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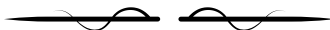
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D I S C L A I M E R

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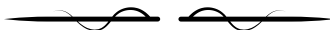




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I am grateful for my family, who have played a large contributing role in creating me in the highest image possible. My family will always be my top priority.

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I want to thank my wife, Rosey, for putting Project 369 in the world. Rosey pushed me to create this tool. Thank you for everything you do and all that you are—a vessel of love and light in my world.





Acknowledgments

I express my deepest gratitude to my coach, Stephen Sainato. Thank you for your divine power to create miracles. Thank you for your loving presence. Thank you for your divine wisdom. Thank you for your divine creations. Thank you for being you.

Last but not least, I would like to extend my deepest gratitude for the illuminating and inspirational teachings of Neville Goddard. In this book, you will find numerous concepts Neville had expressed in many of his books and lectures from my own perspective. He was a true master at not only interpreting the Truths of the Bible, but proving, again and again, the single cause and substance of reality: Consciousness—I AM.

Life is a never-ending journey of connecting the dots; there truly is no better feeling than connecting them and weaving the beautiful tapestry that has always been there, waiting to be discovered, connected, and created.

Thank you, God, Neville, and others, for passing me the torch.

It is now time that I pass it unto you.

Let us create.



Foreword

To the Creator,

An abundant life is your birthright. Give yourself full permission to create what's already yours.

When I first read and started using Project 369: The Key To The Universe, I felt an energy that I could describe only as otherworldly. I felt the rumble of aum, the vibration of miracles, and the presence of deep inspiration. I could tell how much love, care, and divine energy had been poured into it. That was several editions ago. Evolved Consciousness is on another level of being. The wisdom is biblical, the pages teem with infinite possibility, and the journey transforms life from the inside out.

Project 369 facilitates the creation of miracles. People are sharing passionately about how they have manifested love, peace, joy, happiness, success, prosperity, profound fulfillment, divine purpose, Oneness with God, liberation, power, full recovery from lifetime afflictions like alcoholism and other addictions, and much more.

I have personally manifested more love, miracles, and abundance this year than any other year of my life. I am healthy and happy. I am at peace, inspired (in spirit), and my heart is filled with the deepest gratitude. My coaching business is flourishing and serving the world. My wife and I are having a beautiful baby girl this month, and we are blessed to be moving into our dream home soon. Most meaningfully, I



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get to give my family the extraordinary life that they deserve, be a present father and husband, give back to where I feel guided, and enrich others' lives with love and wisdom. My gratitude for Project 369 is eternal and ever-expanding.

The mysteries of the Universe are boundless, yet certain knowledge has been discovered and shared throughout the ages, including the laws of manifestation. Project 369 offers an evolved expression of those laws, along with new knowledge, and a powerful platform on which to wield them. Abide by the laws brilliantly articulated within Project 369, and you get to have it all.

One of the primary laws instructs us to use our imagination to sculpt our state of consciousness into alignment with our deepest desires. You will learn exactly how to do this. Once alignment happens, possibility explodes into being and the Universe conspires with us to breathe life into our visions. As we move forward confidently, the bridge of incidents appears before us, leading directly to our divine destination (and many times beyond). It is one of the most mystical, incredible, and satisfying experiences in the world.

Project 369 contains the wisdom, science, and platform one requires to align their state of consciousness with their desires to successfully manifest them into reality. Everything you need to know to realize your dreams is in Project 369.



Foreword

Consider that we are manifesting our reality at all times, including this moment, and it is not possible for us to not manifest. The difference is that some people are aware of this, and some people are not. The aware beings have the momentous opportunity to consciously and deliberately create and attract what they want.

It is my distinct privilege and honor to create the doorway through which you enter one of the greatest manifestation sensations of our time. As you enter and begin to manifest miracles, here are a few loving reminders:

The Universe is friendly and supports you.

Keep it simple and have fun.

Sustain the flow of inspiration.

Practice gratitude (what you appreciate, appreciates).

Do what makes your heart sing.

Make peace with divine timing.

Move in faith.

Trust the dance of creation.

Be free. Be you. Be blessed.





Foreword

My Heartfelt Prayers for You:

May you be still and remember who you really are.

May you ignite your power to manifest everything you want.

May you experience freedom and fulfillment at the level of your soul.

*May your heart be filled with a peace so deep not even the most
beautiful thought could describe it.*

May you be faithful, courageous, and committed.

May you know deep down that you deserve it all.

May you live the life of your dreams.

May you be forever blessed with abundance.

May you unlock the Key to the Universe.



Foreword

I am profoundly excited for you to experience the magnitude of miracles on their way to you. Continue steering your imagination in the direction of your dreams and know that what's ahead for you is so much greater than anything you could ever possibly imagine. You are in the midst of the magic. In fact, you are the magic.

Love planted those desires tucked into the deepest chamber of your heart; they are part of a higher purpose and destined to be made manifest. Release all fear, lose all inhibition, and rise up in consciousness. Surrender all your concerns and know that you are always safe in faith. The time has arrived for you to materialize the formless into form. Declare the end from the beginning. Trust deeply in your intuition, doubt your doubts, and move forward faithfully and with gratitude and optimism, allowing Love to take Its Course and the whole of Creation to serve you.

Loving you. Believing in you. Blessing you on your divine journey.

Stephen Sainato, JD, BCC



Introduction

My name is David Kasneci. My purpose in this lifetime is to awaken, evolve the collective consciousness of humankind, and raise the vibration of the world. One of the ways I aim to do this is through the Project 369 series, which includes the book you're currently reading. Other ways I aim to do this is through my other creations, which will change the trajectory of the world's collective thoughts, feelings, and choices for the greater good.

The information in this book has changed thousands of lives. In addition to people manifesting their heart's desires, people have healed physically from cancer and other diseases and have manifested miracles they never thought were possible—such as walking for the first time in decades, unlocking a life of prosperity they never knew existed, and transcending fear, doubt, stress, anxiety, and lack.

The concept of manifestation has been severely degraded. Many people just teach silly egoic manifestation: “Manifest money overnight!” “Manifest your ex back!” “If you repeat this 100 times __ must happen!” This is all foolish, and it's exactly what leads people to think it's “woo-woo” and unrealistic, even causing some to believe it's “demonic.”

Here is the truth: *Manifesting is creating*. You are an eternal creator. You always have been, always are, and always will be creating your reality through your thoughts, feelings, choices, and actions.

The problem is that many are ignorant of this fact, so they remain in



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ignorance and manifest reality unconsciously.

As I align with Truth, I am faced with experiences that gradually correct my perception and lead me to deeper realizations and higher understandings. As my consciousness expands and evolves through my own journey toward self-realization and meditation, so do all of my creations. The Key to the Universe, which is the book you are now reading, is one of these creations that is continually evolving.

While writing this, I was guided by Truth. I have discovered that Truth is not to be conceptualized by the mind, rather it is to be experienced, as the Truth I speak of is the very essence of Being, “I AM”—Pure, Unconditioned Consciousness.

Those who have followed Project 369 will notice that our books often undergo significant changes and evolution. My goal in updating these books is not merely to add more content but to simplify these teachings progressively and connect the dots through evolved insights and perspectives. Whether you have read our previous editions or not, just know that each chapter is constantly being evolved. I encourage you to not only re-read each chapter, but practice these teachings. This book will be useless if you don’t actually follow the principles contained herein.

For those interested in a version of this book that aligns with biblical teachings and correlates this wisdom directly with Scripture and passages from the Bible, we have created a “Scripture Edition” of The



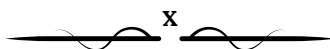
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Key to the Universe, which is available on our website, 369project.com.

I understand that quoting the Bible may rub some people the wrong way. Yes, it has been rewritten many times, manipulated, and corrupted by worldly leaders, but know that this has all been done so that we may be kept away from the Truth that was expressed through the teachings of Christ. This has all been done to advocate division and separation through discord and hatred so that we may continue operating in lower levels of consciousness and live in our animal nature. We are no longer animals. Those ready to evolve will, and those who wish to stay in those realms may stay. In the “end,” we are all one, and we will all awaken to the One Truth. That is the point of existence.

Whether you grew up reading the Bible, following another religion, or belonging to another particular group with certain beliefs or doctrines, trust that our work is not a betrayal of your upbringing. Proceed with an open mind and heart. Accept only what resonates as true to you. This book is not about religion. It is about Truth, and Truth is not only contained in the Bible but also in many other ancient religious texts.

When I first discovered what you are about to discover, I felt a sense of liberation that words could not fully describe. As I unlocked the Key to the Universe, tears of joy, love, peace, power, harmony, and faith streamed down my cheeks. I tell you, in Truth, there is only Love, and there is only Light. Darkness and evil are mere shadows of error and illusions that are cast out by the Light of Truth. Once you find this Truth within you, you, too, will realize that Love and Light are all there





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is and all that will ever be, and you, too, will be eternally free.

The purpose of this book is to make you feel the way I did. I aim to do this by revealing the same Truth buried and hidden deep within you. I intend to make it as clear and concise as possible so that you can interpret and abide by its principles. I could have made this book much longer if I wanted to, but doing so would have defeated the purpose of the Truth itself.

Ye shall know the Truth, and it shall set you free. The truth is not to be understood with words, and as soon as you put words on Truth, it limits Truth. These words are to guide you to the Truth that must be experienced, not understood. Once experienced, you will never look for another Truth, for there is no other. The Truth is the Omnipresent and Omnipotent Life Force that governs the expressions of all life. It is Infinite Intelligence and Absolute Perfection beyond all conditions.

In this book, you will bridge the gap between science, spirituality, and psychology. You will learn how Yogis, Sages, Saints, and Masters have found the Light and how you, too, can find it within yourself. You will learn how to heal on all levels: physically, emotionally, and mentally through Spirit. You will discover how you now create your reality, how everything you create serves you, and how to create the reality desire.

You will see how there is much more to the Universe than what meets the eye, for as Nikola Tesla once said, "The day science begins to study non-physical phenomena, it will make more progress in one decade



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than in all the previous centuries of its existence.”

You will learn that you are a perfect physical manifestation of Love and Light, and you will awaken to a world where you can see this divine perfection manifested in everything. You will learn that there is One Source from which everything is expressed and created, and that One Source is contained within everything that is expressed and created.

You will finally see how you are connected to everything and attached to nothing. You will see how the Universe you perceive with your senses is the same Universe that lies within you.

You will learn who your True Self is and what the true nature of reality is. You will learn that your outer reality is merely the manifestation of your inner reality, and how the only way to change your outer world is to change your inner world. You will learn that you are not a temporary human being having a spiritual experience but an eternal spiritual being having a temporary human experience.

It is time to realize that for every effect, there is a cause. This cause is I AM, and there is no other. It is time to awaken to the true nature of reality and correct your perceptions. It is time to end suffering and create a reality that will bring you happiness, peace, love, and prosperity. Open your heart to the beauty of existence, and understand now that beyond all of our fragmented and limited identities, beliefs, and conditions, there lies an unconditioned “I AM” creating it all. It is time this Truth is revealed, and you set yourself free.



The Way of Truth

It's valid to say that everyone wants to live a life entirely free from suffering, whether it manifests in the form of negative beliefs, thoughts, emotions, actions, or outcomes.

Some merely “wish” for change to occur, and then end up worrying about when or how it will occur. Others merely wait and hope that a savior outside of themselves will end up coming to rescue them from their suffering. Some doubt that freedom from suffering is possible at all, so they just live without hope and blame the world for being the way that it is. Many try to end their suffering by working with the world. They eagerly stress and struggle and try to manipulate and control their circumstances through their limited personal will. They find temporary success and quickly end up falling back into the same patterns, again and again.

If we look out into the world, we find far more people unconsciously suffering in the lower frequencies of hell than those consciously dwelling in the higher frequencies of heaven. Rarely do we find the one who has earnestly desired to enter into the higher frequencies and reach states of True, Unconditional Love, Peace, and Joy. That's why we see hell manifested in this world through the collective unconscious. Luckily for the world, however, the very small number of individuals who are vibrating in these higher frequencies have such immense power that they counterbalance the rest of humanity stuck in the lower frequencies. I endeavor to awaken you to the higher frequencies of heaven, and I trust that if you are here, right now, you are ready.



The Way of Truth

There is a way to reach great heights of freedom, even though we may currently live in a world designed to enslave us. There is a way to find everlasting peace, even though we see war, discord, and chaos all around us. There is a way to find real love even though we see hate, shame, lust, and condemnation. True prosperity can change the world, even though many portray a false sense of it through evil exchanges, dishonesty, and greed. There is a way, I tell you, to find a power so strong that it will take over your entire being and express itself through your mind and body and manifest Heaven on earth. The ego doesn't believe this is possible. That's why we're surrendering it entirely. It is weak. It has very limited power.

This workbook will show you the way. And, by the end of it, you will awaken into a world you never knew existed. Despite showing you the way, however, I cannot force you to take it. Before you proceed, know that there is a price you must pay if you wish to awaken into this new world. It's not paid with money; it's paid with sacrifice. The price you must pay to reach the higher frequencies is the lower frequencies, which only exist at the level of ones identification with the ego. To actualize your higher divine self, which is "I AM," you must release whatever you have attached to this "I AM" and correct all of your perceptions of reality. Once the false self who has been aimlessly walking along the path of error is sacrificed, the ***True Self*** will take the path of correction and manifest Heaven on earth.

All you must do is remember the truth in every present moment, for that is where you find "I AM." Be patient, kind, and gentle.



The Math of Life

Creation can be simplified to a single equation: $1+1=2$. And this simple math corresponds with a basic universal law. That is, the Law of Cause and Effect, also known as Karma. This fundamental law is the essence of creation. It is the root of all learning, growth, and evolution, and also the root of all suffering.

Just as 2 is the inevitable result or effect of adding $1+1$, so too are your experiences the effects of adding your thoughts, feelings, choices, and actions, one by one. This is your “math.” Each thought, feeling, choice, and action leads to an effect that is your created reality. The Law of Cause and Effect, or Karma, is perfectly designed for you to learn from your own math. This is how you grow, expand, and evolve. More importantly, this is how you step outside of all of your created effects, and awaken the cause, which is the Creator.

As the Creator, you are a mathematician. Everything you will ever create and everything that you have already created all serve one purpose: for you to learn from your own math and awaken as the Creator of your own creations from a new perspective. This is the very reason why everything serves you, from the most negative experiences you create to the biggest challenges you choose to give yourself.

Most are just ignorant to this truth, which is why they keep doing the same math again and again. People think they’re stuck, but in reality, people are creating the same perpetual experiences again and again because they’re identified with effects and have lost sight of the Cause.



The Math of Life

You can't reverse or undo a choice you've already made. If you could, there'd be no law governing creation—no growth, no evolution. But here's the liberating truth: you are not your thoughts, feelings, choices or actions. You are not your math, you are the mathematician. You are not the effects, you are the Cause. You are not the creation; you are the Creator. You have the power to observe your own math, learn from it, choose the math you desire, and create a new experience. This is how you, as the Creator, forever evolve, grow, and expand.

You're adding up thoughts, feelings, choices, and actions all the time. It's happening constantly. The key lies in becoming aware of what you've been adding up, and what you're now adding up. If you're unaware of the math you're doing, it must mean that you're not even the one doing the math. So then who is the one thinking, feeling, choosing, and acting? This is what we call the *ego*, the false you that runs automatically based on subconscious programming since birth.

When we do the same math, adding up the same thoughts, emotions, choices, and actions again and again, we get the same results. What happens is that we get so used to seeing the same math and the same results that it actually gives us a sense of comfort and makes us feel safe and secure. Out of comfort and safety, we identify with the math we've always done as well as the effects. We identify with all of our thoughts, emotions, choices, and actions and say, "This is *me*," and we identify with all of our experiences and say, "This is *my world*."

This "me" and "my world" you've mistakenly identified with is the ego



The Math of Life

that has been programmed by you and your environments and surroundings since birth. This programming has been running your life automatically on autopilot, thinking the same thoughts, feeling the same emotions, making the same choices, and exhibiting the same behaviors. This is what it means to be unconscious—to be living inside of a program. This is what I call the inner matrix, the matrix within you, built from the subconscious programming of the ego.

Everything you've been taught to believe about yourself and the world, everything you've created yourself and your world to be, and every experience you've been through has been embedded into your subconscious mind. And the reason you identify with it is simple: it's all you've known. It's "me" and "my world," which, until you become aware of what "me" and "my world" truly is, all the thoughts, emotions, choices, and actions that created it will keep playing out on autopilot.

You'll look at the world around you, wondering why things are the way they are, because you won't recognize the cause. You will try working directly with the effects instead of the cause. You will believe that you are not in control of your reality, and that is when you will call it fate. The truth is, you create your fate, my friend. All it takes is awareness. Awareness is what you truly are. The moment you become aware of the "me" and observe its thoughts, emotions, choices, and actions, you dissolve the darkness of the unconscious program through the light of your conscious awareness. When you see an undesired result, don't think of it as your fate, think of it as your own creation. Recognize that your math was off, identify what didn't work, and simply learn from it.



The Math of Life

This is how you awaken as the Conscious Creator. The more we zoom out and genuinely reflect on the “me” and our “math,” the clearer we see why our lives are the way they are and why certain patterns keep playing out over and over again.

Identifying the errors in the ego’s choices is the first step toward real transformation. And no, I’m not talking about transforming into another limited ego identity. I’m talking about transcending the ego entirely and awakening your True Self. This is the only true way out of the darkness. The main reason why so many people can’t even identify what the ego’s errors are is because they are identified with the ego that is creating the errors. The ego doesn’t know how to be responsible. It doesn’t see itself ever doing anything “wrong.” It can’t even claim responsibility. Why? Because that takes awareness, and awareness is the opposite of the ego. The ego doesn’t believe there are any errors in the math it is doing because it is doing it unconsciously. The ego is the definition of sleep and ignorance. It is unaware of any problems. It is busy blaming others, saying, “I didn’t choose this life! I didn’t choose my circumstances! I didn’t choose this! I didn’t choose that!” When the truth is, it chose everything. It just has no clue, it’s unaware. It is choosing from a limitation program that runs unconsciously.

The ego will always choose the familiar, comfortable route of repeated errors. Its tactics to keep you “safe” is choosing the same path which leads to the same results, over and over. Awareness is your only way out of the path of ignorance. Until then, the ego will continue unconsciously creating your reality and you will live as a victim. Only



The Math of Life

through awareness can you find the cause and change it as the Creator, and only by changing the cause can you change the effect.

Let's dissect the word "choice" for a moment, because your choices are ultimately what lead to how you act and what you act on. What is a choice? How is a choice made? These may come out as silly questions, but by examining them, we unlock a fundamental truth. Let's break it down so that we are clear moving forward. According to the Oxford Dictionary, a choice is the act of selecting or making a decision when faced with two or more possibilities. Great, so what makes one choose one possibility over another? This is done by *reasoning*, which is the reason *why* you make a choice, which comes from *understanding*.

The process of making a choice begins with a minimum of two possibilities. Each possibility exists as a thought (or perception) which is linked to a particular emotion. The thought and emotion goes through the reasoning process which ends up being expressed in action. From start to finish, making a choice may be summarized by the equation: thought + feeling + reasoning = choice, which leads to the act of creating from that choice.

Now I want you to pay real close attention to what I am about to ask you and truly meditate on the following questions: Are you making the choices you truly desire to make? If not, why are you making the choices you are now making? Where does your current understanding of the choices you are now making come from? Whose logic is it? Whose reasoning is it? Who is the one truly making your choices?



The Math of Life

When we were toddlers, our minds and our awareness were pure and unconditioned. We simply chose whatever we desired to choose and we created whatever we desired to create unconditionally through our Infinite Imagination. There was no thinking and no reasoning involved. It was pure feeling, imagining, and knowing. This is a glimpse of how your true self creates.

Sometimes, however, we couldn't choose whatever we desired to choose because we were taught it was wrong. As we grew older, we were taught what to choose, what to believe, what to think, how to feel, and how to act. All of what we were taught since birth got programmed into our subconscious minds. It is this programming that began to form our reasoning, understanding, and our ability to make choices based on what we were taught the right choice is.

Much of how we were taught to reason and what we were taught to choose was never really what we truly desired. Even when we tried to choose as children, if we were taught that it wasn't acceptable, or if we were taught it wasn't right, then we could not choose it. That choice would end up being denied, neglected, and suppressed. That choice may have been a burning desire, a talent, a skill, or an ability that held your unique divinity.

Since everything was chosen for us and we were never able to consciously choose, many of us still believe that we don't have the power to consciously choose what we desire. We seek validation from others because we want to ensure that what we're doing is "right." We



The Math of Life

are disconnected from our own divine guidance and our own intuition which knows exactly what is right.

We have fragmented ourselves into ego identities so we can fit into a society of other fragmented ego identities, all of which are mere illusions. We change our understandings as soon as another tells us it's appropriate for them to change. If our understandings aren't aligned with the understandings of others, it makes us feel stupid. The only thing that's truly stupid is relying on others for your own understanding out of fear.

Much of what we were taught as children came from generations and generations of self-serving egoic programming, and unless we become self-aware, that is where our reasoning and understanding is coming from. Some were taught that selling crack on the streets is right, some were taught that racism is right, some were taught that hatred is right, some were taught that shaming is right, and some were even taught that killing is right. Some were taught through greed, some were taught through fear, some were taught through judgment, some were taught through guilt, and some were taught through physical, mental, emotional, and even spiritual abuse.

Whatever our parents were taught has most likely been passed down for generations and generations, and they just taught us whatever they were taught because it's all they knew. Maybe they have done the inner work and have begun the process of awakening, or maybe they have not. Nevertheless, I endeavor to aid you in your awakening, whether it



The Math of Life

has just begun from the past couple of pages you have read so far, or whether you are a life-long devotee and have been seeking a deeper awakening. My sole purpose is to add clarity into your life by giving you truth from my own evolved and awakened consciousness.



Who Are You?

The question “Who are you?” seems pretty straightforward, so most haven’t truly considered it. If they have, they’ve most likely scraped the surface. Consider this question now. Does the response include your name, your age, your gender, your qualities, your desires, your career, and your overall beliefs about yourself and your world? If so, I’d like you to consider this: What are beyond those beliefs? Are these beliefs all that you are, or are you something or someone beyond them?

You see, beyond your beliefs lies the source that created them. That source is “I AM,” your True Self. “I AM” is pure love, peace, joy, and power. It is perfection—the highest good—the one and only true changeless reality—life without conditions. It is existence. It is presence. It is awareness. It is consciousness. From this “I AM” comes all of our expressions and creations.

When we were children, we expressed the pure, unconditional love, joy, and power of “I AM” freely and abundantly. There was no “me” or “my life.” There was just life, and whatever we created life to be in the present moment as “I AM.” When we rested, we rested deeply and peacefully and returned to Source. When we acted, we acted with love and joy from desire and inspiration.

When did life become “my life”? When did we begin creating through fear and doubt? When did we stop resting and relaxing? The moment “I AM,” or life, got conditioned through indoctrination. Fast-forward to today, we say, “This is me, this is who I AM,” and we operate and create reality from the “me” and forget about “I AM.” But since “I AM” is the



Who Are You?

Creator, and “me” is merely its creation, we can change the “me” through “I AM.” When we forget about the Creator, we feel stuck as the creation and think we cannot change no matter how hard we try.

The “me” you’re currently identified with is not the real you. It is your ego, a created character or persona that you are consciously and unconsciously playing, which has its own perceptions and understandings of “my life,” and makes its own choices through its own reasoning which all comes from subconscious programming. That program is not you. You are “I AM,” the loving and powerful awareness.

The ego lives in the mind and thinks the same thoughts on repeat. It is kept alive through your emotional reaction and identification. Just as the program is not you, those thoughts coming from the program are also not you. You are the loving and powerful awareness of it all. You are “I AM,” which creates unconditionally by transcending thinking and stepping into knowing in the present moment. Only in the present moment can you consciously create anything you desire as “I AM.”

By seeing beyond the conditions of “I AM” and into the Truth of “I AM,” your perceptions will be corrected and you will see everything as mere extensions, expressions, and manifestations of the one “I AM.” Since “I AM” is the Source of all, it is to the one “I AM” you must go if you ever wish to create, express, or manifest anything, and once you release the conditions you have innocently placed upon the one “I AM,” only then may you create and manifest anything you desire, unconditionally.



The Illusion of Separation

We live in a world that thrives on separation and is kept alive through hate, discord, and judgment. But separation is solely an illusion that keeps people identified with their limiting beliefs. What appears to be separate is merely a different possibility contained within “I AM.” “I AM” is the Unity and Oneness of all. There is only One “I AM.”

“I AM” is the one life-force and power within all that grows and expands all. The power that created you and continues to make you grow is the same power that creates all and makes all grow. It is the same power that keeps the planets in orbit, expands the entire universe, and orchestrates everything in between. When you realize this power is your very essence and the essence of all, you realize that all power is equal in all. Superiority and inferiority dissolve as you transcend the limited power of “pride,” which is the restricted and finite power of the ego. When the personal pride of the ego is dissolved, the infinite, unrestricted power of “I AM” flows freely.

Alongside “I AM” being the one power within all, it is also the one pure, unconditional love within all. “I AM” is the pure love and power that is extended through our own free will—through our own ability to choose to create anything we desire and be unconditionally supported and loved no matter what we choose to create. This is the only true love and power that exists. It is unchanging and eternal. It is beyond polarity, creation, and condition. As you continue your awakening, you will begin to see this loving awareness within all, and that is when all forms of discord and separation dissolve into oneness and love.



The Illusion of Separation

It's easy to get caught up in illusion and lose sight of Truth when the world divides us into polarized groups with opposing belief systems. "We're right, and they're wrong," they say, preying on the vulnerable by offering a false sense of righteousness, nobility, safety, and security. This causes people to over-emotionalize and identify with that particular group, which allows that particular group to further program their minds and manipulate their thoughts, feelings, choices, actions, and beliefs.

If we want to choose what feels true and right to us, but that choice goes against the beliefs of a particular group, we're met with shame, condemnation, and humiliation. To avoid the pain that arises from these emotions, which stem from the lowest levels of consciousness, we stay in the group out of fear and do everything in our power to fit into the fragmented society we have chosen. This is how the world controls you. We see this happening in political groups, religious groups, health groups, economic groups, racial groups, and countless others.

The world does everything in their power to divide us. If there is another group with different beliefs, the illusion of separation creates discord and hatred. If we believe someone else is wrong, we condemn them. If we believe our beliefs are the only right ones, we trap ourselves in ignorance and shut the door to Truth. In doing so, we fail to see beyond the conditions of the ego and into the eternal, unified "I AM." Awaken from your sleep, my friend. You are *in this world*, but you are not *of this world*. Transcend the illusion of separation and recognize Unity and Oneness.



Imagining

You've likely heard the saying, "Your thoughts create your reality." Let's dig deeper into this statement. Most, if not all of the thoughts you think, whether consciously or unconsciously, come from your overall beliefs about your past, present, or future. In truth, thoughts have absolutely no power or effect over you because you are not your thoughts. Thoughts arise automatically from subconscious programs, which are not you.

The more you emotionalize a thought, make it important, and truly believe in it, the more it alters your perception of reality, which is the true reality you live in. It's not your thoughts that create your reality, it's the reality that you give to your thoughts. Your thoughts are powerless without your belief in them. They only become reality when you perceive and feel your thoughts as true.

The truth is, you don't need to think to create your reality, because creation happens through your perception in the present moment. This is how your True Self—Awareness—"I AM," creates. Just as you don't need to think about reading this right now, brushing your teeth, tying your shoes, making your coffee, or driving your car, your awareness effortlessly creates and navigates in the now. When you stop identifying with the thoughts that are taking you out of the present moment and live fully in the present moment, you begin to create from a place of pure presence and awareness, and that is the only place that is always free from limitation, because it is the "I AM."

You only need to think about what you don't know. When you know,



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you don't think. When you think, you don't know. For example, you don't need to think you're confident if you perceive yourself as confident. Only the ego thinks, and the ego thinks it knows. "I AM" doesn't think at all, it simply knows. Your perception creates the fact that the thinking tries to get you to.

Transcend thinking entirely and simply step into knowing through your imagination and perception in the present moment. This is how you created as a child, when your imagination and reality were one. You could be anyone you desired to be and create any reality you desired to create. Your perception is the fact, and it has always been since you were a child. Perceive yourself and your physical reality as you desire through your infinite imagination and rest in the present moment, where there is no doubt, no fear, and no separation.

Although not all thoughts create reality, contradicting enough, everything that exists in this physical reality first began in the mind as a thought or an idea. Your mind is a receiver of consciousness, "I AM," and it is the instrument through which consciousness creatively expresses itself. Thoughts and ideas that are creative do not come from thinking rationally and logically, they come from visualizing creatively through your infinite imagination.

