



Written By:

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# Table of Contents

*Chapter 1 – Energy & Vibrations*

*Chapter 2 – Law of Attraction*

*Chapter 3 - Consciousness & Source*

*Chapter 4 - Clearing Subconscious Programming/Beliefs*

*Chapter 5- Love & Fear*

*Chapter 6 - Loving Yourself & Reflections*

*Chapter 7 - Realities*

*Chapter 8 - Soul Age*

## ***Video Quick Links***

[Gregg Braden on Consciousness](#)

[The Great Awakening Part 5: You Are Source Energy](#)

[The Power of Visualization](#)

[How to Use the Law of Attraction](#)

[How to Let Go of Anything – 3 Easy Steps – Shou Winn](#)

[Using People – Teal Swan](#)

[Bob Proctor – The Subconscious Mind and How to Program It](#)

[Infinite Charlies – Charlie McDonnell](#)

[Bashar on Parallel Realities](#)

[Bashar on The Secret & Visualization](#)

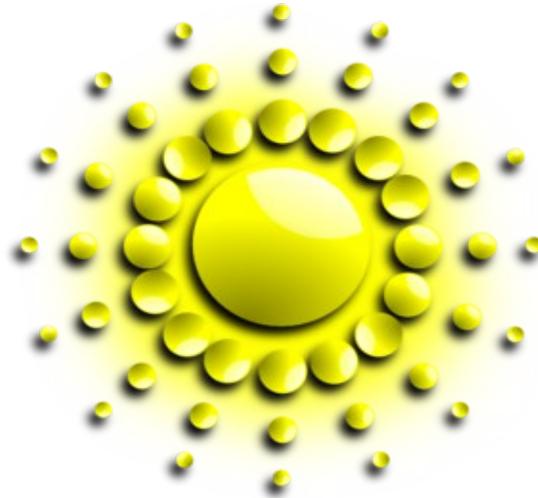
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# Chapter 1:

## Energy & Vibrations

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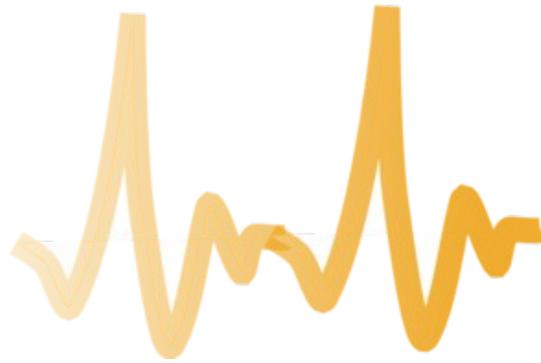


### First, we must know Energy:

Energy is basically what allows everything to do things, including exist. It is the prime method that **Source/God/the Universe** expresses itself.

It cannot be destroyed but can only change form. It is found in everything, as everything is made of it.

The very energy found in your body is the same found in a rock, a tree and the stars, it's just in a different form. All energy is the same and understanding this allows you to take control of your life and have everything you've ever desired.



## Second, are Vibrations:

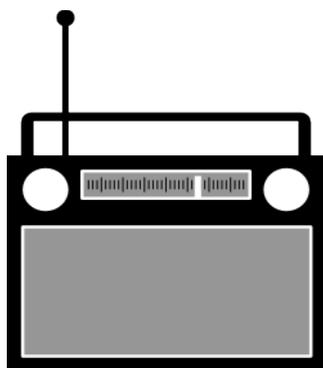
All energy puts off an electromagnetic field that vibrates. This includes everything from the planets and stars to human beings.

Even inanimate objects such as rocks vibrate. Crystals are one form of rock that are especially recognized of this and have very powerful influencing vibrational energy fields.

These vibrations allow energy to create form and be interpreted. (Seen, heard, felt, etc.) Different forms of energy give off different types of vibrations. (Even one slight change in something changes its vibration)

**This is what we call frequencies.**

All energy has the capability of changing it's vibrational frequency and is constantly doing so, including you. For example, a mean person will have a different vibration from a nice person. (Any difference you find in anything means it has a different vibration, although many can be similar)



## Tuning Into Frequencies:

Frequencies can be experienced or tuned into through all of our senses. Simply put, we can see, hear, taste, smell and feel things because they give off a vibrational frequency.

This is the main purpose of our senses, to interpret vibrations into a language we can understand and use to our benefit. When you watch T.V. or listen to the radio, you are tuned into a frequency.

This is exactly the same as what you are doing when you are thinking a thought, listening to someone, feeling an itch on your skin, tasting the food you are eating, or smelling a nasty scent. ^-^v

All of these sensations are triggered because you are interpreting vibrational frequencies that emanate from energy, and like all energy, they are the same.



## The Secret of Energy:

Basically all energy stems from **Consciousness**, thus making them observers of other forms of energy. Energy constantly changes frequencies to obtain a never ending amount of experiences. And as energy beings, humans are just the same.

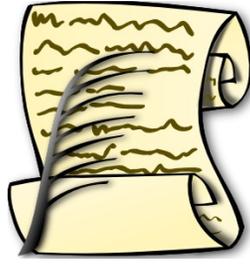
**One of the many reasons (if not the main) humans exist is to experience.** All people, no matter their spiritual beliefs or religions, can agree experience is a huge part of our life, as every second we are experiencing new things.

We all desire new experiences constantly and for good reason too, as experiences keep life interesting. It is even in our instincts to desire new experiences, no matter how big or new, further proving we are here to experience.

What many people may not know is that we can choose to experience whatever we like by choosing what to observe or tuning into the frequency of said experience. To tune into a frequency, it must be matched by the seeker and understanding how to do this, allows you to have everything you desire.

But how does this work?

We find out in the Law of Attraction section on the upcoming page.



## *Famous Quotes:*

*“All material consists of atomic material; molecules, atoms, electrons, protons, neutrons, and subatomic particles. Each atom consists of a nucleus surrounded by electrons, revolving at the speed of six hundred miles per second. It is an accepted construct of physics that motion creates frequency and frequency creates sound. Whether or not we hear it, everything has a sound, a vibration all its own.” - **Joshua Leed, *The Power of Sound*.***

*“Quantum physicists discovered that physical atoms are made up of vortices of energy that are constantly spinning and vibrating; each atom is like a wobbly spinning top that radiates energy. Because each atom has its own specific energy signature (wobble), assemblies of atoms (molecules) collectively radiate their own identifying energy patterns. So every material structure in the universe, including you and me, radiates a unique energy signature.” - **Dr. Bruce Lipton, *The Biology of Belief*.***

# Chapter 2:

## The Law of Attraction

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### What is the Law of Attraction?

It is a physical law or law of nature that states: **Like-energies or energies on the same vibrational frequency attract one another.**

This can be observed by thinking of people you befriend. Your reason for doing so is that they match something that you are. Whether it is they have many of the same beliefs or likes, or little similarities with you but still connect strongly in an area of your life that you prioritize.

For example, if you have a friend that shares none of your interests at all, your friend does share one important desire. The feeling of being with other

people and not alone. If you both prioritize this, it will be a mutual agreement to stay with each other as you two are the "same" (like attracts like). This is one reason why many relationships where the two people do not connect at all and as a result are constantly fighting, stay intact:

**They share a common priority.**

## **How to Use it:**

As stated above, to attract another energy, one must match the vibrational frequency of the energy they wish to attract. In other words, we must tune into the frequency the desired energy holds. It's exactly like how we tune into radio frequencies by changing the vibrational frequency of the radio via the seeker button or changing the channel of your television. For example, a radio station gives off a frequency on the station 85.4 and those who wish to tune into this frequency change their radio's frequency to 85.4 which allows them to experience whatever that frequency is putting off.



