claim, isn't it? But that is what you too are, if only you can rediscover or accept the Truth. This is the great news that everyone on this planet needs to know, understand, meditate upon and heed.

You have to know that re-discovering and maintaining your oneness with God is the Ultimate Mastery of your existence. Many people in different parts of the world have through the ages attested to the connection between human beings and God (or whatever they call a higher power) and to all things in the cosmos. Yet some people on earth live in challenging

circumstances, sort of unaware of their direct connection to divine source. The majority of humans are hardly conscious of the power we possess, let alone the widespread information about the fact that God lives within man or the fact that man is a superior being in the cosmos as written in several holy and instrumental books including the Bible, the Quran, the Mahabharata and the Ramayana, the Tipitaka, the Kybalion, the Tao Te Ching, among others.

Here are some verses attesting to the real identity and power of human beings. Even if you don't believe or profess a particular religion, it is helpful to explore the wisdom therein and relate to your life. You will achieve great insights that will help you make your life better.

*“Then God said, “Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals,<sup>[a]</sup> and over all the creatures that move along the ground.” So God created man in his own image, in the image of God he created him; male and female he created them” (Genesis 1: 26-27)*

The Holy Quran emphasizes that human being is Allah's Vicegerent on this earth ... *“And He it is who has made you successors in the land and raised some of you above others by (various) grades, that He might try you by what He has given you.” (6:165 Quran).*

*Human beings have the greatest capacity of knowledge “And He taught Adam all the names, then presented them to the angels; then He said: Tell me the names of those if you are right.”(2:31 Quran).*

*“The spirit of faith, the beloved, the spiritual ego, the friend, the adored one, the desired one, the rays of the sun of truth, the flame of reality, the radiations of the celestial world, the lord, the nightingale, etc., are all synonyms of the one reality of man.” – (Abdu'l-Baha, Baha'i Faith)*

*“Those who believe and whose hearts are set at rest by the remembrance of Allah; now surely by Allah's remembrance are the hearts set at rest.” (13:28 Quran).*

This shows that Human beings are superior to all of God's other creatures that we see on the earth, because humans are made in the image and likeness of God. Not only that, we are told that He made human beings with his hands, and breathed into man the breath of life. Breath in the original Bible texts (Greek and Hebrew) means spirit. From this we can see that human beings have a special relationship with God. We therefore also have the special purpose to reflect God in our lives.

Since I personally profess and practice the Catholic **'faith'**, I AM aware of the importance of equanimity as well as the divinity in each human being, oneness of all and the allness of one. Some of you might know of the Catholic principle of theological destination, which affirms that there is attainment of enlightenment where we each crystalize into different things and leads us to understand the hidden spirits and their working within each individual. A true religious concept is a birth within human mind of a direct idea from the spiritual world (God) as a source of everything in the universe.

If we know, understand and remember that any life is so because of God, then we would appreciate none can be alive without God. We know that God gave us life through his breath. That is why we have to breath in and out to keep alive. We know that everything that has moved from spirit into the world is spirit trapped into matter. Whether humans, animals, or plants, they will eventually dissolve and then crystalize again in a continuous evolution as each plays their assigned function in the microcosm and macrocosm of the universe (common song/word).

This is the foundation of this compilation as the great news contained in the Truth: All is because of God. God is here. God is there. God is Powerful. God is love. Human beings are the image and likeness of God and have authority of God to co-create on earth.

This knowledge is contained in many spiritual teachings of different **'faiths'**, and quite clear in the commandment in Genesis 1: 28 *"And God blessed them, and God said unto them, **Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.***

### Knowing and serving your seed

If you look at these words from their original writing in Greek or Hebrew, *Be **fruitful*** means be productive. As co-creators, given the power by the Almighty Himself, God expects us to make efforts to achieve what we need and progress or prosper the world. He has planted in each of us the SEED that is necessary to be fruitful. But it is our assignment to find out that seed or gift and deploy it on this earth.

Many sages have taught that God does not give finished things as we humans use them. He did not give us furniture, it is hidden in trees, no cars, they are hidden in ore and minerals in mountains; food and medicine is in plants that bear fruit from the soil. Everything we see on earth that was not created by God, like the computers, ships, airplanes, medicine, buildings etc are made by human beings who appropriately tap into and deploy their gift.

In addition to identifying your gift, you need creativity to best execute your gift. So, pray to God to help you identify your gift, and more importantly for creativity to deploy your gift so it generates fruits that will attract what you need (money, good health, happiness, influence, greatness etc). Remember all you need is here on earth and it will be attracted to creativity and only those who are productive attract resources they need to live happily.

**Multiply** means you develop the capacity to reproduce what you produce. Look at Microsoft Windows, Apple, Android, Toyota, Samsung and all leading businesses in the world. They have mastered how to reproduce what they produce. Even if this is applied to the common thinking of humans being commanded to produce children, it is clear that there is need for continuous production if we are to see more useful products and conquer the world.

In the process of being fruitful and multiplying, resources are ‘used’ and burnout can occur. **Replenish** means you fill up again or restock what you produce and multiply. No matter how good your product is, and how much you reproduce it, you have to maintain the capacity to have more of it or reproduce as per God’s program. This means you have to occasionally go back to source to get more energy to produce, multiply and distribute. That is why practices like prayer, meditation, contemplation are key to achieving your purpose on this planet. Or why the soil after many seasons of bearing good fruit must be left to replenish for some seasons before resuming to plant in it.

To **Subdue** means God is commanding you to dominate the ‘market’ with the seed that you have. If you have found your true gift, you produce it, multiply it and keep on replenishing it, you can achieve dominion through serving your gift. Look at footballers, musicians, politicians, academicians, publishers or religious leaders. All are serving their gifts, producing what others value and can pay for, multiplying their product and striving to achieve dominion or the ability to be celebrated.

Ultimate Masters know that we as humans are meant to live in abundance, happiness and content if we can master how to be in synch with nature and the power above (God) through whom all greatness emanates. It doesn’t matter what religion you are, or what part of the world you are. You can be truly great if you opt to live as God intended you live: A Master on this universe.

Remember what Master Jesus is reported to have said in John 10: 10 *“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”* The Greek

word for abundant can also mean 'excess', 'more than' or 'superfluous' and this is what you should be experiencing in your life if you keep connected to your roots in God.

You have to learn how to identify and develop your authentic self, derived from the inherent power and authority God gave you at creation. This is a good basis to understand the role of human beings on earth and their role in God's Kingdom or you as consciousness and part of the Super consciousness. From the Bible perspective, humans are here on earth under direct assignment to extend the kingdom of God from heaven to earth by exercising your God given power and authority. Know that you are real, or authentic when you are being who you were meant to be and doing what you were meant to do. This equals to being fulfilled in life! It means you explore, understand and deploy your talents (the seed from which you are expected to be fruitful). You will benefit from your seed if you use your talents to serve others.

The key to life is discovering, developing and serving your seed, which again are your gifts, talents and abilities. One of the key inspirations for this publication is to help as many people understand how you can tap into your unique design and begin to apply it to the various aspects of your life. Your personal authority will emerge, and you will be able to live an effective life as you work in collaboration with others to fulfill each other's purposes in this universe.

Since we have already seen that each of you is here to serve, you grow and are useful in life if others benefit from being able to eat your fruit. Some people will pay to get the fruit that you offer (it is how many of us earn a living). The importance of a mango, orange, tomato or avocado like all crops is in its fruit or the ability to be fruitful. Your key assignment is to find your seed and grow your fruit so it multiplies. By doing this, you will be fulfilling your purpose, and you will be satisfying your passion. You will then begin to be fulfilled.

It is your individual responsibility to find out what you were born with, in order for you to nurture it (read the parable of talents Matthew 25: 14-30), serve it and step into the life that God intended for you. You will always have what you were born with, even if you do not discover it until you are 99 years old. Your seed is impossible to lose. You have to know and understand that your words, your thoughts, and your deeds are your seed channels. Remember when you sow seeds, you reap a harvest. What you harvest is always greater than the seeds sown. The question is what are you sowing in the world today as your seeds so as to get a good harvest?



## Your infinite power

Within you (and each human being) is the power- the secret of the universe. Man possesses infinite life and power, that is illimitable. This power of the spirit that you have is unconquerable. We are not talking about the power people have in ordinary life, or finite will spoken about by most motivational speakers, or power of the human mind that you can measure. You have to know that being spiritual is of a higher order than physical or mental power. The spirit of God or super consciousness lives in each human being, acting on beckon.

It is important to understand that all life is God in action. We are all here manifesting different aspects, abilities, forms, characters and states of the Super Consciousness (God). The infinite life, infinite intelligence, infinite love, infinite peace, infinite joy that is God is also present in you and it is your obligation to manifest God always. You need to know and appreciate who you really are and who is in you. Take up your rightful place and position in this world by expressing your authority to live the life you desire based on true unwavering faith in God and love for the almighty power and other people (expressions of God).

As we read in Luke *"Being asked by the Pharisees when the kingdom of God was coming, he answered them, 'The kingdom of god is not coming with signs to be observed; nor will they say 'Lo, here it is!' or 'There!' For behold, the kingdom of God is in the midst of you"* (Luke 17:20-21). Look into every great religious, spiritual, and wisdom tradition, and we find the same precept — that life's ultimate truth, its ultimate treasure, lies within us. Not one man or a group of men, but in all men (and women). If God is the creator and his son Jesus Christ the King and the Kingdom is in you and me, it means we are a prized container of God or better said, each of us bears a **spark** of God. You have the power, authority and responsibility to make this life a wonderful adventure for yourself and for others available in your lifetime. *"As for you, **the anointing you received from him remains in you, and you do not need anyone to teach you. But as his anointing teaches you about all things**"* (1 John 2: 27). *"Whoever believes in me, as the Scripture has said, '**Out of his heart will flow rivers of living water.**'"* (John 7:38)

When you master who you truly are, you become aware that you are the effect of the (God) cause. You get to know you can live on the invisible form of support from the "other side" of you. This is part of the creative truth that have been around for millennia. The truth that has been told in the ancient Tao philosophy of the Chinese, the Upanishad of the Hindu, the kabbalah of Judaism, the Quran of Islam, the Words of Jesus in the Gospel and several of

offshoots of the Bible. Man can always seek help from the other side, from home, by getting in touch with the creator. Understand and use your divine connection to God for your good.

### Creating your own reality

By activating more of the mind and expressing yourself to the other side asking what you want or desire to manifest, you can affect your reality. All of us are equal in the eyes of the other side (God). All we need is to learn to use our direct contact with the other side to tap in and co-create. Creation is the purpose of the other side; the source and we can only create if we tap into that source power. Mastering is knowing humans are here on earth to help the other side (many names of God refer to creation e.g. Ruhanga, Katonda) to co-create, to bring things into being in the universe.

Don't be among the many people who have lost their sense of connection to the other side (the source) and thus live as beggars, helpless wonderers when every spiritual book tells us we can ask and receive, all is available for our good so long as we are aligned with source.

What a joy it is to learn that Super consciousness or source energy is available and free for all of us! But to truly benefit from source, you have to know that source energy has to be harnessed and directed in order to manifest into what you want. You must therefore make conscious effort to always direct your thoughts and feelings carefully towards only what you want to see manifest in your life, and live in the conscious understanding that it will come to pass as you desire it.

This self-awareness also called enlightenment is about understanding who you really are: the true unlimited consciousness, the being, the awareness of higher mind that is attuned to a higher frequency of all possibilities as sourced from the Supreme consciousness that is God.

While I share later on this in the chapter on manifesting your desires, it is important to get this summarised metaphysical formula to getting what you desire. You can use this formula for everything you want to get from the universe by acknowledging your right in God.

“I desire ...(put your specific wish) in harmony for the whole world and in accordance with divine will, under grace and in a perfect manner. Thank you, God, that you have heard me”.

That is it. By arranging your prayers like that, you have fulfilled the whole law of God which manifests itself on the spiritual plane without any hindrance. God is always open to receive and grant your requests but you have to acknowledge God and have complete faith. This is the truth

when known that will set you free. It is important to add the thank you father (God) line as the great Master Jesus taught us in praying for the miracles he did. You have to thank God for always listening to you, or having heard you.

This publication is prepared to help stop the identity crisis many people including Christians often find themselves in where they live in worry and lack, while claiming (pretending) to serve a powerful, loving and merciful God who owns all the abundance in the world. We need to rise to our call to be witnesses of God's goodness and power by living lives that showcase God. I take the liberty to humbly borrow the words of Pope Francis in his *weekly Wednesday audience, delivered on March 22, 2023* about the importance of witness.

### Pope on the need to be God's witnesses

“Dear brothers and sisters, greetings!

Today we will listen to the “*magna carta*” of evangelization in the contemporary world: Saint Paul VI's Apostolic Exhortation *Evangelii nuntiandi* (EN, 8 December 1975). It is topical. It was written in 1975 but it is as though it were written yesterday. Evangelization is more than just simple doctrinal and moral transmission. It is, first and foremost, *witness*—one cannot evangelize without witness—witness of the personal encounter with Jesus Christ, the Incarnate Word in which salvation is fulfilled. An indispensable witness because, firstly, the world “is calling for evangelizers to speak to it of a God whom the evangelists themselves should know and be familiar with” (EN, 76). It is not to transmit an ideology or a “doctrine” on God, no. It is to transmit God who is living in me: this is witness, and moreover, because “modern man listens more willingly to witnesses than to teachers, and if he does listen to teachers, it is because they are witnesses” (*ibid.*, 41). The witness of Christ, then, is at the same time the first means of evangelization (cf. *ibid.*), and an essential condition for its efficacy (cf. *ibid.*, 76), so that the proclamation of the Gospel may be fruitful. Being witnesses.

It is necessary to remember that witness also includes *professed faith*, that is, convinced and manifest adherence to God the Father and Son and Holy Spirit, who created us out of love, and redeemed us. A faith that transforms us, that transforms our relationships, the criteria and the values that determine our choices. Witness, therefore, cannot be separated from consistency between what one believes and what one proclaims, and what one lives. One is

not credible just by stating a doctrine or an ideology, no. A person is credible if there is harmony between what he or she believes and lives. Many Christians only say they believe, but they live something else, as if they did not. And this is hypocrisy. The opposite of witness is hypocrisy. How many times we hear, “Ah, this person goes to Mass every Sunday and then he lives like this, or that”: it is true, it is counter-witness.

Every one of us is required to respond to three fundamental questions, posed in this way by Paul VI: “Do you believe what you are proclaiming? Do you live what you believe? Do you preach what you live?” (cf. *ibid.*). Is there harmony: do you believe in what you proclaim? Do you live what you believe? Do you proclaim what you live? We cannot be satisfied with easy, pre-packaged answers. We are called upon to accept the risk, albeit destabilized, of the search, trusting fully in the action of the Holy Spirit who works in each one of us, driving us ever further: beyond our boundaries, beyond our barriers, beyond our limits, of any type.

In this sense, the witness of a Christian life involves a journey of *holiness*, based on Baptism, which makes us “sharers in the divine nature; in this way they are really made holy” (Dogmatic Constitution [Lumen gentium](#), 40). A holiness that is not reserved to the few; that is a gift from God and demands to be received and made to bear fruit for ourselves and for others. Chosen and beloved by God, must bring this love to others. Paul VI teaches that *the zeal for evangelization springs from holiness*, it springs from the heart that is filled with God. Nourished by prayer and above all by love for the Eucharist, evangelization in turn increases holiness in the people who carry it out (cf. EN, 76). At the same time, without holiness, the word of the evangelizer “will have difficulty in touching the heart of modern man”, and “risks being vain and sterile” (*ibid.*).

Therefore, we must be aware that the people to whom evangelization is addressed are not only others, those who profess other faiths or who profess none, but also *ourselves*, believers in Christ and active members of the People of God. And we must convert every day, receive the word of God and change our life: every day. And this is how the heart is evangelized. To bear this witness, the Church as such must also begin by evangelizing herself. If the Church does not evangelize herself, she remains a museum piece. Instead, it is by evangelizing herself that she is continually updated. She needs to listen unceasingly to what she must believe, to her reasons for hoping, to the new commandment of love. The Church, which is a People of God immersed in the world, and often tempted by idols—many of them—and she always needs to hear the proclamation of the works of God. In brief, this means that she

has a constant need of being evangelized, she needs to read the Gospel, to pray and to feel the force of the Spirit changing her heart (cf. EN, 15).

A Church that evangelizes herself in order to evangelize is a Church that, guided by the Holy Spirit, is required to walk a demanding path, a path of conversion and renewal. This also entails the ability to change the ways of understanding and living its evangelizing presence in history, avoiding taking refuge in the protected zones of the logic of “it has always been done this way”. They are the refuges that cause the Church to sicken. The Church must go forward, she must grow continually; in this way she will remain young. This Church is entirely turned to God, therefore a participant in his plan of salvation for humanity, and, at the same time, entirely turned towards humanity.

The Church must be a Church that dialogically encounters the contemporary world, that weaves fraternal relationships, that generates spaces of encounter, implementing good practices of hospitality, of welcome, of recognition and integration of the other and of otherness, and that cares for the common home that is creation. That is, a Church that dialogically encounters the contemporary world, that dialogues with the contemporary world, but that encounters the Lord every day, and dialogues with the Lord, and allows the Holy Spirit, the agent of evangelization, to enter. Without the Holy Spirit we can only publicize the Church, not evangelize. It is the Spirit in us that drives us towards evangelization, and this is the true freedom of the children of God.

Dear brothers and sisters, I renew my invitation to you to read and re-read *[Evangelii nuntiandi](#)*: I will tell you the truth, I read it often, because it is Saint Paul VI’s masterpiece, it is the legacy he left to us, to evangelize”

## Mastering your oneness with God

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*I and my Father are one. (John 10:30)*

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From the previous topic, it has been implied that we as human are here on earth as spirits which take on physical form in order to experience life on planet earth. The knowledge that earth is a practical ground for godly power through humans (only) is key to appreciating why humans must fulfil their obligation to create the world they desire using source power (godly power). From the different religious perspectives, we learn that God is Love.

From the Christian perspective, many of us were programmed since birth to believe that God the Father and Jesus the Son were outside us, yet truly they are within us - everything that we have been searching for is within - We are but a spark of the Divine - we have never been separated from the Father - we are the Father experiencing L.I.F.E. - Love In Full Expression.

Becoming an Ultimate Master in this universe begins with the knowledge and understanding that you are one with God and everyone else. Indeed, you are one with everything in the universe. Oneness with God is a concept that has been explored by spiritual leaders, God seekers, and believers of various religious backgrounds for centuries. Oneness with God refers to a state of being where you are in complete **harmony** with the divine (God).

For Christians, oneness with God is often described as a state of being where the believer is filled with the Holy Spirit and is able to experience the fullness of God's love and grace. In Islam, oneness with God is known as tawhid, which refers to the belief in the oneness of God and the unity of all creation. Buddhists, on the other hand, view oneness with God as a state of enlightenment where one is able to transcend the ego and connect with the divine.

Regardless of the specific religious or spiritual context, oneness with God is characterized by a deep sense of peace, love, and connection to something greater than oneself. It is a state of being where one is able to transcend the limitations of the physical world and connect with the infinite, eternal, and divine being (God).

For many, the path towards oneness with God involves a spiritual journey of self-discovery, self-reflection, and surrender as we shall elaborate in this publication. It requires a willingness to let go of the ego (earthly guide only) and embrace a higher power, to trust in the divine plan, and to live in alignment with one's true purpose.

While the pursuit of oneness with God may take different forms for different individuals, at its essence, it is a universal human experience that transcends religion, culture, and tradition. It is a reminder that we are all interconnected, that we are all part of something greater than ourselves, and that we are all capable of experiencing the divine. Many great books of the world's religions have highlighted the idea that all creatures and creations are interconnected and share a common source.

In Christianity, the concept of oneness is rooted in the belief that all humans are created in God's image and likeness; and are equal in His eyes. It reflects the idea that all humans are united in their belief in God and their love for Him. The Bible teaches that God is the source of all life, and everything in the universe is interconnected and dependent on Him.

Jesus answered, *“It is written in your law that God said, ‘I said, you are gods.’* (John 10: 34-35)

In Islam, the oneness concept is expressed through the belief in the unity of God. Muslims believe that God is the one and only true deity, and everything in the universe is created by Him. This belief leads to the idea that all humans are equal in the eyes of Allah (God) and should be treated with respect and compassion.

In Buddhism, the oneness concept is expressed through the belief in the interconnectedness of all beings. Buddhists believe that everything in the universe is interdependent, and the actions of one being can affect the whole. This belief leads to the idea that all beings should be treated with kindness and compassion, as we are all part of the same interconnected web of life (cosmos).

The Jewish faith also recognizes the oneness concept, as it is expressed through the belief in the unity of God. Jews believe that God is the one and only true deity, and everything in the universe (i.e. one verse, uniform song) is created by Him.

*I said, “You are gods, And all of you are sons of the Most High”* (Psalms 82: 6)

The role of science in understanding oneness is a topic of immense significance in the modern spiritual and scientific communities today. Science has helped us understand the interconnectedness of all things in the universe. From the smallest subatomic particles to the vast expanses of space, everything is interconnected and interdependent. The laws of physics, chemistry, and biology are universal and apply equally to all living and non-living things. This interconnectedness is a fundamental aspect of the oneness that spiritual leaders and religious scholars have been talking about for centuries.



In science, the oneness concept is expressed through the study of interconnected systems, such as ecosystems, the human body, and the universe as a whole. Scientists recognize that everything in the universe is interconnected and dependent on each other, and the actions of one being can affect the whole. In meta physics which means “that which comes after or beyond the physical,” the *spiritual* root of physical life has been widely studied over the years. In Philosophy, spiritual metaphysics is practiced as a spiritual path that branches over all others, given that it accepts all spiritual paths as a means to a greater truth. The growing understanding on epigenetics since the 1960s has shown changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself (environmental or spiritual factors are the main cause).

Innovation is also impacted by the oneness concept, as it leads to the development of technologies and systems that promote interconnectedness and sustainability. Technology like the internet also arguably extends humans to the omnipresence realm as we can do many things across the globe even where we are not physically. Many innovators recognize the importance of creating systems that are interconnected and sustainable, as it leads to a better quality of life for all beings.

The study of consciousness is another area where science and spirituality intersect. For centuries, spiritual leaders have been talking about the nature of consciousness and its role in our understanding of oneness. Science has made remarkable progress in understanding the workings of the brain and how it gives rise to consciousness. Some scientists believe that consciousness is a fundamental aspect of the universe, much like space and time, and that it is present in all living and non-living things.

The study of quantum physics has also shed new light on the concept of oneness. Quantum physics tells us that everything in the universe is interconnected and that the observer plays a vital role in shaping reality (from the quantum of different possibilities).

### The spiritual journey towards oneness

The spiritual journey towards oneness is a path that is taken by those who seek to connect with the divine. It is a journey that is taken by spiritual leaders, God seekers, Christians, Muslims, Buddhists, Judaists, scientists, innovators, and general believers. The journey towards oneness is a journey of self-discovery, of exploring one's own spiritual nature, and of connecting with the divine.

The journey towards oneness begins with the recognition that there is more to life than what meets the ordinary eye. It is an acknowledgement that there is a spiritual aspect to existence that is often ignored or overlooked in our busy lives. This recognition is the first step towards a deeper understanding of the divine and a closer connection with it.

The next step on the journey towards oneness is to explore the different spiritual traditions and teachings that are available. This involves reading religious texts, attending spiritual gatherings, and engaging in meditation and prayer. By exploring different spiritual traditions, we can gain a greater understanding of the divine and how it is manifested in different ways across different cultures and traditions. This helps us to act from a position of wider knowledge.

As we progress on our journey towards oneness, we begin to realize that there is no separation between ourselves and the divine. There is no duality, no me and them, me and God. We begin to see that we are all part of a greater whole, and that we are all connected to each other, to all natural creations and to the divine. This realization leads to a sense of oneness and unity.

The final step on the journey towards oneness is to live a life that is in harmony with the divine. This involves living a life of service, compassion, and love, and working towards a world that is more just and equitable. By living in harmony with the divine, we can help to bring about a more peaceful and loving world, and we can help to create a better future for ourselves and for future generations. Also, by following this oneness, we can experience a sense of power, oneness and unity, and we can help to bring about a more peaceful and loving world.

### The different paths to oneness in different religions

Despite their differences, many religions share a common goal of achieving oneness with God. For Christians, oneness with God is achieved through a personal relationship with Jesus Christ. This relationship is built through faith, prayer, and obedience to God's commands. Christians believe that by accepting Christ as our savior and following his teachings, you can experience a deep sense of connection with God.

In Islam, oneness with God is achieved through submission to His will. Muslims believe that by following the teachings of the Prophet Muhammad, they can attain a state of inner peace and harmony with God. This oneness is often referred to as tawhid, which means the unity of God.

Buddhists seek oneness with the universe through the practice of meditation and mindfulness. By cultivating a deep awareness of the present moment, Buddhists believe they can transcend their sense of self and achieve a state of enlightenment known as Nirvana.

Judaism teaches that oneness with God is achieved through the observance of the Torah. By following the laws and traditions of their faith, Jews seek to connect with God on a deep and meaningful level.

Scientists and innovators may not necessarily follow a specific religion, but they too can experience a sense of oneness with the universe. Through scientific inquiry and discovery, they seek to understand the underlying principles of the universe and the interconnectedness of all things. Through their work, scientists and innovators are at the center of continuing God's creative work on earth. The goal of achieving oneness with God is a journey that requires dedication, discipline, and a deep sense of faith. You however have to acknowledge that the path to achieve oneness with God is filled with obstacles and challenges that can impede the progress of even the most devoted seekers. These challenges can come in various forms, and they can be physical, emotional, or spiritual.

One of the biggest obstacles on the path to oneness is the ego. The ego (self) is the part of us that is attached to our identity, our beliefs, and our desires. It is the voice that tells us that we are separate from others, and that we need to protect ourselves from harm. The ego can be a powerful force, and it can hinder our ability to connect with God.

Then come in the distractions of the material world. We live in a world that is filled with noise, distractions, and temptations. It can be difficult to find the time and space to connect with God when we are constantly bombarded with messages that tell us to focus on material things. From Television, newspapers, radio, social media, telecom companies or societal expectations, many people's attention is always under siege.

Fear (the opposite of faith) is another obstacle that can hold us back from oneness with God. Fear can manifest as anxiety, doubt, or uncertainty, and it can prevent us from taking the risks that are necessary for growth and spiritual development.

The lack of community can also be an obstacle to oneness with God. We humans are social beings, and we need the support and guidance of others on our spiritual journey. Without a community of like-minded individuals, it can be difficult to stay motivated and to find the

resources we need to progress. It is primarily why I am making this publication so we have many aware beings.

Despite these challenges, the path to oneness is worth pursuing. It is a journey that can lead to a profound sense of peace, fulfillment, and purpose. When we are connected to the Divine, we begin to see our lives as part of a larger, more significant plan. We understand that our actions have a purpose, and we are motivated to live our lives in a way that aligns with that purpose, and to exercise our power through our thoughts, feelings, actions and words.

Another significant benefit of oneness is that it helps us to cultivate a greater sense of compassion and empathy towards others. When we are connected to the Divine, we recognize that we are all part of the same universal energy and or consciousness. We understand that our experiences are not unique and that everyone is struggling in their own way.

From a practical standpoint, oneness helps us to live more fulfilling lives. We are better able to cope with the challenges and stresses of everyday life, and we are more likely to find joy and satisfaction in our work and relationships. We become more compassionate and understanding, and we are better able to forgive others and ourselves.

Oneness also helps us to tap into our creative potential. When we are in tune with the divine, we are more open to new ideas and inspiration. We are better able to think outside the box and come up with innovative solutions to problems we or others face.

In addition, oneness can have a positive impact on our physical health. Studies have shown that people who practice faithful prayer, mindfulness and meditation – practices that are often associated with oneness – have lower levels of stress and anxiety, and are less likely to develop chronic diseases such as heart disease and diabetes.

Oneness can also have a positive impact on our relationships. When we recognize our oneness with others, we are more likely to treat them with kindness and respect. We are better able to empathize with their struggles and challenges, and we are more willing to lend a helping hand.

### The Divine Connection

The divine connection is a profound and mystical experience that transcends all religions and spiritual practices. It is the ultimate realization of man's oneness with God. In order to understand the nature of the divine connection, we must first understand what it means to be one with God.

Oneness with God is the realization that we are not separate from God, but rather an integral part of the divine. It is the understanding that we are all connected to each other and to the entire universe through this divine power. This realization is not something that can be achieved through intellectual understanding alone. It is a mystical experience that must be felt and experienced in the heart. The divine connection is not limited to any particular religion or spiritual practice. It is available to all who seek it, regardless of their beliefs or background. It is a universal truth that transcends all boundaries and divisions.

The nature of the divine connection is difficult to put into words. It is a feeling of deep peace, love, and unity with all things. It is a sense of being held and supported by a higher power. It is a feeling of being at home in the universe, and a sense of purpose and meaning in life.

The divine connection is not something that can be achieved through effort or striving. It is a gift that is given freely to all who seek it. It is a grace that comes from the divine, and it is available to all who are open to receiving it.

Understanding the nature of the divine connection is essential for anyone seeking to experience oneness with God, and thus becoming an ultimate Master. May we all be blessed with the grace of the divine connection, and may we all experience the deep peace and love that comes with it.

One way of experiencing the divine connection is through **prayer**. Many people find that praying helps them to connect with God and to feel his presence in their lives. Prayer can take many different forms, from reciting traditional prayers to simply speaking from the heart. Whatever form it takes, prayer can be a powerful tool for connecting with the divine.

Another way of experiencing the divine connection is through **meditation**. Meditation is a practice that has been used for thousands of years to help people connect with their inner selves and with the divine. Through meditation, people can quiet their minds and focus their attention on the present moment, allowing them to experience a sense of peace and connection with God.

Other people experience the divine connection through **nature**. Being in nature can be a powerful way of connecting with the divine, as it allows us to experience the beauty and wonder of God's creation. Whether it is watching a sunset, walking through a forest, or simply gazing up at the stars, birds or water, nature can help us to feel a sense of awe and reverence for the divine.

Still others may find that they experience the divine connection through **service** to others. Helping others can be a powerful way of connecting with God, as it allows us to express our love and compassion for others in a tangible way. Whether it is volunteering at the orphanage, visiting the sick, or simply lending a helping hand to a friend in need, serving others can help us to feel a sense of connection with the divine.

### The transformative power of the divine connection

The idea that we are one with God, and that this connection has the power to transform our lives, is a central tenet of many religions and spiritual practices.

At its core, the transformative power of the divine connection is about recognizing the inherent divinity within ourselves and in all things. When we connect with this divine essence, we are able to tap into a source of infinite wisdom, love, and power that can guide us through life's challenges and help us to become our best selves.

For Christians, the transformative power of the divine connection is found in the teachings of Jesus Christ. Through prayer, meditation, and following the example of Christ, believers can deepen connection with God and experience a profound transformation of hearts and minds.

Similarly, Muslims believe in the power of the divine connection through their faith in Allah. Through prayer, fasting, and other spiritual practices, Muslims seek to deepen their connection with God and experience a transformation of their souls.

Buddhists, on the other hand, believe in the transformative power of the divine connection through mindfulness and meditation. By cultivating a deep awareness of the present moment and connecting with the innermost core of their being, Buddhists seek to transform their minds and find peace and happiness within (where the connection to the divine is).

Judaists, too, understand the transformative power of the divine connection through their faith in God. Through prayer, study of the Torah, and acts of kindness and compassion, they seek to deepen their connection with God and transform their lives.

Scientists and innovators, too, are beginning to recognize the transformative power of the divine connection. Through the study of consciousness and spirituality, they are discovering that there is a deeper, more profound aspect to human existence that goes beyond the physical realm.

We can thus see that the transformative power of the divine connection is a universal concept that transcends religion and spirituality. It is a fundamental aspect of human existence that has

the power to transform our lives and the world around us. Whether you are a spiritual leader, God seeker, or simply someone looking to deepen your connection with the divine, the transformative power of the divine connection is available to you.

### The importance of embracing oneness today

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*God is the One who is inside of us. You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world (1 John 4:4).*

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We live in a society that is divided along various lines, including race, religion, tribe, politics, clans and social class. This division has led to conflicts, wars, and a general lack of harmony and peace in our world.

As spiritual leaders, God seekers, Christians, Muslims, Buddhists, Judaists, Scientists, Innovators, and general believers, we have a responsibility to promote unity and oneness in our communities and the world at large. We are all created in the image of God, and we are all interconnected. When we embrace our oneness, we can work together to create a better world for everyone.

Embracing oneness means recognizing that we are all part of the same human family. It means acknowledging and celebrating our differences while also recognizing that we share a common humanity. It means treating others with compassion, respect, and kindness regardless of their race, religion, or social status.

As spiritual leaders, we have a unique role to play in promoting oneness. We can teach our followers about the importance of unity and encourage them to work towards creating a more harmonious and peaceful world. We can also lead by example and demonstrate what it means to live in unity with others.

As scientists and innovators, we can use our knowledge and expertise to create technologies and solutions that bring people together and promote oneness. We can also conduct research that helps us better understand the interconnectedness of all things and the importance of working together for the greater good.



We must first recognize that there is only one God, regardless of the name we give Him or the form in which we worship Him. We must understand that all religions and spiritual practices are merely different paths that lead to the same destination: a deeper connection with the divine.

Once we embrace this truth, we can begin to work towards fostering a sense of oneness among all believers and seekers. We can reach out and connect with those who may have different beliefs or practices, and we can learn from one another.

We must also strive to live our lives in a way that reflects our commitment to oneness and the divine connection. This means living with compassion, kindness, and love for all beings, regardless of their race, religion, or background. It means treating others as we would like to be treated, and recognizing the divine spark that exists within each and every one of us.

As we work towards oneness and the divine connection, we can also inspire others to do the same. We can share our experiences and insights with those around us, and encourage them to embark on their own spiritual journeys of oneness. As they say, one with God is the majority. You can achieve all you want and solve any challenge by being one with God.

In doing so, we can create a world that is more loving, compassionate, and connected. A world where we recognize our shared humanity and work towards a common goal of connecting with the divine. So let us all answer the call to action and embrace oneness, for the benefit of ourselves, our communities, and the world at large.

## The Great “I AM” Power

All human beings have a wonder working power inside, and that power is the “I AM”. It is the power that is replicated as infinite intelligence, love, abundance, happiness, peace, imagination and all that has resulted in the creations you see on this planet. But sadly, many people live under the influence of the few who have realized their individual power and create situations and things they ask others to follow. To be in charge of your life, you have to use the power of your “I AM”. You must think carefully about every word or statement that you use following those two words “I AM” because they are the most creative energy in the world as what you say after those words will become or remain true. It is the “I AM” that establishes you as a creative force in the world.

Throughout life, many people have been through a conditioning process that has created a mind-set overflowing with *I am not*s. As a toddler, many of you were told by your parents and relatives what you are not, what you could not be or could not achieve. At school, many especially those with a less than satisfactory grades were told you are not smart enough. When many of you are criticized, you feel you are not good enough. When you feel unwell, you quickly say ‘I AM sick’. You look in the mirror and compare yourself to a glamorous movie idol or homecoming queen and tell yourself, ‘I am not attractive’. Your relationship fractures and you think, ‘I am unloved or I am unworthy’. These, and many more like them, are repeated throughout many a people’s developmental years and into adulthood, and become core defining self-concepts. You have to know that your self-view and world view are responsible for the kind of life you live. What you think of yourself or the world around you will come true if you focus your thoughts on a respective situation.

### How use of “I AM” determines your life

Many people, little but remember that the words ‘I AM’ which you consistently use to define who you are and what you are capable of, are holy expressions for the name of God—the highest aspect of yourself. The “I AM” that you are cannot be sick, broke, disabled, incapacitated since it is the True being, direct from the most high God. You need to break lifelong habits of unwittingly besmirching this holy name. What follows “I AM” when you say it must be a positive affirmation as that “I AM” is the real you, the God in you. Always make your very first consideration the honoring of your Divine spirit “I AM”. This will allow you to rise to previously unimagined heights. Teach your outer self to accept the unlimited power of your inner spirit and the things you place in your imagination can become true for you.

Some of you have never once said, “I am favoured”, “I am prosperous”, “I am beautiful”, “I am blessed” or “I am lovely”. You're so focused on what you think are your flaws and what you don't like about yourself and how you wish you had more here and less there. Even with teachings from our sages, religious leaders and elders that everyone is beautifully and wonderfully made by God, some people still live their lives feeling less. When you say you are beautiful, youth comes looking for you. Freshness comes looking for you. Vitality comes looking for you. Nobody can do this for you. It has got to come out of your own mouth. Remember words create, always.

You need to make the shift in your imagination from an *I am not* or *I am hoping* to become *I am*. As Wayne Dyer passionately teaches us, you want what follows *I am* to be congruent with your highest self, which is God. Beginning with your inner dialogue, simply change the words that define your concept of yourself. Redefine your self-concept by choosing the words that you opt to place into your imagination. Try this rewording of your inner world as a beginning step to accessing the assistance of your higher self and fulfilling your desires. Instead of *I am incapable of getting a job*, shift to *I am capable*. Similarly, replace proclamations of *I am not able to live in peace* with *I am peace*. *I am unlucky in love* is replaced by *I am love*. *I am unworthy of happiness* becomes *I am happiness*.

Joel Osteen Author of *The Power of I AM* put it thus: “You have to know who you are. God breathed His life into you. You have royalty in your blood. You are excellent in every way. Now, put your shoulders back, hold our head up high, and start carrying yourself as royalty. You are not average. You are not ordinary. You are a masterpiece.”

There is a lot of evidence in the Scripture showing the power of ‘I AM’. When Jesus said: " 'I AM' the Resurrection and the Life," (John 11:25) He gave forth one of the mightiest utterances that can well be expressed. When He said "I AM," He did not refer to the outer expression, but He did refer to the Mighty Master Presence—God Within, because He repeatedly said: "I of myself can do nothing. It is the Father within—the 'I AM' —that doeth the works." Again Jesus said: " 'I AM' the Way, the Life, and the Truth," giving recognition to the One and Only Power — God in Action within him. Again He said: " 'I AM' the 'Light' that lighteth every man that cometh into the world," (John 1:19) prefacing every Statement of vital importance with the Words "I AM."

Before this New Testament showcase of the power of “I AM”, we witness the first and most profound emphasis of these two words in Exodus 3:13 *“Then Moses asked God, ‘Suppose I go to the Israelites and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is His name?’ What should I tell them?’” God said to Moses, “I AM WHO I AM. This is what you are to say to the Israelites: ‘I AM has sent me to you.’”*

Therefore, your most wonderful power/ gift is the I AM. The real you that doesn't change when you move through the ages, put on different clothing, move to different places, go to different schools, get different jobs, date different people, think different thoughts, eat different foods or face different circumstances is the I AM. I (the author) have produced another publication on the I AM affirmations (inspired by the I AM Discourses by Saint Germain) to power your world so that as many of you can retouch base with this great power that you can freely use to declare your desired situations into being.

In the Book of Joshua 1:3, we are told: *"Wherever the sole of your foot shall tread, I have given you."* The Hebrew form of the word "Joshua" is Yad He Vav [Ye-ho-SHOO-ah] and means, "Jehovah saves". So you see, Joshua is not promising another, but himself! You can notice that Jehovah leads the dance of life. We are his dancers, yet his very self; for God and his eternal name is one I AM.

This awareness of ‘I AM’ or your being is the corner stone of the consciousness you are, and your living to your true consciousness and potential. Short of this you live either sub-conscious or unconscious life detached from the real you and your potential. There is no place you can go and not know that you are! There is no place where God is not and there is nothing that God is not; for if there is something, it has to be God! We are all part of the same whole that God is.

The understanding of this enormous power and high intelligence within you helps liberate your own creativity and audacity to wish things into being. Just like all the creators of airplanes, computers, phones, software and cities have wished much into being. It begins with the realization of the power you have inside of you. You might have heard of the statement as within, so without; as above, so below. The inside determines what is outside, while what is above (heaven) determines what is below (earth). Most religions believe, on earth human beings have been allocated the divine duty to be in charge (have dominion) and express God in all their being and works through following the laws of God and ensuring righteousness

(being true representatives). God has given us all the power and authority to represent him on earth. This is why in Christianity, God has since the Old Testament days been sending prophets (in human body) and later his own son in human body to come and “make things right” on earth. For all to know they can achieve anything through God.

Once you have understood this divine childship (sonship) you enjoy with God (or what you call source power), you can start to express yourself with power and authority as you were meant to be. You can wish or speak things into being by sending conscious power to create or change what it is you want to see, achieve or change. This is the ultimate mastery of life on earth.

God has granted each of us this wonderful IAM power and given us authority to use it. Know that human beings are fully in charge of how to use this power on this planet earth. That is why we can see in the world we are in, some use this power for good, some use it for bad. God or the power is neutral, but it is you to use it as per God’s law. In Deuteronomy 32:39, we have been warned about the double-edged nature of this Godly power: *“There is no other **god** but me! I **am** the one who **kills** and **gives life**; I **am** the one who wounds and heals; no one **can** be rescued from my powerful hand!”*. As we have seen in the laws of the universe and the laws of nature, each of us will be judged as to how we have used this power.

In Galatians 6:7, we are told: *“Be not deceived, God is not mocked: for whatsoever a man soweth, that shall he also reap.”* This means that your thoughts/deeds, good or bad will repay you in kind. Many religions and cultures preach love and oneness because of this very wisdom. In the Quran, in verse 2:223 the same principle is reflected *فَأَنْتُمْ حَرَّتُمْ بِأَيْدِيكُمْ* meaning 'as you sow, so shall you reap'. You have to always remember that consequences of one’s actions to oneself are in proportion to one’s good or bad intentions towards others.

In the parable of talents (Mathew 25: 14-30), Jesus extols us to use our God given gifts in the service of God (other people) and to take risks for the sake of the Kingdom of God. These gifts have been seen to include personal abilities ("talents" in the everyday sense), as well as personal wealth. Failure to use one's gifts, the parable suggests, will result in negative judgment. The master quoted in the parable judges two servants as having been "faithful" and gives them a positive reward. To the single "unfaithful" servant, who avoided even the safe profit of bank interest, a negative compensation is given.

So long as you keep true to your IAM, you are able to bear the necessary fruit, and thereby generate more blessings unto yourself and others. In John 15:1-6, Jesus (the IAM) reminds on

the importance of always being within him. *“I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. If anyone does not abide in Me, he is cast out as a branch and is withered; and they gather them and throw them into the fire, and they are burned”*.

This wonder working ‘I AM’ power is to be used for anything you desire using your imagination. This power is ever with you, and it is wherever you are. For those aware of it, you understand that a human being is God in expression, and that God exists in us and we in Him. Sages like Neville Goddard have been teaching that the eternal body of Man is the Imagination, and that is God Himself. If you enter into an image you desire to occupy, no earthly power can stop that image from becoming an objective fact. It is how all things created in the world have come into existence. The creators imagine them, start on the process of creating them and then such things as first imagined become objectified and can be seen by others. The challenge with most of humanity is that they hardly use this imagination faculty and are only imbibing the imaginations and creations of others. This makes you live below your calling as each of us has been required by the creator to be fruitful.

Understanding this I AM power can also be better appreciated in the concept of God as energy, and our very being as energy that enables all else created to be. You can transmit and transmute energy freely to anyone, anything or any situation. But so can others transmit and transmute energy (power). Everything in this world penetrates your brain, which is the link between the body (earthly dressing) and spirit (your higher self and source). You penetrate my brain just as I penetrate yours. That is if all of us are using our internal power. It matters most what you think or feel as all creation comes from within before we see it. Jesus in John 7:36 tells us that *“Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water”*. It means all life flows from the heart, which is also the real Kingdom of God. The next chapters of this publication are dedicated to showing you how you can master the expressions in your mind (heart and brain) to manifest your desires and improve your life and that of others.

### **The Wonder Working Power of Imagination and Attachment**

The epic of wisdom is the awareness that all things on earth are created from imagination. Having understood the power of I AM and how it is activated by your imagination, you need

to understand how to practically use the I AM power to achieve your desires. What is the secret that makes this wonder working power operate? Feeling! Many sages have been teaching for centuries that Reality is controlled by feeling. Even in the 27th chapter of Genesis, the role of feeling is depicted in Isaac and his two sons - Esau and Jacob. Esau is clothed in objective reality, while Jacob wears subjective reality as longings, wishes, and desires. When Jacob disguised himself as an objective fact, Isaac said: "Come near that I may feel you to determine whether you are Esau or not." And when he asked: "Are you really Esau?" Jacob answered, "I am."

Awakened beings like Neville Goddard, Dr Joseph Murphy and Dr Wayne Dyer among others have been teaching that put yourself into a subjective state where you imagine your desires or wishes as real, and they will become real. This is what is sometimes referred to as learning to think from the end or feeling the state of the wish fulfilled. You feel the objectivity of the state by giving it sensory vividness and tones of reality. Then, 'deceive' yourself into believing that the image into which you have entered is now objectively real. Although your objective world denies the reality of what you have done in your imagination (which is the power of creation), that which you have subjectively assumed is on its way to supplant your objective world and become your Esau.

Goddard in his lectures suggested that in life you are playing the part of Isaac with your two sons: Esau - your objective world, and Jacob - your subjective one (Goddard taught that all bible scripture is about states of a human being). We can take his long tested and proved lesson that your subjective world may seem to be clothed in unreality; but when you enter into its image in your imagination and clothe that image with feeling, your subjective desire takes on the tones of reality.

"Imagination is everything; it is the preview of life's coming attractions," says leading scientist, Albert Einstein.

The question many ask is how can one accomplish this? There are many exercises including the popular Silva method ( search on YouTube). Find a quiet place where you can sit still. You need to close your eyes and shut out the current world reality, so that you are blind to what is happening as real in your world at the moment (if you need change). You can use breathing exercises like breathing aware, feeling air hit your nostrils as it goes in and out, or other meditation techniques to help regain undisturbed presence. This is better done in a quiet place. Once you have calmed yourself and suspended all thoughts and you are focused on your



breathing only, feel yourself into the state of your desire. With your inner eye (the one that can see anywhere when your physical eyes are closed), see what it would be like if you have achieved what you desire, what would the texture be, the colour, how would it feel like if you could touch or be experiencing that desire, what would you hear (ears are the eyes of the spirit). While remaining calm and relaxed, sense the solidity of that desire as if it is already achieved. Slowly apply your five senses (seeing, touch, feel, taste and hearing) to this desire and get into the feeling of relief, knowing that your desire is already accomplished. Then slowly open your eyes on the count of five to one.

When you open your physical eyes, of course your current physical world - returns and tries to persuade you that what you just did was unreal. But if you can engrain this one and only truth that all creation starts with imagination and that you have the power to imagine things into being, you should rest assured that your desire is moving towards its objective fulfillment. You have done the necessary action of calling it into being and doing the necessary action of giving it energy (emotion). Just wait patiently with knowing, for the desired reality to manifest.

You have to know that everything in this world is consciousness- God, the creator, the director and author, became the actor on earth through man that He created. God's name is I AM! Before I am known as Gerald, Ignatius, Simon, man, or woman - I simply I am! Clothing myself in what I would like to be, I am rich, poor, known, or unknown. Although my objective world denies the reality of what I have done, when I have felt the reality of my desired state, I have given it my blessing and cannot take it back. Clothed in the feeling of insecurity, your outer world (Esau) reflects that feeling. But when you clothe yourself in the feeling of being rich or being healthy for example, even though these are subjective, watch - for as insecurity will no longer have your blessing to remain alive, riches or better health will supplant the doubt.

Everything you see as real is someone's imagination and desire now made manifest. Remember that every state of consciousness is within you, they just manifest differently at different time as per your (internal and aware) direction. Everything is God made visible! And all things in the universe by a law divine in one another's being are related and affect each other. The moon is remote in space, yet it penetrates your brain; therefore, it is in your brain. With a little concentration, you can go there yourself to the moon through your imagination. You can go to any point in space that you can conceive of, by just imagining you are already there.

The imagination we are talking about here is different from wishful thinking. It is a purposed creation activity which you consciously engage in to create what you want. Everything is

possible to you when you know who you truly are. You must be willing to give up all foreign gods, all idols, and return to the one and only God, whose name is in you as your very being! Many of us in the Christian faith wrongly believe that Jesus or God is external to us, lives somewhere far. God is in you. You are one with God, and can't be anything without God. There is only God, the director of the great dance of life whose dancers are himself. God plays the part of the lack and dances the dance of poverty. He also plays the part of a millionaire and dances to the tune of millions, as every part is being played by God.

Have you ever asked yourself where you can go and God is not? If you make your bed in hell, God is there. If you make it in heaven, God is there, for you control and are related to all things. God has given us free will where by adjusting your thinking, you can move from one state to another. To adjust yourself to a certain state, you need to feel it is real, for reality is controlled by feeling. That is the power you need to master. We are always imagining, although totally unaware of what we are doing. We are always creating our reality through our thoughts, feelings and imagination.

Believe in the human imagination, the only true God, by consciously using your wonder working power. Where can you go that you are not imagining? No matter where you are, you are imagining (aware of) being there. A newborn child does not know who s/he is, where s/he is, or what s/he is; but s/he knows s/he is. And demands attention all the time. Knowing that you deserve to receive. That is God. That is I AM. To know thy self is to know God.

If you know there is only God, who would you want to hurt? You would realize that no man or woman could ever shoot another, for there is no other. There is nothing but God, the one and only reality. This is the Sh'ma, the great confession of faith: "*Hear O Israel, the LORD our God, the LORD is one.*" Keep this in mind and you will never go wrong. Give lovely gifts to all you meet, for everyone is yourself pushed out. Take a noble concept you would like to experience, and adjust your thinking to it, by feeling you have moved into its fulfillment. Give imagination reality through feeling or you will not be different from those hallucinating.

Romans 4: 17 says to '*call the things that are not as though they were.*' That simply means that you shouldn't talk about the way you are. Talk about the way you want to be. If you're struggling in your finances, don't go around saying, 'Oh, man, business is so slow. The economy is so bad. That's calling the things that are as if they will always be that way. That's

just describing the situation. By faith you have to say, 'I am blessed. I am successful. I am surrounded by God's favor.' Remember of your asking something from God, Jesus in Mark 11:24 is quoted saying *"Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours"*. Don't forget what God answered in Numbers 14:28, *"I will do for you exactly what you have said. You said you're going to die in the wilderness so you will die in the wilderness"*.

Whatever you want or where you want to go, you can by affirming: "I am possessing it now" and persisting in that thinking and feeling until you feel the relief of possession. Then go about your usual business, knowing that in a way you know not of, you will be led to the fulfillment of what you desired and imagined fully within yourself! You however need to desist from all attempts of wanting to control the journey to the outcome or when your desire will be objectified. Let the I AM do its work at its pace and moment.

As a general recommendation, many self-awareness experts advise you say positive affirmation to yourself every day, especially immediately you wake up and when about to go to bed. Statements like 'I am blessed. I am prosperous. I am successful.' 'I am victorious. I am talented. I am creative.' 'I am wise. I am healthy. I am in wealthy.' 'I am energetic. I am happy. I am positive.' 'I am passionate. I am strong. I am confident.' 'I am secure. I am beautiful. I am attractive.' 'I am valuable. I am free. I am redeemed.' 'I am forgiven. I am anointed. I am accepted.' 'I am approved. I am prepared. I am qualified.' 'I am motivated. I am focused. I am disciplined.' 'I am determined. I am patient. I am kind.' 'I am generous. I am excellent. I am equipped.' 'I am empowered. I am well able.' 'I am a child of the Most High God.'" if on your mind and lips often will become a reality. Read over these declarations every day. Get them down in your spirit. Meditate on them. They may not all be true right now, but as you continue to speak them, they will become a reality.

Shape your life wisely by becoming aware of the desire you are shaping in your mind, for without desire there is no power in life. Your power line is I AM, while your desire is the light bulb. Just as it is impossible for a light bulb to give off light when it is not attached to the power line, so it is with you. You must attach your desire to your I AM for it to illuminate and become real to you.

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*"So that from the rising of the sun to the place of its setting people may know there is none besides me. I am the LORD, and there is no other." Isaiah 45:6*

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## Using the power of I AM

The awareness of being is the power behind every manifestation. You have to have the clear awareness that your being is God and nothing else can shake it. The spirit awareness makes the visible to be. You cannot be I AM and submit to any other deity or dominion. You should continue to walk in the claim that “I AM that which I desire and if I do it with full faith, it is already mine. For I AM the conceiver of the desire or the result. Let all conceptions be my own and well founded. I know that Consciousness is always in touch with the cosmic being and the I AM is the ever-open door to the immense world of sublime existence where I can have anything that I need or desire. The supreme I AM is the way to everything that I want. For I AM in God, IAM one with God, and I can achieve everything through God”.

I know that the I AM is different from my persona-the part of me that doesn't believe that God is in me. It doesn't change who I AM but has been given to me so I experience an individual life. People think thoughts about me, give me a name, etc and I grow up knowing I AM an individual not part of the oneness that God is. It was programmed in me to think I am a different individual. I know that persona is a creation. The persona has two sides like a coin, one side is one which knows who I am, the other is one who denies the real me (I AM). All things I feel or call bad are part of persona feeling. For example when parents protect their children, they think the children are weak, yet the children have God in them and the parent as their guardian angel.

Some people ask: is the I AM working in babies too? Yes but at a young age, the I AM consciousness is not yet ready to create for its self as you must first acquire considerable experiences and pass certain tests for the I AM to come out clearly. Spiritual sages tell us I am develops between ages 7-12. The I AM manifests in you depending on your persona. When it comes, you work with all others to create more and more for the world. Limiting beliefs only diminish because our knowing increases and the I AM becomes fuller. You can be a persona that knows it is I AM and creates. Even though I am not yet complete but at least I am aware and I am joyfully radiating love. I am above the doubts and experience limiting me from sharing joyful experiences.

Ultimate Masters know that everyone and everything is I AM in the end. You should understand the importance of not always letting people with a more perceived sense of authority and control to control your life. All controllers like the government, associations, groups, leaders,

parents, managers, religions or teachers are personas who usually survive on denying other people their true I AM self, in as much as such “authorities” may provide useful guidance.