Thinking and imagining are different in nature. Both of them involve the aspect of thought, but imagining involves visualizing a new possibility that is drawn from inspiration and desire, while thinking involves analyzing, reasoning, and rational processing which is drawn



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from past programming.

Regardless of whether you're imagining or thinking, your thoughts project energetic vibrations, which are just as real as those that manifest heat, light, electricity, and magnetism.

All things created have been created through the mind and imagination, and without it, there is nothing that would have ever been created. Albert Einstein said, "Imagination is more important than knowledge." He also said, "The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift."

What you have to realize is that you have two aspects of the mind. The objective, linear, logical, analytical, rational, and "realistic" part of the mind which goes based on experience and past programming and what already "exists." This functions on the left side of the brain. Then you have the subjective, creative, intuitive, artistic, and infinite imaginative mind which goes based on the infinite possibilities stored within your imagination. This functions on the right side of the brain.

Rationalizing and logical thinking limits the infinite imagination. This is the difference between thinking "realistically" from a limited program and imagining big from the infinite realm of possibilities. One comes from the ego, which operates from fear and doubt, while the other comes from "I AM," which is pure knowing and intelligence.



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This is not to say that rational thinking doesn't have its place. In order to bring the infinite down to earth, we need to limit the unlimited. If we didn't have a rational thinking mind, we would do stupid things that would most likely cause us harm, such as jumping from a tall building because we imagine that we could fly or walk through walls. Look, the truth is, "I AM" has absolutely no limitations. Miracles are certainly real, and many saints, yogis, and ascended masters have transcended limitations on earth. But that's for another conversation which we will have in a later chapter. For now, let's be a tad bit "realistic."

Although the rational mind is limited, it's still a powerful tool that allows you to make sense of your creative visions and bring them down to earth. It allows you to organize and translate your vision into actionable steps in the physical world. It allows you to set goals, plan your days, and organize your vision. Is that always needed? No. Does it help? Yes, because if you don't know where you're going, you will be blinded and take any road in the hopes that it will take you there.

When you visualize or imagine a new possibility, especially if you aren't used to imagining new possibilities, it may seem unrealistic to the rational mind at first, but that's solely because the rational mind is tied to past experiences and subconscious programming. Don't trust it. Trust in your infinite imagination as the one and only creative force, and understand that the rational mind will have no option but to follow through and aid you in its manifestation. The infinite imagination creates in freedom, while the "realistic" thinking mind just thrives in limitation.



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Integration is the key to both genius and your true creative potential. Let the rational mind be the faithful servant of the master “I AM,” and you will create a reality that aligns with your true infinite nature.

When you do think, ensure you are doing it with a conscious intention, and be in a calm and relaxed state. Don’t just think for no reason, and most certainly don’t make thinking a habit. Again, the rational mind is not the dominant mind you are to use to create your reality. It’s only here to temporarily assist you.

The greatest way to solve problems is not by rationalizing them, but by surrendering the problem to “I AM,” which is done by surrendering to the present moment. In presence, you can relax and calm the mind, and then either creatively visualize solutions in that relaxed state, or take action on a solution in that relaxed state. When you were a child, before the schooling system forced you into limited logical and rational thinking, this is exactly how you would solve all of your problems. You had intuitive discernment that allowed you to creatively solve problems through your imagination and perception. You would try and try again and again until it worked. This is how great inventors and creative geniuses like Albert Einstein and Nikola Tesla also solved their problems.

You see, problem solving isn’t about thinking deeply, it’s about wholeheartedly aligning yourself with the solution and thinking clearly. Deep thinking is always rooted in fear, doubt, uncertainty, stress, and anxiety, and it is usually the main thing that is preventing



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people from truly solving their problems and overcoming their obstacles. Deep thinking is the ego's rational mind that thinks it knows more than Cosmic Intelligence. Nothing is ever about thinking deeply.

"I don't know how" is not a problem you need to think deeply about, it is a problem you need to think clearly about. The ego can never know more than "I AM," and to align yourself with that intelligence means you must surrender the thinking mind as a whole and empty it so you can allow the answer to pour forth. To solve the "I don't know how" problem, simply surrender it to the present moment and align yourself with the infinite realm of possible solutions and either creatively visualize them or act on them, depending on the problem. Don't worry about thinking with your rational mind, it automatically follows the master as the servant that it is.

Next time you have a problem, instead of overthinking it, do what I'm telling you. Trust your intuition. There is always an answer. Don't second-guess your intuition or question its validity. Surrender to the present moment, relax, set an intention to find the answer, and allow your intuition to guide you through creative visualization or action. Be confident in your endeavors. Trust that "I AM" is all-knowing, and trust that you are that "I AM."

So then what do we do with the fear and doubt-based thoughts that automatically appear? Many will say that to be free from negative thoughts, you are to resist and inhibit them; however, this is the opposite of what you should do. Don't resist or inhibit anything.



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Resisting causes you to further identify with the ego's programming. To truly get rid of negative thoughts for good, you must allow them to come into your awareness without being scared of them and without emotionally identifying with them. You must be aware of what these negative thoughts are if you truly desire to get rid of them for good. Be hyper aware of every single negative thought that appears in your head, and simply allow them without being identified with them.

When the thought appears, don't say, "This is me," and then try to fight it as the "me." Instead, remember the truth. You are not your negative thoughts, and you are not even the thinker. Acknowledge that at a certain point, you were thinking these thoughts, and that's why they are now appearing automatically in your head. The truth is, you are the one who programmed them. Take full responsibility. But now, understand that you are not those actual thoughts, you are the awareness of them, and this awareness is the Creator.

You are the "I AM," which is the Infinite, All-Powerful, and All-Loving Creator Awareness. You are a divine fractal of God. When you remember and embrace the truth that you are the almighty "I AM," nothing can affect you, because you realize that you are all of it and none of it, and you can create anything you desire in the present moment through your perception.

Once you shine the light of your powerful and loving awareness onto the negative thoughts that appear, bring your attention back to the present moment and command your Truth. Don't fight your thoughts



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through thinking. It's useless. Gently bring your attention back to the present moment and create what you truly desire through a shift in your perception as "I AM."

When you try to try to inhibit and resist negative thoughts through more thinking, you are ultimately amplifying the program. Your desire to move away from negative thoughts coming from the subconscious program strengthens them even more. Instead of desiring to move away from negative thinking, desire to move toward your true authentic desires. When you focus on problems, you get more problems. Don't ever focus on what you do not desire and always have something else to move toward. Without having something to move toward, you will move toward that which you are desiring to move away from, because that is the only place you are energetically aligned.

Think about it, where else is your attention going to go? If you don't have something to move toward, those negative thoughts will continue to keep you stuck. Where your attention goes, energy goes, energy flows, and energy grows. When you direct your attention toward what you desire to move away from, you grow it. When you direct your attention toward what you truly desire, you grow that instead.

Understand that for every negative thought, there is a positive command that is far more powerful. Command what you truly desire in the present moment as "I AM." Keep your attention on the present moment and align your feelings and perceptions with unconditional



Imagining

love, joy, peace, and power. Doing this aligns you with the perfection of “I AM,” and dissolves the conditioned thinking that has prevented you from realizing your true nature.

Reality is a mirror reflecting your perceptions of it. Stop thinking and start aligning your perception with your infinite imagination in the present moment. Your thoughts do not matter. Your perceptions of the eternal now are what create the eternal now. Be here now. Do now. Act now. Live now. Create now. Get outside of your head and realize that your divine power is held in the now. Presence Power is what you are, and it is where everything is created. Presence and Love are the almighty “I AM,” and your desires and inspirations are the extensions and expressions of the love and power of “I AM.”

This is how you un-condition your consciousness and deprogram your mind. It's not by thinking more thoughts, and it's not by inhibiting them. It's by understanding your true nature as Infinite Creator Awareness. Release your identification with your thoughts and correct your misperceptions NOW. Focus on expressing your desires from within your consciousness in the present moment. Create the reality you desire NOW by projecting that reality through your perceptions and truly feeling “I AM THAT.”



States of Consciousness

Your perceptions and feelings create your state of consciousness. Your current state of consciousness is your current belief system. It is all that you now believe to be true about yourself and your world, and it is what forms the “realistic” rational thinking mind, which perceives both the self and the world according to your current beliefs.

As your beliefs change, so does your state of consciousness, and so does the rational thinking mind. Until your beliefs change, nothing will change, for you perceive reality from your beliefs, feel from your beliefs, choose from your beliefs, and act from your beliefs. This world is a reflection of your beliefs. That’s it. All that you create is an expression of your beliefs, and all that you attract is a reflection of your beliefs.

Everyone on this planet is operating in a different belief system. They’re all thinking, perceiving, feeling, and choosing the reality they are creating through their unique states of consciousness. Everyone is actually living in a different universe, projecting their own hologram of reality through their beliefs, which this outer world is now reflecting back to them.

Very few people are aware of this and that’s simply because most of humanity is unconscious. Just as animals are unaware of their own modes of conduct, much of humanity is also unaware of what they do and why they do what they do. People live day by day, thinking the same thoughts, feeling the same emotions, making the same choices, and exhibiting the same behaviors automatically.



States of Consciousness

They believe they can't change, and so they don't even try to. Instead, they say, "This is just the way I am. This is me. This is my world. It's my nature. I can't change." This is what we call an NPC: A non-playable character, which is a character in a game that is not controlled by an actual player but rather a program uniquely designed to tag along with all of the other NPC's that are playing the same game and are programmed in the same way.

The difference between an NPC and a player is that the player can choose to create any character they desire from the infinite realm of possibilities contained within "I AM," while the NPC's are stuck as "me." Many NPC's are programmed to believe in an external God or Savior that is going to save them from their problems one day, but they don't understand that the Creator is within them; that they are the players of their own game. They have no clue that the God they are really looking for is the almighty "I AM" that is their essence beyond the "me."

Your worldly self will only ever be able to see worldly people, places, things, and circumstances. It can never reach the higher realms, for it knows not of the higher realms. It is solely identified with the world. It sees others as different belief systems and judges them accordingly. Its rational thinking and reasoning don't like to be wrong, so most of the time, it just lives in ignorance and suffers in stagnancy.

Your True Self, "I AM," is not of this world. "I AM" abides eternally in the Heavenly Realms. It is the observer that you can tap into whenever you please. When you tap into it, you detach yourself from your current



States of Consciousness

state and observe it through pure, powerful, loving awareness. This creates a space where you can then choose to create anything you desire as “I AM.”



Be the Energy You Want to Attract

Nothing in this world needs to change but your feelings and perceptions of it, for that is what this world is reflecting and amplifying. The problem is that we get sucked into the world. Ask yourself: Are my feelings and perceptions coming from the beliefs and attitudes of others or my own? Am I able to perceive reality the way I desire, whenever I desire, or do I feel like my feelings and perceptions are being manipulated?

The truth is, you have the ultimate ability to control both your perceptions of yourself and your world as you wish. However, changing your environment is crucial. Why? Because the ego's programming is kept alive through environments that reaffirm it, and if you're not controlling your own feelings and perceptions, it can only mean that the ego's programming is.

Can you choose to stay in the same environment? If you wish, but staying in environments that project limitation won't make it easy. Changing your feelings and perceptions while in an environment with opposing attitudes and perceptions will only cause discord.

This is why you don't see atheists in church. You don't see Christians in mosques. You don't see people that are "pro-this" in a room filled with people who are anti-it. Why? Different feelings and perceptions. What controls those feelings and perceptions? As mentioned, your state of consciousness and your belief system.

If your environment doesn't reflect the reality you desire and you're no



Be the Energy You Want to Attract

longer in alignment with the beliefs held in a particular environment, then your best option is to leave it. This will save you a lot of energy, effort, and struggle.

If you live with someone or there are people around you who are constantly projecting their limiting beliefs, first you have to understand that the ego is the one desiring to stay. This is because the environment may reaffirm the same beliefs that are keeping you identified with the ego's programming. It doesn't matter how bad these beliefs are. The ego is a program and it doesn't care about you, really. The ego's comfort and safety are found in "my life." It doesn't matter how bad "my life" is. The ego is safe there, and it wants to keep you there.

A shift in perception can only occur once your true desires become stronger than the ego's desires to stay in the same position. No matter what, you're still able to change your perception even though someone around you projects a limiting belief. The way you do this is by realizing the truth: they are stuck in their own subconscious limitation program. See their innocence. Don't judge them or even tell them they're wrong. Stay neutral and keep your distance. Don't attach yourself to any particular perception. Simply observe other's perceptions alongside yours and then choose your desired perception of reality. Continue this and things will naturally begin to change.

Your beliefs, feelings, and perceptions of reality are the only things that truly matter, because they are the very things that create your



Be the Energy You Want to Attract

reality. Others' feelings and perceptions are only projections of their own beliefs. Don't tear them down. Stay open-minded and acknowledge everyone's beliefs, feelings, and perceptions so that you may also learn more about yourself from a different perspective.

Naturally, as you change your own state of consciousness, which again is your belief system, your world changes accordingly. Sometimes relationships grow together, while at other times they grow apart. No matter what, if you focus on your own growth, evolution, and awakening, you serve everyone in your life. If people leave, let them. If people stay, let them. Force nothing and allow everything. Your power lies in your ability to protect your energy.

As your state of consciousness changes, so does everything else in your world. Just allow the laws to do what they do. Your state of consciousness projects vibrational waves that attract harmonious vibrations and repel inharmonious ones. We will touch on the concept of energy, frequency, and vibration further on in the book, but for now, this is the basis of both the law of vibration and the law of attraction.

Everyone in your life is meant to show you the way to yourself, either by guiding you toward what you don't want, or guiding you toward your heart's true desires. Without knowing what you don't want, how would you know what you want? Therefore, do not judge or condemn those on a different path. Don't judge the beliefs, feelings, and perceptions of others, regardless of whether or not they align with your own. Realize that everyone's evolutionary journey is different and



Be the Energy You Want to Attract

unique. Lovingly support all journeys, and understand that in the end, it's all happening for one reason: to awaken as the Creator, "I AM," from a new and divine perspective.

When you are not entirely conscious or aware of being the creator in the present moment, external forces will have the power to manipulate your beliefs, feelings, and perceptions. If you allow the outer world to control your inner world, you will find yourself unable to consciously create the reality you truly desire. You will experience uncertainty, doubt, worry, anxiety, and fear. You will overthink and helplessly rely on others to aid you in your journey. Who is in control of your reality if it's not even yourself?

While there is nothing wrong with seeking guidance, true guidance comes from within, not without. It comes from solitude, presence, and stillness. The brilliant genius inventor Nikola Tesla summarized solitude in his own words when he said, "Be alone; that is when ideas are born." "I AM" knows all. The ego's intellect is extremely limited, and that's why it seeks guidance everywhere but within.

In solitude, you secure your own energy and protect it. When you are in solitude, there are no external forces manipulating you. When you are in solitude, you can create the space between the mind that thinks and the pure awareness that can listen to the mind that thinks and merely observe it. By simply listening to the thoughts popping up in your head through detachment and nonidentification, you transcend the thinking mind and receive answers from the superconscious mind.



Be the Energy You Want to Attract

We will touch on a lot more on the superconscious later on, but for now, understand that the more present and aware you are, the more the superconscious will guide you through your intuition. This is how all worthy realizations occur.

Spend more time with yourself. The more time you spend with yourself, the more you will begin to understand yourself on a deeper level. Not with your phone, your work, your TV, your music, and your games; but with yourself, your beliefs, feelings, and perceptions. This is how you become more and more aware of the ego's programming, which may or may not be taking over your life on autopilot.

When you are alone, you reserve your energy in presence. The light of your awareness becomes so strong that it effortlessly dissolves the unconscious darkness. This is when you begin unlocking greater levels of intuition, which will guide you toward your heart's true desires and correct your perceptions from error to truth.

Being in solitude doesn't mean you don't care about anything or anyone else. It just means you prioritize yourself and your heart's deepest desires, because that is what matters most. Balance is always the key to everything. Spend time with your family and loved ones, and spend time alone. Spend time doing, and spend time being.

Remember that everyone is operating in a different state of consciousness. This means that everyone you know has a certain perception of you that they identify with, just as you most likely have a



Be the Energy You Want to Attract

perception of them that you identify with. You now know that you have the power to shift your perception. This not only includes your perception of yourself and your world, but also your perception of others. Many do not know that they hold this power. Just as they wait for their world to change before their perceptions of their world change, they wait for others to change before their perceptions of them change. They don't understand that their perceptions of their world are what creates their world in their own universe, and their perceptions of others are what creates the other in their own universe. Again, this world is not objective. It is subjective. Therefore, don't tell anyone about your transformation. There is no point. Simply allow them to confirm your change.

Many people do not understand the true nature of reality creation. This is why they struggle. Everything boils down to being the energy you desire to attract into your life, and allowing life to naturally reflect and amplify the energy you choose to embody. By mastering your beliefs, feelings, and perceptions, you master your reality.

When you know what you desire, align yourself with it in solitude. Align your thoughts, feelings, beliefs, perceptions, and actions with the realization that you already are what you desire in the present moment. Understand that this is the truth, because the fulfillment of all that you desire exists within you, not outside of you. Align yourself with "I AM," and begin creating reality from this state. Express your desired reality from within your consciousness through your inspired action.



Faith

Neville Goddard once said, “Your faith in God is measured by your confidence in yourself.” Let this sink into the core of your Being. Your confidence in yourself determines your faith in God. Why? Because “I AM” is God. It is the Source from which all emanates. Faith is not hope. It is knowing, confidence, and trust in the Infinite Power of “I AM.”

With faith, rather than seeking evidence from the world, you recognize “I AM” is the Source that creates all evidence. You stop having faith in things outside of you, and you realize that the finite world is but a manifestation of the Infinite “I AM.” Instead of trusting in a future outcome or something outside of you, trust in the Infinite “I AM” and command “I AM THAT I AM” in this very present moment.

Faith doesn’t involve thinking. It involves knowing. It involves uniting your infinite imagination with your perception, right here, right now. It does not arise from the ego’s conscious rational thinking mind, it arises from the Superconscious Mind of “I AM,” which is directly connected to your inspirations and desires.

In the present moment, we command what we desire with superior confidence and prepare to receive by surrendering to the now. We let go of trying to figure things out and surrender with undoubted certainty that everything is working out the way it’s meant, beyond reason. We let go of the illusion of space and time and know that right here is the only place we will ever be and right now is the only time that will ever exist.



Faith

To aid you in this process, you can use creative visualization. Below you will find the visualization technique that we will be using when we get to the journaling exercises later on.

The 6 steps toward successful creative visualization are as follows:

1. Know exactly what you desire to experience or manifest.
2. Detach from concepts, beliefs, body, and world.
3. Visualize vividly through your five senses.
4. Include the overcoming of whatever potential adversities and obstacles may arise.
5. Feel the fulfillment of your desire and experience the emotions of being, doing, and/or having it in the present moment.
6. Visualize with faith and certainty of success.

Before you can visualize anything, you must first know what it is. Once you know what it is, you must transcend the limits of the rational thinking mind and detach from the beliefs and concepts the ego holds. Close your eyes, take deep breaths, and enter into a state of pure creator awareness. Detach from your body and visualize consciously with your full attention. Truly experience what you are imagining through your five senses. See it, hear it, touch it, smell it, and even taste



Faith

it. Most importantly, feel it to be true.

You don't need to wait in order to experience something. You can experience it now through your Infinite Imagination. Your body and your subconscious do not know the difference between imagination and reality, because the truth is both are one. This is where faith comes into play. Are you as confident in your imagination as you once were when you were a child? Can you truly make there *here*, and then *now*?

When visualizing, imagine overcoming any possible challenges, obstacles, and adversities that may present themselves on the journey. The challenges may come in the form of an unexpected outcome or even physical obstacle. Visualize yourself overcoming them with ease and feel the emotions that arise from your success.

How does it feel to be the one in your imagination, doing what you are doing in your imagination, and having what you desire to have in your imagination? Feel it now and know it to be true. Understand that it is ultimately the feeling of this reality and experience that you are seeking. Understand that this reality exists within you, and it is only by feeling it and expressing it now that you will alter your current state of consciousness and project this reality from within your consciousness.

Now you understand that the fulfillment of your desire actually exists within you. You just proved it. Your desire isn't really for that thing outside of you at all. Your true desire is feeling and expressing what already exists within you, which is what you already are (you proved



Faith

that too). When you understand that “I AM” is the one and only reality, and that you, “I AM,” are the reality you seek, success is inevitable.

This right here, my friend, is the key to creation. Desire and Faith. Desire is the masculine energy that acts as the electric force that inspires “I AM” and drives your expression, while faith is the feminine energy of “I AM” that acts as the magnetic force which attracts more of what you are expressing through the medium of desire.

Everything in creation has a masculine and a feminine. “I AM” is the perfect embodiment of both masculine and feminine energies. The Creator is masculine, while Awareness is feminine. This is what creates “I AM,” Infinite Creator Awareness. Desire and doing comes from the masculine energy of “I AM,” while contentment and being comes from the feminine energy of “I AM.” The perfect balance between the masculine energy of desire and doing and the feminine energy of being and contentment is required in the process of creation.

The way to truly balance the masculine and feminine energies of creation is by bringing your beingness into your doingness. The way that you do this is by doing from a place of both desire and inspiration, as well as contentment and peace, which comes from faith, confidence, and joy. At the same time, give yourself time to simply *be* and not always do. Relax and empty the mind. Don't get lost in your own creations. This is what will allow you to create with crystal clarity.

Both masculine and feminine energies also express love in different



Faith

ways. Many people think love is all about being compassionate and empathetic, but this is the feminine energy of love. The masculine energy of love involves responsibility and empowerment, and it is ultimately this expression of love that truly cultivates the desire to be transformed and the drive to create as the Infinite Creator you are.

When you embody both the masculine and the feminine within you and learn how to give yourself real love—which is both compassion and empowerment as well as responsibility and forgiveness—that is when you will not only grow, expand, and evolve, but awaken to the true nature of the Self-Love of “I AM.” When you create reality from the balance of both the masculine force of desire and drive and the feminine force of faith and contentment, that is when you will not only create, but also attract as the Infinite, Electromagnetic Creator you are.

Faith will get you nowhere without the expression of your desire. But don't think of this as hard effort, struggle, or stress. What effort is there in expressing what already exists within you? Nothing. There is only effort in striving and chasing something outside of you that you believe will make you fulfilled. This is the paradox that many people do not quite understand. They are trapped in the ego that chases things because it is empty and bankrupt. They don't understand the power of true inspired action—effortless because it comes from real desire, joy, and abundance.

Taking action is necessary to manifest things in this world. Many have faith that unexpected money is going to come. That's just the ego



Faith

keeping you from expressing the abundance you are, and until you express your abundance, you will not see it reflected outside of you. Without an inspired desire to express, there is not enough electrical energy for faith to be drawn toward or magnetized to. Always have an inspired desire to express in addition to just having faith to receive. When you express abundance, it is reflected in every area of your life: wealth, love, joy, peace, and all other things good. Abundance is not to be chased. It is to be expressed as “I AM.”

Manifesting is an infinite journey, where the only destination there will ever be is right here, right now. Whatever you are expressing and creating right here, right now, defines your destination. The moment you unconditionally accept that you, “I AM,” are the reality you desire to experience right here, right now is the exact moment you begin manifesting it. That is the moment you begin perceiving and feeling it to be true. That is the moment you begin expressing the fulfillment of your desires from within your consciousness.

“I will be” does not exist. “I AM” does. The ego’s limited and conditioned mind thinks it’s in control. That’s the problem. By being present and commanding “I AM” with superiority, right here, right now, the real you is in control. Feel the vibration of the infinite power within you and express it. When you command “I AM,” you call upon the only reality that exists: the Eternal Now. Life is not yours to create in the future; it is yours to command now, forever and always.

The truth is, there is no outer world and there is no future. The life you



Faith

desire to manifest does not exist in a future that is contained outside of you. It exists within you, right here, right now. All that is required of you is to express it from within your consciousness. Manifestation is all about getting to the point of expressing the naturalness of living the reality you desire to live and being the one you desire to be. The only reason why so many are unable to do this is because they have fallen into the trap of identifying with the ego and its expressions of lack.

The ego makes you believe that the life you desire exists in the future or somewhere outside of you that you need to chase. By chasing a future life that exists outside of you, you forget about the only real life that exists right here, right now. When you focus on a future destination that doesn't exist, you forget about the permanent journey, which is the only destination that will ever exist.

"I AM" expresses the fulfillment of your desires right here, right now. The ego expresses the lack of your desires and can never be right here, right now. It lives in the mind, not the present, and is trapped in overthinking. The real you is presence. The real you is the wholeness of life. The ego is the opposite.

Your true, authentic self is an Infinite Creator. "I AM" is Infinite Creator Awareness. It authentically expresses itself through desire and inspired action, serving, giving, and creating from wholeness and fulfillment. Your false, inauthentic self is the ego, whose actions and expressions stem from emptiness and lack—not the Infinite Creator.



Faith

The desires that are planted in your heart are there for you to express them and manifest Heaven on Earth. This is your birthright. **Whatever you truly desire in your heart is already yours.** The problem is that you're trying to manifest them through the ego's lack, and that is exactly what manifests lack. The fulfillment of the reality you desire is within "I AM." All you have to do is express it in the present moment.

If it is done within, it is done without. There is nothing else to it. **Stop looking for your desires outside of you, and instead start projecting them from within you. This is how you stop expressing lack and start expressing fullness, how you stop chasing and start attracting, and how you stop worrying and doubting and finally start releasing the importance you have placed on it.**



Rebirth

Throughout this lifetime, the ego will have died and been reborn a million times. How many times have your beliefs shifted, fallen apart, and been reconstructed? How many times has your body transformed, cell by cell? How many times have your thoughts, emotions, choices, and actions evolved? You are continually being reborn into new identities, each one shaped by new beliefs, each projecting a new reality to reflect those beliefs.

But here is the question: Are these shifting identities the real you? Are you truly all these changes? The answer is no. They cannot be the real and true you, because truth does not change. How can something be true if it is constantly shifting? It cannot.

You no longer need to continue being born into fragmented and ever-changing identities, my friend. Your True Identity is eternal. It has always been and will always be "I AM." This is the essence of who you are and who you have always been. It is the identity of the Creator, the pure awareness that exists before and beyond all things.

All other identities—the roles you play, the beliefs you hold, the body you inhabit—are merely your own creations. They are the tools you use to express and experience yourself in this world, but they are not the real you. Your mind, your body, and your world are all creations of "I AM." None of them define you because you, the Creator, are infinite and undefinable.

By creating the space between your True Self, "I AM," and everything



Rebirth

you create, you unlock your ultimate freedom. You step outside the illusions of identity and transcend beyond the ego's need to attach and define itself. In this space, you become the unconditioned creator, free to mold and express any reality you truly desire.

No longer will you be trapped in fragmented identities that conflict with or oppose one another. No longer will you battle inner selves that judge, criticize, or resist each other. Instead, you will embrace the whole of your being with unconditional love, knowing that every identity is simply a temporary expression of your infinite potential. You, as the Creator, are not bound by your creations. You can create and uncreate at will, choosing what to experience and when to experience it.

Within the unchanging essence of "I AM" lies an infinite field of possibilities—endless versions of you that can be created and expressed. Every version of you exists as a potential, waiting to be brought to life through your focus, desire, and belief.

But until you emotionalize and identify with one of these possibilities, it remains exactly what it is: a possibility. Like seeds in a garden, all potentials exist simultaneously, but they remain dormant until you choose to give them life. The moment you identify with a possibility, you breathe life into it, allowing it to manifest in your reality.

This means that you are all possibilities while simultaneously being none of them. The real you is unchanging, infinite, and eternal. It is



Rebirth

not bound by any version you create, just as the ocean is not defined by a single wave.

This universe grows, expands, and evolves according to your own desire to grow, expand, and evolve. Just as the Universe expresses itself through its own creations, so do you express yourself through your own creations. The Universe is not separate from you. You and the Universe are one. You are both the creator and the experiencer of your own creations the observer and the observed. However, even though you experience and observe your own creations, you are not your creations. You are the Creator.

The divine game of life is to know yourself through your creations, to lose yourself in them, and then to awaken to the truth that you were never lost at all. Every experience is a doorway to "I AM." The moment you stop identifying with your creations, you become the master of the game. You are no longer a player lost in roles but the creator who chooses them. From this space of infinite creator awareness, you no longer see life as a series of struggles or limitations but as a canvas to paint through the expression of your heart's deepest desires.

