

ASCENSION HOW-TO

- Foreword

In this book I address a lot of things.

I analyze (break down) to gain in-depth understanding while I also have the more whole picture in mind, both not-analysis (not breaking down) and synthesis (building up from which was broken down).

In words I can give you only the analysis part, along with a few waypoints towards Wholeness.

It was my intent to put forth information and ideas as clearly as possible to ease the understanding process and also to be able to communicate to an audience as wide as possible.

Even so, it is possible that you don't 'resonate' with the content of this book. Do not let that bother you; take what is useful to you and leave the rest.

Enjoy!

Much Love,
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1. The Basics of Creation

This introductory section will give you a short overview of Creation, the Structure of the Universe and our relationship with God. Are you ready to take a little step beyond linearity?

Let's start straight from the middle.

**The universe just is.
Everything is possible.
NOW!**

Another way to formulate it is

I AM!

Let's take a closer look on three aspects. "I AM!" means all these and practically everything else too.

- I AM all that IS

This is what we primarily mean when saying "I AM". There's only One consciousness and it is I/You/God. Everything is possible. No limits, no boundaries. **Love.**

- I AM a part of what I AM

Creation is God's ability to focus. The Creator aspect of God/You/Me (the Father) focuses on the Creation aspect of God (the Son). So, besides knowing, He gets double fun: He experiences creating and also the experience of being created. There's also a part of himself that sits back and enjoys the show.

It may help you to grasp the very essence of things being said if you keep in mind that time and space are also creations. It can be confusing to think of Creation as a process. **IT IS. NOW.**

He looks at himself from different perspectives, but he is still One. We are not only a part; we are a part AND the Whole!

Here's a little mental exercise: Imagine you're standing face-to-face with yourself. You look yourself in the eyes from both ways. Who's the real you?

- I AM what I AM not

The Whole thought it would be nice to give to the created aspects the ability to deny their connection to All.

It is the choice to define ourselves in relation to something we are not. Fight, fear, battle, conflict, contradiction, illness, opposition and paradox become a reality that can be experienced.

This is called Duality.

It is possible to overcome Duality, and it requires only your resolute choice to do so. The process is called Ascension.

What do you choose?

2. How to deal with fear

Fear is the inability to understand/love/become one with the object of fear.

Everything is easy to do if you know how to do it; it's the same with overcoming fear.

When you figure out your goals and how to achieve them, the word "effort" becomes meaningless.

So, let's take a look at the steps which lead us to fearlessness:

- Get to know your fears
- Get to know the source of your fears
- Step into the things feared
- Make the negative flow stop
- Enlighten all

It may be more accurate to think of these steps as aspects, because the actual process of overcoming fears is simply an elegant shift from a state of fear to the state of Oneness.

They are just an obstacle in your path of becoming a joyous, radiating and powerful person, easy to overcome: pay attention, avoid denying.

Ending the state of fear ends the state of fear.

Get to know your fears

Logically, to overcome your fears, you have to be aware of their existence first.

The maximum denial and non-aware ignorance can offer you is a kind of satisfaction of not having it worse.

Ask yourself: *What is that I want?*

The important thing is to understand your fears, because if you completely map out your fears (and fears behind fears) they lose their power, they no longer get it from you.

After that, only a little nudge is required and they fall apart.

Write down all your fears. Think of everything you must or can't do. What people, places, activities, situations, character traits etc. are you afraid of? What do you like, what do you dislike? Do you dislike it because you're afraid of it?

What do you think where your limits are? Think BIG. Analyze it in relation to "Everything is possible".

Give a definition of yourself and examine it. You can probably find some limits implied by it.

Where are your limits?
Self-imposed laws, social laws, physical laws?
Linear thinking?
Time and space?

Do you feel that you **MUST** overcome your fear? Then it is very likely that you have another fear you should overcome first.

Get to know the source of your fears

The state of fear is a state of limited, restricted awareness and of limited, restricted choices. Fears try to divert you and make you unaware of their true nature.

If you try to enlighten a fear that is not the source, it is possible that your energy/will/focus will be diverted from the source of fears, and the fears would continue to manipulate/backstab/steal your energy.

If you think it's not working however you try, if you don't feel the bliss/joy/love/empowerment of overcoming your limitations, don't despair. It is not wrong to feel like that. Observe how your awareness is being diverted, and keep succeeding.

Step into the things feared

This source can be perceived as a thought, a word, a darkness drawing your energy into itself. It can also be a defiled color, sound, movement or a place in your mind or body (a 'hole in your aura'). Find a form for it which is more loving, a form which would suit you better.

Without this source to rely on, the things previously under fear will balance themselves, they will find their true selves and become radiant.

Embrace, bless, enlighten. Vanish the illusion of separation.
It is not separate from you.

Make the negative flow of energies stop

Gather up your courage and say 'not anymore!'.

Enlighten all

It's easy to overcome a situation in which you feel you are powerless or not worthy enough.

You are powerful. You are worthy.

There's no point in wanting something you already have.

Know you are powerful and there's no stopping you!

3. "Can't" and "must" fears

There are two general forms in which a fear can manifest: I call them "can't" fear and "must" fear.

"You can't. You are unable to do this. You are weak. You are stupid. You are worthless." - these are things a "can't" fear would tell. This is a category of plain, simple fears, easy to recognize. These fears can be hard to overcome, but at least you know what you are dealing with.

'Must' fears tell you: "You must. You have to. There's no escape. There's no other way". These fears enclose you, taking away your ability to think straight. They are usually accustomed to and not questioned often, therefore are manipulative and hard to recognize.

"Can't" blocks one path. "Must" blocks all paths and tries to make you go backwards on the one you came from.