## How to Change Your Vibration:

We change our vibration through simply choosing to observe the vibrational frequency of what we desire. Put simply, by putting your focus on your desires. To understand this, let's take a look at what we actually desire.

### The Root Desire:

Whatever it is you desire in your life you can have - but what is it we actually desire? It's not money, a new car or a relationship. All desires stem from the desire of experiencing a feeling. So in other words, we desire to feel the feeling that is brought about when this vibration is present. For example, if money brings you the feeling of being abundant, abundance brings you relaxation, excitement, security, etc. which ultimately leads up to the feeling of Joy.

Okay, so it's feelings that we truly desire but how do we change our vibration/tune into that vibration? **Simple: Feel the feeling that is present when you have your desire.** This changes your vibration to that frequency, as you are tuned into it.

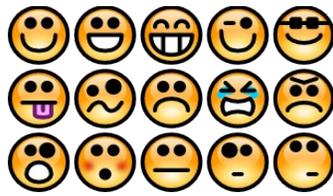
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The following is a video by [Gregg Braden](#), a well known scientist who has been researching experiments and even participating in his own for over 27 years, that covers all about the Law of Attraction and how just feeling causes creation to occur. If you are at all skeptical of any of the information I have written about the Law of Attraction I -highly- encourage you to watch this video.

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## The Science of Visualization and Feeling – Gregg Braden:





## How To Create Feelings:

By now you probably understand how this all works and it makes sense to you, but perhaps you are not sure how to create feelings? First let's understand what feelings are.

### What are Feelings?

Feelings are thoughts and emotions fusing together. When you have a thought and you put emotion into that thought, this creates a feeling. Considering the root of all emotions are Love and Fear, depending on the emotion you choose to fuse with the thought, determines the feelings that will arrive. (See [Love & Fear](#) for more info)

### The Importance of Visualizations:

Meditation, Prayer, or whatever you want to call it, open or close-eyed can greatly help you create feelings within your body. Basically any practice of visualization and fusing thoughts and emotions together is necessary to create your desires. In these visualizations, start thinking of experiences that would bring you the feeling you wish to acquire.

**For Example:** If you wish to have a new car, start visualizing yourself driving that new car, how it would feel if you were in the car of your dreams. The air blowing through your hair, the excitement you would feel buying the new car, the confidence it may bring to you, where you would take it,

whatever the feeling it would bring you.

## **The Secret in Creating a Feeling:**

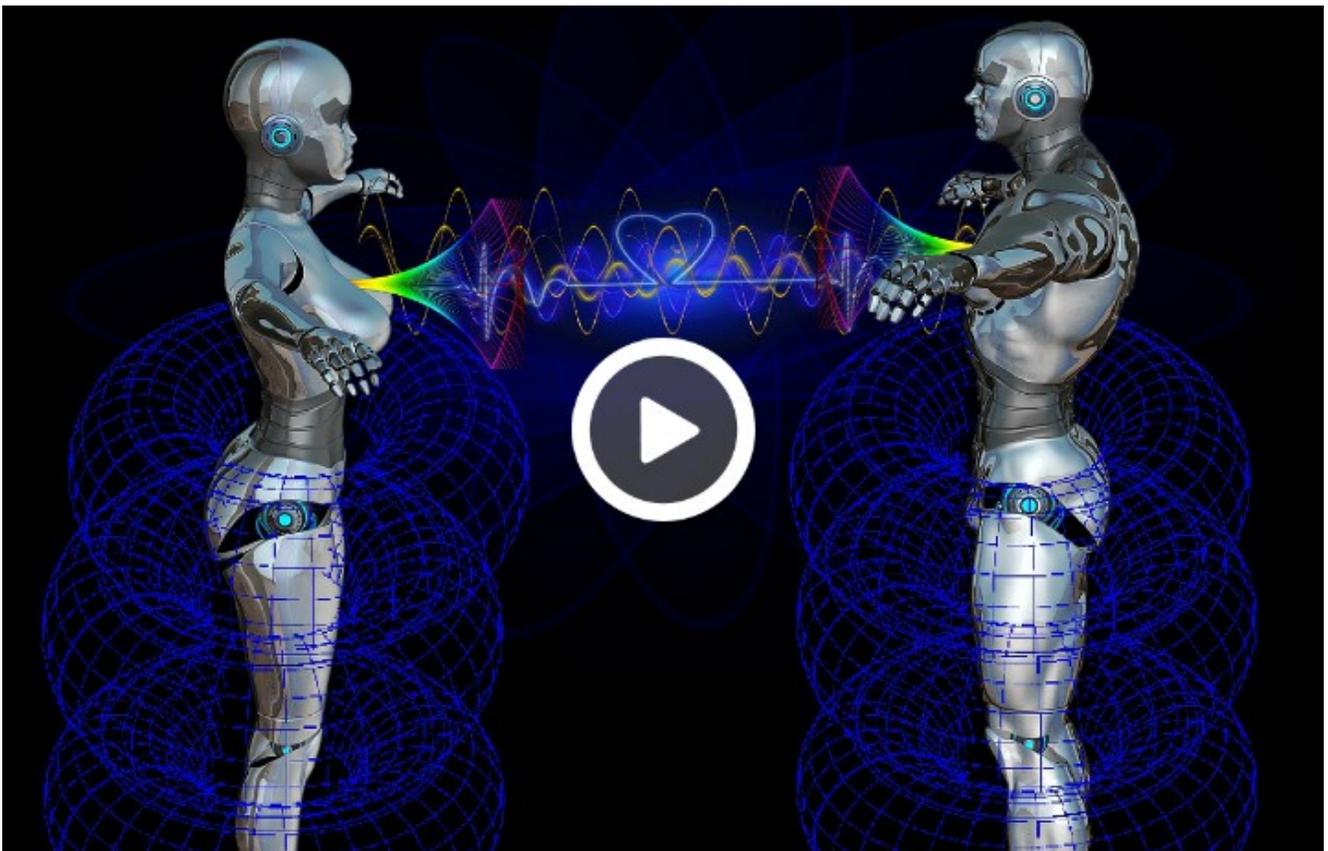
Feelings are empowered by your Subconscious beliefs and/or programming. Sometimes, creating a positive feeling about something can be difficult depending on your programming. This subconscious programming keeps your thoughts on focusing on limiting subjects. These limiting subjects can cause you to have certain feelings that are not supportive of the positive reality you wish to have. And so, the secret in creating a feeling is clearing this old programming so you may then start feeling positive and keep your focus on such things that would support the reality you wish to have. See [\*\*Clearing Unconscious Programming/Beliefs\*\*](#) for some easy processes to clear this programming so you may make room for the beliefs and/or programming you do desire.

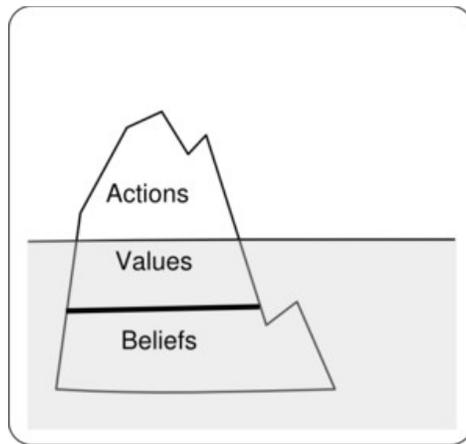
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Here is another video by Gregg Braden, which explains more into what feelings are and how they are important in achieving your desires.