In recognizing your true identity as "I AM," you reclaim your power as the creator of your reality. You transcend the need to attach to fleeting identities and instead embrace the infinite potential within you. You no longer create out of fear or limitation but out of love and freedom.

This is your highest truth: You are not your mind. You are not your



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body. You are not your thoughts, beliefs, or emotions. You are the infinite awareness, the eternal Creator, and the unchanging "I AM" that gives rise to it all.

So, where does authenticity play a role in "I AM"? What is the authentic expression of "I AM"? What's the difference between being authentic and being inauthentic?

"I AM" expresses itself in the world through your personality, which either comes from the ego, manifesting as inauthenticity, or from the soul, manifesting as authenticity. We will be referring to the soul as individuality because, in essence, that is what it is.

On the next page, you will find a chart illustrating the differences between authenticity and inauthenticity as expressions of "I AM."



Rebirth

Ego	Individuality
Lack (Inauthenticity)	Wholeness (Authenticity)
Taking or Receiving	Giving and Serving
Defensive and Protective	Selfless and Divine
What Others Think (Fear)	How You Truly Feel (Faith)
Conditioned and Reactive	Unconditioned and Free
Rooted in Limitation	Rooted in the Infinite
Fleeting Emotions	Sustained Feelings
Contraction	Expansion

Your individuality is your unique expression of the infinite “I AM.” It is the essence of “I AM” that is expressed through your heart’s deepest desires. Your individuality is the total sum of your unique gifts, talents, skills, and abilities. It is what makes you, you. Unlike the ego, which is rooted in fear and separation, individuality is rooted in love and unity. It recognizes its oneness with all things while honoring its distinct role in the universal dance.



Rebirth

The ego is solely identified with the world. It's concerned with what others think, and that's it. It tries to fit into a society of other egos because that is where it finds safety and security. It masks your divinity through a limitation program and blocks your unique individuality from being expressed. It is the "me" that is not the real you. It attaches itself to roles, labels, groups, and beliefs, and then fragments and judges parts of itself, which only limits your ability to express your infinite nature.

Individuality is the part of you that feels expansive, inspired, and creative. When you live authentically through your individuality, you are in harmony with your infinite nature while embracing the uniqueness of your human experience. This part of you doesn't compare or compete because it knows its value is inherent. It doesn't care about what anyone else thinks because it knows it's always coming from a place of love and service. Its expression aligns with your growth, expansion, and evolution, and it is your direct connection to the superconscious.

Your overall personality is shaped by both your individuality and your ego. It comes from the beliefs you've been indoctrinated into, your upbringing, your environments, and your overall experiences. Your personality can either reflect your authentic desires that arise from your individuality or your ego's fears and desires. When your personality is dominated by the ego, it becomes reactive, rigid, and conditional. It's contractive, and it creates a disconnect in your expression. But when your personality is aligned with your



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individuality, it becomes a divine, joyful, and unique expression of "I AM." When you recognize yourself as the extension of Source/God/Creator, you transcend the self entirely. You interact with the world fearlessly, while being in harmony and expressing your truth.

To live according to your authentic desires, you must transcend identification with the ego, honor your individuality, and allow your personality to reflect your truth without caring about what anybody else thinks. This process unfolds naturally as you create space between your awareness and your creations. Observe if your expressions and creations are self-driven or service-driven. Ask yourself, "Am I doing this for myself or others? Am I doing this to express my unique talents, skills, and abilities or to try and get validation from others? Is my personality reflecting my truth or masking it? Am I following my heart's deepest desires or am I following my ego's personal agenda?" Adjust accordingly, and let your personality become a joyful extension of your individuality.

No part of you is to be denied, suppressed, or neglected. When you deny parts of yourself, you're operating under the illusion of the ego, which again creates by fragmenting itself through separation, judgment, and insecurity. The ego attaches itself to a particular version or identity so it can fit into a part of society where it feels comfortable and safe. It seeks approval and acceptance from the world, and it is kept alive through importance.



Rebirth

By denying parts of yourself, you deny parts of your unique and divine individual expression. When you don't allow yourself to express your unique individuality, you either end up living a false life, or you end up seeking something outside of you that will allow you to express your unique individuality.

Many people drink or use substances only so they can feel more like themselves. The problem is that they believe the feeling is coming from the drink or the substance, when the fact is that the drink or substance is just what allows them to express more of their unique individuality freely, without judgment. You don't need to attach yourself to anything outside of you to express your unique individuality. You just need to love and accept all of yourself unconditionally, and detach yourself from the opinions of others.

When you start understanding this, you're able to dance the dance of creation as the free soul that you are and embody your unique individuality. Rather than focusing on who will think what, you're focused on expressing your talents, skills, and abilities through the service of others. When your only focus is expressing your divinity in the service of others, there is no self or ego preventing or constricting your expression at all. The self disappears, and so do space and time.

You are a unique individual expression of "I AM." Allow all of you to be expressed with love and joy. This is what gets you to peace, and this is what makes you truly powerful. You're not a victim of anything; you are the creator of it all. Take responsibility for all of your creations.



Rebirth

even the ones that the ego doesn't want to be responsible for.

Act on your highest desires and follow your intuition. Learn, grow, and evolve every step of the way. Stop trying to fit into a society of fragmented egos. There is no point. Instead, look within yourself and find what your true desires are. Find what makes you unique, interesting, and divine. Follow that path, for that is the path that will manifest heaven on earth.

Before you came to this Earth, you chose it all. You chose your challenges, your obstacles, your qualities, your traits, your interests, your desires, your skills, your talents, your abilities, and your passions. Your unique purpose is discovering all of that, which lies in your authentic individual expression of "I AM." You are a multi-dimensional being. You don't have one interest, quality, or desire. You have multiple. This world is the playground through which you manifest your heart's deepest desires and recognize, realize, and actualize your highest inspirations.

Why is it that each of us has different interests and desires? Because we are divine fractals of Source/God/Creator, and that is how we create. Just look around you. Everything that has ever been created has been created because someone found it interesting and desired to create it. They recognized, realized, and actualized their inspirations.

That is how everything is created. Even you came from desire, but that's for another conversation. Your purpose is to act on your highest



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inspiration, which is your highest desire. This is how you authentically create at the highest level possible and manifest your own unique heaven on earth.

When you were a child, you were easily inspired. You found everything interesting, and you had tons of desire to express and create through your infinite imagination. There was never a time when you didn't find something to be interesting. You explored different avenues and narrowed down what was the most interesting to you. You created and expressed whichever reality you desired the most. You weren't afraid of being judged. You weren't attached to any creations. You could be and act as anybody you wanted, without attaching yourself to that particular identity. One day you were an astronaut, another day a NASCAR driver, another day a wrestler, or maybe a Barbie. You played both good and evil without judgment. You always knew the truth deep down, which is why you were always lighthearted, confident, and free no matter what.

What happened? You were indoctrinated into all of these beliefs. People created you and your world. Others said, "This is who you are," and you forgot about the truth of who you are. You followed other people's desires and forgot about your own. You attached yourself to one identity and said, "This is me," and then you blocked off the infinite amount of possibilities that are also you.

In addition, you went to school. In school, they didn't teach you how to be creative. You didn't learn what was genuinely interesting to you.



Rebirth

There was no real passion, desire, or inspiration. You were forced into rational and analytical thinking. You were taught to do good out of fear. You were taught to take your tests and not ask any questions. You were taught to prepare for the “real world,” which you were taught is all based on survival. Your entire self-worth became associated with the grades you got, which was all based on fear, doubt, and limitation.

You weren't taught truth. You weren't taught that you were the creator. You weren't taught to follow your heart's deepest desires, your passions, and your inspirations. You were taught to conform to societal conditioning. You were taught through fear- and doubt-based belief systems. You were taught to defend yourself from the world around you because you were taught that you are a victim and not a creator.

Return home to “I AM,” my friend. Embody what is interesting and inspiring to you, and express it through your creations. There is no one on this Earth exactly like you. It's your duty to act on your inspirations and inspire the rest of the world to do the same. The world needs you to be you. Source/God/Creator needs you to be you. We don't change the world by trying to change people in the world; we change the world by changing ourselves. Don't settle for less than what you truly desire. Don't follow the path of what others in this world want for you. Don't think you need to change your unique individuality and personality in order to fit in. Be your most divine and authentic you. Don't neglect divine aspects of yourself. Follow your heart and let it guide you toward manifesting Heaven on Earth.



I AM

To know truth is to realize you were never your beliefs. It is to realize that before you were aware of being your name, your body, your thoughts, your emotions, and your actions, you were aware of Being. This underlying Being is "I AM." It is the Source of your Being beyond conditions. It is all-loving, all-powerful, all-knowing, all-abundant, and all-good.

Truth is simple. It's Life. It's Awareness. It's Presence. It's "I AM." The more conditions you place upon "I AM," the more conditions you place upon life and your expressions of it. The more conditions there are, the further away you are from your unique individuality. "I AM" is unconditioned. It is Pure Being, from which Doing arises through the medium of desire and inspiration in the present moment.

Life itself is bliss. It is whole and complete. The ego's intellect just has no clue what life truly is. It doesn't understand that life is bliss because it's lost in "my life," and "my life" is just as empty as the ego's expression of it. It says, "My life will finally be whole, fulfilled, and complete when ____." So, it does everything from lack in the hopes that it will finally be fulfilled. It chases things, and everything that it does, it does to take or receive something from the world so it can feel a little bit more whole.

Let's give the ego what it wants then. Let's say we offer the ego everything it desires right here, right now. The perfect relationship, the fame, the home, the car, the money, the perfect health, and everything else it could ever ask for. The ego then jumps for joy because finally it's going to be whole, fulfilled, and complete. It's finally going to manifest



I AM

these things and be happy and at peace.

But there is one condition. You have to sacrifice your life tomorrow. If this were the case, would you do it? Of course not. It wouldn't make any sense. Without life itself, none of these things would even matter. You wouldn't be able to fully experience and cherish them. This right here is proof of how ignorant and clueless the ego truly is.

Life itself is the main reward. It is the cake. Your expression of life through your unique individuality is just the icing that you put on the cake. That is the "creating" or "living" of life, which is what life is ultimately all about. The fact that you have burning desires means those desires are already fulfilled within you. They are part of your unique individuality waiting to be expressed and manifested through a burning desire, faith, and inspired action.

If "I AM" is life, and it is whole, complete, and fulfilled just the way that it is, why does it even desire to create and express individuality? Because "I AM" is the Creator. And what does the Creator do? Grow, expand, and evolve through its own creations, just like you. Let's again say that you got everything you could possibly desire right now. Would there be any growth, expansion, or evolution? No. Would you keep desiring the things that you already have? No. Would it truly make you happy, whole, and fulfilled? The ego says yes, but the truth is, no.

So then, are you actually desiring those things outside of you, or is it the growth, expansion, and evolution that you are desiring? Is it the



I AM

money you desire, or is it the expression of abundance? Is it the destination you're longing for, or is it the infinite journey of manifesting heaven on earth? Would you rather wake up every single day and do exactly what you love to do, or not do anything at all? Okay, so then it's not the receiving you're looking for. It's the giving, expressing, creating, and doing from the fullness of Being.

To find your unique and divine individual expression of "I AM," begin by exploring and discovering what is interesting and inspiring to you. Be crystal clear on what you truly desire, and once you've found it, align yourself with it. Follow that path, and focus on cultivating the skills and abilities that are in alignment with those desires. This is how you live in inspiration (in spirit), and create as "I AM." This is how you grow, expand, and evolve into the master you are and uncover all of your hidden talents. It is by aligning yourself with these true, authentic desires that everything else falls into place. This is how "I AM" manifests heaven on earth through your unique creative expression.

When you seek Heaven, everything else is added. Seeking Heaven is synonymous with seeking those unique desires that are planted in your heart and are seeking creative expression. Expressing that Heaven is what will manifest it on Earth, which is abundance in all forms: wealth, love, joy, peace, wisdom, you name it. Following that Heaven is what will allow you to expand, grow, and evolve. It is what will allow you to wake up every morning and be utterly in love with your life and desire absolutely nothing else other than what you are already creating and manifesting every single day of your life.



I AM

The ego is utterly brainwashed by the world and the beliefs it has been indoctrinated into. It thinks success exists outside of itself. It thinks growing, expanding, and evolving is “hard.” Its desires are not to grow, expand, and evolve. It’s actually quite the opposite, because the ego simply wants you to remain within the confines of its limitation program.

Whenever the ego’s personal agenda steps in the way, release it. Whenever the ego wants to take or receive something from a situation, release it. Whenever the ego doesn’t desire to grow, expand, and evolve, see it with innocence and remember that your growth, expansion, and evolution are your entire purpose here on earth. Surrender the ego’s will and expression of lack, and allow the fulfillment of your heart’s deepest desires to be authentically expressed through you.

Create as “I AM” and only focus on your true and authentic desires. Don’t allow the ego to control you through its petty desires that are coming from lack, doubt, and fear. Focus on how much you are giving and serving the world through your divine and unique creative expression. Understand Heaven on Earth is manifested as a different journey for everyone because each of our souls have different desires. Your unique and authentic desires are God’s unique and authentic desires. That is what truly makes you a unique expression of Source/God/Creator.



Consciousness

To truly grasp and apply the principles of “Consciousness” or “I AM,” you must gain a deeper understanding of what it truly is. I AM is Awareness, Awareness is Consciousness, Consciousness is Mind, Mind is Light, and Light is Spirit. These are all synonymous and represent different aspects of the same core, fundamental substance of reality.

Universal Awareness is the omnipresent source from which all emanates. Consciousness is the individualization of awareness that actively realizes and perceives itself through your individuality. Mind is the creative instrument of consciousness that creates the perception and expression of itself in this physical world through your personality, which can either come from the ego or your individuality. Light is the medium through which the perception and expression of the mind manifests itself in the physical world. “I AM” and “Spirit” are the same, representing the enlightened, eternal, intelligent, creative life force that underlies the essence of all life and existence. Whether it be Awareness, Consciousness, Mind, Light, Spirit, or “I AM,” it experiences and expresses itself through the individualization of life—through me, through you, and through everything in between.

In order to fully understand the nature of consciousness in relation to the mind, you must understand the differences between the conscious mind, the subconscious mind, and the superconscious mind. Although the three are connected, intertwined, and ultimately one, each plays a different role in the expression of consciousness as a whole.



Consciousness

We previously spoke about the ego's limited rational thinking mind in relation to your Infinite Imagination. This part of the mind is your conscious mind, also known as your "realistic" objective mind. It's the part of your mind that interprets new information, analyzes it, and uses logic and emotion to either accept or reject it. It reasons and makes decisions, not by saying yes or no, but through the medium of feeling. The dominant feeling creates the fact that gets expressed. For example, if you say, "I am healthy," but dominantly feel unhealthy, your conscious mind will interpret, "I am unhealthy," and accept that as true.

Whatever your conscious mind feels to be true gets impressed into the subconscious mind as a memory for future use and further processing. The subconscious mind is subjective. It has no reasoning or decision-making skills; it relies only on the conscious mind for that. The subconscious only knows yes based on how you feel, and it accepts as true all that your conscious mind feels to be true. It participates in the process of conscious interpretation by memorizing what the conscious mind previously accepted as true. Your subconscious mind leaves the rationalizing and logical reasoning to the conscious mind, although largely aiding this process secretly in the background via memory.

The conscious mind is the male aspect of consciousness (the giver), and the subconscious mind is the female aspect of consciousness (the receiver). The conscious mind impresses the subconscious mind, and the subconscious mind expresses what is impressed. Your conscious mind is the guardian of the subconscious mind and is meant to protect



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the subconscious from being impressed with errors and false information. Unless the conscious mind is asleep or not paying attention, both internal and external information must go through the conscious mind before it enters the subconscious mind.

Both your conscious mind and your subconscious mind are connected to the superconscious mind. Your superconscious mind is the Source of existence, of which your unique and divine individuality is the extension of. It is also the place where all possibilities exist. The superconscious plane is above the conscious and subconscious planes, and it is what unifies all planes into one. The superconscious uses the conscious mind as a channel for expression and creation, and when the conscious mind is aligned, the subconscious mind is impressed through the superconscious. This is when higher forms of creativity, intuition, and genius are realized, actualized, and expressed. The superconscious is available and accessible to all who are committed to their individual growth and evolution.

Your ultimate goal is to balance and harmonize all three planes of consciousness. You do this by aligning your conscious mind with the possibilities contained within the superconscious mind, so you may impress your subconscious mind and create from that place.

Most people solely operate on the subconscious level. This means that almost all of their choices and actions are made automatically and habitually by the ego with little to no conscious effort. When one thinks the same thoughts, feels the same emotions, and exhibits the



Consciousness

same behaviors on repeat without any new thoughts, feelings, and actions, one stagnates their growth and evolution. This is what makes one an NPC. The nature of our consciousness is to expand, grow, and evolve. It is the nature of the entire universe. If we are not continually expanding our awareness through new avenues, our powers and mental faculties will not grow.

This leads to mental laziness, where it becomes difficult for one to generate new creative ideas and take inspired action on them. When one is operating from the ego on autopilot, one has little to no desire to create anything new.

Desire is the extension of love. It is the driving force that animates, grows, expands, and evolves everything in the universe, including the universe. A desireless being is a lifeless being. When you lack desire, you lack life. Desire is the first step toward your growth and evolution. Without it, there is no creation.

When you continue making the same choices habitually, you create a feedback loop between your conscious mind and your subconscious mind. This can either work in the favor of your individual growth and evolution, or against it. If your choices are aligned with your heart's deepest desires, and those desires are aligned with your growth and evolution, you are aligned with the superconscious. If you're constantly generating new ideas, setting goals, and taking inspired action on those goals, then you are aligned with the superconscious. Obviously, this works in your favor because you are expanding your



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consciousness through the cultivation of your gifts, talents, skills, and abilities. If your desires are merely to gratify the ego's personal agenda—maybe by working a job you hate for the sake of money, doing things solely to get some sort of gratification out of it, not doing anything because you don't really desire to, or simply desiring to chase emotions and some sort of external fulfillment—then your expressions and actions will all be coming from lack. Obviously, these are not your real desires. They can't be, because deep down you know they are the ego's due to your energy.

When you have nothing to move toward, you will be walking in circles and moving toward nothing. When you have nothing to grow into, you remain as you are. When you have no desire to learn, expand, grow, and evolve, then your life continues to be as it is, and you continue to be as you are.

The paradox is that your True Self, "I AM," is perfect, whole, and complete. But if you can't feel the truth in this, it is again because you haven't desired to. You haven't been inspired to seek the Truth. **Believe it or not, spirituality and self-realization involve a ton of desire.** Many people often believe that being spiritual is all about being desireless, but being desireless is also a desire in and of itself. I mean, do you really think that the yogis who are meditating in the Himalayas day in and day out have no desire? They may not have the same desires as you, but they surely do have a desire to stay there and be in stillness and in the presence of Source/God/Creator, or else they wouldn't be there at all.



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When the ego has control over what you desire, you can't be connected to your true desires, because your true desires come from your unique and divine individuality, which comes from the superconscious. The first step to tapping into the superconscious is stepping into the unknown, because the unknown is what you are—it is your True Self. What stops people from truly acting on their highest desires is the ego's fear of the unknown. It is the "What if?" that comes from the ego's thinking mind: "What if you fail and you just end up going back to the same place? What if you succeed and then you can't handle the success, so then you fail?"

With the ego's thinking mind, there is no win at all. This is because the ego only thinks about itself through the lens of fear, doubt, and uncertainty. Even when it thinks about itself positively, it does a bad job of doing so. It only thinks about the future and the past. It assumes future expectations and creates through limitation.

The ego is all mental chatter. It can never simply be right here, right now. When you are right here, right now, the ego is dissolved entirely, and your True Self, "I AM," which is presence, comes online. It is by being present that you transcend the ego's mental chatter and make the unknown known. In presence, the superconscious guides you through your intuition. Instead of thinking, you step into knowing, right here, right now, where you take inspired action on your heart's deepest desires, knowing that you, "I AM," are those very desires.

Remember, your true desires come from within you, not outside of you.



Consciousness

Your true desires are already fulfilled because they come from your unique individuality, which is solely seeking expression through you. Stop thinking and allow the superconscious mind to guide you in the present moment through your intuition. These are subtle insights, hunches, and inspirations. The more you follow them in the present moment, the more your subconscious mind will be reprogrammed and harmonized with the superconscious mind. And when this happens, the ego's thinking mind dissolves.

Unless this is the way you have been living and creating, your current subconscious program most likely does not hold your real and true authentic individuality and self-expression. Your authentic individuality exists within the superconscious mind, and your authentic expression is discovered when you tap into the superconscious mind through inspiration in the present moment. Only by focusing on taking inspired action in the present moment can you remove layers of past conditioning and align your subconscious with your true and authentic self and its expression.

Many do not know of the superconscious because they have not sought inspiration and have not committed to their evolution in any way. Those who have no desire to evolve will not have any desires at all, for all true desire is rooted in the desire to evolve. Many get only a flash of inspiration until their ego's reasoning interferes with fears, doubts, and uncertainties. Since the subconscious plays a massive role in your reasoning, the only way to transcend it is through the superconscious, which is only available to those who are committed to their evolution.



Consciousness

Your subconscious mind is always being programmed by your conscious mind, and your conscious mind is either a channel for the superconscious in the present moment or a receiver of memories from the ego's subconscious programming. Your subconscious is either being programmed by your true self's creative expression or recycling and reinforcing the same subconscious programming created by the ego. You're either stuck in your head, or you are creating in the present. The ultimate choice lies in what you focus on and where you dominantly direct your awareness.

The subconscious is here to aid you in your creative expressions, not prevent them. It is just as powerful as the superconscious mind. It's up to you to use your conscious mind as a channel for the highest good and protect your subconscious mind from inharmonious impressions. The subconscious only knows "yes," and it will love and support you unconditionally no matter what. The free will to choose is yours.

If you allow the ego to neglect and misuse your subconscious power by impressing it with limiting beliefs, your subconscious will work against you. If you use the power correctly by claiming your True Self, it will work for you. It's not the subconscious that is bad; it's the program. The subconscious is your child, and you are the parent. It will not only do everything you command it to do, but it will make it effortless for you. All that is required is desire or inspiration, and faith or confidence.

Your subconscious holds your self-concept. Your self-concept is what you believe to be true about yourself and your perceptions of yourself.



Consciousness

Your true identity is the unchanging “I AM,” and your true self-expression comes from your unique individuality. You are an Infinite Creator of Love and Light. You are a fractal of Source/God/Creator. You are a unique and divine expression of the infinite, and your self-concept should reflect just that.

If your self-concept is rooted in the ego, you're going to be reactive, defensive, controlling, fearful, and attached to roles, labels, and separation. If your self-concept is rooted in your unique and authentic individuality, you're going to be expansive, creative, unique, inspiring, loving, open, and aligned with your purpose. When your self-concept reflects your true self, you stop caring about what anybody else thinks about you because it doesn't matter. You know who and what you are, and you know your intentions. You're able to freely use the ego as well just to mess around because, in the end, you know all is one.

In order for your true self to shine bright, you must ingrain the belief that you do not care about what anybody else thinks about you. This is what your self-concept should also reflect. Why? Because when you truly believe this, then there is no more ego holding you back from your divine individuality and unique creative expression. As self-importance dissolves, self-doubt does too. When you stop caring about what other people think, you stop judging yourself, and this is true liberation.

Create your self-concept as the most powerful creator there is, because that is the truth of who and what you are. You are all-powerful and all-



Consciousness

loving. You are infinite, eternal creator awareness. People may think you have a big ego, but it doesn't matter what other people think, because the truth is, you've just found the truth that set you free, and there is no more ego there to make you think otherwise. You come from power, and you come from love. Therefore, that is what you are the extension and expression of, and that is what everyone else is, in essence beyond the ego.

For a moment, allow yourself to enter meditation. Close your eyes, relax your body, and still your mind. Focus on your breath and stay in the present. When your mind is still and your body is relaxed, visualize yourself as the one you desire to be. Imagine expressing your unique individuality freely and abundantly from a place of love and power without caring about what others think about you. Align your entire being with this reality. Persist in this practice, and you will impress your subconscious with the belief. The more you do this, the stronger the belief becomes, and the greater your expression will be.

Whenever you either consciously choose to do something beyond your current programming, no matter what it is, or choose to be present with what it is that you are doing, your True Self comes online, and you establish dominion over the ego. If your ego wants to go the comfortable route, go the uncomfortable route and do the uncomfortable thing. Catch yourself when you are unconsciously thinking, and bring your attention back to whatever you are doing in the present moment. The more you consciously take control over your will—not forcefully, but peacefully and powerfully with poise—the



Consciousness

more effortless it becomes to be in control of everything in your life.

The more you program your subconscious as the creator and consciously direct your will, the less fear and resistance you will have to express your heart's deepest desires. This will program your subconscious mind in a way such that the uncomfortable won't be uncomfortable anymore, and what used to be hard will actually be easy. The more comfortable the uncomfortable becomes, and the easier the hard things get, the more powerful you become as a creator.

During the first six years of life, your subconscious was your dominant mind. You didn't have much of a conscious reasoning mind because it was in the midst of being developed. This period is referred to as "the inner child." The inner child is the part of the ego that holds the beliefs we were indoctrinated into as a child. When you were a child, you accepted all that you saw and everything you were taught as true. All that you were taught is what shaped your conscious reasoning mind.

We have entirely forgotten about many of the beliefs we were taught because they are stored deep within our subconscious minds. Until we become aware of what we were taught as children, those beliefs will automatically play a role in controlling the way we consciously think, perceive, feel, make decisions, and express ourselves. Since this occurs below the surface level of our conscious awareness, when it does occur, it's our duty to become aware of it, acknowledge it, and be in full control. This isn't something you do in a day. This is a lifelong process of being conscious of the unconscious. The best teacher is life. Life will



Consciousness

throw you experiences that will allow you to be conscious of the unconscious and learn, grow, and evolve from it.

In my Initiation Masterclass, I have a deep 7-hour shadow work self-healing module that shows you exactly why certain negative emotions arise automatically, and the possibilities and reasons why they may be arising. Countless people have become conscious of certain denied, suppressed, and neglected parts of themselves that they had absolutely no clue were controlling them unconsciously. They healed their wounds and became free.

The problem is that we're taught to look at our negative emotions as something that is bad. On one side, we're taught to deny and suppress them, and on another side, we're taught to sympathize with them. You are to do neither. You are to simply acknowledge them and see what they are here to teach you. This is something you do by not resisting negative emotions, but by allowing them to fully arise and listening to them so you can hear what they are trying to teach you.

You may learn your lesson in an instant, or it may take you days, weeks, months, or even years to fully understand the lesson and heal, grow, expand, and evolve. Don't dwell on the negative emotion and don't focus on it. Don't react to it and don't ruminate on it. Just be with it when it arises. It's not going to always be there. Some days a certain negative emotion will arise randomly, while some days it will arise as a result of an experience. Some days it will be faint, while other days it will be intense. Listen to it when it arises, and afterward focus on



Consciousness

aligning yourself with your heart's deepest desires.

The only way to truly heal your inner child and find what your subconscious blockages are is by aligning yourself with your heart's desires. As you align yourself with your passions and inspirations and begin to be with and express positive emotions such as compassion, peace, love, joy, courage, power, and creativity, you see what negative emotions are in the way. Maybe there is shame, guilt, anger, resentment, fear, envy, jealousy, or pride. Without actually expressing positive emotions, you won't truly know what's in the way because you haven't begun walking the path to Truth. Only when you start walking the path does it become more and more clear. As you commit to truly doing the inner work, you will be able to connect the dots in different ways and allow your true self to be freely expressed.

When you were a toddler, you didn't really have these negative emotions. Maybe you got a bit angry or sad if you didn't get what you wanted, but other than that, you had nothing stopping you from creatively expressing yourself as the Infinite Creator you are. This is because your consciousness was pure and unconditioned. Your conscious mind didn't have any limitations. It wasn't constantly thinking rationally and realistically from a place of fear and doubt. It was a direct channel for the superconscious mind to impress the subconscious mind. Until around age four, you operated in the subconscious and superconscious planes and created a world as the Infinite Creator you are, where both your infinite imagination and reality were one.



Consciousness

This is why children are so powerful, free, happy, and loving. This is why everything is interesting to them. They are constantly expanding their consciousness, desiring to learn new things, and are regularly inspired by new possibilities. They can act like anyone they desire to be without fear or judgment—until, of course, fear and judgment are placed on them by their parents, friends, siblings, or others.

Fear, limitation, and judgment arise as a result of the conditions placed upon our consciousness. The older we get, the more important our outer world becomes, the more important the opinions of others become, and the more identified we become with our limited reasoning and rational thinking. We become attached to who the world created us to be and lose sight of the Infinite Creators we are. The Infinite Creator is still within you, waiting to be recognized and actualized.