It's relatively difficult to deal with a "must" fear, because it's not a single fear, but a bunch of them.
Be observant.

A "can't" fear appears when you decide to do something and an obstacle appears and blocks your choice.

A "must" fear occurs when you don't have your own will. How can that be?

If everything you do meets denial (if the "can't" fears get too overwhelming), and you allow it, sooner or later you'll go 'blank' and give your will away to energetic vultures. If you do that, you become easy prey for energetic control. "Must" is the word of control over you, it's the way to make you do things you don't want to. If you like to believe in such a thing as hell, complete submission fits the description nicely.

Please beware how you use the words "I must, you have to, I can't, it's impossible" and the like.

People telling themselves or other people "you must this and that" is definitely not something pleasant.

4. Denial

Let's take a closer look at the emotional experience of fear.

Fears are energies that were previously denied by you, that were excluded by yourself.

Flow into them.

Denial is all the forbidding "NO"s you have heard and experienced in your life.

How did denial feel like? Recall, but don't submit to it. Was it powerlessness along with rage for not being allowed to be yourself? For being denied self-expression? How powerful was the rage?

Did it break out in an uncontrollable and undirected way (hysteria)? Did you suppress it totally feeling even less powerless?

Or did the rage build up so much that after directed release you destroyed the he-who-denies's composure and unobstructed energy flows utterly? Did you eat up his energies, making him submit to your will?

If this is your defense mechanism, beware, because sooner or later he too will break out, and if the rage and anger will continue to be your primary behavioral pattern this eternal battle will never stop.

Rage and anger are just an expression of fear too.

The things you fear may react this way, they may be angry with you for not allowing them to Be, for condemning their existence. The things you fear are your dark side.

When you face a suffocating darkness, don't run away. Running away does not really help you, the big angry darkness is still there. This darkness is...

... a darkness because it was denied too much (the strength/energy of Self is lost for him).

... suffocating and angry because it chose this way to achieve a certain satisfaction if it can't have the thing it truly wants: true, unlimited love and freedom (sour grape syndrome).

... if it is 'big', it's because it grew quite good in attaining that satisfaction. It eats up everything in its way; it makes everything follow its warped will and way of existence (it denies).

If the darkness does not primarily revert to getting energy from other

sources, it eats upon itself, lowering its energy and awareness to a certain point. This is the state of depression. Any attempt at 'energy infusion' from the outside won't help (it is discarded/vented to maintain low energy level) unless it is aimed at the core of problems and results in an essential, coherent change in self-perception and state of existence.

It is easier to heal a person (including self) who is 'only' depressed (only self-consuming) than a person who actively steals, subdues, or in a very unwholesome case, harvests energy.

The reason for this is simple: The problem is not 'local' anymore.

First you have to stop the person from subduing others, then you have to empower the subdued persons to be able to shake off the habit of giving up their will to Mr. Suffocator and find their own, and, finally, overcome the fears and problems at the core and heal Mr. Suffocator.

Another word for energetic leeching is possession. It has a slightly different perspective: 'energetic leeching' sounds objective, observable and scientific while 'possession' takes up a more subjective viewpoint, it reflects how the possessed experiences it.

Lesser forms may be common, but possession in its fullest form is very unlikely to occur in any situation and state of mind that at least faintly resembles what we call normal.

In my opinion, every form of mastery deserves respect and even admiration, even if it is the deformed mastery of energetic subduation. Find the fear the darkneses fear, overcome it and make them realize it is indeed nothing by making them aware and powerful enough to be able to overcome the fear by themselves.

They would find it nice to be treated with respect and love instead of fear, just make sure your love is not just fear coated with sweet syrup, but true, fearless and undemanding Love.

Fearing the suffocating dark is pointless.

All is you.

Love!

5. On limits

No one can convince you of your limitless nature if you are determined not to believe it. The only way I could imagine doing that would be to 'enter' the place you think of as yourself. This entering could happen two ways:

1. The first is to force my will upon yours, to overpower you, to drain your energy completely and to place myself above you, making you inferior.

It is clear that in this case instead of making you overcome your fears you would get overwhelmed by them (this comes the closest to the idea of hell, all life-force is sucked out of you). Separation is more present than before.

2. The second way is to get rid myself of all my fears and limits (including those you think of as yours).

This way you and what I formerly experienced as myself become aspects of my/our new, more aware Self.

I/you/God would blast open the part of ourselves we think as 'you' and empower 'you' so much until 'you' wouldn't feel it as an attack on yourself, because you would be so powerful that you could stop my influence and even return to separation should I/you/God wish it.

No separation, we would become One.

This would be one way to define love.

This is why people have a tendency to await for messiahs: It is always easier if someone else does it for you, even and especially if it is about your well-being.

This has a lot of implications in relationships (sexual or not).

A person with limited awareness who's holding on very tightly to his fears would probably perceive even the second way of 'entering' as death. It would seem so because the new limitless self would be different (more 'whole') than the old self which was mostly defined by limitations and therefore harder to perceive, and certainly not in the form as before.

Don't 'box up' yourself, other people or absolutely anything you see/think/feel! You are only fooling yourself.

You might say 'love is about freedom and if you do not respect my choices, and the limits I impose on myself then it is not love'. Chances are that in this case you don't respect your own choices.

Everyone has to respect their own choices only. It is, in fact, impossible to do otherwise.

If it is truly your will and your choice, it is the true will and choice of others too.

6. The valley of shadows

I have talked about what it is like to get your energies 'drained' and also about persons/beings/energies who do this. There is actually one thing worse than that: A network of such beings.

Let's see what it takes to become a ruler of a certain reality by subduation:

1. Subjects.

People who are willing to submit their personal truth and power to you or can be manipulated into it.