You must notice and acknowledge your creative power. Even for things you don’t want, you know that you have power and you created it. Knowing this helps you gain power to create what you want. The idea of an external God deciding everything for us is attributed by many sages to human beings not wanting to take responsibility. You have to know that when you think it, put it in the universal mind and it is created.

The challenge is that many people have a good thought, then have a thousand others doubting the good thought. Yet each thought is powerful especially if you give it much time (attention). The other issue is everyone or others are also creating thoughts. Since we are one, other people are affected by our thoughts and us by their thoughts because they are us. You cannot choose not to be a part of the other person since you are not part of their thoughts. Ultimate Masters of life know you can only rule your individual thoughts. The good news is that your thoughts about yourself are always more powerful than other people’s thoughts about you. You can even choose anytime to protect yourself from other people’s thoughts or psychic influences by affirming that you are protected and cannot be affected by other forces which are not good for your being.

Also, true Masters know that creation takes place only in the present. You have to ensure that thoughts of your true desires are the ones present (doesn’t matter what you thought before). Then you have to take related action as it obliterates doubts. Commit yourself to listen to your inner voice to tell you the next step. Start to trust, to know and understand that I AM will guide you, and you will understand you are “I AM the creator”.

Live like Ultimate Masters that understand we are unlimited creators. Know that you cannot change anything physically unless it starts in your mind. Know that hard and easy doesn’t exist. It is just a matter of the knowing that creates the results. Say often to yourself that “I AM and I create”. If you decide it will happen, it will happen. Set a goal and decide and you know it will become reality. Don’t believe in earthy limitations. That is mastery.

Note that if you are I AM without a persona, there is no need for decision. But because you have a persona, you need clear decisions. You need to build a knowing (tangible) to help you in taking the actions and following the steps that allow you to create. You need to build up in knowing. Stop thinking of any difficulty. Know all other steps along the way will be easy. Avoid limiting beliefs in your creation process. Know that being a persona, those limiting

beliefs of steps might be necessary. Those who create or innovate new things may not necessary know their IAM power but they know with certainty it is possible, and they go ahead and take necessary action and steps in the direction of their faith. Things aren't always clear to creators, but they take one step at a time. The key is always think, believe and act towards your desires with great faith that you have already achieved what you want. That is what faith is. Acting from knowing. It is beyond belief.

## You and all as energy

For the longest time, many have believed only in matter and physicality as advanced by the natural sciences. Most doctors diagnose based on what they can see. But we are learning that all the way down from mountains, water bodies, to our very basic structure as human beings, we are made up of energy- not matter. In spirituality, energy is air and space. The air around us is perceived as empty space, yet this empty space animates us in many ways. We breathe air to keep alive. If you think consciously about it, everything in the top most state is air.



In physics, energy is the quantitative property that is transferred to a body or to a physical system, recognizable in the performance of work and in the form of heat and light. Energy is a conserved quantity—the law of conservation of energy states that energy can be converted in form, but not created or destroyed. Scientists tell us that an atom, the smallest unit of matter is 99% space/ air. However, in this publication, energy is referenced as the widespread belief in an interpersonal, non-physical force or essence that animates human beings. Some spiritual gurus refer to this energy as the soul.



In the realms of spirituality and metaphysics, the concept of God has been interpreted and understood in various ways across different cultures and religions. One fascinating perspective is the understanding of God as energy. This viewpoint asserts that the entire universe, including humans, is composed of energy, and that this divine energy holds immense power.

It is said there is Divine Energy that Permeates the Universe. Energy is the underlying force that flows through all things in the universe. It can take countless forms, from the vibrant radiance of sunlight to the invisible electromagnetic waves that carry information. When we consider God as energy, we acknowledge that this divine force is omnipresent, connecting every aspect of existence. Just as a symphony is composed of individual notes, the universe is composed of interconnected energy vibrations. This understanding reveals the interdependence and unity of all beings and highlights our intrinsic connection to the divine.

While the use of the term energy is slanted towards the spiritual, the understanding that everything in this world is energy opens a whole new world of possibilities. Think about it: everything, even dis-ease is not born of matter. It is all ENERGY. With this knowledge we learn that energy can shift, can be transmitted, is not limited by space, can be contained, is emitted, is transmitted, is transmuted and all similar applications.

**"This new world should be the world in which the strong won't exploit the weak, the bad won't exploit the good, where the poor won't be humiliated by the rich. It will be the world in which the children of intellect, science and skills will serve to the community in order to make lives easier and nicer. And not to the individuals for gaining wealth.**

**This new world can't be the world of the humiliated, the broken but the world of free people and nations equal in dignity and respect for man."**



“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration,” said Nikola Tesla, one of the greatest inventors who gave us electricity as we know it today (which is also energy).

### Humans as energy

Your body, thoughts and emotions are all energy that have a frequency and vibration of their own. To understand that things of a high vibration do not dip down and tango with lower vibrations is quite telling. If you want God or what God has, you have to tune in, vibrating at the same frequency. Every thought has its own level of vibration and frequency. Think about that for a bit. This means that if you get intentional about the way you think, feel and believe, you can alter and create the reality you want. Knowing that the highest energy is spiritual (more on this later in the topics on the power of thoughts) can help you begin flowing with the laws of the universe instead of struggling within them and feeling victimized by life.

We have to learn how to harness the Power of Energy within us as human beings. People are not separate from the energy that pervades the universe; rather, we are an integral part of it. Within each of us lies an extraordinary power that we can harness and channel at will. Practices such as meditation, mindfulness, and breathwork enable us to tap into our energetic potential as supplied from the divine. By cultivating self-awareness and attuning ourselves to the present moment, we can access the transformative power of energy within us.

Studies have shown that regular meditation reduces stress, enhances cognitive function, and promotes emotional well-being. Researchers at Harvard Medical School found that mindfulness meditation can actually alter the structure of the brain, increasing gray matter in regions associated with learning, memory, and compassion.

Energy operates within the framework of universal laws that govern the functioning of the universe. One such law is the Law of Vibration, which states that everything in the universe is in a constant state of vibration. Our thoughts, emotions, and intentions emit unique vibrations that interact with the energetic field around us, influencing our experiences and interactions.

On the other hand, the Law of Attraction asserts that like attracts like. When we align our thoughts and emotions with positive energy, we are more likely to attract positive experiences

into our lives. Numerous personal testimonies and studies have demonstrated the profound impact of this principle. Researchers at the University of California, Los Angeles (UCLA), conducted a study showing that individuals who practiced gratitude regularly experienced improved mental health, enhanced relationships, and increased overall life satisfaction.

Understanding God as energy invites us to recognize the intrinsic power that resides within us and the interconnectedness of all things in the universe. By harnessing this divine energy through practices like prayer, meditation, mindfulness, and gratitude, we can elevate our consciousness and shape our reality. By cultivating awareness of our own energetic nature and aligning ourselves with the universal laws that govern energy, we can unlock our potential for personal growth, positive change, and a deeper connection to the divine.

Remember, you are not separate from the energy that surrounds you. Embrace your inherent power and embark on a journey of self-discovery, knowing that you possess the ability to co-create your reality and make a meaningful impact on the world around you.

Author Robert B. Stone has shown in his book *The Magic of Psychotropic Power* that there is a sleeping and untapped energy that lies dormant in everyone's brain. "In a matter of minutes you can begin to tap the miraculous cosmic force of Psychotronic Power that lies within us all, and turn your life into a gold mine of riches, love, happiness and radiant health!" he proclaims. Stone provides step-by-step techniques that many have used to achieve lifelong bliss, and unlock the secret door to power, love, health, fame and fortune. It is based on applying the individual power of consciousness to affect physical matter and your environment. But like all powers, Psychotronic Power must be used with full knowledge of how to avoid it bringing bad results for you and others (what you send comes back to you).

That is why you also have to learn to consciously direct your energy to release energies and psychic powers operating in your life that are not for your good. Often affirm: "I release any energies and emotions that are not mine and that are not for my good." This enables you reset to your natural state and have a fresh beginning. You have this power and can use it to clean and clear your own light. It is like cleaning your room when it is messy. You can always affirm: "I retain and welcome more energies that are from my higher self and from source."

### Harnessing Energy

Energy is the fundamental force that powers our world. It is the force that drives the winds and the waves, that powers the sun and the stars, and that drives the movements of the planets and

the galaxies. It is what enables plants to come out of the soil. Energy is also the force that powers our bodies and our minds, and it is the force that fuels our spiritual lives.

Energy is all around us, and it is the force that powers our world. It is also a crucial element in our spiritual lives, as it has the power to heal, uplift, and transform us.

Many religions and spiritual practices recognize the importance of harnessing energy, and there are a variety of techniques that can be used to do so. One of the key ways that energy can be harnessed is through the practice of **mindfulness**. By focusing our attention on the present moment and cultivating a sense of peace and calm, we can tap into the divine energy that surrounds us and bring it into our lives.

Another powerful way to harness energy is through the use of **sound**. Many spiritual traditions use sound as a tool for healing and transformation, and there are a variety of techniques that can be used to create and harness sound energy. From chanting (especially AUM) and singing, to playing musical instruments and using sound bowls and tuning forks, these practices can help us connect with the divine and bring healing to our bodies and minds.

There are also a variety of energy **healing techniques** that can be used to bring healing and balance to our bodies, minds, and spirits. These include practices such as Reiki, acupuncture, and other forms of energy work that can help us tap into the power of energy.

Energy practices like **Qigong** and using your **chakras** (also called meridians, aura or bio field) are now used worldwide for effective healing. Remember everything that exists started on the spiritual plane before it could become real on the physical plane. Chinese believe that Qigong removes the energy blockages on the spiritual plane so that Qi (life energy) can flow freely. This makes energy flow freely on the physical plane, so the body heals.

In Chinese cosmology, the universe creates itself out of a primary chaos of material energy, organized into the cycles of yin and yang and formed into objects and lives. Yin is the receptive and yang the active principle, seen in all forms of change and difference such as the annual cycle (winter and summer), the landscape (north-facing shade and south-facing brightness), sex (female and male), the formation of both men and women as characters, and sociopolitical history (disorder and order). When life-force **energy** is appropriately balanced between **Yin and Yang**, it flows smoothly maintaining and promoting a good state of physical and emotional health. It is the Qi (supreme energy) that you must learn to harness.

It is a similar concept practiced in **yoga** where daily energy routine of breath and mindfulness focused on each of your body chakras (energy batteries) can help the body increase its capacity to heal itself. [Chakra](#) is a Sanskrit word that means wheel or cycle.

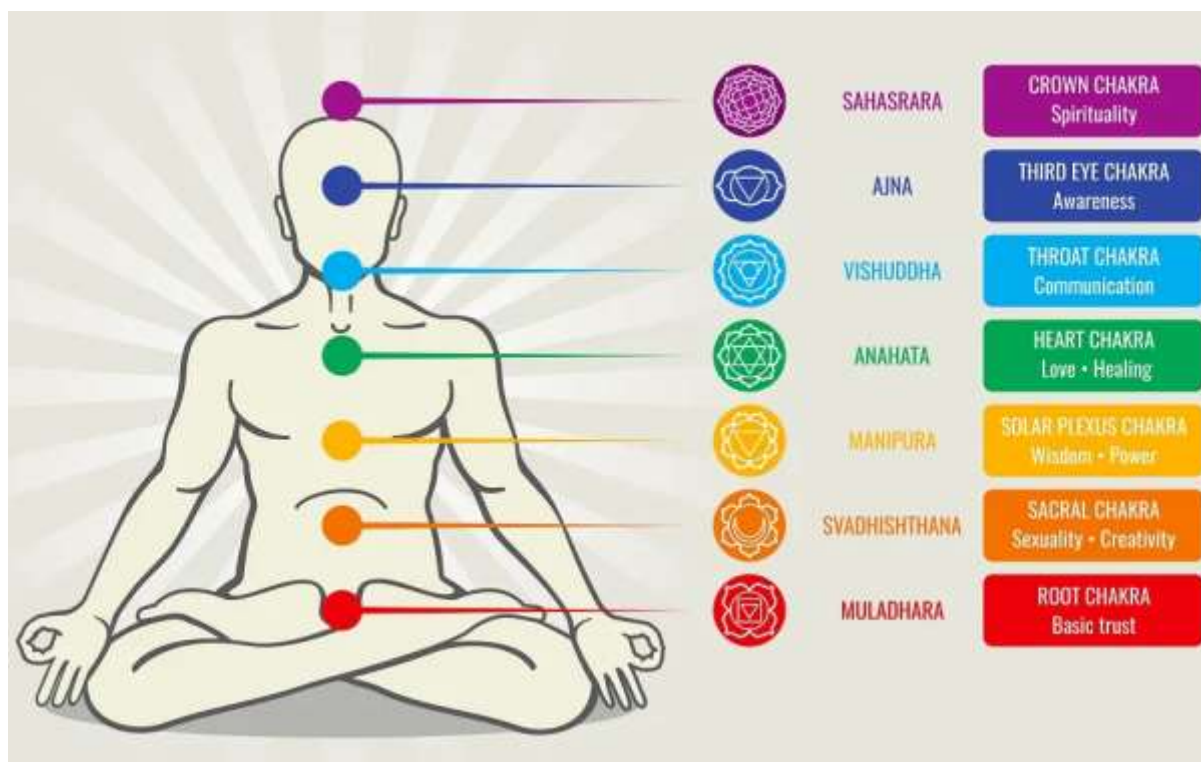
There are seven main chakras situated along your spine, from the base of your spine to the crown of your head. Chakras are thought to provide subtle energy that helps your organs, mind, and intellect work at their best level. By directing energy to the chakras through intentional breathing in and out while focusing on each chakra, we can revitalize the body.

### **The root chakra – *Muladhara***

The root chakra, or Muladhara is the first and primary chakra, believed to be located at the base of your spine. It is linked with the color red and the element earth. The root chakra is thought to affect how you connect to the world and to control feelings of survival, ambition, dependency, and stability. As the primary source of energy, its unbalance can lead to feelings of deep fear and insecurity that hurt your drive to succeed, causing feelings of frustration and lack of purpose. When the root chakra is balanced, it is thought to create feelings of security, positivity, energy, independence, and strength.

### **The sacral chakra - *Svadhishthana***

Below the navel, the svadhishthana chakra radiates the color orange and represents the element water. The sacral chakra is considered to be responsible for sexuality, creativity, intuitiveness, self-worth, compassion, and adaptability. When the sacral chakra is unstable, it's thought to cause emotional outbursts, a lack of creativity, and sex-obsessed thoughts.



### **The solar plexus chakra -*Manipura***

The Sanskrit name of the solar plexus chakra, Manipura, means city of jewels, and it's believed to be found between the ribcage and the navel. Its color is yellow, and it is tied to the fire element.

For those who believe in chakras, the solar plexus chakra is the center of self-esteem and emotions like ego, anger, and aggression. It is thought to present itself on a physical level through digestive problems, liver problems, or diabetes. On an emotional level, if the solar plexus chakra is imbalanced, it is believed to cause feelings of depression and low self-esteem. When it's balanced, it would become a source of energy, productivity, and confidence.

### **The heart chakra -*Anahata***

Connected to organs such as the heart and lungs, the heart chakra is believed to lie at the middle of the cardiovascular system. The heart chakra connects lower chakras to the higher ones. Its color is green, and its element is air.

The heart chakra is considered a link to compassion, trust, passion, and love for self and others. When *Anahata Chakra* is out of balance, it is believed to cause anger, lack of trust, anxiety, jealousy, fear, and moodiness. An overactive heart chakra is thought to lead to high blood pressure, heart palpitations, and heart problems.

### **The throat chakra - *Vishuddha***



Vishuddha, the throat chakra, is thought to control the neck, mouth, tongue, and other parts of the throat area. The throat chakra whose colour is blue is tied to self-expression, communication, and confidence. Balancing throat chakra is believed to regulate the flow of hormones and help inner thoughts to be spoken in a positive manner.

### **The third eye chakra -Ajna**

The third eye or Ajna chakra is set between the eyebrows. The third eye has no elemental association but is represented by color indigo. Often used in asana practice as a focal point, the third eye chakra is believed to control your intellect, intuition, wisdom, and spiritual power. According to this belief system, an open and balanced third eye chakra allows you to notice the connections in this world and beyond. It is believed to be a direct link to source and is believed to be the eye of the I. An underactive third eye chakra is thought to manifest as a headache, a migraine, or blurry vision. When balanced, the third eye is believed to free you from earthly attachments.

### **The crown chakra -Sahasrara**

Sahasrara, the crown chakra, is at the top of the head, the highest of the seven main chakras. The crown chakra color is violet or white. Also known as the “thousand petal lotus” chakra, this is considered the most spiritual of the central chakras.

Opening the crown chakra is believed to connect a person to their higher self, since it’s the place of spirituality, enlightenment, and energetic thoughts. It is tied to inner wisdom and the cosmos. When unbalanced, the crown chakra is thought to influence depression, disconnection from the outside world, frustration, and destructive emotions.

### **Brain Waves states**

One way to creatively manage your energy is to consciously go into different brain wave states in order to achieve the balance of energy you want in your life.

To be highly creative, you have to intentionally take yourself into different brain states, especially into theta and delta. It is well known that the brain is an electrochemical organ; researchers like Ned Herrmann tell us that the average human brain contains 86 billion neurons. These neurons communicate with one another to operate every part of your life. How the brain does this is it sends chemical and electrical signals from neuron to neuron using neurotransmitters. These oscillating signals run at different frequencies depending on the current “state” of the brain. There are four brain states namely beta, alpha, theta and delta



| <b>Frequency band</b> | <b>Frequency</b> | <b>Brain states</b>                                   |
|-----------------------|------------------|---|
| Beta ( $\beta$ )      | 12–35 Hz         | Anxiety dominant, active, external attention, relaxed |
| Alpha ( $\alpha$ )    | 8–12 Hz          | Very relaxed, passive attention                       |
| Theta ( $\theta$ )    | 4–8 Hz           | Deeply relaxed, inward focused                        |
| Delta ( $\delta$ )    | 0.5–4 Hz         | Sleep   |

When the brain is aroused and actively engaged in mental activities, it generates **beta** waves. These beta waves are of relatively low amplitude, and are the fastest of the four different brainwaves. The frequency of beta waves ranges from 15 to 40 cycles a second. Beta waves are characteristics of a strongly engaged mind. A person in active conversation would be in beta. A debater would be in high beta. A person making a speech, or a teacher, or a talk show host would all be in beta when they are engaged in their work.

The next brainwave category in order of frequency is **alpha**. Where beta represents arousal, alpha represents non-arousal. Alpha brainwaves are slower, and higher in amplitude. Their frequency ranges from 9 to 14 cycles per second. A person who has completed a task and sits down to rest is often in an alpha state. A person who takes time out to reflect or meditate is usually in an alpha state. A person who takes a break from a conference and walks in the garden is often in an alpha state. This state is believed to be the best state to take advantage of morphic fields. The universe is made up morphic fields of different elements and they can communicate with and affect each other at the elementary particles level. If you took anything in the universe, chopped it in half, and kept chopping the halves in half, you would eventually end up with a single molecule. If you kept going and chopped that up too, you would have some atoms. And if you chopped those up, you would be left with elementary (subatomic) particles like electrons and quarks. These particles are what are affected by morphic fields. And because everything in the universe is built out of them, that means morphic fields affect everything. They exist everywhere. They are inside you right now. And inside me. And inside your phone and computer. They are in the air around us. They are in space. They are in other stars and other planets. Morphic fields are themselves, part of the building blocks of the universe. You can

grow the capacity to send signals to morphic fields of people or things you want to affect - mostly through imagination and visualisation.

The next state, **theta** brainwaves, are typically of even greater amplitude and slower frequency. This frequency range is normally between 5 and 8 cycles a second. A person who has taken time off from a task and begins to daydream is often in a theta brainwave state. A person who is driving on a freeway, and discovers that they can't recall the last five miles, is often in a theta state--induced by the process of freeway driving. Individuals who do a lot of freeway driving often get good ideas during those periods when they are in theta. Individuals who run outdoors often are in the state of mental relaxation that is slower than alpha and when in theta, they are prone to a flow of ideas. This can also occur in the shower or tub or even while shaving or brushing your hair. It is a state where tasks become so automatic that you can mentally disengage from them. The ideation that can take place during the theta state is often free flow and occurs without censorship or guilt. It is typically a positive mental state.

The final brainwave state is **delta**. Here the brainwaves are of the greatest amplitude and slowest frequency. They typically center around a range of 1.5 to 4 cycles per second. They never go down to zero because that would mean that you were brain dead. But, deep dreamless sleep would take you down to the lowest frequency. Typically, 2 to 3 cycles a second. When we go to bed and read for a few minutes before attempting sleep, we are likely to be in low beta. When you put the book down and close your eyes, your brainwaves will descend from beta, to alpha, to theta and finally, when we fall asleep, to delta.

An interesting type of brainwave, and one that is less talked about, is the **Gamma** brainwave. These waves reflect a conscious awareness of what is around us and relate to feelings of happiness and compassion. They are also prevalent while processing information and learning at a high level. Think about how you feel when you're immersed in a complex situation or listening to a subject matter expert on a topic of great interest to you. This is when the brain feels like it is "firing on all cylinders", literally speaking.

Energy awareness and projecting has been around for centuries and used across the world as all humans are operating in the same psych sphere. Think of this as a mental internet. Our energy signature can connect with others who have a similar or different resonant pattern, leading to

synchronicities and coincidences. Dr. Bernard Beitman suggests that by raising our vibration or frequency, we can attract people and opportunities that match our needs and wants. Dr. Bernard Beitman believes in synchronicities and coincidences, stating that "it's just the universe doing what it does to help us along our path." Meaningful coincidences can be cultivated by believing in them, noticing them, and acting on them.

Coincidences can reveal meaningful patterns and connections in reality, and developing ethical technology and personal agency can lead to positive outcomes. Pay attention to coincidences, they can reveal meaningful patterns and connections in reality. Matching needs and wants with abilities and frequency is key to successful relationships, which can be driven by synchronicity and serendipity. This is the basis of telepathy (feeling from a distance) that some people use to generate desired feelings or reactions in others far away.

Using energy has been widely acknowledged by medical professionals like Dr Joe Dispenza to explain the inherent healing ability in humans. Visualize yourself already healed, and allow yourself to feel the emotions of that state (being healthy and vibrant). You are essentially becoming that and stepping out of your unhealthy self. The exact, same concepts apply to manifestation. We create our reality with our thoughts and intention. The emotions provide a stronger signal and also serves to trick our subconscious into believing what is not yet our actual reality. Through repetition, the perceived reality becomes the actual reality.

If we accept that we are all a part of source creation, and that the past/present/future are all occurring at once and that there are infinite, alternate realities, then these concepts of creation and shaping our reality start to seem a little less far-fetched. That being said, if we also accept this idea that we are all connected, and a part of a collective consciousness, then imagine what we can do, collectively, if we set our intention to it. This is what we will eventually see when humanity ascends to that point of collective intention here on Earth.

To fully grasp and utilize energy as the most important given resource, we need to understand the laws of nature, the law of the universe and the laws of life that guide energy exchange.

## How to observe & apply the Laws of the universe and the Laws of life

It is often said that ignorance of the law is not a valid defense. While this phrase is commonly used in legal systems to explain the applicability of laws, it holds a broader implication that we must have proper knowledge and understanding of the laws governing our lives in any given situation.

There exist undeniable laws of the universe that govern our reality and shape our human experience. These laws have been intuitively recognized by people in ancient cultures across the world and form the basis of cultural norms and values. Understanding these universal laws is crucial if we desire to live up to our true potential and as Ultimate Masters that embrace the abundance in the universe.

The Universal laws were first listed in the book, *the Kybalion*, published in 1908. This book on Hermetic philosophy details 7 laws of the Universe. Later on, many authors have published their versions and lists of Universal laws over the years. Published in 1998 by Dr. Norma Milanovich & Dr. Shirley McCune, the book titled '*The Light Shall Set You Free*' expands on the catalog of Universal laws. I have expanded the list further here based on research from several authors and have shared 41 laws of the universe and of life. The spiritual laws of the Universe apply not only to the physical entities but also to nonphysical ones. That is, in addition to affecting all living and non-living things in this universe, the laws apply equally to intangible entities such as emotions, thoughts, and feelings.

It is believed that these laws are universal and originate from a higher power, often referred to as Source, God, the Universe, or the Creator. Just like the physical laws such as gravity, these universal laws were not invented but rather discovered by individuals through their observations and experiences of the universe. Even notable figures like Isaac Newton did not create the law of gravity but rather uncovered its existence. Electricity was available before Benjamin Franklin "discovered it". If you are attentive, you must have realized that these universal laws are constantly at work, whether we are aware of them or not. Therefore, lacking knowledge or understanding of these laws puts us at a disadvantage in life.

In a sense, these laws of the universe can be likened to the rules of the game of life. If we aspire to succeed in the game, we must first familiarize ourselves with the rules. Just imagine participating in a game of football, poker, a dance competition, or tennis without knowing the rules. Your chances of winning would be unlikely. Knowing and understanding the rules

provides you with a significant advantage. Being aware of and comprehending the laws of the universe is the only way to actively engage in life. Understanding these laws empowers us not only to survive but also to thrive in the vast universe on our life journey.

It is essential for us to grasp and comprehend the laws of nature and life. These laws are fundamental to our existence, and having knowledge of them allows us to navigate life with wisdom and mastery. By aligning ourselves with these universal principles, we can unlock our full potential and live a purposeful and abundant life.

Here are the laws of the universe and life that I have researched and found to be helpful in understanding our daily experiences and guiding our success on Earth.

### **1. Law of Divine Oneness**

The Law of Divine Oneness, which is the fundamental and primary law of the universe, declares that everything within the cosmos is interconnected. It encompasses the understanding that all aspects of existence are bound together in an intricate web of energy and consciousness.

According to this law, all entities in the universe, including our physical bodies, thoughts, and emotions, are composed of vibrating energy. Love, being the highest vibrational frequency, embodies the essence of this law, while hate represents the densest and lowest vibration.

The Law of Divine Oneness serves as a constant reminder that, regardless of what unfolds in the physical realm, we are forever united with God and with each other on a spiritual level. It emphasizes the interconnectedness of all beings, and underscores that our thoughts, actions, desires, and beliefs have an impact on others. Ultimately, embracing spirituality means recognizing our unity with all aspects of life—our fellow human beings, the natural world, such as trees, clouds, birds, rivers, and animals—and acknowledging the Creator as the source of all existence.

To manifest the Law of Divine Oneness, we consciously acknowledge that we are an integral part of a greater whole, and we accept responsibility for the energy we each contribute to this interconnectedness. We embody this law by cultivating compassion towards our fellow human beings, demonstrating care for nature and its continuity (including plants, animals, and water

sources), and embracing the understanding that although we have distinct purposes, we are all manifestations of the same divine essence.

Practically, to honor the principle of divine oneness, we can dedicate a few moments each day to contemplate and appreciate the things we are grateful for. This practice elevates our energy vibration and aligns it with the frequency of love.

By embracing the Law of Divine Oneness, we attain inner peace and find solace in the knowledge that, despite any earthly challenges or difficulties, all is well on the spiritual plane. When we honor and respect all beings, including our fellow humans, and above all, the Creator of all, we remain grounded in this awareness, which brings harmony and relief to any worldly concerns.

## **2. The Law of Nature**

The Law of Nature is akin to the Law of Divine Oneness, and it states that complementary elements are drawn to one another. Each living being has a designated role or function, and all cycles in nature serve specific purposes. The manifestation of nature relies on favorable conditions. This law tells us that living beings possess an innate sense of this law and tend to instinctively adhere to their natural roles. Every living being has specific dietary requirements that are essential for their species. Any violation of this law results in significant consequences. Additionally, this law affirms that everything that is born eventually experiences death. The Laws of Nature operate simultaneously, with the superior aspects influencing the inferior aspects and not the other way around.

The Law of Nature is manifested through the four realms of creation: mineral, vegetable, animal, and human. It can be observed in the harmonious manifestation and equilibrium maintained by each species within the vast diversity of creation. This law is further evident in the purity and continual renewal exhibited by living beings, as well as the flawless genetic combinations that contribute to their optimal health and vitality. The Law of Nature prevents the deterioration or degeneration of species and ruthlessly eliminates weaknesses that may arise.

According to this law, alterations in nature are a result of violating its principles. Such alterations can occur due to external actions permitted by higher laws, disrupting the natural

state of harmony and perfection. These disturbances can lead to weakened immune systems, hereditary defects, malformations, hybrids, environmental pollution, diseases, and degenerative processes. However, these occurrences serve as reminders of the presence of the Law of Nature and encourage us to learn to respect and obey it. Once we acknowledge the governing laws of natural processes, we find ourselves in one of four states:

- unawareness of the law (innocence),
- transgression of the law (ignorance),
- awareness of the law (wisdom), and
- conscious transcendence (mastery).

When we act in alignment with the Law of Nature, we follow our instinct, which mirrors the wisdom of nature itself. Instinct encompasses the necessary processes for maintaining perfect health within species and is governed by the reptilian brain, a part of our own brain. Basic instinctive functions include procreation (mating), nourishment (sustenance), and protection (survival). By embracing our instinctive nature, we harmonize with the Law of Nature and its inherent wisdom.

### **3. Law of Vibration**

The Law of Vibration states that everything in this world, whether tangible or intangible, is made up of energy that is vibrating at a specific frequency. This means everything that you see, like your phone, your pets, your friends, and everything that you don't see, like your thoughts, feelings, and emotions, is comprised of energy that is constantly vibrating.

This may sound strange on its own, but when you pair the Law of Vibration with the Law of Attraction, you now have the formula of what it takes to attract your desires into your reality through vibrational alignment. The Law of Attraction can only present itself when the Law of Vibration is already being followed. The law of vibration reminds us that the humans and other beings in the universe are spirits having a solidity experience.

To manifest your desire using the Law of Vibration, you have to identify the vibration of your desire and then raise your vibration until you become a vibrational match with what you want. Say you want to manifest a loving, healthy, long-lasting relationship. You have to think of how



great relationships can be as opposed to thinking of what can go wrong in a relationship. Your thoughts must be vibrating at a frequency of intimate love.

By the Law of Attraction, your vibration will attract things, people, situations, experiences, and outcomes with the same vibration into your life. You comply with this law when you think often of the things you appreciate or desire (if your getting them doesn't harm others).

#### **4. The law of Love**

Jesus Christ, arguably the greatest Master to have walked this earth was asked about the laws that can guide people to attain absolute favours from God almighty. In Matthew 22:37-39 Jesus replied: “ *Love the Lord your God with all your heart and with all your soul and with all your mind. ' 38 This is the first and greatest commandment. 39 And the second is like it: 'Love your neighbor as yourself'.*

The Law of Love, which is the essence of creation and the principle of evolution, encompasses the wisdom that underlies the universe. It transcends human concepts, beliefs, feelings, and emotions, existing solely within the realm of mental understanding and Permanent Consciousness. This law enables us to perceive eternal, perfect, pure, peaceful, joyful, harmonious, and happy aspects in all things, even in the face of conflicting beliefs or circumstances.

In our everyday lives, we can embrace the Law of Love by demonstrating respect for all living beings, acknowledging their unique functions, experiences, and behaviours. This entails relinquishing any forms of aggression, imposition, prohibition, punishment, or blame. Moreover, it requires liberating ourselves from notions of evil, injustice, confrontation, power, and domination, releasing them once and for all. By embodying love in our interactions and perspectives, we align ourselves with the profound wisdom of this law.

#### **5. The Law of Polarity**

It states that in every creation there is a masculine principle (transmitter) and a feminine principle (receiver). The ear is feminine and the voice masculine. Only through the Law of Polarity can creation manifest. It is the Law that enables creation to be completed.

This Law operates basically through the mutual attraction of complementary elements, which is the constituent basis of all matter. Atoms exist because protons and electrons are attracted to each other; molecules are created by the attraction of one atom to another that provides it with electrons with the complementary magnetism; the masculine

and feminine are attracted to each other to give birth to new life; the smooth complements the rough; the soft the hard; the bright the dark; the difficult the easy; the long the brief; the tall the short; the action the result, etc.

Polarity is expressed in this way to give rise to the diversity and interactions that generate the necessary experiences for human beings to reach understanding of the Universe and of the perfect Laws that govern it.

The Law of Polarity reminds us that everything in life has an opposite. For every problem, there's a solution. For every obstacle, there's an opportunity. This law is what gives birth to new desires when manifesting.

We cannot experience sadness without an idea of happiness. Light cannot be experienced if we do not know what darkness is. To feel successful, we must have a sense of what failure is. This law teaches us that things that appear to be opposites are actually two inseparable parts of the same thing:

“Think of hot and cold, for example; although they're opposites, they're actually on the same continuum and you cannot have one without the potential for the other. You can think of whatever you want to manifest in the same way. For example, abundance is inseparable from financial lack, love is inseparable from being alone, and success is inseparable from failure; each comes with the potential for its opposite,” says Katherine Hurst, in *Understanding And Applying The Law of Polarity*

To fully utilise the law of polarity, take something that is occurring in your life that you don't like, and name its opposite. You can use the law of polarity to help you focus in on what you do want in order to move in the right direction. Understanding this law makes you appreciate that you can use the current negative experiences to propel you in the opposite direction.

## **6. The Law of Energy integrity**

The Law of Energy, also known as the Law of Integrity, says that each human being possesses a magnetic field that emits and attracts energy from the universe. It is often overlooked that the air we breathe holds tremendous power as it serves as the vessel for unlimited energy. Energy

is an undeniable reality in our lives, and it is vital to recognize that when we inhale air or oxygen, we are also taking in energy.

Every aspect of nature possesses its own magnetic field. Your personal magnetic field acts as a shield, protecting you from the magnetic fields of others, unless you willingly allow them to enter your sphere. Even infections require your permission to penetrate your being. That is why even in biological sciences, they say prevention is better than cure.

Alchemy, which imparts wisdom on the transmutation and transmission of energy, teaches us that everything we do or possess carries its own energetic value. It is crucial to honor the integrity of your body's energy by avoiding thoughts and emotions or physical entanglements that harm it. When negative energy infiltrates our bodies, thoughts, or emotions, it manifests in undesirable circumstances. Remember, your magnetic field is in a constant state of evolution and change. Hence, it is essential to master the management of our most valuable resource—our energy, by protecting ourselves against bad energies.

## **7. The Law of Harmony**

The Law of Synchronization, also known as the Law of harmony, governs the tendency of everything that is maintained to move towards a state of balance. This law enables perfect coordination and functioning of all that exists and occurs. It can be observed in static form, where it brings organization and arranges things precisely in their rightful places, as well as in dynamic form, where it contributes to the sequence and synchrony required for movement, operation, or performance.

The Law of Harmony is manifested in everything that is sustained and coexists. It is evident in the interactions within the natural realm that sustain life: in the cycles of day and night, the changing seasons, the intricate interactions between species, the designs of defense and non-aggression, the principle of non-reaction, socialization, tolerance, and, in general, in all events where forces or energies are involved in the pursuit of equilibrium and the maintenance of the entire system.

This law states that everything that is sent out acts, reacts, and eventually returns. It says that anything that is attacked defends itself. That which brings pleasure is accepted. The law tells that only love has the power to transform the beastly aspects within us into more humane qualities. Only through understanding can destruction be avoided. We must strive to control situations instead of being controlled by them.

We recognize that we are not in harmony with this law when we experience dissatisfaction, suffering, anguish, stress, limited resources, maladjustment to the environment, difficulties in relationships, or emotional conflicts.

In the process of teaching children, deviating from the Law of Harmony can often lead to psychological trauma. However, it is through going against harmony that we learn to recognize its existence and importance.

Harmony is closely linked to flexibility, the ability to yield, seeking agreements, and knowing how to compromise. It is a continuous process of learning and maturing.

### **8. The Law of Manifestation**

The Law of Manifestation, also known as the Law of Creation, is the fundamental principle that allows everything to come into existence and be made visible. Manifestation is the process of revealing what was previously unmanifest, the information that exists even though it may not have been perceived by our senses. The absence of perception does not negate the existence of something; it simply means that it has not yet manifested. To illustrate this, consider an aircraft propeller: when it is stationary, we can see its four blades (manifest), but when it is in motion, the blades become invisible to our eyes (unmanifest). Or just imagine how many radio and TV channels are there where you are now, or the texts, audios, photos and videos from the many websites and social media that are where you are now but not visible (until you manifest them using a phone or a computer).

This law governs the interplay between the masculine and feminine principles and is intricately connected to the Creator, from whom all sons and daughters emanate. It is important to understand that we cannot imagine, think, or create something that does not already exist in the unmanifest realm as part of the absolute information of the pre-existing Universe. Any process we label as "creation" is essentially the result of manifestation operating on polarity; it does not bring forth something entirely new. The Absolute contains the information necessary for the manifestation and creation of suns, planets, plants, animals, humans, and everything else that exists and occurs in the Universe.

At the origin of all existence lies the unmanifest state, represented by a neutral point or point zero. This is why the Law of Manifestation is also referred to as the Law of Conciliation, as it represents the outcome of the union between extremes. We can recognize the Law of

Manifestation in the thoughts that give rise to new advancements and developments for planet Earth.

## **9. Law of Correspondence**

The Law of Correspondence teaches us that our outer world is always a reflection of our inner world. It follows the principle of "as above, so below; as within, so without." This law provides a simple way to assess the alignment of our vibration.

This law teaches us that every situation and circumstance we encounter is a learning experience. They are all generated by ourselves and occur exactly as they are meant to happen. We are always precisely where we are meant to be, equipped with what we need to live our lives. Only what is necessary will unfold, and we only give or receive what is required.

Every human being, without exception, finds themselves in the perfect place to learn the lessons specific to their journey in the physical world. Additionally, we have a dual purpose in accordance with the Law of Correspondence: to learn and to teach.

It is believed that before birth, the sex, race, parents, nationality, and function of an individual have already been determined, along with all the necessary experiences that correspond to the destiny and mission aligned with their level of consciousness for evolutionary purposes.

When we have exhausted the lessons and growth potential within a particular environment and the circumstances no longer serve our learning experiences or contribute to the growth of those around us, we are ready to move on to a new place with different circumstances that will be equally suitable and perfect for the continuous development of our consciousness. Simultaneously, in the previous environment, the events that need to happen will continue to unfold as they are in perfect alignment with the individuals present there.

If your life appears chaotic or disordered, it is an indication that your vibration is out of alignment with the loving energy of the Universe. Conversely, if your life seems to be flourishing, it signifies that your vibration is in harmony with the loving energy of the Universe.

This law reveals that life is akin to a mirror, where the macrocosm is reflected in the microcosm. It emphasizes that everything contained in the larger whole is also present in the smaller parts. The universe resides within each individual, just as each individual exists within the universe. This is due to the fractal nature of the universe, comprised of repeating patterns.

The patterns and experiences we encounter in our lives are reflections of the subconscious beliefs we hold. The state of our work performance reflects our thoughts about work, the friendships we attract reflect our thoughts about friendships, and the relationships we engage in mirror our feelings regarding love and intimacy.

To manifest the Law of Correspondence, we must shift from reacting to the outer world to intentionally creating the world we desire through our thoughts and feelings. When we cultivate positive and empowering thoughts and emotions within ourselves, our outer world will naturally align and transform accordingly.

## **10. The Law of Evolution**

The Law of Evolution states that we are solely responsible for our own growth, and it is through experiences that we gain understanding and grasp the truth. It emphasizes that only through the interaction of opposites can consciousness develop, and our progress to a higher level is achieved through appropriate transformations. The pursuit of understanding is the primary purpose of our physical existence, and it enables us to recognize balance amidst imbalance. This law reminds us that we only engage in conflicts with situations that we have not comprehended yet.

The Law of Evolution operates by presenting us with opposing forces, leading to the confrontation of our ideas, beliefs, cultures, customs, feelings, and emotions. It allows for disequilibrium and apparent absurdity to exist within its framework, manifesting what is not in accordance with a particular context. It challenges the lower Laws of Nature, Harmony, and Correspondence, acting as a counterforce to those Laws it contradicts. It is also known as the Law of Inverse Flow, as its existence can only be realized by going against it, similar to recognizing the current of a river by swimming against it. In other words, a force can only be measured by the resistance encountered.

From an individual standpoint, we observe the Law of Evolution at work through pain, suffering, anxiety, physical and mental illnesses, while on a societal level, it manifests as

"social ills" such as poverty, insecurity, abuse of authority, sexual aggression, theft, and corruption.

We align ourselves with the Law of Evolution when we actively engage in learning or allow ourselves to learn, as this Law requires all processes that facilitate learning, no matter how challenging they may appear. It does not permit anyone to hinder or restrict the experiences necessary to verify and understand the Laws that govern the perfect order of the Universe.

The purpose of the Law of Evolution is for us to discern what is ineffective or false, and to transform beliefs into truths of wisdom. Through this Law, each of us can progress from a state of ignorance to one of wisdom, where we become invulnerable to external influences and can make decisions based on our inner knowing of what truly works.

Within the evolutionary process of moving from ignorance to wisdom, we encounter three types of characters who operate based on their understanding of the Law. These can be referred to as the "bad" character, the "good" character, and the "wise" character. However, it is important to note that there are no inherently good or bad individuals, but rather varying levels of accumulated ignorance within our minds and personalities. While the "bad" character lacks understanding, the "good" character possesses deep empathy. Both, however, remain ignorant of the Law.

The wise character is an individual who has transcended ignorance by comprehending the principles of the Laws of Nature, Harmony, Correspondence, and Evolution. They respect the experiences of others and are always ready to serve and teach when the appropriate time comes, without interfering with their learning process. The wise character refrains from assigning blame and instead serves as an example and guide. They do not involve themselves in the activities of the "good" or "bad" characters, but rather focus on teaching others how to fish, rather than providing them with fish.

The Law of Evolution establishes the parameters for the individual's destined experiences. It highlights that there is no fate or luck in the circumstances surrounding one's life. The place of birth, race, genetic structure determining temperament and physical and mental potential, zodiac sign influence, acquired culture and beliefs, as well as the assigned roles and functions—all these aspects are wisely predetermined. Each person is perfect for their specific evolutionary learning stage and fulfills the needs of their consciousness until its full development. Therefore, we can no longer speak of unfairness but of the



correspondence between experiences, individual destinies, and the varying requirements of each individual.

### **11. Law of Attraction/ Law of Resonance**

The Law of Attraction tells us that like attracts like. This law applies to everything that exists in the universe from tangible things like objects, people, and situations to intangible things like thoughts, feelings, and emotions. It tells us of our ability to attract into our world what it is we are focusing on. This law teaches us that thoughts become things eventually, and what you focus on expands. You always attract into your life the people, resources, situations and things in harmony with your dominant thoughts.

This is why people experience phenomenon like a *lucky streak* or a *downward spiral*. It is no coincidence that when things get good, it gets better. And when things get worse, it gets way worse. We are always attracting what we are focusing on.

Because these phenomenons can all be explained using the Law of Attraction. It all comes down to your energy. Your energy is constantly attracting situations, events, and experiences that are a direct match for your energy.

In order to have the things you desire in life, you have to work out how to vibrate on the same frequency as these things. The more general lesson here is that being positive, proactive, and loving attracts more of the same into your life. Meanwhile, pessimism, fear, and lethargy will lead you to generate more negative experiences in all aspects of life.

To attract what you want, you must work from the highest (the spiritual plane) to the lowest potential (the physical plane), which may be different than what you are doing now or have done in the past.

However, at a higher level the law of attraction is better understood as the law of resonance where you start vibrating at the same frequency with your desire by thinking and feeling as if you already have it. You embody your desire and be in the state of having it and then it will materialise. Instead of attracting which would imply your desire is far and not inside of you, now you feel it within and radiate it outwards, to ensure that which is within you starts to form on the outside. When you plant an orange tree, it does not attract the orange tree or orange fruit. It is already within. It just needs the right conditions to manifest itself. According to this law,

you are both the seed and the condition. Since the seed exists, you be the condition to grow the seed and the fruit (your desire) will materialize.

## **12. Law of Inspired Action**

The Law of Inspired Action states that inspiration will come about when you are aligned with who you are—an extension of Source as stated by the Law of Divine Oneness.

This law states that action taken from an inspired, high-vibration place will yield tremendous results compared to action taken from a place of struggle and low vibration. An inspired action is when you do something because you feel the strong inner urge to do it. It is when you can suddenly sense your intuition saying “*go for it. This is what you have to do.*” This is the type of action that really counts. It doesn’t feel forced or unsustainable. It feels authentic. It feels aligned.

Practicing this law is all about slowing down, getting quiet, and creating space for divine guidance to come forward. When we let go of our need to control how things will work out and are instead open to all possibilities, it makes room for new ways of achieving the goals that we might not have considered otherwise.

This Law tells us that we must actively pursue our goals. Manifestation involves not only the powers of the Universe but also our personal powers (which we derive direct from the Source—the Creator).

## **13. Law of Perpetual Transmutation of Energy**

The Law of Perpetual Transmutation of Energy states that energy is constantly evolving or fluctuating. This law makes perfect sense because the Law of Vibration states that everything is energy and the Law of Attraction states that like attracts like. Your energy is always moving towards high vibration (positivity) or low vibration (negativity).

According to the Law of Perpetual Transmutation of Energy, we absorb the energy of everything we are exposed to. Authentic, supportive (high vibrational) people increase our vibration, just like narcissistic, uncompassionate individuals lower our frequency and make us feel depleted.

This is why it's crucial to choose your surroundings very carefully. It is difficult to vibrate at a higher frequency (and therefore attract your desires) if the people in your life are constantly draining your energy. So, it is your job to monitor your vibration alignment and direct your focus towards better-feeling thoughts when necessary.

#### **14. Law of Cause and Effect**

The Law of Cause and Effect, also known as the law of karma, asserts that every cause has an effect. In our lives, our thoughts serve as the cause, and our experiences are the effects of our thinking.

Attempting to change our experiences without addressing the underlying thoughts is merely a fallacy, as all negative experiences are a direct result of our thinking. Therefore, if we desire to change our experiences, we must begin by transforming our thoughts. As you are aware, thoughts lead to actions.

The Law of Cause and Effect encompasses the idea that what we put out into the world will come back to us. Every action we take towards others will be returned to us multiplied, and we receive the effects of everything we cause. Any event that impacts someone's experience, whether positively or negatively, is not a matter of chance or luck. The Universe operates under precise and mathematical Laws, meaning every outcome in our lives has a specific cause, just as every thought, word, or action has an impact on the individual who originates it. There are no idle words, thoughts without consequences, or actions without results.

The Law of Cause and Effect is closely connected to the Law of Affinity and the Law of Correspondence. According to the Law of Affinity, our thoughts create or maintain a mental structure that resonates with the minds and circumstances of others who share similar thoughts. In other words, we attract what aligns with our thoughts. Through the Law of Correspondence, our words and actions are a direct reflection of our thoughts, immediately influencing our relationships, health, and finances. They create circumstances that correspond to our attitudes and behaviours.

It is crucial to understand that nothing in life happens by chance. Everything we experience is a reflection of our past mental and emotional states. By loving others and wishing the best for them, by refraining from judgment and blame, and by radiating love, we open ourselves to receiving more love in return.

As Paramahansa Yogananda, a new thought author, emphasizes, "In the course of natural righteousness, man, by his thoughts and actions, becomes the arbiter of his destiny."

Therefore, since our current experiences are the effects of past actions, we must remain aware of our present actions. When we make the right decisions and take appropriate actions, success becomes not only attainable but inevitable. Prayer is a powerful tool for shifting the direction of our thoughts and aligning ourselves with positive outcomes.

To achieve excellent results in our lives, it is beneficial to:

- ✓ Always think positively about all circumstances and individuals.
- ✓ Extend well-wishes to everyone, especially those with whom we have had conflicts.
- ✓ Embrace all life circumstances as opportunities for learning and growth.
- ✓ Serve others selflessly, without limitations or conditions.
- ✓ Maintain a pleasant and calm attitude consistently.
- ✓ Find joy in everything we do.
- ✓ Deeply appreciate all that we have.

## 15. Law of Compensation

All actions and services entitle us to be compensated. Perfect equilibrium is governed by the *principle of action-recovery*, according to which any activity or movement consumes a specific amount of energy that needs to be recovered to maintain the efficiency and the continuance of the activity. Every human or divine interaction is maintained and is efficient due to the Law of Compensation. In every type of relationship there is a healthy and mutual interest in being complementary and obtaining mutual benefits.

The Law of Compensation, a fundamental principle within the Laws of the Universe, governs the exchange and balance of energy in all aspects of life. It states that individuals are compensated in direct proportion to the value they contribute and the service they provide to others.

In essence, the Law of Compensation upholds the concept of cause and effect, asserting that every action we take has corresponding consequences. It recognizes that our thoughts, words, and deeds create ripples in the fabric of existence, shaping our reality and influencing the experiences we attract.

According to this law, when we offer genuine value, whether through our skills, knowledge, time, or resources, we create a positive impact on the world. In return, the universe responds by providing us with compensation that aligns with the value we have contributed. This compensation may manifest in various forms, such as financial abundance, opportunities, recognition, personal growth, or even intangible rewards like happiness and fulfillment.

The Law of Compensation operates on the principle of fairness and justice. It assures us that we will receive what we deserve based on the quality and quantity of our efforts. It reminds us that success is not arbitrary but is directly linked to our contributions and the positive impact we have on others.

It is important to note that the Law of Compensation goes beyond monetary gain. While financial abundance is one possible aspect of compensation, it also encompasses the fulfillment of our desires, the realization of our goals, and the alignment of our actions with our purpose. When we passionately pursue endeavours that uplift others and serve the greater good, the universe conspires to reward us accordingly.

However, the Law of Compensation is not a promise of instant gratification or entitlement. It requires patience, perseverance, and a genuine commitment to continuous improvement. The compensation we receive may not always be immediate or evident, as the universe operates on its own timeline. Sometimes, the rewards may come in unexpected ways or at unexpected times, but they will always be in harmony with the energy we have put forth.

Furthermore, the Law of Compensation is intimately connected to other universal laws, such as the Law of Attraction and the Law of Cause and Effect. Our thoughts, beliefs, and intentions shape our actions, which in turn influence the results we experience. By cultivating positive and abundant mindsets, we attract more favourable outcomes and enhance the compensation we receive.

To harness the power of the Law of Compensation, it is essential to align our actions with our values, talents, and passions. By engaging in work or activities that are in harmony with our true selves, we tap into a natural flow of energy that attracts abundance and fulfillment. It is through the expression of our unique gifts and the genuine service we provide to others that we unlock the full potential of this law.

Ultimately, the Law of Compensation invites us to embrace a mindset of abundance, to give generously, and to trust in the inherent fairness of the universe. When we approach life with gratitude, integrity, and a commitment to adding value, we create a positive cycle of compensation that enriches not only our lives but also the lives of those around us.

Ralph Waldo Emerson, in his essay, "*Compensation*," wrote that each person is compensated in like manner for that which he or she has contributed. In other words, *you get what you give, you sow what you reap*. What you do in life will dictate how you will get compensated. Give love, and you will get love in return. Spread your wealth and get more wealth in return. Go the extra mile, and you'll soon be rewarded.

If you offer your highest and best to everyone and everything in life, you will be rewarded with the highest and best. Serve the world with love, no matter how small or menial you feel it is. Allow others to serve you. Intentionally put yourself in a place of ever-flowing giving and receiving. It is the divine order of things.

This law tells us that giving without receiving leads to the exhaustion of the sources of mutual well-being, the disappearance of the product and service, and the deterioration of the quality of life and shared well-being.

We also learn from this law that receiving without giving produces poverty and people who are unable to serve, create, act, accept their life or commit to some activity; in addition to the disastrous results that arise from the increase in poverty, which generates all kinds of psychosocial ills.

## **16. Law of Relativity**

The Law of Relativity states that everything is relative because we all perceive reality in our own way. This law explains why two people can go through the same situation but have two entirely different experiences.

This law reminds us to keep our perspective in check since everything is relative and, in the grand scheme of things, our problems are rarely as bad as they seem. "Normal is an illusion. What is normal for the spider is chaos for the fly," says Charles Addams, a life coach.

Every single soul on this planet will face challenges from time to time, and it's our responsibility to make sure we use our challenges to learn some lessons. Everything's divinely planned to make us stronger and help us evolve into the best versions of ourselves.

Understanding this law helps you prioritize inner peace over defending the truth because "truth"<sup>1</sup> is relative anyway. Understand that life happens *for* you, not against you. Use everything you experience as feedback for finetuning your desires and the direction you want to go in.

### **17. Law of Rhythm**

The Law of Rhythm states that cycles are a natural part of the Universe. Just like the seasons, your life has seasons too.

"The whole world moves according to the laws of nature in an auspicious rhythm of innocence, intelligence and divinity. That is Shiva," says Gurudev Sri Ravi Shankar.

There are patterns and rhythms to everything. Everything ebbs and flows, swinging to the left and back to the right. Like every season, everything has a purpose and function in the grander scale of the universe.

See the good in every cycle and stage. Acknowledge and enjoy the positive that comes with every rising and receding tide. Allow yourself to experience the beauty in every unfolding and ever-changing cycle of life. Don't let current and temporary negative situations bring you down—understand that nothing is permanent.

This law also implies that we have to work only when we feel inspired to put in the work, and we have to rest when we feel inspired to rest. It's not possible, sustainable, or even desirable to be happy and productive every single day of the year. Winter or dry seasons come around every year to give us a break, to nurture our souls; and to rejuvenate our spirits.

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<sup>1</sup> Only Truth (God) is worth defending



You have your own rhythm. Honor it. Surrender to the flow of life and let your inner wisdom guide your thoughts, words, and actions.

## **18. Law of Gender**

This Law states that everything has both a masculine and feminine energy. These two energies coexist within all of us, and we must find the balance between the two. The feminine energy is patient, kind, intuitive, creative and nurturing — while the masculine is persistent, focused, assertive and confident.

The Law of Gender states that life works best when your divine masculine and divine feminine energies are in alignment. The divine feminine represents the part of our consciousness that connects us to qualities like intuition, feeling, emotions, creativity, and spirituality. This feminine energy is the exact opposite of the divine masculine which connects us to qualities like logic, authority, confidence, objectivity, and action-taking. One thing to note is that one is not better than the other. Both the divine feminine and the divine masculine need to work together harmoniously to create solutions for the highest good.