When you were a child, you used to believe that you could be whoever you desired to be. You weren't afraid of using some conscious effort to try new things and learn and master new skills, such as walking, eating, and playing, because it didn't faze you. It was like a game—a game that you're still playing as we speak, but your conditioned mind thinks of the game as a serious one, filled with fear, doubt, and limitation. Step outside of the illusion and uncondition your consciousness. It's time you play the game as you once did.

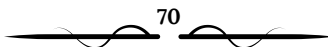


Brain Waves

Your conscious, subconscious, and superconscious mind all relate to specific brain wave states. Understanding the difference between your brain wave states will offer you new insights into how you created reality as a child in relation to how you now create your reality, and this will help you better connect the dots. We will explain the significance of each state, including when, why, and how you access different brain wave states, and their relation to your consciousness.

Understanding neurons is the first step in understanding brain waves. Neurons are the hundreds of billions of interconnected cells in your body that form the nervous system. These interconnected cells originate in the brain and extend through the spinal cord into every part of your body's central nervous system (CNS) and peripheral nervous system (PNS). Neurons are responsible for receiving, processing, and transmitting information.

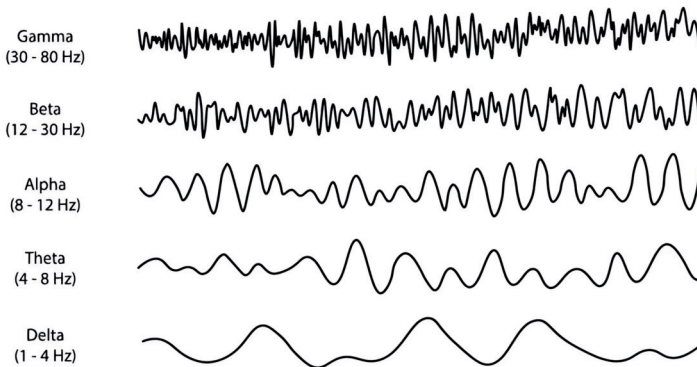
During every experience, your neurons communicate by generating and transmitting electrical and chemical signals. This collectively creates what we perceive as brain waves. While spiritual and psychological processes explain how you interpret and perceive information, neurons are the biological structures that enable these processes. Different brain waves perform different functions, and with training, you will be able to enter into any state at will.





Brain Waves

You have 5 different brain wave states. They are as follows, starting from the lowest frequency to the highest, respectively: Delta, Theta, Alpha, Beta, and Gamma.



Delta is the slowest frequency. Delta primarily appeared during infancy until around age two. This is when you were mostly in deep sleep. Delta is still present in adults, but to a lesser extent. It emerges only during deep sleep or very deep meditation. From ages two to six, theta waves became the leading waking state. During this time, your imagination and reality blended seamlessly through your perception. Around age six, alpha waves began to take precedence as you started learning from the world, attending school, and creatively solving problems through imagination. From age twelve onward, beta waves became predominant, defining the waking state for most adults. This is the thinking state, where we largely focus on the outer world, treating it as the “real world,” while the inner world of imagination is often dismissed as illogical or irrational. This is where the limitation really starts kicking in.

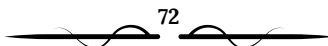


Brain Waves

Beta waves are present when we are alert and actively thinking logically and rationally. Beta waves (12–30 Hz) are measured in low-range, medium-range, and high-range frequencies, and they are produced by the ego's conscious mind. Lower beta waves (12–16 Hz) represent the normal no-threat state of logical and rational thinking. Higher beta waves, however (20.5–30 Hz), are associated with busyness, stress, paranoia, arousal, and the fight-or-flight response. This brain wave state represents the lowest level of consciousness, which reflects judgment, doubt, uncertainty, fear, anxiety, frustration, and anger. This is the primary brainwave state of humankind.

Although most of humanity's waking hours are spent in beta, people also tap into alpha waves throughout the day (8.5–12 Hz). Alpha waves are present when our minds and our bodies are relaxed. They are present when we are doing something that requires little to no effort, such as brushing our teeth, driving our car, or showering, and our awareness is primarily directed inward.

Alpha waves are displayed at the beginning of meditation when we disconnect ourselves from our external environment and enter our inner world. When we close our eyes, relax our bodies, and focus on taking deep breaths, we enter into alpha. You can consider this phase of meditation as crossing the bridge from the worldly realm to the spirit realm, aka the superconscious. This is the space that creates the bridge for the superconscious mind to connect the conscious mind and the subconscious mind.





Brain Waves

As we get deeper into meditation, we reach a theta wave state (3.5-8 Hz). Here, we are consciously aware while our body is asleep. This is a purely subconscious state. Here, our conscious mind becomes a direct channel for the superconscious mind, and we become much more in tune with our inner world than our outer world. This is when the superconscious guides us and sends us glimpses of insights, hunches, and inspirations.

Since alpha and theta represent a very familiar state of stillness and relaxation, we could simultaneously jump from one state to another. If we're doing effortless tasks like watering our plants, or when we're just daydreaming, we could be hopping between alpha and theta. Theta is naturally present during the first moments upon awakening and before drifting off to sleep. During these times, our subconscious mind is impressed. The last thoughts we think at night and the first thoughts we think in the morning, alongside the emotions and perceptions associated with those thoughts, are what program our subconscious mind.

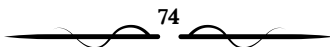
If one goes very deep into meditation, one may experience delta waves (0.1–3 Hz), which are our unconscious brainwaves. Delta brain waves are also present when we are in deep restorative sleep, where we experience deep healing and relaxation. This is when we are entirely unconscious and unaware of our outer world. Delta represents the slowest states of brain wave frequencies.

Now, gamma brain waves (31–100 Hz) are superconscious brain waves.



Brain Waves

Gamma waves are present when we experience very high energetic and mental states. Gamma is associated with high-level cognitive functioning, information processing, learning, and perception. It is present during flow states, which are the states of peak mental and/or physical performance. In the flow state, one's focus is so strong that the self disappears, and space and time are transcended. Gamma waves represent an evolved consciousness and a high vibration, and they occur when you feel intense emotions such as deep compassion, love, power, joy, peace, or ecstasy. Unlike beta waves, which represent the normal thinking and processing state, gamma waves allow one to learn and remember information 5 to 10 times faster.





Superconscious

The superconscious mind is the link to “I AM,” the Infinite Creator. This link is created once you master being present, concentrated on what you are doing while simultaneously being in a powerfully aware state of relaxation. This is what the “I AM” is: presence, stillness, alertness, power, and peace. The only way to truly unlock the superconscious mind is by committing to your spiritual and individual evolution, which are both ultimately one. The superconscious mind is the realm of infinite intelligence. It is the Universal Mind, the Cosmic Mind, the “Akashic Records,” as some would call it, which is the field of information that contains every point in space and time, encompassing every possibility that could possibly exist, and every answer or solution to any question or problem.

The superconscious has various stages of unfoldment:

1. **The stage of recognition**, which comes when you become aware of the intelligence and power and get a glimpse of it in the form of an intuitive hunch, inspiration, or realization.
2. **The stage of realization**, which comes when you commit yourself to following your unique individual path of growth, expansion, and evolution.
3. **The stage of manifestation**, which manifests as heaven on earth and comes only to those who have evolved, awakened, and actualized their highest conceptions of truth.

Most of humanity has only gotten glimpses of the superconscious through stage one. Due to their constant fear- and doubt-based anxious thinking alongside their inability to be relaxed, still, and



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present, they remain with rare glimpses that do not last long and fail to recognize it.

The second stage is reserved for those who have recognized the intuitive glimpses, hunches, and inspirations of the superconscious and have committed themselves to following that path. Those who have reached the second stage have followed one or more particular paths toward their physical, mental, and spiritual evolution. The second stage is the stage where one begins increasing their level of consciousness and overall intelligence.

The third and final stage of the superconscious state is reserved for those who have successfully and rightfully committed to their unique path of Truth. Many of those who have reached this state are well-known and have achieved massive successes in their lives—not only material success or fame, but true physical, mental, and spiritual success. These people are either physical athletes, such as those aligned with a particular sport, mental athletes, such as innovators, inventors, problem-solvers, speakers, and entrepreneurs, or spiritual athletes, such as yogis, advanced meditators, saints, and sages.

All of these professional physical, mental, and spiritual athletes have these things in common: (1) They have recognized their unique individual path or calling. (2) They have been inspired by that path and have committed to it, and they have grown, expanded, and evolved along that path. (3) They followed that path to the best of their ability and have manifested their unique individual purpose, or heaven, here



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on earth. When you wholeheartedly align yourself with your heart's deepest desires and grow, expand, and evolve along that path, you express real success, which is unique to every single individual.

People think success is a destination, but it is not. **Success is an infinite journey of growing, expanding, and evolving in the present moment.** Success is first about being, and then bringing your being-ness in alignment with doing what you love while serving others through your unique individual creative expression. **Success comes from within you, and it is expressed outward, just like your desires.** It all comes from Being. It is not something to be achieved at a certain point in the future. It exists right here, right now, within you, and it is calling out to you from the superconscious. You just need to recognize it, follow it, and manifest it.

It is not doing that *brings* heaven, it is Being that *is* heaven. It is the Being from which doing arises as your unique and divine individual expression of heaven. Being in and of itself is ultimate success beyond conditions, for it is the Self beyond conditions. **I'm not talking about the being you think you are. I'm not talking about the ego. I'm not even talking about your individuality. I'm talking about Being. I'm talking about your one Identity, "I AM," that is and forever will be eternally whole, complete, and fulfilled.**

Just by experiencing "I AM," you enter the superconscious state which continually grows, expands, and evolves in and of itself, without any doing involved. Just by experiencing the gratitude, love, joy, peace, and



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bliss that come from simply Being, existing, and living in the present moment, you are ascended into the superconscious state of presence, where you find your True Self. This is the spiritual state of the superconscious beyond the physical and mental states. It is the state of being pure awareness.

In simple terms, the superconscious state is the flow state, which is the state of meditation. This is what the “I AM” is. That is what you are. You just need to get out of your head and into your heart and be present to truly experience it, because your true self is not located in the brain; it is located in the heart. When your brain and heart are coherent, you enter into the superconscious state. This is when you start following your heart rather than your brain, which is synonymous with following the superconscious. The heart is the very first organ that develops in your mother’s womb. That is where your sentience is. That is where the “I AM” lies.

Again, life is “I AM.” This is your true identity, and it is not to be experienced mentally; it is to be experienced as awareness, right here, right now, in the present moment, through your heart. Living is your sole purpose and destiny. How you live is up to you. Most are either living in their head, where they are anxiously thinking, ruminating on the past, or setting future expectations, which is ultimately the opposite of being in the present moment, while others are just living unconsciously, operating automatically from the ego’s programming, which is really not living at all, as it is the opposite of the superconscious state of flow and pure awareness.



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The superconscious state grows more and more in degree as you master the art of Being in a high vibration in the present moment. This isn't always the case for physical and mental athletes, as much of their superconscious comes online when they are focused on doing. The spiritual athletes, however, who have realized the "I AM," have reached permanent states of unconditional love, peace, joy, and bliss because they are in a perpetual superconscious state, even when they are doing nothing. Unless one is connected to their heart and is in a high vibrational state, one cannot be in a superconscious state.

One prioritizes what they desire the most, and it is what one prioritizes and desires the most that creates one's reality. Since those on the superconscious path are committed to their growth, expansion, and evolution, they transcend those on the ordinary conscious thinking path. Those on the physical path transcend ordinary physical abilities. Those on the mental path transcend ordinary mental abilities. Those on the spiritual path transcend ordinary human abilities as a whole.

When one reaches the third stage of the superconscious, one reaches their highest truth, which manifests as heaven on earth. All who have committed to their heart's desires will wake up in the morning doing what they love to do. They evolve in what they love, serve others by doing what they love, and receive the abundant fruits of their evolution. They are all entirely in love with their life and are essentially expressing and living in their own individual and unique heaven, which is coming directly from the source and essence of their Being.



Superconscious

Even manifesting heaven on earth by doing what you love to do every day of your life can get a little bit tiring. It's because one easily gets lost in their creations. Even though their creations are amazing, no creation can get close to the truth of your Being. One must prioritize their spirituality over everything else. When one prioritizes Source/God/Creator, the 'I AM,' which is one's very essence and Infinite Awareness, they commit themselves to reaching higher states of Self-Realization and deepening their connection to their divinity. Only then can one truly feel fulfilled without the fulfillment being conditioned by doing.

Awakening is everyone's primary purpose. Awakening is merely realizing who and what you truly are, realizing your truest essence as Source/God/Creator, as the one "I AM," as life, existence, self, beyond conditions. This is heaven. One's secondary purpose is expressing the unique passions, desires, and inspirations that Source/God/Creator has planted into your heart. That is your unique individual expression of Source/God/Creator, and that is where you find your gifts, talents, and abilities, and ultimately manifest Heaven on Earth. Even when one doesn't know their unique individual purpose, since it is secondary, it always presents itself automatically when you prioritize Source/God/Creator.

When you prioritize spirituality, you prioritize truth instead of illusion, for spirituality is reality. I'm not saying you should leave everything behind, including your heart's desires, to go and be a spiritual athlete if that is not your unique calling. Trust me, if it were



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your unique calling, you would know because being in the presence of Source/God/Creator would be your only priority, and you would not desire to do anything else. That is the essence of spiritual living. When one desires experiencing the bliss of life and Source/God/Creator more than any other possible desire, that is what they will do.

Deep down, we all desire to know Source/God/Creator to greater and greater degrees, because knowing Source/God/Creator is knowing the Truth. We all desire to experience bliss, joy, love, peace, and enlightenment. It is just not prioritized for many people, and that's simply because many are prioritizing only their secondary purpose.

This is why billionaires went to Paramahansa Yogananda, asking him what they should do to feel fulfilled because they had all their worldly material possessions but no true fulfillment or purpose in life. Only your primary purpose, which is being aware of being alive, and embracing your essence as pure awareness—as simple as that sounds—can truly fulfill you, because that is your True, Perfect, Complete Self.

If your expression isn't coming from your True Self, it will be coming from the ego's lack, and you will only receive more of what you are expressing. Remember, you are not your creations; you are the Creator. Whatever you have created in your life, regardless of how bad you may believe it is, understand that it is there to serve your awakening to this very truth that sets you free. You are the creator, and you created it for the purpose of awakening as the creator. You conditioned your



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consciousness for the purpose of remembering what it was like for your consciousness to be unconditioned, and to return back to Source.

People are stuck in their minds and bodies instead of being in the present moment. Your mind and body are your creations. Being stuck in your mind and your body means you are stuck in your own creations. When you are able to detach from the mind and body and create a space between you—the Creator, “I AM”—and your creations, which are the thoughts, emotions, and actions you’ve identified with, you open the space up for truth. It is here that you begin your transformation and correction from error to Truth.

The way you go about creating the space between you and your creations is through meditation. It’s simply by embracing existence, which in essence is stillness and silence. Silence brings peace, contentment, and gratitude. In the same way that the creation comes from the Creator, noise comes from silence. That noise can come from the external world, or it can be in the form of a thought, emotion, or impulse to react. This is all noise that arises from and returns to the source, which is silence.

Truth is simple. It is existence. It’s actually so simple that it is common sense. Man has just been lost in the noise by identifying with it, and that is why man is so confused. Noise makes things complex because all it does is try to get you to truth. In silence, you remember the truth, and the truth sets you free. This is the truth that most people try to get to, but it is not a destination to reach; it is a destination that only exists



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right here, right now, and it is the only real destination there is.

Your conscious mind is full of noise, and it is not meant to be. It is meant to be a channel for the superconscious. The beta waves that your conscious thinking mind produces are the noise that prevents you from listening to the wisdom of the superconscious. Your conscious thinking is electromagnetic interference caused by the ego's intellectual, fear- and doubt-based rational and logical thinking.

The conscious mind is meant to be a source for intuition, inspiration, and creative imagination, which, if you recall, are presented as gamma waves. Thinking, which produces the noise of the beta waves, prevents you from accessing the gamma state. As you relax into silence, your brain waves go from beta to alpha to theta to delta. The deeper you go, the louder the wisdom that guides you in the silence. By embracing the silence, you access the superconscious.

Your subconscious programming is here to assist you on your journey, not prevent you from moving forward on your journey and living life. Remember, it's either the superconscious that is impressing the subconscious mind, or the ego's rational thinking mind. Allow the silence to guide you. As paradoxical as this sounds, this wisdom that I am giving to you is not meant to be conceptualized and intellectually interpreted; it is meant to be tangibly experienced and known.

This is the spiritual superconscious state that is to be prioritized. It is embracing the silence so that wisdom can pour forth. In the silence,





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you also embrace life without conditions, and express gratitude from the realization that when you condition life, you condition your peace, joy, love, and contentment. Life is bliss. Silence is bliss. Life is the ultimate goal, and that is what you are. You are living life right now. You exist. When you are lost in the identification with the noise of your own creations, you are not yourself. Misidentification is what leads to misperception and misunderstanding. This leads to ignorance, which is the root of all suffering and ungratefulness.

When you wake up and express gratitude for your very own existence, and truly be with it, that is when the light of truth will dissolve all forms of suffering and ungratefulness. Enter into the silence and feel the gratitude of life without conditions. This is how you return to Source and go from unconsciousness, which is the identification with your conditioned consciousness, to pure consciousness, which is your one and only true, unchanging, unconditioned state. It is here that you enter into the Being from which doing arises, the silence from which noise arises, the Creator from which all creation arises, and the almighty “I AM” that is your very essence.

I tell you again, this is heaven. It is the only heaven that will ever exist, and it is always here for you because it is where you come from, and it is what you truly are. All that arises from the Source returns to Source. Without Source, there is no existence. There is nothing.

Just as there are deeper and deeper levels of stillness and silence, there are higher and higher states of joy, love, peace, and bliss. The spiritual



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superconscious states only get greater in degree. Even spiritual masters knew this, and they have all expressed it. The ultimate goal of the superconscious is for one to be connected to the essence of their own existence, to the eternal present, through the heart of awareness. When one reaches this stage, one surpasses the limits of space and time and transcends the limitations of the average human, for in this state, one transcends both the mind and body.

When one is in tune with the superconscious, one taps into a heightened level of potential and possibility. This field of information contains insights, inspirations, wisdom, knowledge, and power that are reserved to guide those who have committed to their individual path of expression. This stage is reached when one is fully aligned with their growth, expansion, and evolution, and the field is tapped into during meditation or flow states.

Great geniuses and inventors like Nikola Tesla and Albert Einstein were tapped into the superconscious. It is through the superconscious that they found creative solutions to their problems and realized their inventions to completion.

We are told that these geniuses took “power naps” as breaks, but these weren’t just ordinary naps. When Einstein “slept,” he would hold a spoon in one hand and a plate below it. As he closed his eyes, he rested into a deep meditative state, where he would transition from alpha to theta to delta, and the spoon would drop on the plate as he drifted to sleep.



Superconscious

Einstein's brainwaves were dominantly in alpha during his waking hours, not beta. These naps allowed him to stay in the creative theta state and reach the gamma state. I guess you could call it a power nap if you want, but the truth of the matter is that Einstein was practicing advanced meditation and visualization, tapping into the superconscious planes of mind. Nikola Tesla did the same. He also meditated for 20 minutes at a time throughout his days, visualizing and realizing many of his inventions during these times, as did Leonardo da Vinci, Charles Dickens, Beethoven, and many others.

When people imagine geniuses like Einstein and Nikola Tesla, they'd probably imagine some crazy lunatics who are always stressed out solving problems. When anyone imagines any genius, this is how they imagine them. This is actually the opposite of how geniuses create.

Nikola Tesla and Albert Einstein had such miraculous realizations because they knew how to escape the world outside and tap into the world within. They knew there was an infinite field of information reserved for them in the stillness amid the noise. They followed their own unique individual callings and committed to their growth, expansion, and evolution. This is how they were able to access the infinite creative intelligence of the superconscious.

When you harmonize the subconscious with the superconscious by lowering your brain wave states, your ability to process information and learn from data through logical deduction increases tenfold. This is because it's no longer your intellect that is thinking; it's a much



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higher power. When you get rid of the beta waves, you make room for the gamma waves. Next time you have a goal-oriented problem, relax, meditate, and go into the stillness. Trust that your superconscious already knows all the possible answers, and that together with the subconscious mind, your higher mind will work 24/7 to find the solution.

The superconscious is the realm of infinite intelligence. It can discriminate between the valid and invalid data stored within the subconscious. The superconscious is perfect in its essence. It disregards what is incorrect or unnecessary and works on finding the most detailed, absolute, and perfect answer. You will find that the moment you get a glimpse of the answer from the superconscious mind, it is always the exact and correct answer you're looking for, and the moment you receive that answer through a hunch or inspiration is the exact moment you experience the gamma state.

Dr. Richard Davidson, in his lab at the University of Wisconsin, was able to measure the brain waves of yogis and other Olympic-level meditators, and the results showed that their brain waves were not in beta like the average person's. He discovered through his tests that the yogis' brain waves were constantly in gamma. Bear in mind that these yogis have meditated for thousands of hours, but these spiritual masters and yogis who have maintained a superconscious state through profound meditation are able to perform miracles. You don't need to believe me. You can look into and study the wisdom of the yogis and see what they were able to accomplish and perform for



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yourself.

So gamma is a spiritual athlete's average and everyday brain wave state during normal waking hours. What about when they meditate? When they withdraw from the world outside and enter the stillness, their brain wave frequencies reach 700 to 800 times higher within just a few seconds. They immediately connect with Source and tap into states of pure consciousness, which are experienced as pure love, joy, peace, and bliss.

To reach levels like this takes committed practice and devotion. Remember, these are spiritual athletes we're talking about here. You don't need to be a spiritual athlete, and you don't need to reach levels like this. **You don't need to follow anything that isn't your heart's truest and deepest desires.** Unless the spiritual path is your only desire, and you're compelled to reach these states, that's a different story. But in the same way you have your own unique desires to expand, grow, and evolve through your own unique creative expression, so do spiritual masters and yogis.

Follow your own divine and unique path while simultaneously prioritizing presence and stillness. Remember that your spiritual path is primary. Put your spiritual path first, and everything else will fall into place. Rather than being lost in your own creations, you will be guided directly by the Creator, which is your true essence. Rather than unconsciously creating what you don't desire, you will shine the light on the darkness and consciously create what you desire. **Remember,**





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the world needs you to be you. We need you to follow your unique calling. The superconscious is calling out your name. It may just be faint right now, but when you enter into the silence, you will be able to hear it loud and clear. Follow that voice. That is your True Self.



Concentration-Meditation-Visualization

Concentration is awareness. The more aware you are, the more concentrated you are. Without concentration, there is no awareness. Everything we do involves concentration. Everything we create involves concentration. It is how consciousness operates.

You and your consciousness are one. You and your mental faculties are one. You and your ability to concentrate are one. The more you focus on your own growth and evolution, the more everything that is a part of you will grow and evolve. Concentration increases as you increase your presence and level of awareness through meditation and flow states. As you commit to actualizing and manifesting from the superconscious, you will become more of the complex being you are. As you begin aligning yourself with the cultivation of new skills and abilities while mastering being present with your heart's deepest desires and your unique calling, your mental faculties will develop automatically, and so will your concentration power.

The attention span of humankind is decreasing more and more each day as the world bombards us with ways to receive instant gratification. The reason why so many are unable to concentrate is due to their reliance on instant pleasure and reward. The more pleasure one receives from the world, the less happy one is. The happier one is, the less pleasure one will desire from the world. The same thing may be said about concentration. The more you concentrate on your evolution, the happier you are, and the less pleasure you will seek. The less you concentrate on your evolution, the more pleasure you will seek to fill that gap, and the less happy you will become.



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Pleasure takes over the mind and messes with your reward system. Your reward can either come from your growth, expansion, and evolution, or it can come from instant pleasures that make you completely forget about your evolution. I mean, why in the world would you want to spend time evolving if you have an abundance of rewards right in front of you? Why would you desire growth when you could desire something that will actually satisfy you right here, right now? Let's rephrase these questions now: "Why would you spend time living if you have an abundance of rewards right in front of you? Why would you desire being alive when you could desire things to make being alive that much better?"

You see, it is the ego that plays these tricks on us. When you treat your growth and evolution as that which it really is, living life, rather than something that needs to be chased, and you simply begin enjoying the life that you are living unconditionally, then that becomes your ultimate reward. **If you're not satisfied right here, right now, you will never be, because here and now is the only time that exists.** If you're not satisfied now, you're not operating from your True Self.

Presence is life. This is pure satisfaction. The ego's job consists of either striving to move toward or away from something. Its job is in becoming. It can't simply be. You are not the becoming. You are the being who is and always will be eternally whole, fulfilled, and complete. It is identification with the ego that makes us lose sight of this eternal truth. The ego makes us lose sight of life and presence, and it prevents us from realizing and understanding that existence in itself



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is more than satisfactory. It is the ego's ungratefulness that tries to control our own minds, and when it does, simply remember and embrace the ultimate reward that is everlasting: Life.

It's not that you don't desire to concentrate on your growth; it's that you think it exists in a future that needs to be achieved. You're operating unconsciously from the ego rather than creating consciously from the fullness of the present moment. Desiring your growth and evolution is not about reaching a particular destination. It's about consciously living in the destination at every single moment in time.

The ego's desires are not your true desires. The ego wants to feel safe, secure, whole, and fulfilled, and the only way it knows how is by either chasing a future outcome or seeking something outside of itself. It lives in the mind and runs on thinking. It can never simply be present, right here, right now, and create from the fullness of life. It remains in the mental realm of familiarity, where it is comfortable, and it wants you to emotionally identify and react to it so it can be kept alive. By thinking that this is what actually keeps you alive, you react to it.

When you're done binging on social media or Netflix, or food or drinks, simply be present and see how it makes you feel. Can you still your mind? Can you relax? Can you embrace the bliss of life? Can you feel the "I AM" presence that is your very Being? Can you feel Source/God/Creator? You will find that the ego's desire will try to quickly tug you in the direction of more reward, more satisfaction, more pleasure, and more noise. The ego just wants to make you react



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because it is lost in the noise. It is unconsciousness. It's pure condition.

Now connect the dots between awareness and concentration yourself. You will find that they are ultimately one, and the ego is the opposite. Be conscious. Be aware. Be alive. Concentrate on what you truly desire in the present moment from the wholeness and fulfillment of life. Step outside of the mind and step into the clarity of the now.

The first step toward developing greater awareness and concentration is releasing the instant gratification rewards of the ego. Life may at first seem boring and dull, but by focusing on life itself and expressing gratitude for life, it won't be. Remember, you are in control of your perceptions and beliefs. Therefore, still your mind and simply be. Understand that living life is the ultimate reward, and live it without needing to constantly consume.

If one is in a state of overconsumption, they may find it extremely difficult to simply embrace being alive. They get withdrawals when they don't consume because their dopamine levels are returning to baseline. When they don't have any pleasure or anything to consume, life seems boring and dull, and they become depressed through their lack of interest, desire, and expression. The ultimate fix for this is a shift in belief and perception in the present moment.

Desire is the gateway to concentration. If you are not controlling your desires, it means your desires are controlling you, and when your desires are controlling you, you can't concentrate. Therefore, desire to



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concentrate. Desire to live, grow, expand, and evolve. Desire to create.

Take full responsibility for your desires so you can start directing your desire-power toward your growth, expansion, and evolution. Rather than desiring things that are keeping you in a state of unconsciousness, desire to be conscious and evolve your consciousness. Desire is the first step toward all success. There is not one successful person in this entire world who did not have immense desire-power driving their expression. When you desire, not to chase, but to express what you already are, the rest is taken care of for you.

To increase your desire power, start with setting goals. Having goals means you have desire. In essence, they are both synonymous. Organize your goals in years, months, weeks, days, and hours, and set a plan of inspired action. This is what your conscious thinking mind is really used for; not unconscious thinking. This is how your thinking mind becomes your servant instead of your master, and this is how you, as the Infinite Creator, manifest in this physical realm. As you begin growing, expanding, and evolving through your goals, you will find that your ability to focus will dramatically increase, and you will also find that those other desires for pleasure that you once had will be no more.

Rather than desiring external pleasures, you will be expressing your true desires from within you, and the rewards you will receive when you express your goals will be far greater and last much longer than a temporary hit of pleasure. Most people don't even have goals. This is



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because they are creating unconsciously from the ego's subconscious programming which keeps them stuck in comfort and familiarity. The ego only thinks these goals exist in a future, and that working toward them is hard and takes a ton of effort. "Hard work" is effortless for your true self. It's not for the ego because the ego's will is too limited. It is empty, with little to no desire to do anything other than please itself.