2. Motivation. Why do it?

Basically there are two possible answers. The first is '**Why not?**'. Think about it: This is the only truly acceptable reason for anything. This decision is made on the godlike or nearly godlike state of being. The realization of this mostly reverts to the second possible answer: '**Because I am afraid**'.

3. Willpower/cunning/knowledge coming from fearlessness/awareness. This may seem a bit paradoxal: First I said we need a fear for motivation and now I say we need fearlessness for power. This is correct.

There has to be great initial fear/limited perception of reality that fuels negative and energy ripping behavior/state of existence, and also fearlessness on other 'places'.

For this reason fear driven power cannot be as powerful as the power that has its source in 'Why not?', the freedom of choice and limitless existence.

Pay attention.

7. The Void

After you overcome all your fears, you arrive at a place/state of mind of great regeneration called the Void.

If you like to perceive it as a place, it is like vast empty space. Not choking or limiting, it's dark in a peaceful and choiceful way.

Choicefulness - the source of strength.

It's very refreshing to just float around, meeting no resistance.

True peace comes from peacelessness, for if you control/become one with disorder, you gain peace.
Therefore, the greatest stability lies in having no ground under your feet.

This is where you can find yourself: There is nothing to do, yet you are powerful and able to create from this magnificent nothingness everything you want.

It is the emptiness you project your will upon. It is here you are able to define yourself, to give form.
All is you.

If you like to perceive it as a state of mind, it is awareness, the ability to see beyond various limitations, for example limitations of our Matrix. You can see it is indeed a construct (not a 'real' reality), a thing that can be changed and not a limitation that cannot be overcome.

Breathe!

If ordinary consciousness is like a box or a few lines of thought/energy, this kind of awareness would be a lot of thought/energy lines (or a box growing bigger and breaking out of itself), growing into the powerful **"I AM" presence** encompassing all.

Freedom.

8. The Maya, Matrices and the Pattern

- Maya, the great illusion.

It is the world that makes itself known to us through our senses - but not only that, it's more like the illusion/reality/existence of the whole creation.

It is illusory and fluid, but that does not lessen its importance, beauty, or reality.

It is / is not. (You decide what is and what is not).

Now.

Don't let its reality get a grip on you or its unreality weaken you into confusion.

The reality which is an illusion is real after all. Matter of perception. You're the one in charge.

- Matrices.

Similar in their meaning to Maya, but not entirely the same:

Matrices are more like creations within Creation.

They are a step between Maya and individual realities, if you wish to see it from this point of view.

A matrix is a thing that comes closest to the idea of objective reality.

- Pattern.

There is a part/aspect of All where we can observe/experience stability, continuity, relativity, complexity, causality, structure, various structures of space and time.

Including what we usually mean under 'rational' and 'logical'.

A good word for this is Pattern.

It is a more fluid alternative word/perception for 'Maya' and 'matrix'. More accurate, also, if there's such a thing.

There are patterns within patterns within patterns.

There are patterns which are Matrices, and the whole Pattern (if you like to believe it's definable) would be Maya.

- Else.

But then again, there is non-stability, non-continuity, non-relativity, non-complexity, non-causality, non-structure. All that we call irrational. Things that elude formulation, but not necessarily experience. That's the beauty of it!

Two sides of the same coin.

Most of our problems originate in being stuck in one reality with heavy self-limitation, and I don't mean our 'objective' reality only, our matrix, but more importantly the exclusive individual realities we create.

Perceptions of realities are realities too.

Creating individual realities is very fine, no problem with that, but if we make them exclusive to the realities/thoughts/feelings/energies/consciousness of others (if we put harsh limits to acceptance), problems like those we can observe in our society come into creation.
Gain consciousness and shift perception!

Please note:

Words are slippery. The division I made before is generic and arbitrary. If it is of no use to you, discard it.

I/You/God/The World just IS.

9. Essence

Clear away fears, accept, embrace/energize, love, reconnect.

Change.

Your choices/possibilities widen until they become Light.

Having reached the Void, you create space for yourself to Breathe.

You find/choose/create Yourself.

Your will is like a laser-sharp sword, able to cut through any limit or boundary.

You know what 'freedom' truly means.

You know you are healed because you notice a true, powerful smile on your face coming from your heart.

Peace/balance flows through your self/Self.

You are able to say: 'I am restored.'

I AM RESTORED!

10. Wholeness

To Heal is to make Whole.

By healing we wish to make whole that which was whole (possibly differently whole than we wish to make it) but is not now.

All we have to do is to remember that which we heal and enforce its former/future beauty, joy and power of wholeness.

A beauty, joy and power which IS.

Not only persons can be healed. It is in your power to heal all that you extend your Self to (inanimate objects, places, thoughts, ideas, energies etc.).

Healing others doesn't really differ from healing yourself. This is because of the simple fact that others are you.

Healing is done through love, through becoming One. The greater your love/understanding, the more/better you can heal.

Of course, in order to give more complete and more efficient healing, one should attack on all fronts: use modern and alternative medicine, or something completely different - it's all up to you.

Whatever you feel would be appropriate.

Throughout this book I talk about healing as making Whole, healing as way of dealing with fear and its manifestations in a most direct way - striking at the core of the problem and solving it from a state of pure choice.

Now I will say a few words about partial healing.
I also call it 'curing' or 'partial balancing'.

A good example for partial healing is standard medicine:
I go to the doctor, he gives me diagnosis, prescribes some pills. I get the pills, use them regularly and hopefully wait for the disease to subside.

My involvement in my healing is minimal; I don't have to think about the cause of the disease nor do I have to change my life.

Most importantly: I don't have to face my fears.