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## The Law of Attraction – Gregg Braden:





## Our Vibrational Foundation (Sub-Conscious Belief Paradigm):

Now, let us cover an important aspect of the Law of Attraction that must be understood to achieve optimum results, our vibrational foundation.

However you choose to feel whether it is happy or sad, creates a foundation that supports the vibration of those emotions. For example, if you are happy or positive most of the time, you will build a foundation that supports more things of the same vibration, or more things that bring happiness/positivity.

However, in contrast, if you are unhappy or negative most of the time, you will build a foundation that supports more things of that vibration, or more things that bring unhappiness/negativity.

### **Vibrational Transition:**

So as you already know, you attract what you feel and what your foundation supports. And because of this, it is only natural negative things will continue to appear while people are beginning practicing positive feeling. You are

attracting things that your foundation currently supports. And you can't just flip a switch and transform your **-entire-** foundation into something else immediately, it takes some time. So the more you clear old programmed beliefs and visualize the things you *want* to create the feeling that matches it, the more your foundation supports positive things, and the less it supports negative things.

Also, as stated above, you cannot immediately change your **-entire-** foundation which is good news for those who have a positive vibrational foundation and wish to maintain it, as it is just as hard, if not harder, to revert it into a negative foundation. Take advantage of this tidbit! :]



# The Flow:

## What is the Flow?

The flow is basically what is currently manifesting in your life, the current flow of energy you have attracted. It is a great indicator of where your vibrational foundation currently is and what it still supports. For some people, there is a lot of negativity in their lives and it can take a while for it to ease up. The best thing you can do during transition is to let go of resisting the flow. Go with what comes your way and use a clearing method to clear the negative energy and programmed belief and turn your negative feelings towards what is currently coming up into positive feelings. If you resist, life gets much harder and you are practicing a vibration and continuing to hold a foundation of negativity.

Regarding forcing something to work the way you want it; This goes against the flow and makes things harder. It is also of a vibration that is negative which stems from fear. Do things that you **-feel-** are good. If you have a negative feeling about acting upon something, wait to act upon it until you have cleared enough and built a strong enough foundation to feel good about it. Do your best to act when it is inspired, as if you feel inspired to do something, this is from positivity which stems from love and creates a positive foundation. Tend to your emotional journey first and the action will come so much easier. In other words, if you start feeling things that make you feel good, life gets easier and so does going with the flow.

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If you are having trouble letting go, here is a video by Me! Haha. In this video, I cover How to Let Go in an Easy Step-By-Step Process.

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## How to Let Go of Anything – 3 Easy Steps! – Shou Winn:





## Maintaining A Positive Foundation:

As we have already covered, **whatever it is you desire in your life you can have**, you just have to match the frequency and build a foundation that supports it. However, for some people, maintaining a positive foundation can be a challenge, especially during transition. So here are a few tips to help keep your vibration positive!

### What if +:

One of the easiest methods you can do to help you feel what you are wanting to feel is to use the What if + process. If you can't believe you can have something and this is stopping you from feeling the feeling it would bring you if you had it, simply ask "What if I had this?". This allows you to feel much easier as it is only a question. It has nothing to do with whether you deserve to have what you want or not, nor does it have anything to do with whether you believe you can have it. It is only questioning what would life feel like if you did have that certain something.

If you are still having trouble using this method, this is an indicator that you still have some clearing to do, so try a few of the clearing methods suggested earlier and then come back to it.

## **Observing the Contrasts of Negativity:**

First, it is okay and normal if you are having a negative emotion, it is there to show you what you do like and to give you value of positivity. Without negativity, we cannot have positivity and vice-versa, as they both rely on each other to create balance. So if something negative happens, be thankful as it gives you value in positivity and reminds you what you do like. And you can take advantage of this reminder and start thinking of what you do like!

Change is a constant and without change, life would be very boring and in fact, non-existent. If we don't have contrasting material we cannot change and then cannot move. If there is nothing negative, we have no reason to move to something positive. We wouldn't be able to live.

## **Have Courage and be Brave:**

While it may be tempting to permanently flee from our problems seeking relief, if you run away from something you don't like, it will follow you, as it is reflective of where your vibration is and you will get what you are. Basically, running away from something means you are focusing on something as a problem which means you are feeling negativity and will only breed more negativity. This is also resisting the flow which again only creates a negative foundation. So it is best to let the negativity flow through you and to express any pains that may be triggered by such negativity to allow yourself to then find some positivity in the so-called negative in your life. After expressing any feelings towards pain you may have, use some clearing methods to rid yourself of the programmed belief that created the negative energy and then start using methods to feel better about it, such as the What if + method.

## **Enjoy Yourself - Find Relief:**

Start doing things in which you already know allow you to feel good.

Whether this is reading a book, playing a game or anything at all that allows you to feel good and find relief, it will make transitioning into a positive vibration more easier, as you are not resisting the current flow.

## **Enjoy the Now - Find Gratitude:**

Making the best of where you are, looking for positive aspects, meditating and making lists of things you appreciate are all things you can do to help yourself attract more of what you want. They put you in a vibration of feeling good and appreciative and since the world can only bring you what you are vibrating, you will be attracting more things that help you feel good and appreciative. Creating a daily gratitude log of all the things you enjoy, can help you stay in this vibration.



## Taking Responsibility:

### **You Create Your Own Reality:**

By understanding how the Law of Attraction works, you may have figured out by now that everything in your life is your responsibility. **-You-** have created every single thing in your life, intentionally and unintentionally ever since you were a child and even before that. Your thoughts, dependent on your unconscious programmed beliefs, have created feelings within yourself to attract things into your life that match it. Everything from the food you are eating, the health you are in, to the people who are in your life to fire burning your hand, **-You-** have created it.

For more information on how we create our own reality, please visit the [Realities](#) section.

### **Permission Slips:**

If you find yourself saying I can't feel good unless "insert reason here", this goes back to societal conditioning. This is something you have learned and chosen to believe, a belief which can get in your way with manifestation. What happens is we believe that we cannot feel good unless we meet certain

conditions.

**For Example:** You may decide that you cannot feel happy until someone stops doing something that they are doing. Or that you cannot feel good if you don't get peace and quiet to do it. No matter what the excuse, these are only permission slips to allow you to feel a certain way. These permission slips usually go back to feeling "allowed" to do something as it would be generally accepted by society. And if you went against society, they would think of you as a bad person, shun you and you would feel guilty for hurting others and ultimately feel alone. (See **Release From Others** below) But remember, that **-You-** decide however you want to feel no matter the situation or conditions present.

Also, if you want any chance for those conditions to be met, you have to first feel it until your vibrational foundation is built up enough to support it. So it is suggested that if you have any permission slips getting in your way of wanting to do something that you use a clearing method to erase any negative feelings regarding the subject and replace them with positive ones.