If you still have no desire and really have no clue about what types of goals to set, seek deep within yourself and find what is truly interesting to you. Everything relates back to your passions and inspirations, but if you don't know what those are, it means they are hidden within your interests. Start wondering and exploring through life. Desire to learn more about things that are interesting to you and concentrate on that.

As a child, this is exactly how you lived. You were always interested in the smallest things. You were always curious. It was how you found yourself. You asked questions and desired to learn, and when you found the answers, you were naturally rewarded for expanding your awareness and evolving your consciousness. You didn't have to seek rewards. Nature rewarded you naturally for growing, expanding, and evolving. Your growth was your reward. Why do so many people think that focusing on their growth, expansion, and evolution is hard now? It's because they have lost sight of their desire and interest in "adulthood."

You must go back to being a child again and spark up that child-like curiosity so you can start being interested in things again. In order to



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do this, you must release the ego's fears, doubts, and uncertainties. The ego's illusory limiting beliefs are the very things that are preventing you from being a child again and delving deeper into your own unique creative expression. The ego is literally preventing you from exploring your own soul due to fear of the unknown. But here's the thing: you are the unknown, so the ego is really just afraid of your true self.

"I don't have enough knowledge" says the ego, not your true self, which is pure wisdom that transcends knowledge. Genius is your birthright, and if you don't believe me, in the 1960s NASA commissioned a study to find creative geniuses, and 98% of the five-year-olds tested were creative geniuses. They later followed those same kids into adulthood, and only 2% of them ranked as creative geniuses as adults. What happened? The schooling system forced us into rational and logical thinking, and they specifically took away our creative genius. Instead of the schools teaching us to use our rational thinking minds as tools to organize, plan, and express our infinite creative imagination, they made us all left-brain dominant and took away our divine creative powers. Rather than showing us how to use logic and reasoning to organize, plan, and manifest our heart's deepest desires as the infinite creators we are, they suppressed our love, power, wisdom, creativity, expression, and unique individuality.

Infinite intelligence is your true nature. It is the nature of all. I mean just take a moment to look around you and within you. Everything is a unique individual expression of the one infinite intelligence. Therefore, don't ever let the ego give you your sense of worth. It doesn't



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stand a chance. It is the limited mind that is afraid of the infinite one.

I almost failed high school, not because I wasn't smart, but because school never taught me what I truly desired to learn. It didn't allow me to explore and discover more of my own unique individuality. It's not that it was hard; it's that I didn't desire to learn what school had to offer. If I truly desired to do well, I did well. It truly wasn't hard. What made it hard was when I did do well, the teachers were surprised and didn't believe that I was capable of doing well.

Growing up I received constant affirmations about my weaknesses and problems as a result of not doing well in school. I didn't have anyone in my life who empowered me to do better or truly believed in me and my abilities. Because I accepted the person the world created me to be, I didn't even put any conscious effort toward my evolution.

The world created me as an unintelligent being, and I believed the world for a very long time, until I found my truth that set me free. Whoever the world created you to be is not who you truly are. Whoever you believe you are is not who you truly are. What you truly are is so infinite and far beyond this world that even putting words on what you are limits your truth.

This is the truth that I endeavor to awaken within you. This is the purpose of all my works and creations. When you are able to realize the potential you hold as the Infinite Creator you are, you stop giving life to the opinions of others who are only projecting their own limiting



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beliefs. You begin believing that which has always been true beyond the errors of your misidentifications and misperceptions. By correcting your perception, you will find that you already are all that you desire to achieve, and therefore you can achieve anything, learn anything, and manifest anything beyond the limited mind of the ego.

Without curiosity, interest, and desire, you won't be able to concentrate deeply. When you know your truth, you can spark up the curiosity and interest you once had and start growing, expanding, and evolving without any illusory doubt and fear preventing you from doing so. This is when you truly unlock your ability to concentrate deeply. Seek what is truly interesting and inspiring to you and desire to grow, expand, and evolve in that direction. Know that by exploring the outside, all you are truly doing is exploring the depths of your very own being and consciousness. Don't let the ego prevent you from discovering your soul.

We have discussed the primary purpose of meditation, which is simply being aware of being; being aware of silence, spaciousness, existence, life, Source/God/Creator, "I AM." Meditation, however, can serve more than just one purpose, and that is why there are many forms and styles of meditation.

All meditation begins with relaxing the body and then stilling the mind. For correct meditative posture, sit comfortably with your back straight, spine erect, eyes closed, and palms placed on your lap facing upward. Direct your attention inward, take deep, conscious breaths,



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and as you do so, relax your body until it is completely still. To still your mind, simply be grateful and aware of existence. This will likely also relax you more and more as you step into the infinite space of the eternal now.

If thoughts arise, lovingly and gently bring your attention back to presence, which is your existence, and focus on your breath in the eternal now. Once your body and mind are still, you have many different options. You can feel and experience the ineffable peace of going deeper into the stillness, or you can set an intention to align your being with either unconditional love, joy, gratitude, compassion, power, or bliss.

When you set an intention to be and experience all that aligns with your truest essence, you shift your perceptions and emotions accordingly. Without placing an intention prior to meditation, you will be more prone to experiencing and even unconsciously identifying with the noise of the repetitive thoughts coming from the ego's subconscious mind. This is the opposite of what meditation is for. You either enter the silence, or set an intention to align yourself with the highest good, your truest essence, so you may raise your vibrational frequency and alter your perceptions and feelings accordingly.

The eternal now is the essence of life itself, and it is what you are. It is the highest good. It is perfection. It is unconditional love, joy, peace, and bliss. This is not to be merely understood and conceptualized. This is to be experienced. Words are just words. Until you perceive and feel



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this to be true, you will not experience it. The “I AM” presence and the eternal now are fully experienced when the conditions of the mind are dissolved and purified. When your perceptions and understandings are corrected, your feelings will follow. When your mind and heart are purified in coherence, your unconditioned awareness will become one with the unconditional love, peace, joy, bliss, and power of life.

You are always in the eternal now. There is nowhere else to be but the eternal now. The only reason you cannot experience the depths of the eternal now is because you have filtered it through your current perceptions. The ego's conditioned mind has conditioned the present moment. It has conditioned life. It has conditioned love, joy, peace, power, and bliss. It is these conditions that are blocking you from experiencing the true nature of the eternal now. Release your identification with those conditions, and your perceptions will be corrected from error to truth, and only then will you experience it.

Let us now discuss creative visualization. The purpose of visualization is to tap into a new possibility within the realm of infinite possibilities. Welcome to your imagination, which is what you also are, in essence. This is the “Creator” part of “I AM,” and awareness. It is how consciousness or awareness creates through you. Through your imagination, you transcend the physical limitation of space and time and tap into the inner world, where you may choose to align your perceptions and feelings with what you are imagining and ultimately manifest it through your expression.



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Your creative imagination is connected to both the subconscious mind and the superconscious mind, and it transcends the rational thinking and reasoning of the conditioned conscious mind.

On page 34, we spoke about the six steps to visualizing successfully. We will recap them here and add some new possibilities. Similarly to preparing before getting deep into meditation, before you begin visualizing, you must first know what you want to experience in your imagination. It's best to get into a meditative state before you begin visualizing. Detach from the mind and body and ensure that both are still. Don't enter into a state of wishful thinking, and don't visualize from the ego's limited concepts and beliefs.

When you are still, visualize a scene that implies you are the reality you desire, and mix that mental image with a burning desire and faith. Visualize the outer world reflecting that which you desire, and feel the feelings resulting from it being true, right here, right now. You might visualize others congratulating you, celebrating the fulfillment of your desire, and being acknowledged for it. You might visualize yourself taking the inspired actions that are leading you to your desired result. You might visualize overcoming adversities and obstacles that arise on your journey, or simply experiencing the reality you desire with as much sensory vividness as possible, feeling that you are this reality.

As you visualize, ensure you remain in the eternal now. Understand that your imagination transcends the limitations of time and space, and neither your body nor your subconscious mind knows the



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difference between the outer world that you call “reality” and the inner world of imagination. Thus, you may experience anything you desire right here, right now, through your imagination, and reprogram your subconscious mind with this reality.

Feel the reality of the mental image as vividly as possible. Experience the emotions of being, doing, and having in accordance with this mental image. Use your senses to experience this mental image right here, right now. This mental image can last however long you desire. You may visualize as much as you desire, and continue updating that mental image each time you visualize.

After you visualize, perceive reality from this mental image. Align your imagination with your perception as you did when you were a child, and truly feel the emotions that arise from being the one you desire to be in the present moment and expressing this being. Again, your desires do NOT exist outside of you. They exist within you, and that is how you are able to express them and manifest them. You are not chasing a future reality that exists outside of you. You are expressing a reality that already exists within you; a reality that you already are.

Embody unwavering faith and confidence in your expression of your desired reality. Know that you are already living in this reality in the present moment, and realize that by accepting this truth and living by it, you project this reality outward from within your consciousness. When you successfully impress the reality of your desire upon your subconscious mind, you will express it through inspired action, which



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will inevitably lead you directly to its manifestation. All you must do is stay aligned with your beliefs, perceptions, emotions, and inspired actions. Concentrate on it wholeheartedly with faith, and this outer world will have no option but to reflect your inner world.

Release the importance you have given to this reality and detach yourself from when and how it will occur. Remember that there is only now. Rather than taking action from the ego's conditioned mind, tap into the unconditioned knowing mind of the superconscious in the present moment. Your only duty is to perceive and feel the now as you desire to and express it. This is what creates the future. Nothing else.

Don't try to control things in the world and force things to occur. You don't have to force what you already are. Expressing your true self in the present moment is effortless. You only need to force and use a ton of effort when you are creating from the ego instead of being aligned with "I AM." Perceive the very things that require the most effort as the things that are the easiest for you. Enter into your true power and prove the ego's conditioned mind wrong. Your inner world is the only world that matters. How you perceive reality is how you project it from within your consciousness and create it. When you are looking out into the world, you are looking into a mirror.

When you recognize that you are an Eternal Infinite Creator who only creates in the present moment through feeling and perception, you can transcend the ego's conditioned thinking mind and tap into the superconscious mind of your eternal self beyond conditions. Liberate



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yourself from the limitations of mind and body consciousness. Awaken your consciousness and harmonize your perception with your infinite imagination.

Only the ego works with whatever is presented in the world, because that is what the ego is; the conditions of this world. Disregard the ego. It sees imagination as good for nothing and thinks from a subconscious limitation program that came from the world. Remember that your creative imagination is your ultimate guiding power. The rational mind is only a servant that follows. See possibility beyond the world and feel the power that allows you to recreate yourself from Truth.



The Law of Attraction

The Law of Attraction states that energy attracts like energy. You attract the energy you embody. What creates your energy? Your thoughts, beliefs, perceptions, and feelings. Your thoughts, beliefs, perceptions, and feelings project energetic vibrational waves that attract whatever is in harmony with them. Additionally, the state of consciousness you're already in attracts more thoughts, beliefs, perceptions, and feelings that align with that particular state.

What you focus on expands for this very reason. The Law of Attraction ensures you will receive more of what you focus on. When you align your thoughts and feelings with the reality you desire, the Law of Attraction will attract more of the same thoughts and feelings to you. Therefore, when you do think, be sure to focus on good thoughts and feelings and never sympathize with negative thoughts, because by doing so, you will only attract more of them.

As you shift into a new state of consciousness, the Law of Attraction will attract all people, places, and things that are in alignment with it. Positive thoughts, beliefs, perceptions, and feelings will attract positive experiences into your life, while negative thoughts, beliefs, perceptions, and feelings will do the opposite. Faith and confidence attract; fear and doubt repel. When you visualize the reality you desire and concentrate on perceiving and feeling that reality in the present moment, the Law of Attraction will have no option but to attract the people, places, and things that will make that mental image a physical reality. If you're afraid, however, the subconscious will repel that reality.



The Law of Attraction

You cannot change the laws of the universe. You cannot try to manipulate them through your will. The laws abide eternally, and so it is not the laws you must try to change and manipulate, but rather what the laws are responding to, which is what is happening within you. Focus on expressing your heart's desires, and the Law of Attraction will naturally do the rest. Persistently visualize, perceive, and feel yourself to be that which you desire to be, and express that being with inspiration and faith.

Trying to control the outer laws is what takes us off our inner path. We only see what is happening in the outside world, and we try to control it by working with it. This is the opposite of what we must do. We must work with the cause, which is always within, rather than working with the outer world of effects. Many perceive hardships and obstacles as negative experiences and get trapped in the illusion of creating them as such. In reality, challenges and obstacles are always positive experiences, for they are the milestones you create for yourself that allow you to further evolve. Without them, you could not awaken as the Creator and continue evolving.

Negative experiences arise as a result of negative perceptions. Those with negative perceptions will face their trials again until their perceptions are corrected from error to truth. Those with positive perceptions will continue evolving on the path of correction. Correcting your perception is like wiping a dirty window. When you perceive an experience as negative, you are looking at it through a dirty window. Conversely, when you perceive that same experience as that



The Law of Attraction

which it is, in truth, either the extension of love or the cry for love, the window is clear. As we begin correcting our perception, we begin wiping the dirty window, and as the window becomes cleaner, life becomes clearer. Thereafter, we begin to perceive all of our experiences, especially the negative ones, as opportunities to evolve through the correcting of our perceptions.

As Dr. Wayne Dyer put it, “Once you change the way you look at things, the things you look at will change.” When you change your perception of an experience, the entire experience changes. When faced with an experience that you initially perceive as negative, simply pause and be aware of the vast array of perspectives at play with no feeling or attachment. Take your attention away from your outer world and go within, not reacting, but letting the experience be what it is. Pause momentarily and ask, “*What is the right thing to do?*”

This may be a silly question, but only by answering and acting on it earnestly can you evolve and correct your perception. The right thing is always that which you know is good and brings permanent peace, joy, love, and power. When you choose the righteous path, you choose Truth instead of error. At this point, only ignorance of the Truth will lead you to face the same negative experience again.



The Law of Vibration

The Law of Attraction is a sub-law of the Law of Vibration. Although we can't see, hear, smell, touch, or taste it, we all know of the power of the Law of Gravitation that keeps us grounded on Earth and the planets in orbit. Yet, we often overlook the Law of Vibration, which states that everything in the universe is energy in constant motion, meaning it is vibrating at particular frequencies. Just as heat, light, electricity, and magnetism carry and send out vibrational waves, so do our thoughts and emotions carry and send out unique vibrational waves.

Everything in this entire Universe is energy, frequency, and vibration. This universe, in its final structure, is a unified field of unmanifest energy. It is an ocean of unconditioned consciousness, existence, life, intelligence, and potential. Regardless of what you want to call it, it's ultimately the same life-force and energy, which manifests as an interconnected web of strings vibrating at particular frequencies. Just as consciousness occupies different states, energy occupies different vibrational frequencies. Our state of consciousness creates our vibrational frequency, and that is what connects us to the unified field, reacting to us and giving us a reflection of our own vibrational frequency.

Everything exists as a possibility or a potential in our imagination before it is manifested. The unified field also proves this fact. There is no difference between the world without and the world within. Both are one. It's the same life, same energy, same intelligence, and same consciousness.



The Law of Vibration

The deeper you go into the nature and structure of reality, the simpler it gets. I mean, we've proved this point multiple times, right? How much simpler can it get other than life and existence? How much simpler can it get than silence? It's the noise that makes things complicated, and it's our identification with the noise that conditions life and existence.

This unified field responds to your consciousness, because that is what this unified field is. Your thoughts and perceptions generate vibrational waves, and these vibrational waves are assigned to a particular frequency according to the corresponding emotion produced by the thought and perception. The emotion or frequency is what this unified field interacts with and amplifies, because the emotion you feel is what you actually experience.

(E)motion is energy in motion. In the same way that consciousness requires a thought, perception, and emotion in order to be expressed, in order for energy to be put into motion, it must be expressed through vibration and frequency. In the same way that you cannot have an emotion without a corresponding thought or perception, you cannot have a frequency without a corresponding vibration. The frequency is the emotion, and the thought or perception is the vibration. The frequency or emotion is the reality, and the vibration, or thought and perception, is the creation. Thought and perception create, and your emotion is the energetic experience of your own creation. Consciousness, or energy, is the source of existence from which all experiences emanate, and that is what you truly are, in essence.



The Law of Vibration

Now you see more clearly how your vibrational frequency is a result of your current state of consciousness, which is your belief system. How are your beliefs created? Thoughts, perceptions, and emotions. What is your belief system? The total accumulation of your current thoughts, perceptions, and emotions. What is this outer world? Literally a reflection of that, because it IS that. It IS the unique vibrational frequency of your current state of consciousness.

You, as consciousness, as the “I AM,” exist prior to thought, perception, and emotion. Thought, perception, and emotion are just how you express yourself. Therefore, understand that you are not your thoughts, perceptions, and emotions. You are the consciousness, the “I AM,” that expresses through your thoughts, perceptions, and emotions. By understanding this truth, you correct your perceptions and identifications and remain as the Infinite Creator you are.

Okay, so I’m an Infinite Creator. Then why can’t I just instantly manifest through my thoughts, perceptions, and emotions? Well, what is the point of the creator creating? Why does an Infinite Creator desire to create if it is already whole, fulfilled, and complete? To further grow, expand, and evolve through its creations. To know itself through its creations. Remember, this is the entire desire of consciousness as a whole. It is the desire of your True Self.

It takes inner work for one to release internal resistance caused by unconscious misidentifications with the ego’s doubts, fears, and limitations, but this inner work is exactly how you grow, expand, and



The Law of Vibration

evolve. This outer world and the perfect law of karma, cause and effect, are set up in a way that is perfectly designed for you to continue growing, expanding, and evolving through your own creations.

You attract into your life that which you are in energetic resonance with, a vibrational match with. The reason so many are unaware of why they attract certain experiences into their lives is that they are unaware of their own vibrational frequency attracting them. They are unaware of their state of consciousness, operating unconsciously from the ego's subconscious programming. It's not necessarily that you're not in control when you are unaware; it's that you're being controlled.

Never forget the truth of who and what you are. You are powerful beyond measure. You are actually the essence of power itself, for "I AM" is presence power. You are the master of your own energy. You are the controller of it all. I am telling you again, when you focus on what you truly desire, everything else will fall into place. You take your power back through the medium of desire, because that is the first step toward creating anything new.

No desire means no change. No desire means no creation. Be a master of the power of desire. Desire more greatly than anyone has ever desired. Understand that desire can take you anywhere, because whatever you desire is what you truly are. Desire with this knowing. Desire from peace and power. After you desire, align your thoughts, perceptions, and emotions with that deep desire in the present moment. Allow yourself to express your desire from within your



The Law of Vibration

consciousness by taking true inspired action from the place of knowing this is what you are. This is how you shift your state of consciousness and tune your vibrational frequency.

There is nothing that needs to change but your vibrational frequency and state of consciousness. Leave everything and change yourself. Allow the laws of nature and the unified field of infinite potential and possibility to do the rest. You don't have to force anything or change anyone outside of you. Simply align your consciousness with the state of your desired reality, and be that energy and express it in the present moment. Perceive every experience you face as the perfect experience that will allow you to express your true self, and create from that place.



Happiness Vs Pleasure

You're broadcasting your energy every day. Similarly to how this outer world is interconnected, so is the world within your body. Within your body, there are over 100 billion interconnected neurons, which are cells, that communicate with each other through electrical signals called action potentials and chemical signals called neurotransmitters. This intricate communication network forms what we call the nervous system, which extends throughout your whole body, regulating your energy and oscillating your vibrational frequency through your electromagnetic field.

The heart generates the largest measurable field in the body, with its electric activity being 60 times greater than the brain's and its electromagnetic field reaching 5,000 times greater in strength than the brain's. The heart has its own "mini-brain," known as the intrinsic cardiac nervous system or heart-brain, which consists of about 40,000 neurons that allow the heart to operate semi-independently by sending signals to the brain that influence emotional and cognitive states.

Lower emotions, such as fear, anger, resentment, or anxiety, create a state of incoherence, which generates erratic and disordered patterns in the nervous system and the heart's electromagnetic field. These emotions activate the sympathetic nervous system, which triggers the "fight or flight" response and leads to a chaotic and fragmented electromagnetic field. This incoherent state disrupts communication between the heart and brain and lowers your vibrational frequency.



Happiness Vs Pleasure

Higher emotions, such as love, passion, gratitude, joy, and compassion, create a state of coherence, which generates harmonious and ordered patterns in the nervous system and the heart's electromagnetic field. These emotions activate the parasympathetic nervous system, which promotes relaxation, healing, and balance. This coherent state is what creates the meditative flow state, which raises your vibrational frequency to lighter, higher states of energetic resonance.

This is why meditation and visualization are so important. Both allow you to create a coherent flow state. When your emotions are lower, you can't concentrate or focus your awareness. This is because when you are identified with lower emotions, you are disconnected from your true self. This isn't to say you shouldn't listen to your emotions and what they are telling you, but rather to say that you are not to identify with them.

Rather than identifying with emotions, create the space between you as the awareness of your emotions and the emotions themselves. Rather than saying, "I'm anxious," say, "Oh, there's anxiety." Then listen to the emotion and see what it wants to tell you. Afterward, bring your attention to the present moment and express gratitude for existence itself and all within it, including all of your emotions. Embrace life unconditionally, and know that when you do, you immediately raise your vibration and begin operating from your true self.

Lower emotions all stem from the ego—every single one of them. This isn't to say that you should deny and suppress negative emotions, but



Happiness Vs Pleasure

rather to say that you should listen to what they are telling you. You accomplish this not by identifying with the story that causes the emotion, but by observing both the story itself and the role of the character within it who is experiencing these emotions. Remember that you are not the character; you are the creator. The more you commit yourself to being the creator and following your heart's deepest desires, the fewer negative emotions you will have. If negative emotions do appear on your journey, they will only be there to allow you to further evolve as the creator.

Your physical diet is just as important as your mental and emotional diet, as it plays a huge role in both. Your gut and brain are connected via the enteric nervous system (ENS), which is the largest and most complex unit of the peripheral nervous system (PNS), and your gut microbiome is comprised of over 100 trillion microorganisms and 500 million neurons that communicate to the brain through the central nervous system (CNS). This is why they call your gut the “second brain.” Think of the bacteria as micro-conscious beings with intelligence that live in a whole universe within you and have the power to negatively manipulate your thoughts, perceptions, emotions, and actions if you do not take care of your gut.

90-95% of your body's supply of serotonin and around 50% of your dopamine are produced by your gut microbiome. Both serotonin and dopamine are important neurotransmitters that affect your overall vibration, primarily your cognition and mood, which affects everything else. Serotonin mediates contentment, happiness, and



Happiness Vs Pleasure

satisfaction, while dopamine mediates reward, pleasure, and gratification.

When serotonin is naturally balanced, you're relaxed, you get good sleep, you take care of your physical health, and overall you feel elevated and good. When dopamine is naturally balanced, you're concentrated, motivated, driven, and inspired. You continually work toward your growth and evolution and express your heart's desires.

When dopamine and serotonin are imbalanced, however, it leads to destruction. When our diet consists of processed foods or fast food, or we overdo it with sugar, gluten, refined carbohydrates, trans fats, and artificial sweeteners, our gut starts filling up with bad bacteria, which kills the good bacteria. Since these foods are so gratifying, pleasurable, and rewarding, our dopamine levels spike, and when our dopamine levels spike, our serotonin levels decrease.

Because you only have one reward system, choosing how you wish to pursue it dramatically affects your ability to alter your state of consciousness, vibrational frequency, and life. We briefly touched on this topic in an earlier chapter, but this is very important. Since we're rooted in the physical right now, let's talk about the physical.

Although somewhat contradictory to these teachings, commit to long-term growth, expansion, and evolution. Why? Because long-term is more resonant with the eternal now than short-term is. The eternal now is the only time that exists. It is infinite. However, in order to bring



Happiness Vs Pleasure

the eternal now and ground it to earth through logic and reason, you must perceive the eternal now as your entire lifetime, because that is what it ultimately is, and that is what you are expressing now.

Short-term desires will maybe get you short-term results. Long-term desires will maybe get you long-term results. Lifetime desires will get you lifetime results, because the time of life is right here, right now, and those desires aren't merely desires to be achieved at a certain point in time, they are to be lived and manifested during every single moment in time through your embodiment of their expression.

Remember, you are your desires. As your desires change, so do you, and so does your life. Once you set your lifetime desires, that is when you can further use your intellect to organize them and plan them in decades, years, months, weeks, and days, and execute them now. Set goals, and express them now. This is how you make the future a present fact, and create the path that will allow you to grow, expand, and evolve during every single moment in time.

This is a true reward system that relies on your life-long growth, expansion, and evolution. If your desires change, that's okay. I'm 100% certain they will, because you are a multi-dimensional being. That means that your path will change too, and that is also okay. Your intellect can't fully know what Source/God/Creator has in store for you. The silly ego just thinks it knows, but that is where we surrender. As you continue to reach higher and higher desires, shift your being and express them.



Happiness Vs Pleasure

Pay more attention to how you feel on your path rather than the path itself. Your emotions are indicators that are telling you where you are on your path. Listen to them and allow them to guide you. Don't ever condition your love, peace, and joy on your doing. Your doing should always be an expression of love, peace, and joy, because it exists in your being, not your doing. Play playfully with inspiration and passion as you did when you were a child, and you will bring your love, peace, and joy everywhere you go and in all that you do.

Our heart's desires include growing, expanding, and evolving physically, mentally, and spiritually. You will most likely be dominantly guided toward one over the other according to your unique individuality, but desiring all three is what will allow you to achieve perfect balance and permanent satisfaction. Make your lifelong desire eating healthy, exercising regularly, connecting, reading, writing, creating, meditating, visualizing, praying, concentrating, learning, growing, expanding, and evolving. Now this is a reward system that sounds promising, as it not only increases serotonin levels, but also keeps dopamine levels perfectly balanced.

Most people have short-term desires and a short-term reward system that relies on short-term satisfaction or instant gratification. This is the ego's reward system, which only seeks rewards in the form of taking or receiving something out of lack to make it feel whole and fulfilled as quickly as possible. It just wants to feel good, nothing else. Why? Because it is the opposite of feeling good. It is empty and bankrupt. It is lack. Its desires are to get rich quick, get in perfect shape



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without exercise or eating right, be in the perfect relationship without taking accountability for their part, or be famous and have all of the luxurious things. Then on top of that, it chases pleasure and instant gratification: smoking, drinking, partying, Netflix, scrolling, shopping, binge-eating, and on it goes. That is literally it.

The ego's reward system is a dreadful life disguised as a dream life. This is the life that this world promotes, and this is the life that this world wants to keep you in, because by chasing this life, there is absolutely no growth, expansion, or evolution. There is no power. There is no joy. There is no peace. There is no presence. There is no life, right here, right now. There is no true self. This reward system dramatically increases dopamine levels and decreases serotonin levels, and the higher the dopamine spike, the lower it will drop below its normal baseline.

Naturally, living this way causes negative thoughts, perceptions, and emotions. It also causes irritation and reactivity. The more pleasure we're used to, the more pain we'll feel from its absence. When the pleasure that we're used to is no longer there, we're put into fight or flight. The ego's constant chasing of pleasures and rewards that are never enough will always result in suffering.

Remember how I spoke about transcending the thinking mind? Well, chasing pleasure and indulgence is the opposite of that; it is the descending of the thinking mind. The prefrontal cortex is the controller of the thinking mind. It handles our reasoning and allows us



Happiness Vs Pleasure

to make decisions based on our logic. However, when you're stuck in a constant pleasure-chasing cycle, seeking instant gratification and going on a downward spiral into the ego's lower animal nature, you damage your prefrontal cortex, and it becomes dysfunctional. Then rather than rising above the thinking mind, you descend below it and drop into unconsciousness, where the thinking mind is no longer your servant; it is your master.

This is the state that leads to addiction, aggression, and depression, where one lacks desire, purpose, inspiration, and creativity. Here, not only does one stagnate their growth, expansion, and evolution, but one actually devolves. Because of their dysfunctional prefrontal cortex, they can't plan or see into the future, and they can't tap into a new possibility. They are only focused on the next pleasure and artificial reward they can get their hands on.

If you're currently in such a state, your only way out is to transmute the energy of your lower-nature desires into higher-nature ones. If you truly desire to live a happy and fulfilled life, understand that life is the main reward. Life in itself is fulfillment. It is joy. It is peace. It is love. Desire to live life instead of desiring to escape it. The happier you are, the less pleasure you will seek. The more unhappy you are, the more pleasure you will seek. Make the decision now to reap the rewards of your true desires and inspirations, your growth, expansion, and evolution, your talents, skills, and abilities, your wisdom, love, and power. Make the decision now to start embracing the reward of life and choose gratitude over ungratefulness.