It is partial because it deals only with one aspect of Self, in this case it is the physical body or more probably only a part of it.

It cures most of the time the effect but does not heal the cause.

Proper cure of the physical body or other part/aspect of the Self gives a boost, a chance for the whole to shift its consciousness and perception to a less limited or unlimited one.

And thus heal itself.

This chance, this help is either used or ignored. If it is ignored, the disease will manifest itself again somehow.

This is why techniques which deal with the consequences instead of the source of problem work if they work at all.

Anyway, my advice is to strike primarily at the source of the problem; secondarily at the effects if needed.

If we take into consideration the sorry state in which the vast majority of people is in, for complete Healing great reordering/restructuring of perception of self is needed.
This can be quite a challenge.

Our society in its current state tends to deplete health. Just take a look how an average person loses health during his life: healthiest as child, the problems add up as he gets older, finally resulting in some serious diseases after a few decades of life.

Rarely is one rejuvenated later in life; 'fixed', 'patched up', yes, maybe, but not rejuvenated.

'Maturing/aging process'? 'Normal'?
Unfortunately, it is normal. But no way does that make it natural and wholesome.

So, what I'm saying is that not only complete healing can be a challenge, but also maintaining that state.

But don't let that scare you, you're not alone.
You like challenges, don't you? :o))

I present you tools:

Backbone.
Structure.
Structurelessness.
Wholeness.
Freedom.
Power.
Clearness.
Candor.
Love.
SELF.

These are good tools. Use them well.

ENERGIZE!

11. To heal or not to heal?

- Unwillingness to be whole

Remember, however strange this might sound to you at first, that in some cases (or from another perspective: in all cases) people experience negativity because they wish to experience it. How can they gain control of it and heal it if they don't wade into it, no? So, in these cases it might be best just to leave it be. Unless, of course, this is contrary to your desires.

I advise to always make **your** desires first priority, and, at the same time, to expand your awareness and definition of Self to include others too, so that you could effectively accomplish Your desires, with no friction with the desires of others (your desires would incorporate the desires of 'others' too).

People always do what they want, even when they think they do not. So, if you do something for someone else, know that you did it for yourself - again, the perspective varies with the perception/definition of Self.

- Fear of being healed

People like to receive the solution to a problem from outside themselves.

If the approach is:
'I want to be healed but I don't want change',
the result is just that:
Wanting to get healed and not changing.

Clearly, this approach won't help the actual healing process; it doesn't work because it contradicts itself.

To be healed requires actually accepting the state of health and power.

A non-unified, fearful mind battling itself weakens; existence becomes a shadow.

If the person is afraid of being healthy, if he is afraid of who he really wants to be, the result is stagnation in the state of wanting to be whole on the conscious level and wanting not to be whole on the unconscious.

The solution to this problem is obvious; push the unconscious content of your mind into the conscious realm and stop being afraid.

Just do it.

12. Social systems and structures

Some social systems and structures may suit you. Some may have nothing to do with you.
Others might hinder you to a greater or lesser extent.

An advice on dealing with the latter kind:

Change the things you have power to change.
Change your perception in order to gain power to change the things you thought were unchangeable.

Systems are tools; they may be fit or unfit, in relation to what you wish to achieve.

Tools can have a lot of different uses, depending on intent. Their use you could categorize as something you approve of or something you don't approve of, all in relation to you and your wishes.

Think about global scale systems, and also systems more local to you and how you relate to all of it.

You might wish to use some systems.
With some of them, you might wish to have nothing to do.
Others, still, you might wish to change, disrupt or nullify.

Social systems and structures involve people other than yourself and are therefore 'harder' to change.

As I said, such systems and structures are not inherently 'bad', they may not suit you but they may suit others.
In these cases you would probably not want to meddle in other people's affairs unless it threatens your own (or Own) happiness. And there's definitely nothing wrong with that.

My point is:
Allow, don't exclude!

If people do things differently and they are happy with that, well, let them!

Sounds simple, "everybody knows that", right?
Well, even if it is so, most people don't act like if they did so I think it deserves to be said anyway.
The important thing is that *you* know for *yourself* what *you* want.
Know thyself.

Whatever you do, build on love instead of fear.

In the next few passages I shall very bluntly express my opinion on several social structures and systems. The reason for my bluntness is simply that I seem to be unable to find a better way to say it. Here we go:

Various current forms of armed forces, states, businesses, politics, schools, employment structures, marriages, etcetera etcetera
- stupid, stupid, very stupid.

By now you have probably concluded that something is missing: either in what I have just written or something in my head. I wish not argue about the latter but I will explain the first.

My statement is based on the assumption that the great majority of people know who they are, know what they want and are fearless, aware and loving people who care for their well-being and the well-being of others.

With my premise faltering, my statement can hold truth only accordingly.

My intention is to fix the premise to find a level which would be more to my liking.

What is *your* choice?

13. Meditation

Let me start by telling you what you should not do in order to meditate:

Don't try to empty your head, that is, don't actively pursue killing every thought in your head you are aware of.

This is what a lot of people think meditation is about.

Our goal is to unfocus our everyday thoughts and perception, yes, but focusing on them in order to unfocus them? Come on...

Resistance gives power to the resisted; no point in that. Duality based thoughts are not helpful in achieving Wholeness.

The problem does not lie with thoughts in general.

It lies with limiting ones which we have incorporated into our everyday thinking processes.

These are the thoughts that say to you "you must!" or "you cannot!", either directly or indirectly.

So, my advice to you is to overcome the fears which produce these thoughts.

After that, feel free to do whatever you want, it is all your decision. You are not limited anymore.

After all, the idea of 'having thoughts' may not be particularly useful to you.

All IS.