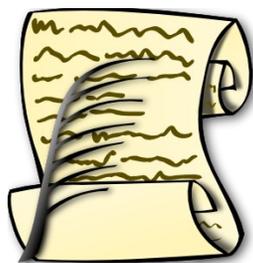
## **Release from Others & Society:**

As you have now learned, **-You-** and only **-You-** are responsible for your own reality. That goes the same for other people as well. So what does this mean? This means that the people currently in your reality are all resulting creations of your unconscious beliefs, thus, you can choose the type of people you would prefer to be surrounded by. How? By clearing and visualizing! You see, people, just like everything else in your reality, are also reflections of your inner thoughts and feelings. If you can see someone for the true reflection they are to you, you can then choose to **clear what your negative beliefs are** on that person and then choose to feel and create positive beliefs

on them instead.

For more information, please visit the [Loving Yourself & Reflections](#) section.

If you find yourself stuck with someone of a different vibration than you, this is an indicator that your vibrational foundation supports the vibration you dislike. So, start feeling what it would feel like being with people of your vibration. This will tune you into others like you, build your vibrational foundation to support what you do like and help release yourself of the feeling of being alone. Also, even if the person is still in your life you won't be able to see much of them or their negativity as you are not tuned into it. Lastly, understanding [Soul Ages](#) can help you forgive them for their negativity and spread love to even those who are highly negative.



## *Famous Quotes:*

*“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” - Nikola Tesla, inventor of A/C Electricity, X-ray, Radar, Remote Control, Electric Motor, Robotics, Laser and Wireless Transmissions.*

*“Everything changes when you start to emit your own frequency rather than absorbing the frequencies around you, when you start imprinting your intent on the universe rather than receiving an imprint from existence.” - Barbara Marciniak, Best Selling Author and Internationally Acclaimed Trance Channel.*

*“Life is a series of natural and spontaneous changes. Don't resist them - that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.” - Lao Tzu, Founder of Taoism.*

*“The problem isn't a problem, it's the precursor to a solution that is the expansion of who you are. So bless these irritating energies who highlight your solution and give you a new reason to move to another place.” - Abraham/Esther Hicks*

*“Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy. This is physics.” - Bashar/Darryl Anka*

*“Your imagination is your preview of life's coming attractions.”* - **Albert Einstein**

# Chapter 3: Consciousness & Source

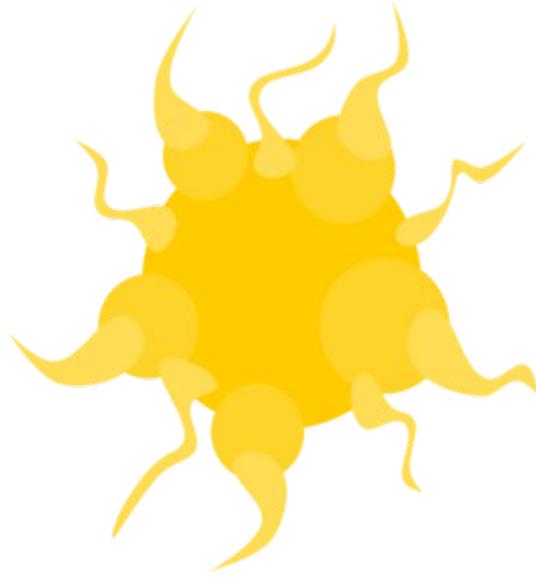
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## What is Consciousness?

This can basically be described as observing your surroundings and being aware that they are there. It can also be described as part of the source of all life.

Levels of consciousness vary by vast amounts. Everything that is energy (which is everything that exists) has a consciousness, as energy responds to stimuli. If it were unconscious of its surroundings, it wouldn't be able to respond. (See [Energy & Vibrations](#) for more)



## What is Source?

Source has been called many things and a few popular names being Allah, Consciousness, God or more importantly, Love. It is the source of all life and is basically the sum of everything.

It is believed that source contains all knowledge, as it is all that is. It is the core of the entire universe. *Source Energy* is everything that stems from the core.

And ultimately, when you follow the stems all the way back to the core, you find one thing: **We Are All One.**



## Where is Source from?

It is not from anywhere but here. It is all that ever was. Source is from itself, as itself is the source.

## When did Source Appear?

The answer to this question is always. Measuring the age of Source through Linear Time is kind of a paradox. Linear Time is a man made invention to determine the length of periods of time and so, time is only an illusion. Everything is happening right now. The past, present and future. The beginning, middle and end. All of it is happening at once and now. (See [Realities](#) for more information)

## Why does Source Incarnate?

It is believed that Source incarnates with the purpose of gaining experience and expanding. As Source is everything that exist, it contains all knowledge of everything. But although it contains all knowledge, it perhaps doesn't contain all experience. However, even if it were to have already contained experience, it could simply exist just to enjoy the game of experience so it can enjoy itself. We resemble Source very much, as we love to experience new things all of the time, grow and expand. By making us forget some of the knowledge we already have, Source can continue to observe itself and understand what it knows even more fully, thus, expand.

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**Below are two videos, one is a video by Gregg Braden on Universal Consciousness, how it affects your life and everything around you, the other is about You.**

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## **Consciousness – Gregg Braden:**



**You Are Source Energy, Tune Into this Truth Below:**



# Chapter 4:

## Clearing Subconscious Programming/Beliefs

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### What are Beliefs?

Beliefs are anything you have assumed to be true in your reality. They are explanations based off of the evidence which you have observed in your life.

They are not true nor are they false, as everyone's reality is their own. (See **Realities**) Beliefs are what are responsible for our current thoughts, thus, also responsible for everything manifested in our current reality.

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**There are two types of Beliefs: Positive and Negative.**

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## **Positive Beliefs:**

Positive beliefs are beliefs that flower positive thoughts and feelings, thus, allowing us to experience the reality in which we truly desire.



## **Negative Beliefs:**

Negative beliefs are beliefs that flower negative thoughts and feelings, thus, preventing us to experience the reality in which we truly desire.



## Deciding to Change:

First we must decide whether or not we wish to change our beliefs. It is best that if we have any negative beliefs that we change them into ones that are positive. Why would we want to do this? Because beliefs empower our feelings and since our feelings create our reality, they can affect our current reality. (See **Law of Attraction** for more info) If you are holding on to a belief which supports feelings that are negative, this can cause an issue with trying to change your reality into one that is more positive.

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*Simply put, if you feel positive towards something, you have a positive belief empowering it, thus creating more positivity in that area of your life.*

*And just as well, if you feel negative towards something, you have a negative belief empowering it, thus creating more negativity in that area of your life. Therefore, it is essential whenever you feel negative about something, to clear the negative belief and to replace it with something positive.*

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## Belief Clearing Processes:

### **Ho'Oponopono:**

A very easy ancient Hawaiian clearing process called Ho'Oponopono is very useful in healing and clearing any negative or unwanted beliefs.

The process consists of stating four phrases in your mind or out loud, however you prefer, when you are feeling negative towards something. The idea is to picture whatever it is you feel negative about and state the four phrases in any order: **"I'm sorry, Please forgive me, Thank you and I love you."** You will be amazed at how much this helps. Say these four phrases as long as you require to feel better. Deeper rooted beliefs may take longer as there are many layers to the belief supporting it.