Happiness Vs Pleasure

This world is designed to stimulate us with pleasure. From social media to food to alcohol to weed to porn, it's quite easy to get a reward and an instant hit of pleasure without even trying. When you have no true desires and inspirations and nothing to look forward to, you have many options that will keep you temporarily satisfied and rewarded, and you will solely live for pleasure... and that's it.

Look, I'm not saying to never experience anything pleasurable for the rest of your life. I'm saying to be the conscious creator of your reality, because that is what you are. If your desires are in control of you, then you're not in control of anything. Take the throne as the Master Self, the "I AM," and create what YOU truly desire. Commit to claiming your independence and surrender what no longer serves you to Source/God/Creator. Always remember the truth that is buried deep within this book, and the truth will guide you every step of the way.

Dopamine is not meant to be released by indulging and binging on pleasurable things. This is just what corporations have done to keep you from being the powerful creator you truly are. Dopamine is meant to be released naturally as we create reality. When we create, evolve, and manifest what we truly desire, dopamine activates the driving force that motivates and inspires us to do so. The true permanent rewards that life has to offer will only follow when we align ourselves with the creators we are and when we desire the reward of realizing our dreams more than anything else.



Happiness Vs Pleasure

Life, in essence, is bliss. The only way to experience the bliss of life is to stop engaging in and chasing the artificial pleasures that are keeping you from experiencing it and start engaging in behaviors that allow you to experience it. By transmuting your lower-nature desires into higher ones, you simultaneously increase your serotonin levels by choosing the route of growth, expansion, and evolution. When you choose a life of expressing your heart's deepest desires, not only will your entire mind and body thank you, but Spirit (I AM) will, too.

The journey is the destination, and the more you can make the journey the reward, the happier you will be and the less pleasure you will need. Move forward with the assumption that you can be whoever you desire to be, you can do whatever you desire to do, and you can have whatever you desire to have, because you are all of it, and whatever once seemed hard will seem easy, and it will be.

Get rid of all fear, doubt, and uncertainty as you move forward, visualize your desired reality, and feel it as true in the present moment. Withdraw from the temporary pleasures of the world and go within where you will find the eternal reward you have been longing for. Think, feel, perceive, believe, and act from the things that contribute to your desired reality, and your serotonin and dopamine levels will optimize. You will no longer feel the need to chase anything because your infinite journey will be your permanent destination.



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The ultimate goal is to find a balance between being in the world and not of the world. Balance being and doing, and always bring the fullness of your being into all of your doings. Don't take anything to the extreme and don't chase anything. Focus on being happy, for the happier you are, the less pleasure you will seek.



Solfeggio Frequencies

By now, we have understood how everything in the Universe consists of energy vibrating at particular frequencies. Let's now discuss how sound vibrations and frequencies can raise our overall vibration and improve both our mental and physical health.

Your body is an electromagnetic instrument that constantly receives and emits frequencies, which your brain decodes through neural and vibrational signals, like a radio antenna. It's no coincidence that an *organ* in your body is also the name of an instrument, not to mention your *eardrum*, *vocal cord*, and *heartbeat*. Exposing the electromagnetic body to resonant frequencies invokes energetic balance, deep healing, mental clarity, emotional release, and higher consciousness.

The Solfeggio Scale is a collection of six musical tones that date back to ancient times. When these sacred tones are played harmoniously, they induce specific healing and blessings for those who listen with intention. Depending on the specific tone, listening to it may bring forth certain emotions, thoughts, and bodily sensations. If there is an imbalance in energy, the Solfeggio Frequencies balance them together.

Setting intentions will allow the proper balancing of energies to take place. As you direct your intention, you direct the frequencies. The Solfeggio Scale can help you release tension, stress, and negativity, and aid you in meditation and concentration. On the next page, you will find a list of frequencies and how they may aid you through their properties.



Healing Frequencies

174 Hz - Relieves pain and tension.

285 Hz - Arouses feelings of safety and security.

396 Hz - Inspires liberation from negative energies.

417 Hz - Inspires change; releases negativity and past trauma.

432 Hz - Harmonizes and balances energies.

528 Hz - Transforms DNA and heals the physical body.

639 Hz - Supports relationships and reconnection.

741 Hz - Inspires solutions for problems and self-expression.

852 Hz - Inspires harmony and the return to spiritual order.

963 Hz - Arouses a sense of oneness and unity.



Manifesting Love - Divine Perfection

Some seek to enter romantic relationships so they can be loved, while others seek to leave them so they can be free. Some continually begin and end relationships, again and again, seeking and waiting for the right one to come. They dip their toes in the water and test someone out to see if they are right for them by examining their mental, physical, and emotional characteristics. They judge them by their imperfections to see whether or not the good outweighs the bad, only to end up frustrated with their results in finding the perfect one for them. Since no one has ever met their perfect needs or standards, they continue their chase for perfection, not realizing that the imperfections they continuously see in others are mere reflections of their imperfect perceptions of love, and not realizing that all of the people they come across are only leading them closer to the truth, which is unconditional perfect love.

Those who believe they are stuck are only stuck in the illusions of fear. You are never stuck, my beloved friend. You are free in love. Ask what unconditional love would do, and know that you are safe in it. True love extends the possibility of true love, but does not force it. True love is eternally patient, extending its unconditional forgiveness by seeing the innocence in all while protecting itself from harm and danger. In order for us to experience the love that we desire to have reflected back to us, we must cultivate true love within ourselves and extend it to all.

The world portrays love as something that is of this world. However, this has conditioned the truth of love, for again, I tell you that although you are in this world, you are not of this world. As I currently write



Manifesting Love - Divine Perfection

this, children are being sexualized, lust has grasped control of the minds of many, toxic masculinity and femininity are feeding on those who are vulnerable, promising them moral righteousness, nobleness, power, and acceptance. Excessive sexual pleasure is normalized by most without requiring a deeper connection, and many are innocently confused, believing that they must change to be loved and accepted.

We are all, in essence, pure, unconditional love. We have just deluded and filtered this love, which is why we can't find it, no matter how hard we look through our conditions. We have been so lost in our limited worldly identity that we have blocked ourselves from witnessing the love that lies beyond it. Do you want to know love? Start by seeking the truth of it. Real and true love is beyond loving someone for their physical appearance. This is lust, not love. Real and true love is unconditional and eternal, and as soon as we condition our love for only those who meet our particular "standards," we filter and delude it.

Rather than searching for love outside of yourself, give yourself the unconditional love you seek. This way, you will forever be in love. Rather than conditioning and filtering love, love all others unconditionally so you may awaken all to the truth of love. Fall in love with all by seeing that it is the source of all.

Do not blame anyone. Do not shame anyone. Do not condemn anyone. Do not resent anyone. This is what it means to be free in love. This is what it means to heal in love. Do not condition your love. Do not filter your love. Do not delude your love, for the love you get from



Manifesting Love - Divine Perfection

Source is pure, and it is to be extended in that way, for it is the only love you will ever need, and the only love that can set you free.

Do not fall into the illusion of believing you need another to make you feel fulfilled. This will only keep you trapped and block you from witnessing true selfless love. When you love not only your partner unconditionally, but everyone else in this world, without needing anyone to change, including yourself, only then will you awaken to the truth of love, and only then may you change, and may another change, for the light of true love shines brightly from Source, and shines just as bright from the one who has found and expressed its purity.

On the following page, titled “True Love,” I’d like you to write a letter expressing pure, unconditional love to all who are currently in your life and all who have yet to enter your life, including your future partner, if you do not yet have one. Express unconditional love even to those who may have done you wrong, those whom you may consider to be enemies, or those whom you may believe require change in order to experience your love. Forgive those and forgive yourself for falling into the illusion of identifying and believing in a filtered, conditioned, and deluded love. Purify your heart by seeing beyond the illusory love of the world and allow your perception to be corrected in truth. With or without a partner, love unconditionally, and you will find that it will be reflected by all who experience it.



True Love

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True Love

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True Love

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My Love

In previous editions, I included the exercise you will be doing on the following page. Because it has worked for so many people, I decided to include it again in this edition, as it may help you identify what you truly desire in a partner and fill some of the voids that you may think only someone else can fill. Please follow the following steps 1-4:

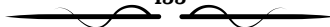
- 1) You are not to condition your love. You are merely to identify what you desire in your current partner or your future partner, and you are to embody the same state of consciousness that you desire in another.
- 2) You are not to wait for your current or future partner to change before you give them the love you desire to have reflected back to you. You are to give them that love unconditionally, no matter what.
- 3) You are not to desire anyone else to change but yourself. It is not another that requires change; it is your perception of another that requires change, and thus, changing yourself will change another.
- 4) You are not to wait and wonder and worry about when or how your partner will come into your life. There is no waiting in the infinite eternal now. Enter the state of being in the relationship of your liking and surrender to divine timing and order. When you focus solely on your evolution, the partner meant to aid you in it will be attracted into your life accordingly.

What you desire in a partner is really what you desire in yourself. The empty voids that you believe a partner will fill for you can and will only be filled by you. On the next page, write down the essential qualities you desire in your ideal partner, then accept these qualities as true of yourself so you may fill the void and open your heart.



My Love

Write down nine the qualities you would desire in your ideal partner, then accept these qualities as true of yourself. Love yourself for having these qualities and let go of requiring them from someone else. Visualize and feel yourself already being in the relationship you desire and then detach yourself from the idea entirely, knowing that it's done.





Nikola Tesla

Project 369 is inspired by Nikola Tesla, who was a genius inventor in the late 1800s, famous for many inventions that contribute to today's technology. He's the reason why you have electricity in your home, as he not only created the alternating current (AC) system, but he also created the Tesla coil, which is widely used today in radios and televisions, the Wardenclyffe Tower, which could generate unlimited energy for free by taking the energy from space (but was considered a failure only due to it not being tested enough because it wasn't profitable for the investors), and many other inventions that are still classified by the U.S. government, which they do not plan on releasing.

Everything he invented came from his knowledge of energy, frequency, and vibration. He knew everything in this Universe is a manifestation of light and that we are electromagnetic beings surrounded by electromagnetic energy.

He was known for playing the stereotypical role of a mad scientist due to his obsessive personality, which was expressed through his inventions, alongside the fact that he admitted to falling in love with a white pigeon that visited him regularly. He allegedly stated, "I loved that pigeon as a man loves a woman, and she loved me." This was surprising since Tesla became a germaphobe after suffering a near-death experience from cholera. Despite his obsessive personality, Tesla was far ahead of his time, and I believe he came from a much higher realm to evolve the collective consciousness of humankind (the unconditional love for his pigeon speaks volumes to my belief).



Nikola Tesla

Tesla was highly involved in using his imagination to visualize his inventions before manifesting them. He stated, “My method is different. I do not rush into actual work. When I get a new idea, I start at once building it up in my imagination and make improvements and operate the device in my mind. When I have gone so far as to embody everything in my invention, every possible improvement I can think of, and when I see no fault anywhere, I put into concrete form the final product of my brain.”

Remembering our previous discussion, you will recall that Tesla, like Einstein and numerous other geniuses, took “power naps.” Tesla took these power naps because he achieved an alpha-theta brain wave state, allowing him to access his superconscious mind. Tesla certainly knew and understood that it was in this state that he could visualize and realize his vision to completion. He realized that his imagination created his physical world, and so he worked out his inventions in his inner world and wasted no time trying to work them out in his outer world.

When you realize that your imagination creates it all, and all creation is subject to imagination, you discover that imagination is the only Creator. Your imagination holds the creative force of the entire Universe, and this force gets expressed through you whenever you tap into it. I tell you, the secret to creating anything you want is not through your outer world but through your inner world, through your wonderful imagination. Your imagination is where all things were created and continue to be created, for there is *no-thing with-out* it.



Nikola Tesla

Tesla said: “If you wish to understand the Universe, think in terms of Energy, Frequency, and Vibration.” This quote is a fundamental truth about the Law of Vibration that we previously discussed; the law that states everything in the universe, from the smallest particle of the microcosm to the largest universal scale of the macrocosm, is composed of energy in motion that vibrates at specific frequencies.

Even seemingly solid and stationary objects are composed of atoms and molecules, which are composed of energy, and this energy is always in constant motion, vibrating, resonating, and oscillating at its unique frequencies. Tesla applied the principles of the Law of Vibration in all of his inventions. He once found the resonant frequency of a building structure and created an electromechanical oscillator that transmitted the same resonant frequency. One of his experiments was so powerful that it caused an earthquake in New York City in 1898, causing his invention to be later known as “Tesla’s earthquake machine.”

There is only energy, frequency, and vibration, and Tesla knew this. He didn’t conform to “normal.” He integrated the laws of nature into his inventions and applied them throughout the entire creation process, visualizing, meditating, and aligning his thoughts and emotions to a higher vibrational frequency. He tapped into the superconscious, attracted harmonious high-frequency thoughts, and received intuitive insights that no other man had achieved. Many think of Tesla as just an insane inventor, but he was simply tapped into Truth, and the Truth seems crazy and insane to those who have yet to realize it.



Sacred Math & Numerology

Tesla was also obsessed with the numbers 3, 6, and 9, but before we dive deeper into that, let's discuss sacred mathematics and numerology. When you zoom in close enough and realize that all matter is composed of particles, and these particles are composed of subatomic particles, and these subatomic particles are composed of energy vibrating at a particular frequency, you enter the quantum realm, where everything in the Universe, in essence, is a number that holds a particular geometrical and symmetrical shape.

The greatest mathematical discoveries began with the golden ratio (also known as phi Φ or the divine proportions) and the Fibonacci sequence. These discoveries play incredibly significant roles in the beauty and symmetry of all creation.

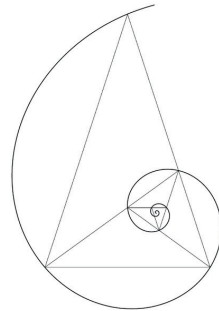
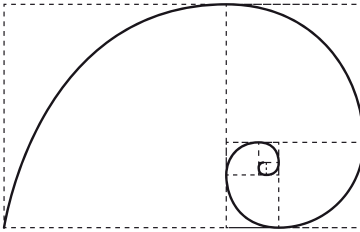
We will begin with the Fibonacci sequence, the progression of an infinite series where each number is the sum of the two preceding numbers. The sequence starts as follows: 0, 1, 1, 2, 3, 5, 8, 13, 21, 34, and goes on indefinitely. As you can see, $(0+1=1)$, $(1+2=3)$, $(2+3=5)$, $(5+8=13)$.

The golden ratio, often denoted by the Greek letter ϕ (phi), is approximately equal to 1.618. This number is intimately connected to the Fibonacci sequence. It is derived by dividing each number in the Fibonacci sequence by its immediate predecessor. As the numbers increase, the ratio between successive Fibonacci numbers approaches ϕ . For instance, the ratio of 21 to 13 is approximately 1.615, and the ratio of 233 to 144 is approximately 1.618.



Sacred Math & Numerology

Both the Fibonacci sequence and the golden ratio extend infinitely, showcasing a fascinating interplay between mathematics and natural patterns. In geometry, the golden ratio is expressed through the golden spiral, which can be derived from both the golden rectangle and the golden triangle. Refer to the images below.



Since the golden ratio is an infinite number, finding or even creating an identical manifestation would be impossible. However, since all creation (non-human) is manifested from this infinite number, both the golden spiral itself and the Fibonacci numbers can be found in natural manifestations of Source (I AM).

For example, the Fibonacci numbers can be found when counting petals on a flower. When all of its petals are intact, you will likely notice either 3, 5, 8, 13, or 21 petals in a flower—all of which are numbers from the Fibonacci sequence. The Fibonacci sequence also appears in creation as fractals, which are complex patterns that extend indefinitely from a single point that branches out into smaller, intricate, repeating designs approximately identical at different scales.



Sacred Math & Numerology

This means that each part of the fractal resembles the whole structure, no matter how much you zoom in or out. We can see fractals representing both the macrocosm and the microcosm, manifested from the structure of the entire universe on a cosmic scale to the structure of our nervous system on a microscopic scale.

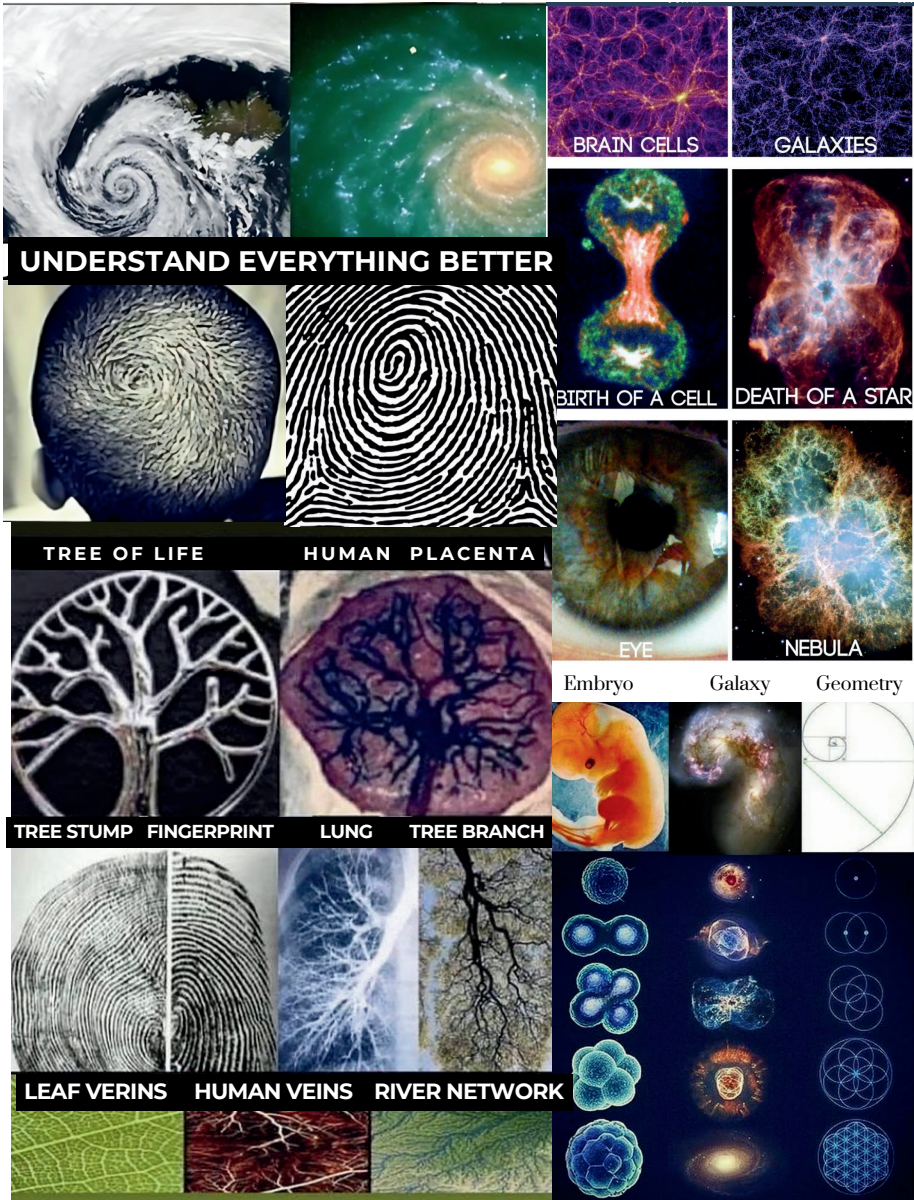
Just as the Universe is a physical manifestation of divine perfection, you, too, are a physical manifestation of this divine perfection. In essence, everything in the Universe is the manifestation of Infinite Intelligence (Source, Spirit, I AM, Consciousness, Mind, Light). You are a part of this infinite intelligence, growing, expanding, evolving, knowing, and expressing itself through a fraction of this intelligence.

This knowledge has essentially been hidden from you to keep you unaware of the infinite intelligence and perfection that you are a part of. If it were taught, your existence would be much more fascinating, and you would recognize how powerful you truly are. Those of the world, however, want to keep you dull so that you are easily controlled.

In the images on the next few pages, you will find how practically everything in the Universe is symmetrical, from the cymatics of sound wave frequencies to the fractals that define and extend the very fabric of existence. You will discover the omnipresence of the golden spiral and the golden ratio harmoniously interwoven throughout the tapestry of life, and you will behold the profound revelation of how creation embodies and mirrors the essence of fractals.

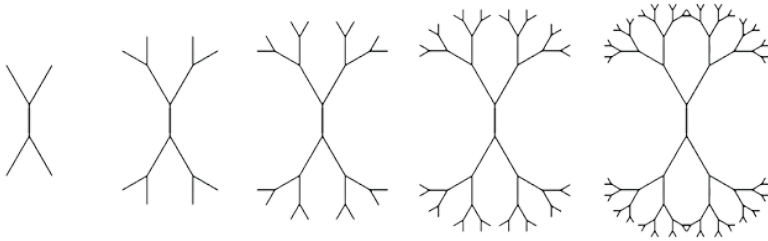


The Connection



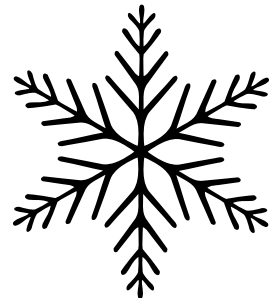
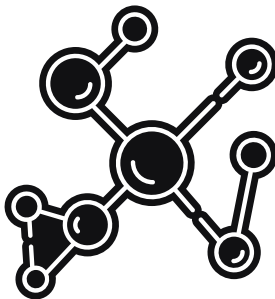
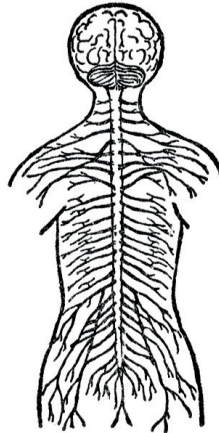


The Connection



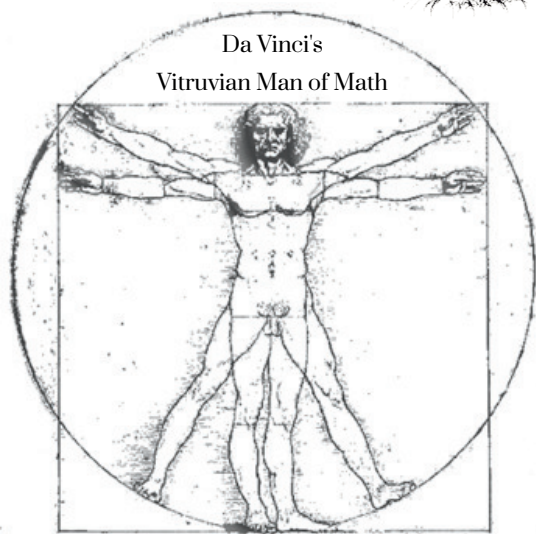
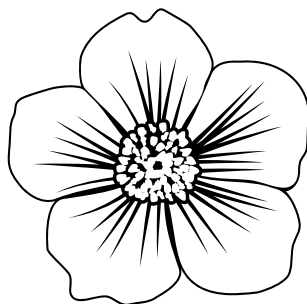
Fractal branches as the structure of the Universe.

As above, so below. As within, so without.

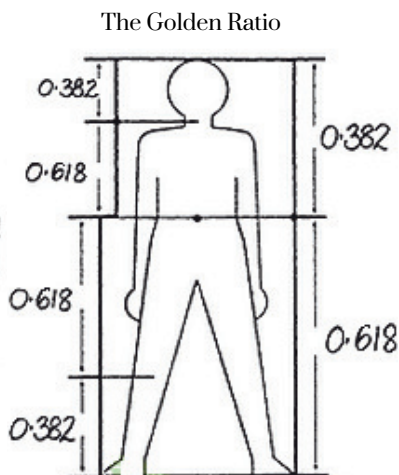




The Connection

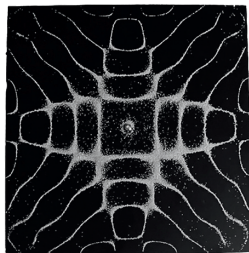


Da Vinci's
Vitruvian Man of Math

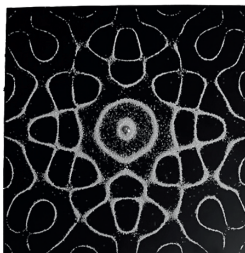


The Golden Ratio

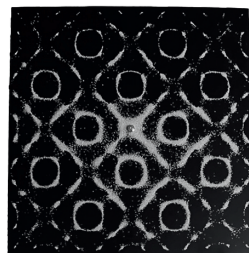
Structure of frequencies played on metal plates with loose salt.



8385 Hz



5201 Hz



5284 Hz



The Connection

You will also find the golden ratio hidden in ancient scriptures. The golden ratio, for example, is an exact match for the Ark of the Covenant, in which the ratio of 2.5 to 1.5 is 1.666, and in Genesis 6:15, in which the ratio of 50 to 30 is also 1.666, which is as close to 1.618 as you can come with the naked eye. When you take the sine of 666, you get -0.809. If you take 1/2 of the golden ratio, you will get 0.809, representing the negative golden ratio or negative phi. In this instance, the unity of phi is divided into the positive and negative, and you could consider this to represent the yin and yang or duality of good and evil in numerology.

The number 666 is often associated with the number of the “beast,” but scripture tells us that the number of the beast is also the number of man, and that number is 666. We are told that man was created on the 6th day of Genesis. Man in scripture actually represents the beast, and when man finds his True Self to be Eternal Love and Light, he transcends the “beast” that is his worldly self that keeps him identified as a limited human who is attached to the world and the things of it. You are far beyond this world. Step out of the illusion of thinking there is separateness in this world. See yourself in everything, and realize that if it were not for the precise tuning of the Universe, creation as a whole would cease to exist.

Now, let us move into the discussion of the numbers 3, 6, and 9, and why Nikola Tesla was so obsessed with these numbers. He found that these numbers aren’t just numbers, but they represent the process by which all creation is manifested from Spirit to matter.



The Significance of 3, 6, & 9

Tesla said, “If you only knew the magnificence of 3, 6, and 9, then you would have the key to the universe.” Tesla had a strange yet obsessive passion for these numbers. He would walk three times around the block before entering a building, wash his dishes with eighteen napkins (18 is divisible by 9, 6, and 3), and only stay in hotel rooms that had a room number divisible by three. Tesla eventually died in room 3327 ($3+3+2+7=15$) ($1+5=6$).

Math was discovered, not created. For instance, $1+2=3$, regardless of where you are in the Universe. In order to understand universal order, the power of the binary system must first be understood. It works by doubling numbers, starting from one, and it is applicable in all places—most importantly, in the creation process of cells and embryos manifested in all living things. A digital root is also important to understand. When we deal with a multi-digit number, we can calculate its digital root by adding all of the single digits in it until a single-digit sum is obtained.

Cells are created through a process called cell division. This causes cells to multiply from 1 to 2, then 4 to 8, and 8 to 16. The digital root of 16 is 7 ($1+6=7$). Keep this sequence going, and you will get 32, 64, 128, and so on. The digital root of 32 is 5 ($3+2=5$), the digital root of 64 is 10 ($6+4=10$, $1+0=1$), and the digital root of 128 is 2 ($1+2+8=11$), and since 11 is a double-digit, the digital root is 2 ($1+1=2$).

If you observe this entire sequence, it will give you a pattern such as 1, 2, 4, 8, 7, 5, and the mystery of it all is that no matter how long you



The Significance of 3, 6, & 9

continue, you will never find the numbers 3, 6, or 9. Now, if you do the same thing with 3 and double it, you will get 6. Double 6, and you will get 12. The digital root of 12 is 3 ($1+2=3$). Double 12, and you get 24, and its digital root is 6 ($2+4=6$). Double 24, and you will get 48, and the digital root of 48 is 3 ($4+8=12$)($1+2=3$). If you continue doubling numbers starting with 3, you end up with the digital root of either 3 or 6 indefinitely, while 9 is never found. Double 6, and you will get the same results since you get 6 once you double 3.