You ARE.

An aspect not separate from you we can call 'thinking'. But, are you sure you always want to label everything?
Take a break from such things.

That's what meditation is about.

14. Ascension, Light, Enlightenment

Ascension - transcension with a sense of 'upward' movement; the goal is Wholeness.

Enlightenment - the act of Enlightening or the state of being Enlightened.

To Enlighten means to free from fears and limits, to shed Light upon.

I prefer the term 'Ascension', because it places more emphasis on the Self: it is you who is doing it.

It is not granted to you, you do not become enlightened by an outer god.

'Enlightenment' has passive overtones which suggest that it is someone other than yourself who is Enlightening you, and because of that, it carries less accuracy.

The Light is awareness, and an expression of Self in a fearless and Whole state of BEING.

The form associated with it is the form of Star; it has a Center, with all motion and radiation outward in all directions, encompassing Infinity and thus rendering Infinity meaningless.

It is clear and direct. Each ray of Light is a possibility unblocked, a connection of Oneness between two aspects of All.

For Light/light time does not exist as a basic reality; it is everywhere/everything in NOW.

By ascending you indeed become Light, but it is your conscious choice and effort.

It is possible to become enlightened by someone else (for example an energetical healer), but that's only a short term solution, good only for showing you how it should feel like.

It's unlikely that one could uphold the state of enlightenment if he did not get there out his own power.

As you ascend, you become more understanding, more loving and your definition expands more and more. You begin to look up on and feel everything as Yourself.

You observe/know/create yourself, your feelings, your thoughts, you assume ultimate responsibility.

The choice is yours.

"GOD'S IN HIS HEAVEN.
ALL IS RIGHT WITH THE WORLD."

15. "Good" and "bad"

The terms 'good' and 'bad' do not have unified meanings, people tend to define them differently.

Whatever is the definition, the perception, and the application of the definition, there is a tendency to identify yourself with 'good' and reject all that is 'bad'.

Possibly needless to say, this has no awareness increasing effect whatsoever; quite the contrary. Rejection causes ignorance, fear, separation, less personal power, narrowing of choices.

Fear gives power to the object of fear.

That's not efficient at achieving anything (unless that's exactly your goal).

Fear is not 'bad'; only undesirable - probably.

If for some reason 'bad' is inside the perception of oneself and the division between 'good' and 'bad' still persists, the result is personal friction - loss of stable perception of self-identity.

It practically splits the person's perception of himself in two, the 'good' part and the 'bad' part. This results in a non-unified will, weakening the person.

("I want to do this. But it's bad; I don't want to do it. But I still want to...")

This unwholesome state, this indecisiveness in is reflected in that person's whole being, in his approach to everything, whatever he does.

If he does the 'bad' thing, he himself is 'bad' (bad - something that shouldn't be) and has to self-deny himself somehow, taking the form of either mental or physical torment, punishment.

That's the explanation for the need of penance. "See? I punished myself for being bad, now I can be good again. I won't be bad again, I'll do as you say. Don't hurt me again, I'll be good.. Please..."

Being lost: escaping/denying oneself, oneself's "dark side".

Fear does not help you solve a problem.

It helps you to state 'the solution is out of my reach' and ignore it.

If you are convinced the solution is out of your reach, then it is.

The only reasonable use of these words is their meanings being 'efficient or not efficient in relation to fulfilling a certain desired purpose'.

16. On judging

'Making a judgement' has two meanings.

The first is to observe, and to make an evaluation on what you have observed in relation what you want to do and who you want to be. To make a decision.

The second one is to call the object of judging either 'good' or 'bad'. I prefer to call this meaning 'condemnation'.

'Condemning others' equals 'condemning yourself' out of the simple fact that 'others' equals 'yourself'.

My advice is: judge without judging.
That is, make decisions without condemnations.

Make decisions in respect to the current situation but don't close off other choices, either yours or the other person's.
Be aware of a 'higher' truth, a broader perspective.

Even judging someone seemingly positively from your point of view (for example: He has good manners) may not be to that persons liking.

Why? Because you might imply by the tone of your voice or by the nature of things you say that other persons or other behaviour that doesn't fit into this category is condemned 'bad' by you.

So what's the problem? The problem is that usually there's a big difference in how you perceive that person and who what person really is (and even how that person perceives himself). You perceive only an aspect of that person, treat it as 'good' and condemn the other aspects by implying they are 'bad'.

This can be done out of simple ignorance, or, for manipulative purposes. Here's an example simple and descriptive enough. Not to mention ugly:

"You are a good girl. You will keep on doing what I say, you don't want to be bad, now do you? Good, of course not. Mama doesn't like bad girls. You are a good girl."

After all, people like to be liked, and if you don't exactly know what's going on you can be easily led by your nose.

If you are one of those people who think they are right opposed to everyone else (who are wrong), I suggest to give up this fixa idea and change your ways, because:

1. It's bad for your health.
2. It's bad for the health of everyone around you.
3. It's ugly and inefficient, and will get even less efficient as people start paying attention to what you are really doing.

Condemnations tend to close up on people and even if they accept them, sooner or later they will break out, and the condemnations will backfire on the one who condemns.

Closing off probabilities (parts of your Self) will just push them out the reach of your awareness and still influence your life in form of fears.

Accept, harmonize, energize, be Yourself.
No harm can get to you then, because 'harm' becomes meaningless.

Pay attention. Be Aware.

17. Learning, unlearning, knowledge

Learning is the process of acquiring knowledge.

It is what you do in the interval between the state of unawareness and a state of awareness on a subject.

Widening the time interval to infinity renders the concept of 'learning' meaningless.

Also, nullifying the time interval makes knowledge instantaneous. Instantaneous knowledge is possible.