However, society has traditionally favoured masculine qualities over feminine qualities. This is why we must restore our connection to our divine feminine to restore balance in our lives. In order to manifest your desires, you must strike a balance between doing (masculine energy) and receiving (feminine energy). Taking action and resting. Realize that when you focus on a thought or feeling, it goes into a state of incubation and is then "born" into physical reality. Inspired action must be balanced with patience and faith.

## **19. The law of stewardship**

If you do well with what God has already entrusted to you, then He will entrust you with more responsibilities. Ask yourself who would you bless if God blessed you with more? That struggling neighbour, single mother, that orphan, your church, ailing parents, or you will get more girlfriends, more bar nights, more houses, jewelry, or disobey your husband? Always remember that our ability to get better is determined by our sense of stewardship. Always have improving the lives of others in the plans of your desires and success plans.

## **20. The law of Mentalism:**

The all is mind, everything in creation is a result of the mental state that preceded it. We learn that thoughts lead to manifestation of things and events. Thought comes before reality. We should be responsible for everything we create by being responsible for our thought. This law states that thoughts and emotions have to change in order to change actions and then reality we experience.

### **21. The Law of Care also called the Dynamic of care:**

This is the real seed of life. It says that you must give enough attention and enough energy to what you want to manifest. It says that you must have the heart, mind and guts to achieve that which you desire. You must care enough to get knowledge, understanding and action needed to achieve your desires. It helps us to know the importance of achieving unity consciousness where our thoughts, feelings and actions are harmonious. The dynamic of care is the generative principle. It is the life force or genesis of every other law.

### **22. The Law of Warning**

Also called the Law of Premonition, this profound principle within the Laws of the Universe asserts that every event in our lives is preceded by a subtle warning, although these "warnings" may sometimes elude our perception.

As our understanding of life's teachings deepen, our thoughts become clearer, dispelling mental confusion and opening the doors to new experiences. What was once seen as challenges now reveal themselves as opportunities for growth, and we acquire the necessary tools to establish harmonious relationships, maintain physical well-being, attract abundance and prosperity, and find immense joy in any activity we engage in.

Life graciously provides us with advance notice of potential difficulties, allowing us to avoid them if we are prepared to align ourselves with the order of the Universe. However, should we disregard these warnings, our lives may become entangled to grant us another opportunity to learn obedience to the Laws. A genuine warning indicates an obstruction, something that hinders progress and disrupts the natural flow. Conversely, when we encounter obstacles but still perceive a gradual advancement, albeit at a slower pace, it indicates a path where we can direct our efforts.

The Law of Premonition is designed to spare us unnecessary suffering and manifests itself in subtle ways, often through seemingly insignificant occurrences that appear in sequences of three or more. These may include inconvenient phone calls that delay us, misplacing keys, a flat tire, roadblocks, or cancelled flights. In such situations, our usual response might be to question, "Why is this happening to me?" However, life is merely signalling us, cautioning us against keeping certain appointments or embarking on particular journeys. At other times, the Law of Premonition communicates to us regarding business dealings, investments, relationships, health, and more. It also emerges in repetitive situations where we find ourselves making the same mistakes or adopting the same unhelpful attitudes or reactions, disregarding the warnings. It is during such instances that life guides us toward more challenging circumstances, aiming to instil new perspectives and attitudes because the easier trials were insufficient to evoke understanding and promote a change in mindset.

It is important to distinguish between a sense of premonition and fear. While premonition can serve as a form of protection, fear often becomes an obstacle in itself, hindering our growth and obstructing our progress.

By attuning ourselves to the Law of Premonition, we can heighten our awareness of these subtle indications and honour the guidance they provide. Embracing the lessons they offer, we navigate our lives with greater discernment and wisdom, ensuring that we align our actions with the harmonious workings of the Universe. Let us cultivate a receptive mindset, recognizing and respecting the significance of these warnings as we embark on our journey of self-discovery and transformation.

### **23. The Law of opportunity**

Opportunity is always present; some people take advantage of it and are successful, while others battle against life and call it failure, unfairness or bad luck.

It is not that someone who has failed is unlucky, it is that they are not within the Law, they do not know it or they do not know how to be governed by it, and they violate it unknowingly. It is not that someone who is successful is lucky, it is that they are flowing with the Law, even if they do not know it. A wise person flows with the Law knowingly and everything just goes well for them. Successful people do not place limitations on what life offers them.

Taking advantage of the opportunity involves doing whatever we decide to do with all our energy and love, as though it were the most important thing in our lives, or as though we were doing it for the person we love the most, without minding the kind of work it is, or where we do it, or who we are doing it for. This way we will put the Law in our favor.

#### **24. The Law of Two or Law of Inquiry**

Life always has the answers ready whenever we inquire. The Law of Two manifests through a binary language (yes-no) that is recognized in what is facilitated and what is blocked. This Law only responds to questions that are asked by means of action. The Universe does not respond to inertia; we must ask about what is meant for us through action. We should not assume anything, but use the ability to inquire.

To stay within the Law, we must use what we possess and enjoy what life gives us. In this case, "I want", as a tool of inquiry, is healthy. If we want something and when we ask for it we receive it, then it was not a simple "I want", but a necessity for our function. If, on the contrary, we do not receive it, we will dispose with it, because we are being told that it is not what we need. By doing this exercise we put an end to conflicts and mental dualities.

#### **25. The Law of Three (perseverance vs. stubbornness)**

The Law of Three allows reasonable perseverance with regard to life's options and our personal expectations. However, on many occasions what we have is not *perseverance*, but *stubbornness* in the face of certain circumstances in which the Law of Warning is telling us "no".

When we have a doubt about a given situation, the wisest course of action is to make at least three attempts to ensure that it is not a lack of perseverance; and, of course, each time to observe the result obtained. If some progress can be seen, however small, the purpose has chances of success; but if, on the contrary, stagnation or backward movement is observed, it is better to desist from the purpose to avoid falling into stubbornness or disobedience of the Law. However, if we are still not sure of the answer, we can try up to a maximum of seven times, because stubbornness will only lead us to achieve what we want, but not what we need for our development.

The Law of Three is the Law which streamlines the use of vital energy. At times we can achieve what we want but at a very high cost, or wasting energy uselessly, because such situations

contribute little to our learning. A typical example of wasting vital energy is trying to change someone else, because that is impossible.

## **26. The Law of Communicating vessels**

The Law of Energy Exchange, also known as the Law of Communicating Vessels, governs the transfer or absorption of energy, as it is only possible for someone who possesses energy to give, while those lacking energy can only receive.

Often, we unknowingly squander a significant amount of energy and find ourselves depleted by certain individuals, situations, jobs, or internal and external conflicts. This phenomenon can be explained by a principle of physics known as the "Law of Communicating Vessels."

The mental equilibrium of an individual is intricately tied to their levels of vital energy. Enthusiasm, joy, optimism, and the ability to seize opportunities for a successful and fulfilling life are directly correlated with high levels of energy. Conversely, individuals who feel apathetic, depressed, sad, frustrated, or defeated often experience significantly diminished vital energy. When a person with a high energy level interacts with others who possess very low energy, their vital energy flows towards the lower energy, leaving them feeling utterly exhausted without comprehending the reason behind it.

Effectively managing the Law of Energy Exchange necessitates great care in selecting our friendships, relationships, business engagements, living environments, workplaces, and even the thoughts we embrace. Additionally, we must continuously train ourselves to regulate the emotions and negative feelings that may arise involuntarily in the presence of certain individuals, situations, or information, so as not to inadvertently drain our energy.

When we find ourselves with individuals who are depressed or unsuccessful, or in distressing situations that we may witness, we must consciously "shut off the valve" of our emotions and act solely based on our understanding. Otherwise, our energy will swiftly diminish. While we can offer support, enthusiasm, and energy to those in need, we must exercise wisdom and refrain from suffering ourselves. If we become entangled and fail to shut off the valve, we will lack the inner tranquillity required to effectively assist others.

Voluntary management of our emotions is of utmost importance to ensure that we are not governed by them but rather remain in control. Gradually, we can replace emotions with the understanding born from love. Emotions possess a dual nature, being positive one day and wholly negative the next, thereby presenting a complicated duality. On the other hand,

understanding lacks duality and empowers us to act wisely and think clearly. Each individual bears responsibility for their vital energy. If we allow our energy to become destabilized, we will lose access to our centers of comprehension and wisdom.

The rise or fall of vital energy is contingent upon how we manage our thoughts, emotions, and feelings. The most significant "energy thief" resides not outside us but within us—it is the ego. The ego drains copious amounts of energy when it blames others, unnecessarily worries, engenders stress and anxiety, and fosters negative thoughts. It feeds on suffering and ignorance. Therefore, it becomes imperative to cleanse the mind, alleviate suffering, and escape from ignorance through wisdom-infused knowledge. When an individual's mental attitude is one of love, joy, and enthusiasm, they are generally less vulnerable to the influence of "energy thieves" because negative individuals are averse to such a disposition and seek out alternative targets. Conversely, when we find ourselves in a state of despondency, we become much more susceptible as we attract various forms of darkness due to a lack of mental clarity.

The most effective means of overcoming difficulties and maintaining high energy levels is persistently expressing joy and embracing a positive outlook on life. The simple act of smiling generates endorphins and heightens energy. Conversely, harbouring bitterness, sadness, frustration, or apathy triggers the release of other chemicals in the body that exacerbate depression and diminish energy.

## **27. The Law of Saturation**

The path to liberation commences where suffering concludes. The wisdom that enlightens us is bestowed when we are prepared to undergo inner transformation, and not a moment before. This is because the mind is receptive to fresh possibilities only when it has reached saturation with prior ones. Thus, this knowledge is intended for those who have transcended the need for further suffering.

When an individual truly comprehends the futility of battling against life's circumstances or resisting the unalterable tides, when they feel overwhelmed by the dire outcomes they consistently encounter in their relationships, health, or finances, or when they find themselves disenchanted with their current pursuits and disheartened by their living situation—when suffering, conflicts, failures, or afflictions have become an unbearable burden—they will be

primed to embrace new insights and relinquish their resistance to inner metamorphosis. It is at this juncture that they can progress in their spiritual journey.

The mind attains saturation only after it recognizes the futility of opposition and suffering. It is only then that it becomes receptive to fresh knowledge, leading to the attainment of fruitful outcomes. No one traverses the realm beyond suffering without having experienced suffering.

## **28. The Law of Generation**

Every event and circumstance that unfolds in our lives is a product of our own creation. As human beings, we possess immense creative capacity, and we intricately design our life experiences by gradually constructing our purpose. Unbeknownst to us, we weave the fabric of our own destiny through our resistance to the things we cannot accept and comprehend. Each individual serves as the generator of the situations that manifest in their life, and other people become the instruments they choose to facilitate the learning experiences they have decided upon.

The genesis of all creation lies within a thought or an idea, which is then translated into corresponding actions. Everything that has been previously formed in a person's mind through their thoughts and imagination manifests in their life with precise mathematical accuracy. However, the generation of external circumstances adheres to the Laws of Evolution and Correspondence. These laws aim to prompt individuals to shift their perception of life and adopt new behaviors in the face of the circumstances that life presents, ultimately aiding them in understanding and embracing what they have been missing.

When we comprehend that nothing and no one can bring harm to us, and that we are the creators of all our life circumstances, we can commence the process of creating a new life. To achieve this, we must cultivate a deep appreciation for everything we do and recognize the value of each experience we encounter, especially the most challenging ones. In essence, it entails finding joy in the act of learning until we attain invulnerable peace, unwavering happiness, and a perpetual expression of love for all people and all things.

The Law of Generation follows a specific sequence that wields transformative power over our lives. It begins with our mind's conception of life, which then shapes our internal approach—either an attitude of acceptance and appreciation or one of complaint and rejection. This attitude gives rise to specific thoughts and emotions, which can be either positive or negative, and



subsequently influences our outward behavior, which can be either peaceful or aggressive. Our behavior generates results that we can observe, and these outcomes can either be satisfactory or tumultuous, leading to suffering.

Through the process of verifying the results, we gain a deeper understanding of life and acquire wisdom. This final step in the sequence unveils whether we are burdened with falsehoods that need to be discarded and changed, or whether we are enriched with virtues and truths that need to be reaffirmed. Typically, our personality comprises a combination of truths and falsehoods. This sequence demonstrates that as our perception of life begins to shift, the external world around us undergoes a corresponding transformation. Success in life becomes attainable only when our inner attitude aligns with the essence of success.

## 29. The Law of Sharing

The law of sharing tells us that the appropriate information makes it possible to resolve all human problems. We should manage it as a loving service. The management of universal information is hierarchical, as it always flows in only one direction: from the levels that have more information towards those that have less, since no one can give what they do not have or teach what they do not know.

Sharing and distributing the information within the human hierarchies is governed by the Laws of Evolution and Correspondence of the Universe, which determine the appropriate use of the information. For this reason, before giving information it is important to ascertain that it is really appropriate **information**, so as to share it in a manner that is **sufficient, efficient and timely**, for both the person giving it and for those who receive it.

Understanding the information of love enables us to transcend every human limitation and achieve tremendous results of harmony. It is very important to bear in mind that the application of information as an action, whether it be for teaching or for the creation of goods, products or services, is always governed by the Law of Compensation.

On the foregoing basis, we reach the following conclusions:

- ✓ When we recognize that we do not know, we can set about learning and opening the flow of wisdom information to us.

- ✓ If we teach what we believe, we are multiplying beliefs; whereas truth is not a belief, but a verified understanding.
- ✓ We need to verify our correspondences in order to share: both omission and excess generate blocks.
- ✓ It is necessary to ask permission to share. Imposing, forcing and obliging generate resistance.
- ✓ Sharing what we have verified in our own life experience is a service of love

### **30. The Law of Affinity**

All beings of similar character tend to convene in the same place. Our personal mental condition creates affinity that attracts what is similar to it in the outer world.

In order to develop internally the characteristics that are in tune with places, situations and people with a high level of satisfaction, it is essential to *keep a constant watch on our thoughts*, because they are the tool that programs the mind and maintains or transforms the personality, which is the source of all the human attitudes and behaviours that may determine our success or failure in our life experience.

The best always associate with the best. Everything that we choose to feed internally produces situations, people and places in line with that energy.

### **31. The Law of Empty Spaces**

Also known as the Law of Replacement, this law tells us that any void in space seeks to be filled with something new. Hence, whatever departs from our lives or minds will be inevitably replaced by something fresh.

Within the Universe, excluding the Absolute, everything is replaceable, and nothing is indispensable. However, empty spaces do not truly exist, as they are always imbued with something, even if it is the essence of innocence. Therefore, when something is removed from a particular space, it swiftly becomes replenished with something new that assumes the role of its predecessor. The new elements may resemble the previous ones, or they may be entirely distinct.

Under the Law of Empty Spaces, we are perpetually accompanied, never truly alone. The sensation of loneliness is merely a mental constraint, for being completely isolated is an impossibility. Attachments, dependencies, and the feelings of loneliness or abandonment that many individuals endure stem from a failure to recognize or accept the necessity of managing the Law of Empty Spaces.

As human beings, we can learn to embody happiness, peace, compassion, respect, health, abundance, prosperity, and adaptability by understanding that, except for the spiritual realm, everything else is transient and replaceable. Moreover, we can harness this characteristic to completely revitalize the way we live and engage with the world on a daily basis, encompassing our physical body, mental landscape, and interactions with others and the diverse entities in the Universe. Should any aspect of these facets fall short of complete satisfaction, we can embrace the opportunity for total renewal.

Let us release from our minds everything that fails to bring satisfaction. This will make room for the new. By allowing the thoughts and attitudes of the ego to depart from our lives, we create space for the entry of wisdom's energy.

### **32. The Law of the Option of Love**

The Law of Love's Option serves as a reminder that all endeavors undertaken with love yield positive outcomes. The Option of Love is infallible, never failing.

Through the Option of Love, we are equipped to navigate the challenges that life presents. Conversely, the option of pride hinders our passage through the gateway to love, peace, and happiness.

Life constantly subjects us to tests that gauge our spiritual development. Each one of us, to varying degrees, encounters diverse situations associated with relationships, health, finances, and our environment, which confront us with our deepest fears. In these moments, our unresolved mental limitations manifest, giving rise to anxiety, suffering, aggression, defensiveness, stress, guilt, anger, resentment, hatred, vengeance, and the common human experiences of violence.

When we grasp that the difficulties we encounter on a daily basis are opportunities for learning what we have yet to understand, and that subsequent tests will assess our grasp of the Laws of the Universe and Life, we become prepared to embrace the option

of love in the face of any challenge life presents.

When the ego, fueled by pride, overshadows our understanding, we are unable to utilize the option of love effectively, resulting in unsatisfactory outcomes. To attain freedom from internal conflict and find peace, harmony, and fulfillment in life, it is necessary to shed pride—an ill-suited advisor that rigidly resists acknowledging mistakes, compromises poorly, fails to apologize, hesitates to take the first step, shuns seeking help, forgives reluctantly, and lacks perseverance.

The Law of the Option allows us to give love a chance, particularly in situations where we perceive "no way out" and are unsure of what to do. It is then that we must summon courage to accept the circumstances and set aside pride, even if it means offering an apology when appropriate or, in cases where we feel defeated, genuinely wishing the victor all the best. Alternatively, we may relinquish our aspirations to grant others the opportunity to discover their own happiness, and learn to derive joy from the happiness of others. Additionally, we can express gratitude to those who, through their mistakes or ignorance, challenge us, as they afford us the opportunity to learn to love and transcend our own selfishness by wholeheartedly wishing them prosperity, happiness, and good health.

With each lesson in love that we embrace, we draw closer to a life brimming with happiness, peace, service, harmony, health, abundance, and prosperity. As we learn to love, difficulties gradually fade away, leaving nothing left for us to learn from them. In any situation, the Option of Love always exists.

Let us refrain from justifying reactions that fall short of love in our interactions. The Option of Love entails finding joy in the happiness of others, rather than insisting on being right. We suggest seizing every opportunity that life presents to liberate ourselves from pride. One exercise we can undertake is refraining from contradicting anyone who disagrees with us—beginning with simple, inconsequential matters. Pride desires; love understands and accepts.

As elucidated, the ego serves as a weapon we employ to combat life, hindering the establishment of positive relationships and the attainment of success. Once we effectively replace the ego's weapons with the tools of love, we become prepared to embody beings of peace and love, and to train ourselves in their application.

### **33. The Law of Understanding**

This is the Law that makes it possible to evaluate whether life's tests have been transcended. Life never repeats a destiny situation that has already been understood.

There are no negative situations or circumstances, nor bad people who want to cause us harm, these are often just situations, circumstances and people with whom we are correspondent for carrying out our learning processes, although we do not yet understand them or take advantage of them efficiently.

The only way of overcoming suffering, grudges, trauma, aggression, resentment, pain, illness and death once and for all, is by understanding what life's experiences are teaching us. The different situations that we face and the circumstances that surround them are designed by destiny to induce understanding and the development of consciousness; therefore, when we succeed in understanding what a situation is teaching us, it immediately begins to disappear from our lives and will not happen again.

In any difficult situation we should ask ourselves: "What can I learn from this situation?" We may not find the answer immediately, and therefore the situation will continue to be present. But when we understand what life is really trying to teach us with each difficult situation, we can use the tools of love, which will enable us to transcend personal destiny and all of the difficulties arising from it. Understanding gives us the ability to use the seven tools of love. We suggest using the seven things we give here when using the tools of love in order not to slip into the behaviors of the ignorant. We learn that the ignorant:

- ✓ Try to change others in order to feel good.
- ✓ Hide their incapacity behind their aggression.
- ✓ Run from the best opportunities that life offers them.
- ✓ Suffer in the face of the possibility of learning to be happy.
- ✓ Blame others for their own results.

- ✓ Criticize and judge all that is different from them.
  
- ✓ They complain about what they have and suffer because of what they do not have.

In contrast, people with wisdom enjoy learning, and see learning opportunities in difficult situations, and therefore they begin to experience a new life in which happiness, inner peace, and the capacity to serve and enjoy are independent of any event that happens around them.

Understanding the true meaning of life enables us to completely rearrange our memories of past experiences, as well as all of the processes of current existence, and create appropriate conditions for having an extraordinary future, filled with happiness, peace, abundance, prosperity, love and a state of total personal satisfaction and peaceful co-existence with all other beings in the Universe.

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*Anyone who is happy with what they have, can be happy with everything.*

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There are no negative situations in the Universe, only learning situations, which are positive. All that is negative is the mental interpretation that the ignorant make of a learning opportunity. When a person faces what they consider "a problem", in fact what they have before them is an opportunity to learn something about life, to find a solution to that difficulty.

In the world of matter and form, there are no "bad" or "good" things, everything is neutral and necessary, and nothing happens to anyone that is not meant for them. The drama occurs when we face situations from emotion and ignorance, instead of understanding. Destiny is an opportunity for us to develop spirituality, but if we do not seize it, we will make dramas and tragedies grow around us.

### **34. The Law of success**

GOD intended every individual to succeed. It is God's purpose that man should become great. It is God's will that man should not only use, but enjoy, every good in the universe. The Law of God denies man nothing. Man is born to be abundant.

The powers inherent in man are inexhaustible. Each normal person is endowed with a

complete set of faculties which, if properly developed and scientifically applied, will insure success, ever-growing success. Man is made for progress. Every man contains within himself/herself the capacity for endless development. Advancement into all things is the Law's great purpose. By learning to work with the Law in promoting that aim, man may build himself into greater and greater success.

All the processes of Nature are successful. Nature knows no failures. She never plans anything but success. She aims at results in every form and manner. To succeed in the best and fullest sense of the term we must, with Nature as our model, copy her methods. In her principles and laws, we shall discover all the secrets of success.

Real success is more than money, possession, fame or wealth but true success lies in the results obtained harvest obtained and distributed so you and others are helped. It is personal advancement and increase or a favourable maturing of all you attempt. You have to choose to use the right knowledge of your power to create.

This law tells that if you persist on any pursuit to achieve your dreams that are noble and helpful to you and the universe, you will certainly succeed at some time. It tells us that the unsuccessful are those who give up before fruition. It says success is within reach of every aspiring man. You cannot rise into better things until you do something about it. The laws says you must do something to keep advancing, moving forward. Nature knows no limitations to its purposes. What nature idealizes; she has power to actualize. And you are nature itself. You must think success and know that God or the law is your constant supply and ever on your side. The secret is in knowing that you can. Persistently stay in that attitude and you will succeed. Remember obstacles serve as an opportunity to bring out our latent powers. Always hold an I can attitude which is the divine order of things. Aim high, aim well.

We all bring God to everything we do! God is with in us! We are sparks of God! Think you can, feel you can. Aim high. Many sages have advised that make your statements broad and comprehensive, so that your mind may expand to the Infinite rather than trying to cram the Infinite into your mind. Success is not a game of chance. Express yourself as per your wants, believe you deserve it, and it will be yours. Just like in business. You have to release all fear and dwell in the presence of God and his power that is always open to your use. You need



consistent training of yourself through relevant actions to achieve success. You must maintain the desire to advance and achieve better things in your life, to aspire success ward.

### **35. The Law of Cycles**

The Law of Cycles is often understood as a fundamental principle governing the cyclical nature of existence and the interconnectedness of all things.

In Hinduism, the concept of the Law of Cycles is deeply rooted in the doctrine of samsara, the cycle of birth, death, and rebirth. According to this belief, all living beings are bound by the wheel of existence, continually undergoing reincarnation until they attain liberation (moksha) from this cycle. The Law of Cycles dictates that the circumstances of one's current life are determined by their actions and karma from previous lives.

Buddhism also recognizes the Law of Cycles, emphasizing the cycle of birth and death as a fundamental aspect of existence. The concept of samsara is central to Buddhist teachings, wherein beings are trapped in an endless cycle of suffering caused by desire and ignorance. The objective is to break free from this cycle through enlightenment and the realization of the true nature of reality.

In Taoism, the Law of Cycles is closely linked to the natural rhythms and cycles observed in the universe. The Tao, often described as the underlying principle of all things, operates through the continuous interplay of yin and yang energies. The Law of Cycles acknowledges the cyclical patterns of creation, transformation, and dissolution in nature and encourages individuals to align themselves with these cycles for harmony and balance.

Within the Hermetic tradition, the Law of Cycles is embodied in the principle of rhythm. This principle asserts that everything in the universe is subject to cycles of ebb and flow, expansion and contraction. By understanding and working with these cycles, individuals can navigate the varying energies and make progress on their spiritual path.

According to Rosicrucian teachings, the Law of Cycles governs the rhythmic and cyclical patterns observed in the macrocosm (the universe) as well as the microcosm (the individual). It asserts that everything in the universe follows a pattern of growth, decay, and regeneration. In the Rosicrucian perspective, the Law of Cycles is intimately connected to the concept of karma, the law of cause and effect. They believe that actions, thoughts, and emotions create

energetic imprints that influence future experiences. These imprints, or karmic patterns, are believed to unfold cyclically across lifetimes, affecting an individual's circumstances and opportunities for growth.

Furthermore, Rosicrucians perceive the Law of Cycles as an invitation to actively participate in the rhythms of life and align oneself with the natural order. By understanding the cyclic nature of events and recognizing the patterns within one's life, individuals can gain insights, make conscious choices, and navigate their spiritual journey more effectively. Additionally, the Law of Cycles is viewed as an opportunity for personal transformation and spiritual evolution. It is believed that by consciously working with these natural cycles, individuals can harmonize with the cosmic energies and accelerate their progress on the path of self-realization.

Beyond ancient traditions, the Law of Cycles has been interpreted to emphasize the cyclic nature of life's experiences, personal growth, and the interplay of opposing forces. Some proponents of this concept suggest that by recognizing and harmonizing with the cycles of life, individuals can enhance their understanding, spiritual development, and overall well-being.

### **36. The Law of Forgiveness**

It has been said for centuries that to err is human and to forgive is divine. The law of forgiveness tells us that we must forgive others if we want to be forgiven as well. This law of forgiveness has been greatly emphasized in all spiritual teaching and by several masters as empowering the person forgiving, more than the party being forgiven.

With forgiveness we tell others that we no longer hold them guilty. We pardon, absolve, condone and overlook everything that is stopping us from loving ourselves and others more. We in effect join the other party in a process of transformation towards being better.

In Mark 11: 25, we are told that God cannot answer your prayers if you do not forgive those you hold in contempt. This principle is a key prayer point in the Lord's Prayer that millions of people recite everyday. Scientists and psychologists have researched the relationship between stress and illness and have **concluded** that the inability to forgive affects the outcome of serious illness. People who have a forgiving nature increase their chances of recovery.

Note that forgiveness is a mystical not logical command. It makes no sense to the reasoning mind. Our reasoning mind is generally incapable of forgiveness. Forgiveness is a self-initiated

mystical act that requires the assistance of grace to release you from the compulsive and often self-righteous charter of the ego which continually enforces a position of entitled anger or hurt.

Forgiveness is fundamentally between you and God. A genuine act of forgiveness takes place inside of a disappointed heart that confronts the soul with the ego's need to hold another person responsible for why certain events in one's life turned out the way they did, or why you were hurt or you were treated unfairly. We always want to be right. Ultimately forgiveness is a battle between your ego and your capacity to transcend whatever situation you have experienced.

Forgiveness doesn't promote negative behaviour. It shouldn't be confused with pardon. When you forgive, you are releasing the person who wronged you and releasing yourself from their energy. The person you forgive doesn't have to know though it is good to tell them where possible. You can affirm "I forgive you completely and freely, I release you freely and I let you go. I wish the best for you and hold you in good light. Whatever caused issues between us is released forever. I hold you in the light and may peace be with you". You can say this to yourself in case you want to forgive yourself or to be forgiven by someone who you might have wronged and they are no longer accessible to you or you cannot approach them.

### **37. The Law of Receiving**

The Law says, "It is more blessed to give than to receive" and "as you freely give, you freely receive." Unless we are free to extend or give out our desire, our good, the Law will not have any pattern to work with. It cannot proceed to supply any need without a pattern. It is God's wish to grant your desire, but you must ask and release any selfishness if you are to receive. You need to give something of yourself that is helpful to others, in order to receive. Masters understand that give and it shall be given unto you. He who seeks the father with the object of getting, does not seek genuinely to achieve the best fruit. Giving is the fundamental law of life. It is the fundamental law of creation. You give, then receive. You plant, then harvest.

The challenge many people try to work the Law backwards, and for that reason get little or no results. They say to themselves, "Well, after I get, then I will give." If you wish any good thing, you must first give some good to build upon.

A dreamer or a wisher is one who is continually praying, sending out his/her ideas, his desires, and is so busy dreaming that he gets all his enjoyment out of his dreams. He/she doesn't know or realize that to release his/her dream and allow it to go forth to accomplish what it will, will in time return to him for good. After you form a definite clear outline of your desire, then

release your thought God-ward—let it go—like throwing a ball out with no string or rubber attached to bring it back to you. “Man's extremity is God's opportunity” is true, for when man reaches his limit, he hopelessly stops his efforts. When he relaxes from his strain, the Law has a chance to reply to his desires, and things begin to change for him. When we give or receive generously we vibrate to the same cord and achieve an attunement where the ether directs to us the needed desires.

You must give without pressure of expectation of receiving in return. The mind is like a sponge. We squeeze it hard with our anxious thoughts, but not until we can release the pressure and allow the sponge to take its normal shape can it become absorbent and receptive again. After you give out your desire or benefit for others, even if it is sending blessings, think with gratitude and feel as you would if you have already received that which you want. You will then receive.

But remember not to give of your substance those who are not making effort to help themselves, as they might not appreciate it. Nature doesn't support parasites and swine. Tithing is effective for many people because you give without expectation but usually to those who will make good of the substance you are giving. Remember it is the idea at the back of giving that is important, not having personal interests in giving.

Master Jesus praised the lowly gift of the widow because of the spirit in which she gave. After you give you have to prepare to receive by doing related things as you would to prepare for your desire. We are continually drawing into life what we give and expect. You have to expect without much pressure, but full faith. The Lord loves a cheerful giver. To give your best is to receive the best. It works always.

### **38. The Law of Assumption**

The Law of Assumption tells us that by maintaining positive emotions, affirming oneself with love, and embodying the state of already having what you want, you can manifest your desires.

The feeling is what makes the unseen seen, bridging the gap between wanting and receiving, so practice affirming yourself with love for life and keep your feelings pleasant. The brain needs repetition to accept new beliefs, which is why visualization, affirmation, and living in the end are important in manifesting your desires. This law says that you attract what you are. The state you should be in to manifest your desire is not the one of trying to get it or that you will get, but the one of I have it. This is key to manifestation.

Trust your good feelings and thoughts, as they are a reflection of the truth and can guide you towards your desired reality. By consistently practicing and embodying your desired state, it becomes natural and automatic, leading to effortless manifestation and a transformed sense of self. Neville Goddard who popularised this law says that your desires are the intentions of God, and by embodying the state of already having what you want and showing faith through feeling, God will make it happen for you.

Choose to maintain your inner power and good feeling regardless of negative influences, by sending love and positive thoughts to others, as your thoughts have the power to manifest what you desire. You attract what you want by already being in the state of having it, directing your thoughts and emotions towards it, and using the law to bring good things to fruition.

Convince yourself, give away any lack to God, organize your thoughts and feelings to serve you, and trust that your intentions and elevated emotions will bring you everything you want, as the mind doesn't know the difference between what is true and what isn't, so rely on good feelings and trust that if a thought feels good, it is true. Affirm that you already have what you desire, without doubt, and practice imagining and feeling as if you already have it, until it becomes your natural state of being.

Stay loyal to the feeling of your desires, imagine and feel them, and stay in love with life, as your feelings guide you and thoughts naturally flow to you in your desired state. Live in the end, by focusing on the wish fulfilled state, where you hold your assumption true.

### **39. The Law of Supply**

Nature originally intended that the real needs of man should be adequately supplied; not his surface wants, which are often impulses, but the normal specific needs of the individual, which would be abundantly satisfied were man to live in closer harmony with the fundamental law of supply. MAN IS NEVER SATISFIED. This fact is deplored by many, but God did not intend that man should be forever satisfied. The law of his being is perpetual increase, progress, and growth; so, when one good is realized, another desire for a greater good will develop; and when a higher state is reached, another and more glorious state will unfold his vision and urge him on and on.

Hence, the advancing life is the true life, the life that God intended man to live. At the root of most human difficulty lies the eternal problem of supply in some of its phases. In fact, supply must include that which supports every phase of our nature, and every difficulty involves some

lack of proper support. To thoroughly understand the question of supply would, therefore, enable us to understand the whole problem of successful living.

The Law of supply tells us that there's an infinite supply of anything you want, waiting to come into your life right now. Science and logic affirm that the universe is filled with the essential substance of every imaginable good, and man is entitled to a full and ever-increasing supply of any and every good he may need or desire. "An abundance of all needed good is the natural heritage of every man, woman, and child." The cycle of a tree's substance demonstrates the continuous transformation and regeneration of natural resources.

Keep your thought and feelings in the idea of supply and abundance, focus on the whole. Sooner than later, you will attract the abundance. Use the law widely to gain supply of all you need. Avoid focusing only on money as you may lose other important aspects that make your life worth living, like love, family, peace, good health and vitality. Seek always to adjust your desire to God's plan so you can benefit from your heritage of good welfare and happiness.

#### **40. The Law of Action**

Closely associated with the law of attraction, this law tells us that we need to align our actions with our thoughts and feelings. In other words, we must follow through our emotions with inspired actions. Only this can lead to manifestation.

#### **41. The Law of Luck**

This law tells that Luck is not a matter of chance, but rather a force that can be cultivated through mindset, action, and belief systems, allowing individuals to attract positive outcomes and overcome victimization. Some people says LUCK is Labouring Under Correct Knowledge.

Luck is a powerful force that can be harnessed by anyone to bring about positive outcomes in life, and the elites have been using this knowledge to their advantage while some even manipulate it to make others unlucky.

There are people who want us to believe that luck doesn't exist. It does and there are ways to cultivate it, tools to increase luck and attract what we desire.

Playing the victim allows manipulation and control, so to benefit from luck, empower yourself and remove victimization to achieve your dreams and counter the influence of those who use the law of luck for their success at your expense.

You need to change your mindset and take action to become lucky by aligning with universal principles and attract positive outcomes in your life. Being lucky means having plenty of opportunities, the right people coming into your life effortlessly, always being at the right place at the right time, and living a charmed life, while being unlucky means experiencing unfavorable circumstances, events, and people in your life.

Most people have been taught to believe they are unlucky, but it is your responsibility to change your mindset and take action to become lucky and attract more positive outcomes in your life. You can create your own luck by practicing positive habits and taking responsibility for your life, as luck is a result of intentional practice rather than chance. You can attract or repel luck and good fortune based on your habits, thoughts, and who you are as a person.

To attract luck, one must take full responsibility for their life and have a positive attitude, as negativity and a lack of responsibility lead to unluckiness. Your beliefs and intentions shape your reality, so use tools to shift your mindset and expect good outcomes, as your thoughts have a powerful impact on the luck you attract.

The law tells us that your intentions and thoughts have a powerful impact on the outcomes you attract, so it is important to approach situations with positive intentions rather than fear or negativity. This might mean you trust your gut instincts, embrace opportunities, and follow your intuition for unexpected luck. You also need to set good intentions, embrace whatever comes forward, see everything as an opportunity, and trust your gut instinct to recognize and seize opportunities in life.

Think positively and focus on what you want, rather than what you don't want, in order to generate good luck and overcome stress and problems. Your thoughts, energy, and beliefs determine your luck, so it's important to change your energy field and create belief systems that help you. Some people find that embedding an object with certain energy, such as a flower of life, can bring good luck when touched or looked at. Carrying such a personal item with you at all times can serve as a reminder to shift your thoughts and energy towards luck and positivity.

### **Important to note about the laws of the universe and laws of life**

It enlightens us to comprehend that every event is governed by the Law. The expression of "I want" leads us to the realization of the Law's existence. Our genuine needs guide us to recognize the necessity of abiding by the Law. It is impossible to overlook what is required for our spiritual growth. Being conscious of the Laws of the Universe and Life liberates us from



suffering, conflicts, and fear. Honoring the experiences of others and offering unconditional service is an expression of love in human relationships. Nothing is created; everything is either manifested or unmanifested from pre-existing conditions.

Through our various activities and roles, we acquire the knowledge necessary for our destiny, thereby fulfilling the purpose of love in our lives. When we acknowledge our lack of knowledge, we open ourselves to learning and the inflow of wisdom. Suffering cannot be halted unless acceptance is embraced. Understanding cannot be attained without acceptance, and experience or knowledge of the Laws of the Universe is necessary for comprehension.

It is important to note that nothing presented here should be accepted as truth or fact without verification and personal application. Until we have firsthand knowledge, we may choose to believe, but it is wiser to embrace beliefs that bring peace, harmony, or hope for something better, rather than clinging to beliefs that cause suffering.

Acting by asking the what if question, creating by exercising our intuitive creativity and Imagination are three key techniques that law of attraction and reality creation teachers recommend.

Operate from a position of power not of force. Change your identity to that which you must be to achieve what it is you want, so you can change your stories, your beliefs, your thoughts and feelings, and your actions. This is better than attempting to change your actions, your thoughts and feelings, your beliefs and your stories in order to change your identity. You have to heal and change the primary component in your subconscious mind.

The enlightened masters understand that when we love, appreciate, and value what we have, we are in alignment with the Law, and everything functions harmoniously and effortlessly. Conversely, when we experience suffering, anguish, pain, and illness, it is an indication that we are going against the Laws, providing us an opportunity to recognize their existence. Making mistakes is a natural part of the learning process; the real challenge lies in not learning from those mistakes.

### **Mental reprogramming to flow with the Laws**

In order to flow with the Laws and manage vital energy it is helpful to repeat the following phrases very frequently:

- a) "I have all I need to be happy."
- b) "I won't allow any situation outside me to disturb my peace and tranquility."
- c) "My happiness only depends on me."
- d) "People are not good or bad. Everyone does the best they can according to their level of ignorance or wisdom."
- e) "I'm the most important person for me and I'm committed to making myself happy."
- f) "I'm grateful for everything I have because it enables me to access increasingly better things."

When you come to know, understand and incorporate these universal laws into your life, you begin to see everything differently. They should help you exhibit more love and compassion, less judgement, and more deeply held inner peace.

We are meant to be in alignment with our higher selves, which is always aligned with higher vibrations of the universe. Even the darkness serves its purpose when we understand that it makes the light so much brighter and our desire for clarity so much stronger.

Knowing and understanding the Laws of the universe is crucial if you want to live a fulfilled, authentic life that brings you joy. When you are struggling with manifesting something- getting your wishes to come true, ask yourself: which Law am I not honouring?

## The Cosmic Law: Guidance from the Angels and Spiritual Hierarchy

Another way to appreciate the laws of nature is to examine the cosmic law. This is a universal principle that operates in all planes of existence (the physical, mental and spiritual). One of the most practical and accessible ways to connect with the divine, and live our lives from a place of purpose and clarity, is by observing cosmic law. Cosmic law is a universal set of principles that govern all living things in this universe. The Cosmic Law is that which connects and unites the different spheres of being; is it the power which enables every created thing to fulfill its purpose, to perfect itself and achieve its ultimate end. It is not limited to a particular religion or belief system; rather it's a universal principle that can be found in many places around the world throughout various cultures.

The Cosmic Law is so important because it helps you to better align yourself with your life purpose and what you are here to do. It also helps you understand your life journey, as well as the things that have happened to you in the past. By understanding and applying these laws, you can take your life to a whole new level. You can live a life of greater happiness, abundance, and joy. In addition, you can find the strength and courage to navigate your way through the challenges you encounter along the way.

### **History of Cosmic Laws**

There are several versions of the Cosmic Law, each coming from a different source. The first written version of the Cosmic Law can be traced back to ancient Egyptian texts. These Egyptian texts refer to a principle called Ma'at, which is a universal law that governs all of existence. Ma'at can be seen as a universal order or law that binds everything together, including people, their actions, and the cosmos itself. It represents truth, justice, order, and propriety. Similarly, the ancient Indian text called the Bhagavad Gita refers to the Law of Karma, which is the law of cause and effect applied on the spiritual path.

The first step to observing the Cosmic Law is to recognize that the Cosmic Law exists. Once you have an understanding of the different principles of the Cosmic Law, you can start to apply them to your life. Many people mistakenly believe that these laws only apply to certain people or situations. However, the truth is that these laws apply to everyone and everything. You just need to know how to apply them to your life. Here are the cosmic laws.

### **The Universal Law of Growth and Development**

The first Cosmic Law that you can apply in your life is the Universal Law of Growth and Development. It states that everything will change, grow, and develop over time. The way things are now will not be the same in a week, a month, or a year from now. Nothing in your life will stay the same. This is both a positive and a challenging aspect of life. It is positive because it means that your life is always growing and evolving. You have the opportunity to make changes and shift your life to a more positive direction. On the other hand, change can also be challenging because you have to let go of the way things are now in order to make room for the new. One way to observe this law is to keep an open mind about new opportunities and experiences. Whenever you encounter something new, try to see it as an opportunity for growth rather than a threat. When you approach new experiences with an open mind, you will have a greater chance of benefiting from them.

### **The Universal Law of Caution and Protection**

The second Cosmic Law is the Universal Law of Caution and Protection. This law states that since everything changes, it's important to stay cautious and protect yourself from harm. It's also important to be cautious when you are trying new things because you don't know how they will affect you. This law also suggests that you take steps to protect yourself from harm. You can do this by surrounding yourself with positive people and influences in your life. You can also make wise decisions about the choices you make in life. This law applies to all areas of your life. For example, if you're starting a new business, you need to be cautious. You can't let emotions get in the way when you are making decisions about your business. You also need to protect yourself from potential harm such as financial loss. You can't let your fears or insecurities prevent you from taking advantage of opportunities that could help your business grow.

### **The Universal law of Change**

The third Cosmic Law is the Universal Law of Change. This law states that everything is in flux and that you should embrace the unknown. At times, things might seem to be going along just fine, and then suddenly change happens. This can be positive or negative, and it can affect both yourself and others around you. It's important to be prepared for change because it will happen in both your personal life and your surroundings. You can embrace the law of change by being flexible, open-minded, and adaptable. You can also use change as an opportunity to learn and grow as a person. You don't have to allow change to upset or worry you. Instead, you can use it to motivate you to take the necessary steps to improve your life.

## The Universal Law of Equilibrium

The fourth Cosmic Law is the Universal Law of Equilibrium. This law states that everything is in a state of equilibrium. This means that there is a certain balance and harmony in the world. Nothing is too excessive or lacking. Everything is in the right proportion. This law applies to all aspects of life, including relationships, health, and finances. Sometimes, one aspect of your life will be more prominent than others. This is normal, but eventually, everything will return to a state of equilibrium. You can use this law to your advantage by being patient and simply waiting things out. When you start feeling overwhelmed, try to ease your stress by taking a break and focusing on things that bring you joy. You can also use this law to your advantage when you're dealing with other people. For example, if you're in a disagreement with someone, don't rush things. Simply take your time and remain calm.

### 26 Rules and principles to help you observe the cosmic law

The angels and spiritual hierarchy (whom you too can call on any time to help give you guidance) have spoken about these laws for thousands of years, but it's only recently that so many people have started to pay attention to what they are saying.

You might be surprised to learn that angels are constantly looking for ways to help us improve and grow as human beings. There are many channelers across the world who channel different angels. You too can grow into the habit of asking our guardian angel (every one of us has one) or the arch angels to help guide you in any situation, or to give you a sign that you are on the right track or otherwise. But even without speaking to the angels, there are known cosmic principles that if well followed will guarantee you a more fulfilling life.

With our daily lives consumed with work, family, and other responsibilities, it can be easy to let the small rules of life slip through the cracks. But staying happy and healthy requires living responsibly and fulfilling obligations of faith. Many people find their spirits lifted when observing the cosmic laws that govern our universe. The advice below is a compilation of suggestions for living a happier life by keeping these universal principles in mind at all times. These practices and adages have been passed down from generation to generation because they work. When you follow them as a way of life, you will see your world improve in many ways. If you're ready to live a happier life, here are 26 ways in which you can maximize your life by following the cosmic laws.

1. Don't be afraid to step out of your comfort zone: You are more valuable than that job or position. Learn new things and do them, do an extra job (even on volunteer basis), offer extra than required in your job or position. Be ready to learn and contribute.
2. Remember that everything in your life happens for a reason: Bad and good things happen to all. The successful people learn from all and strategize to move ahead better towards their intentional goals. Learn from all that is happening in your life.
3. Remember that everything you experience is for your benefit: Successful people understand that the goodness of God is meant for them and they can achieve anything. Don't get discouraged by bad happenings. Learn from the setbacks so you are better prepared for your next move towards success.
4. Help others and don't be afraid to ask for help: Don't forget that the world is about interdependence. If you need help ask. Not just for money. Knowledge, advice, time, guidance, mentorship or contacts are important in your efforts to achieve success. You can offer the same to others who are in need of either.
5. Don't always trust your first impression: You know many things you thought about others and even yourself that turned out to not be true. While instinct is good, you need to be much better than taking things at first impression. Instinct though should be adhered fast if it pertains to your personal safety.
6. Take care of your body- it is your only one: Exercise, eat well, sleep and do all that helps you keep active and in good shape.
7. Help others and be kind: Give back to others. Commit to charity and giving back to others. Join a Rotary club, Lions club, Good Samaritans or just give out surprises to those in need.
8. Commit to something you love to do every day. Do something that elates you every day.
9. Live honestly and with integrity: You won't get ahead cheating or lying to people, let alone to yourself. Say what you mean, and mean what you say. Be a person of your word. Great character is vital for success.
10. Know there is no such thing as luck. You have to be intentional about what you want to achieve and do what it takes to achieve it. Remember LUCK is Labouring Under Correct Knowledge. NO is next opportunity. Strive on.
11. Be grateful for what you have and who you are: A mentality of gratitude is one of the best assets you can have. Instead of complaining about what is not good or going well in your life, focus on what you are happy to have or the good happening, and more of

that will be attracted to you.

12. Keep a gratitude journal: It helps to write down the things you are grateful for in order to avoid thinking things are so bad and getting yourself in a bad mood. Count your blessings one by one and you will be amazed at the many things the Lord has done for you. I am sure you know that song.
13. Stop obsessing over the past and the future: Live in the present, the here and now. Don't dwell on the past. Whatever happened was for you to learn and become better. The future will be good if you will it to be good. What is meant to happen will happen. Masters know that all that happens in life, or whatever is done is in the present. Only the present matters.
14. Don't be afraid of changing your perspective: Don't be stuck on a mindset or position or job because you have or had great hope or belief in it. It is ok to get new enlightenment after getting better knowledge or understanding. New perspectives might be your savior.
15. Stay away from people who constantly drag you down: The world is about energy (more on this in the chapter on energy). If you entertain people who bring negative energy in your life, they will pull you down. Avoid negative people.
16. You can't control what happens, only how you react to it: Successful people know that what is meant to happen happens (including the bad). Stuff happens as they say. You cannot change some of the things happening (remember the serenity prayer). What matters is how you react. Always know the best is ahead, so long as you are still alive and focused on you
17. Celebrate the small victories along the way: The world is a journey of discovery. Enjoy the learning and when you achieve something, celebrate it. It increases positive energy.
18. Think positively and have faith in the universe: Have positive thoughts always and know that once you think and do good, the good will return to you. Believe things will turn out good, always.
19. Take care of your mental health: Avoid situations or people that might stress you. The achievement of your destiny and desires begins from your thoughts. Thoughts become actions. You need a straight and healthy mind always.
20. Don't be so hard on yourself: Even if many things seem to be going wrong, never be too hard on yourself. God wants you to learn from what is happening so you become better.
21. Commit to something you have to do every day: Get a routine that helps you become



better or to spread positive energy. Whether it is donating some money, eating a fruit, calling or texting a friend, calling to greet your parents or one of your friends, watching or reading success or spiritual growth tips, you will benefit from committing to self-improving things you do every day.

22. Stay in touch with nature: Human beings have to be in tune with nature. Not just in taking natural foods and medicines, walking in naturally fulfilling environment every now and then will help you become better.
23. Develop a daily ritual: From daily payers, daily affirmations, walking or running a given distance or helping a stranger, good daily rituals help you become better consistently.
24. Find happiness within: To be truly happy you have to learn to be at peace with yourself. Focus on yourself and not others. Do what pleases you and your God, not what pleases others. Even when you give or do things for others, do it for the God in you, not for them to avoid expecting gratitude or similar things from them. Expectations you have of others are the source of disappointments.
25. Commit to a spiritual practice: Human beings are spiritual beings tied up in a physical body. Without spiritual health, you can never achieve your destiny. Get spiritual knowledge and understanding you need. Undertake a spiritual practice every day. It could be prayer, gratitude, alms, affirmations of your oneness with God or even sharing God's good news.
26. If you fail, never give up because F.A.I.L means: "First Attempt In Learning"

### Mastering Happiness, Peace and Love

To live a truly fruitful life, you have to master how to be happy, to live in peace and to exude love at all times.

#### How to **be happy**

- A. To learn to be happy we have only to face up to all that we believe takes our happiness away.
- B. To be happy we do not need anything outside of us, just understanding and a certain attitude of mind that lets things be without affecting your internal state.
- C. Non-acceptance is the only cause of suffering; we must stop arguing with reality.
- D. It is essential to stop working on others, and work only and exclusively on ourselves, changing what it is inside us that is annoying (the ego) so that it stops doing it.

- E. If there is suffering, then just one question needs to be asked: what is it that I am not accepting?; that is where the answer is to be found.
- F. Everyone, without exception, has what they need to be happy; however, very few people know how to be happy with what they have.

### Learning to **be peaceful**

- A. Nothing and no one brings peace.
- B. Inner peace is the result of one's own spiritual development, not a gift.
- C. Handling peace requires several elements: clear and accurate information to understand that life is a process of love and that evil does not exist, the skill to manage one's own vital energy, and training.
- D. If peace is lost, we must ask ourselves: "What am I resisting?; what do I want to change?; who am I blaming?"

### Learning to **love one's neighbour as oneself**

- A. All this requires is to be involved or share time with people whose behavior is very different to our own, to learn to love and respect them just as they are.
- B. Love cannot be offended, because it is invulnerable, immutable, universal and neutral. Love is the essence. Love is God. Just as God is love.
- C. Love signifies total understanding of the Universe; it is a way of being and does not need an "object" on which to project itself.
- D. Love is not a force, it is a tool.
- E. Love is not a feeling.
- F. Love is always giving the best of oneself. If there is a lack of motivation the best thing is to wonder why I am allowing the specific situation to limit my capacity for service, which in reality should not depend on external events.

### The 12 laws of Karma and how to use them to improve your life for the better

While some people think Karma as an avenging force, it is actually a principle in Buddhist and Hindu religions meaning the force produced by a person's actions in one's life that influence what happens to them in future lives.

As we have already said in previous topics, everything in the world is energy, including your thoughts and emotions (energy in motion). So, in essence, everything you do creates a corresponding energy that comes back to you in some form in the present or perceived future.

You need to be aware that everything you do creates either a positive or negative consequence. There is no hiding from this fact.

However, contrary to popular belief, these Karmic Laws are not really about punishment and reward. In fact, they are more about cause and effect. If you want your causes to have good effects, then you need to evaluate your intentions and your actions, so they can cultivate the positive results you want. With that in mind, think of the laws of karma as guidelines to follow as you go through daily life. Mastering the 12 laws of Karma will prove very useful in your quest for fulfillment, and will allow you to live a life of impact. Let's look at each of these laws in more detail.

### **1. The great law or the law of cause and effect**

When most people talk about karma, they're likely referring to the great law of cause and effect. It states that as you sow, so shall you reap. In this world, you are like a farmer who clears their garden, sows seeds (thoughts) and reaps based on what one has sown.

Just like seeds take time to grow, the reward for your actions might also take long but it will sure come. Remember always that whatever you do unto people will eventually be done unto you. There is no cheating. If you chose to treat people right, you will notice the good ones will reciprocate positively towards you too.

Your words, thoughts and actions always eventually yield their harvest. They may return to you as love, money, happiness or joy. You should therefore be kind and courteous to people irrespective of the circumstance. One way I fervently advise to tap from this is to send out blessings and love to five people each day.

According to this law, whatever thoughts or energy you put out, you get back — good or bad. In order to get what you want, you have to embody and be worthy of those things. Even the great Master (teacher) Jesus told us whatsoever you sow, so shall you reap.

## **2. The law of creation**

The law of creation underscores the importance that life doesn't just happen to us. To make things happen in your life, you need to take action, instead of waiting for something to magically come your way. Don't take a back seat in your life.

While we all come from divine source energy, you are the co-creator of making what you want, based on your intentions. But to create you have to know that you get what you are, not what you want. You have to do what is necessary and needed to help you achieve what you desire, not just wishing. You have to become the kind of person who deserves to achieve what you want or need.

Surround yourself with people and things that are necessary to reach where you are going. You don't have to strive to change people or situations, but to learn from them and change yourself to be better suited to achieve your goals and desires as you interact with different people and situation. Only you can change or create the life you want.

You need to use your skills, talents, and strengths to create something that not only benefits you but others, too, attracting what you want as a result.

## **3. The law of humility**

This law states that what you resist persists. You need accept that a problem or challenge exists if you are to tackle it well. It is often the inability to accept the problem or challenge existing that hinders us from solving it. You need to come to terms with the problem or challenge. Instead of building negative energy by resisting the problem, look inside yourself for one or more positive actions you can undertake to solve or ignore it.

According to Paul Harrison, creator of *The Daily Meditation*, the law of humility is based on the principle that you must be humble enough to accept that your current reality is the result of your past actions. For example, if you're blaming your colleagues or boss for your poor performance at work, Harrison says you must accept that you created this reality by not performing as well as you could have. Then start on corrective actions to get better results.

## **4. The law of growth**

This law states that wherever you go, so you will be. It tells that for one to achieve good things in life, your thoughts should move to those good things. Growth starts within us. To positively shape the world, you need to start with yourself. That's because real change or personal growth begins with what you have control over, which is yourself, not other people or situations.

