

<http://ivancampuzano.com>

Enlightenment in a PDF

- ivancampuzano.com





Creative Commons License Deed

Attribution-Noncommercial-No Derivative Works 3.0 Unported

You are free:

- to **Share** — to copy, distribute and transmit the work

Under the following conditions:

- **Attribution.** You must attribute the work in the manner specified by the author or licensor (but not in any way that suggests that they endorse you or your use of the work).
- **Noncommercial.** You may not use this work for commercial purposes.
- **No Derivative Works.** You may not alter, transform, or build upon this work.
- For any reuse or distribution, you must make clear to others the license terms of this work. The best way to do this is with a **link to this web page.** <http://ivancampuzano.com>
- Any of the above conditions can be waived if you get permission from the copyright holder.
- Nothing in this license impairs or restricts the author's moral rights.



A little bit about me: Hello my name is Ivan Campuzano, In 2007 I decided to quit consulting with anyone on how I should live my life. I realized that In order to be psychologically free I needed to take complete responsibility for every facet of my life. I packed up my bags and moved to the Czech Republic and embarked on my adventure into the land of the unknown. Since then I have grown tremendously and experienced dimensions of life I did not know existed.

I love traveling and I have been to around twenty countries. I have also lived in the US, Mexico, Czech Republic, Costa Rica, and currently living in South Korea.

I really want to thank you for downloading “Enlightenment in a PDF”, my short little ebook with ideas and insights to help you grow.

If you enjoy this ebook please email it to your family and friends, it’s the best way to show your appreciation. I am really interested in making a positive contribution so I sincerely hope my ebook adds some value to your life. Let me know what you think ivan@ivancampuzano.com

With love and affection, your friend Ivan Campuzano 2009

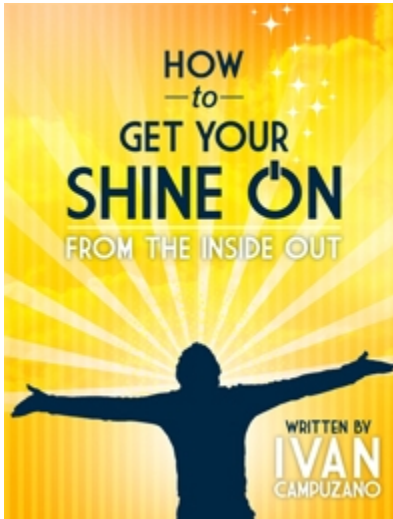
<http://ivancampuzano.com>

Please visit my blog for my latest articles: <http://ivancampuzano.com>

You can connect with me on twitter <http://twitter.com/ivancampuzano>

If you have any questions, suggestions, or would like to guest post on my blog you can reach me at ivan@ivancampuzano.com

For more information on my **ebook** “**How to Get Your Shine On: From The Inside Out**” visit: <http://ivancampuzano.com/ebook>



The Ebook Covers:

- *Creating Your Vision*
 - *Meditation*
- *Developing Empowering Beliefs and Affirmations*
 - *Re-searching the World You Want*
 - *Making Friends and Becoming Influential*
 - *Spreading and Developing Your Ideas*
 - *Creating Your Own Unique Style*
- *Mastering your Energy, Awareness, Intent, and Mind State To Get What You Truly Desire*

Quick Word From Ivan 😊 Please keep in mind *to not accept or deny anything I have said*, this is your life, apply what you learn and find out for yourself. We are all different so each journey is bound to be different. We may all find the same truths but express them differently, because *if you find your individuality the expression has to be different*. What you seek is already there, it has always been there, you just need to [wake up to rediscover it](#).

How To Increase Your Awareness and Expand Your Consciousness



“The only thing that interferes with my learning is my education.” Albert Einstein

When I take a look at our society as a whole and think about the stage of evolution that we are at, it amazes me how many problems still exist on earth. We have advanced tremendously in technology and commerce but one thing **we**

have neglected to advance is the world's consciousness, the ability to be awake in the world.

Any problems we have come from a lack of awareness. If our politicians were really conscious there would be no question about right and wrong, they would be able to make the right decision. In pure awareness there is no dark only light. In fact if everyone was really awake and conscious the role of government would be very limited, because people would not depend on someone else to lead them.

We live in the age of information, but even with all the knowledge of the world at our fingertips what good does it really do us if we are not conscious and awake. The problem is that knowledge essentially binds us, the more knowledge a person gains the more asleep that he becomes. ***The more knowledge he gains the more entrenched his mind becomes in a certain way of thinking.*** He may think he is thinking outside of the box, it's the same box; he just makes it look different.

“When I examine myself and my methods of thought, I come to the conclusion that the gift of fantasy has meant more to me than my talent for absorbing positive knowledge.”- Albert Einstein

Just really take a good look at the world around you; you will realize that most of the population is operating from a level where they are asleep. Today's society has become extremely efficient at doing things with little to no awareness, we just run on auto pilot. Once you realize how much you really are operating on auto pilot in your day to day life, you will be able to search for ways to become more aware.

Think about the very first time you were learning to drive, remember how engaged you were. You could feel every movement you made, you were fully present in what you were doing, you were in a state of heightened awareness.

After a few weeks all your motions were effortless, you could look at your rear view mirror, adjust your stereo, and change gears with very little awareness.

Your mind has different levels of consciousness. First is your conscious mind, then behind your conscious mind is the subconscious mind. If you learn to pay close attention you can hear the subconscious's whispers. Then behind the subconscious mind is the unconscious. The unconscious is who you really are, behind your thinking mind, behind your body, the essence of your very nature. Behind the unconscious is the collective unconscious which is the whole of humanity's evolution until now.

In order to become more conscious and aware and rise above the unconscious state, you need to experience being alert and awake. This is something you cannot just simply understand logically or philosophically, because it will only remain as an understanding of the unconscious.

“The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”- Albert Einstein

It is going to take a real effort to wake yourself up, to discover your true potential, to become aware that you are far more than what you appear to be.

How Do You Start Becoming More Aware?

You have to learn to become observant and watchful. [Learn to watch, observe and be a witness](#) to every act you do, every thought that passes your mind. Watch every desire that bubbles up within you. Observe even seemingly little things like your gestures, walking, talking, breathing, eating, everything can be an opportunity to watch.

You will realize that the more watchful that you become, that your internal chatter will become less and less. Your thoughts become more manageable and you gain a new clarity. A clear mind is a happy mind. As you grow in your awareness,

your inner growth will explode because you begin to let the deepest parts of your being rise to the surface. You will also come to notice how much of your growth was being suppressed by the awareness of the whole (society) and dependent on others. At this lower level of awareness you observe how people mostly try to grow by means of arguing, simply trying to outwit, and out smart others on pure logic.