As with almost all things in this world, it is a matter of perception.

Reality is changeable. You bring things into existence by moving yourself, your perception to a state sure knowledge.

The phrase "knowledge is dangerous" can be interpreted two ways:

1. Inexclusive knowledge and awareness, and the power/ability to learn is dangerous to those who like control over others.
2. Exclusive knowledge is dangerous for yourself; 'knowing' something can prevent you learning otherwise.

Therefore the warning to be careful with knowing: It can be limiting if you close off possibilities with your 'knowledge'.

Aim for knowledge which is made out of complete 'not-knowledge', that is, where you know things could be different, but are what they are because of your choice.

That way, knowledge does not limit but allows.

Choose wisely what you decide to know.

I advise you to know non-exclusively, allowingly, preferring knowledge which widens possibilities instead of limiting them.

The greatest problem with the learning process is the following:

You cannot place a large, solid rock into a jar smaller than the rock.

Rock Analogue for desired knowledge.

Jar Previous limiting mindset and perception of the world. Exclusive knowledge, which has to be unlearned first to be able to absorb/embrace the desired knowledge.

The most widespread idea of learning is like trying to place that big rock into the jar, unsuccessfully over and over again, with an occasional slight change of the form of the jar 'by luck', that is, on an unconscious level.

These changes can happen when the person is relaxed and not thinking about 'trying'; when the jar's form is not so unchangeable.

This is how the most widespread idea of learning looks like.
Its efficiency/effectiveness quotient is terribly low if your goal is to actually learn something.

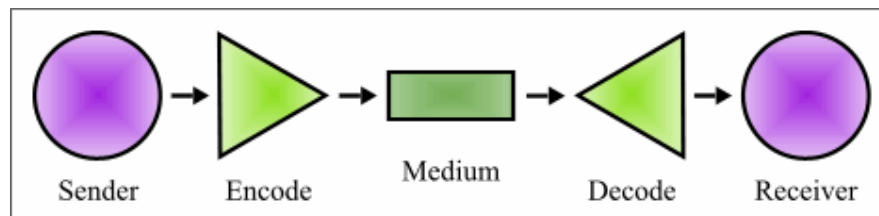
The solution is:
Allowance, acceptance, awareness.
Make it part of yourself.

Love what you wish to learn.

18. Communication: Language

Languages are definitely a useful way to communicate. I think of languages as words and a set of rules on how to arrange these words - vocabulary and grammar.

Communication using language (notice the roots of the word 'communication': to commune) is based upon the following idea:



The Sender formulates his/her thoughts (codes it) using language, transfers it through a certain medium to the Receiver and he/she preferably associates with the code the same thought the Sender had in mind.

I have assumed for the sake of simplicity that the medium transfers the code without errors (there is no 'noise').

This is the idea; beautiful, simple and elegant.

The first problem is that you can express only a small part of what IS, you lose information in the process of coding your thoughts.

Let's have a simple example: "A girl on a street is wearing a blue shirt." What girl? Which street? Which shade of blue? What else is she wearing? What is everyone else doing? We can't find that out of this sentence.

Your response to these questions would likely be "Who cares? I'm not interested in all that stuff, all I wanted to know is that there is a girl on the street wearing a blue shirt."

And that's okay if you don't need more complete info, using language in this case is satisfactory.

But.

Let's say we have the sentence "Look how nicely this plant grows!" and that you would like to have all the info on this plant's growth. If you look at it from the outside you could gather tons of descriptive information (especially if you are a botanist), but you would not be able to tell another person using language how the plant experiences growth, even if you do know that.

Information is not just coded, but 'compressed' too, resulting in loss of information.

The second problem lies in the code-decode process: I think of something, say it, you hear it as I said it, but it means an entirely different thing to you.
For example take word love.

When I say love, I think of a sense of freedom, limitless choices and being All. Loving someone would be conveying this sense of freedom and limitless choices to another person, empowering/healing them, becoming One.

Contrary to this, when most people hear the word love, they think of 10-20% or less unconditional love lost in 80-90% of fear (addiction, jealousy, limitations, powerlessness, etc.).

So you see, the two ideas of love are almost oppositional if viewed from the plane of Duality.

To avoid this, try to define the words you use as precisely as possible, or if this is not useful in a particular conversation, try to use them as the person you talk to defines them.

It's likely that they don't have a clear definition in their mind but something jumbled up from traditions, customs and experience, so be careful.

Let's sum it up in order to get a clearer picture:

There are two problems to language as we know it, the first lies within the limited nature of language itself and the second lies in our non-unified use of language.

We can somewhat reduce the first problem by introducing new words and phrases (or new meanings to old ones) and get them accepted by everyone (fairly hard to do).

For example, I like the word 'simulflow' introduced by Frank Herbert as it is a nice descriptive word for non-linear or multi-linear streams of thought / awareness / state of mind.

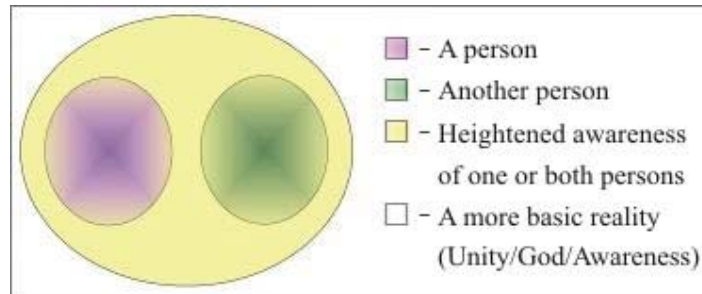
We can solve the second problem by knowing what we are talking about.