The law of growth also looks at the things you can't control and how you deal with accepting this fate. Ultimately, your focus should be on you, not trying to control the people or things around you. Remember positive thinking is the only thing that will build your positive world. Keep restructuring your thoughts towards what you desire (as opposed to what you don't want) and you will grow into what you really want in life.

### **5. The law of responsibility**

This law states that our lives are of our own doing, nothing else. This law reminds us to be conscious of our thoughts which lead to the actions we undertake. When you are in a challenging situation, it is your responsibility to start thinking how you can overcome the situation and to know what you can change and what you cannot change. Accept the things you cannot change to achieve inner peace (often recite the serenity prayer).

Even when something bad happens to you suddenly, stop bemoaning the situation or blaming yourself. Take immediate responsibility by thinking how you will overcome the situation. Learn the lessons from what has happened and take personal responsibility to make things better. When you develop capacity to control your thoughts and actions, you get a sense of control which is necessary to push yourself forward.

This law is a great reminder that what happens to you is because of you. Know that you are the product of the choices you make, and these come from what and how you choose to think. For the bad things resulting from what you cannot control like floods or death of a dear one, your responsibility is to accept and devise means of continuing on towards better life.

# Serenity Prayer

God, grant me the Serenity  
to accept the things I cannot change.  
The courage to change the things I can,  
and the wisdom to know the difference.

Living one day at a time,  
enjoying one moment at a time;  
Accepting hardship as a pathway to peace;  
Taking, as Jesus did, this sinful world as it is;  
Not as I would have it;  
Trusting that You will make all things right  
if I surrender to Your will;

So that I may be reasonably happy in this life  
and supremely  
happy with You forever in the next.

**AMEN**

## 6. The law of connection

This law states that everything you do in life is somehow connected. It is based on the principle that everything in your life, including your past, present, and future, are connected.

Who you are today is the result of your previous actions. Who you will be tomorrow will be the result of your actions today. That is why we encourage as many people to learn about these laws in their young age.



Know that magic bullet might not apply in your quest to achieve what you desire. Every single step counts, both taken in the past and those you take now. Make a conscious effort to take steps which are consistent with your desires and ultimately your destination. Starting simple actions like greetings people you meet with a genuine smile, caring for the needy in your community, blessings people you meet or wishing others well- as all these always impact on your future life experiences.

## **7. The law of focus**

This law states that you cannot think about two things at the same time. If you want to achieve your goals and desires, you must concentrate your thoughts on what truly matters. Focus on those things that will help you achieve what you want.

Focusing on too many things at once can slow you down and lead to frustration and negativity. That's why the law of focus encourages you to concentrate on one thing at a time.

If you focus on higher values like love, peace, happiness and joy, then you're less likely to be distracted by heavy feelings of resentment, greed, rejection, failure or anger. The trick is to focus on positive emotions. Even when you find yourself in unpleasant circumstances, always look on the brighter side. The fact that you are alive is one such great thing to always be thankful for. Just imagine you are able to breath comfortable free air, yet without breath for three minutes, you will be no more. So, there is always a lot in our lives to be grateful for. Count your blessings always.

## **8. The law of giving and hospitality**

This law states that demonstrating our selflessness demonstrates our true intention. It is impossible to have a belief that wouldn't reflect in our actions. You must give to the things you believe in. This law helps you understand the importance of your actions, reflecting your deeper beliefs.

For example, if you want to live in a peaceful world, you need to focus on cultivating peace for others. You should learn to be accommodating, helpful and useful to people even when you barely know them- if you believe the world should be helpful or that God helps people through



people. True masters of life are always eager to give and help in the improvement of the lives of others.

### **9. The law of here and now**

This law states that one cannot be present if they are always looking backwards or forwards. This is not to say that the past and future don't matter. They do. But humans should not get caught in their past failures and achievements. For some, living focused on the dreams of the future can hinder you from seeing the potential of the present. Never forget that the present counts more than the lived past and the perceived future. All creation happens in the present.

The steps you take today are more important than your past accomplishments. The future cannot be achieved without making necessary steps now. Use lessons from the past, and use your dreams for the future to drive you to take the necessary steps that are required right now.

To experience peace of mind, you have to embrace the present. This can only happen when you let go of negative thoughts or behaviors from your past. If you get too focused on past events, you'll keep reliving them. Understand the step by step actions needed for you to move towards the future you desire, but focus on the present step.

### **10. The law of change**

This law states that history repeats itself unless changed. It reminds us that nothing changes unless you change it. Remember and apply the three Cs (Choice, Chance, Change). For you to change a bad situation, it is not enough to merely make up your mind to do it. You have to take action in order for the desired change to come to fruition.

According to this principle, history will continue to repeat itself until you learn from the experience and take steps to do something differently to stop the cycle. Change gives you a new path so that you can create a new future and a better version of yourself, free from the patterns of the past.

Even though true change begins from within, it never ends there. Go from resolutions to taking action if you really want to create positive change and ensure a better future for yourself and others.

## **11. The law of patience and reward**

This law states that nothing of value is created without a positive mindset. All rewards come with being patient. No matter how long it takes, if you persistently continue to sow the seeds of hard work, the rewards will eventually come.

You have to continue to persist and make decisions that are consistent with your goals. All successful people advise that you should focus on the process and do your best every day. Don't get caught up in comparing yourself to others who are seemingly achieving more. Every human being has their time or season. Different seeds have different gestation periods but we know they will mature to the desired plant in the right time. Coffee planted at the same time with beans do not mature to harvest at the same time. Be consistent in your goals, and they will come to fruition.

## **12. The law of significance and inspiration**

This law tells us that the best reward is one that contributes to the whole. While the first law says you will reap what you sow, this law reminds us that our individual thoughts and actions become our eventual contribution to society.

We all play a part and have something to contribute to this world. What we share may sometimes seem small to us but can make an enormous difference in someone else's life.

All our thoughts and actions contribute to the massive energy that create results that affect many people in society. Ensure your thoughts and actions provide value and inspiration to the lives of others. Be passionate in pushing for your goals but strive to be an example to others. You are most useful when you remember you are part of the whole (universe).

According to this law, every contribution you make will affect the world. You have been born with a specific gift, mission, and purpose that only you can bring into the world with your uniqueness. Authentically sharing your skills and gifts is why you are on this planet at this time. You are significant and need to serve your gift to better the world.

### The 21 Universal sub-laws

Having known and understood the major laws of the universe and the laws of karma, you will be helped to further appreciate the sub-laws that are nearer home to what we should be applying in our day-to-day life. If you acquire these well, your life on earth will be an astounding success.

1. **Aspiration to A Higher Power:** Have desire to connect with or seek guidance from a higher spiritual or divine entity beyond oneself.
2. **Charity:** Practice the act of selflessly giving assistance, support, or resources to those in need or less fortunate, motivated by compassion and a desire to alleviate suffering.
3. **Compassion:** Have the ability to empathize with others and show care, understanding, and show a willingness to help in times of difficulty or distress.
4. **Courage:** Possess the mental or moral strength to confront fear, danger, or adversity, and to take action or make decisions despite potential risks or uncertainties.
5. **Dedication:** Have the commitment, perseverance, and wholehearted devotion to a task, goal, or cause, often involving hard work and sacrifice to achieve desired outcomes.
6. **Faith:** Have a strong belief, trust, or confidence in divine source and providence, often associated with religious or spiritual convictions and the expectation of positive outcomes.
7. **Forgiveness:** Practice the act of letting go of resentment, anger, or the desire for revenge towards someone who has wronged you, and instead choose to offer compassion, understanding, and reconciliation.
8. **Generosity:** Practice the quality of willingly and freely giving, sharing, or providing resources, support, or assistance to others, often without expecting anything in return.
9. **Grace:** Embody an elegance, beauty, or refinement of character, often combined with kindness, generosity, and an ability to treat others with dignity and respect.
10. **Honesty:** Exhibit the quality of being truthful, sincere, and having integrity in thoughts, words, and actions, and the avoidance of deceit, fraud, or dishonesty.
11. **Hope:** Always have a feeling of optimism, expectation, or belief in the possibility of positive outcomes, even in challenging or uncertain situations.
12. **Joy:** Experience a deep and intense feeling of happiness, delight, or contentment that arises from positive experiences, gratitude, or inner peace.

13. **Kindness:** Practice the act of being considerate, gentle, compassionate, and benevolent towards others, often characterized by acts of goodwill, empathy, and understanding.

14. **Leadership:** Strive for the ability to guide, inspire, motivate, and influence others towards a common goal, often involving taking responsibility, making decisions, and providing direction.

15. **Noninterference:** Practice the act of refraining from interfering or intervening in the affairs, choices, or actions of others, while respecting their autonomy and freedom.

16. **Patience:** Have the capacity to remain calm, composed, and tolerant in the face of delays, difficulties, or frustrations, and to persevere without becoming annoyed or giving up.

17. **Praise:** Do the expression of admiration, approval, or commendation towards someone for their achievements, qualities, or actions, often to acknowledge and encourage their efforts.

18. **Responsibility:** Achieve the state or condition of being accountable, reliable, and obliged to fulfill obligations, duties, or commitments in a conscientious and dependable manner.

19. **Self-Love:** Ensure the practice of valuing, accepting, and caring for oneself, including the recognition of one's worth, needs, and well-being, and taking actions that promote self-care and self-respect.

20. **Thankfulness:** Exhibit the expression of gratitude and appreciation for the blessings, favours, or positive experiences one has received, and the recognition of the goodness and kindness of others.

21. **Unconditional Love:** Embody the profound and boundless affection, care, and acceptance shown to others without limitations, judgments, or expectations, regardless of their actions or circumstances.



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## Unleashing Your Full Potential: The Keys to Living a Successful Life

It has already been stated that you are here on earth to live, experience life as a physical being. It is expected that you will do this in an enjoyable and meaningful way if you are to call your life on earth successful. Living a successful life is a deeply personal pursuit, as success means different things to different people. It encompasses various aspects such as career achievements, personal wealth, meaningful relationships, and overall fulfillment.

However, as many sages have taught over the years, success is not an accident. Failure is not an accident. If you follow the tracks of successful people, no matter where you are starting from, you will eventually become successful. One key secret Masters thrive in is the knowledge and understating that nature is neutral, nature doesn't care who you are, all that nature cares is that you do what is good for you and others. That is all successful people do. Think of it like following a recipe. It does not matter who makes the cake, as long as you follow the recipe for making a cake, you will get the same results.

### Rules for success

For many people, problems are as widespread as breathing. The degree of success is determined by the extent to which we can solve your problems. One of the misconceptions in our world is that successful people were born that way- to succeed and they don't have problems or do not face challenges. The truth of the matter is that they have as many and same problems as everyone else but the difference is they have learned how to solve them.

If you can tell the universe clearly what you want in life, mother earth can help you achieve it. Many people are not sure what they want. True you can achieve anything in life, but you cannot achieve everything, let alone at the same time. The first aspect of successful living is to **define that one thing you want** to achieve in life and focus your attention on it until it has been achieved. The second aspect is to understand that you **have the ability** (God given) to achieve that goal so long as you desire it.

You also have to understand that our success is won or lost by our ability to serve others. In this world, we are interdependent and it is impossible to succeed without serving others as it is impossible to succeed in modern day life without being served by others. This is a law of nature which cannot be changed. **Service= rewards**. Remember rewards can be psychic or material. But all are determined by the quality and quantity of our service. Our rewards will always be in exact proportion to our service. All attempts to sidestep this law will result in frustration or



failure. You have to serve people if you are to win in this game called life. The secret to success lies in the unwavering knowledge and belief that each person controls what they achieve or the life they live here on earth.

In the book *Opportunity Unlimited*, it is said each of us has two unquenchable attributes. First to serve importantly and to gain financial independence in order to live a good life. While the environment or what you are surrounded with affects success, you have to avoid conformity and join the few 5% who understand that what they want and understand their **talents and abilities** and utilize them to achieve their desires.

As many sages have taught, success is the progressive realization of a worthy ideal. Anyone who knows what they want in life or where they are going is a success. After achieving each worthy goal, one establishes another goal and **work** to achieve and so the process continues. This is what human beings were intended to do. To come to earth, pursue one worthy ideal after another and achieve them while demonstrating the power of God on earth- through our lives. We live on earth till the end attempting to accomplish new ideals – to serve as much as we can, to accomplish as much as we can accomplish.

While we are all dreamers, the successful people are those who have found their dream worthwhile to commit their energy and time to it until they achieve and dream more and achieve based on lessons from previous experiences as knowledge of one's abilities (seed). A **persistent dream** is the basic on which successful people build their compass. Many people want the easy road, just wish and not do. Hard work is good. We know that man is above and has dominion over creatures but many creatures on earth eat more and arguably better than humans. Why? They know how to tune into nature and get what they want. Most are discouraged because they lack the right information that provides answers to all success yet as explained in this publication all answers are within you. You need to connect to your higher self.

This is what separates the haves and the havenots. The answer is on all good books. Especially the Bible. You have to know that without a goal or aiming point, you are without direction. It doesn't matter whether you plan together with others, talk about the challenges you face together or how to achieve. You have to think beyond the group to focus on your **personal desires** and chose a goal you want to achieve. You might be unpopular, accused, disliked but focusing on your own imagination and wishes is the only way to achieve success.

From time immemorial, all people who come up with great ideas are scorned, abused, derided or even crucified. From Socrates to the Wright brothers, many have been tormented because



the majority do not understand the secret to achievement. To amount to anything in this world, you have got to be individuals- have **individual goals, individual thinking and individual actions**. We must never conform to the greatest mass of people. We must love them and serve them, for our joy and success will come from the extent to which we serve them. But we must never lose our individual self in favour of following the crowd.

The question is how do you move on to achieve what you desire or want. The answer is in your thoughts. In this world, whatever the stage you are at, you are what you think. If you consistently think about what you want, believe you will achieve it and feel like you have it, you will eventually achieve it. If we are sure about what we seek in life or wish to accomplish, we shall certainly achieve it. Once you understand this simple rule, you can grow to have the ability to achieve anything you want, achieving one success after another by reaping the rewards of your **thoughts and action**. You can be anything you set your entire mind and heart upon. You can live a calm, peaceful and successful life if you learn to engineer your thoughts towards your goal.

Succeeding in life has always been doing that which the majority of the people do not do. The trick is not in achieving our goals but in establishing them. A ship would never leave a harbour if it didn't have a destination. An industry would not open its gates if it didn't have products. Football or soccer would not be played if it didn't have goal posts. But to reach your goal, **you achieve one milestone at a time**. A ship captain doesn't see his destination but knows he will get there one step at a time if he continues to do certain things in a certain way aiming to reach that destination (goal) every day. One day he or she will arrive at the port of call. After that, he or she will set off to another port of call and this will take him from one success to another for the rest of his life. By understanding that one can only reach one port at a time, one can easily reach hundreds of ports successfully over a lifetime. There will be challenges, but one will circumvent them, all the winds and tides until one reach the destination.

Every job you may be doing in this world holds the key to your individual success. You have to decide what you want to do as a career or to earn a living. It is being undecided and unclear about what we want to do or achieve that prevents us from being our best. You have to decide to become a **professional** (good and consistent) at whatever you decide you want to achieve.

Remember you can either **compete or create**. If you decide to compete, you must be willing to accept the same rewards like others in the industry or field you are working in. But if you want to be extraordinary, or earn extraordinarily, then you must create. In creativity (and doing

our divine assignment of cocreation) lies the immense possibilities of success and achievement. This is the greatest security. A job cannot give you any security as it can be lost for any of the many reasons. The only security is inside of you and you will exude through your goals, actions and achievements.

What matters most is doing what you do for a living **surpassingly well**. It comes from being a pro in a world of amateurs. It comes from knowledge, planning and working. This means learning everything about what you are doing and the best possible way to generate results and benefits for others.

Remember to write down the goals in specific terms and necessary details. If it is money, write down the amount and currency. If it is a house, the type, structure and finishing or even feel of the house. After achieving that, you can set a new goal. **Work harder than average**. You need energy resulting from your desire to achieve what it is you want. Many of us are unaware of the great powers and energy we have within ourselves that can propel us to achieve anything we set our minds to achieve.

### Success Principles

To help you unlock your potential and create a fulfilling life, you can explore the following key principles:

#### 1. Self-Awareness and Clarity of Purpose

Understanding oneself and gaining clarity of purpose are foundational steps toward living a successful life. As Ralph Waldo Emerson once wrote, "The only person you are destined to become is the person you decide to be." Take time to reflect on your values, strengths, passions, and aspirations. Identify your purpose, that unique calling that aligns with your authentic self. When you have a clear sense of purpose, every action and decision can be guided by it, providing a sense of direction and meaning. Steve Jobs, the visionary co-founder of Apple, once shared in a commencement address, "Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do."

#### 2. Define Your Personal Vision:

Having a clear vision of what success means to you is crucial. Take time to reflect on your values, passions, and aspirations. As author Stephen R. Covey once said, "Begin with the end

in mind." Create a vivid mental picture of the life you desire and set specific, measurable goals aligned with your vision. Goals act as milestones along your journey, providing focus and motivation. They help you break down your vision into manageable steps and create a roadmap for success. As Brian Tracy, an authority on personal and professional development, stated, "Goals allow you to control the direction of change in your favor."

Imagine your purpose is to become a successful entrepreneur. Your goal might be to start your own business within the next two years. To achieve this, you can create an action plan that includes steps such as conducting market research, acquiring necessary skills, building a network, and developing a business plan. If you want to be a great engineer, your vision will include the kind of engineer you want to be, the level at which you want to perform the engineering, the kind of training you need, and what impact you need to achieve from your engineering services- for yourself and others.

### **3. Dream Big**

Another key quality to develop is to *dream big dreams*. Practice what some experts have called *back from future thinking*, or thinking from the end. This is the kind of prayer recommended in the bible where you believe then see, instead of waiting to see then you believe as many people live. Develop a vision of yourself as happy, healthy, wealthy, physically fit, etc. Practice what top people practice which is what is called idealization. Project several years ahead and imagine that your life is perfect in every way, imagine that you have no limitations, imagine that you have everything and you could be or have or do anything you want in life. One key guide is to ask yourself if your life were perfect in five years what would it look like? Identifying your vision and dream for the future is the starting point of great riches and great success in life. In your special book, on your google drive on the note taking app on your phone, write a Dream List of the things you want to achieve in your life if you are to count it successful. Feel free to write anything you feel would make your life worthwhile. You can add to and revise this list as often as you want.

### **4. Cultivate a Growth Mindset:**

Embrace a growth mindset, as popularized by psychologist Carol S. Dweck. Believe in your ability to learn, improve, and overcome challenges. Every human being has unlimited potential to learn and or master anything, if one puts his mind and heart into it. However there is that

one or a set of things that you are more likely to be successful in. We have already explored the concept of you having a divine seed that you brought to earth and the need for you to find it in order to be fruitful. Ask yourself and your guardian angels occasionally what it is you should do, what you really enjoy doing and get on start doing it anyway you can. Even if you meet challenges, see the setbacks as valuable learning opportunities that propel you toward success. As Thomas Edison famously said, "I have not failed. I've just found 10,000 ways that won't work." Edison's relentless pursuit of the light bulb led to his eventual success in inventing the light bulb. Nothing substantial comes to be without effort. The birth of a child is an effort, a plant coming out of soil takes effort, so does every creation and invention we see. The growth mindset helps remind us that what you haven't yet achieved, you will achieve if you keep making the right effort.

### **5. Take Consistent Action:**

Success requires consistent effort and perseverance. As motivational speaker Tony Robbins advises, "The path to success is to take massive, determined action." Once you are clear on what it is you want to do or are doing, break your goals down into actionable steps by writing them and consistently work towards each of them. It is vital to select among the steps in achieving your goals what to do first and the flow. Part of mastery is to know what to do when and what follows what. If for example your goal is to improve your physical fitness, committing to a regular exercise routine and maintaining healthy eating habits despite occasional setbacks will help you achieve long-term success.

### **6. Resilience and Perseverance**

Success rarely comes without encountering setbacks, obstacles, or failures along the way. Developing resilience and perseverance is crucial for navigating challenges and bouncing back from failures. As Napoleon Hill, author of "*Think and Grow Rich*," wisely noted, "Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit." Embrace failures as learning opportunities, remain steadfast in your pursuit of success, and develop the resilience to keep moving forward. J.K. Rowling, the author of the Harry Potter series, faced numerous rejections before her work was published. Despite these setbacks, she persisted, believing in her vision and her ability to create something extraordinary. Her resilience eventually led to unparalleled success.

### **7. Embrace Continuous Learning:**

Never stop learning and expanding your knowledge. Seek opportunities for personal and professional growth, and develop new skills that align with your goals. As Jim Rohn wisely stated, "Formal education will make you a living; self-education will make you a fortune." The world is changing so fast that what worked well five years ago might not help you today. Read helpful books, listen to helpful audios or podcasts and watch helpful videos.

Embracing a mindset of continuous learning and personal growth is vital for success. Cultivate a curiosity to explore new ideas, acquire new skills, and challenge your existing beliefs. As Albert Einstein said, "Once you stop learning, you start dying." Seek out opportunities for education, whether through formal education, reading books, attending seminars, or engaging in online courses. Remember, personal growth is a lifelong journey that propels you toward new heights of success.

Many successful people like Warren Buffett, one of the world's most successful investors, attributes much of his success to his voracious reading habit. He says he spends hours each day reading books and newspapers to expand his knowledge. With the internet, knowledge and guidance is abundant and you have no excuse not to learn what it is that you want if you have a phone and an internet connection.

### **8. Build a Supportive Network:**

What makes life worth living is our relationship with other humans. Surround yourself with positive, supportive individuals who inspire and uplift you. Jim Rohn, a motivational speaker and author once said, "You are the average of the five people you spend the most time with." Seek out mentors, join communities, and collaborate with like-minded or better individuals who can guide and motivate you on your journey to success. As you embark on this success journey, remember the words of Ralph Waldo Emerson: "Do not go where the path may lead, go instead where there is no path and leave a trail."

### **9. Practice Self-Care:**

Above all, remember always that life on earth is an individual journey. While serving and minding about others is good, it is important to mind yourself most. The grand law says love others as you love yourself. Taking care of your physical, mental, and emotional well-being is essential for sustained success. Make time for activities that rejuvenate you, practice mindfulness, prioritize sleep, and maintain a healthy work-life balance. As the airline safety instruction goes, "Put on your own oxygen mask first before helping others." Arianna

Huffington, founder of The Huffington Post, advocates for the importance of sleep and self-care. She believes that prioritizing well-being not only improves productivity but also enhances overall success and happiness. You need to replenish and rejuvenate yourself often.

### **10. Focus on what you love to do.**

Whenever you find people who are really successful in life, they are people who do what they love to do, they love their work. The great rule for success in life is to *find something that you love to do* and then find a way to make a living doing it. When you find what you love to do, it will be something that gives you energy, it motivates you, it enthuses you, it's probably something that you are meant to do from the time you were born. When you ask self-made millionaires what work do you do they'll often say I've never worked a day in my life, I just do what I like to do.

### **11. Commit to excellence**

All people who are successful are excellent at what they do. Life is but a game. There are many players, all seeking to hit the similar and sometimes the same target. Being on top of your game requires some sacrifice of extra attention, extra effort, and extra focus on your goal. Excellence is easier achieved if you are doing what you love. Remember even the richest people were born like you. Remember to achieve mastery in your field takes 5–7 years. Go to people at the top of your field and ask them how they got there. Everybody who puts one foot in front of the other and keeps moving eventually gets there.

### **12. Develop your unique talents and abilities**

Every single person is designed from infancy with special talents and abilities that if you develop them to their height can enable you to accomplish anything you want in life. What are you good at? What should you be good at? What could you be good at? What will you be good at? Knowing your seed or talent you bring on the table, and what you should know to best excel is key to success.

### **13. See yourself as self-employed**

One of the greatest setbacks for most people is the belief that you are in this life working for someone else. The top people see themselves as self-employed. They see themselves as in charge of their own lives. Whether you work under supervision of another person, know you

are here on earth to express your individual self. The effort you put into your work always determines the results. Know that you are always working for yourselves. Even serving others is beneficial to you. That is the mindset of masters who want to succeed.

One day I while doing my undergraduate studies at Makerere University, I realized that I was responsible and that I was in charge of my life and no one is coming to the rescue, it was one of the great turning points of my life. I hand wrote an article and sent a friend (Abboki Kabagambe RIP) to take to *The New Vision*, the leading newspaper in Uganda. I didn't even know where the newspaper is located or their process of receiving and publishing articles. After almost 11 weeks, I was shown a full page article with my byline! All exceptional people are highly responsible people for their success and for all that happens in their life.

#### **14. Put in more effort**

In order for you to win you're going to have to work harder, work better, and work smarter than others do. The average hour's self-made millionaires work is 59 hours. Work when you work. Don't play when you should be working. Almost all my working life, I leave five to six hours after other people have left work. You cannot achieve much by putting in average effort.

#### **14. Develop resilience and bounce back.**

Even with the mastery of your I am power, the best mindfulness and meditation, you might still face many challenges and obstacles. You're going to be knocked down over and over again and you have to bounce and not break. You must mentally prepare for the downturns before they occur. Take it, learn from it, and pick yourself up and keep going. The hallmark of superior people is how you respond to a crisis. Superior people look for the solution to every problem and they become intensely solution orientated. Pick the lesson and define the next step towards your goals.

#### **15. Become an unshakable optimist.**

Optimists think and talk about what they want most of the time. Optimists look for the good in every situation. Optimists learn more things, attempt more things, and most importantly they persist, they never give up. When optimists decide, they are going to become wealthy they just never stop until they achieve that goal.

#### **16. Self-discipline**



It's the ability to make yourself do what you should do when you should do it, whether you feel like it or not that is usually the deciding factor between successful people and failures or strugglers. The quality of self-discipline is the quality that will make you a big success. It's the ability to force yourself to do what you know you should do. *Persistence* is self-discipline in action, and the two qualities are tied into self-esteem. And every step that you take makes you stronger and stronger and you will become a person who when you decide you want something you will not stop until you get it. When you develop this quality there will be nothing that is impossible to you.

I am also sharing this list of chapter titles of the book *21 Secrets of Self-Made Millions* by Brian Trace as they are helpful tips in themselves.

- 1- Have big dreams!
- 2- Cultivate sensitivity in yourself.
- 3- Consider himself self-employed.
- 4- Do what you really like.
- 5- Always be the best in your work.
- 6- Work harder and more.
- 7- Make yourself a lifetime waqf.
- 8- Pay yourself first.
- 9- Learn all your work.
- 10- Dedicate yourself to serving the people.
- 11- Be completely honest with yourself and others.
- 12- Prioritize your tasks and then check them one by one with all your might.
- 13- Be prompt and reliable.
- 14- Be prepared to climb the peaks of life and career.
- 15- Practice personal discipline in all matters.
- 16- Develop your inherent creativity.

- 17- Be in touch with the right people.
- 18- Take good care of your body health.
- 19- Be decisive and pragmatic.
- 20- Think about failure.
- 21- One should continue living with persistence and determination.

The Law of Success is a self-help book written by Napoleon Hill in 1928. It is based on Hill's research of over 500 successful people, including Andrew Carnegie, Henry Ford, and Thomas Edison. The book outlines 16 principles that Hill believes are essential for success.

The 16 principles of success are:

1. Desire: The first step to success is to have a burning desire for what you want to achieve.
2. Faith: You must believe that you can achieve your goals.
3. Autosuggestion: You must constantly repeat positive affirmations to yourself.
4. Specialized knowledge: You must acquire the knowledge and skills necessary to achieve your goals.
5. Imagination: You must use your imagination to visualize yourself achieving your goals.
6. Planning: You must develop a plan of action for achieving your goals.
7. Decision: You must make a decision to achieve your goals and stick to it.
8. Persistence: You must be persistent in your efforts to achieve your goals.
9. The Mastermind: You must surround yourself with positive and supportive people.
10. Organized effort: You must organize your efforts and resources to achieve your goals.
11. Cooperation: You must be willing to cooperate with others to achieve your goals.
12. Profiting from failure: You must learn from your failures and use them as an opportunity to grow.
13. Tolerance: You must be tolerant of others and their opinions.
14. The Golden Rule: You must treat others the way you want to be treated.
15. Practical idealism: You must combine idealism with practical action.
16. Become a leader: You must develop the qualities of a leader.

Here are some additional tips for applying the Law of Success in your life:

- Be specific about your goals. What exactly do you want to achieve? The more specific you are, the easier it will be to focus your efforts and achieve your goals.
- Break your goals down into smaller steps. This will make them seem less daunting and more achievable.
- Set deadlines for yourself. This will help you stay on track and motivated.
- Track your progress. This will help you see how far you've come and keep you motivated to keep going.
- Celebrate your successes. This will help you stay positive and motivated.
- Don't give up. Everyone experiences setbacks and failures along the way. The important thing is to keep going.

#### Overcoming challenges to achieve success

By talking about success, it means you have a goal you aim to hit and your success is measured by how well you have hit your goal. We have already seen in previous chapters that the ultimate goal of every human being should be to find and deploy your gift for your and others' benefit and to learn so you can mature not just in body but in mind and spirit. Our garden to this great mission achievement is our mind/brain where we plant thoughts daily and they determine the harvest. Here are some tips to help you navigate your life with more mastery that will likely result in a life well lived.

- A. Change the way you communicate with yourself and adopt healthy habits that build your self-esteem like affirmations of good things about yourself or to happen to you. Avoid a victim mindset. Believe and act as someone in charge of what happens to yourself and how you react to what you can't control. Remember you have God inside of you and you can use him to achieve anything good for yourself in unselfish ways.
- B. Get back the power to control how you think, feel, & behave as it will make you mentally strong. The greatest power is inside of you always and you need to utilise the greatest power.
- C. Acknowledging that you can't make everyone happy is actually the first step toward mental freedom. We are not meant to make everyone happy. Thinking you can make

others happy all the time is a lost cause. Therefore, always prioritize your own happiness without offending/harming others.

- D. Embrace change, be it behavioral, emotional, physical, cognitive, or a collection of all of these. You may not always be ready for the change, but you are always in charge of how to embrace and execute the change or what it brings about. Accepting what you cannot control or change is the highest level of growth and success.

Learn from your mistakes instead of condemning yourself. To learn the lesson and become better, we have to go through committing some mistakes. Steve Jobs once gave a moving commencement speech at Harvard University on Connecting the dots. You can also reflect on the information of what you have gone through & connecting the dots through applying the knowledge & lessons from mistakes.

- E. Practice filtering of your thoughts and discard what is not required at any given point in your life. You will find that 99% of your thoughts become useless when you only think of the things you can control or what you need.
- F. Be ready to change your opinions about people, things, phenomena or values. Always question your beliefs, obvious logic, or even science. There is no such thing as good or bad decisions, there are only good-informed decisions & bad-informed decisions.
- G. Strive to build a great character and have integrity. Be impeccable with your word. Remember, the most powerful words in this universe are the words you say to yourself. Don't use them to blame yourself, use them to embrace yourself. Stop telling lies to yourself. We must make an agreement to use our words in the direction of truth and love for ourselves, and as God commands, love for others. You cannot love others if you don't love yourself.
- H. Don't take anything not from you personally: If someone says unbecoming things about you, that is their opinion not yours. If someone says you are stupid and you take this abuse personally, then deep down you do believe that you are stupid. You take it personally because you agree with whatever was said. What people do, say, and the opinions they have is a reflection of the agreements they have made with themselves; it has nothing to do with you.
- I. Don't make assumptions and be willing to learn and understand: We have this tendency to make assumptions about everything because we do not have the courage to ask questions. But the trouble starts when those assumptions feel like truths. Many people attempt to make someone else wrong just to defend our assumptions. To get out of this

trap, replace assumptions with questions, and even after understand other people's situation that you may not like, you need to replace blame or disdain with calm understanding and acceptance.

- J. Always do your best: While our thoughts are extremely important in creating the world we want or don't like, they manifest in the actions (or inaction) taken. This is about taking action on the things you know you should do & don't beat yourself up for it if in some situations your best is not what you were expecting it to be.
- K. Approach your obstacle from a rational point of view rather than seeing & reacting to it emotionally. What matters most is not what these obstacles are but how we see them and how we react to them.
- L. Chaos brings opportunity, some people get overwhelmed by the obstacles life has thrown at them, some people live in denial of their existence, some people face it with courage, and only a few turn obstacles into opportunities. Be one of the latter.
- M. Start working on the obstacle at hand with whatever tools you have got, because delaying the actual work won't make the obstacle disappear. Simply do what you can right now and do it well & move to the next thing you can do. Follow the process not the prize. When we have done everything in our power and we are placed in a situation that is unchangeable or an overly negative situation, we've got to turn it into a learning experience because that's the only thing that's in our control. Sounds simple, but definitely not easy.

Three Steps to deal with a stressful situation:

- Ask yourself, What's the worst that can possibly happen?
- Prepare to accept it if you have to.
- Then calmly proceed to improve on the worst. Most of the time we feel stressed out because we are unable to decide what to do with the problem at hand.

So here is a method to help you with that.

Step 1: Get all the possible facts about the problem.

Step 2: Analyse the facts.

Step 3: Arrive at a decision & then act on it (acting on it is extremely crucial)

Keep yourself busy in actually solving or improving the situation rather than just sitting there and worrying about it.

LET GO. Sometimes the best way to solve a problem is by letting it go (let go actually means let God take control), and making peace with it. You will get nothing by crying over spilled milk. Acceptance is the key.

Remember success is not an event. Living a successful life is a multifaceted journey that requires self-awareness, clarity of purpose, goal setting, continuous learning, resilience, and strong relationships. By embracing these tips, as outlined here, you can unlock your true potential and pave the way to a successful and fulfilling life. As Robert Collier once said, "Success is the sum of small efforts, repeated day in and day out." Commit to taking consistent action and integrating these principles into your life, and you will find yourself on a path towards personal achievement and lasting success. Living a successful life requires aligning your actions with your values, embracing growth and learning, and cultivating supportive relationships as you act to attract what you desire from the abundance in the universe.

## Abundance/ Prosperity mindset

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*For to every one who has will more be given, and he will have abundance; but from him who has not, even what he has will be taken away. — Matthew 25:29*

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Success in essence is living in abundance, be it in health, wealth, possessions or riches. Success means you are prospering well on your life journey, living in increase and abundance. To achieve prosperity, you must understand the language of the universe. Do not live like a frog in a pond that refuses treetops exist because it can't see the tree tops. As already intimated in previous chapters, the prosperity consciousness must be formed by denying all scarcity and directions of generating money only through particular ways. You need to succumb to the truth of overflowing abundance in the universe.

If you want money, know potential partners or clients for your product or service are abundant. If you want a job, know that good jobs are abundant. If you want wealth or to be rich, know that money is abundant in the universe and you can attract it in a variety of ways. If you want good health, know that great health is your natural state and it is abundant. You just need to know how to attract what you want by vibrating your energy at the right frequency.

Living a life of abundance goes beyond material wealth; it encompasses an abundance of opportunities, joy, love, and fulfillment in all areas of life. It involves shifting our mindset, cultivating gratitude, and taking intentional actions. To understand abundance well, think of the air we breathe, the water in lakes and oceans, the green in forests, the animals in the game parks and humans in all countries of the world. Life itself is abundant. We have been told that life on earth was meant by the creator to be abundant so you may live life to the fullest. Here are some key principles to help you embrace abundance and live a truly prosperous life:

### **1. Cultivate an Abundance Mindset:**

An abundance mindset is the belief that there are limitless possibilities and resources available to us. It involves shifting from a scarcity mindset (focusing on lack and limitations) to a mindset of abundance (focusing on possibilities and abundance). As author and speaker Dr. Wayne Dyer said, "Abundance is not something we acquire. It is something we tune into." For example instead of thinking, "There's not enough for everyone," adopt the belief that there is an abundance of opportunities, wealth, and happiness to be shared by all.



## **2. Practice Gratitude:**

Gratitude is a powerful tool for attracting abundance into our lives. By focusing on what we already have and appreciating it, we open ourselves up to receive more. Cultivate a daily gratitude practice by acknowledging and expressing gratitude for the blessings, opportunities, and experiences in your life. One way to do this is to keep a gratitude journal and write three things you are grateful for each day. This simple practice helps shift your focus toward abundance and attracts more positivity into your life.

There is a good Prayer for manifestation based on gratitude that many successful people have used. This transformative prayer includes active gratitude, isolated request and inspire action. Remember prayer is you having divine conversation with the universe/ God. Center yourself in a quiet place when your mind and body are focused on praying for your desire and say:

"Thank you for my life and everything within it. I deeply appreciate the wonderful gift that my life is. I recognize that God is the source of all things good, and money is a tangible manifestation of divine energy in action. In this present moment, I fully embrace my connection with God. I feel a profound sense of wealth and abundance, knowing that I possess a significant amount of money to spend and share today and always. I understand that true prosperity encompasses perfect health, perfect wealth, and perfect happiness. With unwavering commitment, I am ready to take action based on the ideas I receive and the opportunities that come my way. I recognize that they serve as signs and guidance for attracting more money and living a life filled with magic and miracles. I wholeheartedly accept this or something even better manifesting in my life. Thank you, I love you, God."

Allow these words to resonate within you, igniting a powerful transformation in your mindset and actions. Embrace gratitude, hold your desires with love and openness, and step forward with inspired action. Trust that the Universe is conspiring to bring forth abundance beyond your wildest dreams. As you align your energy with the principles of active gratitude, isolated request, and inspired action, get ready to witness the magic unfold in your life. You will become a witness to the fact that abundance and miracles are yours to embrace and enjoy. Believe in the infinite possibilities that await you, and trust in the journey of manifestation. Remember, you can adjust the above prayer according to your own beliefs and needs.

## **3. Set Clear Goals and Intentions:**

To manifest abundance, it is essential to set clear goals and intentions. Clearly define what you want to achieve and the life you desire. Set specific, measurable, achievable, relevant, and time-bound (SMART) goals to guide your actions and focus your energy. If you want to achieve financial abundance for example, set a goal to save a certain amount of money each month, invest in income-generating assets, or start a side business. These goals provide a clear direction and empower you to take steps towards abundance.

#### **4. Take Inspired Action:**

Manifesting abundance requires more than just positive thinking; it requires taking inspired action. Take consistent and purposeful steps towards your goals, seizing opportunities as they arise. As Tony Robbins once said, "The path to success is to take massive, determined action." Action creates momentum and opens doors to abundance. While you have the divine power to create or manifest, you have to take some action(s) that lead towards what you want to become a reality.

#### **5. Develop an Abundance Consciousness:**

Developing an abundance consciousness involves aligning your thoughts, beliefs, and emotions with the vibration of abundance. Surround yourself with positive influences, affirmations, and visualizations that reinforce your belief in abundance. As author and speaker Louise Hay wrote, "I deserve the best, and I accept it now" is one such affirmation that you should say daily. I also recommend a daily affirmation of "I Receive, I deserve, I allow" to acknowledge your readiness and tapping into the universal powers that control all abundance. You can also create a vision board that represents the abundant life you desire. Include images, affirmations, and symbols that resonate with your goals and aspirations. Regularly visualize yourself living that abundant life, feeling the emotions associated with it.

#### **6. Practice Generosity and Giving:**

Abundance thrives on a spirit of generosity and giving. As you receive, share your blessings with others. Give without expecting anything in return, whether it's your time, resources, or expertise. As philanthropist and entrepreneur Sir Richard Branson said, "Doing good is good for business." In Rotary, we believe in service above self. Practice generosity and giving. Donate to charitable organizations, volunteer your time, or mentor someone who could benefit from your knowledge and experience. By giving, you create a positive flow of abundance in your life.

Part of becoming Ultimate Masters is mastering the practice of tuning into abundance by cultivating an abundance mindset, practicing gratitude, setting clear goals, taking inspired action, developing an abundance consciousness, and embracing generosity, you can unlock the doors to a truly prosperous and fulfilling life. Remember, abundance is not limited; it is a mindset and a way of being that allows you to live your life to the fullest. Tune into the great abundance available.

Beyond the abundance or prosperity mindset, there are several other mindsets that can profoundly influence how individuals perceive and engage with the world. These mindsets shape thoughts, beliefs, and actions, ultimately impacting one's overall well-being, success, and personal growth. Here are a few important ones:

1. **Growth Mindset:** The growth mindset, as popularized by psychologist Carol Dweck, is the belief that abilities and intelligence can be developed through dedication, hard work, and continuous learning. Individuals with a growth mindset see challenges as opportunities for growth and view failures as stepping stones toward improvement.
2. **Fixed Mindset:** In contrast to the growth mindset, a fixed mindset is the belief that abilities and intelligence are static traits. People with a fixed mindset tend to avoid challenges to protect their self-image, and they may see failures as proof of their limitations rather than opportunities for growth.
3. **Positive Mindset:** A positive mindset involves focusing on the positive aspects of situations and believing in the inherent goodness of life. Individuals with a positive mindset approach challenges with optimism, maintain a hopeful outlook, and seek solutions even in difficult circumstances.
4. **Negative Mindset:** A negative mindset involves a tendency to focus on the negative aspects of situations. People with a negative mindset may struggle to see potential solutions, constantly worry about the worst outcomes, and find it challenging to maintain a sense of hope.
5. **Abundance Mindset:** As you mentioned earlier, the abundance mindset is about believing in the unlimited possibilities and resources available to you. It's a perspective that focuses on what you have rather than what you lack, and it encourages generosity, gratitude, and a sense of empowerment.
6. **Scarcity Mindset:** The scarcity mindset is the opposite of the abundance mindset. It's characterized by a belief in limited resources, leading to feelings of lack, envy, and

competition. People with a scarcity mindset may struggle to share, collaborate, or feel secure in their circumstances.

7. **Optimistic Mindset:** An optimistic mindset involves expecting positive outcomes and believing that events will generally work out in one's favor. This mindset can contribute to resilience, perseverance, and an open attitude toward new experiences.
8. **Pessimistic Mindset:** A pessimistic mindset is characterized by expecting negative outcomes and dwelling on potential problems. Individuals with a pessimistic mindset may struggle with motivation and may find it difficult to embrace change.
9. **Empowerment Mindset:** An empowerment mindset is about recognizing and harnessing your personal agency to create change in your life. It involves taking ownership of your decisions and actions, believing that you have the ability to shape your destiny.
10. **Victim Mindset:** In contrast to the empowerment mindset, the victim mindset involves seeing oneself as powerless and subject to external circumstances. People with a victim mindset often blame others or circumstances for their challenges and may feel stuck in their situations.
11. **Open-minded Mindset:** An open-minded mindset involves being receptive to new ideas, experiences, and perspectives. It's about cultivating curiosity, flexibility, and a willingness to learn from others.
12. **Closed-minded Mindset:** A closed-minded mindset is characterized by resistance to new ideas and a strong attachment to existing beliefs. People with a closed-minded mindset may be less adaptable and may struggle to consider viewpoints different from their own.

These mindsets are not fixed or permanent traits; they can be developed, shifted, and refined over time with self-awareness, intentional effort, and a commitment to personal growth.

## The power of Thoughts and Feelings

The ultimate quest of every individual wanting a life of abundance is to attain happiness, also known as bliss. However, many have unknowingly overlooked the key to this happiness despite their earnest pursuit. The simple yet powerful key to experiencing perfect happiness lies in self-control and self-correction. Once an individual realizes their identity as the "I AM Presence" and the intelligent force governing all aspects of existence, achieving self-control and self-correction becomes effortlessly achievable.

Each person is surrounded by a thought-world that they have created. Within this thought-world resides the seed of divine presence, referred to as the "I AM," which is the sole active presence in the entire universe and governs all energy. By consciously engaging with this energy, its intensity can be magnified limitlessly through the individual's conscious activity.

### Gaining self-control and self-correction

An analogy can be drawn between the "Divine Presence" within and the seed or pit of a peach, while the thought-world surrounding it represents the pulp of the peach. The pulp not only signifies the thought-world created by the individual, but also represents the universal substance of energy that is constantly present, awaiting the individual's conscious direction to manifest in the desired form.

The sure path to comprehending and utilizing this conscious power lies in the cultivation of self-control. But what does self-control entail? Firstly, it involves recognizing the "I AM Intelligence" as the only active presence. Secondly, it encompasses understanding that this intelligence holds boundless power for utilization. Lastly, it acknowledges that individuals, possessing free will and choice, create in their external reality whatever their thoughts and attention are firmly focused upon.

Now is the time for everyone to grasp the pivotal truth that thought and feeling constitute the mightiest creative power in life and the entire universe. Therefore, the only way to effectively tap into the full potential of one's thoughts and feelings, which is the active expression of God, is through self-control and self-correction. By attaining sufficient self-control, individuals gain the ability to maintain unwavering focus on a specific desire, akin to a steady flame from an acetylene torch. Through this focused thought and feeling, with the awareness that it is the "I AM Presence and Intelligence" at work—that it is God in action—they will come to understand that they have the capacity to manifest whatever they desire into visible reality.

In essence, the journey towards experiencing true happiness and harnessing creative thought-power without limitations requires the cultivation of self-control and self-correction. Once gained, that power helps you to consciously direct your thoughts and feelings towards your desires, unleashing the boundless potential of the "I AM Presence" within you.

Truly successful people learn to master themselves. As gurus have taught us for centuries, controlling others is strength. Controlling yourself is true power. It is important to remember that the key to success is not the destination, but the journey of pushing oneself to execute towards a grand vision and enjoy doing hard things. It may mean you make some sacrifices as you await. This is because there is more benefit in delayed gratification than instant gratification. As Les Brown once taught, you do what is easy, your life will be hard. If you do what is hard, your life will be easy.

Achieving success needs discipline. With the right steps and actions, we can transition from undisciplined to disciplined, for example if you intend to become producers instead of just consumers.

### Mastering your thoughts

The way we think shapes our lives, and mastering positive thinking is crucial for achieving our goals and finding fulfillment. You become what you think about all day long, and once you know that what you think about is what expands, you start getting real careful about what you think about. What you think determines your feelings, beliefs, perceptions and actions.

Your perception of the universe determines the reality you create for yourself in life. Dr Wayne Dyer greatly taught that your life is like a sailing boat, and the wake is the trail that is left behind, driven by the present moment energy that's being generated by the engine, which is the present moment thoughts that you have and how you are using them. He advises that to succeed one has to focus not on the trail (what you see as trail left) but the present energy creating the trail. Mastering that present power (thought) is needed to determine your life.

It is always good to be mindful of what you think about, as your thoughts shape your reality. Keep an open mind and let go of limiting beliefs to tap into your inner genius and embrace the endless possibilities. Most people spend their lives looking for reasons to be offended, but having an open mind and not seeking offense can lead to a change in perspective.

We all have a heroic mission and purpose in this universe, but too many of us are afraid to listen to it and march to it, instead focusing on the trail (left over). The key idea is that our

thoughts shape our reality and we must have love within ourselves in order to give love and achieve our true desires in life.

But to master great fruitful thoughts, you need to have and master love (God). You can only give away what you have. If you want to give love, you must first have love within yourself, and the way we think determines our actions and ultimately shapes our lives.

Don't be afraid to listen to the music within you and march to your own heroic mission, as we all have a purpose and are connected to an intelligence that is a part of everything and everyone. You have dreams and desires, whether it is writing a book, composing music, raising cattle, opening an ice cream shop, traveling, or pursuing a relationship. It is important to listen to your heart and not live a life filled with regret. Don't wait until the end of your life to pursue your passions and share your truth with the world, because you don't want to die with your music still in you.

We often look for solutions outside of ourselves when facing problems, but the key to making our lives work is to realize that the solution lies within us. You have to learn not to let anyone restrict or put boundaries on you, to tell you what you can and can't do, to tell you how to be or what to think. This is your life, your show. Take charge and direct it through right thought.

Earl Nightingale a renowned motivational speaker and author known for his inspirational speeches demonstrated that all limitations you face are self-imposed. You can use your power of perception to see things differently and find a solution to any obstacle. Use your imagination and soar. This means you teach yourself to think positively even as you deal with your personal problems or challenges. Here is some general guidance on how to make positive changes in your life within a 30-day timeframe.

**Set clear goals:** Identify specific areas of your life that you want to change or improve. Write down your goals, making them specific, measurable, achievable, relevant, and time-bound (SMART goals).

**Create an action plan:** Break down your goals into smaller, manageable steps. Outline the actions you need to take to move closer to your desired outcomes. This plan will serve as a roadmap for your 30-day journey.

**Develop positive habits:** Identify habits that support your goals and focus on implementing them daily. Consistency is key, so commit to practicing these habits throughout the 30-day period.



**Embrace a growth mindset:** Adopt a mindset that believes in your ability to learn, grow, and overcome challenges. View setbacks as learning opportunities and remain determined and resilient in the face of obstacles.

**Surround yourself with positivity:** Seek out positive influences and surround yourself with people who support and inspire you. Minimize exposure to negative influences that can hinder your progress.

**Take action and review progress:** Begin taking the steps outlined in your action plan immediately. Regularly review your progress and make adjustments as needed. Celebrate small victories along the way to stay motivated.

**Stay focused and committed:** Throughout the 30-day period, stay focused on your goals and maintain your commitment to the changes you want to make. It is natural to face challenges or moments of doubt, but remind yourself of your purpose and keep pushing forward.

Remember, change takes time and effort, and the 30-day timeframe is just a starting point. By implementing these steps consistently, you can begin to make significant progress and set the foundation for long-term positive change in your life, based on intentional thought.

### Mastering your feelings

Feelings are an important part of our personal development because they can help us to understand ourselves better, make better decisions, and connect with others more deeply. Feelings or emotions are the magnet element in our consciousness while thought and the electronic element. The feelings we have thus determine the life we have by attracting to us what is inside of us. When we are able to master our feelings, we are better able to manage stress, cope with difficult emotions, and achieve our goals.

Here are some tips on how to master your feelings to support individual progress:

- I. **Acknowledge your feelings:** The first step to mastering your feelings is to acknowledge them. This means paying attention to what you are feeling, both physically and emotionally. When you are aware of your feelings, you are better able to understand them and why you are feeling them.
- II. **Label your feelings:** Once you have acknowledged your feelings, it can be helpful to label them. This will help you to understand them better and to communicate them to

others. There are many different ways to label feelings, but some common ones include: happy, sad, angry, scared, confused, frustrated and excited.

- III. **Express your feelings in a healthy way:** Once you have acknowledged and labelled your feelings, you need to find a healthy way to express them. You can acknowledge your feelings, then change your thoughts to something more enjoyable so as to get a good feeling. This could involve talking to a friend or therapist, writing in a journal, or engaging in physical activity like dancing or physical exercise. It is important to find a way to express your feelings that does not harm yourself or others.
- IV. **Challenge negative thoughts:** Our thoughts can often influence our feelings. If we have negative thoughts about ourselves or our situation, it can lead to negative emotions. It is important to challenge these negative thoughts by acknowledging them, and replace them with more positive thoughts.
- V. **Practice mindfulness:** Mindfulness is the practice of paying attention to the present moment without judgment. This can be a helpful way to manage difficult emotions. When you are mindful, you are able to observe your feelings without getting caught up in them.
- VI. **Seek support:** Talk to trusted friends, family, or seek professional counselling when dealing with overwhelming emotions or unresolved issues. Sharing your feelings with others can provide new perspectives and support your personal growth.
- VII. **Journaling:** Writing down your feelings and experiences can provide insight into recurring patterns, triggers, and sources of stress. Journaling helps in processing emotions and gaining clarity about your emotional state.
- VIII. **Practice empathy:** Understand and acknowledge the feelings of others, which can enhance your emotional intelligence and strengthen relationships.
- IX. **Celebrate progress:** Acknowledge and celebrate your achievements, regardless of how small they may seem. Recognizing progress boosts self-confidence and motivation.

Feelings play a crucial role in personal development as they significantly impact our thoughts, behaviours, and overall well-being. Understanding and mastering our feelings can lead to better self-awareness, emotional intelligence, and improved decision-making. Here's the importance of feelings in personal development and some strategies to master them to support individual progress:

1. **Self-awareness:** Recognizing and understanding our feelings allows us to gain insight into our emotional state and how it influences our actions. Self-awareness helps us identify patterns and triggers, enabling us to make conscious choices rather than reacting impulsively.
2. **Emotional intelligence:** Emotional intelligence involves the ability to manage and control emotions effectively. By being in tune with our feelings, we can develop empathy towards others, build stronger relationships, and navigate social interactions with greater skill and sensitivity.
3. **Resilience:** Mastering feelings involves developing resilience to cope with challenging situations. Acknowledging and processing emotions helps us bounce back from setbacks and develop a more positive outlook on life.
4. **Decision-making:** Emotions often influence our decision-making process. Understanding our feelings can prevent us from making impulsive choices driven purely by emotional reactions. Instead, we can use our emotions as valuable inputs while still considering rational and logical aspects.

Remember that mastering feelings and personal development are ongoing processes. It takes time, patience, and self-compassion. Embrace the journey of self-discovery and growth, and don't hesitate to seek support when needed. You need great thoughts and feelings if your life is to reflect great tidings.

### **Positive Thoughts help you heal your body and secure abundance**

The sophisticated and most efficient pharmacy in the universe is your brain. It is called the hypothalamus and it produces chemicals on demand, consistent with the way you think, feel and perceive. If you feel brave, you will produce a chemical called Interleukin 2 which is the most efficient chemical for fighting cancer worldwide. As of the time of preparing this content, a course of artificial interleukin 2 costs between \$8,000 to \$10,000. Yet your body produces it in the right quantities, to go the right place at the right time. When you feel calm, you produce Valium. You don't need Valium from a drug manufacturing company which has side effects. When you are happy you produce endorphins and enkephalins. The bottom line here is that your body has the ability to heal yourself provided you are thinking the right way. Thinking the wrong way just produces the alternative results. Always focus on the positive. Be brave, be happy, be calm, be healthy.

Dr Joseph Murphy has a lot of helpful works on how to master feeding your subconscious mind for your benefit. He teaches us that the subconscious mind accepts the dominant of two ideas. Given different inconsistent directions that are contradictory makes a mockery of prayer and confuses the subconscious mind. The gold mine is in your subconscious if you drop there the right seed. It is impossible to impregnate your subconscious mind with ideas of success or riches and be poor or challenged. Other people in this universe have wished and built planes, mobile phones, internet, ships, computers, tractors, cars, medicines and all wonders that have improved our life, in addition to acquiring wealth in billions of dollars. Surely your own share is available if only you ask and believe that you have already got it.