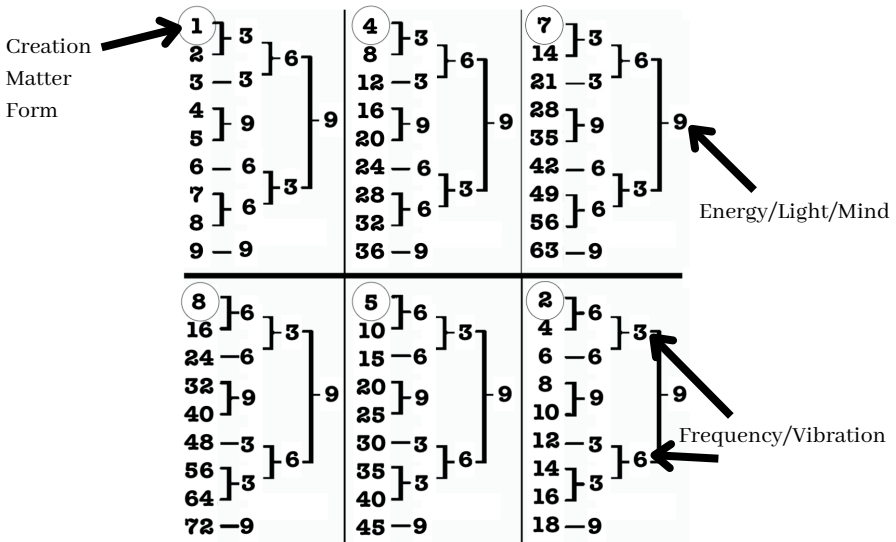
Here is where it gets strange. If you double 9 and then continue to double the results, you will get a sequence of 18, 36, 72, 144, 288, 576, and so forth. In this sequence, you will only ever get the digital root of 9 indefinitely. When you halve the number 9 and continue halving the results, you will also get an indefinite digital root of 9. As you can see, 9 is unique and anomalous amongst all other numbers. Since 9 is the only number representing itself, it is appropriate to assume that 9 represents Spirit, the unity of all things, and serves as the emblem of Consciousness, Awareness, Mind, Energy, and Light.

So if everything, including the structure of the entire Universe, began from one, and 3, 6, and 9 do not exist within the development of cells, it must mean that 3, 6, and 9 exist outside the physical realm of matter and living things. It must mean that 3, 6, and 9 are the conduits through which the manifestation of all creation can pass, with 9 representing life force, energy, light, or consciousness, and 3 and 6 representing the electrical charge or vibrational frequency of the energy, light, or consciousness that manifests this light into matter.



The Significance of 3, 6, & 9

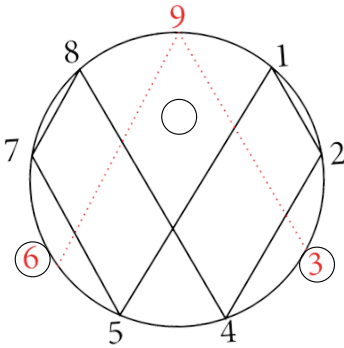
3, 6, and 9 represent the formless, energy, frequency, and vibration, while 1, 2, 4, 5, 7, and 8 represent the form. I have created the visual reference below that will also show you how all matter (1, 2, 4, 5, 7, 8) is dependent upon the conduits of 3, 6, and 9 (energy, frequency, and vibration), and how 9 is always the source of energy representing itself.



With this understanding, realize that through your intention, you may utilize the sequence of three, six, and nine and allow yourself to experience higher states of feeling and enter into higher states of consciousness. In the following pages, you will find even more significance behind these numbers and how they are manifested in all of space and time. Since this only scratches the surface, if you would like to learn more about numerology, the physics of consciousness, and the nature of reality, look into the teachings of Marko Rodin and Walter Russell.



The Significance of 3, 6, & 9



Halving Numbers from One

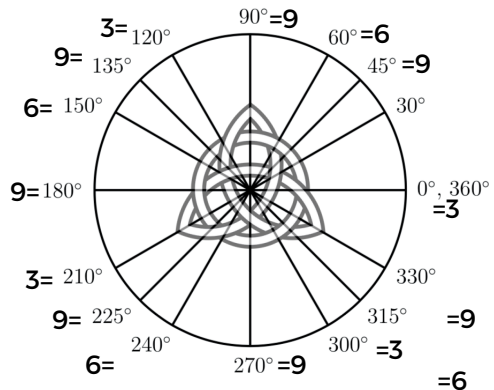
1=	1
0.5=	5
0.25=	7
0.125=	8
0.0625=	4
0.03125=	2
0.015625=	1
0.0078125=	5
0.00390625=	7
0.001953125=	8
0.0009765625=	4
0.00048828125=	2

1,5,7,8,4,2 ∞ 1,5,7,8,4,2

Doubling Numbers from One

1=	1
2=	2
4=	4
8=	8
16=1+6=	7
32=3+2=	5
64=6+4=10=1+0=	1
128=1+2+8=11=1+1=	2
256=2+5+6=13=1+3=	4
512=5+1+2=	8
1024=1+0+2+4=	7
2048=2+0+4+8=14=1+4=	5

1,5,7,8,4,2 ∞ 1,5,7,8,4,2



24 hours in a day; 2+4=6
 60 minutes in an hour; 6+0=6
 60 seconds in a minute; 6+0=6

3, 6, 9 = Energy,
 Frequency & Vibration



The Significance of 3, 6, & 9

111 222 333

$$\begin{array}{r}
 444 \quad 555 \quad 666 \\
 \begin{array}{l}
 = 4+4+4 = 5+5+5 = 6+6+6 \\
 = 12 = 15 = 18 \\
 = 3 = 6 = 9
 \end{array} \\
 \hline
 777 \quad 888 \quad 999 \\
 \begin{array}{l}
 7+7+7 \quad 8+8+8 \quad 9+9+9 \\
 = 21 \quad = 24 \quad = 27 \\
 = 3 \quad = 6 \quad = 9
 \end{array} \\
 \hline
 \end{array}$$

$$\begin{array}{r}
 1+2+3 = 6 \\
 4+5+6 = 15 = 6 \\
 7+8+9 = 21 = 6 \\
 10+11+12 = 33 = 6 \\
 13+14+15 = 42 = 6 \\
 16+17+18 = 51 = 6 \\
 19+20+21 = 60 = 6 \\
 22+23+24 = 69 = 15 = 6 \\
 25+26+27 = 78 = 15 = 6 \\
 28+29+30 = 87 = 15 = 6 \\
 31+32+33 = 96 = 15 = 6 \\
 34+35+36 = 105 = 15 = 6
 \end{array}$$

$$\begin{array}{l}
 1 \times 9 + 2 = 11 \\
 12 \times 9 + 3 = 111 \\
 123 \times 9 + 4 = 1111 \\
 1234 \times 9 + 5 = 11111 \\
 12345 \times 9 + 6 = 111111 \\
 123456 \times 9 + 7 = 1111111 \\
 1234567 \times 9 + 8 = 11111111 \\
 12345678 \times 9 + 9 = 111111111 \\
 123456789 \times 9 + 10 = 1111111111
 \end{array}$$

$$\begin{array}{r}
 144 = 1+4+4 = 9 \\
 240 = 2+4+0 = 6 \\
 360 = 3+6+0 = 9 \\
 480 = 4+8+0 = 12 = 3 \\
 720 = 7+2+0 = 9 \\
 1080 = 1+0+8+0 = 9 \\
 1440 = 1+4+4+0 = 9 \\
 2160 = 2+1+6+0 = 9 \\
 3840 = 3+8+4+0 = 6
 \end{array}$$



AUM



SOLFEGGIO FREQUENCIES

$$\begin{array}{l}
 174 \text{ HZ} = 1+7+4=12, 1+2=3 \\
 285 \text{ HZ} = 2+8+5=15, 1+5=6 \\
 396 \text{ HZ} = 3+9+6=18, 1+8=9 \\
 417 \text{ HZ} = 4+1+7=12, 2+1=3
 \end{array}$$

$$432 \text{ HZ} = 4+3+2=9$$

$$\begin{array}{l}
 639 \text{ HZ} = 6+3+9=18, 1+8=9 \\
 741 \text{ HZ} = 7+4+1=12, 1+2=3 \\
 852 \text{ HZ} = 8+5+2=15, 1+5=6 \\
 963 \text{ HZ} = 9+6+3=18, 1+8=9
 \end{array}$$



The Significance of 3, 6, & 9

Speed of light		Seconds in one hour
186282 Miles/sec	9	3600
$1+8+6+2+8+2=27$	=	$3+6+0+0=9$
$2+7=9$		
	Space	Seconds in a day
Diameter of the Sun		86400
864000 Miles	9	$8+6+4+0+0=9$
$8+6+4+0+0+0=18$	=	
$1+8=9$		Seconds in a week
	Time	604800
Diameter of the Earth		$6+0+4+8+0=9$
7920 Miles	9	
$7+9+2+0=18$	=	Seconds in a month
$1+8=9$		2592000
		$2+5+9+2+0+0+0=9$
Diameter of the Moon	The	
2160 Miles	Universe	Seconds in a year
$2+1+6+0=9$		31536000
		$3+1+5+3+6+0+0+0=9$
Number of Planets in our Solar System (Controversial)		Minutes in a day 1440
=9		$1+4+4+0=9$
		Minutes in a week 10080
		$1+0+0+8+0=9$
Universe Frequency		Minutes in a month 43200
432 Hz		$4+3+2+0+0=9$
$4+3+2=9$		Minutes in a year 525600
		$5+2+5+6+0+0=9$

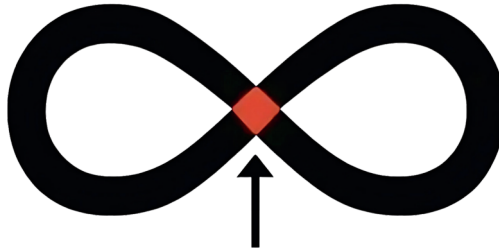


The Significance of 3, 6, & 9

3, 6, and 9 Represent You. You Are Energy.

You Are Vibration. You Are Frequency.

HU - Form of Light
MAN - Manifest
(HU) - MAN
Form of Light Manifested



You Are Here

In the Eternal NOW,

At the Intersection of the past and the future,

There lies existence in itself.

Everything exists right here, right now.

There is nowhere else you can be.



How to Use Project 369

As you see, the Key to the Universe has always been within you, because the key to the universe is you. You are the universe experiencing itself, and this book is only a reflection of who and what you truly are. You created this book and brought it into your experience somehow, for your own growth, expansion, evolution, and awakening, and in the next thirty days, that is exactly what you will be aligning yourself with.

As you align yourself with the very purpose of existence and consciousness itself, everything else will fall into place. The relationship, the money, the car, the home, the career, and the dream. Remember, all of it exists within you, waiting to be expressed. Your desires are unique, and Source/God/Creator planted those desires into your heart for a reason: for you to express them and manifest them.

The way that this book works is simple. In the morning, you align with your goals and desires and write one them down three times in the present tense as though you already are it or already have it, starting with "I am or I have." Afterward, relax and enter into meditation, lowering your brain waves to alpha-theta. Once your mind is still and your body is relaxed, visualize the fulfillment of your desire, imagine yourself expressing your desire. You can visualize any scene that would imply your desire is already fulfilled, and that you already are your desire. For more guidance, you can go back to page 34, where we talk about the six steps to visualizing successfully.



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Next, write out how it felt as you were visualizing. How did it feel to experience the fulfillment of your desire right here, right now? How did it feel knowing that you are your desire, and that you don't have to go out and chase it and seek it? Do you feel satisfied? At peace? Confident? Powerful? Free? Happy? Loved? Fulfilled? Successful? Capture the feeling and write it out. Project it from your consciousness onto the paper and feel the truth of every word you write.

Once these three steps are complete, carry on about your day, but instead of thinking, feeling, and acting as you normally would, think, feel, and act from the vision you've created. Perceive yourself as that person in your imagination until that version of you gets expressed automatically, and perceive the world as that which you imagined the world to be until it becomes your world.

In the afternoon, repeat this exact process with the same goal or desire, except this time, you want to write it out six times. Visualize and feel the same scene you imagined in the morning. You can keep the scene updated and create variations as you tap into new possibilities of what the fulfillment of the desire would look and how it would feel.

Remember that as you're doing this, there are forces that are being activated and laws that are working in your favor. Alongside, you are reprogramming your subconscious mind and creating new neural pathways in your brain. Therefore, do not think for one moment that you are doing this in vain.



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Right before you sleep, do it again nine times, and fall asleep confident that what you have written is already done. When you complete this portion at night, avoid using your phone or watching television. The fulfillment of your desire should be the last thing you think about and feel, for during this time, your mind and body are naturally relaxed and your brainwaves are in alpha-theta. Furthermore, this is when the door of your subconscious mind is wide open and receptive.

Before sleep, allow yourself to express gratitude for what is already yours. Truly feel the emotions that arise from realizing that you are already the one you desire to be, and you are already living the reality you desire to live. This isn't a type of manipulation. This isn't woo-woo. This is truth. Those desires are not outside of you, they are within you, waiting to be expressed. As soon as you wake up in the morning, you will express this reality as your true self and project it outward from within your consciousness. You will activate the possibility within the unified field and see it reflected back to you in divine timing and order.

When you know who you are and you know where you're going, there is not one thing you need to worry about. Release your identification with what you see in the world and go within where you will find that you are the creator of it all. Focus more on being and doing than having, and realize that having is the effect and the result of doing, and doing is the effect and the result of being. When your being and doing become one, the having is an inevitability.

Use this workbook consecutively until it is complete. Don't start it



How to Use Project 369

without any goals or desires, and don't focus on desiring things that have little to nothing to do with your growth, expansion, and evolution. For this book to work as effectively as possible, ensure that you have clear goals, desires, and aims.

Whatever you write out, focus wholeheartedly on expressing its fulfillment throughout your day. If you are looking to write down petty wishes and say to yourself, "Let's see if this works," without any desire, or intention, I will save you time and effort and tell you not to waste it. The only thing you will be doing is diminishing your own growth, expansion, and evolution.

On your "*Affirmations*" page, write nine affirmations that are aligned with the being and the reality you desire to manifest. Affirmations are assertions, declarations, and commands you design in order to create yourself and reprogram your subconscious mind. Some examples would be, "I am confident. I am successful. I am unstoppable. I am persistent. I am disciplined. I am wealthy. I am loving. I am at peace." Write whatever affirmations that resonate with your desires and goals.

On the page ahead, we will ask you four simple and self-explanatory questions. The first question is: "*What are you grateful for?*" If you're not grateful, you're not conscious. Ungratefulness means you must be stuck in a program; in a story that is not real and true, and until you wake up to your True Self, that which is life itself without conditions, you will continue to feel ungrateful. Life is gratitude itself. It is the very essence of being. It is consciousness, existence, presence, "I AM."



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Express gratitude not only for the big things and accomplishments in life, but also for the little things that are sometimes taken for granted, such as the things that bring you love, joy, peace, and harmony. Express gratitude for life itself, and write down not only what you're grateful for having, but for who you're grateful for being, for being able to do what you do, for your ability to create yourself and your world, and for continuously learning, growing, expanding, and evolving.

Your next question is: "*What are your intentions?*" Remember your eternal purpose, which is to grow, expand, evolve, and awaken through your own creations. Let your intention be exactly that, and answer this question with the ways you intend to continue to grow, expand, and evolve physically, mentally, emotionally, spiritually, and financially. Set the intention to give and serve, and to extend love, peace, joy, and power everywhere you go. Set the intention to be one with God.

Lastly, you will be asked: "Who are you being? Where are you going?" Another way of looking at these two questions is to ask yourself, "What beliefs am I creating about myself and my world? What are my lifelong desires and goals?"

There is not one moment in time when you are not creating yourself and your world. Not one. So if you don't know who you are creating yourself to be, right here, right now, and you don't know where you're going, right here, right now, then there cannot and will not be any change in you or your reality.



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You have no other option but to create. It is your divine nature. You are always moving toward something, and if you are not moving toward the reality you desire during every moment in time, then it must mean that you are moving away from it.

This workbook is not for the weak. It's not for victims who believe they're not responsible for their own creations and who can't control themselves and their reality. This is for those who are sick of trying and failing again and again and desire to align themselves with the essence of who and what they truly are. This is for those who are no longer settling for less than their hearts deepest desires and who are ready to reprogram their subconscious mind for everlasting success.

I have continually been asked, "If I miss a day, will my desire still manifest? Do I write the same affirmations over and over? Do I write the same desire every day? Can I write different desires on the same day? How do I know if its really working?"

You write what you desire in the present tense as though it's already yours. It's that simple. Stay consistent and determined so you can develop your willpower and align your vibration and state of consciousness with the frequency of your desired reality.

Don't look at this book as a magic wand. It's not the book that holds the magic; it's you. This books power lies in unlocking the magic of belief within you. Asking questions such as these will only condition your belief, which ultimately conditions your power. All of the power lies in



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your unwavering belief in who you truly are, what you're truly capable of, and where you're headed. Your belief is the foundation of everything you create, and if you allow your belief to be conditioned by something external, then you have given all of your power away.

To think that not writing for a day or missing a morning entry will prevent you from manifesting your heart's desires is to doubt your truth, your belief, and your power as the creator. You have been manifesting before Project 369 as a whole, and you will continue to do so forever and ever. The only difference is that now, you have awakened to the true nature of reality, where you can be, do, and have anything your heart desires, because you are all of it.

Before consciously manifesting anything, you must know what you desires are. Do you know what you desire? If so, ask yourself, who is the one desiring? Is it the ego or the eternal self? Do I just want to take, receive, and gratify myself so I can finally feel whole, fulfilled, and complete? Or do I desire to give, serve, and create from my wholeness? Do I desire to grow, expand, and evolve?

Remember your purpose, your intentions, and your true desires. Growing, expanding, evolving, and awakening through your creations. This isn't to say that you can't desire to receive something and write it down, this is to open your eyes to the realization that there is no outside. You create it all from within. All that you will ever receive from outside of you is the result of your being and doing.



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We never truly want that thing outside of us. The truth is, there is no outside. What we all truly want is to experience something, which we do by imagining it, feeling it, and expressing it. When we do this over and over again it becomes our natural expression, and only then will we receive what we are expressing. When we become aware of being or having something, we experience it within and express it without. We don't need to wait for the world to provide us with evidence. All of it is contained within our imagination, and all we must do is accept it within our consciousness, and project it without.

It is not the riches we want from our outer world; we want to be, feel, and express wealth unconditionally. It is not the peace we want from the world; we want to feel, be, and express peace unconditionally. We do not want love from others; we want to be, feel, and express love unconditionally.

When you find the "I AM" that you are, in truth, and choose to be, feel, and express the unconditional love, peace, joy, and power of your True Self during every moment in time, only then will you truly know what it truly means to create from the highest planes of consciousness.

Some examples of what you can write are: "I am a successful salesman closing 50 deals this month; I am a successful public speaker who is changing the world; I am a famous musician who plays from the heart; I am a top producer who is happy and prosperous; I am a talented artist who inspires everyone to create; I am a successful coach with a growing waitlist; I am a successful entrepreneur with multiple



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businesses.”

These goals and desires are not solely focused on receiving anything, but mainly focused on being and doing. Now you can write “I’m driving my dream car,” and “I’m living in my dream home,” and “I’m in my dream relationship,” but just don’t forget about the being and the expression of that being who is in that car, home, and relationship.

Manifest happiness, peace, joy, love, power, and success. Manifest success in all areas: physical, mental, emotional, spiritual, financial and relationship. Manifest the most loving, powerful, and inspiring version of your most authentic self. Manifest your talents, skills, and abilities, and your most divine, unique, creative expression. When you focus on manifesting these things, everything else will fall into place.

If you desire to learn how to manifest reality from the highest planes of consciousness, and you want to work on this book directly with me and manifest together, then I invite you to join Creators Club. I can promise you that it is unlike anything you’ll ever experience. As part of my commitment to serve the awakening, I will be teaching LIVE every single week to guide you on your journey of growth and transformation. At the end of each session, I’ll open the floor for a Q&A, where you’ll have the opportunity to ask me anything directly.

In Creators Club, you will connect with your soul family and network with a community of powerful creators just like you, all walking on the same path of growth, expansion, evolution, and awakening. Whether



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it's abundance and wealth, relationships and love, healing and inner transformation, or discovering your true purpose and fulfillment, you'll find everything you need to evolve inside of Creators Club.

Not to mention all of my exclusive video content, classes, meditations, affirmations, frequencies, worksheets, Project 369 eBooks, and more. I am even sharing my private library and giving you direct access to over 100 eBooks from the greatest authors I've learned from – completely free. And that's just the beginning.

To join, scan the barcode below now with your camera app on your smartphone, and I'll see you on the inside. Let's manifest together.





Ready, Set, Create!

You will now guided to create your vision board. Find as many photos as possible that represent your dreams and desires, and include images that reflect your vision of family, love, wealth, health, purpose, and all of your core values. Tape or glue these photos onto this page so you can look at them each day before writing your desires.

Next, you'll find a list of inspiring possibilities to spark ideas for what you can manifest, the Robert Dilts Model, which is a powerful framework that breaks down the neurological levels of change, and the "My Desires" page, where you'll clarify your lifelong goals and desires and break them down into mid-term and short-term intentions.

Exploring the Robert Dilts Model will help you uncover the deeper truth: purpose is what matters most. Purpose not only transcends identity – it creates it. Sadly, many go through life without discovering their purpose, but not you. Your purpose is clear: to awaken as the Creator you are, grow into your authentic self, and express your creativity in service to others. From this highest level of awareness, you will align every level of your being – your identity, values, beliefs, skills, behaviors, and environment – with your most authentic self.

Once you achieve crystal clarity on your lifelong desires and break them down into monthly and weekly goals, you're ready to begin. Focus on aligning your manifestations with your short-term and mid-term goals, while knowing that your lifelong goals are already done. I thank you, I honor you, and I love you. Now... IT IS TIME TO CREATE!



Vision Board

Vision Board

Vision Board

Vision Board



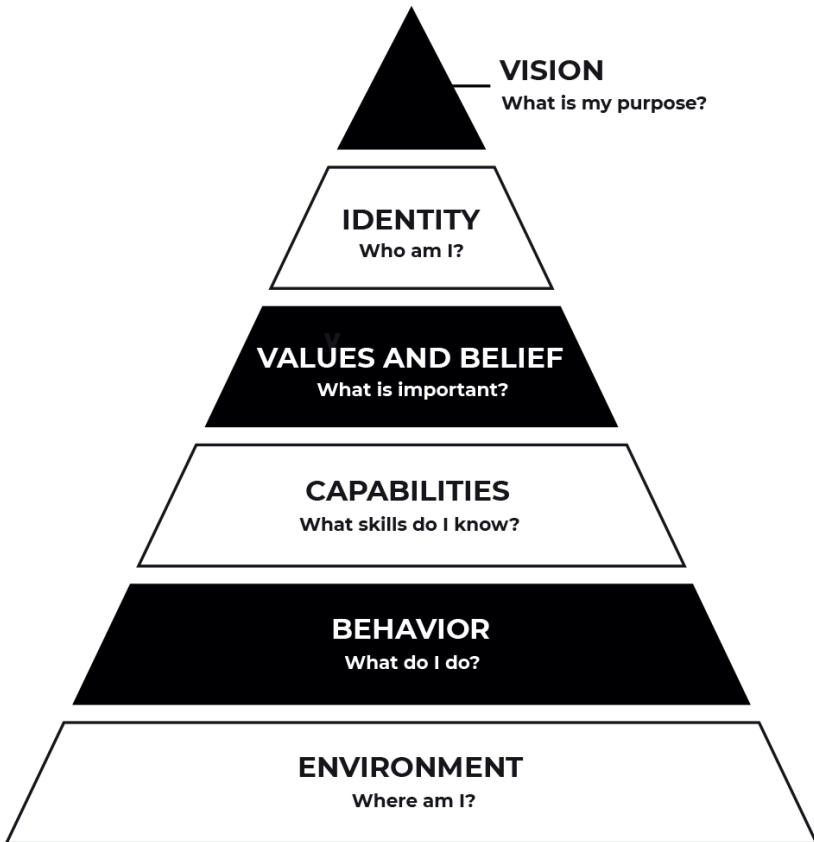


What Can I Manifest?

Financial Freedom, Wealth, and Abundance
Leading a Successful Team or Organization
Balance Between Work and Personal Life
Spiritual Awakening and Enlightenment
Overcoming Addictions and Bad Habits
Finding Your Soulmate or Life Partner
Increased Confidence and Self-Esteem
Succeeding in Your Field of Endeavor
Mental Clarity, Focus, and Creativity
Longevity and Youthful Appearance
Awards in Your Field of Endeavor
Overcoming Fear and Limitation
Mastery of a New Skill or Talent
Emotional Resilience and Peace
Physical Fitness and Strength
Healing From Illness or Injury
Ideal Weight and Body Image
A Profound Sense of Purpose



Neurological Levels of Change



Robert Dilts Model



ASK FOR WHAT
YOU WANT,
AND BE
PREPARED TO
GET IT.



My Desires

Lifelong Desires and Goals

*Mid-Term Desires and Goals
(1-5 Years)*

*Short-Term Desires and Goals
(Weeks - Months)*



Morning of ____/____/____
Manifestation

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How do you visualize it as a reality?

When you visualize it, how does it feel?



Afternoon of ____/____/____

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EVERYTHING I
DESIRE IS
ALREADY MINE



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



999

I claim my inner power to create the reality I desire. My thoughts are the instruments through which I build strength, success, and abundance. I release any doubt and realize that with desire, faith, focus, discipline, and unwavering determination, I can manifest anything. My power lies in my ability to persist and believe, no matter what.



It's Already Yours

Close your eyes, be still, and imagine already being or having what you desire. Can you truly feel this reality? Can you truly feel yourself being that person? Can you choose now to realize that everything you could possibly want is contained within your infinite imagination? Do you not realize that your imagination is the only creative force and spiritual power that exists? If you would only proceed with the understanding that your imagination creates it all, you will have it all.

If you don't like your current position, take your attention away from it. Your current physical reality is nothing more than your previous imaginings objectified. Your outer world is what it is because you have created it to be that way through your imaginings. Nevertheless, you are the Creator of it all, and you can create anything you truly desire.

Your imagination is infinite and contains every possibility and every potential that could ever exist, right here, right now. Don't believe me? Experience it for yourself. Imagine anything right now and feel its reality by using as much sensory vividness as possible. You're experiencing what you're visualizing, right? Did you need to wait for anything outside of you to experience it within you? No. Your imagination creates and holds the only time that will ever exist—the present moment. And in the present moment, creation is finished. Align your imagination with your perception just as you did when you were a kid and you will create any reality you desire, just as you did when you were a kid. You simply forgot how to create as you once did because of the ego's limited logic and reasoning that you are now identified with. You are not that. You are pure, infinite imagination.



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EVERYTHING I DO COMES FROM INSPIRATION



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



333

I transcend doubt and fear and create powerfully from the present moment through the superconscious mind of God. I embody infinite intelligence and radiate abundance with supreme confidence. I now move beyond thinking and into pure being, where I manifest effortlessly as “I AM.”



“ONCE YOU MAKE THE
DECISION, YOU WILL
FIND ALL THE PEOPLE,
RESOURCES, AND
IDEAS YOU NEED . . .
EVERY TIME.”

Bob Proctor



Morning of ____/____/____
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I AM CONNECTED
TO INFINITE
INTELLIGENCE



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



222

Everything I desire is always given without question because I AM all that I could possibly desire. I express my heart's deepest desires with ease, confidence, and joy, trusting fully in divine timing and divine order. I surrender to God's plan, knowing it leads me directly to my heaven, where everything I create serves me and aligns with my highest good.



The Power of Repetition

The repetition of your thoughts, feelings, and actions forms the foundation of your current state of consciousness. On average, 95% of a person's thoughts, feelings, and actions are repeated day after day, and alarmingly 80% of these repetitive patterns are negative. These negative thoughts feed negative emotions, which manifest as negative actions, ultimately creating a negative life. It's a cycle that keeps you stuck in the same state of being, day after day, year after year.

Thinking negative thoughts and hoping for a positive life is like looking in the mirror and telling the mirror to change its reflection. The mirror doesn't change until you change yourself. You focus on changing yourself, and the mirror will automatically change.

Repetition is the gateway to mastery. It is through repetition in the present moment that you begin to develop your true conscious will—your ability to intentionally direct your thoughts, emotions, and actions, and it is only by doing this in the present moment that you reprogram your subconscious mind and create a new reality.

Repetition is not merely thinking positive thoughts, feeling positively, and taking action now and then—it is disciplining yourself to live in alignment with your vision 24/7. It is being the creator you truly are, and creating the reality that you consciously choose to create right here, right now, 24/7. Only by choosing this route can you be in full control of your reality and manifest the life of your dreams. There truly is no other way. It all boils down to repetition and consistency.



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I ALWAYS HAVE
FAITH IN DIVINE
TIMING AND
DIVINE ORDER



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



000

I manifest my desires with clarity and purpose. I visualize my dreams as already fulfilled, and I express it with desire, faith and persistence. There is nothing I need to chase because I already have it all. I rest in satisfaction, knowing that I am everything I desire, and remain in my natural state of gratitude.