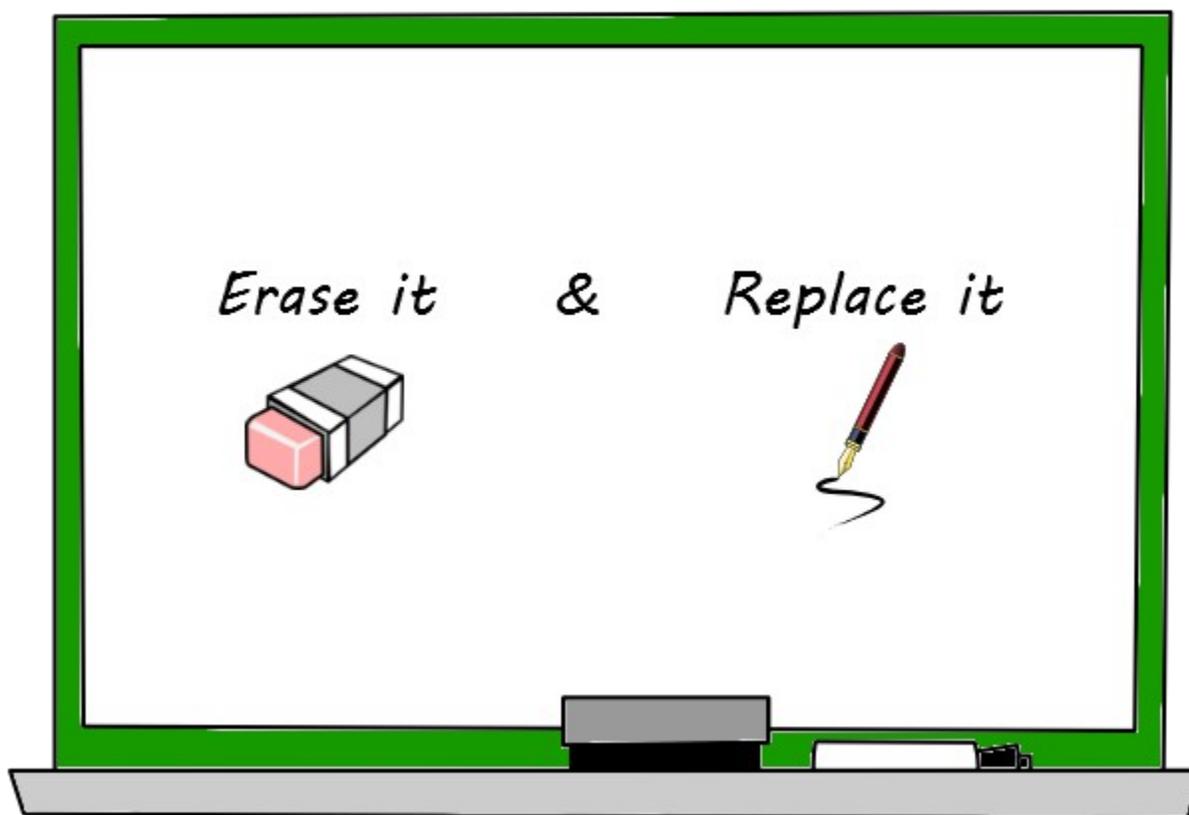
### **Advanced Ho'Oponopono:**

The second part which is considered the Advanced clearing of Ho'Oponopono is picturing whatever it is you feel negative about in your mind and taking a business card and cutting all of the energy that picture is emanating until you see it start to disappear. Personally, I also picture a white dry eraser board and erasing that cut up energy completely until I am able to start feeling better about the situation and begin visualizing.

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Throughout using these methods to much benefit, Seqkat, our beloved Author of *The Wizard's Message*, developed a very simple and easier process to **Clear and Change Your Beliefs almost immediately!** We highly recommend that if you are looking to literally, Erase It & Replace It, it being your Limited Beliefs with Beliefs you would much rather prefer, to please see our FREE Process [Erase It & Replace It](#).

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## Erase It & Replace It



## Finding Your Beliefs:

### **Feel Safe Observing Your Beliefs:**

While it is true that whatever you put your focus on you become that vibration which will attract more of that vibration, observing your negative beliefs is actually focusing on positive things. It is actually focusing on the positive because you are focusing on observing and clearing your belief which in turn, is a positive vibration. By not finding or observing your beliefs, you actually hold in place a stronger focus on the negative you want to get rid of as the belief which empowers negative feelings is still being believed or in other words, focused on.

Also fearing observing your beliefs is focusing on a negative vibration as well, because you are focusing that there is a big problem and you don't want to make the problem bigger, thus, acknowledging and believing there is present negativity and that it cannot be cleared.

### **Choose Your Own Beliefs:**

It is important that we choose all of our beliefs, as they affect our life greatly. As stated earlier, beliefs are neither true nor false, they are only what's

responsible for your feelings toward something, thus, just as responsible for creating your own reality. It's okay to get caught up in the story but step out a bit and ask yourself whether or not you like the current story you are experiencing. If you want to experience a positive reality, choose beliefs that are positive! Clear out the old negative beliefs and bring in the new positive ones, then watch your reality change!

Look at the beliefs you don't want and use them as a contrast to help guide you to what you do want. So basically, look at the opposite of what you don't want. What you do want? For example, if you don't want to be scared then you want to be brave.



## Tips for Letting Go of Old Beliefs:

### **The Original Positive Intention:**

Behind every belief, there is an original positive intention. You would not have believed something had you not thought it could benefit you in the first place. If you can find the original positive intention that you had for believing something, this can help you let go of it.

**Learn to love every decision and belief you have, as they were only what you thought was best at the time you adopted them.**

Loving it releases resistance to it and the pain can drift away. (Imagine letting go of a 500 pound weight you have been carrying for years.) (See **Loving Yourself**) After a while, you will begin to believe that all of your current unconscious beliefs were of a positive intention in the first place and you will no longer need to look for the specific reason.

## **Finding New Evidence:**

Search for new evidence! Look at everything you are and use it as evidence. Look at the good things you offer to others and all of the things you like about yourself. Find what you are looking to do and see where others have done it. Find new things that can make your desire seem possible!

**For Example:** Isaac wants to change his belief that he is a failure at chess. Thus, Isaac now looks at other people who have gone from being failures (just like he *believes* he is at chess) to the best players in the world. He also reads books and watches documentaries on how people got better at chess and learned from their mistakes. Furthermore, Isaac decided to look at his past where he was a failure in other parts of his life but later became a successor.

Also, after re-framing old evidence, you start to adopt the vibration of your newly desired belief, thus, allowing the Law of Attraction to bring to you more evidence in your physical reality which further supports your desired belief.

# Chapter 5: Love & Fear

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## What are Love & Fear?

These are emotions found deeply intertwined into the spiritual senses of all existence. All feelings stem from emotions and differ depending on the emotion chosen.

Without Love there can be no Fear. And without Fear there can be no Love. Thus, one can not exist without the other so they are one. They create balance in this world.

However, to the degree you experience either, is completely up to you.  
[Yet it also believed the balance is 49% Fear to 51% Love](#)



## What is Love

Love is the core of **Source**. It is the start of everything in the world. It is the ultimate power and truth.

It is what unconditionally allows people to do whatever they wish, and such is also known as unconditional love. Conditions do not have to be met for it to be given.

It is what powers the feelings of Joy, Excitement, Happiness, Unity and/or anything that feels good. All of these stem from the root emotion, Love.

And lastly, it is the essence of the Higher Self.



## What is Fear?

Fear is Source Energy, as it is not the core/root but a stem. It is the ultimate contrast and opposite of love. You could call it Love's Shadow.