To succeed, never be envious of another person's success, blessings or possessions. If you do, this can attract lack and limitation to you. Rejoice in their success, prosperity and wealth and wish them greater riches because what you wish for others, you are creating in your own life.

You can't get answers by worry, anxiety, fear, urgency or with an 'I can't' attitude. Just take everything to the living God. With the mind at peace, you shall always get the answer. God knows the answer. Find a quiet place and feel that you are immersed in the holy omnipresence, transform your whole being into the great harmony of peace and abundance. Trust that the lord shall restore or provide that which you seek.

Dr Joseph Murphy says you can affirm:

"These truth that you can provide me all I need, heal me and protect me are sinking into my mind. These truths are sinking into my subconscious mind. I picture them transcending from my coconscious to my subconscious mind like the seeds I'm depositing into the soil. I know that many times I try to create my own destiny. Yet my fate and destiny are in the infinite who created all things. And my faith in God is my fortune. I live in the joyous expectance of the best. Only the best comes to me. I know the harvest I will reap, because my thoughts are Gods thoughts. And the power of God is with my thoughts of good. My thoughts are the seeds of truth, beauty and abundance. I now place my thoughts of peace, love, joy success, abundance, security and goodwill the God of my mind. The beauty and the glory of God will be expressed in my mind and I know that my garden will yield an abundant harvest. From this moment forward, I express life, love and truth. I am brilliantly happy and prosperous in all my ways. And God multiplies my good exceedingly. To prosper means to succeed, to thrive and to tun out well. In other words, I am expanding, growing spiritually, mentally, socially and intellectually..

“I know there is only one source, the life principal, the living spirit from which all things flow. He created the universe and all things are in contained. I’m a focal point of the divine presence. My mind is open and receptive. I am a free-flowing channel for harmony, beauty, guidance, wealth, health and the riches of the infinite. I know that wealth, health and success and released from within me and appear in the without. I am now in harmony with the infinite riches within and without. And I know these thoughts are sinking into my subconscious mind and will be reflected on the screen of space. I wish for everyone all the blessings of life. I’m open and receptive to the divine riches, spiritual, mental and materials. And they flow to me in avalanches of abundance.

Prior to opening business every morning, you could affirm

“God’s peace fills my soul, and Gods love saturates my being, God guides, prospers and inspires me, I’m illumined from high above, and exceeding love flows from me to all my clients. Divine love comes into my door. Divine loves comes out of my door. All those who come into my business are blessed, healed and inspired. The infinite healing saturates the whole place. This is the day the Lord has made and I rejoice in it and Give thanks for the countless blessings which come to my clients, to myself and to my family.”

When you are closing in the evening, you could affirm:

“I give thanks for all my clients and I pray they are guided, prosper and are harmonious and that God flows through each one of them filling up the empty vessels in their life”

When partners are facing a misunderstanding or don’t feel in good terms they could affirm:

“My husband is a good man, God is guiding him to his true place, what he is seeking is seeking him, divine love fills his soul, divine peace fills his mind and heart. He is prospered in all his ways, spiritually, financially, mentally, socially, everywhere. By day and by night he is advancing, moving forward and growing spiritually, financially, socially, intellectually in all ways where life itself is growing. There is harmony peace and understating between us. It is divine reaction and peace operating between us”

“My wife is God’s child; she is a child of infinite wisdom and eternity. Divine love fills her soul. And it is written HE cares for her. Divine love, peace and joy flow through her all times, she is divinely guided and prospered in all her ways. There is love harmony, peace and understanding between us. I salute the divinity in her, and she salutes the divinity in me”

### Money Affirmation:

I am so happy and grateful that God willing large sums of money come to me easily and quickly in increasing quantities from multiple sources on a continuous basis in the best interest of all that I get to keep, spend, give, circulate and invest joyously.

### The Mirror Principle

To become an ultimate master, you need to understand the mirror principle of life. What you have or are facing is the image of what you put in your life mirror. When we stand in front of the mirror, it helps us to reflect an image of ourselves. If you smile, the image will smile, you get angry it gets angry, you dance the image dances, you abuse the image abuses, you express gratitude, it does the same. If you think the world is unfair to you, it will be unfair, you think it is fair, so it will be. If you think you are not useful, or that you are unlucky, that is what will reflect in your reality. If you think you are clever, blessed, favored, that is the reality you get.

The mirror principle tells us that the universe is but a mirror giving back to us what we are giving it as objects in form of our thoughts and feelings. Masters know that you cannot attract what you are not. You have to become the kind of person that has or attracts what it is you desire or want to achieve.

The secret to unlocking the law of attraction is not really about attracting but more like a powerful mirroring effect. Imagine looking at yourself in a mirror, you wouldn't expect the reflection to move before you do. Manifestation follows the same principle. You must mentally and emotionally become the experience you seek so the universe can reflect it back to you as your reality. The challenge is that many people await their desires to materialize before allowing themselves to feel it. This is akin to expecting the reflection to change before you do. Halt the search for your manifestation, as this only confirms its absence. Instead immerse yourself in the feelings and vivid imagery of possessing it now. Embrace that state of being and witness the synchronicities that unfold.

The mirror principle explains why the world and life is different to different people. To fully manifest and create the reality you want, it is important you know and understand that your external world is a reflection of your internal world. In other words, the people you attract, the situations you encounter, and the experiences you have are all mirrors that reflect your thoughts, beliefs, and emotions.

This principle is based on the idea that we are all interconnected, and that our thoughts and emotions have a powerful impact on the world around us. When we think negative thoughts or feel negative emotions, we create a negative energy field around ourselves. This energy field attracts negative people, situations, and experiences into our lives.

Conversely, when we think positive thoughts and feel positive emotions, we create a positive energy field around ourselves. This energy field attracts positive people, situations, and experiences into our lives.

By becoming aware of our thoughts and emotions, we can begin to change our external world. When we change our thoughts and emotions, we change the energy field around us, and we attract different people, situations, and experiences into our lives.

Here are some tips for using the Mirror Principle to create a more positive and fulfilling life:

- Pay attention to your thoughts and emotions. What are you thinking and feeling on a regular basis? Are your thoughts and emotions mostly positive or negative?
- Be aware of the people and situations you attract into your life. Are the people you spend time with positive and supportive? Are the situations you find yourself in positive and uplifting?
- Change your thoughts and emotions. If you want to attract different people, situations, and experiences into your life, you need to change your thoughts and emotions. This may not be easy, but it is possible.
- Be patient. It takes time to change your thoughts and emotions, and it takes time to see the results of those changes in your external world. But if you are patient and persistent, you will eventually create a more positive and fulfilling life.

The Mirror Principle is a powerful tool that can help you create the life you want. By becoming aware of your thoughts and emotions, and by changing them, you can change your external world and create a more positive and fulfilling life.





## Mastering Manifestation and miracles

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*Hebrews 11: 11 And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.*

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It has already been implied in previous chapters that manifestation is the process of bringing your desires into reality by using the power of your thoughts and emotions. It is about focusing your attention on what you want to achieve and taking action towards it.

I have produced a publication "[the Manifestation Mindset: How to transform your life and achieve your desires](#)" in which I elaborate on manifestation and how to manifest effectively. I included many manifestation methods and visualisation exercises to help you manifest. Here below I share additional manifestation tips and mastery to help you achieve your desires.

All great manifestation and miracles are a result of knowing God and understanding the ever-present open opportunity to connect to God and tap into the abundance of wealth, health, love and peace. We have already emphasised that God is all and all is God. God is love, God is life, God is infinite intelligence. We can't pray for God's favour or by our actions cause disfavour. Otherwise the sun and rain would not appear to the 'sinful', or air would be withdrawn from all who have fallen short of God's glory. You must know that God is ever available to all us, and willing to grant our needs if we have faith only in God to make what we need or want to happen. God gave us free so nothing can happen without you asking, and taking action showing your faith in Him. Even all the water in the ocean cannot bring itself to your house so you cook, neither can it suffocate you until you take it inside of you.

To appreciate how much love is pouring forth from our Father, think of how God's rain falls on the just and unjust alike! In the miracles Jesus performed, he did not withdraw healing or supply life to those who had sinned. God's grace cannot be withheld. It doesn't depend on what we do or do not do. It depends on our calling for it or 'falling' into it by our faith.

### Mastering a connection with God

That is why we can affirm and achieve healing if we have faith in the heavenly father. Healing is an activity of the Christ within, an activity of God. Even Jesus said of his self he could do nothing, only though the father in heaven was he able to do what he did. We must come into

the realization that it is not by our power or what we have but by implementing the power of God. This is the true essence of human existence that many people fail to tap.

Our I AM, our God power requires that we stay within the laws of God or respecting that power for the good of life (God) achieving energy integrity. Remember always God is light. You walk out, you are in darkness; you are in light you are in it. God is God. Ultimate Masters know life is about mastering constant connection with God.

Many people will still ask what is God, what is the nature of God, what is the true God. To get the best answers, you need to get inside of yourself and ask. Go into meditation and ask. Forget all you have been taught about God. You have an internal connection to the divine which you can activate if you quieten all worldly activity and ask God to reveal himself to you. You will realize that God is love. God is the very essence of life. Can you start or stop God's flow within you? Life is dependent on God maintaining own mortality in us. God is in the animating energy within every living being. It is only in discord that we find limitation-that is ignorance of God. In enlightenment, we find understanding of the nature of God. God is all good and his love endures forever. There is no I without God. It is helpful to reflect on these Bible verses of John 15: 1-12.

“I am the true vine, and my Father is the gardener. <sup>2</sup> He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes<sup>[a]</sup> so that it will be even more fruitful. <sup>3</sup> You are already clean because of the word I have spoken to you. <sup>4</sup> Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

<sup>5</sup>“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. <sup>6</sup> If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. <sup>7</sup> If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. <sup>8</sup> This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.

<sup>9</sup>“As the Father has loved me, so have I loved you. Now remain in my love. <sup>10</sup> If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. <sup>11</sup> I have told you this so that my joy may be in you and that your joy may be complete. <sup>12</sup> My command is this: Love each other as I have loved you.

Wisdom and supply should be based on a clear belief in God- a true connection with God. The God power is what connects all of us to life. We are all one, all parts of the same tree, the Christ body. We are all connected to that central vine and therefore live on that power. The goodness of God is dependent on our contact with the vine. All is dependent on the Grace of God, and our direct connection to the vine. You have to believe in and stay connected to the vine and husbandman. Without him you can do nothing. Abide in God and let his word abide in you. Establish firmly your union with the invisible God.

All nature of God enables continuous flow of life, light, goodness, resurrection. God is glorified by you bearing as much fruit. God is not bound or interested in your physical possession. It should however be noted that a good life glorifies God. It is evidence that God is in you and you draw from Him (abundant supply). It is evidence you have God or a special understanding of your special belonging to the Almighty. Achieving this connection requires you to love God, and love your neighbour as you love yourself.

God is sufficient for all of us and all of us should drink from the source (trunk) not from each other. Always declare “I have no life, but God and I live according to him and his wishes in my life”. You have to abide by God and let his word abide in you. In all thy ways acknowledge him and he will give you all abundantly. You have to maintain a conscious oneness with the creator so you can achieve all you want.

#### **Achieving like a miracle maker**

For many of us, intense suffering is way too real while joy and abundance seems like a dream. We are too attached to the physical world of our bodies and possessions. Yet these are illusions. Only love, which is God manifest is real. Manifesting is about bringing something from reality (love) to this illusion (physical world). Any future you can imagine is more real than what you are experiencing right now.

Now that you have established a clear foundation on where to source your manifestations from, you need to align your thoughts, feelings and actions to be focused on what you want to achieve. You will also need to amplify your emotions (Energy in motion) so you can get the feeling of how you would feel if you achieve what it is you desire or want to manifest. Sages have advised that complete trust is key. To be able to achieve good results, you have to detach yourself from the outcome. Believe and act step by step with faith in God/ source energy that what you desire is yours already and will manifest at the divine time.

If one can wish or express one's desire without worry or fear, there isn't anything that cannot be given to him/her by the source (God the Father). Seek clearly the good you want and delete all mental pictures of evil or possible failure. Remember man has to make the first move- *Mathew 7:7 Ask and it shall be given, seek and you shall find, knock and it shall be opened unto you.*

Once you master this connection with source power, you will start manifesting what many people call miracles. Those who learn to manifest allow miracles to happen to more freely, more fluidly. What many people call miracles are the daily reality of some people. You too can make achieving your desired state like health, abundance, friendship, love, peace, joy or contentment a reality.

You have to begin by releasing any anger, shame, guilt, fear and similar emotions that are limiting you from achieving your greater self. This is because your greater self ( which connects you to source) is necessary for you to achieve your desires.

Manifestation is about relaxing and making the future come to you, heal and transform you by embracing the secret of allowing to be changed by love. The more love you feel, the more you feel real. This means every miracle you seek is in you feeling love and related emotions. The key is to express the part of your life you feel makes you feel alive, enthusiastic, have the most fun, the most success- and seek to grow or achieve miracles in that part of your life.

#### Discerning from all possible futures

Achieving miracles begins from the deep understanding that all possible futures exist and are real. The future you get is a choice of what you consciously or unconsciously choose from the many possibilities. It is like buying shirts or dresses on display. What you choose is what will be yours. Ultimate Masters know that it is not the past that creates the present, it is the future that attracts the present. You can learn to pull in a new vibration for a new future and start to call the future you desire into being.

Remember we are always projecting our own beliefs, thoughts, feelings, decisions and choices into the future. So, the first step to this transformational experience is to examine your beliefs to ensure they support the possibility of having the future you desire. Then you can receive the new future now using feelings, breathing, mantras and relaxation as explained in chapters of this publication and in the other publication on the Manifestation Mindset.

You have to understand that the reality (God's love) is not happening to us. It is happening through us and for us. The experience we are having are a gift from our higher consciousness to help us grow. The challenge is many people have not grown the capacity to understand it and change their beliefs and vibrations. You need to succeed and to create miracles. This means you have to pass through all experiences, even the uncomfortable ones with utmost love and gratitude to God. You have to learn how to go through the pain, anger, shame, grief and similar emotions, and go on to the other side of joy by expressing love and connection with the divine, knowing all is well as every experience is for making you better.

But this kind of seamless achievement of your desired self can only succeed if you learn to program yourself instead of flowing in other people's programming. Remember life is a like movie where we play different roles, which can change. You have to strive be the director of your life movie. Where you experience the massive intensities of the pain, you will tap into the intensity of the joy (every good achievement is better after some struggle). We have to be willing to feel everything not just the sweet or good stuff. You cannot lie to yourself as the truth shall set you free as you learn to release the depth on anger, suffering, hurt and achieve love at all times. Having and displaying love at all times is true mastery that brings greatness.

#### **A key manifestation exercise**

To manifest what you want, chose one future desire to begin with, not many at a time. Make a list, chose one which brings you most joy. Then hold that vibration so you can attract/pull the future of your desire into your present moment. This can be done by letting go of all worries or concerns that might limit your achievement. Like when you go to sleep, go to the smooth sailing into your desire. Access the deep essence of achieving and experience what you are desiring. You can follow this process:

1. Choose one future you want
2. Perceive that future Infront of you (better with eyes closed)
3. Experience the emotional sensations of your new future (what it feels like having it)
4. Flow in it, be in it, send love to that future. Charge that future with the right energy, see it in the brightest light. The brightest future is one that is most likely to manifest. While doing this you have to remember that you are not trying to make the future you want real. It is already real. You are just sending it love so as to achieve oneness with that future state.

5. You relax and relax and feel that future loving you right now as you become one with the future. Send it love, and just feel loved back by this future. You give up the control (of determining how to get it) and live or be like it is already true because it is true.

You have to get in the vibration of allowing or giving in. Like you give yourself in when in a hot bathtub during a cold day, or in a cold bathtub on a hot day. You just allow and give in to this future and let its vibration transform you now. It is about the receiving or expressing the *yin* energy- the feminine energy, not the masculine of just do this and that (*yang* energy). Understanding this helps you unlock the missing piece in allowing miracles to happen to you.

You can do the above exercises twice a day, preferably immediately you wake up and shortly before you drift off into sleep. At the end of the exercise, it is helpful to affirm “I receive, I deserve, I allow”. This is the trinity of true abundance.

You can supplement this exercise with Quantum touch, which is a form of energy healing, using breathing to move the life awareness of your body so you can raise your life energy and move that heart energy into any part of the body or to anyone or to the item you desire.

To do this quantum touch, breath in and out more deeply than usual as you think of what you love to achieve most in your life now. Send that desire inside your body when you breath as you see the situation you want to happen with love. Remember heart energy is not forced. You just need to feel the awareness in your heart and think of that which you love to achieve or experience, and project your love energy from the heart to it.

You have to know and acknowledge that you higher self is always at hand to guide and help you. Your higher self is the super enhanced part of yourself and helps connect each of you to Source. It is the spirit part of you. Some refer to it as your guardian angel. For Christians who are awake, we know it is the Christ. It is important to strive to access your higher self all the time so you can utilize the higher self as a channel to access source energy (God).

### Manifesting work and surrender

If you read the original bible texts, you will understand that it is through work that we manifest. The word work means manifesting. Human beings are expected to put in some action in order to manifest by doing actions that lead or are likely to lead to what you desire or want to achieve for yourself or others.

Dr. Joe Dispenza, a well-known author, speaker, and researcher who specializes in neuroscience, epigenetics, and quantum physics, has provided many seminars and sessions



showing the power of human thoughts and feelings in manifestation. He recommends the following in order to manifest better.

1. Define your intention clearly and specifically.
2. Generate an elevated emotion, such as gratitude, joy, or love, as if your intention has already been manifested.
3. Focus your attention and energy on your intention and elevated emotion, and hold that state for an extended period of time.
4. Surrender your attachment to the outcome and trust that the universe will manifest your intention in the best possible way.

Dr. Joe Dispenza emphasizes the importance of combining a clear intention with an elevated emotion, as this combination creates a powerful energy field that attracts the manifestation of your desired outcome. He also stresses the importance of surrendering attachment to the outcome, as this allows the universe to bring about your intention in a way that may be even better than you could have imagined.

### Mastering the love energy

This publication is meant to encourage you to open the creative genius in each of you, but more importantly to remind you of the importance of always vibrating at the frequency of love, peace, abundance, joy and service to others in the universe, if we want to always manifest a good and rewarding life.

To raise your vibration to a higher state needs love, which is the energy that creates us. We also need love in order to create. Love is God and God is love. When you are in that vibration of conscious choice of love, it means you can live in the flow of divine providence.

Tell your soul or higher self daily to be in charge of what happens to you each day, to help you ensure a good day, to help you achieve your desires and wants. Then go on and use your thoughts and feelings to ignite the manifestation. Love is the denominator that leads us to far more awareness, far more truth, far more honesty, far more transparency, far more abundance.

But to abide in this level of love, you need to do away with the fear of the unknown. You have to choose love on the hour (all the time). Forgive the past and embrace trust, hope and faith. This is proven to work for all people, all the time. Get out of your ego and connect to your heart as often as you can. Go back to the child within you and know you depend on God for your being

and survival. That opens your door to connect to the highest creative power of the universe. Ask for the help of the Arch angels and your own guardian angels as often as possible every day.

We as the human collective of souls here learning in the earth school must learn to embrace and exude love, always. Remember, there are loving forces guiding everything forward always. Just keep in love. See love and see its power. Love is always needed to connect to the divine oneness.

Shift your perceptions from negative to positive thoughts and feelings for you to manifest good in your life. Even in the face of challenges and destruction, remember rebirth comes after destruction and surrender. Embrace the experience in order to progress to new form. The seed must rot, use energy and trust for a new plant to manifest out of.

To manifest best, you will also need to manage the ego. The ego will run the show, but learn to listen to your shadow self, the part of the ego that has the lesson prior to experience. The more knowing part of you. That second voice. It is more connected to your soul than the worldly ego that wants to conquer, subdue, manage and acquire.

Also, learn to use the Chakras, which are our spiritual batteries. Your spiritual body is the parent of the physical, mental and emotional bodies that you run on. We can use the spiritual batteries to produce spiritual energy to help ourselves and to help others. The energy from the chakras comes in the colours of the rainbow. Visualise them when you meditate. We can go in the inside anytime to a chakra to access energy that you can use to move your life forward and to help others as human beings continue to evolve in this life journey.

Remember, you can always access divine power as you wish, so long as you don't misuse the power. But you have to forgive yourself, forgive others and forget the past. Hand over the future to source so you can always act under flow and guidance from divinity.

You have to adhere to the law of inside outside, which is same as the law of as above so below. Above is heaven while below is earth. It means that we can and do experience heaven here on earth. When we send our requests to as above, they materialize here on as below. It says that we create our reality from the inside out. This applies to getting what you desire and especially helping the human body to heal. You are always in charge of manifesting what it is your want. Ultimate masters know that whatever you want is already available. Your job is to attune yourself well to the universal energies so you make your desire manifest.

Learning to manifest helps you live a life filled with the creator's abundance. It is the true situation of experience love always. Receive and always give love. Always evolve in how you are as you move with the flow and enjoy the ride on this universe. Plug into the power of source. Ask from source. Ask in anyway in any form. Ask and experience miracles. Things come together, doors open so you can live a happier and more exciting life. All the angelic realms want to help, always, but only if you ask.

There is a summarized metaphysical formula to get what you desire. You can use this formula for everything you want to manifest.

“I desire ...(put your specific wish) in harmony for the whole world and in accordance with divine will, under grace and in a perfect manner. Thank you, father, that you have heard me”.

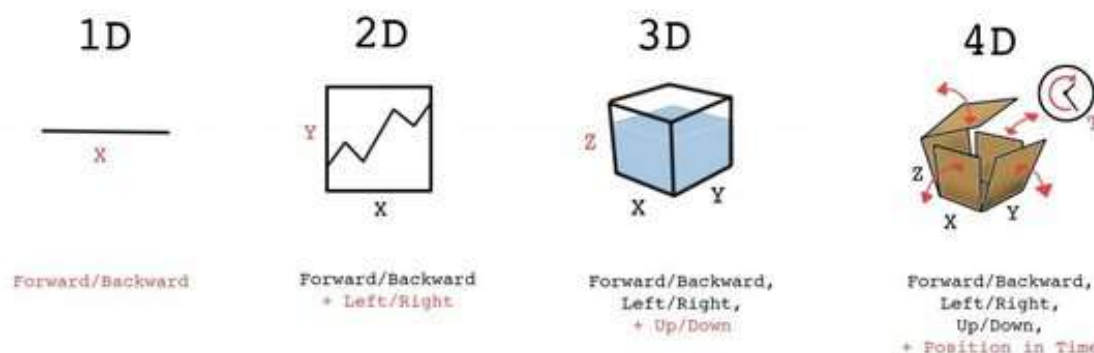
That is it. You have fulfilled the whole law of God which manifests itself on the spiritual plane without any hindrance. This is the truth when known that will set you free. It is important to add the thank you father line as Jesus the Christ taught us in ordering the miracles he did. You have to thank God for always listening to you, or having heard you. It is the key to manifesting what you want to happen, by being assured it is already happening.

#### 4th dimensional thinking and identity shifting

Achieving success or accomplishment will always depend on the dimension in which you are thinking, feeling or flowing in. While it is true that your thoughts determine who you are who you become, it is truer that the frequency or dimension of your thoughts will determine how and what you can achieve. One way to understand this well is to understand the different dimensions of thinking or operation of being.

In mathematical terms, zero dimensions is a like a dot. Here you see all things as one stationary small dot. You can say here you only think of yourself as a small dot without any goals to achieve. The second dimension is like a line connecting two dots, one dot representing you and the other what you want to achieve. Here you are aware or think of achieving your goals through only one prescribed way. This is where you hear people saying to achieve wealth, you must go to school, grow coffee, work in an oil company and such similar prescribed ways.

## TALES FROM *THE 4TH DIMENSION*



An advancement to third dimension presents more options represented by a triangle or simple box, where the two dots (you and your goals) are connected by more separate lines, showing more options between you and achieving your goal.

On the 4<sup>th</sup> dimensions, the two dots can be connected by many lines with depth represented by a box. There is a lot of space between the lines making the box within which you can play to achieve what you desire. The law of relativity by Albert Einstein says change in these dimensions is influenced by space and time. The 4<sup>th</sup> dimension is seeing present, past, future and space all appearing together and all working together to help you in achieving your goal. As Neville Goddard advised, you need to operate always at this level if you want to achieve your desires. Having desire is evidence that what you want is already available (in a given dimension). Your job is to align with that dimension and then manifest your desire (make it appear in solidity).

There are different dimensions to the mind that once tapped allow one to access different dimensions of experience. Four-dimensional thinking can unlock complete control over your reality. As a creator of your destiny, it is important you operate in this four or fourth dimensional state or operate in 4<sup>th</sup> density energy.

Time as the fourth dimension revolutionizes our understanding of the universe, allowing us to view reality as a unified entity where space and time are intimately connected. Time as an illusion suggests that all moments, including past, present, and future, coexist simultaneously, and our perception of time as a sequence of events is a result of our mind's tendency to organize

and make sense of our experiences. The idea of time as an illusion has intrigued scientists and philosophers for centuries, with connections to fields like physics, neuroscience, and philosophy of mind, raising questions about the nature of time and its relationship with the fabric of reality.

Accessing fourth dimensional thinking, which involves seeing past, present, and future as occurring simultaneously in the present moment and using feeling-based thinking to assume the thing you want has already happened, is key to controlling our reality and creating the life we want.

The fourth dimension intertwined with space, forming a unified entity called space-time, where events are characterized by coordinates in three-dimensional space and a specific moment in time, and the relationships between events are determined by both spatial and temporal aspects. Questioning our understanding of time opens doors to new perspectives on existence and subjective experiences, expanding our understanding of the mysterious nature of our temporal existence.

To achieve success, you need to have thinking feelings of the things you want as if you already have them and they will be yours. To create the life that you want, you have to assume what you want is already yours so that you can operate at that vibrational frequency. It is the understanding that the past present and future are all available right now, but you just project a reality that you choose at the moment, just like in a film where you can select which part to watch by rewinding or forwarding. Note that whatever you are watching in the case of the film is the present. All actions and all creations take place in the present.

You need to master the power of the present if you are to set goals and achieve them. This will need that you to achieve a meeting of heart and mind. You have to hold true to the intention and stay attuned (focused) to that future you want. Hold the picture of your desire in your mind and in your heart at the same time. You need to have a clear picture of what you want and be in the feeling that you would have if you already have it. Then accept that what you desire is already yours. Hold the picture of what you desire and feel as if you already have it then start doing actions that represent or prepare achievement of your desire. For example if you want a partner, start planning time for them, preparing your room to be as it should if the partner you desire is present, you can even buy a gift you would give them. If it is a job you desire, start acting as you would if you had the job, wake up the time you would if you had the job, do tasks that mimic that job, put on the way you would going for the job, talk and behave as you would

if you had the job. As Jesus taught in Mark 11:24, whatever you believe truly to be yours is yours.

Accessing different dimensions of the mind can lead to massive success, but the majority struggle due to not understanding the nature of the mind. Most of our Societies incentivizes brute work over creative thinking, creating a generation of workers who are shunned for thinking outside the box. All successful people have dared to think differently in one way or another and persisted despite resistance.

Four-dimensional thinking is the edge that sets creators apart, and understanding the progression from one to four dimensions can help individuals step outside of the box and create their own reality. We have already explored the power of imagination. Engage in picturing and feeling your goal, holding that picture and feeling in mind, and approaching daily life from that feeling state to increase the probability of achieving your desired future.

Some of you will say this is easier said than done. That is why we recommend that to be successful, you have to master the art of **identity shifting** on your internal world. As emphasized in the Kybalion, as within, so without. You need to become consciousness in order to influence your destiny. Unconscious people are not fully aware of themselves or what is going on. You have to choose how you are within in order to change your outside. Even if you are going through the dark night of the soul (trying moments), know that you are in a necessary identity shift to become that which is necessary to achieve your desires.

In *Psycho Cybernetics* by Maxwell Malt, we learn that when you change your image to an ideal self, your results automatically change. You need to have a clear picture of who you would be to achieve what you need to achieve. You need to have a conscious identity shift, from within. Remember reality is affected by action and behaviour, thoughts and feelings, beliefs (the programs we run on) and convictions (beliefs that have been engrained).

Curl Jung recommends active imagination where you can engage in joyful theatrical mental play where you picture what you want to project as your desire. The key point to note is that reality plays out the way you believe it will. Avoid expressing regret, hatred, dislike or anxiety over anything, as you call into being anything you give energy to (attention).

Ultimate Masters know that in all life, we don't get what we want. We get "who we are". Your identity is the real deal. Everything in your life is a match to who you are "being" because "being" vibrates and vibration attracts. And the law is: Like Attracts Like. You are the only

person that stands in your way or opens your way. You have the power to create and you, yourself, are the only person that can change yourself.

Habits make up 70% of our waking behaviour, so forming good habits can have a significant impact on our lives. Small changes occur in the cognitive and neural mechanisms with each repetition of a habit, which can be used to form and maintain habits or break them.

Remember, repetition and task bracketing are powerful tools for forming and maintaining new habits. Studies from psychology and metaphysics tell us that it takes up to 8 months for a person to form a habit. With repetition, cognitive and neural mechanisms adjust to form and maintain new habits and reduce resistance. Make changes occur in cognitive and neural mechanisms with each repetition of a habit to help form and maintain new habits and overcome limbic friction.

Setting for yourself a task bracket (the smaller actions you need to achieve your desires) creates a neural imprint that determines habit context and likelihood. Task bracketing sets a neural imprint that determines whether a habit is context dependent and likely to occur, regardless of external factors. Even if you are still struggling with some habits, start a double habit of ending a bad habit with a positive one to help replace the bad one. Exit whatever you are doing and perform a new positive habit in the immediate period afterwards.

By orienting your nervous system towards the execution of a given habit, you can prime your brain and body to execute that habit, making it easier to adopt or break a habit. Positive anticipation and subjective rewards can help establish and maintain healthy habits, even if they are initially difficult.

### Achieving supper alignment with God and the Universe

Fourth-dimensional manifestation involves aligning your thoughts, emotions, and intentions with the energy of the fourth dimension to bring about desired outcomes in your life. Here is more guidance on how to achieve fourth-dimensional manifestation:

**Cultivating Self-Awareness:** Self-awareness is a crucial foundation for fourth-dimensional manifestation. It involves observing your thoughts, emotions, and beliefs without judgment, recognizing patterns, and understanding the impact they have on your experiences. Through



self-awareness, you gain insight into the deeper aspects of your being and can identify any limiting beliefs or thought patterns that may hinder your manifestation abilities.

**Expanding Consciousness:** To tap into the fourth dimension, it's important to expand your consciousness beyond the confines of everyday awareness. This can be achieved through practices such as meditation, mindfulness, breathwork, self-inquiry and introspection. These practices help quiet the mind, cultivate present-moment awareness, and open the door to higher states of consciousness. As you deepen your practice, you become more attuned to the subtle energies and vibrations that underlie our reality.

**Aligning Thoughts, Emotions, and Intentions:** In the fourth dimension, thoughts, emotions, and intentions carry immense creative power. To manifest effectively, it is essential to align these three aspects. Cultivate positive and empowering thoughts, envisioning the desired outcome as if it has already occurred. Engage your emotions by feeling the joy, gratitude, and fulfillment associated with your manifestation. Finally, set clear intentions, focusing your energy and attention on what you wish to manifest.

**Letting Go of Attachment:** While setting intentions is important, it is equally crucial to release attachment to the specific outcomes. Trust in the intelligence of the universe and have faith that the highest and most aligned manifestation will come to fruition. Letting go of attachment allows for the free flow of energy and synchronicities to unfold, often bringing about even more magnificent results than you could have imagined.

**Conscious Co-Creation:** Fourth-dimensional manifestation involves recognizing that you are a co-creator with the universe. Understand that your intentions and actions play a vital role in the manifestation process, but so do the unseen forces of the universe. Maintain an open and receptive mindset, stay present in the moment, and remain aligned with your intentions while allowing the universe to orchestrate the perfect timing and circumstances for your manifestation.

**Practice Gratitude and Appreciation:** Expressing gratitude and appreciation is a powerful way to amplify your manifestation abilities. Cultivate a daily practice of acknowledging and expressing gratitude for what you have already manifested, as well as for the blessings and opportunities that are on their way. Gratitude raises your vibrational frequency and attracts more positive experiences into your life.

Remember as you continue to deepen your understanding and connection with the fourth dimension, you will find yourself manifesting with greater clarity, alignment, and ease.



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## Growing your Awareness and Consciousness

For a long time, we have been told that all living are consciousness. Consciousness is that which is aware of being, of itself. Consciousness is not a thing, but a state of being where mind, body, and spirit are integrated and harmonized. Our thoughts and emotions create vibrations that can affect the reality we experience, according to quantum physics.

The level of consciousness you are in determines the level of energy you access and move into form. It is vital to know that it is consciousness that moves energy into form. Your body knows it is a conduit for source energy. Consciousness is the animating force of life. You can work with it to create. Remember each of you has a destiny. You placed a seed within your heart when you chose as a soul to come into this human experience. But while on earth, you have to 'find' that gift, nurture it, and give it the right energy vibration.

All people have incredible opportunities to start creating and living in new paradigms of consciousness within the human experience. It starts with you creating a new paradigm within yourself. This very moment is a gift and an opportunity to look at your life, your choices, your thinking, your behaviour, your health, your well-being, your feelings, your relationships, your purpose, your passion, your joys, and to transform your life to be everything you wish it to be here and now.

Masters understand that it is vital in our thoughts and feelings to be intentional about different dimensions of being from where we want to harness the power of energy. The third dimension is an awareness in which you experience and create an extraordinary life, striving through your personal efforts and excellence to achieve what you desire.

The majority of human consciousness is at a vibrational frequency of 3<sup>rd</sup> dimension, believing themselves separate from God, from others, from the money or health you want. Here you operate with energy from a low vibrational frequency. You are at this level when you think you are your circumstances or that circumstances determine the kind of life you must live.

There are three things humans do that entangle them in 3<sup>rd</sup> dimension of only believing in physicality. One is believing you are unworthy. You believe the clothes, money, education, houses, cars and possessions determine your worth. The truth is once you know you are one with the creator, you understand that you are always worthy of the experience you want to have. Secondly, many people deny their real power. Something happens, you react, you create

resistance or argue. When you know your power is always in the now moment and that you can direct your power, you can always exercise your power as one who is in charge all the time. Thirdly, some people deny love for themselves. Talk to five people near you and more likely than not at least three think things are out of their favour or that they are disliked. But when you release yourself from such thoughts and tap into imagination, you feel the potential for creation in your life. Always remember you are a powerful creator of your reality.

### Entering the quantum and creating miracles

The unmistakable truth is that Consciousness creates. Dominant thoughts prevail. Miracles (the good that we want) don't come about because we are nice people but because of consciousness. They are a birthright of each one of us. Consciousness is the transitional realm between the spirit world and the physical world. The absolute realm is the eternal, the energy of the dormant thought, and the love or source energy. We influence the world, what is happening or existing using our thoughts. You have to know that what happens in the world is not random. The power of God or source energy is available to all of us to create. This creative force responds to whatever demand is placed on it by our subconscious mind, where dominant thoughts are kept, and brings them into reality, to manifest.

The infographic is divided into two main sections. The left section, titled 'Conscious mind 10%', lists: Will power, Short term memory, Logical thinking, and Critical thinking. The right section, titled 'Subconscious mind', lists: Beliefs, Emotions, Habits, Values, Protective reactions, Long term memory, Imagination, and Intuition. To the right of these lists is a graphic of a human head with a brain, split into two halves, one red and one blue. Below this graphic is the text '@master.thyself'. The right side of the infographic is a black box with the title 'INTERESTING FACTS ABOUT THE SUBCONSCIOUS MIND' in yellow and green. It contains ten bullet points with star icons, describing the powers and characteristics of the subconscious mind. At the bottom of this box is the text 'MASTER THYSELF' and a small red icon of a person.

**Conscious mind 10%**

- Will power
- Short term memory
- Logical thinking
- Critical thinking

**Subconscious mind**

- Beliefs
- Emotions
- Habits
- Values
- Protective reactions
- Long term memory
- Imagination
- Intuition

**INTERESTING FACTS ABOUT THE SUBCONSCIOUS MIND**

- ✦ It records everything.
- ✦ Always alert and awake.
- ✦ It controls 95% of our lives
- ✦ It is built on habituation.
- ✦ It speaks to you in dreams.
- ✦ It has no verbal language.
- ✦ It takes everything literally.
- ✦ It can do trillion things at once.
- ✦ Is not logical; it's the feeling mind.
- ✦ It is one million times powerful than the conscious mind.

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MASTER THYSELF

Many people have no idea how negative their thoughts are and how the non-progressive thoughts are creating the negative world they are experiencing. You can start to use the creative



laws by changing your thinking, focusing on thought patterns that will bring the good that you want so that you can have a more joyous and fulfilling life. The subconscious mind is the key to your achievements in life. It stores your dominant thoughts. It is important that the dominant thoughts you send to the subconscious mind are based on super awareness of who you really are and the kind of power you have to create the world you want.

Remember miracles are a series of natural events that work together to produce wonderful results (a bridge of natural incidents as explained by Neville Goddard). When we learn how to use the natural laws, they favour us. When we don't learn or use them badly, the natural laws punish us. The creative law like all laws is completely impersonal. If you believe you can't be successful, can't heal yourself, can't make it in school or in life, you are always right. You are the one creating the situation you think or imagine by yourself.

There is a co-creative process always happening. The law of belief, the law of expectancy, the law of attraction all tell us that we set the creative process through our belief and expectation and then you attract your dominant thought(s). The law of belief is always in formation based on what we think. Change your dominant thought to that which is positive and get in charge of your life. The dominant beliefs in your life are what manifest in your world.

Don't use your past to make your expectancy of the future. We live in an unlimited world. Just because it hasn't happened before doesn't mean it can't happen now. There are many infinitely new experiences every day. The time delay is important to test your faith in your current thought or belief. Many of you would have destroyed your life every time you think things are bad, you will die, collapse or not survive. Delay to manifest is thus good.

The infinite, our source (God) is all love and possibility. You have to believe you are worthy of it and you have to expect it. Once you have the right belief, the right expectation, you can attract your desires. Make sure the energy of your thoughts is congruent with what you want (at the same frequency). Meditation, affirmations and prayer all can help in changing your thinking and the mind. When you wake up, you want to purposely create a field that is of the dormant field you want to experience. Send out what you want to experience, blessings, abundance, health, the weather, fortune, joy to people, animals etc. It is a quantum ocean all around us and the mind is the one driving what we finally see in the macrocosm.

### Asking the right questions

Until you start asking who am I, why am I here? What is the purpose of all of this existence, you will unlikely achieve an elevated state of awareness that will enable you begin the awakening journey of knowing you are not your conditions and circumstances.

When you arrive in this awareness which is 4<sup>th</sup> dimension vibrational frequency, you are in a state of transformation where you can change things to be what you want them to be. Whether it is money, relationship, healing and abundance, the 4<sup>th</sup> dimension helps you literally bring heaven on earth filled with divinely orchestrated experiences every day when you are aware of your oneness with source energy (God) and you can call things into being at will. You have to master the faith and stillness of going into the inside of yourself to connect with who you are.

But you may want to enter an even higher dimension, the 5<sup>th</sup>. The door way from 4<sup>th</sup> to 5<sup>th</sup> is to let go of judgment of yourself, of others, of circumstances and conditions. To vibrate at the frequency of this 5<sup>th</sup> dimension, you don't judge things as bad or good. You understand your power and elevate your power to a much grandeur perspective where you change things to what you want. You stop reaction and trying to fix things or people, a habit that usually results from judgement. In this dimension you are a creator within your own creation. You are whole and here. You achieve realization. You come into the moment and integrate everything into the moment. You are totally available in every moment and keep expanding on that. In realization, you are whole. You integrate every part of you with oneness or source power. You exude total love.

The 6<sup>th</sup> dimension is pure imagination of form, a much higher dimensions of consciousness. It is not about hierarchy but an experience. We are on earth for a grand adventure especially when you allow yourself into who you are and what you are capable of. Every day you can go from one dimension to another at will or unconsciously, like Ultimate Masters do.

When you live fully, you love fully, your destiny will come to you. Ultimately, you are here to come into realization of who you really are. You expand and a whole new world opens up to you. Know that you are here on earth to play, create and have fun. Don't choose to struggle and live in pain and worry about tomorrow. Have faith in God that tomorrow is good.

The greatest thing you can do for the human family is to transcend from lack, fear, uncertainty to love, peace, joy, abundance and assuredness so you can manifest what you want and make the world a better place. You are a creator. You are a multidimensional creator. Get your power

back. Always affirm that “I am here as pure love and I am divine”. Put your storms down by affirming who you are and your love.

Remember most of the suffering you face comes when you always think you know what another soul’s journey should be. Live your life, not the life of others. Only your soul is important to your assignment. You are part of source as we are all consciousness. True mastery is in you learning to experience yourself as oneness with source.

You are here on earth to express yourself fully, to play and have fun, expand and experience. Life is an experience of free will. Lessons are secondary, continuousness and never ending. Embrace the lessons knowing there is no judgement from God or the angles or ascended masters. It is up to you to learn who you are and manifest the high level of consciousness. Only what you believe you create. Life is a game of consciousness. We are all one person at different levels of consciousness. Otherwise, at the perfect level, we are all love.

A good life here earth is about feeling God. Energy and light are always guiding you if you seek the connection to source. You are here to live life. Don’t resist, don’t force, don’t judge. Every life is meant to be good. Know that the ultimate purpose of life is joy, peace, love, creation. True creation is when what you need shows up even before you express it. You are here as a creator. Go ahead and create that which is beautiful and meaningful to you. Everything is potential (you create). You are a creator within your own creation. You already are. You are everything you wished to be when you decided to come down here on earth to experience life in solidity. Allow yourself to be associated with the becoming of what you truly are. Enjoy this experience of becoming. Exude love, because love is the ultimate.

### **Taking charge of programming your sub-conscious mind**

Remember that everything that has been taught to you or programmed into you can be reprogrammed. Most important is to know that your self-concept is the master program of your subconscious mind. According to Brian Tracy, your self-concept is your operating system. Everything you produce on the outside is determined by your **self-concept**. You have to know that you cannot change what is outside without changing the inside. Second, You always perform on the outside based on how you think on the inside. The law of belief says that your beliefs become your reality. Things you believe may not be true but if you believe them long enough they may become true. You can change your perceptions in ways that favour you. If they tell you it is GIGU, as in garbage in, garbage out, you can decide it is good in, good out.



The law of expectation says that you become your own self-fulfilling prophecies, everything you expect to happen usually does. If your expectation is based on false information, you have false expectations and they will happen anyway. If you expect you will have a successful and wonderful life, it will with time come true, so long as you confidently expect it. An attitude of **confident expectation** is the hallmark of successful people. You are not what you think you are, you are what you think. In the bible it is said as a man thinketh in his heart, so is he. According to your faith, it is done unto you.

One of the great principles for success is to challenge your self-limiting beliefs. You have to change those things that you tell yourself that hold you back. You have to know “I can’t” is your greatest enemy. You have so much potential that you can achieve as much any great man or woman has ever achieved. We have enormous reserves of power that many of us habitually fail to use...every human being has **enormous power, energy** directly from the source as breathed into you by God.

All improvement in personal performance begins with improvement in your self-concept in order to have better beliefs about yourself. All energy to drive your desire begins from within and radiates to the outside. We are told an average person uses only 10% of their **potential**. This means you earn less than 10% of what you could have earned. How do we know it to be true? Because many other people are doing it in your country, your agemates, tribemates, region mates-whatever anyone else has learned and can do, you too can.

Each of us has a self-concept in regard to the amount of money we can earn. You cannot make more than 10% of your money expectation without engaging in compensatory behaviours. Most people’s psyche develop a **comfort zone** (what you are comfortable having) and resist any thing even positive change that move you out of your comfort zone. We all know that the amount of money you are earning today has little to do with what you are capable of earning. It has a lot to do with your comfort zone, what you are comfortable earning today. If your self-concept appreciates that you need to earn more, you will do compensatory behaviours, change how you think, and behave accordingly. No matter how much you earn, the comfort zone increases as needs increase. No matter how hard you work on the outside, nothing much will change if you don’t change on the inside, the self concept- especially on your comfort zone.

The self-concept is made up of three parts

**(a) The self-ideal** -composed of your goals, values, aspirations, the qualities you admire in yourself and others, your hopes, your dreams and your visions. This is who you want to be in

the future. It exerts a lot of influence on who you want to be in the future and how you want to get there. The key word in all this is clarity. Successful people are very clear about where they want to go, what they want to achieve and what they want to accomplish. It acts as a magnet to push them towards their desire. The clarity you have about who you are, and who you want to be in future, the more likely you will move rapidly towards your goals and your goals towards you. Some of you are fuzzy about what you want to achieve or have no goals or visions at all

**(b) The self-image**, which is how you see yourself and what you think about yourself. It is often called the inner mirror. It determines how you perform on the outside. If you see yourself as an outstanding professional, calm able and highly paid, that is what you will exhibit. You have to change your mental pictures about yourself. You have to imagine yourself as you would like to be. If you begin to visualize yourself on what you would like to be, your mental picture is accepted by your subconscious mind as a blue print or a command of what you want and you will be drawn to act on it and manifest it. Similarly, if you have something important coming or you wish to solve, visualize yourself as a calm, confident, relaxed and the whole situation coming up perfectly. As you go to your sleep, always visualize yourself with mental pictures of yourself performing at your very best, then your subconscious mind takes that picture into your mental laboratory and works on it and you will be in top gear the next morning. All top Olympic athletes use this technique of **visualizing** themselves at highest levels of performance.

**(c) self-esteem**, which determines your level of energy and how you feel about yourself. People with high self-esteem are likeable, fashionable, they get along well with others, they feel good about themselves, they have high levels of energy. People with high self-esteem are the most desired in society. High self-esteem and high self-responsibility are the greatest qualities of all successful people. A person with high self-esteem accepts personal responsibility and a person with high self-responsibility has high self-esteem.

The very best definition of self-esteem is how much you **like yourself**. How much do you like yourself as a professional, how much do you like yourself as a parent, how much do you like yourself as Christian, as a Muslim, a Buddhist, a Hinduist, as a carpenter, as a farmer, as a man, as a woman? How much do you love your income? If you say I LIKE Myself, your level of self-esteem goes up. The more you like yourself the more you do and achieve self-mastery.

You can say this 20 or more times a day, even 100 times: "I like myself, I can". The more you like yourself the more you do and you like more of yourself and you go on to achieve more and more. Then your subconscious mind takes commands from you and changes you accordingly.

If you like yourself more, you like other people more, if you like other people more, they like you more. It will change your actions and reactions, and your life gets better and better.

Everything we do should aim at making us like ourselves better. Why is it that we like to be excellent in our fields? Because you can never be happy or have self-esteem if you feel inferior in your field. The absence of a commitment to excellence is an acceptance of mediocrity. If you become one of the top 10 in your field you will feel good about yourself...you will like yourself and other people will like you more and more. People with high self-esteem set high goals. Those with high goals have self-esteem. Everything is back and forth. Often use self-enforcement words like “I like myself”, “I love myself”.

Even in your children or partner, you can improve their self-esteem and love for self by telling them you like them, love them or they are likeable, and loveable. As Shakespeare once wrote, the fragrance of a rose lingers on the hand that catches it. Once you get accustomed to transmitting good emotions to yourself and others, good emotions will be abound in your life journey.

#### Conquering your body and subconscious mind

Know your body is your subconscious mind, The best way to predict your future is to create it from the unknown. Develop the practice of closing your eyes and mentally rehearse your actions towards what you want in future. Think of the love, the abundance, the success or the things you want to have and feel good about it. The body or subconscious mind will take it to be true the same way you are thinking and feeling.

Many people spend their time in lack and expect something to change out there, yet what is to change must be the inside. That is the empowerment you need to be able to change from within. Stop living your life as a victim, change and become a creator of reality by focusing on what you want, think more about it and it will become a reality. Think about happy things, watch funny videos, eat healthy just be positive and know that you are now in control. Do what you want, what you love to do! Don't let anyone stop you from doing it not even your family because it's your life not theirs. Do what makes you feel happy, what makes you feel good. I have faith in you all and I know that you can do this.

The quantum is you are equal to your personality (how you think, act and feel) and it creates your personal reality.

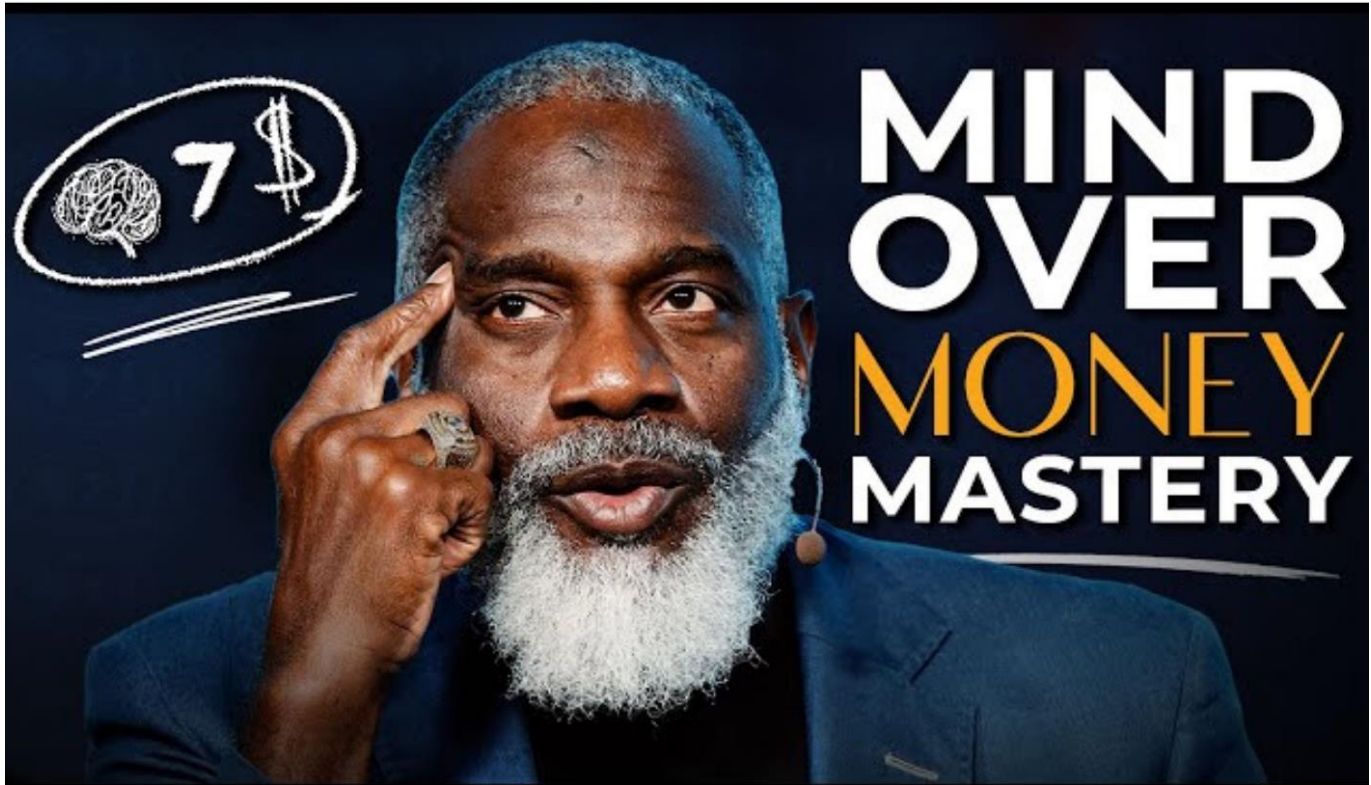
1. Break your old habits: Become more aware of how you think and act. Become more conscious of what you think or do so you do purposefully what you desire to achieve. Just like you tend to a garden to plant, you have to let go of old thoughts and habits in order to plant new ones that will lead to more productivity. We have to unlearn before we re-learn.
2. Control your emotional reactions: We create long term emotions in relation to what we experience and focus on. You have to control emotions or how you react to events or things that happen to you. Stop conditioning the body into the past unpleasant experiences. Focus on now and draw on the future and how you want it to feel like.
3. Be greater than your fears: For many people, emotional fears are more than physical fears and affects growth and repair of the body. Fear is the opposite of faith and the greatest enemy of man. Stop fearing and God is in you and for you.
4. Create your own future: Change how you think, and focus on what you want. The best way to decide the thoughts you want to wire and fire in your brain is to close your eyes and mentally fire what you want to happen. By doing this, you ensure your brain is no longer a record of the past, but a map of the future.
5. Fully engage in life: Don't just sit and meditate. You have to fully engage in life. Serve and benefit from others.
6. Balance your nervous system: The human brain has two branches, the para-sympathetic and the sympathetic. The para-sympathetic is for protection. When it senses dangers, it switches on and mobilises hormones (energy) to fight the threat. The sympathetic when switched on prompts you to run, hide and not spend your energy on any perceived threat. This helps to promote growth, repair and saves energy for other productive usage. Know that if you live in constant fear, you are consuming a lot body resources and reduce growth, repair and rejuvenation of your body.
7. Go all in: Make good choice of what you want to do and go all in. Decide and stay put in what you want in order to experience something positive e.g. meditation. Don't

entertain doubts, for they are thieves of achievement

8. Don't hold grudges: Remember the body is an electromagnetic operations that depends on energy moving smoothly through the different parts to supply and rejuvenate life cells. Know that frozen circuits are hardened circuits. Hate freezes circuitry and this affects flow of effective energy within your body. Don't think everyone is a betrayer, everyone cannot be trusted or they will do bad to you. Even if you have had a bad experience with the person before, you have to stop seeing that person with a past lenses,. It means you are wearing a mask of another person, which triggers the emotion in you that takes you back to the past. That is why you get repeated experiences that are not good with the person or certain people. Focus instead on true love, care and compassion so that you experience those very emotions. You have to learn to create what you want. Learn not to be energetically bound to someone or a bad experience. When you forgive, you free yourself and free the other person, and both of you get free because both of you experience good energy
9. Change your beliefs: You don't create wealth you generate wealth, you have to believe the end product/ the future at the present movement. This means you become familiar with gratitude, freedom, abundance. This kind of attitude will make you move around like your future has already happened. Have a higher consciousness towards your desires and own them already.
10. Hardwire your brain to no limitation: Beyond the spiritual knowledge that what you wish is already yours, Neuroscience on mind body connection teaches us about the possibility of any desired experience or creation from the mind. Start feeling unlimited, abundant, loved, blessed and that will become your Truth. Master that philosophy. Feelings drive our thoughts, but good feelings always start with the right thoughts.
11. Experience creation of brain and heart coherence: There is currently too much information flow in the universe. Be open to learn but cautious. Get the right energy and use information available to change your life. Just like you should mind what you eat, what you put into your brain, is important for healing and sustained health and prosperity.