One day while drinking some coffee I observed two people arguing, the person who feels that he came on top is puffed up in his ego, and all he did was make a brilliant logical explanation to satisfy his own desires. The other person now feels bitter towards the other, did not accept the other person's point of view, and still chooses to keep his own beliefs. I can see that both are oblivious to what actually happened, nothing was accomplished, but in their minds they felt something was accomplished. They were simply not aware of what was going on inside themselves, being lost on the inside is being lost on the outside.

Awareness Steps:

Step 1: The Body - learn to become aware of your body first.

Step 2: Your Thoughts - Once you become observant of your body, expand your awareness to observe and watch your thoughts.

Step 3: Feelings and Emotions - When you are able to watch your thoughts learn to watch your feelings and emotions.

When you are watchful of your body, thoughts, feelings, and emotions your awareness will begin to operate from a state of inner harmony.

Step 4: Aware of your own awareness - When you live a life of inner harmony it allows you to be in a position to become aware of your own awareness.

When you are able to be aware of your own awareness you will realize how cunning the mind is, and how great it is at rationalizing. Rationalizing is not awareness; awareness means that whatsoever is happening in the moment is happening with complete consciousness, that you are fully present.

The problem lies in that all the mind can do is think of the past and imagine the future. To be present and totally aware is to be in the space of no thought, dropping your analytical mind. Also try and understand that dropping the mind does not mean to be in a vegetative state, it is simply a space where you move into a deeper depth of understanding and perspective. Your mind is only able to work linearly, from point A to point B, from one thought to the next. If you move vertically that is a movement of consciousness, which is awareness.

Learn to continually bring your self to the present, when you catch yourself living in the past or imagining the future, bring your awareness back to the present moment. Do not feel bad when you realize you are not in the present, this is just a habit you need to gradually get out of until your new habit is being more in the present. *One important thing to remember also is to not make the mistake of constantly thinking "how can I be in the present moment", because this involves thinking; this is a very delicate line.*

"The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality. It is enough if one tries merely to comprehend a little of this mystery every day. Never lose a holy curiosity." - Albert Einstein

With whatever you find yourself doing, learn to continuously be aware of whatever is going on inside you. The more you become aware of yourself doing what ever it is that you are doing, the more you become centered in your inner being. Once you begin to be stronger inside, you will develop a deeper feeling of the inner presence that you are. Your energies will become concentrated around this centered presence, and your true self is born. Ego is only a false sense of self, but if you don't awaken your inner self you will go on believing that you have a self that is only your ego.

When you have little or no awareness of your inner world, you are a victim of circumstances because you operate only by reaction. From this level your physical senses rule, your physical sense's only job is to respond. You only take action when something has been done to you. When you are grounded in your inner being you make a distance between your inner being and your physical senses. Something can affect your physical sense but cannot touch your inner self. When you take actions from the center, your actions are total and complete, inspired actions not hindered by past and future.

You will come to find that becoming a witness of your life will be something that should be done passively. Learn to do what you are doing non-verbally; verbalization is escaping from the experience. When you look at the Stars in the sky with awe and admiration you feel a deep connection of beauty within you. As soon as you try and verbalize what you are feeling and experiencing you remove yourself from it, because to verbalize is to think, and to think is to not be fully present.

Learning to be non verbal in your internal world will make you the witness of your inner world. Language is only needed to communicate with others, but language is not needed to communicate with oneself.

Thoughts come and go, think of your mind as the host and your thoughts as the guests. Once you learn to watch, witness, and observe your thoughts you will be [in a position of mastering your mind](#). ***Your thoughts are there but you are no longer a slave to your thoughts, you are the master of your thoughts.*** Don't try and control your mind, this is impossible, just learn to become centered in your consciousness. Just watch don't try and stop your mind, just observe it and allow it to happen on its own.

Being aware and clear headed will allow you to take responsible actions, because any action you take born out of awareness is total and complete. Any action you take will be action that arises from your watching.

Be Decisive:

Only awareness can be decisive because your mind only conceives possibilities and is constantly in a state of indecisiveness.

Many people strive to be a man or woman of character, but a man or woman of character only reacts. Character is mechanical because it operates from memory; moral conditioning on what is right and wrong. The problem with this is that life is constantly changing, it is never the same. But a man of character always responds with the same answers. A man of consciousness simply takes action, ***and whatever action he takes in the moment is natural*** and perfect for the situation.

Becoming a man of awareness will also allow you in seeing your own faults, the moment you become aware of your faults they will begin to disappear. They were only allowed to exist because you were unconscious of it. So don't be worried about errors and mistakes in your life.

Put all your energy and effort into becoming a more conscious awake being. In a state of pure awareness your faults can't exist. Someone who tries to be a good person requires great effort. A conscious person needs no effort, living a conscious life makes you a good person.

Someone trying to be good is constantly judging himself and others, his inner world is one of continuous conflict. He condemns and represses and learns to hide it in the deepest parts of his being. You are good by just being aware. There is no question of whether what you do is good or bad, from awareness whatever you do is good.

A person of awareness is calm, relaxed, quite, serene, creative, only good can come from these states of being. ***You will know when you become a person of awareness because you will quit watching others, that's what everybody else does; all you need to do is watch yourself.***

Don't Worry Be Happy

“There are two things to aim at in life: first, to get what you want; and after that, to enjoy it. Only the wisest of mankind achieve the second.” ~Logan Pearsall Smith



One of my favorite artists Bob Marley sang one of the most meaningful phrases in music with “Don’t Worry, Be Happy”. With anyone you speak with and ask them what their goal or purpose in life is ***most respond by saying they just want to be happy***. Of course everyone wants to be happy, but the reality is that most people on this planet are unhappy.

They stay unhappy so long that they even forget what it means to be happy, they are unhappy and simply know they would like to be happy. Happiness now becomes such an elusive journey that all people have is the “hope” of one day being happy. So in Bob Marley’s famous words what does “don’t worry, be happy” really mean, and more importantly how can we live that phrase.

It seems that the modern man cannot be happy; they learn to simply make things more comfortable. Happiness is unnatural and unhappiness becomes the norm. Just watch go into your local StarBucks coffee shop, be happy, laugh, joke, have a big smile on your face. People look at you like your crazy, crazy for being happy? Something has gone terribly wrong when being happy in public is perceived as something being wrong with you. Everyone always looks so

serious. I don't mean to sound discouraged, but if you really observe the world this is how most people are operating.

The only thing that makes us human is that we have a consciousness. We can all be happy, being a conscious being you have the ability to choose to be happy or unhappy, it's your choice. It's your life; it's your responsibility to be happy.

People who reach happiness are so engrossed with whatever they are doing. They are integrated with their life and their joy. From this state of being nothing distracts you, ***when you do become distracted that only shows you that you are not interested in those things.***

Take an objective look at the modern world, with time you have been distracted into living an unnatural life, full of preoccupations like: money, fame, and power.

Ultimately people who lead truly happy lives are people who take the leap of faith to move with the things that make them happy. Whenever you become consumed with money, fame, and power you are no longer yourself. You begin to forget your life, happiness, joy, and fulfillment.