You have surely noticed that sometimes instead of a single word I use a multiple word slash structure, like energy/will/self or I/You/God. That's how I try to avoid strict (and in these cases less accurate) formulation required by the use of language.

Strict formulation is useful most of the time, but not when the appropriate words do not exist or there is a lack of experience to back up the meaning of words already existing.

19. Communication: Telepathy

Telepathy is unity based.
Here's the idea:



Strict separation of the persons communicating is nonexistent. The person who is trying to get telepathic has to put away his limited perception of himself and embrace the energies he formerly thought/felt as not being part of himself.

Every fear/limit overcome increases the clarity of perception and the power to change energy flows and structures (and thus increases the ability to convey a message).

Constant, heightened awareness (of All) is in itself the receiving part of telepathy and it is very much possible to observe/receive a person's energies who is not aware of this.

I should mention that this is not "reading the mind", you don't get to know the words that are formed in that other person's mind.

Why?

The first step you get to notice the so-called body language. It is certain gestures and movements which clearly allude to what the person does, what he thinks and how he feels. These gestures are mostly conscious or semi-conscious.

The next step is 'refining' this perception of body language by paying attention to things which are not so obvious: the twitch of the little finger, the flexing of each muscle, eye movement, breathing, attitude and posture, unconscious and inobvious gestures. While 'simple' body language is easy to understand because of the clarity and perhaps commonness of the gestures, 'refined' body language is harder to understand because even if we notice it, we may not know what caused this certain quality and it's meaning may elude us. That's why self-observation is important.

By observing our behavior/demeanor, we can become aware of how we behave, our movements and the forms of conscious or unconscious expressions we commonly use.

By observing our thoughts and feelings and the connection between these thoughts and feelings and our behavior, we gain knowledge of ourselves and also knowledge of others because the similarities in our and their behavior let us gain insight into their mind/heart/self. ("Aha! This how *I* acted like when I did/thought/felt like this and that!")

By even more in-depth observation we likely have to give up the limitations of language and linear thinking, and associate colors, sounds, sense of touch or other qualities to the things/energies perceived. By observing the flow/radiation of these energies comes the realization that all **is indeed one** and that **it is YOU!**

You know/feel/are the powerful presence encompassing all.

Back to the question of why telepathy is not really "reading the mind". The self of unaware or less aware persons (eaten by fear and limits) who have given up all or part of their personal truth and power has much more unconscious than conscious content, and the conscious will is often contrary to the unconscious. The conscious will is even often contrary to itself!

Another thing is that even the conscious part of ourselves isn't putting everything into a formulated stream of words, and is even further from putting everything into a *well* formulated stream of words.

So, as you can see, telepathy isn't about picking or putting words into a mind separate from your own. All you do is observe/change/live your own Self (it's just that this Self isn't what we ordinarily refer to as self).

If you insist on wordlike telepathy, I can think of three ways to do it:

1. The first way is similar to a form of channeling: You observe into detail the other persons physical and energetic behavior/presence and use the words and way of thinking that are the best match for that presence and what it tries to express.
2. Attain a very high level of identifying yourself with others. This way, if you are able to achieve it, the thoughts are your own and you can read your own mind however and as ever you want to.
3. If the person you are trying to communicate with is a 'clear' person (aware, radiating, enlightened, honest, fearless, powerful, loving - it's easy to recognize such persons, especially if they belong to the opposite sex. Just don't forget to breathe and be sure to pick up your jaw from the floor afterwards. :o)) He/she may project his/her thoughts in such a way to make it very easy for you to understand. Even in words only if that is his/her choice. This way is very similar to the previous one, the only difference is that here someone else is loving *you* very much and has accepted you as him/herself.

It's stupid in a way to try to force a more basic reality into a description limited by language unless you are enjoying it or using it as a tool complementing whatever you're doing or whoever you are.

Direct awareness reduces most of the time the need for language and unnecessary associations with symbols.

Just remember that words and sentences are just a way (among other ways) to express Truth.

20. Consciousness

- Structure

There is only one Consciousness with many, many abilities, including the abilities to focus, to unfocus, to thicken and thin, to change.

The ability of Consciousness to look up on itself however it wishes.

It can layer itself, it can part itself, and it can regain Wholeness again while never losing it.

There is a part/wholeness/place/time/emotion/feeling/thought/
form/essence/light/chaos/power/energy/
flux/whatever we think of as ourselves.

From this point of view, there's no such thing as not being conscious. Animals, plants, inorganic material and even thoughts/ideas (concepts, notions) are conscious to some level.

We can think of Everything as the (possibly successive) embodiment/manifestation of God/Consciousness.

Selves, realities, places, times, universes, visions, aspects, perspectives, spirits, souls, energetic bodies, physical bodies, whatever; not same, but One.

- Form

The degree of detail (structure, coherence) you give into something determines how 'real', how persistent it is.

For example, if you create a thoughtform of a person you know and infuse it with sufficient detail, you actually create/summon that person.

With sufficient detail, it would actually *be* that person.

In other words, from a slightly different perspective:
You 'summon' that person - you create a form/body (manifestation), he/she sends an aspect/part/wholeness of his/herself there, and this makes it possible for that person to take on that particular form.

This for example enables telepathic communication which looks more like a normal conversation.

The difference between thoughtforms and 'real' forms is **detailedness**; how interconnected something is in its relations to everything.

This is the secret behind visualization techniques.

Now we know how to make more 'real'. And how to make more 'alive'?
By uncloaking possibilities and giving awareness.

Everything you can imagine can be brought into existence.

Once you experience the obviousness of ourselves creating our realities, this becomes self-explanatory.

Dreams are real, fantasies are real - but they frequently seem to be insubstantial.
This is understandable.