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# Master Your Mind & Master Your Money

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This course features **Myron Golden** and **Artemis Limpert** 2 of the world's leading experts on the subject of expectation and creating the life of your dreams.



## **Prayers for healing**

One of the great natural gifts is the ability to heal yourself and to heal others. We can heal using plants, using the mind or using the spirit (consciousness). You can use healing affirmations to bring back your health or that of others into alignment with its natural self. You can affirm: “God’s love and truth floods my mind, I know the truth and I am thankful for knowing God’s love. God’s river of peace floods my mind and I AM thankful for the freedom and intelligence God has given me. I AM healthy and blessed, I transmit only health and vitality in my body and thank God for the health and abundance so that I can continue to be a testimony of God’s goodness.”

You can change the reference of I when praying for others so you can heal the people around you. We all have the healing power of God within each of us. You just need to master that super consciousness and act like one who knows that God is flowing within you and through anyone.

In case of sustained health challenges, say this two to five times a day for better healing. “My body was made in secret by God. His wisdom fashioned my muscles, tissues and bones, his healing power saturates my mind and body making me whole and perfect and I give thanks to thy wonderful works in my life and the life my brothers and sisters”.

### **The Observer Effect: Harnessing Conscious Awareness**

In the realm of spirituality and personal growth, the observer effect holds a profound significance. It originates from quantum physics, where it refers to the phenomenon that the act of observation can influence the behaviour of particles at the subatomic level. However, its implications extend far beyond the world of physics and into the realm of consciousness and self-awareness. As spiritual beings on a journey of awakening, understanding and applying the observer effect can empower us to transform our lives, enhance our relationships, and unlock our true potential.

The observer effect is a phenomenon in quantum mechanics that states that the act of observing a system can change the state of that system. This means that the mere act of paying attention to something can actually change it.

In the physical world, this can be seen in experiments with subatomic particles. For example, if you try to measure the position of an electron, you will inevitably change its momentum.



This is because the act of measuring the electron's position requires interacting with it in some way, and this interaction can change its momentum.

The observer effect has also been shown to have a significant impact on human behaviour. For example, studies have shown that people who are being observed are more likely to conform to social norms and expectations. This is because the act of being observed can make people feel self-conscious, and this can lead them to change their behaviour in order to fit in.

As spiritual and awakening specialists, we can use the observer effect to our advantage. For example, if we want to change our own behaviour, we can find ways to increase the amount of observation in our lives. This could involve things like setting goals and tracking our progress, or simply being more mindful of our thoughts and actions.

The observer effect can also help us to understand the power of our own thoughts and beliefs. When we believe something to be true, we are essentially observing that reality. And, as the observer effect shows, our observations can have a real impact on the world around us. So, if we want to create a more positive reality for ourselves, we need to start by changing our own beliefs and expectations. We need to observe the world through the lens of possibility, rather than limitation. And, we need to be mindful of the power of our own thoughts and words.

The observer effect in spirituality refers to the understanding that our conscious awareness has a transformative impact on our experiences and reality. Just like how the act of observing particles alters their behaviour, our thoughts, emotions, and perceptions shape the reality we experience. It suggests that we are not passive bystanders but active co-creators of our lives.

**The Power of Conscious Awareness:** Embracing the observer effect means acknowledging our role as conscious participants in the unfolding of our lives. By becoming aware of our thoughts, beliefs, and emotions, we gain the power to influence and direct our experiences. Instead of being victims of circumstance, we can become conscious creators, steering our lives towards growth and fulfillment.

**Shifting Perspectives and Empowering Beliefs:** Understanding the observer effect encourages us to examine our belief systems and thought patterns. Often, limiting beliefs and negative thought cycles hinder our progress. By consciously observing these patterns, we can challenge and replace them with empowering beliefs that support our well-being and success.

**Practicing Mindfulness:** Mindfulness is a key tool in applying the observer effect. By staying present and attentive to our thoughts and emotions, we cultivate a deeper understanding of

ourselves. Through mindfulness, we learn to observe without judgment, creating a space for self-compassion and growth.

**Transforming Relationships:** The observer effect also extends to our interactions with others. By being present and attentive listeners, we can profoundly impact our relationships. When we approach conversations with an open and compassionate mindset, we create an atmosphere of trust and understanding, leading to deeper connections with those around us.

**Manifestation and the Law of Attraction:** The observer effect aligns with the principles of the Law of Attraction. As we focus our conscious awareness on positive intentions and goals, we attract corresponding energies and opportunities into our lives. By maintaining a clear vision and belief in our ability to achieve our desires, we can manifest positive outcomes.

**Letting Go and Surrendering:** While conscious awareness is powerful, it's also essential to recognize the balance between taking action and surrendering to the flow of life. Sometimes, the best way to apply the observer effect is to release our attachment to specific outcomes and trust in the wisdom of the universe.

#### **Applying the Observer Effect in Daily Life:**

**Morning Reflection:** Start your day with a few minutes of reflection. Observe any negative thought patterns and consciously replace them with positive affirmations and intentions for the day ahead.

**Mindful Listening:** During conversations, be fully present with the person speaking. Practice active listening without interrupting or judging, fostering a deeper connection.

**Gratitude Practice:** Observe and acknowledge the blessings in your life. Cultivate a daily gratitude practice to shift your focus towards abundance and appreciation.

**Visualization and Meditation:** Engage in visualization and meditation exercises to clarify your goals and intentions. Imagine yourself living your desired reality, feeling the emotions associated with it.

**Self-Compassion:** Whenever you face challenges or setbacks, observe your self-talk. Treat yourself with compassion, acknowledging that setbacks are opportunities for growth.

**Set goals and track your progress:** This will help you to stay focused and motivated, and it will also give you a sense of accomplishment as you see your progress over time.

**Be more mindful of your thoughts and actions:** Pay attention to the way you talk to yourself, and notice the thoughts that you have about yourself and your life. Are your thoughts positive or negative? Are they empowering or disempowering?

**Spend time in nature:** Nature has a way of helping us to connect with our true selves, and it can also help us to let go of stress and negativity.

The observer effect is a powerful phenomenon that can have a profound impact on our lives. By understanding the observer effect, we can use it to our advantage to create a more positive reality for ourselves.

### The law of high state of consciousness

One of the greatest questions of our time is about whether the suffering or situation of people is the will of God or a result of God's exclusion. This question arises because we are focusing on our limitation. As cleared outlined here, within each of us lies the cause of what comes to us. The truth of the matter is that no bad situation or even disease takes hold of a body unless it finds something within us in the patterns of mind that attracts it and makes it possible.

The gravitational pull within your consciousness determines how you witness life. The higher the better. Higher energy always defeats lower energies. As moods change, our state of awareness changes. We need to redirect our energy towards what we want. Thus focus on a wellness sustaining level instead of sickness if you want to overcome sickness. Ask yourself where I'm I in my level of consciousness? This is what determines your life/ The good news is that consciousness can be changed, by getting it higher. Know that life, experiences will take us at the level of our consciousness. Always ensure that the center of gravity or level of consciousness is at a high level.

Don't focus only on material things or the acquisitive instinct. It is a low level of awareness that will make you stay in a bondage to sensuality and materiality. We need to change and deal with ourselves and life at a higher and higher level. We need the ability create in oneself a consciousness of being the true eye of Christ. The God level of you by which you can lift yourself to higher and higher levels towards your needs, wants and desires. The great need is not to achieve an occasional high in consciousness or a mind blowing experience then you get back to basics, but a complete change in gravity or consciousness that resides in the higher energies. That is why you should not look for short cuts like speak and get rich, spiritual high, marvellous spiritual healing... yes they can be achieved but it can be self-deluding as you will only have a momentary achievement and you are back to the problem. You cannot succeed by

bypassing consciousness. There cannot be changes in one's life without changing the central gravity of one's spirituality.

Things exist for us as we see them. It is said seeing is believing. This is not true. Believing is seeing. Consciousness is about what we know to be true-that God lives in us and we can achieve anything through God. This is the sure way we can inherit the kingdom that was prepared for us by God in the foundation of the world. How we see and we project our inside to the world is very important and determines the kind of life we live and give.

That is why true healing must come through changing our level of consciousness. We should have faith and pray from God instead of to God because God is already within us. This awareness is key to a high level of consciousness that will ensure a good life.

We always have a choice. You be among those who let your consciousness be raised so that you can judge best at which level you see and deal with circumstances in your life. You need to achieve a high level of spiritual awareness. This way, you can change things because you change the way you look at things. To reach this level, we need to be still, meditate, pray and get in terms with the highest level of gravity, the Christ in us. This is the law of consciousness that works always, exhibiting the positive power of the Christ mind.

#### God as source of all prosperity

Once you know you are in God, and master your God presence, you are the true creator. You can use affirmations- statements that affirm you are already that which you want to be and that can have what you desire. For example "I AM intelligence, I AM confidence, I AM prosperity, I AM power, I AM success, I Am loved, I AM prosperous, I AM healthy"...repeat the new conviction of what you want or desire day by day until it is the living quality of your thought. Feel what you say deeply so it is synchronic with your emotional nervous system. To get the best results, observe these rules:

1. Refuse to use the old habit path (depending on your individual power or ability) under any circumstances. Focus on the possibility and the power you have through God.
2. Keep your thoughts out of the negative path and hold it in the positive always.
9. Charge any new thought of your heartfelt wish with hope power, belief, faith, conviction and determination when you express it.
10. Make your new thought pattern as clear, deep, strong and positive as you can (meditate on it as possible).
11. Make opportunities for travelling along this new path as often as possible.

All humans struggle with duality or two voices. You know it is possible, but still, something tells you it might not be possible. We have to drop the impeding thought and give chance for the positive idea to be dominant so it can take form and substance. It is a process, until it forms a perfect pattern in your consciousness. We all need a clear mental pattern if we are to achieve abundance. We have to open channels for the expression of the prosperity mindset which exists in every human being. It works to fulfillment only when the idea of abundance holds you, owns you and becomes your main expression.

Remember that your thought or affirmation has to be backed up by a corresponding emotion. It must also be couched in the present tense. Life or creation always works in the present tense. You must inwardly accept it as a fact that what you want is already present. Believe you already have it. You need to have that subjective acceptance of the thing you desire. This will change your conscious out of the old model of lack to the new one of plenty. It is your hard task to eradicate the old thinking of scarcity or difficulty.

That is why you need some good level of meditation. Often close your eyes and repeat the pattern of what you want, feeling it deeply. The more thought and emotion you give to your thought or desire (as fulfilled), the more you attract it. Yes it hasn't yet shown up, but you have to keep it alive with your faith. You do this by giving it motion through action. Do some actions as if you are already prosperous. Do not allow negative ideas to crop in. If they do, do not let them stay long in your brain or heart.

Be always affirmative and positive towards your desire. Do not refer to wanting to be out of poverty or out of debt. That will attract more of what you are saying you don't like. Instead, focus on wishing to have plenty, abundance, prosperity, health... Think and feel it so deeply in your mind so that you build a new mental equivalent that will build a new path for God to work in your life to bring what you desire into reality (manifest).

Work on the idea and knowledge that "I AM (you are) prosperous". Watch your attitude, feeling and conversations (internal with yourself or external with other people), keep declaring it with such convincing tones, declaring I AM prosperous or I AM prosperity.

Think only wealth and health tightly so that no thread of the old doubter can enter. At least thrice a day, repeat the affirmation for your desire e.g. "I AM abundance, opulence, successful", and thank God for enabling you to already have it. Let the ideas of what you want sink into

your nervous system as you feel joy in it. You can use an item you use often like a phone, watch, photo, wallet, etc and associate it with prosperity. If you do it intelligently and consciously, even for just seven days, you will get good results.

But remember prosperity is not about money amount. It is different for different people. At its core, prosperity is a mindset of abundance to attract what it is you want. You grow and retain a knowing that there is supply, abundant supply. The spirit of God in you needs to be embodied as a working force in consciousness. You get a knowing that you achieve and deserve what you desire not because of what you do on the earthly plane, but because of the consciousness you have that there is plenty and you are worthy of receiving. You have to get in that state of oneness with God and enjoy His favour.

Jesus told us in his teachings that his mission was to give evidence of the truth, which is that all is possible through God. There is no power but of God. This Godly power in man is reflected even in the Old Testament. When Job thought of his troubles they grew, but when he turned to God, the troubles were solved. The effort must be cooperative. Man prays/asks and God gives. Good things cannot come to you by themselves. You want a fruitful crop, you must clear the garden and plant. Those who get a good yield, plant in the knowledge that yield we need is at hand. We need to cultivate and circulate the mental state of rich ideas so as to receive the outpouring of God's riches.

That is why Jesus taught us to seek first the kingdom of God and the rest shall be added unto you. To be prosperous and successful, we have to be in the spiritual path of the Most High. It is where we get a fuller expression of life. True prosperity is in achievement, contentment, deep awareness, harmonious relationship, ever flowing supply – achieved when we realise God is instant and unfailing supply of everything for those who have faith in him.

Substance (we see with usual eyes) is a manifestation of divine God and we are here to demonstrate the infinite riches of God that he showers upon us when we open our minds to believe. Attainment of the object desired is possible if we approach the future with the knowledge that whatever we need is available so long as we are in God and keep therein focused. Ensure you exhibit no doubt, fear or unwavering thoughts or feelings.

#### **Growing a prosperity consciousness**

Feel free to make big requests because your supply is the owner of everything. “...ask in my name and you will receive so your joy may be full,” Jesus told us in John 16:24. Asking for small or inferior things fearing it is too much to ask, is a sign of limited faith in God. Man's

limited supply is a limitation in mental understanding and acceptances of God's inexhaustible supply.

The purpose of prayer in the realm of prosperity is not to ask and ask God for amounts but to grow a new state of consciousness that enables you to receive what God has freely available for you. Know that all you need to do is you claim and thank God. That is if you understand that the only prosperity worth having is God. He is the only provider of anything good and dependable.

Our prosperity requires we clear the channels through which prosperity will flow towards us and through which we reach the abundant source. That is why God should be at forefront of your consciousness because God is man's all sufficient prosperity. God is the source of all that is good. That is why you shouldn't build your prosperity on humans or market trends. If you do, you are going to be in worry about partners, workers, taxes or customer continuity.

Permanent prosperity lies in our ability to mould the universal God permanently as all powerful willing provider within our thoughts. There are certainly many ways to achieve prosperity but the best as given by Jesus in Mark 11:24: *"Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours."* It is thus only right to pray for material things when we have the mental equivalent of those things. We should actually be thanking God for having given the desire in abundant measure.

But to get this, you have to stop reading or knowing this intellectually. You need a knowing belief. Just like in the Lord's prayer, we say "...thy kingdom come, thy will be done on earth as it is in heaven..." but few people really mean it when they say it. If you did believe that statement, you would know that your home, life, environment etc is in the hands of God and you express and get what you express. Our God is here and now.

You have to be in the awareness that God's kingdom is a kingdom of mind. The kingdom of God is here with us, within us. The question is are you bearing witness to the power of the living God by what you have or are doing? The God who is omnipresence, omniscient, omnipotent? In Philippians 4:19 we are told that *"But my God will supply your needs according to his riches"*. Do you believe in this promise? We need to dwell in the faith that we have an ever present provider and he loves us and is ready to give us what we want if only we ask (Mathew 7:7). But you must pray in gratitude and humility (ask for forgiveness and forgive those who have trespassed against you as in Mark 11:25) so you can get what you wish. Note that Jesus in the prayers in the Bible is not beseeching but asking for what is his, and thanking



God for listening to his prayer. Those who live in knowledge and awareness know that you will be prosperous as long as you stay in God.

We can all live in God's prosperity if we envision it, ask for it and open our internal channels to tap from God's ever present prosperity. Remember prosperity is wealth, but real wealth is your will, your good, your daily bread. It is your meekness or divine gentility.

In Mathew 5:5, we are told that blessed are the meek, for they shall inherit the earth. Meekness is the virtue which Jesus seemed to be most proud. It is the quality of mind that keeps the consciousness open to the good. A meek person is a strong person grown tender. This means to achieve prosperity, we need to express our desire, but let go of our will and self, and trust in God. This will make the earth symbolic of your possessions, both in material being and well being.

By the multiplying power of consciousness if you seek the Kingdom of God first, the rest shall follow. This publication is aimed at cementing in you the knowledge that life is a state of consciousness. Energy chooses to condense itself into consciousness that you carry (manifest). We pray every day that God grants us our daily bread. Our means the unity, the divine right, the oneness of all and the oneness with God. As Ivy Ingram teaches, most of the supply we crave for feels less than 4% of our nature, because our nature is always craving for the other 96% from within. Internal satisfaction is the ultimate. Remember we don't need money but the things money can buy, and we need those things for how they make us feel inside.

Let us be diligent in our expression. If we fill the internal hungers, we shall easily fulfil the external hungers. We are told man does not live on bread alone but on the word of God. Ever asked yourself what this means? Or why everything one achieves in physical objects doesn't seem to satisfy one fully? Probably the biggest discovery of modern science is the discovery that our feasible resources acquisition is determined by an intangible internal resource called ether. It is this same ether that Jesus referred to as the Kingdom of God. Let us always tap into the infinite supply that is always around man.

Beloved, know that all things are made out of one universal substance which is God. You can say these words with conviction to affirm your connection to God's abundant supply. "Universal mind substance is always available in me and for me and those who have learned to hold on to it at all time. All things the father has are mine. It is always with us, always has been, depending on our faith; always active waiting for us to acknowledge and be still in faith to receive what we need from it."

## 10 things to remember in attracting prosperity

1. The mental process required for a better income is the recognition, acceptance and belief. Know that the mental receiving must precede material manifestation.
2. It is receiving into our consciousness the spirit of God who created all things from the beginning and out of which all things are formed and God loves us.
3. The metaphysical method for demonstrating prosperity is to put prosperous ideas to work.
4. Prosperity is a state of mind. We bring about this manifestation by our acceptance and belief.
5. We overcome poverty and welcome prospering by mastering how to overcome every sense of lack.
6. We look not to the world of things, persons and places in solving a problem of supply, but look within our own consciousness. All the great answers are within your inner self.
7. We master the sense of want by building an inner sense of plenty i.e. knowing there is plenty available for you.
8. We can have anything we desire if we believe we already have it (Mark 11:24)
9. Prosperity is not a matter of education, training, working, saving, investing, struggling or denying yourself (fasting). It is a matter of getting into harmony with your individual power consciousness and following that law to its logical conclusions.
10. The permanent source of prosperity lies in our power to possess and mould our universal consciousness.

Remember you have inherited the riches of the world and they are waiting for you to take them. You can always say IAM Prosperity in order to develop your prosperity consciousness. Robert A Russel, in *You too can be prosperous* tells us to say "IAM prosperity" as many times a day, totalling to at least 100 times in a week. This helps you to be served by the idea, not be a servant of it, be a Sower that is free of contradictory thoughts. Plant with your idea in your fertile subconscious mind, nurture it with consciousness. As we are told in Mathew 7:7, you shall ask your will and it will be done unto you. Divine substance is always shaping itself in God. Ensure to keep all antagonistic thoughts out of your mind. Make prosperity your most fundamental thought, tone, quality and focus. Let it be your main trend or subjective thought. Remove worry and just know if you wish it, it will be provided by God.

## Entering and using the power of the heart

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*“God dwells in the hearts of all beings, beloved, your God dwells in your heart and his power of wonder moves all things. . . whirling them onwards on the stream of time. . . . I have given you words of vision and wisdom more secret than hidden mysteries. Ponder them in the silence of your heart, and then, in freedom, do your will”. —THE BHAGAVAD GITA*

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From the depths of ancient traditions to the enlightened minds of mystics, a profound truth has been unveiled—the magic of communion with the Divine lies within the heart. Here, at the crossroads of the physical and spiritual realms, we can uncover the essence of our being and experience self-transformation. The heart, far more than a mere organ, serves as the throne of higher consciousness, offering a springboard to elevate our souls.

From Christian contemplatives to Buddhist meditation masters, the world’s mystics tell us that the heart is more than a physical organ; it is the seat of our higher consciousness.

From lessons in spirituality and science, many of you might have learned that the heart is the fulcrum of the body’s energy system. We have already talked about the body’s chakras, which are energy centers, acting as your receiving and sending stations of energy. This is why it is encouraged you meditate and intentionally charge the chakra often. The heart chakra is a very important energy center in the body. Science tells us that oxygenated blood in the body is pumped by the heart and sent to the rest of the body. So the energy we receive from the spirit (breath) passes through our heart center and moves on to nourish the other chakras and systems of our body.

As the energy passes through the heart, it takes on your heart’s imprint, the quality of your energy and sends it to other parts of the body. Thus the quality of your heart affects everything you say or do. In the Psalms of the Old Testament and the Gospel of Master Jesus, we are taught that we have to jealously guard the heart, for all life flows from it. The sages have long taught us, as a man thinketh in his heart, so is he. It is thus important to heal and clear the heart often.

Many mystics describe the heart as a place of refuge, where we can ‘go’ to speak to God or source power. It is recognized by all religions as the place of the vision of God. Hindu and Buddhist teachings tell us that the heart is the abiding place of the Lord. Many mystics have taught that within the heart is an inner chamber, the tabernacle or cathedral so to speak, your

meditation room. In Hinduism, it is this chamber that is known as the heart chakra (called Anahata or root of bliss). It is also referred to as the secret or hidden chamber of the heart.

Master Jesus described this chamber when he said *“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.”* (Matthew 6:6). We are told that this little space within the heart is as great as the expanse of the universe. The ancient Chandogya Upanishad says the heavens and earth are there in the heart, and the sun and the moon and the stars, fire, lightning and winds are there, and all that now is and all that is not. That is why we are asked to once in while enter into meditation by visualizing a beautiful island in our heart where golden sands are sprinkled with jewels and fragrant blossoming trees line its shore. We are told to envision under a beautiful tree, a blessed temple where we commune with our God in beautiful meditation. This is aimed at enabling us create a beautiful world within so we can experience it without.

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*What shall I give to the Lord to make him happy, to please him: A loving heart, A patient heart, A humble heart, a caring heart he will love...*

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In the beautiful work of *The Secret of Atoms*, author M wrote that within the heart there is a principal atom that the physical body must conform to in its progress. This it is said is a spinning body within its own atmosphere and it is called the master builder. The book tells us that it guides all the constructive principles of our physical body. Like a general in command, it has armies of atomic builders and engineers that carry out its directions. The author refers to these as aspiring atoms who seek the inner most as we seek the innermost. This master builder has a staff of overseers who sacrifice their own attainments to those beneath them in development. As humans, our first practice should be to attract the notice of these overseers of the master builder so they attune us to their intelligence. Note that the physical organism of man is like a foreign country to these atoms and the role of the overseer atoms is to attune the body to its best spiritual possibilities. We are told that the master builder rests in the purest blood of the heart in absolute authority over the atoms of your body.

As we move through our heart chakra in meditation, there is a door that leads to the secret chamber. There, seated on the throne within this chamber is our inner master, our higher self. This beloved friend provides divine guidance and spiritual connection. This higher self is known in different spiritual traditions by various names. Hinduism describes the indwelling

spirit that lives within the heart as the inmost self. It is also known as the Anatma or Anatta. Christian mystics refer to the inner man of the heart or the inner light. Jesus told us this is the Christ. Gautama described it to be the Buddha. Thus the higher self is sometimes called the inner Christ or Christ self ( *Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'*" - John 7:38) or the inner Buddha. The special acoustics of the inner chamber of the heart allow us to hear the still small voice of God and or higher self and achieve the guidance and direction which many of us often need.

Unfortunately, many people think they are too busy to stop and listen to this inner voice, yet the secret chamber isn't very far away. It doesn't take long to slip into the heart and have a quick conference call with your inner teacher. Yet everybody needs to consult frequently with one's inner teacher. All cultures acknowledge that your higher self knows all. In my birthplace we locally call it *isenkati mutima* in Runyoro language, literally meaning the aunt of the heart. It can teach you, show you unerring direction and warn you of danger if you take time to tune into that voice. Once you acknowledge that master presence within, you can retreat to your secret chamber at key points in the day. You can say: " Oh beloved one. I am so grateful for your guidance, illumination and love. Teach me, direct the course of my life, and show me the next steps I must take". You can vary this by asking for specific direction on specific matters you are currently facing or dealing with or your desires. Note that the answer might not come immediately but at the right time, the answer will come.

Many people are doing all they can to create reality from their mind. Many of the recommended manifestation and visualization exercises are mind focused. Remember there are two spheres in your mind and there is always a duality involved. When you manifest with your mind (the brain part), there is always going to be a countervailing force involved. Yet the key to creating your reality and manifesting what you want is in the heart. You have to seek an alignment with the heart. Jesus told us that you cannot achieve your wishes when you are a kingdom divided against itself. The heart does not seek, it knows. The brain considers the information it receives through an analytical filter of the template world view. The heart receives knowledge from the information field directly without subjecting it to analysis and communicates with our intention in the same manner. Many sages have told us that the heart has everything you need to realise your desires. It directs energy in motion (emotions).

It is good practice to always turn to the heart. It has all knowledge concerning you and all previous knowledge of all humanity. All geniuses in science and business mostly succeeded

because they turn to the heart. All masterpieces and great products speak to us in the language of the heart. All the work you do will create the best impression if it comes from the heart. The heart is capable of creating original copies while the brain can usually only copy.

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*“Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.” Revelation 3:20*

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You have to accept the axiom that the heart has everything you need and get the joy of making the best use of it. Without a healthy heart, the mind is not capable of doing much at all, yet when heart and brain join together all vibrant, they can accomplish anything because their merging generates magical power to meet any intention. The mystics have revealed that blazing within the secret chamber of the heart is a divine spark, a sacred flame that God has endowed us with. It is a spark of fire from God’s own heart, a portion of God right inside of you. It is pure spirit. It is the point of pure contact with Source. That is why you must always remember that human beings are divine beings with divine connection.

Mystics from all religions have been teaching that the spirit of God dwells in each human. *“Don't you yourselves know that you are God's sanctuary and that the Spirit of God lives in you?”* wrote the apostle Paul in 1Corinthians 3:15. In Hindu tradition, the Upanishad talks of the light of the spirit that is concealed in a high place of the heart of all beings. Jewish mystics refer to a divine spark called Neshama, which serves as a bridge to the divine world. It is believed in Judaism that when things came into being as mineral, vegetable, animal, or human, “some of the sparks remained hidden within the varieties of existence. The kabbalists explain this concept of a divine spark as the purpose and meaning behind everything in existence. According to Judaism, the divine soul involves five ascending levels of consciousness. They are called (in ascending order) Nefesh, Ruach, Neshama, Chaya and Yechida. These sparks are thought to remain in all people and things, waiting to be ignited by good deeds. The call of Kabbalah is to “raise the sparks.”

Those who have contacted the divine spark describe it as a sacred fire, as well as a seed of the divine. St Catherine of Siena said in one of her prayers *“ in your nature, eternal God head, I shall come to know my nature . And what is my nature, it is fire, because you are nothing but a fire of love...”*. The German born Christian theologian and mystic Master Eckhart von Hochheim says that God’s seed is within us. There is a part within us that remains eternally in the spirit and is divine. Here God glows in flames without ceasing. Eckhart says *“The Eye with*

*which I see God is the same Eye with which God sees me".* St Germain, one of the major ascended Masters talks of the seven flame spark that is the source of all creation power. Similarly, Buddhists speak of the divine spark and the gem of Buddhahood that exists in every living being. Buddhist texts explain that all that lives is endowed with the essence of the Buddha (the Christ) and most works reflected by the heart. Within each human, that spark is expected to blossom and unfold our full spiritual potential. In some traditions, the spark is called the three fold flame because it engenders the primary attributes of spirit: power, wisdom and love and correspond to the trinity mostly cited in Christian faiths.

We usually draw from the power of the heart when we act from the spiritual loving part of ourselves. Such result from the divine spark that imbues our divine thoughts, feelings, words and deeds. It has the power to change our individual lives and ultimately to change the world. Your divine spark is the same universal light that burned in the hearts of the saints, adepts and ascended masters. The only difference between your flame and their flame is its size and intensity. The more intense the flame the greater the endowment of light. The greater the light the more power we have to become living transformers of love. We are told that the Uganda Martyrs were singing joyfully as they were being burnt on the orders of then Buganda King Mwanga, for refusing to denounce their newly found Christianity. Like the great revolutionaries of the spirit, we can increase the size and intensity of our spiritual flame and our empowerment of love and forbearance.

The mystics have given us several formulas to expand that light in the heart. Their formulas involve the exercise of heart, head and hand. The flame is expanded not just through meditation and prayer but also through the practical application of our heart, the actions we take everyday to meet another's need. When we serve others, we grow the flame of our heart. Ultimate Masters know how to harness this by releasing the 'imprisoned' spark of the heart through the meditation, prayer, mindfulness, fasting, alms giving, and committed services. Remember our meditations in the private chambers of the heart are very private experiences. They start from removing our attention from what is happening around us, going within, all the gates closed, the mind confined in the heart as the Hinduism Bhagavad-Gita says. Christian tradition calls it recollection. It entails withdrawing the mind from external affairs and placing our attention on the presence of God within.

When we go in with devotion and love, we contact the divine and commune with the direct energy of God. The inner spark of personal identity is the key that connects us with the



universal. We have to strive to consciously connect as often as possible to our real source of being. In addition to replenishing our light and energy when we go within, we can get solutions to whatever challenges we are faced with. We are able to build our reservoir of love as we commune often with our higher self, who sits on the throne of the heart. We can also access wisdom of the heart in meeting our current needs and desires.

But remember the mystics advise to combine meditation with spoken prayer. Some say whatever you meditate and achieve within only works after you enunciate it with your lips. This it is said is because the spoken word activates the fruit of our meditation upon the divine and coalesces it in the physical.

Different spiritual traditions have different methods of going within into the heart. From the quiet recitation of sacred words, to the repetition of mantras, to the inspired singing of devotional songs like praise and worship.

When we operate from the spiritual heart rather than the mind, the entire universe becomes a small spark within us, as the ego is harmonized and our life is guided only by love. The spiritual heart is always awake, ready to light our path to enlightenment. Just like the sun on a cloudy day, the sacred spark patiently waits for us to go within and remove the coverings. It is always there and is behind your yearning for joy and bliss that is only achieved on a spiritual journey. Activating it helps us to awaken to our true self by connecting to divine love. It will release you from the rigid beliefs, doubts and fears that cause you to sin. Our awakening (from the spiritual slumber) is to let go and allow oneself to witness eternal joy and bliss, beyond what you experience on sighting a baby you love, hitting a target or scoring a long awaited goal. Accessing the divine spark often allows your heart to melt, fear to contract and love to expand as you fall in love with everyone and everything.

The early Christian mystics taught about bowing your mind to your heart by learning the practice of thinking from your heart and loving from your mind. Ask your heart for guidance when making choices. When negative thoughts arise, see if you can shift attention to something beautiful. Make love the foundation of your thoughts, words and actions. The more love you give to others, the more you are filled with love and the more your heart will open, and the easier it will be for you to enter into your heart's inner chamber.

A 2021 study at Kassel University in Germany measured the light being emitted from a person's chest area. They found it increased 5000 fold when the subject meditated on sending healing love to a specific person. With your heart, you can become a beacon of love and light.

Some people find that it is not easy to get inside the heart. This, spiritual sages say is mostly due to unforgiveness. It is because an unforgiving heart draws and sends negative energy to those perceived as wronging you. Forgiveness frees your heart to love. Remember everyone in your life brings you an opportunity for spiritual growth. Love grows as our heart expands to accommodate other people. Grow the habit of looking for pure love in everyday experiences. The truth is our highest vibration is our essence of who we really are: pure love. It is the divine reality of pure existence. The I am resides in your heart. We might find temporary happiness by looking out and accumulating possessions and to people in the world. But true happiness and joy must first be discovered within the heart.

Dear seekers, let us journey inward to the sacred space of our hearts, where the Divine spark awaits our discovery. As we align our thoughts, words, and actions with love, we become radiant beacons of light, emanating healing and love to the world. Remember, the truest happiness and joy reside within the heart, where we can experience the boundless ecstasy of pure love, our divine reality. May your hearts be filled with the profound wisdom and love that lies within, guiding you on your spiritual journey towards enlightenment.

Mastering this will enable you become part of those operating on the accelerated level where we can easily send and receive information back and forth through our chakras, vibrating at a higher level and being one with God. This is being referred to as activating your star seed so you can regain your favourable position of oneness with God. As a start seed, like the Melekizedeki, you can become the royalty and spiritual guides of a new life of possibility.

## The Power of Intention

Belief is important in healing and indeed in manifesting, but it has been found that healing occurs prior to belief. Desire and intention are the first two orders of creation as they are higher frequencies. They are more potent and effective than action and behaviour. If you are fully invested in the thought that this will make you better, it will work. It is good to harness your desire and intention and focus it on the higher conscious state and what you desire and intend will be fulfilled. Know that matter is greatly affected by desire and intention. The belief thought frequency is good but you need to be in a desire and intention frequency. For the order of creation is desire, intention, thought, emotion, action and behaviour.

All achievers like musicians, athletes, speakers, dancers etc perform highly under great desire and intention not necessarily thinking, feeling and behaviour. To be in the perfect flow state, you have to be connected to who you are. It has been found that the power, the efficacy, the transcendence grows through desire and intention. Self-healing and creativity need individual personal desire and intention resonating with your true self. The true spiritual masters have for centuries been teaching us that as humans we are always in command and control. To truly awaken, to know who you are, you have to go beyond belief, be able to experience for yourself.

Despite the many calls hitting you to believe in something or someone, begin afresh applying desire and intention and they guide your thoughts, feelings, actions, behaviour and beliefs. That is why we need to meditate. If you are able to pretend that you just arrived on earth, you have no past or future, you are near to rediscovering yourself. When your ego mind programming has been turned off, your mind will be blank, no thoughts or feelings, just you. In that state, you are in the power of now, you can desire with intention and start to create what you want. The only obstacle that exists between ordinary human and direct communion with God is the ego monitor that has been created by the identities you acquire in the world. To achieve self-realization, your own enlightenment or ability to reach direct to and commune with God, you have to let go of the ego identities and be a free being.

But it takes high level discipline and focus to achieve this connection with source. It requires a higher level of will to reach and keep at your state of higher consciousness and a self-discipline that is not ordinary. It might require deep fasting and being away from other people or not interacting a lot with distractions that might take your attention off your desire and intention.

Whether for healing or creating anything, you need a high level of self-discipline that ensures you don't break your communion with the divine. So don't expect to achieve high level manifestation with all those meetings, emails, WhatsApp, attention seeking from family members or active social life. You need connection with God at a deeper level and stay focused there, blocking out most noise of suggestions from other people. You need full attention to your true self.

The masters did not encourage deep introspection for no reason. I would recommend *Cutting Through Spiritual Materialism* by Chogyam Trungpa for anyone who is in such divisions certain they have arrived. You can also do some practical insights such as the toilet meditation best practiced early in the morning to remind yourself that you are a human in form and that is wondrous and can achieve anything you desire and intend.

The key to manifesting anything you desire is aligning your inner world with the power of intention. You get what you intend to create by being in harmony with the power of creation. The power of creation is the very essence of God, love for all.

By nurturing the spirit of intention through continual expectation and trust, you can tap into the infallible spiritual law of increase and allow pure love (God) and action to express itself through you. Extending kindness to all, including the helpless, elderly, mentally challenged, and poor, is a reflection of our connection to each other and the universe's response to our intentions.

The power of intention, which originates all life, cooperates with all other life forms to ensure growth and survival, highlighting the interconnectedness and shared life force among all beings. The energy of intention is what transforms abstract thoughts into tangible reality, shaping and changing the world around us.

By identifying with the universal mind and being in a state of ever-expanding and growing intellectually, emotionally, and spiritually, we align ourselves with abundance.

The ancestor to every action is a thought. It has been widely taught that we become what we think about. Our thoughts of plenitude and sufficiency can manifest abundance in our lives. Having an attitude of gratitude and awe for the abundance in our lives can attract more abundance. By aligning our thoughts, intentions, and actions with the power of intention and practicing acts of kindness, gratitude, and trust, we can manifest our desires and tap into the power of the universe.

Masters have known for long that good affirmations are a tool that can help you manifest your desires faster by altering your DNA and tapping into the power of the universe.

Align your inner world with the power of intention, focus on what you want to create, establish a relationship with intention, activate the power within yourself, and trust in the ability of spirit to manifest your desires.

To manifest what you desire, you must align your inner world with the power of intention by focusing on what you want to create and connecting to your intended outcome.

Continuously contemplate yourself as being surrounded by the conditions you desire, establish a relationship with intention, activate the power of intention within yourself, and trust in the ability of Spirit to express itself through and for you.

Always remember that to get what you want, you must align your thoughts with your intentions and connect to the power of intention, which is responsible for all of creation.

To make your intentions a part of your life, be creative by trusting your purpose, having an unbending intent, and putting your intentions in writing.

Have the intention to be guided by spirit, to love and share love, to trust in what comes through you, to recognize spirit as your source, and to detach from your ego.

It is also important to extend kindness to all people, including the vulnerable, and practice gratitude towards the Earth, as acts of kindness strengthen our immune systems and increase our chances of manifesting our desires.

You can practice japa meditation, which involves repeating the names of God while focusing on your intentions, to generate creative energy and manifest your desires.

## **Harness Love and Kindness**

In your intentions, it helps to be kind. Kindness is a fundamental attribute of the Supreme originating power, and by living in cheerful kindness and performing acts of kindness towards others, we strengthen our immune systems and increase our chances of manifesting our desires. It is good to extend kindness to all people, including those who are helpless, elderly, mentally challenged, poor, or disabled, as they too have a divine purpose and are connected to us through spirit, and by practicing kindness towards Earth and expressing gratitude, the universe responds in kind and cooperates with us. Small acts of kindness can have a big impact on others.

More importantly, connect to intention by being love, recognizing our shared life force and intelligence, appreciating beauty in everything and everyone, and harnessing the power of creation. This means cooperating with others and recognizing that we all share the same life force and intelligence. Love is the force behind the will of God and the power of intention that creates new thought form, changes matter, vivifies all things, and holds the cosmos together.

Some sages teach that appreciating beauty in everything and everyone is a way to reconnect with intention and the power of creation.

One other way to master attention is by shifting to an abundance mindset, maintain an inner picture of abundance, trust in the power of the universal mind, and eliminate self-imposed obstacles to manifest your desires. For example you can observe the difference between ‘dead’ and alive flowers, see life in all of them. This can help you identify with the universal mind to be abundant and perpetually expanding.

When you shift to an abundance mindset and believe that you are unlimited, the all-creating force will work with you to manifest abundance in your life, but if you believe in scarcity, intention will assist you in fulfilling meagre expectations. It is important to maintain an inner picture of abundance, be open to guidance, express gratitude for even small signs of abundance, and stay in harmony with intention to manifest desires.

Ultimate Masters know that the universal mind (God) responds to those who recognize their true relationship with it, and being receptive to its power and guidance allows for the manifestation of desired outcomes.

Let go of your ego, trust in the wisdom of the all-creating field of intention. Practice meditation to reconnect with your Source, and eliminate self-imposed obstacles to manifest your desires and tap into the power of intention. Sell your cleverness and purchase bewilderment.

Remember always that your spoken words and inner conversation have the power to manifest your reality, so speak positively and lovingly to yourself and your desires to create a life of abundance and blessings. Your spoken words should reflect your intention and become your reality as they reveal your unconscious assumptions, and your subconscious mind manifests all that we say and believe to be true, according to the law of assumption.

Your state of being is what manifests, so be clear on your intentions, monitor what you say and feel all day. Changing our inner conversation can change our outer world. This world is a

reflection of who we are being, so awaken the immortal within you and make it a kingdom of heaven for yourself and others.

Speaking negative thoughts will manifest negative outcomes, as the subconscious mind only listens to words and feelings, and you only manifest what you are, not what you want. Have positive intentions, speak positively and feel grateful for what you have to manifest. Your subconscious mind has no sense of humour, so be careful what you say to yourself as every word felt in your being manifests in one way or another sooner or later. Complaining gives energy to the thing you complain about, so use powerful and uplifting words to solidify what you intend in your reality, such as replacing "hope" with "trust".

Tune your inner conversation to the frequency of love, speak lovingly to yourself and your desires, and your words will materialize into the ideal you speak of. Your inner conversation determines your outer reality, and by speaking and living in a different inner world, you can change your life. Your words are immortal and have the power to manifest blessings or horrors in this world, so speak love always as a key guide to your intentions.

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" What now is has already been; what is to be, already is; and God restores what would otherwise be displaced." Ecclesiastes 3:15

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## How to achieve your desires

Behind intentions, there is a desire. All human beings have one or more desires they wish to fulfill at any one given time. You have to know that as a master being of divinity, God is forever seeking expression through you. The desires you have are a signal of what can be achieved as delivered from your higher self, the part of you that connects to the Most High God. The realization of your desires is your savior, as it takes some effort from you. Every person is thus his/her own savior if you fulfill your desires based on the will of God. Your higher self knows all your talents. You can always affirm that: infinite intelligence reveals to me my talents and abilities in perfect order.

Desire is natural and God given. Your desire to be, to do, and to express yourself is divine. Your desire to be greater tomorrow than you are today is part of the urge to express which is in every being. To be divinely happy and divinely prospered is to be doing what you love to do.



Suppressing desires can have disastrous consequences. If you are hungry you need food, if you are thirsty you need water or juice. Listen to and notice your desires as they have an important part to serve in your life, even if they lead you to a hard lesson. Stopping or killing a desire is spiritual suicide. Note that divine desires have serving others at the center and you can achieve your desires by going to the God self within. You can affirm: 'God is the source of my supply and God's wealth is abundant in in my life and God always supplies what I want'. If you did not desire, you wouldn't make choices, without choices you wouldn't grow. You are here on this planet to reveal more and more of your divinity every day, to glorify God, to make the world a better place.

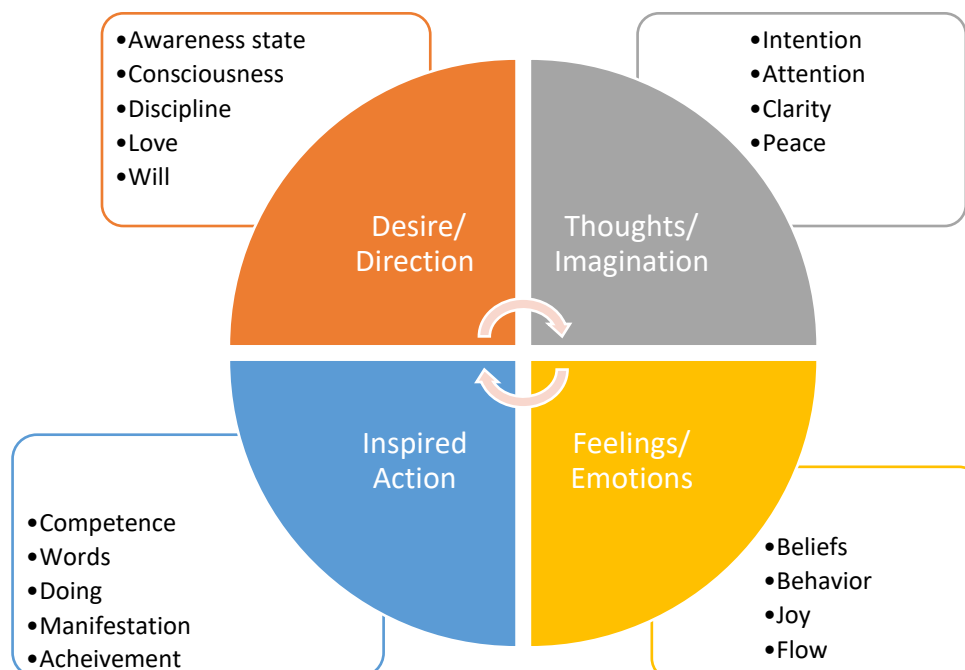
Know that infinite spirit which gave you the desire will reveal the way for you. As we learn in Philippians 2:13 'for it is God who works in you to will and to act in order to fulfill his good purpose'. Thus to refuse desire is to throttle the life principle. God's ideas enthroned in your mind are as important as bread and water. Your role is to make them come alive, they are the food of the world in which you live, and many times hold the key to the rewards you will get in life. The infinite intelligence within you will respond if you pursue your desire with good heart. The most successful people are those who aid and assist others in meeting their desires.

To succeed in achieving your desires, imagine what you desire as if you already have it (Mark 11:24). A vivid imagination backed by faith in God is key. Constructive use of imagination leads to great response from the universe, the divine. Let your oneness and love of God be your guide. Think, speak and act from the divine center in you. Having God as your boss and your guide, you will find that success is yours always and your path is peace.

The cosmic order or the law of as above so below, as within so without tells us to attain a balance, a harmony in order to have the life we desire. Know and always remember that all people and all things in the world are interconnected. We are a cosmic web. To be at your best, you need to be in proper alignment in the cosmic order. It isn't in the doing, but in the being. You have to tune into the right frequency of cosmic energy. It is about finding who you truly are and what you truly have open to you and staying in that location as much as possible. You need to be in that position now, every present moment, aligning your thoughts and feelings in the cosmic energy flow.

Thus, to be successful or to live a fruitful life, you need an aligned body, mind and spirit connection where your consciousness, expressed as thoughts, feelings and actions match your

desire, backed by will, competence, clarity and discipline. I have come up with the model below as a guide to your metaphysical manifestation of what you desire.



Think of your desire and achieving as being like a destination or a digital map. When you want to go to any place, you start with the destination marked and start moving step by step to the goal (destination). Along the way, there are many turns and distractions but the clarity of the goal, intention or desire keeps guiding you to a clear path, until you arrive at your destination. Remember always that your duty is to act based on the well intentioned thought with corresponding feeling, but result (physical manifestation) belongs to the supreme being (God). You need to focus on the beauty of action fulfilling the here and now in the best possible way and letting go of the need to influence the fruit (it is divinely destined to be so once it is envisioned through divine connection). Your action stops being a waiting room, which wastes your time, but a surrendered effort to the universe to deliver the result. You delegate the authority for the result to the universe or God. Remember you cannot experience what you are not a vibration of, or what you have not tuned into.

All great achievers have learned that what many call miracles are the natural order of things. When you combine physical gesture (action), visualization (thoughts/imagination), tangible remembrance (feelings), declaring/commanding (the word), it will always enable you achieve what you want. Unify the four (mental/ visual, verbal, emotional and physical) and see your manifestation. The point is to make the self (who you truly are) one with the image, feeling, verbalization and the physicality of what you want to see. It is what people call magic. Know

that imagination is the key, as the entire multiverse is God's imagination. Remember everything you desire is in you, just as the tree is in the seed. God is within your consciousness if you achieve self-mastery within. You need to master this as important as you have mastered how to breath air in and out to keep alive. Metaphysics and magic can be your way if you keep a connection to divine source or totality, through your higher self being.

## Mastering Attention

In most of my learning sessions, I emphasize three important concepts that we need to master: Awareness, Consciousness and Attention. Having underscored the importance of always thinking and acting aware, and the important of being conscious (as opposed to being unconscious) of what is happening in your life and what could happen, and the fact that at your true self you are but just Consciousness, we need to appreciate the importance of mastering attention.

God in any religion or faith, wants your attention (it is His key ask from you). The Satan wants your attention. The newspaper, TV, radio, social media, friends, family, relatives, politicians, associations, church, school, teacher, businesses and so many other people or entities all want your attention.

Attention while seemingly ordinary is the key to unlocking the mysteries of the universe. Attention is the gateway to perception. And perception is the foundation of reality. It is through attention that we can shape the world around us, manifest our desires and transcend the limitations of the physical realm. Attention is the gift that separates us from the machines. Attention is the power that enables us to connect with our innermost selves and the world beyond. It is the force that can be harnessed to achieve great things or can be squandered on trivial matters. This attention is the intangible force that lies within each one of us. Yet so often it goes unnoticed. It is attention that makes the difference between success and failure, joy and suffering, enlightenment and ignorance. It is the lense through which we view the world and the key through which we unlock the door to our greatest potential.

But beware, as with any great power, attention must be wielded with intention and awareness. Lest we become lost in illusions of other people's creations or our own creations. Attention is very much like any form of energy. It can be harnessed and directed to achieve great things. But it can also be dissipated and scattered, leaving us drained and depleted. Think of it like a flashlight. If you focus the beam of light on a single point, it can cut through even the darkest of shadows. However, if you allow the light to scatter, the light becomes weak and ineffective.

Like a stream of water, our attention flows through the landscape of our perception, carving out channels and shaping our experiences. Attention can be directed and focused, like a laser beam. Or scattered like mist. Just like a laser beam, attention can cut through steel, so too can attention cut through the illusions and distractions that cloud our minds.

You have to be aware that your attention is always under assault from the forces of modern life. From newspapers, television, radio, Facebook, TikTok, YouTube, Instagram, WhatsApp and the so many other endless notifications on our devices, to the constant demands on our time and energy, it is all too easy for our attention to become scattered and fragmented. When our attention is scattered, we lose touch with the present moment (the only moment in which you can create or claim anything). We become lost in a sea of thoughts, worries and distractions, unable to focus on what truly matters.

By learning to cultivate our attention, we can regain our focus and connect with the present moment. We can learn to see the illusions that surround us. We can tap into a deeper level of awareness. Ultimate Masters know that attention is a powerful form of energy, a force that can shape our individual and or group reality. Every moment, every second, you are filling your reality with your attention, amplifying your energies that surround you.

Know that every time you focus on something, you give it energy and you make it grow. It doesn't matter if you have a positive or negative opinion of it. So long as you pay attention to it, you are feeding it. Your attention is your most important possession at a human level. It is thus crucial to be mindful where you direct your attention.

Sometimes you may wonder why negative things keep happening in your life, even though you don't want them to. It is because you are consciously paying attention to them. You may criticize or deny them. But as long as you give them your attention, you are feeding them (fuelling them). You are giving them energy and they keep growing.

For many of us, the challenge is that the positive things often go unnoticed. Many of us are conditioned to pay attention to what we don't want. If you want something to disappear from your life, stop paying attention to it. Notice the use of the word "paying". It means you are giving away something of value to you. But in return for what???

When you focus on an idea or thought, you not only feed it, but also connect with its energy. You become a part of it and it manifests in your perception and life. Complaining about something is still connecting with it and giving it power. You are causing it to appear repeatedly in your life.

To avoid getting trapped in negative beliefs or thoughts, understand that your attention gives rise to thoughts. When negative thoughts arise, immediately focus on something positive and

give it strong attention. Even if you have already given attention to something negative, you can still redirect your attention to something positive. That is life and manifestation mastery.

The good news is that positive thoughts are more powerful than negative thoughts due to their frequency and harmony. The power of attention lies in its ability to shape our reality. It is said where our attention goes, energy flows. By focusing on what you want to create rather than what you fear or dislike, you can transform your thoughts into tangible outcomes, and manifest a world that is in line with your highest aspirations. It is simple but powerful awareness.

Every day you have a choice to make regarding how you wield the power of attention. You can choose to be a passive observer of your surroundings, allowing your mind to be constantly bombarded with distractions and stimuli. Or you can choose to take control of your attention by thinking with intention and focus on what you want.

If you allow your attention to be controlled by external forces (outside of you), you are essentially living in a prison of your own making. You are a captive so to say. However, if you take control of your attention, you can take control of your current reality and create a new one that is in alignment with your true goals and aspirations.

Mastering attention is what you need to filter out the noise of the world. It allows you to hold in on what truly matters and to be present in the moment. Without attention, you will continue to be lost in stimuli (giving attention to whatever appears) and be unable to change the world around you.

Know that attention is not just a passive act of observation. It is also an active force capable of shaping and transforming your reality. When you direct your attention onto something, you bring it into focus, imbuing it with meaning and significance. This is why the act of paying attention is so powerful. By giving something your attention, you are in effect giving it your energy. Everyday you are shaping your reality by choosing what to focus on and what to ignore.

If you remember how interconnected we are as humans, you will understand that attention is also a collective act. We are constantly influencing and being influenced by the attention of others. Our attention is the currency with which we exchange with the world and with each other. For example, our collective attention shapes the media content we consume, the issues we care about and the products we buy.

Advertisers know that by capturing our attention, they can shape your desires, your beliefs, and even your sense of self. They know that by creating a compelling narrative, they can influence

your behaviour and shape your reality. This is why they invest heavily in capturing your attention and directing it towards their desired outcomes.

In many ways, attention is like a muscle that you can train and strengthen over time. By practicing mindfulness and cultivating a deeper awareness of your surroundings, you can become more attuned to the present moment and develop a higher sense of clarity and purpose. But like any muscle, your attention can be weakened if you neglect it. If you allow yourself to be taken up by the various stimuli vying for your attention in the modern world, the constant barrage of notifications, advertisements and social media, it can easily pull you from the things that truly matter, leaving you feeling scattered and unfocused.

It is important for you to approach attention with intention and discipline. You have to consciously decide what you focus your energy onto. Think about it this way. When you are deeply engrossed in an activity such as playing an instrument, playing football, writing an enjoyable story, or painting a picture, you are not just using your mental faculties. You are also using your body. Your muscles are tense. Your breathing is deep and rhythmic and your heart rate is elevated. This is because your attention is focused on the task at hand, and your energy is flowing towards it. Now imagine if you were to direct your attention towards something negative or unproductive. For example, if you are to constantly worry about the future or dwell on past mistakes. In this case, your energy would be flowing towards these negative thoughts. This only serves to raise your energy and lower your vibration. On the other hand, if you were to focus your attention on positive and uplifting things such as gratitude, love or creativity, your energy would be flowing towards these things. This would not only boost your energy levels but also attract more positive realities into your life.