It is also known as conditional love, as the "love" will only be given if certain conditions are met. These conditions are set due to the fear of unhappiness to occur if they were unmet.

Fear is what powers the feelings of Anger, Apathy, Sadness, Loneliness and/or anything that feels bad. All of these stem from the root emotion, Fear.

And lastly, it is the essence of the Ego.



## Levels of Love & Fear:

### **Dr. David Hawkins:**

According to a man named Dr. David Hawkins, there is an actual way to measure how close you are to love and/or fear. The closer you are to love, the higher your vibration and the closer you are to fear, the lower your vibration. Below is Dr. Hawkins's 'Map of Consciousness'. 'Level' meaning exactly that, your level of consciousness or where your current vibration is found.

[Click Here to View the Map \(Will Open in New Window\)](#)

It is important to understand that while Love and Fear may be the root, it doesn't necessarily mean the vibration is the highest or lowest at the root. The root can stem off and provide different vibrations.

**For Example:** If love was to stem upward or further away from fear, it's vibration would be higher and lead into Joy, Peace and Enlightenment. However, if love was to stem downward or closer to fear, it's vibration would be lower and lead into Reason, Acceptance, Willingness, Neutrality and

Courage. The same may be said for fear. The further away love and fear are of each other, the more intense the vibration will vibrate of the closest root. (Shame is closer to Fear than Love, therefore will vibrate more intense fear. Enlightenment is Closer to Love than Fear, therefore will vibrate more intense love.)

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**The following is a summarized description of each feeling to help you achieve a better understanding of each one.**

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### **Shame:**

It is believed that shame is the step above death, as most people who experience this level are well known to either think of or commit suicide. Many people who have suffered from abuse, especially sexual, are often found here. Humiliation is the prime emotion felt.

### **Guilt:**

Feelings of worthlessness and the inability to forgive oneself are the prime factors associated with guilt. People tend to blame themselves as well as others when in this level of consciousness.

### **Apathy:**

Not caring is stemmed from feelings of hopelessness and despair. This is often found in people who are in poverty.

### **Grief:**

Regret and remorse are the two feelings which best describe grief. It is a

stem from the pain of loss or failure.

## **Fear:**

Defensiveness and paranoia are found at this level. People who are punitive, anxious or withdraw are on this level. Also, most people who are living under some type of ruling figure whether it is a king or an abusive partner, are found in this level of consciousness.

## **Desire:**

Disappointment and enslavement to ones desires occur at this level. People tend to be addicted to anything that can allow them to feel better which includes: Sex, Money, Drugs, Alcohol, Power, Prestige and even People.

## **Anger:**

Feelings of vengeance and aggression are present here. When people move out of the addictions of desire and begin to let go a little, they move to anger after a while of not obtaining some of their desires. People are being offered an opportunity here to move up on the scale of consciousness, as the anger can be seen as a source of power.

## **Pride:**

Demanding and prejudiced people fall under pride. It is the level where people begin to feel more positive. However, this feeling is only based upon external conditions being met instead of internal ones, leading to an unstable sense of positivity. Some of the external conditions being, appearance, wealth, careers, etc.

## **Courage:**

Feeling of true empowerment and self-responsibility are beginning to be found here. People begin to realize that they are in control of their own growth and that external conditions are not required for them to feel happy.

You are deciding things for yourself.

## **Neutrality:**

Detachment to outcomes and satisfaction are felt at this level. People are not inspired or motivated to move higher but are at the same time finding some gratitude with where they are.

## **Willingness:**

Inspiration, hope and optimism are felt here. People who see life as one big possibility and have lost satisfaction with staying in neutrality are on this level. Willpower is greatly improved upon and the feeling to do the best you can is present.

## **Acceptance:**

Harmony and forgiveness are associated with acceptance. More self-control is taken and action is take upon things in your life. No longer are you just reacting to what comes your way, you are consciously taking the driver's seat.

## **Reason:**

Meaning, Understanding and Wisdom are linked with reason. Knowledge becomes the focus of your life and one of your greatest thirsts. Most people here become very subjective and ignore the objective. Theories and facts begin to be manifested and less time for activities that contain no educational

value is available. Those involved with researching sciences such as nutrition or medicine are on this level.

## **Love:**

Graciousness and Reverence (Deep Respect) are found at this level. Those who live by the heart instead of the mind, or followings one intuition mostly, are found here. People whose main desire is to help others are vibrating this level. A few examples would include: Ghandi and Mother Theresa.

## **Joy:**

True happiness and Serenity are of joy. Saints and those who are spiritually advanced give off inspiration and stability that is a direct effect of this level of consciousness. Nothing can bother or negatively affect someone at this level. Complete harmony with Source has been achieved.

## **Peace:**

Bliss and Perfection in Imperfection describe this level well. Those who have achieved complete calmness and have completely surrendered to Source are found on this level. Living with the bigger picture in mind and acting for it solely.

## **Enlightenment:**

Pure Consciousness has been achieved. Those who are at this level are living as if they are Source. Those who are at this level act equal to Buddha, Christ or Krishna. It is hard to describe this level any other way, as very few people have achieved it.

# Chapter 6:

## Loving Yourself & Reflections

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### A Societal Deficiency:

Most people today do not love themselves, thus, create a number of issues for themselves and everyone around them. If you are relying on other people or things to "fill in a void" or to make you happy and feel loved,

**You May Lack Love for Yourself.**

The biggest deficiency society has had for thousands of years is the lack of self love. This is actually the number one cause of all arguments and wars.

Because people place responsibility of their own happiness in people and things that are outside of themselves, when someone fails to make us happy, we blame them solely for the fact that we feel unhappy.

As explained in the **Law of Attraction** section, we are 100% responsible for how we choose to feel and until we realize that responsibility and fill in the void with love ourselves, we will never experience true happiness and will continue to have the confrontations and wars we do today.



## Emotional Suppression:

### **Refusing Responsibility:**

When everyone holds people and things outside of themselves responsible for their happiness, they also hold themselves responsible for how other people feel as well. And because of this, many people today tend to suppress their emotions thinking they are wrong to feel the way they do, as they believe that any negative emotions towards others will hurt those around them. Thus, eventually leading to them feeling alone and ultimately, un-loved.

**For Example:** People who hold others responsible for how they feel begin to take things others say or do personally. So when outside people tell them they cannot do something because they aren't good enough, they begin to believe it and experience it as true in their lives. This causes a lot of pain in people, as instead of following their highest excitement and joy, they will go do other things that society deems as more suited to them, all due to their feelings of unworthiness, creating a reality reflective of their feelings.

Also, if people do something that isn't even directly towards another person, that other person may take it personally and feel un-loved, all because he/she places responsibility on other people to make him/her happy. So instead of

working through the emotions brought up through this pain, people rather choose to suppress it because they believe if they don't, others will be upset with them (and they will ultimately feel alone) as they expect others to do the same as them: Place responsibility of their happiness on other people and thus, take things personally.

However, if we choose to take responsibility of our own feelings and happiness and stop placing it on others, we would be able to completely feel and work through the emotions and grow stronger from them, eventually finding an alternative to temporary relief through suppression: **Permanent relief through spiritual enlightenment.**



## How to Love Yourself

### Is it Selfish?

Under the understanding that the word 'Selfish' is being used to express the meaning of working in-harmoniously with people, loving yourself is actually quite self-*less*. Imagine a world where everyone took time to love themselves and did everything they ever dreamed of doing. We wouldn't have wars or argument, as we would all take responsibility of our own pains and feelings instead of lashing out at others. And this doesn't mean we wouldn't have people offering aid to others, as if you loved and took care of yourself in every possible way, you would have no reason to treat others out of **fear (opposite of love)** but you would only want to express love to others as well.