Just keep in mind that if external things become your sole focus you bargain for it with something from the inside whether you realize it or not. That's why people who have gained the whole world, come to find that they gained nothing because in the process they lost everything, they lost their soul.

This is why it is important to always be aware of your inner motives. If you are unhappy, you need to understand why you are unhappy. This is a serious matter; your happiness is at stake. Yet many people choose to hold on to the familiar no matter how uncomfortable they might be. They have nothing to lose, but so afraid to lose it.

The reason many people have a hard time is because [they have been so deeply conditioned by society](#). ***The motivations you have learned and accepted as yours are not yours if they don't fulfill your destiny.***

"We refuse to be

What you wanted us to be;

We are what we are:

That's the way (way) it's going to be. You don't know!

You can't educate I

For no equal opportunity:

(Talkin' 'bout my freedom) Talkin' 'bout my freedom,

People freedom (freedom) and liberty!

Yeah, we've been trodding on the winepress much too long:

Rebel, rebel!

Yes, we've been trodding on the winepress much too long:

Rebel, rebel!" - Bob Marley

Great teachers through the times have advised to ***"follow your bliss"***, it sounds great makes intellectual sense but why don't people follow the advice. The reason is that they don't know what their bliss is, they have been hiding behind the identity they have been conditioned to have. You have to drop all the inner patterns that have been forced on you. Unless you find your bliss, the element in you [that activates your spontaneity](#), you will not be truly happy.

People meditate to be happy, but when you are happy you don't need to meditate because being happy is being in a meditative state.

The level of your happiness depends all on your level of awareness and consciousness. Someone who is not very aware and caught up in his falsely conditioned beliefs will not know what happiness really means. A person with a low awareness will associate being happy with superficial pleasures, pleasures that deal with your senses.

They are only trying to achieve happiness through the body. These moments of pleasure are momentary, and always have the opposite feeling. You party and indulge in your physical senses only to regret it the next day.

Pleasure is a drug because it is dependent on external things and based on physical needs. Happiness is different in that it does not depend on simple physical pleasures. **Happiness deals more with satisfying psychological needs**, not as dependent because it does not need simple pleasures. Bliss on the other hand is free from circumstance, not dependent on anything; it is your very being.

Once you transcend simple pleasures, you will learn to be happier. Your happiness will lead you to joy because you will have a happy mind. Acting from your joy which is spiritual in nature, will lead to your very being which is pure bliss. **Reaching bliss means you have discovered the innermost part of your being, the part of you where the ego can't exist.**

When you observe people who reach their dreams and who follow their bliss, you will see that many times these are the people who are artists, musicians, poets, dancers, and people whose nature is creative. [They are able to create something](#) of real beauty that we all admire because they allow their bliss to work through them unfiltered.

The ego belongs to worldly pursuits, things that are outside of us. Creating through our ego does not produce things of extraordinary lasting beauty. **The ego simply creates things that are ordinary**; the ego blocks your natural creative abilities. Once you acknowledge how your mind works and your negative tendencies you can learn to let go, transcend those tendencies and start a new positive pattern.

Happiness cannot be practiced it is simply that you have to allow to happen in your life. Happiness is something you cannot create, if you could everyone would create happiness. You can allow happiness right now if you really choose to; you

have to learn to quit searching for happiness. Searching for happiness which many people do all their lives is pointless because there is no need to search for something that you already have.

Understanding is Key:

Enlightenment is not trying to escape pain but a deep understanding of your pain. When you are able to have insight into the causes of your pain, have the clarity to see those causes you will be free from them. You are free to live a life of fulfillment.

When you understand the things that make you feel miserable, you no longer need to escape your pain with superficial entertainment. You live a life that is centered in your being. The moment you learn to face your mental anguish it will begin to disappear and you will start becoming a more joyful being.

You will come to find that much of your pain comes from society, because society teaches you to be ambitious, it nourishes you to be ambitious. ***The problem with ambition is that it keeps you from living in the present.*** You are taught that happiness is something that you achieve after you accomplish what society lays out for you.

You can't achieve or compete for happiness, happiness is your nature. The best example is a young child; they really know how to live. They live their life mostly by feeling not thinking. Feeling is ecstasy, thinking is not. This is why many people like extreme sports it requires that you "live in" present moment, no thought just feeling, you feel alive.

In your pursuit for happiness don't let other people keep you from achieving it. You will realize that unhappy people don't like a happy person. It hurts an unhappy person to see a happy person just being themselves. Just remember that to be happy is to be an individual; to be unhappy is to be a part of the crowd.

The crowd is unhappy because they are conformists; it is easy to be a conformist because you don't stand out. To stand out is to call attention to yourself.

To Be Yourself You Need To Understand Your Ego:

In becoming who you really are you will need to learn to let go of false beliefs and conditioning. Letting go of things that previously defined you require you to forgive. If you are to truly let go and move on you need to really forgive yourself. If you don't understand how your ego works you will try and forgive but it will not be real forgiveness if your ego is involved.

Your mind is very clever; your ego will try and convince you that you have forgiven. If you keep committing the same mistakes you have not really forgiven. Life is all about learning from experience, there will be struggles, embrace them, learn from them so you don't repeat it, forgive, forget, and keep it moving.

How do you forgive and forget? You need to have a higher awareness, awareness of your ego to rise above it. Awareness to live in the present moment to stop remembering the past, and [fantasizing](#) about the future. You keep these fantasies in your mind because at a deep level they provide some form of pleasure or hope of something better. Living like this will cause you to feel that your life is meaningless and empty. It only seems like this because ***your mind is conditioned to always crave more***. Learn to drop your cravings and watch as you go through an amazing transformation.

People feel that if they drop their desires and cravings that life will lose its meaning. Your very wanting of your desires is the obstacle in you reaching your desires. Learn to drop your desires from your mind and you will become open to receiving them. A good example is the saying "the grass is always greener on the other side". You only think of what you don't have and in your mind always seems better than what you have. Then when you get it, you are not fulfilled because the mind always wants more.

If you are single learn to love and accept who you are, than only will you be able to truly love someone else and will not be using them for your ego. Learn to watch the desires that rise up within you, simply by watching them they disappear. When I am in a public place and I see an attractive woman, I observe as the desire rises up within me. Watching it and not letting it consume me, I do not become attached to the desire.

In reaching happiness you will need to learn to face boredom. How you deal with boredom will impact your growth. [Learning to face boredom](#) is learning to be with ones own being with out running away from it with simple entertainment. Many people can't face boredom and that is why they have the TV, Video Games, Internet, anything that keeps them from experiencing their true nature. If you are happy in complete silence, you have learned to be happy with your being. True happiness with no conditions needed to feel happy.

While you are alive enjoy everything the world offers you, take life head on with out clinging to anything. Be a kid again, the world is your play ground. When it's all said and done the only thing that will matter is how you played the game.