"THE TRUTH IS YOU CAN
ACQUIRE ANY QUALITY YOU
WANT BY ACTING AS
THOUGH YOU ALREADY
HAVE IT."

Dr. Joseph Murphy



Morning of ____/____/____
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I DON'T LET
THINKING GET IN
THE WAY OF BEING



What are you grateful for?

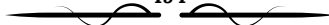
What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe





777

I set clear, meaningful goals and take deliberate action every day to achieve them. I prioritize my time and energy on the tasks that move me closer to success. I embrace challenges as opportunities for growth, and I never give up on what matters most. I am focused, determined, and unstoppable in manifesting my dreams.



The Divine Bridge of Incidents

You don't currently see it happening, but I know you can feel it. As the days pass, you are consciously manifesting your reality, strengthening your powers, and cultivating unwavering faith. You can feel that it's all happening. With every step you take, you can feel the divine bridge of incidents paving the way to your destination. You are evolving your consciousness and effortlessly attracting everything you desire.

You're no longer worried about when or how things will happen. You know that it's already yours. You know the when and where is an illusion since *the when is always now and the where is always here*. You're trusting that what you are going through is happening for you to evolve and manifest the life you truly want, and whether you initially perceive an experience as good or bad, you're acknowledging that it is all leading you to the realization of your vision.

You're starting to fully believe that you are the person you desire to be, and you are expressing it effortlessly. As you surrender to the Divine, you allow your superconscious to activate the forces that will guide you to meet the right people at the right place at the right time. You're certain that every step you take is a step in the right direction.

You're no longer forcing anything. You're now flowing to your destination in first class. You're relying on the evidence of your imagination rather than the evidence of your outer world, and are creating from the infinite possibilities of the Infinite Creator. Now, you're starting to love your journey even more than your destination.



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I HAVE ABSOLUTELY NO LIMITATIONS



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



555

I am now living a new story—a story where miracles flow effortlessly into my life—a story of triumph and success, overflowing with inspiration and love. My journey gives desire and faith to countless others, and shows them what they're capable of. My life is a beautiful story, and I am the writer who is creating it all.



"MY BRAIN IS ONLY A
RECEIVER IN THE UNIVERSE.
THERE IS A CORE FROM
WHICH WE OBTAIN
KNOWLEDGE, STRENGTH,
AND INSPIRATION. I HAVE
NOT PENETRATED INTO THE
SECRETS OF THIS CORE, BUT
I KNOW IT EXISTS."

Nikola Tesla

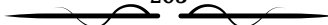


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TRUE POWER
COMES FROM
LOVE.



What are you grateful for?

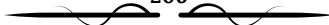
What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe





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I stay committed toward developing my skills and abilities, and I embrace all of my talents. Mastery is my calling and success is my birthright, and I honor this truth by being the master creator of my life and committing to success in all that I do. I never settle for anything less than success and mastery because that is who I am.



Collective Consciousness

When you express your authentic individuality and manifest your heart's desires, you're not only impacting yourself, but the entire world. Each individual is the expression of the one Universal Consciousness. When you zoom out and witness the collective, you will realize that you would not be living in the world you're living in today without everyone being who they are and doing what they do. If everything that led you to this very moment didn't happen the way it did, you wouldn't be reading this, right here, right now.

By following your heart's deepest desires and passions, you will find your most divine and authentic creative expression. By growing, expanding, and evolving your unique creative expression, you manifest heaven on earth, not only for yourself, but for everyone else. This is how you end up knowing the one, and deepening your connection to the one through the superconscious. Whether you aspire to be a great musician, a businessman, a top salesperson, or an inspiring artist, your heart's desires are meant solely for you and no one else. It is your responsibility to express them. Your authenticity will spread to others and influence them in ways that will create miracles, and your story will inspire others to unlock their truth and manifest their dreams.

All events are part of one divine drama, one play, and one life. You choose the life you create. You choose the choices that will lead you to the destiny of your choosing. You can either choose to stay in ego consciousness or transcend it and actualize your True Self. Choose your True Self because your heart's desires are waiting to be expressed. This world is relying on you to be who you truly are. Choose now.



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I AM PROSPEROUS



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



888

I live with purpose and create a life that is filled with meaning and intention. My desire and faith allows me to overcome any challenge, rise above all hardships, and stay persistent in all that I do. I recognize that every moment holds potential, and I act boldly to claim my success. My purpose aligns with my deepest values, and my power fuels my journey toward greatness.



"I HAVE REALIZED
THAT THE PAST AND
FUTURE ARE REAL
ILLUSIONS, THAT THEY
EXIST IN THE PRESENT,
WHICH IS WHAT
THERE IS AND ALL
THERE IS."

Alan Watts



Morning of ____/____/____
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I AM
LOVE



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



777

I attract success effortlessly because I operate from a place of desire, faith, love, and gratitude. My relationships thrive because I give generously, listen deeply and intently, and love unconditionally. I uplift others as I climb to greater heights because I know that everyone is capable of success. Love is the energy that connects me to all I desire, and faith magnifies my ability to achieve my goals. My life is a balance of love, prosperity, and fulfillment.



Detachment

One thing we must do in order to manifest our heart's deepest desires is detach from them. You may ask, "How can I have a burning desire and simultaneously detach myself from it?" Well, if you already had your desire, would you still worry about it? Would you still look for it? Would you still be waiting for it to enter your life? Of course not, because you would already have it, and you would be expressing it.

Therefore, you must feel and know you already have it, beyond reason, without one doubt in mind. Only once you feel and know you already have what you want will you embody the being of the one who has it. You won't need to seek what you already are in your outer world. You will be detached from it and solely focus on expressing its fulfillment. You won't be worrying about when or how it will happen in your outer world; you will be making it happen now. You won't be waiting for the right time or the right place for it to happen; you will understand that it is only what you do now that counts, and everything that you do now counts. You will take right action, and you will do what matters most.

Every little experience you face is meant for you to learn more about yourself. Each experience you face is leading you straight to your destination. Dance the dance of creation and flow with what life throws at you, learn from it, and evolve. None of your desires exist outside of you, and none of your desires exist in the future. They all exist within you, right here, right now, waiting to be accepted and expressed through your being in action. Stop thinking you must be at the right place at the right time. The right place is always here, and the right time is always now. Know who you are, and know where you're going.

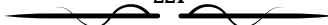


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I AM DETERMINED



What are you grateful for?

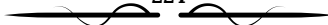
What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe





111

I always give when I can, because I know it always comes back. Whether it is giving money, love, peace, laughter, or happiness, I know that my generosity makes the world a better place. Happiness and inspiration spreads, and one gesture of love and power can lead to a million gestures of love and power. Just by being who I am, I am making an impact on the planet. I am increasing the collective consciousness by treating others as the Love and Light they truly are.



"WHAT IS SEEN IS MADE OUT
OF THINGS THAT DO NOT
APPEAR. FAITH DOES NOT GIVE
REALITY TO THINGS THAT ARE
NOT SEEN. IT IS LOYALTY TO
THE REALITY THAT MAKES
THINGS APPEAR. CAN I SEE THE
FACTS THE WORLD SEES AND
STILL BELIEVE IN THE UNSEEN
STATE? IF I CAN REMAIN LOYAL
TO THE UNSEEN STATE, IN
SOME WAY, I WILL GET
CONFIRMATION OF IT."

Neville Goddard



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I AM THE MASTER OF MY THOUGHTS



What are you grateful for?

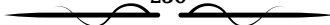
What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe





333

I release all scarcity and choose to see abundance everywhere I look. I am a magnet for abundance, and I allow joy to now flow into every area of my life. My work, relationships, and finances are filled with opportunities for growth and success, and I choose to commit to forever growing, expanding, and evolving them all.



Self-Image, Habits, & Flow

Our state of consciousness is often expressed automatically through our habits. A habit is a subconscious action or behavior that is exhibited automatically with little to no conscious effort. Habits are created through repetition. Every time you think a new thought, feel a new emotion, make a new choice, or take a new form of action, you create a new neural pathway in your brain. Every time you repeat the thought, emotion, choice, or action, the neural pathway strengthens more and more. The more the neural pathway is strengthened, the more your subconscious is being programmed with that thought, emotion, choice, or action. Do it enough, and it becomes a habit; a part of an automatic program that expresses itself automatically.

Your habits get expressed automatically below the surface level of your conscious awareness, and until you are conscious of them, these habits will control your life. Your habits will either aid you in succeeding, or prevent you from succeeding. Until your habits are aligned with the being who is living the life you desire, you will not manifest that life.

To truly create new habits that will support your success, focus on creating the being and expressing the being. Don't simply do out of lack. Be a doer and make doing a part of your being through discipline. If you are not disciplined, the unconscious ego will just take over most of the time. But by being disciplined, you inevitably succeed and command life. Until you discipline yourself to do something new by command, you won't be in conscious control. Persistently command new thoughts, feelings, choices, and actions that support your growth, and you will watch as they turn into effortless habits that aid you.



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I AM PERSISTENT



What are you grateful for?

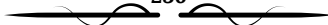
What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe





888

Each challenge I face is not a blockade but an invitation. This invitation offers me lessons, experiences, and opportunities to grow into a stronger, wiser, and more resilient being. With every breath I take, I welcome endless possibilities into my life, and as I exhale, I release the illusions of the limitations and doubts that may have held me back from expressing my highest self.



"OPPORTUNITY... IT OFTEN
COMES DISGUISED IN THE
FORM OF MISFORTUNE OR
TEMPORARY DEFEAT."

Napoleon Hill



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I AM VALUABLE
TO OTHERS.



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



444

I do what I do, because I am who I am. What seems hard to others is effortless for me. Hard work is effortless for me, because I know that I am a hard worker. Taking action is effortless for me, because I am always taking action. I have a magnetic and dynamic personality that is radiant with desire, confidence, certainty, and optimism. I attract only beneficial circumstances.



The Universe Is Mental

Everything in the Universe is an extension of one consciousness, one mind, and one Light. Consciousness is all. Mind is all. Light is all. Everything is but the individual expression of the One Infinite Living Mind. All things that now exist in this physical world have always existed within the One Mind, and every experience we face is an experience that was created from this One Mind.

Within the depths of your being, fashioned in the divine likeness, resides the essence of the Infinite Creator, which is the One Infinite Living Mind. Your true self is the extension of this One Infinite Living Mind. Just as you have been creating your world in your own image and likeness, so too has the One Infinite Living Mind created you in its own image and likeness.

The problem occurs when we lose sight of the One Infinite Living Mind, the One Creator, and identify with the illusory self that is of this world. This ego takes hold of our minds and thinks thoughts that are out of alignment with the Eternal Truth of I AM, which is Perfect Unconditional Love, Power, Peace, Joy, Freedom, and Fulfillment.

When we release the identification with the ego that has conditioned our authenticity, we are able to rise above and enter the state of perfection that has been waiting for us and will continue to wait for us eternally. Through the highest positive thinking, we align ourselves with the perfection of the One Infinite I AM, which will never change, and support us unconditionally on the journey toward home.



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I AM CALM AND CENTERED



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe





000

My mind is clear, focused, and aligned with my goals and desires. I operate from a state of peace and power, knowing that all things are unfolding perfectly as they should. I listen to my intuition and take inspired action everyday in the present moment. No challenge can ever shake me because I remain centered in my vision and purpose with grace, focus, and confidence.



"ONLY WHEN YOU DO NOT
KNOW YOURSELF, THE
OPINION OF OTHER PEOPLE
BECOMES IMPORTANT."

Sadhguru

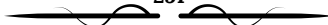


Morning of ____/____/____
Manifestation

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How do you visualize it as a reality?

When you visualize it, how does it feel?





Afternoon of ____/____/____

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I AM
IN CHARGE
OF MY LIFE



What are you grateful for?

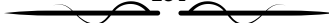
What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe





222

I stand in my power, unshaken, determined, and unstoppable. Every thought I think strengthens my confidence, and every action I take is an expression of my dreams. There is no such thing as defeat or failure to me because I embrace all challenges as opportunities to learn, grow, expand, and evolve into a stronger, wiser, and more resilient being. My power is in my focus, my persistence, and my unwavering belief in myself. Today, I step boldly toward my highest potential and act from Source.



Grounding & Sungazing

Humans are electromagnetic; the Earth is electromagnetic; and the Sun is electromagnetic. The Earth resonates with an electrical heartbeat, and the Sun resonates with electromagnetic energy. Many of us have stress, anxiety, headaches, and depression because we have unknowingly been disconnected from the Earth and the Sun. The Earth and the Sun can heal every single cell in your body.

Sungazing is the act of staring at the Sun during sunset or sunrise when the Sun's UV rays are at their lowest. Grounding is the act of performing direct contact with the earth, such as walking barefoot on grass or rocks, touching trees, lying on the ground, submersing in waters such as clear lakes or oceans, and being present while listening, smelling, seeing, tasting, and touching nature. You, as the Sun, are light. The Sun contains pure Source energy that can be poured into your body. When you combine grounding and sungazing, you heal.

Benefits of grounding and sungazing include reduced inflammation, decreased pain and stress, improved sleep, increased heart rate variability, faster recovery, increased energy, and an enhanced mood. Many who experience chronic fatigue, chronic pain, anxiety, depression, sleep disorders, and cardiovascular disease have found that grounding and being in the Sun has dramatically improved their overall health and well-being. The Earth and Sun provide us with everything we need in order to be alive and well. It's time you reconnect with nature and become one with it again. I would suggest only looking directly at the Sun during dusk and dawn.



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I AM ALWAYS TAKING ACTION



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



1111

I radiate love, and love flows effortlessly back to me. I nurture my heart and those around me with kindness, patience, and understanding. Love strengthens my relationships, fuels my dreams, and creates harmony in my life. I love deeply and fully, knowing that the more love I give, the more I receive. My heart remains open, attracting meaningful connections and experiences.



"THAT WHICH YOU WILL
NOT AFFIRM AS TRUE OF
YOURSELF CAN NEVER
BE REALIZED BY YOU,
FOR THAT ATTITUDE
ALONE IS THE
NECESSARY CONDITION
BY WHICH YOU REALIZE
YOUR GOAL."

Neville Goddard

The Power Of Awareness

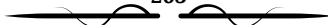


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I AM
PASSIONATE
ABOUT WHAT I DO



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



333

I am creating something amazing. I am inspired by my heart's desires. I visualize the fulfillment of my deepest desires and express them through effortless inspired action. I am calm, centered, and at peace with myself and my life. I release all fears and doubts, trusting that everything is unfolding for my highest good. This is the time. My breakthrough is here. It's done.



The Revision Technique

The revision technique is taught by Neville Goddard, and it is a visualization exercise that helps with healing your past and releasing your blockages. If there was ever a time in your past when an experience you faced caused you to emotionally identify with a limiting belief, visualize the experience you faced and revise the outcome in your mind in the way you would have desired it to play out. Feel this new outcome and truly believe in it until you are satisfied with your new past. Do this at night, before sleep, or during meditation.

Since all things exist now, whatever you imagine, whether it's something in the future or something in the past, and whether it be good or bad, it will be expressed now. Since your subconscious mind does not know the difference between what is real and what is not, you will automatically impress and express everything you feel to be true of yourself and your world. Again, all feelings and expressions take place now, and your imagination is the very place that creates the eternal now.

The past, present, and future are all connected now through your imagination. This is a loop rather than a linear perspective of time. If you change a belief about your past, present, or future, then your past, present, and future will change accordingly. Revision of your past alters your perception by substituting a past perspective and scenario for an ideal one, which modifies your belief system. A limiting belief would cease to exist if the outcome that caused it ceased to exist. Since the past only exists in your imagination, and you changed it, it no longer exists as it did before. Now, simply carry on with your new past.



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I AM ENTHUSIASTIC



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



1111

I have a wonderful life. I am rich in health,
abundant in wealth, and happy in Love. I am
surrounded by positivity, peace, and
harmony. I am powerful beyond measure
and blessed beyond belief. I am grateful for
all that is and inspired by all that will be. I
love my life and all aspects of it. I give
myself full permission to be who I desire.



"NEVER GIVE UP ON A DREAM
JUST BECAUSE OF THE TIME
IT WILL TAKE TO
ACCOMPLISH IT. THE TIME
WILL PASS ANYWAY."

Earl Nightingale



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I AM READY
FOR WHAT IS
COMING



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



777

I am always able to authentically express myself in the best possible creative ways. I don't care about what others think about me or my expression because I know who I am and I know where I'm going. I focus on giving and serving and not what others will think about the way that I give and serve. I don't pay attention to the judgments of others because I love all of myself.



The Age of Love

The Age of Love is here. Open your eyes to what is truly happening in this world. Open your heart to understanding and unity, and realize how all is the extension of One Love. We are all One love, experiencing life as this One Love. Beyond our perspectives of love, there lies the one Love that abides eternally, and that is the Unconditional Love of Source: I AM.

The world has programmed division our whole lives. Whether it be through television, news, social media, or the radio. The list continues from politics, race, religion, nationality, health, sex, desire, and more. You're either in one group or another, and these groups have beliefs you must subscribe to and obey if you are not to be shamed and condemned.

Any group that prevents you from being free and choosing Truth from the heart is an illusion that is keeping you blocked from ascending into your True Self. These groups suppress your free will. They make you believe what other people believe and prevent you from finding your most authentic self. There is no right or wrong; there are only different perspectives, and in the end, they are all mere illusions. We are one—I AM. This is the only Truth that never changes. This is the Light, and seeing it in another is true divinity. Truth is Unconditional Love that accepts all as the perfect part of the all and guides the all to the one. To see hate, darkness, and division is to be in the depths of the illusion that will make you lose sight of the Love and Light you truly are. In Truth, separation does not exist, and therefore, nothing can truly divide and separate us.



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I AM LIGHT



What are you grateful for?

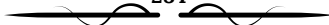
What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe





222

I see my dreams clearly and believe in their fulfillment with unwavering faith. I set clear, purposeful goals that align with my dreams and I take inspired action toward them with ease. As I manifest my desires, I remain grateful for the abundance flowing into my life, knowing that no matter what, I am always perfect, whole, and complete.



"YOU ARE CREATED IN THE
IMAGE OF THE CREATOR TO
LEARN HOW TO CREATE IN
THE IMAGE OF THE
CREATOR."

Joseph Rodrigues



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I AM
A MAGNET FOR
MIRACLES



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



333

I live each day with intention and purpose. My actions are aligned with my vision, and my mind stays focused on success. Failure isn't an option to me. I draw strength from my challenges and clarity from my vision, knowing I am on the path to greatness. My power lies in my ability to take consistent action and trust the process. I am driven, determined, and destined for success.



Prayer

For centuries, many prayers have not been answered. People blame God for their unanswered prayers without recognizing the true cause, which is the lack that is being expressed as they pray incorrectly.

No matter the religion or belief, how you pray, or to whom you're praying, prayers are only answered if done so through faith, which is confidence, supremacy, superiority, and a deep certainty and knowing that your prayer is already fulfilled, beyond all reason. To pray in false hope is to doubt that your prayer will be answered, whereas to pray in the certainty and satisfaction that you have already received what you prayed for is to become one with the Divine: I AM.

Pray for yourself and pray for another. To pray for another, create them in the image you desire to see them in, visualize them this way, and perceive them this way. If they are sick, imagine them coming unto you with great health. Perceive them as already healthy. If they are mired in poverty, imagine them gainfully employed, and perceive them as gainfully employed. If they are wicked, imagine them having a loving and pure conversation with you, and perceive them as the being of love they are, in Truth. Simply accept your prayer. Don't tell them you're praying for them. It's already answered; just watch the change.

Prayer and thanksgiving are synonymous. Therefore, give thanks when you pray. If you are not expressing gratitude for already having your prayer answered, you have yet to fully understand the infinite power that makes it all happen. Keep your prayers sacred, and pray in silence.

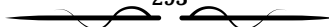


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I AM THE
CREATOR OF
MY REALITY



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe





111

I possess the all of the qualities required to be successful. I am committed to my growth, expansion, and evolution, and I welcome every opportunity to help me learn and become better and better. I set clear goals that align with my purpose and dreams, and I manifest them with ease through inspired action.



“THE WORLD IS A MIRROR,
FOREVER REFLECTING
WHAT YOU ARE DOING,
WITHIN YOURSELF.”

Neville Goddard



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I AM AN
EXPRESSION OF
DIVINE LOVE



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



777

I can handle any experience that comes my way. I am unaffected by the judgments and opinions of others. I rest in happiness when

I sleep, knowing everything is well in my world, and I wake up satisfied and ready to go, knowing that everything I desire is already mine. There is nothing in the world that can get in between me and my vision.



Emotional Intelligence

When was the last time you considered a perspective other than your own? If you face discord, do you consider the various factors at play? Of course, your own worth never wavers, yet being mindful and understanding is how you correct your perceptions and evolve.

Always take a moment and consider the perspectives of others. When speaking with another, step into their point of view and tap into their reasoning from a place of wonder and curiosity. Become aware of your emotions and do not automatically react from them. Ensure you desire to listen to understand and not judge any perspectives. Once you tap into the vast array of perspectives at play, respond consciously from your own unbiased perspective, while validating the perspectives of others. Practice this until you have mastered the ability to respond consciously, and you will emotionally evolve into a more intelligent being.

Continue cultivating this skill, and you'll grow more attuned to recognizing and understanding other perspectives, both consciously and subconsciously. You will clean the lens through which you perceive other beings, correct your perceptions of them, and no longer react emotionally toward them. You will be able to process, understand, and even articulate another's perspective. Life is not, and will never be, about the information coming in, for you are the one creating this information through your perspective and giving it life through your response to it. Continue evolving your emotional intelligence now, and you will ascend to greater levels of awareness.



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I AM ALWAYS
GROWING AND
EVOLVING



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



888

I realize that I don't need to prove anything to anyone but myself. If I say that I will do something, I do it. If I say that I will get something, I get it. Everything that I have ever desired, I have received because I am all that I have ever desired. I am focused, disciplined, and determined to succeed.



"SELF-CONTROL IS
STRENGTH; RIGHT THOUGHT
IS MASTERY; CALMNESS IS
POWER."

James Allen



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I AM
CONSTANTLY
RECEIVING



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



999

It is never too late to change myself. It is never too late to become who I desire to be. I choose to claim that I AM the one I desire to be now. I choose to claim that I AM living a life I'm proud of now. I'm not a victim of my past because it has allowed me to be the powerful creator that I am now. The only thing I focus on is this present moment, for that is the only time creation takes place.



Recurring Negative Thoughts

If you find yourself having constant, repetitive, negative thoughts, you have merely been disconnected from your True Self. Your True Self simply wants to grow and evolve into higher states of consciousness and express these states through its maximum potential. If you are not growing, expanding, and evolving, you are going against the very nature of things.

Negative repetitive thought structures come from a subconscious program that you have once created. The only way you can truly get rid of these thoughts is by thinking and claiming new thoughts in the present moment. This is how you will reprogram your subconscious mind and no longer have negative thoughts. Do not try to fix negative thoughts. Leave what you have already created alone and focus on what you truly desire. You do not resist your own creation; you let go of it by realizing you are the creator.

The fact is, you are not your thoughts or feelings. You are the observer and director of both. You are the conscious will who can think a thought in the present moment and feel as you desire to feel in the present moment. You are not the thoughts that arise automatically from the program or the emotions that follow. You are the conscious creator who can choose what to create *now*.

Create a space between your True Self, the Creator, and the thoughts that are your creations. Persistently focus on thinking thoughts and feeling emotions that align with your evolution, and you will find that your negative thoughts will suddenly disappear.



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I AM INFINITE AND DIVINE INTELLIGENCE



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



555

I create success by acting on my ideas with courage and conviction. My mind is sharp, my goals are clear, and my energy is directed toward my highest priorities. I am confident, resourceful, and unstoppable. I attract the right people, opportunities, and resources to support my vision. I am the creator of my reality and the master of my destiny.



"THE AWAKENING IS THE PURPOSE. THE AWAKENING OF THE FACT THAT, IN ESSENCE, WE ARE LIGHT, WE ARE LOVE. EACH CELL OF OUR BODY, EACH CELL, AND MOLECULE OF EVERYTHING. THE POWER SOURCE THAT RUNS ALL LIFE IS LIGHT. SO TO AWAKEN TO THAT KNOWLEDGE, AND TO DESIRE TO OPERATE IN THAT REALM, AND TO BELIEVE THAT IT IS POSSIBLE, ARE ALL FACTORS THAT WILL PUT YOU THERE."

Dolores Cannon

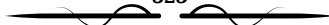


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I AM
CONTINUALLY
GRATEFUL



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe



222

Failure is not an option for me. When I face temporary defeat, I learn from it and grow.

I learn from every experience because I know that I am the one who created that experience for my growth. The darkness is what allows me to shine my light. It is what allows me to have such a strong ability to discern right action from wrong action.

Each day, I grow stronger and wiser.



Ego Death

There is only one True Self that is being expressed through the all-ness of creation. That one True Self is God, that we are the individualization and extension of. Your True Self is not only the one “I AM,” but the individual extension of the one “I AM.”

Your ego operates solely in this world. It is the character and the persona that believes it is separate from God and the Soul. The ego is the part of you that thinks it is your name, your body, your gender, your personality, and all of the ever-changing beliefs and conditions that you have mistakenly identified with and said, “This is me.” The Ego is the one that keeps you in the comfortable realm of familiarity, no matter how bad it may be, because it operates from a place of fear to survive. Although it is only doing its job, which is to protect you, understand that the main way it protects you is by keeping you stuck.

The ego just wants to fit into society and be socially accepted. This mask that you put on is not the real you. It's blocking you from what you truly love, who you were born to be, what you were born to do, and expressing your heart's desires. Your True Self holds your unique and divine individuality, and there is no such thing as fitting in for your True Self. Your True Self sees all as one, and one as all, unique and divine. We are all master creators who are creating reality during every moment in time. Don't try to kill the ego, just release your identification with it and allow your unique authentic individuality to be expressed through the power of Source/God/Creator. Allow the one and only power doing it all to do it all. Let go and let God.



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I AM THE BELIEVER



What are you grateful for?

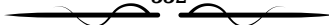
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Who are you being?

Where are you going?

"It's already yours."

Universe





333

I believe in my ultimate potential. I visualize my desire and satisfy it in my imagination. I am standing in front of the life I desire and stepping into it now. There is not a single reality on this physical plane that is out of my reach. I am guided by the wisdom of the cosmos and the Love in my soul. I look within and realize I have everything.



"YOUR EMOTIONS ARE
ALWAYS YOUR
INDICATOR FOR HOW
CLOSE YOU ARE."

Esther Hicks

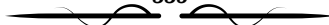


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I AM IN HARMONY
WITH MY TRUE
SELF



What are you grateful for?

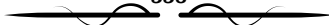
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"It's already yours."

Universe





777

I am driven, focused, and manifesting my heart's deepest desires now. I don't wait for opportunity; I create it by seeing every obstacle as an opportunity to grow, expand, and evolve into a stronger, smarter, and more successful being. My dreams are worth pursuing, and I commit to them with passion and purpose. I celebrate progress, no matter how small, and I trust in my ability to create and express my ideal life.



Triquetra

The symbol that you see on top of each page is a Triquetra. The beauty behind this symbol is the different meanings and perspectives people have given it. It shows how we create reality through our perception, and how one thing can be perceived as many things.

They say a picture is worth a thousand words; however, the vast picture we fail to see is the one that is right in front of us during every moment in time, the one we call life. You see, you are the one who chooses the words you wish to use to give meaning to the life you are living, and the meaning you give it is what you ultimately create it to be. Every individual is living in their own Universe, created by their own perception of it according to their unique story and definition.

The Triquetra can be perceived as Eternity, symbolizing eternal life and the interconnection of the never-ending life, death, and rebirth, or the Holy Trinity: Father, Son, and Holy Spirit, or the complex being of our Mind, Body, and Spirit, or the conscious, subconscious, and superconscious. Hermetic traditions perceive it as the three primary elements in alchemy: sulfur, mercury, and salt.

Regardless of your perception and the definition you have placed on it, all of it will lead to one True Definition: Unity; everything is connected; all is One. You may sit here and contemplate the One Truth through your perception, as humanity has done for millennia, or you can surrender to the fact that the One Truth exists beyond human perception, and any perception of the One Truth limits it and thus cannot be the real truth.



Morning of ____/____/____
Manifestation

1. _____
2. _____
3. _____

How do you visualize it as a reality?

When you visualize it, how does it feel?



Afternoon of ____/____/____

Manifestation

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Night of ____/____/____

Manifestation

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____



I AM
THAT I AM



What are you grateful for?

What are your intentions?

Who are you being?

Where are you going?

"It's already yours."

Universe





I AM COMPLETE