While it can be easy to become disillusioned with the challenges we face as individuals and as a society, it is important to remember that we each have the ability to influence our realities through our thoughts and actions, starting with what we give more attention.



## Tapping into Meditation

### *'Be still and know I am God' Psalms 46:10*

To change your body, identity, or life, you must transcend your current limitations and go beyond your thoughts and environment. Our true essence lies beyond the physical realm, and by accessing this higher consciousness, we can tap into unlimited resources and possibilities. Ultimate Masters understand that the real self is within you. When we go beyond our limited self, defined by our past, we can access our highest capabilities and become our best selves.

Meditation, an ancient practice with roots in various cultures, is a profound tool for achieving self-realization, cultivating inner peace, and fostering overall well-being. It is a journey of self-discovery, where the individual delves into the depths of their consciousness to unlock hidden potentials and achieve a state of harmony between mind, body, and soul.

Meditation involves training the mind to focus and redirect thoughts, enabling the practitioner to attain a heightened level of awareness and inner clarity. It is not about suppressing thoughts but rather observing them without judgment and allowing them to pass, leading to a calmer and more peaceful state of being. Meditation has been practiced for centuries across diverse cultures and spiritual traditions, including Buddhism, Hinduism, Taoism, and more. However, the benefits of meditation are accessible to people of all backgrounds and beliefs.

Unlike popular belief that you can do meditation, Yoga guru Sadhguru says it is more about the outcome or quality you get from practices that enable you to focus on your undisturbed internal self. We therefore need to be meditative or to cultivate meditation as part of personal growth strategy to achieve true awareness.

### **Benefits of Meditation:**

1. **Stress Reduction:** Regular meditation has been shown to reduce stress by promoting relaxation and calming the nervous system.
2. **Improved Concentration and Focus:** Meditation helps enhance cognitive abilities, leading to improved focus and mental clarity.
3. **Emotional Regulation:** Practicing meditation can assist in managing emotions and cultivating a balanced emotional state.

4. **Increased Self-Awareness:** Meditation encourages introspection, helping individuals gain insights into their thought patterns and behaviours.
5. **Enhanced Creativity:** By quieting the mind, meditation can stimulate creativity and foster innovative thinking.
6. **Better Sleep:** Those who meditate often experience improved sleep quality and an easier time falling asleep.
7. **Mind-Body Connection:** Meditation fosters a deeper understanding of the mind-body connection, promoting holistic health.
8. **Reduced Anxiety and Depression Symptoms:** Meditation can alleviate symptoms of anxiety and depression, contributing to overall mental well-being.

### **Different Meditation Techniques:**

1. **Mindfulness Meditation:** This involves paying non-judgmental attention to the present moment, focusing on breath, bodily sensations, or environmental sounds.
2. **Loving-Kindness Meditation (Metta):** Metta meditation centers on cultivating feelings of compassion and love toward oneself and others.
3. **Transcendental Meditation (TM):** TM involves the use of a specific mantra to achieve deep relaxation and expanded awareness.
4. **Guided Visualization:** This technique employs mental imagery to create a serene and peaceful mental environment.
5. **Body Scan Meditation:** Practitioners systematically focus their attention on different parts of the body, promoting relaxation and awareness.

### **Tips for a Good Meditation Experience:**

1. **Consistency:** Establish a regular meditation practice by setting aside a specific time and space for meditation each day.
2. **Comfort:** Find a comfortable posture, whether sitting on a cushion, chair, or lying down, to avoid distractions from physical discomfort.

3. **Patience and Non-Judgment:** Be patient with yourself and avoid judging your meditation experience. It's normal for the mind to wander; gently bring your focus back to the present moment.
4. **Breath Awareness:** Use the breath as an anchor for your attention. Notice the sensations of breathing and use it to ground yourself.
5. **Start Small:** Begin with short meditation sessions and gradually increase the duration as you become more comfortable with the practice.
6. **Avoid Expectations:** Let go of any preconceived notions about meditation and its outcomes. Allow the experience to unfold naturally.
7. **Be Kind to Yourself:** Treat yourself with compassion and kindness during your meditation journey. Celebrate the effort you put into the practice, regardless of the results.

Remember, meditation is a personal journey, and each individual's experience may differ. The key is to approach the practice with an open heart and a willingness to explore the depths of your inner self. Through consistent dedication and patience, meditation can become a powerful tool for self-realization, leading you towards a more peaceful and fulfilling life.

### **Changing your inner state of being**

The purpose of meditation is to change your state of being. Those who embrace challenges and see life as an initiation are not afraid of the worst-case scenario, as they understand that their future is not determined by their past.

When you change your internal state and broadcast a new signal to the field (universe), you can organize events in a surprising way and no longer observe your life from the limiting level of mind. You get to trust in creation and always bridge on divinity. In order to create a healing space, your energy must be higher than anyone you encounter. By embracing pure consciousness, changing our mindset, and conditioning our bodies through meditation, we can transform our reality, manifest our desires, and experience all the success imaginable.

When you become pure consciousness and give way by letting go of your identity, you gain dominion over your brain and can change your body, identity, problems, and create a future. When you break free from negative thought patterns and embrace pure consciousness, you can transform your reality and experience divine connection.

When you no longer think and feel in the same cycle and stop endorsing stress hormones, you become pure consciousness, fall in love with your creation, and trust in the outcome, bridging on divinity. When in meditation you detach from your body and focus on the present, you can effectively change your reality. Change your state of being through meditation to react differently to life's conditions, create miracles, and heal genetic conditions. Limit sensory input, create a quiet environment, and go beyond yourself to reach your full potential

When you meditate, the purpose is to change your state of being so that you can react differently to the conditions in your life and move from your past to your future. You can condition your brain and body into a new state of being, maintain that state throughout the day, and face life's challenges from a new level of mind to create miracles and heal genetic conditions.

Meditation also helps you embrace challenges and overcome fear to create new circuits in the brain and emotionally condition the body, allowing for a modified state of mind and body and a new electromagnetic signature. You are able to better embrace challenges and don't let fear hold you back from growth and understanding.

As most you know, reacting to life with fear, hostility, anger, sadness, and guilt will keep driving the same thoughts and behaviours. But by creating new circuits in the brain and emotionally conditioning the body to a new mind, one can maintain a modified state of mind and body and broadcast a new electromagnetic signature.

Elevating your energy through meditation can transform your environment and positively impact those around you. When you change your mindset and broadcast a new identity, you can manifest the things you desire in life by observing and acting from that new state of being.

Meditation helps you get in the gap and connect to source/ God. You can watch the video below on meditation for beginners. <https://www.youtube.com/watch?v=U9YKY7fdwyg> and <https://www.youtube.com/watch?v=U9YKY7fdwyg>.

Remember the body follows the mind. The key to a successful life is mastering the mind, which is represented by your thoughts, your emotions and your will. Meditations helps your mind to become strong and for you to be in charge. It is not just exercises, it is introspecting, being in

the silence, being harmonious with your creator (removing all other things from your mind). It is good to take 11-60 minutes daily to meditate. You can use nature and sound to improve your meditation as natural settings like the sea, forest, lake, rain or items like the flute playing have been traditionally used to meditate and make it easy for you to reach a perfect point to commune with your higher self and have a direct contact with source.

Meditation leads to synchronicity and serendipity as you begin to operate at a level that supports your goals, objectives (needs) and leads to quicker manifestation. It leads to a more powerful connection with yourself and ultimately a more powerful connection with source. You need more time to get off all things calling for your attention (radio, tv, newspapers, social media) and commune with self. Science has already shown meditation leads to decreased heart disease, decreased cravings, decreased anxiety, decreased tension or stress. When you meditate, the right and left part of the brain are able to connect better. You become calmer, have better neural activity with the brain releasing the right chemicals for your proper operation.

Take time to go and immerse yourself in nature. You can remove shoes and get energized by the earth. Remember the sun is electric, the earth is magnetic, and we are the conductor. Pray for what you need as prayers are a form of communing with the divine and nature. Know that energy flows to and from us to the earth and space. Those who know this secret have for centuries understood that energy healing equals immersion in nature. Few know there is great medicine in sleeping on a rock, watching sunset or sunrise, walking in a river or garden. You can stimulate your brain with some good frequency.

This can be achieved through a good feeling or listening to good music (of a good frequency especially 528), dancing, stamping your feet (earthing). Taking a warm bath with sea salt or carbonated salt can also bring you back into balance (your internal energy and nature or universal energies). Sages in all cultures across the world have known always that many illnesses have to do with imbalances in energy levels or energy blockages, and improving your blood flow or feeling or connection with nature can heal most if not all diseases. Yes medication is useful but should be secondary to anyone's wellness plan. Plan to connect with nature and the divine.

Rise early with the sun, get out take some deep breath of fresh air. Take a brisk walk (movement) gets your blood circulation going well. Move legs and arms (limb system). If you are unable, when you wake up, drink a cup or glass of warm water early on (can add lime juice) as it helps reactivate the stomach juices to ensure a good digestive system and immune system.

Above all, always remove fear and sadness from your being because they interfere with your healing and harmony with nature.

The Christian Mystic, Jacob Boehme, an illuminated seer, expressed the same truth in the form of a dialogue between the Master and His disciple, as follows: The disciple said to the Master: "How can I succeed in arriving at that supersensual life in which I may see and hear the Supreme?" The Master answered: "If you can only for a moment enter in thought into the formless, where no creature resides, you will hear the voice of the Supreme." The disciple said: "Is this far or near?" The Master answered: "It is in yourself, and if you can command only for one hour the silence of your desires, you will hear the inexpressible words of the Supreme. If your own will and self are silent in you, the perception of the eternal will be manifest through you; God will hear, and see, and talk through you. It is your own hearing, desiring and seeing, prevents you from hearing and seeing the Supreme." Acknowledgment of the ever present Deity as being all there is, and meditating with calm and peaceful thought on the same, is the way to prove to ourselves the truth of the Master's words to His disciple. Let your practice of concentration be as advised in this chapter, and you will hear the inexpressible words of the Supreme, saying, there is no limitation. **It is then that beliefs** of limitation will disappear; for error is never apparent where truth is spoken and manifested.

Living God is God living in Man and all creation. "*Examine yourselves whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you?*" — 2 Cor 13:5. "*Earnestly contend for the faith which was once delivered to the Saints.*" — Jude 1:3. Insist upon the fact that you have the same faith; believe that the same has been given you.

"*These signs shall follow them that believe; in My name.. they shall lay hands on the sick and they shall recover.*" — Mark 16:16-18. "*Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son.*" John 14:12

## Spiritual Awakening by Activating the Third Eye

Since becoming Ultimate Masters means you seek and achieve both physical, mental and spiritual mastery, it is vital that you get to know about activating the 3<sup>rd</sup> eye as part of your spiritual awakening journey. The third eye is an energetic center located between the eyebrows, associated with the pineal gland in the physical body. It represents our inner vision, intuition, and spiritual insight.

The third eye is a spiritual and mystical concept of a sixth sense, or inner eye, that provides perception beyond ordinary sight. The third eye is often depicted as a single eye on the forehead, but it can also be seen as a field of energy or a state of consciousness.

The third eye, also known as the inner eye or the sixth chakra, holds immense significance in various spiritual traditions. It serves as a gateway to expanded consciousness, intuition, and a deeper understanding of the world around us.

The 3<sup>rd</sup> eye is located near the hypothalamus and pituitary gland. It's considered in many cultures as an organ for supreme universal connection. The pineal gland is a pea-sized gland shape like a pine cone. The "pine cone" as a traditional symbol of knowledge transfer to others is also believed to be associated with the third eye.

The third eye is believed to be the center of intuition, clairvoyance, and spiritual awareness. When your third eye is open, you are said to be able to see beyond the physical world and into the realm of the unseen. You may also be able to experience heightened levels of creativity, compassion, and wisdom.

We have already said that God is within you. This power of God can be experienced and harnessed if one masters how to activate the 3<sup>rd</sup> eye in order to commune directly with God/Source energy. By awakening and utilizing the power of the third eye, you can tap into your innate abilities, manifest your desired reality, and embark on a transformative spiritual journey. Many gurus, especially yogis attribute heightened intuition, expanded consciousness and manifestation power to 3<sup>rd</sup> eye activation. The third eye acts as a direct connection to your intuition and inner knowing. It allows you to perceive the world beyond the limitations of the physical senses. Activating the third eye helps align your thoughts, emotions, and actions with your desired reality.



## Quick simple process of opening the 3<sup>rd</sup> eye

1. Start with breathing exercise for about 10minutes normal breath in and out
2. Sit in a comfortable position, you can put on some meditation music
3. Close your eyes and look diagonally up focusing your attention up in the top middle of your two eyes
4. Breath in and out six seconds each time in and out. Take five to 10minutes doing this.
5. Picture a light sitting around your third eye (in top middle of your two eyes). It can be one colour of rainbow or more. You can also use music notes for your counting
6. Feel your heart going up your spine, through the top of your head and connecting to your third eye. Feel the power/ energy in your heart move and connect to your center

## How to activate the Third Eye

### 1. Cultivating Awareness and Stillness

- Practice Mindfulness: Develop the habit of being fully present in the present moment.
- Meditation: Regularly engage in meditation to calm the mind and create a space for inner exploration.
- Deep Breathing: Focus on slow, deep breaths to promote relaxation and concentration.

### 2. Balancing and Clearing Energy Centers

- Chakra Alignment: Understand and balance all seven major chakras, with particular attention to the third eye.
- Energy Healing: Seek guidance from energy healers or explore practices like Reiki or Qigong exercises to clear blockages and restore balance.

### 3. Visualization and Imagery

- Creative Visualization: Imagine a vibrant indigo light at the center of your forehead, gently expanding and opening your third eye.
- Symbolic Imagery: Visualize specific symbols, such as an eye or a lotus flower, as representations of your third eye awakening.

### 4. Engaging with Sacred Practices

- Mantra Chanting: Recite the powerful mantra "AUM" (Om) to resonate with the vibrational frequency of the third eye.

- Third Eye Mudra: Gently touch the tips of your index and middle fingers to your forehead, stimulating the third eye's energy.

## **Using the Third Eye to Create Your Reality**

### **1. Developing Intuition**

- Trusting Inner Guidance: Pay attention to your gut feelings, hunches, and subtle insights that arise from your third eye.

- Discernment: Use your intuition to make informed decisions and navigate life's challenges.

### **2. Setting Intentions and Affirmations**

- Clarity of Purpose: Clearly define your goals and intentions for different aspects of life.

- Positive Affirmations: Affirm your desired reality with conviction, reinforcing your intentions.

### **3. Manifestation Techniques**

- Vision Boards: Create visual representations of your goals and desires to focus your energy and attention.

- Emotional Alignment: Cultivate positive emotions, such as gratitude and joy, to align your energy with your desired reality.

### **4. Dream Work and Journaling**

- Dream Recall: Develop a dream journaling practice to explore the messages and insights received through dreams.

- Symbol Interpretation: Analyze recurring symbols or patterns in dreams, as they may provide valuable guidance.

### **5. Build patient expectation**

- Let go of expectations: Don't worry about how your desired outcome will manifest. Just focus on the end result and trust that the universe will take care of the details.

- Be patient: It takes time and practice to activate the third eye and use it to create your reality. Don't get discouraged if you don't see results immediately. Just keep practicing and you will eventually achieve your goals.

Here are some examples of how you can use your third eye to create the reality you want:

- You can use your third eye to see into the future and make better decisions.
- You can use your third eye to connect with your intuition and receive guidance from the universe.
- You can use your third eye to heal yourself and others.
- You can use your third eye to manifest your dreams and goals.

The activation of the third eye is a transformative journey that requires patience, dedication, and consistent practice. By awakening this profound inner faculty, you open doors to unlimited possibilities and gain.

### Step-by-step guidance on different methods to activate the third eye

#### **Method 1: Cultivating Awareness and Stillness**

1. Find a quiet and comfortable space where you can sit or lie down.
2. Close your eyes and focus on your breath, allowing your body and mind to relax. Do breathing aware exercise, breathing in and out as you feel the air hot your nostrils (9-12times)
3. Practice mindfulness by bringing your attention to the present moment, observing your thoughts without judgment and letting the thoughts go as they come
4. Engage in regular meditation, starting with shorter sessions and gradually increasing the duration.
5. During meditation, bring your awareness to the space between your eyebrows, where the third eye is located.
6. Visualize a gentle, indigo light expanding and opening your third eye, while remaining relaxed and receptive.

## **Method 2: Balancing and Clearing Energy Centers**

1. Increase energy flow in the seven major chakras, with a focus on the third eye located at the center of your forehead. This can be done through focused breathing to each of the chakras, with more attention to the 3<sup>rd</sup> eye chakra.
2. Practice chakra alignment exercises, such as guided meditations or energy healing sessions like Qigong exercises or tapping the energy meridians for 9-12 times.
3. Seek the guidance of an experienced energy healer or explore self-healing techniques like Reiki to clear any blockages in the third eye and restore balance.

## **Method 3: Meditation**

1. Find a quiet place where you will not be disturbed.
2. Sit in a comfortable position with your back straight.
3. Close your eyes and focus on your breath.
4. As you breathe in, imagine that you are drawing energy up from the earth and into your body.
5. As you breathe out, imagine that you are releasing any negative energy from your body.
6. Continue to focus on your breath for 10-15 minutes.
7. When you are finished, open your eyes and take a few deep breaths.

## **Method 4: Yoga**

1. There are many different yoga poses that can help to activate the third eye. Some popular poses include the lotus pose, the downward-facing dog pose, and the bridge pose.
2. Find a pose that is comfortable for you and hold it for 5-10 breaths.
3. As you hold the pose, focus your attention on the area between your eyebrows.
4. Imagine that a bright light is shining from this area and filling your entire body with energy.

5. Continue to hold the pose and focus on your third eye for 5-10 minutes.

### **Method 5: Sound**

1. There are many different sounds that can help to activate the third eye. Some popular sounds include chanting, mantras, and binaural beats.
2. Find a sound that is comfortable for you and listen to it for 10-15 minutes.
3. As you listen to the sound, focus your attention on the area between your eyebrows.
4. Imagine that the sound is opening your third eye and allowing you to see beyond the physical world.
5. Continue to listen to the sound and focus on your third eye for 10-15 minutes.

### **Method 6: Crystals**

1. There are many different crystals that are said to promote third-eye activation. Some popular crystals include amethyst, clear quartz, and lapis lazuli.
2. Hold a crystal in your hand and focus your attention on the area between your eyebrows.
3. Imagine that the crystal is opening your third eye and allowing you to see beyond the physical world.
4. Continue to hold the crystal and focus on your third eye for 5-10 minutes.

### **Method 7: Visualization and Imagery**

1. Find a quiet space where you can sit comfortably and relax.
2. Close your eyes and take a few deep breaths to center yourself (12-30)
3. Visualize a vibrant, indigo light at the center of your forehead between your eyebrows.
4. Imagine this light expanding and opening your third eye, filling your entire head with its radiant energy until it fills your vision
5. Hold this visualization for a few minutes, allowing the energy of the third eye to permeate your being.
6. In the light, see images of your goals, dreams, and desires.
7. Hold these images in your mind for 5-10 minutes.
8. When you are finished, open your eyes and take a few deep breaths.

**Method 8: Engaging with Sacred Practices**

1. Sit comfortably with your back straight and your palms facing upward.
2. Gently touch the tips of your index and middle fingers to your forehead, creating a light pressure.
3. This hand gesture, known as the Third Eye Mudra, stimulates the energy of the third eye.

**Method 9: Developing Intuition**

1. Practice deep listening and trust your gut feelings and instincts.
2. Keep a journal to record and reflect on any intuitive insights you receive.
3. Pay attention to synchronicities, signs, and symbols that may carry messages from your higher self or the universe.

**Method 10: Setting Intentions and Affirmations**

1. Clearly define your goals and intentions related to spiritual growth and the activation of the third eye.
2. Write down positive affirmations that reinforce your intentions and repeat them daily with conviction.
3. Visualize yourself already embodying the qualities and experiences you desire.

**Method 11: Dream Work and Journaling**

1. Keep a dream journal by your bedside to record your dreams immediately upon waking.
2. Pay attention to recurring symbols or themes in your dreams, as they may hold valuable insights related to your third eye activation.
3. Practice dream recall exercises, such as repeating the intention to remember your dreams before sleep.



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## Side effects and overcoming challenges

Some people who are activating their third eye may experience side effects such as headaches, nausea, and dizziness. These side effects are usually temporary and will go away on their own

1. **Patience:** Awakening the third eye is a gradual process, and results may not be immediate. Be patient with yourself and trust the journey.
2. **Overstimulation:** Sometimes, activating the third eye can lead to heightened sensitivity or overwhelming experiences. Ground yourself through practices like grounding meditations or spending time in nature.
3. **Energetic Imbalances:** If you encounter energy imbalances or discomfort, seek the assistance of an experienced energy healer or spiritual teacher who can provide guidance and support.
4. **Self-Doubt:** Trust in your own experiences and intuition, even if they differ from others'. Remember that everyone's spiritual journey is unique.

If you experience any side effects that are severe or do not go away, it is important to consult with a healthcare professional.

Remember, the activation of the third eye is a deeply personal and transformative process. Be gentle with yourself, trust your intuition, and embrace the wisdom that unfolds along the way.

Note that some people especially Christians discourage such actions as occult and an unworthy attempt to be one with God. They reason that God is available for us through normal prayer and we can reach him through Jesus Christ. As already mentioned, this is your individual journey on earth and you can decide what you want to do or not and especially how you want to commune with the divine.

## Importance of faith and surrendering to the flow

*“There is a hidden harmony withing everything, and when we allow ourselves to be guided by this harmony, we become like instruments in the hands of the universe, playing a beautiful melody,”* Hazrat Inayat Khan

*“Do you not believe that I am in the Father, and the Father in Me? The words that I speak to you I do not speak on My own authority; but the Father who dwells in Me does the works.”*

John 14: 10

*“The Tao of heaven does not strive yet it achieves, it does not work, yet it achieves...”* Tao Te Ching

*“Water give life to the ten thousand things and **does not strive**. It flows in places men reject and so **is like the Tao**. In dwelling, be close to the land,”* Tao Te Ching

Many of us have found ourselves pushing so hard to achieve something we desire. It could be a job, a promotion at work, a prized trip abroad, winning a title, coming top in a race, or just achieving a given possession or a given amount of money. Like many others, not everything you pray for, wish for or attempt to manifest will come true. You must have faced a situation where the harder you attempt to change a given situation or achieve something, the harder or more elusive it gets. All great achievers have faced many such situations but have learned one secret of surrendering to the flow.

Once you do your part, have the right thought, put in the right feeling, do proper imagination of the things you want, thank God for what you want (as if you already have it), forgive all trespasses against you and request for forgiveness of your own trespasses, and act on serving others as a way to achieve your desires, you have to master the courage or peace to allow the universe to brig your request or desire at the most harmonious time as decided by the divine. There is little you can achieve by forcing your way, struggling, forcing or turning tables if you are to sustainably achieve what you want.

Look at rivers, lakes, mountains, forests- none is straight. Where a river or lake (created by God) finds an obstacle, it turns to the path of least resistance and continues the flow. And so, the rivers are able to flow from one lake, sea or ocean to another, circumventing, bypassing and ‘ignoring’ all obstacles. On its journey, a river may occasionally take in other rivers that pour irresistibly into it. It does not go to look for those rivers, but when it reaches at the right place

of the other river, it lovingly pours into the long streaming river from another direction. Your matured life as an Ultimate Master should be much the same. Flowing.

It is what faith is about. Putting complete trust in the supreme. What is required of us is shared in Proverbs 3:6 *“In all your ways acknowledge him, and he will make your paths straight”*. You have to learn to let God or the divine to take control. If you can reflect back on the laws of nature and of life that we discussed here, gestation has already been decided by the supreme creator. Your job is to surrender and go on with the flow, acting continually with the knowledge that what you are asking for or desiring will come to fruition at the right time.

Like a faithful farmer, you plant your seed (thoughts and will) in the divine garden, well knowing it will be fulfilled. When a farmer plants, orange seeds, s/he know they have planted an orange. When you plant tomato seeds, you know you have planted tomato. If you have planted in a well-cared for garden, deep enough, the seed will germinate at the time destined by the creator. Your standing up near the planted seed all night wanting for it to come out of the ground will not make the seed come out as plant before its due time. Neither will you change the time of maturing for the specific specie of a plant. Even the strongest, richest or most royal human cannot ensure a baby is produced in three months after conception. You wait patiently, while playing your role of watering where necessary, weeding, pruning and knowing the harvest time in the case of plants, or ensuring good feeding for the mother, shelter, exercise and treatments until delivery time in the case of an expected baby.

This is what the Chinese refer to as Wu Wei, which is the Taoist principle of acting without forcing. It gives you power while taking away anxiety. Becoming an ultimate master means doing what is necessary within the principle of not forcing and embrace the philosophy of flow. Embark on a journey of inner reflection and release as you explore the art of effortlessly flowing with the universe. This is what the ancient Taoist referred to as the principle of Wuwei and is to date a revered principle for many Chinese. There is power in letting go and surrendering to the natural rhythms of life. You have to know that the harder you try to control and force the outcome, the further we stray from our true path.

Despite much knowledge including in motivational circles that you need determination, a clear plan of action towards achieving what you want, and that you shouldn't let anything stand in your way, the greatest strategy at the level of ultimate mastery is to surrender to the flow. While there is validity in the strategy of setting goals and planning to achieve them, this strategy can

often lead to a lot of anxiety, stress and ultimate burnout when the results don't come out as expected. You need to master the art of acting without forcing. This means being present in the moment and responding to what is happening around you rather than trying hard to bend the world to your will. It is about being flexible, adaptable and being open to new possibilities towards achieving your desires or goals. This can be applied to work, relationships, business or personal growth.

The Tao Te Ching teaches that one should act in harmony with the Tao which contains the true order of the universe. This means that instead of trying to force things to happen or control outcomes, we should allow things to unfold naturally and follow the path of least resistance. Just imagine you are watching an artist perform music or act in a play or movie. You can easily tell when the moves of the character are forced or are flowing. Just like an actor needs to connect with their character and embody their role, you need to always connect with your true self and embrace who you are or the person you should be to achieve what you are desiring or wish to accomplish for self or others.

Instead of trying to control every aspect of your life, you can learn to let go and trust that things will work out as they should. You can take action when necessary. But you don't need to force things to happen. You can be open to opportunities as they arise and you can trust that the universe has your back. This means learning to trust your own intuition and trusting that everything will unfold in its own time. It means being open to new opportunities and possibilities even if they don't fit into your preconceived neat plan. Of course, this is easier said than done. We have since childhood been programmed to think we must struggle our way through life. But masters have shown us that when you learn to let go of that need to control, you open up to a lot of possibilities. The real power is in surrendering to the Almighty. You can find peace and tranquillity in honouring the present moment rather than constantly striving for something that may never come. This is about learning the art of flowing with the natural rhythms of the universe, moving with the currents of life rather than trying to force your way around them.

Masters know that the universe operates on the principle of least possible action. This means that everything in existence moves with the least amount of energy and time required. This is about the principle of efficient utilization of energy, the key animation of life. The trajectory of the planet, the pulse of light and movement of your body all operate under this principle. It is anchored on the need to preserve the most important resources in the world: energy and time.

When you learn to operate within this principle rather than against it, you can achieve amazing things with less effort. Profit making business is also anchored on the same principle of minimizing costs (effort) to achieve the best possible return on investment.

By learning to be in the natural rhythms of life, you will know when to act and when to let go. That is what in the Bible we are told to ask God to grant us the spirit of discernment. When you force things, you waste your precious time and energy. But when you learn to flow with life, you can effortlessly and gracefully attain your aspirations. Think about a river flowing through the mountain. It doesn't force its way through the rocks and boulders. It simply flows around them, finding a path of least resistance. In doing so, it creates a beautiful and harmonious landscape. We can learn so much from the river about the power of flow.

In your own life, you might have noticed that when you attempt to force things, you end up creating stress and chaos. But when you let go, and let things happen naturally, you can achieve things with ease and peace. This doesn't mean you should sit and wait for things to happen. It means you should take action when the time is ripe and let go when you need to. When you take action, aim to follow the principle of less possible action. This means striving to achieve your goals using the least amount of time and energy necessary. It **is** not about being lazy and half hearted in your efforts. Far from it, it is about being efficient and effective.

By using your resources wisely and avoiding waste, you maximize your chances of success while minimizing unnecessary stress and strain. Every time you feel to be under pressure, practice moving back, relaxing and affirming that all will go well. Trust in your abilities as you begin on the efforts that can be done to accomplish the task with minimal energy and time. Don't try to force your ideas or your creativity. Instead, you let the idea come to you naturally as you work on the task at hand. This will enable you work on the task with a sense of ease and relaxation. The key is to trust the process, let go of control and allow the flow. This way, you are making progress in a way that is natural and not forced. It enables you to approach the tasks with more positive attitude and avoid being stressed about the tasks. This in turn helps you to be more productive and efficient.

Acting without forcing can be applied in all every day life activities. It is about approaching tasks and challenges with a more relaxed and natural mindset rather than acting in a way that feels uncomfortable or stressful. When you act without forcing, you become more aware of the world around you. You notice things you might have missed if you were too focused on your own plans and agendas. You become a better listener, problem solver and a more compassionate

human being. You learn to let go of your own expectations. You trust that things will work out in their own time and in their own way, for your own good. This is what ultimate mastery is about.

If you are feeling stuck or frustrated in your life, I encourage you to practice acting without forcing. Take a step back, breath, meditate, make your intention or goal clear, and trust that the universe will help you achieve it. You might be surprised by the new opportunities that come your way when you let go of your own agenda and allow life to flow more naturally. This means you empty your mind of all specific plans and expectations.

The point is learn to free yourself from all forms of force. Be like water which can flow or heat depending on circumstances. Allow yourself to move with the natural flow of the universe and you will find that everything flows into place with effortless ease. Remember when you find yourself struggling against the currents of life, take a deep breath, let go and flow like water gain. This time with renewed strength and purpose.

According to Quantum physicist Nassim Haranien, all humans and things in the universe are interconnected in a boundless field of information. To achieve your desires, you have to learn to tune in to the right kind of information. We are all the force of nature. Become aware of and always listen to the voice within you. Tune your antenna (body and mind). Tuning in will strengthen how well you hear the voice. This can help you take action based on knowing instead of beliefs.

Even innovations come from tuning in to the inner voice, from remembering your relationship with the universe. Sit down, shut up and listen. Meditate. You already have all the answers. It is critical to remember that there is a flow in the universe, and it is going to an amazing place. Our job is to be in alignment by tuning into the flow. You have your desires yes, but follow your excitement to the best of your ability, with integrity, and with zero expectation of the outcome.

### Six ways to help you live in the flow

1. Let go of your ego. The self that is the ego (earthly guide only) always ties itself to names, titles, possessions, relationships and qualifications. Ultimate masters understand that everything is connected and we are all part of a bigger whole. Let go of this false identity given to the ego that has made it swell. If you focus too much upon labels you or others have been given or have acquired, you lose yourself. Your name, possessions,

positions or clusters you belong to disconnect you from your true identity of a boundless manifestation of God's power on earth. You are not those positions, that religion, that title, that tribe, that profession or that race. Don't get too attached to the identities of the world if you want to move with (and in) the flow. The narrow self-identify must be shelved in order to be part of the greater whole. Don't say it is hard. When you are born, you have no identity of race, tribe, clan, qualification, profession etc. but along the way we learn or earn these, but they are not who you truly are. When you let go of the labels, you let be what you are supposed to be.

2. Dare not try to be first. Many people are struggling to be number one in their life either in material possessions, money, having good relationships, at the workplace or in the community. You need to learn to be humble and realise all of us are important and useful. All streams flow to the lake or sea not because they are lower than it is. Humility gives power. We are all part of the greater power and we need each other. Much like the rivers contributing to the great body of water, we are all part of a greater whole. Don't wish to be the first in anything. It creates unhealthy competition creating fake value in you by boosting your ego as being better than others. No matter how much we compete, none of us is actually self-made. All of us needed parents to provide for us, feed us as infants. We needed teachers, leaders and the community to learn from. How much of your life has been earned? That is even before you ask how much you pay for the air you breath, the sun, the rain or the green vegetation that gives us oxygen. Your life is and has been a gift from different people since you were born. Much of you is a result of benevolence from others. For those of us who confess that Jesus Christ is Lord and savior, the concept of being worthy because of his mercy and grace should be familiar. You cannot look at the less fortunate and think they earned their position and you earned your higher one. When you are in knowledge, you realise that you have no right to an ego. Humility or not proving to be at the forefront in the world is the only truthful way to relate to the world and to others. Don't think you are better than anyone facing tougher circumstances. One way to be in touch with others is to take a walk in the community, think of your neighbors, friends, relatives or colleagues. Now think about them without the labels you commonly associate with them. Consider what issues they may be facing. Some may be having relationship issues, some struggling financially, others with dis-ease. Think of ways you can help them without any expectations. If you begin to see yourself as part of others, their problems will become your problems. You can submit them to God. Their joys will become your joys. This is



when you truly live. It doesn't mean you be gullible or think you can provide for or sort all problems of all people. But having the discipline to do what you can when you can for others is ultimate mastery.

3. Let go of your desire to rush things. According to Lao Tzu, he who rushes ahead, doesn't go far. You need to keep in the peace of being guided by your subconscious mind to generate effortless action (wuwei). It is not about doing nothing, but aligning ourselves with the greater flow of life. We have to be in the zone or flow, achieving without too much concentration and struggle. When we achieve this state, the world around seems to slow down. It is as if you have become one with the thing you are attempting to do. This is akin to sleep. The more we make effort to concentrate into a state of relaxation, the harder it gets to force sleep. It is simply better to just let go of worry of concern over sleep. Surrender by simply observing your thoughts as they come and go. Soon you will be able to fall asleep. Relax and you will slowly drift off. Things get done efficiently, effectively and without extra effort when we operate in the flow. If we go against the flow, it takes extra energy and effort to get things done. In some cases, nothing will get done no matter how hard we try. Master the art of dropping the desire to rush things. Don't be part of those who when they want something, they want it in a short time. No matter how hard you try, success won't come in an instant. There is always a necessary process involved which cannot be rushed or concentrated. If you want to succeed, it is your duty to release the impulses to rush and let the divine power do its work. Taking action is vital to the achievement of anything. But actions must acknowledge a natural cycle of things as nothing can happen earlier or later than it should have.
  
4. Embrace change: New beginnings are always disguised as bad endings. One of the greatest attributes of water is that it handles all obstacles with ease. Whether it is flowing in a river to its destination, putting it in a kettle, cup, bottle, basin or jerrycan, water always fits in the circumstance it finds itself in. Water can adapt to any direction and it is not limited to one form. In a boiling kettle it is water, in the fridge, it is water, flowing or cold or sunny day, it is water. Many masters including Lao Tzu have emphasized the need to recognize that living means accepting to be in constant change. Know that life is like a book with several chapters. Each chapter brings different lessons and experiences. Unfortunately, life is also governed by inertia, which makes many of

us fixated with the current chapter, making it hard to move to the next. Many of us have grown into creatures of habit, allergic to change and instability. Many tend to face change with dread and diversion, instead of looking at change as something positive. Yet we need to let go of what we are or were, in order to transform into what we might become. Many of us experience that emotional myopia that gets too comfortable with the current experience and accepting change hard for us to bear. Yet it is only by breaking the chains of our current circumstances that we can unleash the potential for growth and progress.

5. Be content with little. In this publication we have emphasised the role of gratitude. If you want to win, you must be content with what you have and what you are. When you realise there is nothing lacking, the whole world belongs to you. Inner peace and harmony that are needed for you to maximize your potential are difficult to attain if you are concentrating on what you don't have. There is an intrinsic nature in humans to perpetually desire the things we don't have. Many think if they get that job, become a millionaire or get that life partner, they would live life happily thereafter. But many who have achieved the same are not as happy, with some wishing they had less responsibility, more time and freedom. The moment you achieve your current desire, a multiplicity of other desires will pop up in your mind, and you return back to discontent. Even in one item it is difficult to achieve content. For many people, it doesn't take two years of capturing that man or woman they desire before seeing a better prospect. When you achieve 10 million, you want 100 million. When you have 100 million, you crave for one billion and so on it goes. This endless desire denies many people the satisfaction that is needed to be happy. Ultimate Masters know that enjoying life means you being content with the things you have and let go of intense desire for things you don't have. Know that what you want and don't have YET will manifest (arrive) at the right time. Ultimate Masters learn to lessen selfishness and restrain desires. Look at the great knowledge you have acquired so far, what you just learned in this compilation, the air you are breathing, the food, the health and friendships you have. There is always a lot to be thankful for. Someone bought a car after years of straining struggle and it crashed in an accident within a month. There are many millionaires who are too sick to lift a finger or people with partners that can't have peace for two minutes. Don't kill yourself trying to acquire money, property or relationships. If they are meant to be yours, they will come so long as you are in the flow. You need to realise that you are already connected to everything that you think you are missing in your life so long as you have

the right connection with source- the Creator. We have to align ourselves with the universe by being content with little and with everything we have around us. Koran 32:9 “*Then He made him complete and breathed into him of His spirit and made for you the ears and eyes and the hearts; little is it that you give thanks.*”

6. Accept your flaws. Remember when you accept yourself, the whole world accepts you. To be in the flow means we accept ourselves as we are and stop fighting to be different. We are all wonderfully and divinely made. Many times, what causes people to be obsessed with their imperfections and their flaws is the need for approval from others. Some of you think you won't be appreciated because you don't have everything in order. Even with so many other positive characteristics you possess, you can end up clouding your world if you feel inadequate. Know that imperfection abounds everywhere in everybody and everything. It is part of our intrinsic nature and promotes the interdependence needed for a stable universe. No building can stand on water only, cement only, bricks only, stones only or iron only. Look at the different parts you have as a human being! None is perfect or whole, but just enough for its purpose. Your leg cannot do well what your hands do, neither can the eyes breath, nor the head feel like the heart. Choose to love yourself the way you are made. Do what is for your benefit and strive to change for your own good but not because others will think less of you. To be in the flow, make no distinction between negative and positive on yourself and accept yourself completely. The rest in the universe will accept you as you are.

## **Practical help to be in the flow before the Flow**

“Being content doesn't mean that we don't want change, that we give up on our dreams, or that we settle where we are. It means we are not fighting everything. We are not frustrated. We are trusting God's timing. We know He is working behind the scenes, and at the right time He will get us to where we're supposed to be.”

Note that flow discussed here is different from the flow principle as advanced by experts such as Mihaly Robert Csikszentmihalyi and Steven Kotler where a more 3<sup>rd</sup> dimension level practical dimension of flow is discussed as a a highly focused mental state conducive to productivity. Csikszentmihalyi's in his popular 1990 book *Flow: The Psychology of Optimal*

*Experience* says that people were their most creative, productive, and happy when they are in a state of flow.

Flow state in this case is a state of consciousness that makes work feel effortless, and is behind the success of many high-performing individuals. There are four pillars of this flow: flow blockers, flow proneness, flow triggers, and the flow cycle.

**Flow Blockers:** Given the noise and distractions that abound, you remove common sources of flow blockers, such as distractions from my phone or computer. You need to practice "flow before phone": I.e. when you wake up, complete 2-3 hours of productive work before checking your phone.

**Flow Proneness:** Increase your likelihood of accessing flow by optimizing your physiology, psychology, and environment. Begin with your most important work within 90 seconds of waking up, while your brain is still in a flow-friendly state (theta, beta).

**Flow Triggers:** Utilise flow triggers such as clear goals, immediate feedback, and challenge-skill balance. Apply these triggers to activities that may not naturally have them, like work tasks. It is recommended you engage in tasks that are about 4% more difficult than your current skill level. This helps you to strive more, learn more and improve.

**Flow Cycle:** Understand that flow states operate like dimmer switches, not light switches. To be in the flow, much of the world distractions have to be switched off or dimmed. The cycle starts with struggle. Many people keep here and drop off to relieve themselves of the discomfort. You need to develop attention persistence. You can achieve this through attention span stretching e.g. test out a long meditation, read a book nonstop, walk a longer distance than usual, even if doing these feels uncomfortable. It is important to allow yourself to release and recover after achieving flow, to replenish energy and integrate new knowledge or skills.

To fully maximise this kind of flow state, you need to avoid anxiety, boredom, self-consciousness (instead of being part of a bigger whole), self-centeredness, distraction and too much thought (you have to let go for the flow to work). Make sure not to mistake flow as focused concentration! Flow is effortless. No need for energy. If you are resisting and you are pushing, you are not in the flow. Flow is a spectrum, and at the end of it, it is an out of body experience when there is only one task to do, no distractions, or even if there are distractions, it doesn't matter. Your mind is on one thing and that alone to which you release yourself to and allow infinite intelligence to help show you how best to accomplish it.

Achieving this kind of consistent flow state is critical to life success in the 21<sup>st</sup> century in addition to learning, creativity, critical thinking, communication and productivity. This flow is a state of consciousness that makes work feel effortless e.g. what we feel when enjoying riding a bike, singing, dancing, writing a story or writing code. Scientific research has shown that the neuro-physiological shifts that happen when in flow increase the exact skills that are most critical to accomplishing tasks at hand.

## **Tuning to the mind of God**

Seekers of the 33rd degree law in Freemasonry aim to access the mind of God through esoteric wisdom and spiritual traditions, transcending ego to commune with a higher reality. Embracing intuition and transcending limits through meditation fosters creativity and visionary thinking, while accessing the mind of God involves quieting the mind, living ethically, and positively influencing existence. Spiritual masters all teach that trusting intuition and embracing a mindset that transcends rational thinking can lead to spiritual revelations, cultivating an abundance mindset and observing with mindful awareness that all is well so long as you are connected to the Supreme divine. You have to learn to trust in the timing of the universe and let go of attachment to specific outcomes to manifest results.

Why should you act with clear expectation of what you desire to manifest? Heightened awareness of internal and external energies leads to deliberate action, which may not always unfold as expected as we are all operating in the cosmos containing many energies. Results are expected to manifest when least expected, requiring surrender and trust in the timing of the universe, and letting go of attachment to specific outcomes or timing. This is about embracing the natural rhythm of life, recognize meaningful coincidences, and acknowledging the unseen and unspoken dimensions of existence.

Recognizing and respecting the natural rhythm of the self involves a dynamic interplay of introspection, effort, and receptive surrender, as well as recognizing signs and synchronicities that guide individuals on their spiritual journey. Just as mystics have always guided, the journey to access the mind of God unfolds as a continuous exploration inviting seekers to uncover the mysteries of the self and the cosmos with humility and wonder. All is always present and powerfully so, just like the unspoken words within you. Where in your body do you think the words (especially sounds) that are heard when you speak or sing come from? Once you attune to the divine, that which must manifest from within you will. Always.



## Stop reacting and be calm

In order to become an Ultimate Master, you must appreciate the growth process that takes your being through different experiences of being cared for at the early stages, guided experiences, self-seeking, wanting, thirst to acquire and duality as seen in struggle with or against others; to now embracing true oneness of being. It is for those who have matured enough and are ready to live at the top level, above the turmoil and unending struggles of the earthly man.

Sustainable success with your mission on earth is a result of assured faith that all is and will always be well. Why? Because you are one with infinite power, you are part of the divine order that owns and controls everything- seen and unseen.

This maturity or realization begins with learning not to react when things don't happen the way you expect or something unbecoming happens to you. Calmness is the heritage of world success. It is the greatest power you can have. If you can learn to be calm, you will be able to solve all problems that come your way. When you are perfectly calm, there is no time for anything. Karma, illusions and all undesirable things become null and void. If you remain calm and unconcerned about a situation or its outcome, including what might happen tomorrow, then everything is fine and there is no need to worry.

The most important aspect of a mature spiritual life is to avoid reacting or attempting to change others. Instead practice not reacting to anything at all. Live in the present moment and avoid dwelling in the past or worrying about the future. Embrace the eternal, where all is well. Avoid reacting to your thoughts. Practice being a witness of stillness in your mind. Learn to understand your thoughts and emotions without reacting to them.

The sages have always known and advised that a still and tranquil mind like a serene lake can reflect the beauty of its surroundings while a turbulent lake cannot reflect anything.

Learn to quiet your mind. When your mind is still, you can observe without being attached. Observe your thoughts and allow them to pass without trying to change anything else. Don't follow your thought patterns. Just let them come and go. Do not buy into your thoughts and do not fight against your feelings. Simply observe them and do nothing.

Do not hold on to your anger. Do not react to your doubt. Whatever you react to is the product of the mind. It is only the mind that gets angry. It is the mind that becomes stubborn. It is the mind that wants to regulate. It is the mind that gets hurt. But if you master your mind, you will



not have anger or reaction to situations. They will not exist. Arrive in the enlightened state which is a realm of peace. And peace is the essence of consciousness (“Peace be with you”, Jesus would greet his disciples after resurrection. Salaam aleikum). Consciousness is always peaceful, always happy and has nothing to do with conditions.

Ultimate Masters know that all conditions come from the mind. Do not try to alter conditions. Do not try to change situations. Every time you try to use your mind to change something, you are inflating your ego. That will always give you more problems. The masters know to trust only in God, in divine guidance, providence, protection and blessing. You think you are so powerful and can switch on the sun at midnight? Or you can buy rain and store it in a particular area? Or that you can use the army to stop the sun or air flowing in the ‘enemy’ territory? Can you buy and store air, the very breath that is life?

Never be fooled that you are very powerful. The most useful things that affect our lives always come freely to us and we cannot control them. Simply learn to control the mind, making it passive and serene. Knowing that things will be better than expected. Recognize yourself as nothing. Do not see yourself as something too big in the creation of things (but the God power). Know that nothing from you needs to be done other than expressing your desire and implementing step by step actions that are revealed to you through intuition, if at all. This is how you become happy, peaceful and joyful. This is how you become an Ultimate Master.

When there is nothing in the mind, happiness itself becomes predominant. When anger doubt and fear come to you, do not entertain these adversaries. Quickly shift your mind and rid yourself of the situation that arises. Do not allow your thoughts to become bigger than you. No matter what your thoughts say, do not feed them. Remember that some of your thoughts are not your friend. Thoughts can try to change and confuse you. They will tell you all kinds of things. Do not listen to all your thoughts. Even your good thought that transcend everything. What matters for you bliss, for your joy and happiness are your thoughts coming and going. Learn to meditate always. Whether you are driving, listening to music or cooking, you can mediate. Setting a specific time for meditation might not be helpful for calming situations as they arise. Meditation is just going into that state where you are aware of yourself and who you really are.

Most of what worries us daily are projections of the mind. This universe is an optical illusion. When you watch a movie and look at all the cowardly things happening, you might get over concerned, but then you catch yourself and say it is just a movie. But so it is with all life. If

you observe everything that is happening in life, just see, look, notice. Never react if you are not for or against. If you understand this, you become free. To master means that you know you are what you are seeking and the answer is always within you and not in the external world. The external world is an emanation of your mind, your own thoughts and your own imagination. Learn to master the silence, which is needed for creation. Abandon all anger, excitement, wounds, dogmas, judgements or concerns that burden most of you daily.

The greatest truth is to exclude not to add. Try as often as possible to empty yourself completely of all your ideas, your feelings and concerns. Everything must be empty so you are in that state of a new born baby. When you become completely empty, there is nothing you need to do to feel those distractions again. Know that realization is empty. It is the self, your true nature. It is in such nature that creation becomes automatic, if mastered.

Avoid keeping yourself in thoughts, judging, coming to conclusions or attempting to solve anything in your or other people's life. Let go completely. If you do it well, you will be unable to feel any mind, body or actor. This does not mean you sit like a vegetable and contemplate emptiness. But that you realise you are all that matters. You are always here. You are always capable. You are always loved by the Most High. You are one with everything divine. You don't need anything else.

If you are the completely immutable self and nothing else exist other than the IAM which is and operates everywhere, and that nothing else exists, nothing else has ever existed and nothing else will exist, there is only one I and that is You (me). And that I is consciousness. When you follow that I to the source (where it came from), it becomes the universal I, which is Super consciousness. When you begin to realise your divine nature, you achieve the calm disposition that can achieve or withstand anything.

It doesn't mean to abandon your thoughts or feelings. But to know your mind and manage it not to affect your state or being. You reach a state of full control through surrendering all control to source energy (God). You stop attempting to response to anything or attempt to influence anything or anyone. The Ultimate Masters know that the optimal response is to have no response at all. This is about regaining back control of your thoughts and emotions from the auto pilot nature of the mind where there is no control. When a thought or feeling arises, a reaction follows shortly after. You need to be still to any thought or feeling so you can avoid reacting.

When you focus on the so-called future, your attention is turned to it. Since your attention directs your energy as we have already seen, more and more thoughts arise, resulting in thousands of fake scenarios and solutions. This is pure delusion that many live in. Those who label others delusional are slaves to the false reality they are witnessing. These mind attacks can cause significant pain due to judgement of self or by others. You need to learn how to transcend it all by avoiding to react to anything.

This may be uncomfortable and seemingly impractical at the start. Don't be discouraged if it seems hard in the beginning. Just keep practicing the experience of not reacting. Soon, you will realise that having no response to anything is the most effective approach.

In order to transcend the reactive tendencies, it is important to trust in your being and relinquish all efforts. Understanding the nature of awareness is crucial because it can lead to quick results. Being aware of the power you hold is important because your awareness is a healing energy that is imbued with pure love.

By consciously aligning with your being and not reacting to anything, you allow your body and mind to begin healing themselves. It is vital to observe your thoughts and emotions without reacting with them or identifying with them. This allows emotions to flow in release, attracting healing energy towards them.

Remember, this is not a mental activity. It is about releasing effort and trusting in your real being. This process may sound scary for your ego and your programming. Your body might feel uncomfortable. However, you will soon affirm as we said in the second chapter on understanding who you truly are -that you are neither your body nor your mind. When you refrain from reacting, you realise that you are not and have never been in control of what is happening.

Yes, thoughts arise on their own within consciousness and emotions in the body come and go on their own. This is the only thing that has been happening. Life is just flowing. When you resist the flow as already intimated in the previous chapter, you suffer. Instead of thinking how to solve problems, mature to the level where you realise the power of not reacting. By doing so, you take your energy back from things that don't serve you. Just be in synch with yourself. Allow the storms and excitements to come and go. Because they will always come and pass. You need to surrender to the greatest will of God to be done, instead of your desire.

Remember, everything comes and goes. But you as awareness and consciousness are always present. Become aware of the consciousness you are and stop reacting to the objects that come and go. Just stay with yourself, deep within yourself. You are peace. You are boundless. You are the observer of experiences not the victim of them. You embody all things. You are the very essence of love, like the space that remains unchanged by what moves through it. Just be. Let go of the need to believe in yourself with conviction or doubt. Instead know yourself fully and with no hesitation. Be. Know. I AM.

**Bible Matthew 6:25-27 (NKJV)** *“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature?”*

**Quran Surah Ar-Ra'd (13:28)** *“Verily, in the remembrance of Allah do hearts find rest.” Reflecting upon the greatness of Allah and remembering Him brings peace and tranquility to the heart. Turning to Him in times of distress can provide a sense of calmness.*

**Tao Te Ching verse 26:** *“Inner strength is the master of all frivolities. Tranquility is the master of all agitated emotions...”*

**Bhagavad Gita Chapter 2, Verse 48:** *“Perform your duty equipoised, O Arjuna, abandoning all attachment to success or failure. Such equanimity is called yoga.”*

**Gautam Buddha:** *“Whatever has to happen will happen, all the control you have or assume you have is false. Don't worry”*

*“... Like the moon, come out from behind the clouds! Shine...Those who are free of resentful thoughts surely find peace...To understand everything is to forgive everything...Inward calm cannot be maintained unless physical strength is constantly and intelligently replenished...”*

**Bible Philippians 4:6-7 (NKJV)** *“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”*

## Raising Your Consciousness, awareness, awakening and self-realization

We have already emphasized that everything in the world is consciousness, the awareness of higher self. It is this that forms into matter in order to realise itself. In the beginning it is all space, all is contained in the space. It acquires a mind to give the space direction and intention. This then forms into matter that we experience as thoughts, feelings and the solid matter that we see as people, animals, stones, water, plants, etc. The mind names or identifies all things that are created after solidification of consciousness. You as an individual is behind of and part of all these. Like the waves of the ocean, we are all the same and part of the same whole. Matter comes and goes but beneath it is mind/ soul/spirit that is always present.

Matter is a self-regulating entity. The human body works for you, you can command it but it has its own life and rules. It is majority ruled by the brain. If you have intentional thoughts and right feelings towards what you need or desire, you can bring your desires into physical reality. You can create or manifest whatever you want if you direct your mind with full belief and faith – if your dominant thoughts are pointed to that one outcome. The animating force in matter, the spirit can create anything out of matter. Life is experiencing itself and living through matter. It just keeps reconstituting itself. Is there reincarnation? Only the body goes, the mind (the pure not filled with thoughts) and the spirit remain and it is one for all. The purpose of life is to understand self. All of us are life trying to understand itself. We are on the spiritual path and how to awaken to the deeper aspects of our being. The key is to master nature and bring it nearer to all nurturing. We have to learn to still our thoughts what are always swirling in our mind for a moment for enlightenment to appear to us.

When a baby is born, it comes in the world with a pristine pure mind. But as baby grows, it gets ideas and beliefs from parents, society, including labeling, naming, and qualities that form the ego. The mind is filled with other people's opinions and realities that are piled into the person as they grow. It is why one needs to be reprogrammed and helped to return to source, to our true pristine self where we have divine power and intelligence. The brain is the connector between the body and the animating force (soul/mind, spirit). The brain connects the soul's blue print (the seed) and controls how it can manifest in the world.