Down The Rabbit Hole: How To Get Out of Wonderland

“Let me tell you why you’re here. You’re here because you know something. What you know you can’t explain, but you feel it. You’ve felt it your entire life, that there’s something wrong with the world. You don’t know what it is, but its there, like a splinter in your mind, driving you mad. It is this feeling that has brought you to me. Do you know what I’m talking about?” - Morpheus from the movie “The Matrix”



Contemplate this for a moment everything you have ever learned has already been predigested and presented to you since the moment you where born. What chance do you have of separating truth from fiction? Ultimately how most people make sense of reality comes from the information that was trickled down by their parents.

There is a hierarchy to the source and quality of information. Government and Religion is a form of control so obviously it is in their best interest to control the flow and content of information. Everything you think you know was purposefully

made available to you and not always because it's in your best interest. No matter what you think you know on a particular topic someone knows more than you, unless you are at the very echelon of politics and organized religion.

All your life you have been lied to about what you really are. ***I am pretty sure deep down you have always felt there was something more to this life than what you were told growing up.*** Unless you understand your true nature, how you perceive the world and reality is merely an illusion. Our Government and Religion instead of empowering you has done everything in its power to keep you from the truth, because if you knew the truth their control over your mind and perception would cease.

Divide and conquer has been the mantra but more than just fighting religious wars the real war was over your mind. The reality is that we are unlimited beings, eternal spiritual beings having a physical experience. Your physical senses have also deceived you into thinking that what you see and touch is the only reality that exists.

At the most fundamental level everything around you is energy, you are energy. You experience the world thinking you are separate from your environment but the truth is that you are an extension of it and inseparable. Jesus one of the great teachers said that you were made in the image of God.

“Be still, and know that I am God” (Psalm 46:10)

What Jesus was referring to was to learn to be still and learn to recognize and acknowledge the presence of your consciousness without judgment (meditation can get you there). The universe is consciousness, God is pure consciousness.

Your ultimate realization will be when you know and feel that your true identity is consciousness itself, rather than what your consciousness had identified with. The more you begin to live this, your awareness will expand liberating yourself

from incessant thinking. This type of awareness will allow you to be in a position to take inspired actions, instead of just only thinking about doing something.

“...you shall know the truth, and the truth shall make you free.” John 8:32

Remember you are not your thoughts and mind, only a certain aspect of you. Your whole life you have been locked and conditioned into deriving your sense of self only from your thoughts and mind. We are all creating reality together whether you believe that or not. The media influences your mind and therefore are able to create the reality that they wish to establish. The more you begin to shift your consciousness from thinking that you are just one person who is insignificant to the world, to the consciousness of a deliberate creator; you will begin to see how much power you have hidden from yourself.

You need to start reclaiming power from your external reality, and begin to develop trust in your self and learn to look for help within yourself. You experience and make sense of this world from the only perspective you have which is the observer. Instead of looking for solutions outside of yourself you need to learn to consult with your inner silence. Constantly growing and evolving your life from the inside out will keep you grounded, whenever you feel confused or stressed out you have become attached and given your power to something out side of yourself.

Your joy and suffering come from the perspective of self-centeredness. Expand your awareness and be aware of everything; feel the clarity that comes from understanding that the ultimate meaning you get depends on the level that it relates to your self-centeredness. The more that you are grounded in your center inner being, the more your external reality makes sense to you, and the better you respond to it. The moment that you realize your self-centered consciousness, you stop acting self-centered. Acting self-centered is wrong but being clear that you are self-centered is not wrong, ***by nature this is the only way you can perceive your reality.***

Right action +wrong reason = wrong result

Inner awareness is critical to making appropriate decisions in your life. Without awareness, you will make decisions based on a previous experience, which may or not may be true in the present moment. When you have awareness of your inner decision-making process you will never be lost. This type of awareness leads to inspired actions.

Increasing you awareness: One way is to begin paying attention to the vibration of your body.

Example: When you look at something, pay attention to how you feel and become aware of it. Learn to become the observer of your inner world without judgment. You need to discipline yourself to think only in terms of the unlimited and expanded. Speak only in reference to that mind state, until this becomes your common thought.

Ultimately everything you get in your life comes based on the conditions you set up. Learn to become aware of what those conditions are, than act accordingly. Pay attention to how the outside world starts to change according to the changes you made in yourself. This will give you a new type of confidence you may have never experienced. This is when random “coincidences” will take on a whole new meaning to you.

“Be the change that you want to see in the world”- Mohandas Gandhi

How To Develop Your 6th Sense: Intuition

“The only real valuable thing is intuition.”- Albert Einstein



Reality on earth can be categorized into three aspects, the known, unknown and the unknowable. The known is what we have proven with science thus far. The unknown is what science has yet to discover. The unknowable is the mystery of our universe, that which can never be known, ***it gives our life meaning***. The unknowable is what keeps us inspired, we are here on earth to experience life fully and make known the unknown.

We use logic, reason, and science to try and unlock the mysteries of life. Logic, reason, and science can only take us to a certain point; the unknowable is beyond all this. ***We can catch glimpses of the unknowable through our intuition***. We only get to experience glimpses of the unknowable but we are not able to explain it, it is beyond explanation.

“We can’t solve problems by using the same kind of thinking we used when we created them.” - Albert Einstein

Nature has given the role of all your body’s functions to your instincts. Your instincts have innate knowledge passed down through thousands of years of evolution. You don’t need to consciously breathe, it is all done automatically. Your mind is not grounded in reality, therefore your intellect is blind, the head only thinks, you pose it with questions and it comes up with answers based on your memory bank.

The answers it gives you can be creative or destructive but to the mind it makes no difference. The main problem with the mind is that because it makes its interpretations from memory ***it does not know how to deal with the new and unknown***, the mind has no reference for it.

Modern man has been conditioned to look for answers outside of himself. Therefore most people live their whole lives never really getting to know who they really are or their true nature. Many people just think they are their name, physical appearance, interests, likes, dislikes, ethnicity, nationality, none of which is really you. Your true self and inner master is hidden behind your body, mind, heart but the problem is that modern society never goes inward.

Your inner knowing comes from first your instincts, second your intellect, and third from your intuition. Most people only operate from the level of the intellect. If you get a hunch from your instincts the intellect is great at rationalizing therefore negating an intelligence that is grounded in a deeper reality. Your instincts have a higher intelligence that comes from the past that allowed you to survive. Your intuition comes from a higher cosmic intelligence that simply just knows and does not require logic.

You need to be able trust your instincts and intuition so that you can use your intellect for the right purpose. You can begin by learning to pay attention and trusting the inherent wisdom in your instincts; develop your instinct as a stepping stone to your intuition and higher self. You need to create experiences that will help you grow them, there is no way to grow them with outside help. Only through your own direct experiences will you be able to accumulate the wisdom to have the clarity to “see” properly.