It is more selfish to hold everyone outside of ourselves responsible for how we feel, thus, forcing others to behave **-exactly-** as we want, or more appropriately, need them to so we **-choose-** not to take what they do or say personally. While truthfully, nobody ever means anything personally, we just don't know how to deal with our pain because we believe the illusion that our lives and realities are subjugated by some outer force.

## **Reflections:**

As we are all vibrational beings, we only attract the vibrational frequency we are tuning into. By tuning into the frequency, we begin to broadcast the frequency ourselves through expression. (Thoughts, Words, Actions, etc.) So what does this mean? Everyone and everything you see in your life is a literal reflection of who and what you are. Every belief and feeling you have is a representation of your vibration and thus, so is everything you see. **You literally create your own reality** and that includes people.

Everything you love and hate about people is just to show you what you love and hate in yourself. It is a message created by -You- to help -You- change and grow into the person you want to be. As we are an expression of Source Energy, we want to be more representative of our true selves which would be beings of love. Everyone in our lives are here for us to help us improve ourselves. If you are having trouble finding love for yourself, look for things you love in others, as they are reflections of you and what you love about them is something you love about yourself.

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See the following video on how we all use each other and how our relationships with people depend on whether or not we are using each other symbiotically.

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## Using People – Teal Swan:



## Dreams:

Your dreams are also reflections of who you are. Take advantage of your dreams and go look up what they mean, as they are also a tool to help you express yourself and grow spiritually. [Dream Moods](#) and [DreamHawk](#) are excellent websites to use when looking for precise explanations of what you may be dreaming.

## Follow Your Highest Excitement:

By following your highest excitement which can vary from time to time, you are expressing love to yourself, as you are giving yourself the feeling of joy! **Joy is a stem of love** and is an emotion which is very healing. It is even believed that our highest excitement is our soul's purpose, as it is in direct alignment with experiencing feelings that lead us back to our true self:  
Source.

If you feel inspired to do something, this can also qualify as your highest excitement. If you do not feel inspired but feel urged to do something, this is a sign that it is not your highest excitement, as inspiration is from your soul (it feels good and requires little effort to act upon!) and urges are from your ego (normally out of fear of something and does not feel as exciting but irritating, as it requires more effort than inspiration to act upon).

## Transform Your Beliefs:

If you are having trouble loving yourself, it is more than likely because you have a negative belief holding you back. Your beliefs empower your feelings and your feelings create your reality so if you have any beliefs that keep you from loving yourself, it is highly important you learn how to change them into positive beliefs or you may never be able to fully love yourself. (See

## Clearing Unconscious Programming/Beliefs)

### **Failures, Success in Disguise:**

Make sure you look to see how strong you are and how much you have grown in your entire life. Many of us adopt the habit of looking at all of our failures in life as just that, failures. When in actuality, they are not failures, but mini-successes. These mini-successes have gotten us closer to our individual goals, whatever they may be to you.

**Every mistake or failure we have is a mini-success because they show us what does and doesn't work and get us closer to the path we are looking to take. Without them, we wouldn't be who we are today.**

They make us stronger and much more wise, so be thankful for and love them! And remember, failures are only a reflection of you! If you can love your failures, you will be expressing love to yourself! Be happy for how strong you have become and how much you have grown, as it truly has been able to help you and thus, other people in your life as well.

# Chapter 7: Realities

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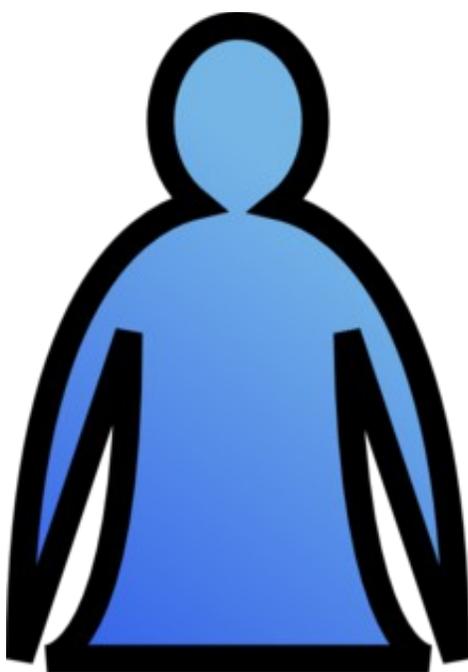
## What is Reality?

Reality is the sum of things that are experienced or seen.  
There are two types of realities, Individual (Subjective) and Collective (Objective).

Both realities are true, but Objective realities are considered Universal Truth while Individual realities are considered Personal Truth.

The difference between the two is that Objective Realities will happen regardless while Individual Realities happen depending on the Subject.

However, even if the Objective Reality is occurring, you do not have to experience it, as your experience is completely up to you.



## Individual Realities (Subjective):

As the definition above states, reality is the sum of things that are experienced or seen. As explained in the **Law of Attraction** section, our feelings which are dictated by our beliefs, bring in the things we experience or see, thus, creating our own realities.

Ever heard the phrase: "**Seeing isn't believing, believing is seeing.**" ;]

Everyone on the planet lives in their own reality. To one person, something may be real to him but not to another. This is because these people are on different vibrational frequencies, as they have different beliefs. They do not tune into the same frequency which is why they do not experience the same reality.

You literally are the center of your world.

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Here is an excellent video by Bob Proctor explaining how the subconscious mind and its beliefs that it holds creates our reality, as well as how to program it.

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## The Subconscious Mind and How to Program It – Bob Proctor:





## A Collective Reality (Objective):

While people experience their own individual realities, it is not to say that there isn't a universal or collective reality. The collective reality would be the reality that you are experiencing that states: **The rest of the people in my reality believe these conditions to be true and these to be false.** A few examples would include: Fire burns, air is needed to breathe, etc. This was the reality you were born in, however, as you will see further down, you can choose to be in a different one.

There is however, one ultimate collective reality which we all experience in life and eventually are led back to. This reality would be: **Source** which is expressed through the emotion of **Love**. This collective reality is simply the sum of all individual realities which means the sum of all individual experiences. And so, for the Collective Reality to change, we must first change our own Subjective Reality by changing our beliefs, emphasizing the importance of following our Joy and Excitement to create not only a more

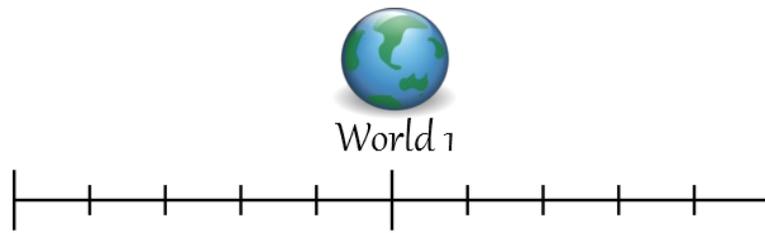
Joyful Reality for ourselves but for everyone in the Collective as well.