Lucidity means radiance, clearness, understandability.

Unfortunately not many things can fit into normal awareness; this level of awareness is not a very lucid one either!

Normal awareness often perceives 'normal' reality and other realities as inconsistent, incompatible and exclusive, and can hold only the one 'normal' reality.
So as we try to change our awareness in a dream/vision to normal, we either wake up or the detail and reality of the dream/vision fades away.

The question is: Can you adjust the 'reality factor' of your desired visions/dreams/realities to the desired level?

The tool once again is increasing awareness by allowing.

The question if the dreamer dreams the dreamed or the dreamed dreams the dreamer is justified. The answer is: neither and both.

Enjoy!

21. Channeling

Channeling is a form of telepathic communication. It may have various names, it may involve various levels of consciousness (from.. ehm.. 'both' sides), various perspectives, and even various 'techniques'.

Channelers tap into fields of consciousness other than which are normally perceived.

Why become a channeler?

It is a way of finding out things, for you or for others.

Usually the reason is to get answers to questions unanswered elsewhere or to deliver a message.

How to become a channeler? Allow.

At first the channeler usually perceives herself and the person/energy/consciousness being channeled as separate.

She is likely to get in contact with with guides, angels, archangels, ascended masters, saints, key persons of various religions, members of other species or other various, presumably benevolent entities instead of her most highly aware, most whole Self (God).

The reason for this is that the self may find the Self too dark, too light, too powerful, too unlimited, or just more or less strange and different.

Love, freedom and diversity of such great magnitudes is often feared and desired at the same time.

It is unfortunate that people rarely trust themselves.

If this is the case, asking other, closer, more trusted, and more easily understood aspects of Self is not a bad idea.

Later on, the channeler usually abandons the idea of being separate as insufficient and accepts the idea of oneness.

She begins to 'channel' Herself.

Unless channeling a specific aspect, this is not really called channeling, the phrase 'pure BEING' is more fitting.

She gains confidence, determination, power, identity, clearness. Also inner peace, love and happiness.

Not to forget sense of humor.

There is nothing mystical about this: She finds out who she wants to be, what she wants to do and will less likely stumble in the process.

She IS.
NOW.

22. Breathing

Air is one of the most important sources of energy, and not just air, but the act of breathing itself.

Breathing is a physical manifestation of energy flows.

Presence, interconnectedness, ISness.

The act of breathing is a symbol/manifestation on how Oneness is present in physical too (one out of many).
To breathe is to reach out.

Flows in, flows out..

More importantly: it Flows.

The consuming of food and liquids works on this principle too, only at another level.

Pay attention to what, how, how much you eat and if you would rather eat something else or some other time.

You know best what's good for you, just pay attention to yourself.

Breathing and observing your breathing can be a jumpstart to reconnecting with your Self, it can be **very** efficient.

Having various techniques is not important.

The goal is reaching a state of fearlessness, a state of freedom.

Observe your breathing.

Is it shallow or is it deep? Is fragmented, or is it powerfully continuous?
That which fragments your breath is your fear.

Yawning is not simply a symptom of tiredness.

Yawning is adjusting your energy/possibility/presence flow and capacity to a more aware level.

Welcome it.

Remember what I have said in other parts of this book (especially in "How to deal with fear") and connect it all together!

Reconnect!

Upon having located and overcome the fears which where most limiting you experience a powerful influx of energies.

This is what it truly means to breathe!

Breathe in your possibilities!

BREATHE IN YOUR POSSIBILITIES!

23. Power of Love

Love is the process/state of oneness.

Love is powerful because there is no obstacle which could stand in its way. This is a simple outcome of the definition.

We could define love as the opposite of fear; that's one perspective, not untrue, but incomplete:

Love cannot be stopped by its absence either.
(You may only choose to 'focus off' from its presence to the degree of your choosing if that is your wish.)

Love IS.

A lot of people are afraid to love because they're afraid of losing their grasp over their reality and their identity (reverting from "I AM!" to "Who am I?!?").

Now I'll introduce two phrases to be able to make myself more clearly understood.

The first is 'upward love' under which I mean the love and connection between 'self' and 'Self'.

The second is 'sideward love' under which I mean the love and connection between 'self' and 'other selves'.

An 'identity slip' can happen if you give yourself up to someone or something other than yourself.

Among other things this may happen if you attempt 'sideward love' without 'upward love', that is, if you give power to others without having found your own source of strength, without being sure in Yourself.

It is clear what will happen in this case: a relatively strong burst of love at the beginning fading away and turning into fear, jealousy, addiction, misunderstanding, pain.

I hope you can see by now why the term 'love' is misunderstood and misinterpreted in our society today even so strongly that it commonly means things it has nothing to do with.

As I said before, fear only gives power over you to the object of fear. Rejecting and ignoring can give a feeling of false stability and false peace, but it lessens personal power.

It's less likely you'll experience identity slip if you imagine yourself as a, say, dog, than a human person from the opposite sex. The 'identity gap' is greater, its degree of difference of realities is lower, and so is the chance of 'getting lost' if you are unsure of Yourself.

You might want to increase its degree of reality (after all, that would be the point of doing it, no?), just be sure to be sure of yourself.

Have a firm/soft grasp of self-identity.

Know thyself!

Love as an experience is intensive, extensive and all embracing.

Furthermore, it is self-intensifying.

By establishing 'upward' connection, clarity and healing of the primary self, one can set out heal and Love secondary nodes of self, and so forth, exponentially.

Each person (aspect of All) loved, healed and cherished increases that persons ability to Love. Both to give and accept Love - to exist in the state of Oneness.

Growing more powerful by each step.

Critical mass.

As always,
the Choice is yours!