In getting to know your true nature and inner space you will encounter memories that you have repressed. Do not keep them repressed doing so is to not learn a certain aspect of your being, keeping things repressed also leads to build up in your subconscious, until enough pressure builds and one day it explodes. Learn

to acknowledge negative tendencies, learn from them, than let them go from your being.

Your intuition is pure intelligence. Intellect and intelligence are only similar on the surface. There are many people who are of a high intellect but do not demonstrate intelligence, as there are people who possess intelligence but do not have a high intellect.

Intellect is dependent on knowledge, knowledge is simply just theory. Intuition comes from a higher knowing not dependent on knowledge but can be felt through experience. You need to be able to experience what I am saying, not only learn what I am saying otherwise you will not be able to “see”. If you don’t experience it for yourself your intellect will use this new information to still keep you separate from the truth.

If you are able to really “see” you will develop insight. Insight has the power to transform your being. Transformation entails no effort. If you still ask “how” you did not get the point, how just means you need more knowledge to be able to see it through your own eyes.

[You need to become the master of your mind](#), so that you can let knowledge work through your mind, and not let your mind work through your knowledge. If you become the servant and not the master of your mind, you will have a closed mind because your knowledge will bind you. You need to use your intellect to rise above your knowledge.

Insight is a state of no thought, when people say they have an epiphany it comes from being able to see when there is no thought involved. That’s why you hear people say that all of a sudden an epiphany struck them out of thin air. The insight came from a higher intelligence that dwells in the realm of your inner silence. These glimpses, if you are able to grasp them, will leave the feeling of amazing connection. You experienced truth, your own personal truth of pure intelligence.

To develop your intuition you will need to overcome:

1. The Physical Senses: We now live in a society where we are less dependent on our senses for our survival that many people have become dull and unaware. Your sense of vision, hearing, touch, smell, and taste through the modern world have gotten out of tune. To get in tune with your senses begin by immersing yourself in nature. Just by being in nature you will make your senses come alive.

2. Conditioning: Through your life you develop beliefs that help you filter and make sense of the world. This world is all about communication and it includes both the seen and unseen mediums, but your beliefs are the very things that keep you from communication. If you are Christian and I am a Buddhist you will not accept an Idea if it challenges your beliefs, even if the idea has nothing to do Christianity. You need to learn to suspend disbelief and judgment if you are ever to expand your awareness. You need to learn to listen attentively, intelligently, openly if you are to derive wisdom from an experience.

3. Rationalization: It is not what you say but who you are that matters. The mind is very cunning; it will do everything in its power to keep you from who you really are. You will need to transcend your mind in order to take the actions necessary to become the person you desire to be.

4. Emotions: You need to not be governed and consumed by your emotions. You need to be able to distinguish a real feeling. If you feel it in your heart it will transform you because you will take action. If you become consumed by your feelings but only remains a feeling with no action, than you will know it is pseudo. You should not go against your heart; otherwise you are just a person who pretends.

5. Repression: You need to learn to watch and observe your inner mechanisms and not let them overlap each other, because this will corrupt them. Let your mind play its role of logic and reason. Let your heart function for its purpose of feeling. You need to learn to let everything function in its own natural way or else

your judgment gets clouded. For example when one is in love, you know your in love because in your heart you feel it, yet many people say I “think” I love you. If you trust your feelings you will simply tell the person “I love you”. Do not let them mix into each other, the side effects are that you will begin to have corrupted instincts and will not be able to make a good decision.

Growing Your Intuition through Meditation:

Whenever you feel a “hunch” that is simply a fragment of intuition. If you learn to use meditation to drop the reasoning mind, your intuition will begin to grow. If you cultivate your intuition any problem you have can be solved by your inner self.

The role that meditation can help you with is learning to go from thinking to feeling. We live in a society in which we think excessively, the problem with thinking is that it needs time to formulate an answer. Being able to feel requires no time because it already knows, because by its very nature it is intuitive.

The more you develop a mind that has clarity and intelligence with any situation you will be able to see what is really there with no filters. As a small child your intuitive abilities are much higher because you have yet to develop the filters to block them out, you are still trying to make sense of the world.

When I was younger my favorite thing was to go play in the forest from the backyard of my home in Mexico. One day on a very rocky hill I saw a coyote. I became frightened and immediately ran down the rocky hill as fast as my little feet could move. In those moments it's as if time slows down, and another intelligence takes over. I was able to dart from rock to rock with amazing accuracy. If I stopped to think of what I needed to do I would have missed the stones, slipped and broke my ankles. Even worse if I waited to formulate an answer the coyote might have had a great breakfast.

Being able to develop and trust your intuition will prove to be worthwhile because it will assist you in your journey to a fulfilling life. When people think of things they

<http://ivancampuzano.com>

want to accomplish in life they make it a destination in their mind. A destination belongs to your ego; it does not know how to get you there. You need direction in life, direction belongs to your being. Use your intuition to know what direction in life you need to take. When you come to a crossroads in your life your intuition can mean all the difference between living a fulfilling life or not.

How To Love Actually



"a human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty." - Albert Einstein

Love is a word that is thrown around a lot these days. I love that double chocolate ice cream, I love my TV, and I love YOU. Seems like the word has lost it's meaning or we have forgotten what the word love actually means.

Compassion is the highest form of love. When you see two people who are passionately in love, it is a very raw energy. Passion is lust; this is why two lovers who are in love one day can quickly fall out of love. When you learn to have conscious control of your passion, that same passionate energy is transformed into compassion. **Compassion is able to rise above egoist desires, greed, and anger.** Becoming a true person of compassion makes you a blessing to yourself and anyone that you encounter.

So you say what happens when you get rid of of your desires and become desire less? The energy that was consumed by your desires does not just simply go away. Energy cannot be destroyed; your new found energy is than turned into compassion. You need all your vital energy because compassion is not something you can cultivate.

Compassion has to be allowed to just happen through your being. It is important to understand that any desire does not matter what it is, is driven by motivation. Compassion has no motivation or goal; it is just a state of unconditional love. The closest thing people get to witness is that of a mother and her child.

People who are truly compassionate want to help others achieve the same level of happiness and understanding they experience. Helping others becomes a joyful undertaking and not an inconvenience. They help to help; it's not driven by personal gain. You learn that the more you give, the more you get.

If you observe someone who is compassionate you are able to see that they really accept others as they are, accepting their strengths and weaknesses. They understand that a compassionate being does not make you higher than the next person. If you are not careful you will use the idea of compassion as an ego trip.

Compassion is to love unconditionally. Your love is not blind because you have cultivated alertness and awareness to the energies of your passions. Passion is biological and blind because it is dependent on other things. Compassion is spiritual and unconditional. You need the awareness to turn your passion into compassion.

All of the great teachers through time like Jesus and Buddha demonstrated compassion. They loved their disciples unconditionally, they were masters who wanted their students to become masters.

Meditation is Key:

Increase your awareness to be become aware of the love found within you, a love of your inner being. Meditation is the key to become aware of your passions.