Lastly, in the manner of all things considered, there is actually one truth in this world:

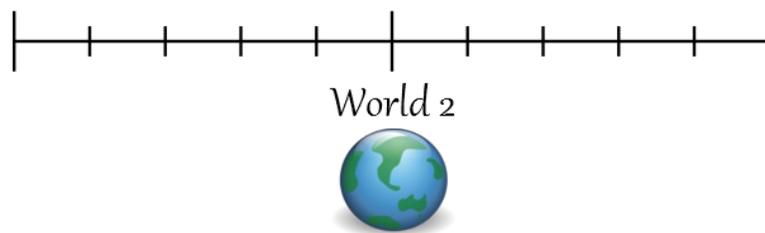
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**All things stem from Source, thus, we are all one. And simply put, Source is a creator and creates an infinite amount of realities which are created depending on what Source wants to see. What Source sees is what creates its beliefs (assumed truths of reality).**

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## *World Lines*



## **Control & World Lines:**

If you are wondering how much control you have over everything in your own reality, here is your answer: Unlimited. You literally have unlimited control over everything you experience, depending on whether or not your beliefs limit you. This is simply because, you are everything as the core of all is Energy.

## **World Lines & Parallel Realities:**

First let's talk about something called World Lines. It is the best explanation I have found to explain how we change realities. Picture a time line from the date someone is born to the date that person dies, this is what we will call a world line. Between these two dates lies all of the experiences a person went through in this world line. In a world full of possibilities, it would be illogical to think that Source would limit itself to only a certain few

experiences. It is believed that there are an infinite amount of world lines, all of which differ each other by even the slightest change but also the most vast.

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**These world lines are able to be tuned into whenever we want and in fact, we are changing world lines almost constantly with every decision we make.**

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To explain further, as time does not exist, all of these world lines exist simultaneously. However, while each can be accessed individually, they cannot all be accessed by us at the same time and for good reason too. For our physical minds, experiencing all world lines at the very same time would be chaotic and too much to process. Thus, the reason for many different forms of consciousness existing and many different lives as well. But it's not to say it couldn't somehow be done, you would just have to believe it. ;] However, for Source, this is easy to do, as Source is unlimited by physical boundaries and literally is the sum of all things existent. And so, through everyone and thing that lives, Source experiences all at once.

This is one reason how we have unlimited control of our realities. It is also how anything that is changed, including people, is not being done against their free will. All that is happening is we are all deciding to experience a certain world line at the same time. Everything is a mutual agreement.

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**Here is a Wonderfully Made Video Discussing how the Universe MUST Repeat itself.**

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## **Infinite Charlies – Charlie McDonnell**



## Controlling People:

The quick answer is yes, you can change people. They are **reflections of you** which means they stem from you and only you control what you experience. ← But that truth is also reflected in them which introduces a Paradox: You Cannot Control Others.

*However, if by chance you do 'change someone' **it's not actually changing the person** but instead is you switching to another reality / world line where that person has become what you desired. Although, it is also more truthful to to say **Influencing People to go in your desired direction.***

It is always a mutual agreement (conscious or unconscious) with each person to be in each others presence, and to influence the people that come into your reality, you must first change yourself, or your **beliefs which empower your feelings.**

**Furthermore:** If you are wanting to change someone for any reason at all, that means you are wanting them to make you feel better or fill in a void of something you feel is missing inside of you. If there are times when you want to control certain people because you feel like you cannot live without them and you wish to change them into everything that would make you happy, you will get stuck. And the reason is because what you truly want is to be happy and feel loved, which comes from within, not other people. This is what you actually have your focus on, **the lack of happiness and feeling loved**, thus, your vibration reflects such – and those people are influenced to act the same. Remember, you create every experience you have which are reflections of your focus and feelings, to help push and guide you on the path to **Self Love**. Also, would you want to be changed or controlled by someone?

## Other Forms of Control:

You can go as far as even changing the assumed collective reality you are experiencing, as in truth, you create your own reality and this includes the collective reality you are a part of. A few examples are listed below.

1. Men walking on hot coals and not burning their feet, when it is collectively believed that fire burns.
2. People surviving off of energy from the sun or energy from the air they breathe (Sun-Gazers and Breatharians).
3. According to the Bible: Jesus walking on water, changing water to wine and Moses splitting the red sea.

With enough positive focus, you can overcome your collective reality and take control because ultimately, ***this collective reality is just the reality you have chosen to experience based upon your own beliefs.***

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**Here are a couple of videos by Bashar explaining more intricate details regarding Parallel Realities and Manifesting Specifics.**

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## **Parallel Realities – Bashar**



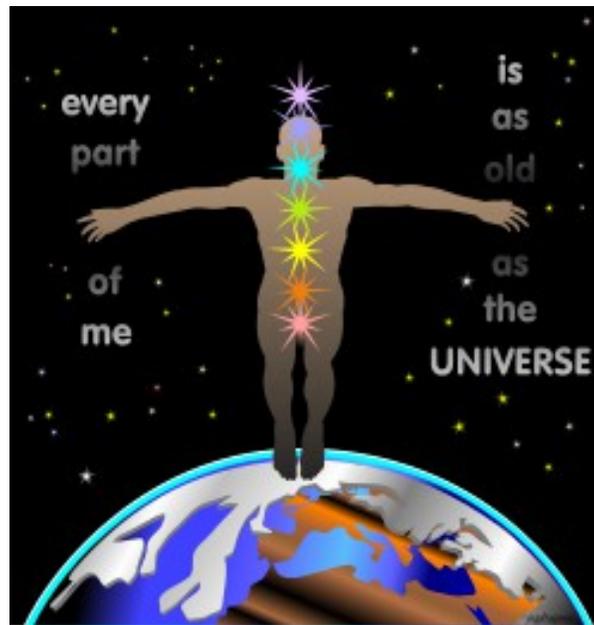
## Manifesting Specifics – Bashar



# Chapter 8:

## Soul Age

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## What is Soul Age?

Soul age is just what it sounds like, the age of the soul. However, it's not measured by the number of years a soul has been "born" but of how experienced the soul is in The Human Experience.

### **Benefits of Understanding a Soul's Age:**

While it is unnecessary to have any knowledge about the different ages of souls, it can prove very useful to those seeking to understand all others around them. Understanding others around you can be very helpful in

forgiving and spreading love to them, especially if they are considered negative beings to you. If you have ever wondered why people always act in a certain way or why they stay stuck in fear, are in-compassionate and rough while some are just outright loving, compassionate and gentle, it is mostly due to their soul age.

## **Age Types of Souls:**

There are 5 different type of ages among souls and all have different varying levels of perspective. These include: Infant, Baby, Young, Mature and Old souls.

Each of these age types also have 7 levels of experience and understanding. And no matter your age type, you can move up and down throughout these levels and sometimes even types during your life experience. However, moving up and down on the age type scale doesn't happen as often as moving up and down through the 7 levels, and when it does happen it normally is between only two age types. This happens if the soul is having tough experiences and decides to go back to its comfort zone.

**Here are a few charts to help you understand the differences between age types and levels. Credit goes to Danny Searle for putting these together.**

**[Click Here for the Charts](#)**

If you like his work, he also has created videos to further explain soul ages along with other videos that cover spirituality and ascension in much detail.

You can find his videos here:

**<http://www.youtube.com/user/PathToAscention>**

I also encourage you to donate to him if you find his work helpful and feel you wish to give back. You can donate to him by going here:

<http://dannysearle.com/>

**Thank You For Reading!**

**:)**

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