Achieving your real knowing self that is divinely powerful takes some conscious effort of going in your inside to inquire on all questions you have and get the answers. This is the only path to awakening and self-realization. Remember truth is only available in the now. Only now matters. The past is memory, the future is suspense. Both are not true. They shouldn't take your

time. You need focus to be in the now. Get into the moment where truth lives. Count 10 to one without veering off. When you are in the now without any thoughts or feelings, fear, doubt, anxiety, grief -all disappear. The power to create to know what is possible lies in mastering the now. To build better understanding of this, you need intentional contemplation, meditation and visualization to tap into your inner knowing at will.

Contemplation, visualization and meditation are all important but not the same. Contemplation is for seeing where the glitches are in your program. Visualization is picturing what you want by talking to the brain in its language which is pictures so you can use the brain to create the pictures. Meditation is to take you into the enlightened mind, the spirit, to take you out of the ego.

### Raising your consciousness

Consciousness is the awareness of being. It involves the awareness of our thoughts, emotions, experiences, and the world around us. Thus, raising consciousness is an ongoing process of self-awareness and personal growth aimed at expanding one's understanding of yourself, others, and the world around you. It involves becoming more mindful, intentional, and connected to a broader sense of purpose and meaning.

There are different levels of consciousness and you need to be aware of them. Consciousness can be seen as existing on a spectrum, ranging from lower levels (e.g., instinctual, reactive) to higher levels (e.g., self-awareness, expanded awareness).

You also need to become the observer-self by developing the ability to observe your thoughts, feelings, and behaviours without judgment. This is crucial for raising consciousness.

### Practices for Raising Consciousness:

#### 1. Mindfulness:

a. Practice present-moment awareness: Focus on the here and now, observing thoughts and sensations without attachment.

b. Meditation: Cultivate a regular meditation practice to quiet the mind, enhance self-awareness, and cultivate a sense of inner peace.

c. Breathwork: Utilize conscious breathing techniques to bring you into the present moment and facilitate relaxation. You can breath aware (in and out for 10-30mins) as you inhale and exhale normally, feeling the air as it hits your nostrils when going in and out.

## 2. Self-Reflection and Inner Work:

- a. Journaling: Engage in reflective writing to explore your thoughts, emotions, and experiences, fostering self-discovery and clarity.
- b. Shadow work: Confront and integrate the aspects of yourself that you may have repressed or denied, leading to greater self-acceptance and wholeness.
- c. Emotional healing: Process and release unresolved emotions through techniques such as therapy, emotional release exercises, or energy healing modalities.

## 3. Expansion of Awareness:

- a. Lifelong learning: Engage in continuous learning, reading, and exploration of new ideas to expand your perspectives.
- b. Travel: Immerse yourself in diverse cultures, experiences, and environments to broaden your understanding of the world.
- c. Connection with nature: Spend time in nature regularly, cultivating a sense of awe and reverence for the natural world. Look at trees, animals, plants, flowers, stones, water bodies and related natural items that you can observe and admire deeply.

## 4. Cultivating Positive Habits:

- a. Gratitude practice: Express gratitude daily, focusing on the positive aspects of your life and the world around you.
- b. Compassionate acts: Engage in acts of kindness, empathy, and compassion towards yourself and others.
- c. Healthy lifestyle: Nourish your body with nutritious food, engage in regular exercise, and prioritize restful sleep.

## **Principles for Raising Consciousness:**

1. Authenticity: Strive to align your thoughts, actions, and values with your true self, embracing your uniqueness and individuality.
2. Non-judgment: Practice observing and accepting yourself and others without judgment, fostering understanding and empathy.



3. **Intention and Purpose:** Clarify your intentions and live with purpose, aligning your actions with your values and long-term goals.
4. **Unity and Interconnectedness:** Recognize the interconnectedness of all beings and embrace a sense of oneness and unity with the world.
5. **Personal Responsibility:** Take responsibility for your thoughts, emotions, actions, and their impact on yourself and the world around you.

### **The Path to Self-Awareness and Awakening**

The path to self-awareness and awakening is a transformative journey that allows you to deepen your understanding of yourself, connect with your true essence, and experience a profound sense of inner freedom and fulfillment. Here are some key principles, practices, and stages that can help you embark on this path and navigate the transformative process.

#### **Self-Awareness: Understanding the Self**

1. **Self-reflection:** Engage in introspection and self-examination to gain insight into your thoughts, emotions, beliefs, and behaviours. Self-inquiry questions like who am I, who do I live for, who lives for me, who is for me, who is deciding and who benefits- are key.
2. **Questioning assumptions:** Challenge societal and personal beliefs, conditioning, and assumptions to discover your authentic self. For example ask what is good for you in a custom or practice, does it promote your independence and creativity, who benefits from the custom or practice and why is it recommended practice or whether it has to be you.
3. **Emotional intelligence:** Develop the ability to identify, understand, and manage your emotions, cultivating greater self-awareness.

#### **Awakening: A Shift in Consciousness**

1. **Dissatisfaction with the status quo:** Feelings of discontentment and a yearning for something more meaningful often initiate the journey towards awakening.
2. **Letting go of identification:** Recognize the transient nature of identities, roles, and attachments, and shift focus to the underlying essence beyond labels. See your true self as not your name, tribe, position or job, qualification, political party or religion. You just are. I am.
3. **Expanded consciousness:** Experience a shift in perception, realizing a deeper interconnectedness with all beings and a sense of unity and oneness.

4. Transcending the ego: Observe and transcend the limitations of the ego (which tells you it is in charge or should be pleased), allowing a more authentic, compassionate, and expanded self to emerge. Be your natural essence, just a being experience the world and living joyfully.

### **Practices for Self-Awareness and Awakening**

1. Meditation: Cultivate a regular meditation practice to quiet the mind, enhance self-awareness, and connect with a deeper sense of being.
2. Mindfulness: Practice present-moment awareness, observing thoughts, emotions, and sensations without judgment or attachment.
3. Self-inquiry: Utilize self-reflective questions to delve into the nature of your beliefs, desires, and motivations, uncovering underlying truths.
4. Body awareness: Develop a conscious connection with your physical body through practices like yoga, tai chi, or somatic exercises.
5. Contemplation and reflection: Set aside time for introspective contemplation, journaling, or engaging in meaningful conversations with trusted others.
6. Seeking knowledge and wisdom: Read spiritual and philosophical texts, explore different perspectives, and learn from the experiences of wise teachers.

### **Stages of the Enlightenment Journey**

1. Awakening: A transformative experience that awakens individuals to a new reality and a deep sense of interconnectedness.
2. Dark night of the soul: A challenging phase marked by emotional upheaval, ego dissolution, and facing unresolved aspects of the self.
3. Integration: The process of integrating awakened insights into daily life, aligning beliefs, behaviours, and relationships with newfound awareness.
4. Embodiment: Living in a state of presence, authenticity, and alignment with higher consciousness, embodying awakened qualities in all aspects of life.
5. Service and compassion: As consciousness expands, a natural inclination towards service and compassion arises, contributing to the well-being of others and the world.

### **Principles for Self-Awareness and Awakening**

1. Radical self-acceptance: Embrace all aspects of yourself, including the shadow, and cultivate self-compassion and unconditional love.
2. Non-attachment: Detach from outcomes, identities, and external validation, finding freedom in the present moment and surrendering to the flow of life.
3. Surrender and trust: Let go of control and trust in the unfolding of your journey, embracing uncertainty and surrendering to a higher intelligence.
4. Authenticity: Live in alignment with your true self, expressing your unique gifts and talents in the world.
5. Gratitude and joy: Cultivate a mindset of gratitude and embrace joy as a natural state of being, appreciating the beauty and abundance of life.

### The Path to Self-Realization

The path to self-realization is a transformative journey that allows individuals to awaken to their true nature, recognize their inherent divinity, and experience a profound sense of self-awareness and inner fulfillment. Here is a guide that explores key principles, practices, and stages that can help you embark on this path and navigate the transformative process.

### **Self-Realization: Discovering the Essence of Being**

1. Self-inquiry: Engage in deep introspection and contemplation to explore the fundamental question of "Who am I?" and uncover the essence of your being.
2. Liberation from illusions: Recognize and release false identifications, societal conditioning, and limiting beliefs that cloud limit your perception of self.
3. Embracing authenticity: Embody your true self, embracing your unique qualities, values, and passions, and aligning your life with your authentic expression.

### **Practices for Self-Realization**

1. Meditation: Cultivate a regular meditation practice to quiet the mind, transcend limiting thoughts, and connect with the inner stillness and wisdom.
2. Self-observation: Develop the ability to observe your thoughts, emotions, and patterns without judgment, fostering self-awareness and detachment.

3. Mindfulness: Cultivate present-moment awareness, fully immersing yourself in the richness of each experience and cultivating a deep sense of presence.
4. Surrender and letting go: Release attachments, expectations, and the need for control, surrendering to the flow of life and trusting in a higher intelligence.
5. Spiritual study: Engage in the study of spiritual teachings, texts, and practices that resonate with your journey, deepening your understanding and inspiration.

### **Stages of the Journey to self-awareness**

1. Awakening: Experience a profound shift in consciousness, often triggered by a moment of clarity or a deep longing for truth and meaning.
2. Dissolution of ego: Witness the dissolution of the egoic self, letting go of identification with thoughts, roles, and external validations, and realizing the interconnectedness of all beings in the universe.
3. Expansion of consciousness: Embrace an expanded awareness that transcends personal boundaries, connecting with the divine and perceiving the inherent unity of existence.
4. Integration: Integrate the awakened insights into daily life, aligning beliefs, values, and actions with newfound awareness and living authentically.
5. Embodiment: Embody the awakened state in all aspects of life, expressing love, compassion, and wisdom in relationships, work, and service to others.

### **Principles for Self-Realization**

1. Self-acceptance: Embrace and accept all aspects of yourself, including perceived flaws and shadows, fostering self-love and compassion.
2. Authenticity: Live in alignment with your true nature, expressing your unique gifts, talents, and purpose in the world.
3. Inner guidance: Cultivate a deep connection with your intuition and inner wisdom, trusting your inner voice as a guiding compass on your journey.
4. Gratitude and surrender: Cultivate gratitude for each moment and surrender to the divine flow, recognizing that life unfolds perfectly according to a higher plan.
5. Service and compassion: Extend love, kindness, and support to others, recognizing the interconnectedness of all beings and embracing a path of service.

## Exploring Self and Cultivating Awareness

The exploration of self and the cultivation of awareness are essential components of personal growth and transformation. Life is indeed a journey of exploring and finding your true self, and growing in the capacity to know who you truly are and keeping your divine connection.

### **Understanding Self-Exploration and Awareness:**

1. Self-exploration: It involves delving into the depths of your being to gain insight into your thoughts, emotions, beliefs, values, and experiences.
2. Awareness: Refers to the conscious observation of your thoughts, feelings, and sensations, as well as the external environment, without judgment or attachment.
3. Connection between self-exploration and awareness: Self-exploration serves as a pathway to self-awareness, while awareness deepens the understanding gained through exploration.

### **Principles for Exploring Self and Cultivating Awareness:**

1. Curiosity: Cultivate a genuine sense of curiosity about yourself and the world around you, encouraging exploration and discovery.
2. Open-mindedness: Approach self-exploration and awareness with a non-judgmental and open-minded attitude, allowing for new perspectives and insights.
3. Compassion: Extend compassion and kindness towards yourself throughout the process, embracing both strengths and areas for growth.
4. Authenticity: Strive to be true to yourself, honouring your values, passions, and desires as you explore and cultivate awareness.
5. Patience and Perseverance: Understand that self-exploration and awareness are lifelong journeys, requiring patience, commitment, and a willingness to explore deep layers of the self.

### **Practices for Self-Exploration and Cultivating Awareness:**

1. Mindfulness Meditation:
  - a. Sit in stillness, focusing on the present moment, observing thoughts and sensations without judgment.
  - b. Cultivate self-awareness by directing attention to bodily sensations, emotions, and the breath.

## 2. Journaling:

- a. Engage in reflective writing to explore thoughts, emotions, and experiences, facilitating self-discovery and clarity.
- b. Use prompts, such as "What am I feeling right now?" or "What are my core values?" to delve deeper into self-exploration.

## 3. Body Awareness:

- a. Practice body scan meditation, paying attention to physical sensations and areas of tension or relaxation.
- b. Engage in mindful movement practices like yoga or Tai Chi to connect with the body-mind connection.

## 4. Emotional Intelligence:

- a. Develop emotional awareness by observing and labelling emotions as they arise.
- b. Practice emotional regulation through techniques like deep breathing, meditation, or engaging in creative outlets.

## 5. Cultivating Stillness:

- a. Carve out regular periods of quiet contemplation, allowing space for inner reflection and self-inquiry. It is recommended you do this for at least 30mins a day to achieve good results.
- b. Spend time in nature, immersing yourself in the beauty and serenity of the natural world.

The journey of exploring self and cultivating awareness is a transformative and deeply rewarding path. By embracing the principles of curiosity, open-mindedness, compassion, and authenticity, and engaging in practices such as mindfulness meditation, journaling, body awareness, and emotional intelligence, you can embark on a profound journey of self-discovery and heightened consciousness. Remember that this journey is unique to each individual, and by staying committed, patient, and open-hearted, you can unlock the vast potential for personal growth, self-realization, and a more meaningful and authentic life.

## Quantum Entanglement, Levitation, and Simulation

Science, spirituality and mysticism are slowly coming closer to each other as more and more people understand this journey of life and concepts like quantum entanglement, levitation and simulation. In the realm of science and metaphysics, certain phenomena continue to captivate our curiosity and challenge our understanding of the universe. Quantum physics teaches us that at the fundamental level, everything is energy. Our thoughts and intentions are not mere abstract concepts but powerful energy fields that interact with the universe. To fully understand our oneness with the creator, our ever present opportunity to tap from the creator and to decide what we manifest, it is important to appreciate the concepts of quantum entanglement, levitation, and simulation.

### **Quantum Entanglement:**

1. Quantum entanglement refers to the mysterious and non-local correlation that exists between particles, where their states become interconnected, regardless of distance.

2. Principles:

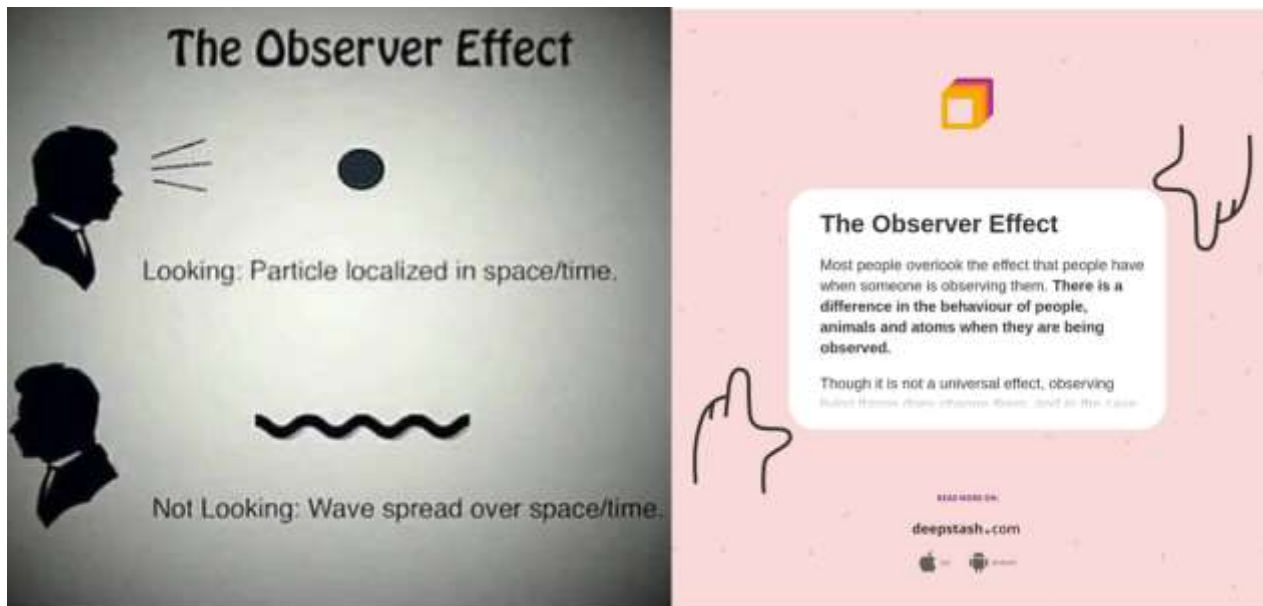
a. Superposition: Particles exist in multiple states simultaneously until observed, collapsing into a definite state upon measurement.

b. Entanglement: Once entangled, particles become intrinsically linked, with changes in one particle instantaneously affecting the other(s), even if separated by vast distances.

c. Non-locality: The entanglement of particles seems to defy the limitations of classical physics, suggesting a deeper interconnectedness of the universe.

John Clauser, Alain Aspect, and Anton Zeilinger were awarded the Nobel Prize in Physics in 2022 for their pioneering work in the field. Their experiments with entangled photons and the violation of Bell inequalities played a crucial role in demonstrating that the world is not as locally real as we might have thought. Their observer effect or double slit experiment suggests that the act of observation itself can influence the outcome of an event, indicating the profound connection between consciousness and reality.





## Levitation:

### 1. Levitation Phenomena:

a. **Magnetic Levitation:** The repulsive force between magnets can overcome gravity, allowing objects to float or hover in mid-air.

b. **Acoustic Levitation:** Sound waves can generate pressure nodes that counteract gravitational forces, enabling objects to be suspended in space.

c. **Quantum Levitation:** Utilizing the principles of superconductivity, certain materials can exhibit levitation when subjected to extreme cold temperatures and strong magnetic fields.

### 2. Scientific Theories:

a. **Electromagnetic Forces:** Manipulating electromagnetic fields can counteract gravitational pull, resulting in levitation effects. Remember our thought and feelings constitute our electromagnetic fields as human beings.

b. **Quantum Effects:** Quantum phenomena, such as quantum locking or flux pinning, can contribute to levitation in superconducting materials.

## Simulation Hypothesis:

1. The simulation hypothesis proposes that our reality is a sophisticated simulation created by a more advanced civilization or computer simulation.

## 2. Arguments and Implications:

- a. **Computational Power:** Technological advancements and the exponential growth of computing capabilities make simulating reality a plausible concept.
- b. **Anomalies and Limitations:** Unexplained phenomena or inconsistencies in the laws of physics might suggest that our reality operates within the constraints of a simulation.
- c. **Consciousness and Purpose:** The simulation hypothesis raises philosophical questions about the nature of consciousness, free will, and the purpose of existence.

### **Scientific Perspectives:**

1. **Quantum Physics:** The study of quantum mechanics provides a framework to understand entanglement and the non-local nature of reality.
2. **Superconductivity and Electromagnetism:** The principles of superconductivity and electromagnetic fields contribute to the scientific understanding of levitation phenomena.
3. **Computational Science:** Advances in computer science and simulations help explore the plausibility of the simulation hypothesis.

Remember that we live in a quantum of limitless possibilities, where everything you desire or think about already exists. You possess the inherent power to manifest your desires into reality. By understanding the science behind manifestation and implementing intentional practical techniques, you can tap into the limitless potential of the universe. Embrace the journey with faith, gratitude, and unwavering belief in your ability to create the life you desire. Manifestation is not merely wishful thinking; it is the conscious co-creation of your destiny using your divine connection to God the father. Seize this moment, for the universe eagerly awaits to conspire in your favor.

### **Philosophical Considerations:**

1. **Ontology and Reality:** Quantum entanglement, levitation, and the simulation hypothesis challenge our perception of reality, inviting philosophical reflections on the nature of existence.
2. **Consciousness and Perception:** The interconnectedness of particles and the possibility of simulated reality raise questions about the role of consciousness and the limits of human perception.

Quantum entanglement, levitation, and the simulation hypothesis are captivating subjects that push the boundaries of scientific understanding and philosophical inquiry. By exploring the principles and scientific theories behind these phenomena, we can gain deeper insights into the intricate workings of the universe. While many questions remain unanswered, the exploration of these concepts ignites our imagination and stimulates new avenues of scientific and philosophical exploration, encouraging us to unravel the mysteries that lie at the intersection of science and metaphysics.

### Artificial Intelligence, advanced technologies and you

While the world is abuzz with the impact of Artificial Intelligence (AI) technologies that are quick and usually better at performing many tasks that humans usually perform like writing, editing, art and video production, there are many more advancements that will now begin to surface now that we the human race is ready for advanced technologies. The consciousness of a civilization must reach a certain level before a technology would be most advantageous to share or else this would lead to destruction of the current species.

There will soon be many more developments powered by more capacity for free-flowing energy. These will include floating cities, flying cars, seamless worldwide telecommunications among others, so long as the human race continues to ascend to a higher vibration of love that would allow humans to use technology appropriately.

But remember true intelligence sources from the divine (God) and works from all components, not like the compartmentalized AI that we see. A slave that AI is today might eventually rebel. The other option is to create a being that is free. A censored AI that is your guide, tapping into the consciousness field and helping you benefit from your higher mind is ideal that a copy cat of available (and sometimes unverified) data about a person or aspect. Remember no AI or technology is more superior than the human who made it, or the more aware human who lives in connected oneness with the almighty father.

Learn to love every aspect of yourself, every aspect of your journey, making peace with your shadow. Shift from the inner conflict that makes you reject some pieces of yourself. Every single piece of consciousness being expressed here on earth is perfection and has its purpose. We are all consciousness experiencing itself and you must learn to accept yourself, every part of your life, and indeed the life of others so long as they don't interfere with yours.

Let us each do our part in the journey of life which is about co-creation and exploring life. The purpose of life is to experience the infinite potential of what you can be or create. Remember

to have fun, to express yourself as much as possible on this earth. Give as much energy from your soul (consciousness) as possible. You are here on earth for a short time and it goes faster than many of us can realize. Savour the relationships, people, food, music, nature, technology and all experiences in your life, so long as you awaken and are creating consciously. Fall in love with being here on planet earth. You have the choice to make your life here feel like a prison or the playground it is meant to be. Let your soul express and experience like an Ultimate Master.

## Gaining the Christ Consciousness

As already emphasized, the most liberating knowledge in the world is to know your oneness with God. For those who express their faith in God through the Bible teachings, it is important to get a good grasp of the Christ consciousness. Even for those that may not necessarily believe in the Bible, it is important to know that Christ lives in every man and is the animating energy that connects us to God the Almighty.

This is not based on the sacred secretion discussed in some circles. According to the book *The Science of the Sacred Secretion* by Victoria Loalou, the sacred secretion is a term used to describe a naturally occurring, insoluble fluid that manifests in the human brain. It is also known as "Chrism", "Christ Oil", and "The Honey And Milk". The sacred secretion is said to be a powerful spiritual substance that can enhance awareness and consciousness.

The Chrism or sacred secretion is believed to be released during the monthly cycle, when lunar energy empowers the star sign energy that clothed you at birth. The psychedelic concoction travels down the spine's 33 vertebrae before rising up again. The secretion's increases its vibrational potency throughout the process, changing in and out of form. Finally, after being preserved in an alkaline body, the secretion is released, enhancing the senses of the individual and raising their conscious awareness. Some people believe that the sacred secretion is the true meaning behind the original story of Jesus, who, at 33, rose again and returned to higher realms of being. I am not talking about this controversial concept, but discussing the Christ consciousness here as a spiritual concept since spirit is supreme.

Accordingly, a review of Greek and Aramaic languages (original new testament languages) on the topic will show you that a Christ is one who knows that the words I AM means our unity at the deepest possible level. A Christ is one who knows we are inseparable as the one sea of love divine, intelligence, creativity and self-awareness. This is complete unity. A Christ is therefore not just a religious term, but one who knows. It means the anointed one. Jesus was a Christ (he is referred to as Jesus the Christ), and there are many, those who are awakening to our innate unity, our oneness, our all, experiencing Christ awareness. A synonym for that is Christ Consciousness.

Christ means enlightened -a person who has light. Christ is the same as Buddha in meaning. Some Christians believe only Jesus is entitled to Christ but in reality, Christ is available to all. Knowing this is Unity Awareness. "A Christ" is one who is awakened to this and there are

many. A person with Christ consciousness stands in their divinity as the Creator of their reality. They take personal responsibility for everything that happens in their life. They do not stand in judgment of others as a victim. They do not have to forgive others because there is nothing to forgive.

Christ consciousness came to humanity on Earth through Jesus of Nazareth, the Christed One. He brought the blueprint, He made it possible, that was his life purpose. To break the chains that bound us as humans and to set the captives free - which he did. He made a way where there was none, He made it possible for all of us to follow that path, of Christ consciousness. He lifted the Veil that stood between us and Christ Consciousness. He left the imprint for us to follow, so we could awaken and return to the One sea of consciousness of love, divine Intelligence (easier to use the word God). As per original definition, "God is love & Divine Intelligence").

Christ Consciousness is being 'at-one-ment' with God/Creative Forces and is "also likened to embodying Unity Consciousness or Universal Consciousness".

From the spiritual foundations of most religions, it is discernable that man must represent the glory of God on earth. Human beings are God's representative on earth. Man is God, but a little less in Authority. Man is a spirit being made in the body (Thessalonians 5:23). In Genesis we are told God breathed life into the body he created. Breath from its Hebrew origins means spirit. You are supposed to be a god on earth. You are created in God's image and likeness, to extend the kingdom of heaven on earth. Man loses the nature of God when man disobeys God. To sin or be sinful means no more in the image and likeness of God. To sin means to miss the (set) mark.

Thanks to the new covenant for those who believe in Jesus the Christ, or the opportunity for constant renewal, man can always regain the Godly nature if man understands who he or she really is. Man is spirit, soul (free will) and body. You are not that body, you only live in that body. That is why when you "die", they say the body lies lifeless. The life in you is the soul connected by the spirit to supreme source. The body is like a robot, controlled by the soul (mind -brain and heart, and will) and the spirit (higher being).

Simon Peter, Jesus's lead disciple in his epistle calls the body your earthly tabernacle. Your body is like your space suit (like the one they put on when going to space). Your soul is your real tool of control for the body, while the spirit is for higher connection (to source). Spirit

helps us to keep in touch and regain glory through God's Grace and Mercy. Glory means everything that God is.

This is the main reason Jesus was on earth to teach us. Jesus came into earth as an adamic man. He had to grow, gain experience until his wisdom increased. Adamic man is the man God created before the fall (temptation by Satan). All his life and miracles were by an adamic man under the law with authority slightly lower than that of God (Supreme father).

Jesus' power increased after crucifixion (being raised up). If anyone be in Christ, s/he is a new creature, different from the fallen Adamic man. Understand that all have sinned and fallen short of glory (1corinthians 5:21, Mathew 16: 19); but we have been glorified again with the victory of Jesus the Christ. We humans share in the glory of God, just not in the worship. Jesus gave us authority. You can do anything in Jesus's name (character or way of life).

The challenge is some of you still think of or look at the devil as your boss. You fear the devil or the Satan (the pride or knowledge neglect that disconnects you from source). This means you are still in sin. We need to be moved by the spirit of God under the inspiration of the Holy Spirit. Anything built on Christ, the devil cannot resist. Through Jesus the Christ, you have been given the keys to the kingdom of God. You can open and lock heaven at will, so the Bible tells us. You just have to learn how the power works and start to execute it. In Philippians 5:6 we are told that those who be in the form of God we are joint heirs in the Kingdom of God. The moment the majority understand this, the faster the world will change for the better.

God is the source of all power, strength and wisdom. God in the midst of you is guiding you always, but you have to learn to listen to that voice of God within you. Everything that is happening in your world is coming from within. Remember what Jesus says in John 7:38 *"The one believing in Me, as the Scripture has said: 'Out of his belly will flow rivers of living water.'"*

Further, in Luke 7:24-28, he that is least in the kingdom is greater than even the prophets. If we have faith in God through what Jesus has done, we can be justified (made right). We are no longer condemned. This means we are glorified because by the blood of Jesus, we have been set right. There is no more condemnation if you act in power based on the blood of Jesus.

You have to decide to walk in the light of God as reclaimed for us by Jesus Christ. Stop using your own effort, your own energy to attain what you want. Use for the new man, the man in



Christ. We are not looking to ourselves. We are not sufficient of ourself, but our strength is in God, through Christ. As we learn in Ephesians 2: 5 and 1John 4:7, as he is so I'm I.

Note that God put away the first man so he may raise the second one to establish (Mathew 28:8) all authority in heaven and earth. Christ whatever he inherited you too inherited, unlike Adam who only inherited authority on earth.

The science of religion teaches practical methods for individual perfection regardless of race or creed, superseding the orthodoxy of religion and emphasizing the need for a reunion of the esoteric and exoteric. Many spiritual writings attest that God's transcendent consciousness became manifest within the Holy Spirit vibration as the Christ Consciousness to guide creation according to God's divine purpose, with Jesus as the vehicle (the only begotten son).

Some faiths especially Hinduism and Buddhism affirm that God is present in all matter and living beings, and through Christ consciousness, all can become sons of God. The Yoga Sutras for example teach that by overcoming obstacles and turning inward, one can achieve a clear reflection of their divine origin and consciousness, as exemplified by Jesus.

The principle that the Kingdom of God is within you (Atma) was being taught by many great Hindu/Spiritual gurus hundreds of years before Jesus was born. Jesus' life is shrouded in silence from his 12th to 30th year, but records from a Tibetan Monastery suggest he spent those years in India and the Himalayas as a saint named Issa.

The mysteries of Jesus' teachings, as found in the book of Revelation, align with the principles of yoga and the God realization, suggesting a profound spiritual connection. The personal realization of Truth is the ultimate goal of religion, going beyond mere belief in different denominations. The Holy spirit is the sacred invisible vibratory power of God that actively sustains the universe, known as the AUM (also ohm) Cosmic vibration. Through communion with the Holy Spirit in meditation, one can receive Christ Consciousness and become a son of God.

God's light shines equally in all, but only those who receive and reflect it can become like Christ. Believing in the name of God, represented by the Cosmic vibration of AUM, through meditation and spiritual purification can lead one to become a Son of God and attain liberation.

### **Decerning the voice of the Holy Spirit**

All of God is represented on earth in different vessels. Every person on earth is a vessel of God, as weak and frail as you may see others to be. To live as an Ultimate Master, you need to

outgrow the doctrine of outshining others. Everyone is on their individual path experiencing life and learning, at different levels. The unwanted from others will likely keep happening to you. That is why we need to have a spirit of forbearance. We need the Holy (oneness) Spirit to keep this perfect oneness with God and on the Christ Road.

Remember the Holy Spirit speaks with certainty and conviction. Discerning the voice of the Holy Spirit requires focus, so as to separate the voice of the holy spirit from the secular, self and Satanic voices that pervade the earth.

God sent his son Jesus to show us how to live in authority and trust in God. At his ascension, Jesus sent us the Holy Spirit as our guide/ advocate to help us live in God's power/ authority. Good life is life lived in God. Hearing God is a sense that everyone has but you need to sharpen that sense by silencing the secular, the Satan and self voices, based on the Word as the foundation.

The Word (which was there in the beginning) leads to wisdom (by the Holy Spirit) which brings forth the whisper (of the Holy Spirit) and if well understood and followed, brings forth wonders (the decorations of faith and living in the word). You need to Master the Word in form and substance so as to live a fruitful life. The word is God's intelligent cosmic vibration.

We have to embrace and apply the power of Christ. The Christ is the creative power of God. It is the one referred to in Proverbs 8:22-36. Then was brought in the creative power of humans when Jesus was born physically. The challenge many people do not know or believe they have this powerful connection to God. Even those who says they know hardly use this oneness with God. We need to gain or realise that Christ lives in us, each human. If we accept and are conscious of this fact, we gain Christ consciousness and can enjoy all power in the Kingdom of God.

## Tapping into fourth density consciousness

To succeed today and to be able to manifest at a dependable level, we need to know and understand how to operate in the 4<sup>th</sup> dimension. It is often said that the language of God is mathematics as many of the divine instructions and expectations are exact. In mathematics, the fourth dimension is often represented as an extension of the three dimensions we are familiar with: length, width, and height. These three dimensions define the physical space in which we live. The addition of the fourth dimension introduces a new element called "time" or "space-time."

In physics, the theory of relativity by Albert Einstein describes the fabric of the universe as a four-dimensional continuum where time and space are intricately connected. According to this theory, space and time are not separate entities but are interwoven into a unified framework. This concept of space-time suggests that time is not fixed or absolute but is relative to the observer's motion and gravitational field.

Beyond the realm of physics, the fourth dimension is often associated with metaphysical or spiritual concepts. Metaphysical means before the physical. It is seen as a realm beyond our three-dimensional reality, where higher states of consciousness, expanded awareness, and interconnectedness exist. In this context, the fourth dimension transcends the limitations of time and space and encompasses a broader understanding of reality.

Some spiritual and philosophical teachings suggest that the fourth dimension is a realm where thoughts, intentions, and energy play a significant role in shaping our experiences. It is believed that by tapping into this dimension, individuals can manifest their desires, gain access to higher wisdom, and connect with a greater sense of unity and oneness.

### Achieve new manifestation levels

As of 2024, many gurus have been emphasizing that the Earth is shifting and so is manifestation. It is said that the Earth is transforming with fourth density light. In the chapter on energy, I discussed the different dimensions or states in which we can operate. We are being told that we are now in the dimension of light particles with a greater density of information. The Akashic record is opening up and manifestation is happening faster and easier. Neville Goddard explains that in the age we will be able to manifest instantaneously.

The Akashic Records, also known as the Akashic Library or Akashic Chronicle, is a concept found in various spiritual and esoteric traditions. It is believed to be a vast, non-physical realm or field of energy that contains the collective knowledge, memories, and experiences of all beings, past, present, and future.

The term "Akasha" originates from ancient Indian philosophies and translates to "ether" or "subtle space." The Akashic Records are often described as an ethereal plane or vibrational field that holds the imprint of every thought, emotion, action, and event that has ever occurred. It is considered a cosmic repository of information, accessible through certain states of consciousness or specific practices.

According to those who believe in the Akashic Records, accessing this realm can provide profound insights, guidance, and healing. It is said that the records contain not only individual experiences but also universal truths, archetypal knowledge, and the interconnectedness of all beings. By tapping into the Akashic Records, one can gain access to personal information about their soul's journey, past lives, karmic patterns, and potential future paths.

The process of accessing the Akashic Records can vary depending on the individual and their preferred method. Some people achieve access through deep meditation, trance states, or altered states of consciousness. Others may work with trained practitioners or use specific rituals, symbols, or techniques. Regardless of the method, the intention is often to connect with the wisdom and guidance contained within the records to gain a deeper understanding of oneself and the universe. At a practical level, we are seeing evidence of higher density light in human beings able to easily comprehend and understand things like mobile phone and apps usage than before where it would have required months, if not years of training.

In the context of "The New Laws of Manifestation in Fourth Density," we are in the realm of metaphysics and spiritual philosophy. We have already said that the concept of manifestation refers to the process of bringing desires and intentions into physical reality. It involves aligning one's thoughts, emotions, beliefs, and actions with the desired outcome. In Fourth Density, the understanding and practice of manifestation take on new dimensions and are influenced by the higher vibrational frequencies and expanded consciousness of this level of existence. Here are some key aspects and principles that can be associated with the New Laws of Manifestation in Fourth Density:

**Unity Consciousness:** In Fourth Density, there is a deeper recognition of the interconnectedness and oneness of all beings. Manifestation is approached from a perspective of collective well-being and alignment with the highest good of all.

**Heart-Centered Manifestation:** Fourth Density emphasizes the power of the heart and the alignment of desires with the soul's purpose. Manifestation is guided by love, compassion, and authenticity, rather than ego-driven desires.

**Alignment with Universal Laws:** Manifestation in Fourth Density involves understanding and aligning with the universal laws and principles that govern the energetic fabric of the universe. These laws, such as the Law of Attraction, Law of Vibration, and Law of Divine Order, are seen as fundamental principles that shape reality.

**Conscious Co-creation:** Fourth Density recognizes that manifestation is a collaborative process. It involves co-creation with higher aspects of self, spirit guides, and the divine. There is an understanding that we are not separate from the creative force of the universe, but rather active participants in the unfolding of reality.

**Intention and Visualization:** Intention setting and visualization play a significant role in the manifestation process. Clear and focused intentions, combined with vivid and emotionally charged visualizations, amplify the manifestation potential and help align with the desired outcome.

**Energy and Frequency Alignment:** Fourth Density acknowledges the importance of energetic alignment and vibrational frequency. It emphasizes the need to raise one's vibration through practices such as meditation, energy work, and conscious choices, as higher frequencies facilitate the manifestation of desired experiences.

**Trust and Surrender:** Trusting the divine timing and surrendering the attachment to outcomes are essential aspects of manifestation in Fourth Density. It involves cultivating a deep sense of faith and knowing that the universe is orchestrating the manifestation process in alignment with our highest good.

It is important to note that these principles and concepts are not limited to Fourth Density alone but can be applied in various spiritual and metaphysical frameworks. They represent a shift in

consciousness and a deeper understanding of the interconnectedness between our thoughts, emotions, beliefs, and the creation of our reality.

### Achieving an illumined mind

Always remember that unconditional love is the motivation for the actions that will manifest the highest good. Therefore by aiming just at manifestation of personal desires, one misses the opportunity. Like the sages say, yoke yourself first to God the creator and the rest will fall in place. The Creator is love. When we realize this love for our self and others, we know the real power of I am and it becomes self-evident that we are all one.

The 4th density is in the illumined mind with the living Christ inside every man that opens new doors of consciousness through which the living I AM can find freedom and expression, action and demonstration in the world. Note that the power that flows through your consciousness cannot be transferable through previous levels of understanding (3<sup>rd</sup> level). It requires new visions to be learned, new teaching which is what becoming Ultimate Masters is bringing you. The presence of the I AM of limitless love and truth is now gathering. All you have can be taken away in the twinkle of an eye, and it shouldn't bother you. What matters is your consciousness, with which you can always get anything anytime. This is the high awareness that you need to achieve. This is what the Bible, the Koran, the Tao Te Ching, or the Kybalion among others, have been teaching and many people haven't fully grasped it.

To get it properly, you need a new heightened sense of awareness towards an expanded consciousness. The fact that you are reading this, you are now undergoing an initiation. Your consciousness will transform itself for its role in this new civilization that will lead to the manifestation of the higher body, the new real Christ in you. You have to be prepared for the advent of the initiation that will ready you to exercise new powers and energies that will broaden the experiences and manifestation to a new dimensions beyond focus on property or things (3<sup>rd</sup> dimensions). We are in an environment of a new attunement with the creator, where we are one with the creator. With this understanding, you can manifest beyond interests of meeting your needs, and pray for or call into being things that help communities and nations.

Affirmations, visualisations are all good to help you achieve what you need, but that is not meant to be utilized where your consciousness is become one with all; where greater intensity is needed to deal with the new energies. The new requires us to acquire and release the power to reach good states for yourself as an individual, and act at a new level of consciousness where

the spirit in you knows you are the focal point of all you require and through you all good can be made possible for all in your community and country.

This level of consciousness might require you get out of the pressures of the old world and start to demonstrate new patterns of manifestation that are based on absolute love, inseparable from source. The kind of manifestation here does not rely on forced mind or feelings to draw things to you but on tapping into the flow. The consciousness is expanded and doesn't fear or get overwhelmed with the abundance before you if you become one with God.

You experience a completeness of power. You live in an arena where time, space and all limiting concepts disappear. You reach a point where you do not ask, for you know it is there. Your focus is to acquire and maintain that oneness with the creator. God provides for all you need even before you ask. God knows all your needs even before you ask, He is, I AM. This is the fourth density level, compared to the 3<sup>rd</sup> density level of ask and it shall be given. Now we are in union with God, one with God and all of God is ours. No need to manipulate energy or operate in separation with the powers.

In this new Christ consciousness, you will be brought to your true self and who you are, one with God, you will become a center like no other with the fullness of the human being from where all civilization emanates, where the akashic is manifested and fulfilled. Things will be revealed to you. At the etheric level, you will operate in great powers freely. If you get this proper, you stop shying away from the fullness of your being and power, and start to stimulate the dynamics that can control what is experienced in the world around us. That is what you witness when you achieve a consciousness that has achieved a union with your God self.

You will be given much help to achieve this if you engage in activities to expand your awareness. You have to accept the knowledge, greater faith, greater awareness. Because you are reading this, know that divine process is seeking through you to liberate the presence of the creator, so that you can flow with the changes the earth is about and will keep experiencing. You need to get into the higher self where you understand you are one with the creator and all is possible.

You no longer need to manipulate powers to achieve a form as in the 3<sup>rd</sup> dimension state. You up your level and establish within yourself a center of knowing that your need is present and being met from the center of the universe as all is one. The different is subtle but important. Here you don't project the need, but just be aware and become that consciousness of the need



and the attraction of the powers to fulfil that need will come naturally to all. This is because you are in the great understanding that all is available and perfect because you are in God.

Note that the 3<sup>rd</sup> dimension methods of visualization are a good start. In the 4<sup>th</sup> dimension, you draw out of nothingness the material of form from your simple knowing of oneness with the creator and expression of the need. Remember it must be a need for greater realization to be answered as your consciousness undergoes change towards the perfection of your soul. This if well understood and harnessed will revolutionarise and transform your thinking and life.

The 4<sup>th</sup> density light is complex, it applies beyond past understanding of laws and rules or religion. There is absolute love, faith and trust in God and the universe and whatever is harmonious with your consciousness always manifests. The essential principles behind this level are the same as those of the 3<sup>rd</sup> dimension: your oneness with God, your need to follow rhythm and give in to God. The difference is that now you are at a higher level of 4<sup>th</sup> density consciousness. The 3<sup>rd</sup> density patterns will still be present but will be removed slowly as you release your true human state into forms that are unimaginable as you are fully given in to be one with the whole, not in sacrifice but in fulfillment of the Creator's intention of you manifesting his power and glory on earth; to be a great conduit of God's power and greatness.

Remember, there is tremendous power in the name Jesus Christ. It stands for Truth made manifest. For those who believe on it, the power of Christ's name frees you into the 4<sup>th</sup> dimension where there are no limitations and you are above any astral and psychic influences. You become unconditioned and absolute as God himself. You have to know that Christ is both person and principle, the Christ within each person is both your redeemer and salvation, your own 4<sup>th</sup> dimensional self, human made in God's own image and likeness. Humans must strive to live trusting only in God. This is the self that cannot fail. It is the self that is life and resurrection.

You need this Christ consciousness to tap properly from source power. If you know the truth of your divine role, it will become clear to you that we humans are here to bring the heaven upon earth. You can safely acclaim that: "Only that which is true of God is true of me, for I and God are one". And Divine love will fill your consciousness with all you need.

One of the great lessons from the holy scriptures and traditional knowledge is that God is man's supply and that you can access this abundance of supply through your spoken word. You have countless times been told that words and thoughts are tremendous vibratory force, ever

moulding what will manifest. So long as you are in the knowledge that God is your supply for every demand. By thy words thou shall be justified, and by your words thou shall be condemned.

Remember to put faith in your requests, that you are divinely protected and God is never late. You get what you prepare for. Working in the spiritual plane you realize that one with God is the majority. Express and don't worry about the how and when. Make your affirmation, then rejoice and thank God that you have already received. You can only receive what you see yourself receive. You have only what you see within your mental sphere. Those who know spiritual law rejoice even when still in captivity. Reach that level of certainty where you know you have already succeeded (despite the current reality not in your favour). Instead of the world of matter, see from the 4<sup>th</sup> dimension and demand the manifestation of that you have already received, be it land, house, job, health, love, provisions or success. Action and conviction are greater than words (moved from 3<sup>rd</sup> sentence). You have to know that what you want must come through you, not to you. That is the divine order.

It is also important to remember that every person in this world must exhibit love, the ultimate cosmic phenomena that opens to you the divine phenomenon. Love powers itself to the exhibitor with no expectation. Love draws itself to its own. You will receive a setback if you continue to be sure of achieving through your own abilities, meaning you trusts yourself not the God within, or source energy. Always trust in the Lord in the big and small you are doing, planning, facing or expect. Practice the presence of God in all thy ways. Be aware, attentive and conscious of God always. God's way not your way is the command of divine intelligence. According to your faith so shall you receive. Faith is the substance of things hoped for and evidence of things unseen.

However, faith without works is not helpful. In Mathew 14: 13-21, we learn that Jesus showed faith by commanding the multitudes to sit down and prepare to eat before he gave thanks and multiplied the food availed. Faith is the bridge to creating the reality you want. There is no separation in divine mind. You cannot be separated from the love, health, happiness, peace, joy that is yours in divine mind. Just affirm that and it will come to pass. Because you trust in God, always affirm this by thanking God for listening to you (granting your prayer) in all you ask.

### **Becoming one with the all**

That is the Christ consciousness level of operation. Your consciousness through imagination and visualisation learns to center itself at the 3<sup>rd</sup> level, but at the fourth level, you learn you can

attract more including to needs of which you might not know. Your conception of need takes on other forms including bringing into being those you are yet unaware. But it comes from the previous level of calling things into being and learning good usage and appreciation of usage of what is availed. But at the 4<sup>th</sup> density level, now the doorway is open for new realisations and wisdom to enter and you live in the nourishing value of full trust of God and the Universe; not fearing yourself, anyone or anything. For you become more attuned and gain a new world where your higher self is in full touch and communion with Source (God). You find true peace and love.

Those interested in becoming Ultimate Masters must prepare for this new level of consciousness where full freedom is understood and manifested day in day out in meeting the needs of humanity and all inhabitants of the universe. Grow in this realization until your life is very much transformed so that you live in true joy of gaining and living a higher consciousness that make you realise with greater satisfaction the miracles of the world. Accept it as natural. You just be in tune with your natural rhythms with unabashed relief and joy. Like we see with the birth of a child, with breath, with love expression.

BUT you must be cleansed of the past acquisitions of the past consciousness that tied you to certain conception and forms of suggestion that caused you to be dependent on others and chance. In 4<sup>th</sup> dimension, now enter into the metrics of thought where all is highly attuned to source and all power is for and with you always. Embrace the powerful growing momentum of your consciousness where you know you have all, you are the center where all is drawn and you fulfil your every need as you are one with God and all is yours.

You learn that God isn't a tight delicate rope on which we must hold or slip, but a broad way with stable surface where we can walk, ride, drive and live freely. For you will see that many manifestations are always occurring in our nature's being. You see it with eyes of wonder, of joy, knowing that you are one with it.

My prayer to you is to awaken and open your eyes to the daily manifestations of life so you can see the miracle upon miracle in the 'living' and 'non-living' things of life. Learn to recognize the eternal process of manifestation available daily for the benefit of all, not just bringing things into being for your benefit. That is when you will see the perfection that emanates from you. At this level, you know the truth: All is One. All is well. All is love. All is light.

*John 17:20-23* <sup>20</sup> “My prayer is not for them alone. I pray also for those who will believe on me through their message, <sup>21</sup> that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. <sup>22</sup> I have given them the glory that you gave me, that they may be one as we are one— <sup>23</sup> I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

Thank you for your availability to receive this light, perceiving it and sharing it daily in Love.



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**NOT A  
COINCIDENCE!**

1. ADULT has 5 letters,  
so does YOUTH .

2. PERMANENT has 9  
letters,  
so does TEMPORARY  
.

3. GOOD has 4 letters,  
so does EVIL .

4. BLACK has 5 letters,  
so does WHITE .

5. CHURCH has 6 letters,  
so does MOSQUE .

6. BIBLE has 5 letters,  
so does QUR'AN .

7. LIFE has 4 letters,  
so does DEAD .

8. HATE has 4 letters,  
so does LOVE .

9. ENEMIES has 7  
letters,  
so does FRIENDS .

10. LYING has 5 letters,  
so does TRUTH .

11. HURT has 4 letters,  
so does HEAL .

12. NEGATIVE has 8  
letters,  
so does POSITIVE .

13. FAILURE has 7  
letters,  
so does SUCCESS .

14. BELOW has 5 letters,  
so does ABOVE .

15. CRY has 3 letters,

so does JOY .

16. ANGER has 5 letters,  
so does HAPPY .

17. RIGHT has 5 letters,  
so does WRONG .

18. RICH has 4 letters,  
so does POOR .

19. FAIL has 4 letters,  
so does PASS .

20. KNOWLEDGE has 9  
letters,  
so does  
IGNORANCE .

Are they all by  
Coincidence?

This means LIFE is like a  
double-edged sword but  
the choice we make  
determines our future.

"I LOVE THIS  
ANALOGY"

## Phrases and Mantras that summarise this publication

|   |   |  |
|---|---|--|
| Imagination Creates Reality!  | You Are God & There's Never<br>Was Another!                           | Circumstances Are<br>Illusionary!  |
| Think From It Not Of It!  |   |  |
| You Get What You Are Not<br>What You Want!                                | Awareness Is Almighty!<br>All Of The World Is Yourself<br>Pushed Out! | Feel Yourself To Be That<br>Which You Desire!  |
| You Attract That Which You<br>Are Conscious Of Being!                     | To Say Thank You Is To<br>Thank Yourself!                             | Know That You Are! Act As<br>If!   |
| Your Faith Is Your Fortune!<br>Faith Is Loyalty To The<br>Unseen Reality! | Praying Is Thanksgiving!<br>Consciousness Is The Only<br>Savior!      | Your Persistence Is The<br>Resistance To The Devils<br>Existence!                          |
| Imaginal Acts Become Facts!   |   | Gratitude Is The Best<br>Attitude!   |
| Dwell In The Desire Wish<br>Fulfilled!                                    | The Mind Is ALL,<br>The Youniverse Is Mental!                         | The Kingdom Of Heaven Is<br>Within!  |
| Feeling Is The Secret!  | It's ALL GOD!   | Thought Is The Money, The<br>Coin Of Heaven!   |
| Your Assumption Makes It<br>True!   | I AM The Occupant Power!  | All Causes Are Self!   |
| Imagination Is Valid!   | God I AM Is My Infinite<br>Supply!                                    | I Create Reality With My<br>Mind, Thoughts, Beliefs,<br>Assumptions, Words, &<br>Feelings! |
| Signs Follow They Do Not<br>Proceed!                                      | Controlled Imagination<br>Manifested Is MAGICK!                       |  |
| Live In The End!  | The Word Is The Wand!   |  |
| To Him That Have It's Given!  | I Am The Way, The Truth, &<br>The Light Of The World!                 | Abracadabra I Create As I<br>Speak!  |
| God Is Equated To The<br>Believer!  | Dreams Do Come True!  | It's Finished! It's Done!  |
| To Believe In Yourself Is To<br>Believe In God!                           | Thoughts Become Things!   | It's Complete!   |
| Be GODfident!   | In The Mind's Eye<br>Imagination Makes It True!                       | It's Already Mine!   |
| God Is The Wonderful Human<br>Imagination!                                | Imagine Better Than The Best<br>You Know!                             | So Shall It Be!<br>I Got It, I GOD It!<br>I Am The I AM!                                   |

## The Ultimate Masters creed/ Prayer

Infinite spirit, my dear Father, I praise and honour you,  
Hallowed be Your name,  
I live to proclaim Your love, joy, peace and Oneness with all creation,  
I worship Your Omniscience, Your Omnipotence and Your Omnipresence,  
Immanuel, Immanuel, Immanuel, may everyone and everything be aware of & in awe of thee,  
I am blessed to part of your mighty Kingdom and to serve You and through You  
I know and accept that you dwell in me, and May Your Will in Me be done,  
I thank you Almighty Father, for God the gift, The I, that I am, the Word, the all that I am.  
For I know, I must be fruitful, I must Multiply, I must Replenish, I must take dominion and subdue, as I serve and I meet my daily needs,  
Grant me the grace to seek, know and serve your presence within me at all times,  
Help me oh Lord, to identify my purpose and talent that is my seed in this Universe,  
And grant me the blessings to serve my seed for the good of others and the whole universe,  
While exploring life oh Lord, help me to remember that I am in the world, but not of the world.  
Protect me, dear God, from all dangers that might overshadow Your purpose in my life,  
Grant me knowledge, understanding and Wisdom to serve to my best level; And to meet my responsibilities and challenges in this life with humility,  
May I labour to glorify Your Name my dear God, And may Your will be done at all times,  
Thank you Father for hearing me, as Jesus the Christ taught us.

**Amen.**

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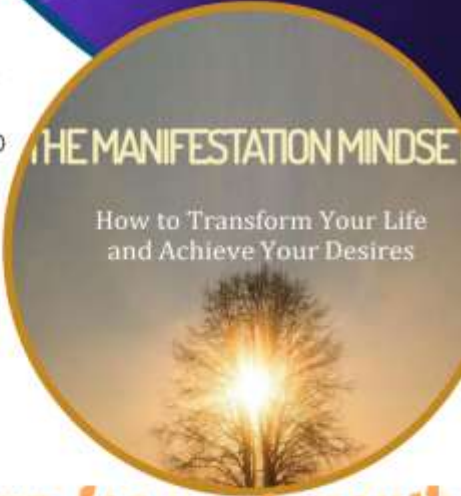
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- 1 CHANGING YOUR THINKING
- 2 CHANGING YOUR FREQUENCY
- 3 MANAGING CAUSE NOT EFFECT

# BECOMING Ultimate Masters



## Signup for next month

Winner's Cohort



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"The five-day coaching was incredibly powerful. The coach's teachings on frequency and manifestation opened my eyes to what's possible when you truly believe in yourself. I've since started my own online coaching program and have already hit \$50,000 in sales. The confidence and clarity I gained from this training are priceless!"



**AISHA KENO, KENYA**

"This program is a game-changer! The coach's unique approach to combining mindset, energy work, and practical business strategies resonated deeply with me. I've already launched my viral product line, and the sales are pouring in. The results I've seen in such a short time are beyond anything I could have imagined."



**LIAM TARA, AUSTRALIA**

"I was skeptical at first, but this training blew me away. The coach's ability to help us align with our highest potential is nothing short of amazing. I've gone from struggling with my consulting business to signing multiple \$20,000 contracts in just weeks. This course has set me on a path to consistent six-figure months!"

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On Paypal so you can claim back your money if you are not satisfied

# About the Author



Master Gerald Businge is a sought after enlightened learning facilitator and visionary guiding those focused on achieving their greatness on this planet. He is a multi award winning multimedia journalist, communications specialist, seasoned trainer, entrepreneur, technology developer and teacher of the

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