Once you become aware of your passions, you turn it into compassion.

When you begin to meditate you will also become aware of any thoughts you deny. Anything that you deny creates tension; if you are to properly meditate you need to learn to relax. If you are to deeply relax you need to accept anything that

you deny. If you come to find that little things easily disturb you, that's a signal that your own attitude is disturbing and causing tension within you.

We are all one:

Living a life of compassion will lead you to immense gratitude of everything around you because you realize everything is connected and interrelated. One of my favorite things to do on a nice day is to go to a public park, pick a bench and people watch. I like to observe everything that is going around me, dogs barking, birds chirping, etc. Noticing how intensely alive that everything is. Just being alive, learning to not be bogged down by the formalities of society.

To really help others you must first light the fire in yourself, then kindle the fire in others. First travel the path on your own, come to know it perfectly and understand where it leads. Then you can take others on the path, otherwise it is just the blind leading the blind, does not even matter if your intentions were good. A blind intent is motivated by personal gain. ***To make love an actuality, for many will mean to face the fact that they have not really loved yet.*** Use this realization to begin loving yourself, only then will you be able to truly love someone else.

How To Create a New Day and a New You

“There’s only one corner of the universe you can be certain of improving, and that’s your own self”- Aldous Huxley



Your personal growth is dependent on the new experiences you create for yourself. The problem is that we mostly live our daily lives from our minds memory, living your life from memory is easy and comfortable because you have a reference for it. ***Many people when they find themselves with completely new situations become hesitant and say no to life.***

If you continue to live the same routine day in and day out many parts of your being will become stagnate. If you learn to experience life head on and in the moment you will realize that different aspects of your being will be used. In the process you will expand your awareness and perspective. Learn to be fully present in everything you do, ***than new experiences will become amazing learning experiences.***

“Through travel I first become aware of the outside world; it was through travel that I found my own introspective way into becoming part of it”
Eudora Welty

Creating a New Day:

Every morning ask yourself what you want today to be like? Everyday as soon as you awake learn to watch and become aware of your thoughts. Your thoughts are essentially the constructs of your reality; a thought is a frozen moment in a stream of consciousness. When you create your day it is created through your thoughts. The reason it's important to watch your internal dialogue is so that you become aware of the theme that you are creating for your day.

If you realize that through your thoughts you are sabotaging what you want to do, than change your internal dialogue. It's also important to not create things you can't accept, because than you are not going to be willing to live them when they appear in your life. You say that you would like a new job, but if you are not ready in your internal world you will squander the opportunity when it shows up in your life.

Contemplate this for a second; what attitude would you like to live? That you are a creature of circumstances, or that you are a master in the making who will overcome circumstances? That you are a powerful divine being, or that you are simply a powerless human part of a random evolution? The attitudes that you adopt as your own will shape how you respond to your outside world and ultimately the life that you will create.

If you constantly believe that you are a creature of circumstances you will continue to struggle and resist your environment because you see yourself as separate from it. If you learn to become the master of your internal world you will learn how to work and move with your environment and will create opportunities for yourself.

Have you ever noticed that when you wake up in the morning for a split second you don't remember who you are? The next few moments you spend reorienting yourself with your identity. You get up and while brushing your teeth

you stare at your self in the mirror, on a subtle level you are just remembering who you are.

If everyday you start out like this, having to remember who you are, **what are the chances that your day will turn out to be unique?** What if before you tried to remember who you are you remembered what you wanted to be? This is a radically different perspective in living your day to day life. You remember who you want to be instead of bonding with an old self. In those few critical moments you have the opportunity to have an amazingly different day. When you awake in the morning, fill your mind with the thoughts of your desired intention for the day. Do this a few times and you will notice that you will start to become a slightly different person each day.

What you are and who you are is very important. Understanding your true nature is vital because once you feel it, you will get the confidence to take baby steps into the unknown. You will get a taste of your true power; little by little you will begin to cultivate your god given abilities to create your life with joy and deliberate purpose.

To many people who read this it will sound like a bunch of new age rambling. But to people who have had glimpses of their true potential will know that deep down there has always been something more to who they really are. They did not understand it but they could feel that something was there. If this is you I want to encourage you to keep exploring this mind set and live your life from this perspective. You will prove to yourself your true power, once you begin to live your life from the inside out, instead of trying to make sense of your life from the outside world.

There are no answers to anything outside of your self, change will only occur from what you change within yourself. Sure you will get ideas and inspiration from the external world, just don't give it more credit than it deserves. The true

catalyst and ultimately the manifestation came from the changes you made and accepted within yourself.

The only thing that matters is what you think about yourself. ***Please take the time right now to “think about” what you “think about your life”.*** Really think about it objectively and without judgment. I think you will come to find that the things you have been living every single day, is all that you thought you were capable of. Except for these kinds of moments, when you stop and contemplate what you think about your life.

These glimpses if you catch them will help you wonder than remember; you just needed someone to encourage you. Start thinking that you are more than what you are everyday, and learn from the direct experiences of your life and you will develop your sense of knowingness.

When you start to change rapidly, many of the people around you will begin to act differently because you are changing. Don't be afraid to change because you think the people around you will suffer. If they become jealous it is only because they see someone who is clear on what they want and see them move with it.

They don't change because they have not developed the courage to change. Be a shining example of what is possible when you learn to move with your life. It's up to them if they decide to stay in the normal and comfortable. You should not feel distressed, continue your journey. If the people you care about are one day ready, you will be there to offer guidance and support.

“When the student is ready, the master appears.”- Buddhist Proverb

Below are some ideas on how you can develop an eye for greatness. Great things are all around you, you just need to train your self to see it. Learning to become aware of new things in your surroundings will give you ideas to work with in creating a new you.

1. Try and think about new things everyday. Then take action by doing things that will fully engage the use and stimulation of your senses: Music, movies, people, philosophy, food, travel, communication, technology, sports, etc.

2. Keep a Journal; name it your book of “Thoughts and Ideas”. Each day write down everything you did. What music did you listen too? Book you read? What did you learn? What would you like to implement? What random thoughts did you ponder over? Over time your book can become an amazing record keeper of your mental progression. It makes a great way of sparking ideas that have been brewing in your consciousness from days to months. By constantly reviewing your book your mind will construct patterns (associations) that can spark a new great idea from all the randomness.

3. Learn to see everything that is going on around you. You can do this by not focusing your field of vision on anything in particular. Learn to simply see with your eyes and using your whole field of vision by not fixating on one single point.

When you begin to think in terms of change you will constantly see opportunities and eventually create an opportunity that was never there.

Learn to observe how your friends analyze their surroundings. You might be able to come up with a brilliant idea by observing how your friends react to their surroundings. Look close enough and you will discover a need that is currently not being satisfied.

Keep your identity fluid; move with life, in the end all that matters is how you played the game. Enjoy going into the unknown, and in the process enriching your life as well as the life of others.

How To Make The Leap Into The Unknown

“There is always a way out of your trouble; and if you take the time to think clearly, to think how to get rid of the cause of your anxiety instead of just worrying about it, you become a master” - Paramhansa Yogananda



The unknown is what deep down drives us to continue exploring our potential. Our hearts yearn for new possibilities and experiences. The problem of our modern world now is that living has become quite easy and comfortable for many of us. We live in a world where people work hard for a comfortable and secure life, ***what many don't realize is that they are searching for a beautiful imprisonment.***

Security can only be found in the known and comfortable. The problem with the known is that after a while it becomes monotonous, than miserable. People know they are miserable but don't change because at least being miserable is something they know is comfortable. ***The thing you have to understand is that life is not secure, life is dynamic not mechanical.*** Be a student of life, seek understanding not knowledge, ***gaining more knowledge just makes you more certain and comfortable.***

Learn to trust and feel what's going on inside you, that is an intelligence that has a knowing for the new and unknown. Thinking too much keeps you stuck in the past, because all your mind can do is search through old memories.

To venture off into the unknown is to jump into freedom. People say they want to be free, but freedom creates fear. They are afraid of the reality they know would make them feel truly alive and integrated with life. Freedom and the unknown make people afraid because there is danger in insecurity. The danger lies in that they feel they are going to lose themselves, and lose everything they have ever known.

They are right, but the only thing they are losing is their false sense of self (ego), ***living in the unknown your ego falls apart and the real you begins to emerge.*** The thing we have to understand is that life is constantly changing, there is nothing we can do, so don't worry about trying to change it. The uncertainty of life is its very nature. Just remember that the only responsibility you have is towards your own being.

You will need courage to go into the unknown. In the beginning all your fears will come to the surface, the only way to move ahead and accept your fears is through courage. To be a courageous person you will need to leave your analytical mind and live with your heart. The brave person only pretends to be courageous, he is still living through the head, he creates a false security in being brave through logic.

I have always loved to travel, and when I graduated college I decided I wanted to live in the Czech Republic. My parents and friends although supportive made it clear that I was a little crazy in moving to a completely different environment all on my own. My mind would entertain their opinions and then many doubts would rise up within me. I would think what if I get robbed, killed, make no friends, etc.

These fears were now in my mind and would paralyze me. I listened to my heart, deep down I knew this is what I wanted and needed to do at the time. Listening

to your heart will start to move you in the right direction, by being in tune with it you don't need to think about what is right and wrong.

So I listened to my heart jumped on the plane with two big bags and my laptop. I still vividly recall the night at one in the morning checking in into a hostel in downtown Prague, lying in bed and thinking now what do I do.

Listening and moving with your heart you will fall many times because you just want to experience the unknown, doesn't matter if it's pleasant or not. But each time you fall, you get up and become stronger; these are the experiences in which you really grow. Now I have developed the courage that I can just pack up a few belongings, hop on a plane, immerse myself anywhere and I know that somehow I will figure it out. Learn to respect your own inner voice and follow it.

When you follow it, be prepared that it will also take you into what you perceive as wrong. This is life the only way you know what right is, is by experiencing the wrong. Too many people live their lives only by what other people or religion tell them is the right way to live. Living like this you are not able to move, because something wrong might happen. Anything that is not based on your experience, learn to accept it only hypothetically.

This is your life to explore, ***commit many mistakes all the while remembering only one thing: don't commit the same mistake again***. Live like this and you will be growing and gaining wisdom not borrowed from anyone. You will be understanding what truth is because you have experienced it and not just a belief you have.

You develop trust in your self; trust is only developed by an experience not a belief. The problem with our society is that we have all been conditioned to believe, but not taught to know and trust. Trust can only be personal, beliefs belong to society. Your heart knows how to trust but your mind only works through your beliefs.

Developing your trust will help you become decisive in the present moment because you will have the courage to act spontaneously. To be spontaneous you will be constantly updating the ideas you have of yourself. To continually reinvent yourself and move with new life you will need to be dis identified with your ego. The ego can't move into the new because that means its death. Just remember that you are consciousness and not memory (ego).

Being alone in a foreign country allowed me to face up to my fears and not be afraid. By not being afraid I became open to anything life threw at me. I would make wonderful connections with people because when you are open you invite others to come into the core of your being, you have nothing to hide. You become a more loving person. By being alone I began to see how all my previous conditioning began to fall apart, because the ego depends on things outside of it's self to exist. To be a truly loving person means that you sacrifice your ego.

Next time you are alone don't freak out, if you feel anxiety just remember that it's your false self, your false self needs society to exist. To help you become acquainted with your true nature start to meditate. ***Meditation is the discipline of learning to be with ones true self and not running away from it.*** If you find that you can't be in your home alone with out at least watching TV, you are running away from facing your true nature.

All you have known is your ego; as soon as you don't have anything to do you freak out and look for any thing that keeps your mind entertained. I encourage you to explore your silence, learn to recognize that this is your real self, learn to be with it, you will slowly become more even minded. You will begin to gain a whole new quality to your being that transforms you.

Next time the unknown comes knocking at your door don't worry. Worry can convince you that it is impossible to do what you want to do. The choice is yours to live in the known or to go into the risky, the dangerous, and the insecure

unknown. Remember that the new is better than the old; the only way to keep growing is by experiencing the new.

How To Be Quiet and Stop Thinking

“When you’re with stillness, you merge with everything around you. You can’t pin-point where it’s coming from. From inside? From outside? Where? It just is.” Sri Swami Sai Premananda



In today’s fast paced modern world it seems that many have come to find that the one thing that stands between their happiness is not materialistic wants, but their own mind. We live each day with thousands of things demanding our minds attention. We think incessantly about a million things that many become slaves to their thinking minds.

In fact we think so much that as soon as we have time to be still, we don’t even know how to enjoy being quiet and still. The only way you will ever experience peace of mind is by learning to drop the analogical thinking mind. Meditation is a way to help you on the journey of achieving mental clarity and peace.

Through mediation you will discover and catch glimpses of a state of consciousness that is truly not self conscious. ***Meditation will be your tool for***

deep introspection of your inner being, and will prove to be very valuable in your day to day life. It will help you develop an intimate relationship with your true self.

As you develop your inner being you will become valuable to those around you because you are grounded in who you really are. You can only truly help others when you have become the master of your mind free of false illusions. Many people feel that just because they have the urge to help they are able to help. Unless you really know what your true identity is which is not your ego you will only be trying to offer help from your ego and that is only an illusion.

Many say that it would be nice to have peace of mind, to learn to be calm no matter what goes on around them. But as long as you make those things objects of your desire you have already identified yourself as lacking them, thus keeping your self from experiencing peace.

When people begin to attempt meditating they say that is difficult and boring. When you learn to watch what's going on inside you, if those thoughts of boredom come up, just watch them. Explore why you are telling yourself this is boring, pay attention to your feelings, where is it coming from? There is a huge growing experience hidden, just explore it.

“There are strange moments in life when the mind rests without any kind of worries. When our mind is quiet, when our mind is in silence, then the new arrives.”- Samael Aun Weor

Meditation is the act of allowing the thoughts in your mind to cease. When you drop your mind you will experience oneness with the universe. You will realize that everything really is intimately interconnected and multi dimensional. The only thing that keeps you thinking you are separate is your body and mind. When you are asleep and disconnect your mind from your body your consciousness is one with the universal consciousness. Meditation is your key in transcending the

confines of your body and mind to consciously experience a higher state of universal awareness.

Through a daily discipline of meditation you will become more mindful and calm. Calmness is the ideal state in which you should receive and take part in your life's experiences. Someone who is calm has the mental clarity to handle any situation that life throws at him. Even mindedness should your goal, learning to maintain a clear headed mind state helps you with enjoying and dealing with a fast paced lifestyle.

The more that you focus your attention within, you will begin to feel a new power and new peace rise up within you. Meditation is the ability to stay actively calm. Meditation does not even have to be what many associate meditation with, which is to get into a lotus position and start chanting a mantra. Any activity that you enjoy can be meditation; you just need to learn to be watchful of whatever you are doing.

Learning to be fully present in any activity is meditation. Jogging through the forest and being observant of everything going on inside you without judgment is meditation. It is however important to incorporate a daily routine of meditation, do it earnestly and consistently if you are to reap the rewarding effects.

Meditation 101:

1. Pick a nice comfortable place where to meditate.
2. Find a comfortable position to sit. Sitting on a chair or on the floor, does not really matter as long as it is comfortable for you.
3. Cross your legs, clasp your hands together. (This helps make your own energy circuit and gives stability)
4. Close your eyes, than stop inner and outer chatter.

5. Relax, begin thinking that your whole body is becoming extremely relaxed.

6. Eyes should be closed. With your eyes closed focus your gaze and attention as if you are looking through a point between your eyebrows. Try and not to cross or strain your eyes; the upward gaze should come naturally when you are relaxed and calmly concentrated. What is important to keep in mind is to be able to fix your whole attention at the point between the eyebrows.

7. You will notice that your mind is full of many thoughts. Your mind will then begin to ask questions to those thoughts and try and come up with answers whether they are known or unknown.

8. You will need to transcend your mind and thoughts in order to meditate. Your mind and thoughts are what separate you from your higher self, you can also think of your higher self as your subconscious mind don't worry about the labels.

9. You transcend your mind by simply observing your breath. Don't inhale/exhale consciously just observe your natural breathing. Don't go behind your thoughts; if you catch your self drifting just always come back to your breathing. Slowly the amount of thoughts reduces and your breathing becomes thinner and shorter.

If you are able to keep all your focus on your breath, you will get to the point of no thought and no breath. This state of no thought is your connection to your divine being and energy body. Continue to concentrate between the eyebrows until you begin to achieve peacefulness. The more you meditate the more benefits and energy that you will receive. Your own self awareness and consciousness will also expand.

10. You will feel a very pleasurable feeling meditating. If you feel any discomfort in your body these can be possible areas of disease or illness. If you meditate everyday you will heal your body naturally.

11. Now that you are in a state of no thought and total relaxation. Begin to think only on your intention. Your intent can be the feeling of love, creativity, a problem you may have, or any object that becomes your sole focus. Remember whatever you think now is in a state that will be impregnated directly into your subconscious.

Become The Change You Believe In

*“There is a giant asleep within everyman,
when the giant awakes, miracles happen” - Frederick Faust*



Ultimately what matters is what you think about yourself, how you think about yourself, and how you see yourself. Most of our limitations are psychological in nature, therefore much of your conflict comes from the ***limits you have created within yourself.***

Learn to be [observer of your life](#), to create your life from the perspective of the observer. ***Experience is relative to you, it's your life.***

If you are afraid to change, you will not learn to believe in yourself. You will be acting from a level where you doubt your abilities. ***Doubt is just a word that explains the desire not to participate in life.*** It is a barrier in the brain, it prevents you from changing.

More than ever the world needs you to live up to your potential and become who you are meant to be. Human beings can't help it; we yearn for the feeling to belong to something. Whether it is an organization, religion, or simply a group of like minded people. At a deep level we have the need to belong to something we perceive greater than us, and have the urge to contribute in our own special way.

Doesn't matter if you think you can make a difference; the reality is that we live in very special times, with the ability to connect with no geographical boundaries. Right now you have all the tools at your disposal to contribute something meaningful on a global scale. You just need to develop the power to believe in your self and your vision. If you don't have a vision start contemplating what your unique valuable contribution can be. ***People need you to lead; all that's missing is you, your vision, and your passion.***

Begin today working and developing your vision, your passion, and your influence. You can start in baby steps with time it will begin to take shape into something workable and very meaningful. If you stay true to yourself and abilities it will prove to be valuable to whoever resonates with what you are doing.

The bottom line is that people always need something to believe in:

I believe this is because the majority of the population has not yet acquired the tools and wisdom to believe in themselves. This is why someone who believes in themselves and in what they are doing is always in demand. Leadership is about creating change you can believe in.

If deep down to the core of your being you don't believe in yourself, how can you really ever create change that will affect others? Before you change the world you need to change yourself. Here is the exciting part you can change easily if you approach your identity as something [that is fluid and in constant flux](#). Keep updating the ideas you have about yourself and the world in a meaningful way, watch how you become what you desire to be by realizing your true nature.

The more you change the ideas you have about your self, the more your vision will begin to take tangible shape. You practice what you preach; it's all in your actions. Lead by example: inspire, awaken, energize, excite, invigorate, motivate, and move your followers around your idea.

What you need:

1. A shared Interest: Become a leader within your interests and the things you enjoy doing.
2. A way to communicate: The Internet and all the new social web mediums have made location a non issue. You have no excuse now on why you can't connect with like minded people. It is easier than ever to create your tipping point. Who knows maybe your contribution never get's noticed, but now the potential to make a global impact rests on the shoulder of anyone who is willing to try.

The point I want to make is that as long as you really learn to believe in yourself and attempt to create something your proud of, you now have everything you need to create something that can be far bigger than yourself. The only way this can happen though is by first believing and creating change in your self.

“The only goal worth attaining is complete freedom to be yourself, without illusions and false beliefs” -Deepak Chopra

Thank You 😊 Thank you once again for reading my little ebook, It really means a lot to me. I really hope you found something you can use to transform your self and your life. I would really appreciate the feedback; ***I am***

<http://ivancampuzano.com>

always looking for better ways of assisting others in leading more fulfilling lives.

Share The E-book

There are a multitude of ways you can choose, such as:

- Reviewing/posting it on your blog.
- Tweeting about it.
- Sharing it on Facebook.
- Sending it to 5 other friends.

Spread knowledge freely.

Please contact me here with any of your suggestions ivan@ivancampuzano.com