

THE REALITY CODE
GUIDEBOOK

INTRODUCTION

The universe is made up of different timelines all of which represent different realities. Choosing the reality you want to exist in requires that you make conscious efforts in positioning yourself in the right mental and physical state.

The world around us is filled with different agents that are locked in a constant effort to drain us of our energy. These agents relies on our energy to keep them going and the more we react to this agents the more energy we expend. When you expend energy in dealing with these agents, it upset the balance and causes a counteraction to restore balance. At the end of the day, our reaction causes a domino effect that will set us on a negative timeline.

The energy you put out into the universe will determine the energy the universe will give back. When you surround yourself with negative energy, things around you will be bleak and you will be stuck in a timeline you don't life.

This book will enlighten you on the power of your subconscious and the techniques you can deploy in powering your subconscious to jump into the timeline you desire. This will take you on a journey of discovery that will open you up to the power of your thought and set you on course the timeline you desire.

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01

UNDERSTAND THAT YOU CAN JUMP INTO DIFFERENT LIFE TIMELINES

Reality manifests in endless variants, which allows you to choose the timeline that is best for you. These techniques will help you to understand the concept of different life timelines and how to choose the one that works perfectly works for you.

This chapter will help you understand the following.

- That reality has infinite outcomes and how to find the one that you want
- Choosing one of the infinite outcomes that the world has to offer.
- That everything you desire, fear, and love already exist in the world, and what you're going through now is just a reflection of what you've unconsciously chosen for yourself.

- Using your power to enter a new timeline to 'consciously command' your dream into existence.
- Channeling your subconscious into entering your dream timeline from your current timeline.
- Understanding the Rustle of the Morning Star and using it to enter the timeline you desire.



WHAT THESE TECHNIQUES AIM TO SOLVE

What these mechanisms aim to achieve is to help you understand that they are different life timelines, and you can choose a different timeline. Individuals tend to be stuck in a particular life timeline, and they are unable to make a shift from the negative timeline to a positive one. When they identify that they are stuck in a negative timeline, instead of changing the original script, they try to change the part they don't want, and they end up being fixated on that part; thus, they end up getting what they don't want.

People have this problem because they don't understand that reality has a diversity of forms that can manifest in different variants. These realities are caused by cause and effect, and actions lead to a chain of reactions that will shape a person's life timeline.

People tend to disregard the individual phenomenon of others which leads hinders them from learning from the experience of others and having a better worldview. People don't know that the world is inhabited by millions of organisms that possess a thought process, and although this thought process manifests differently, it all contributes to the timeline.

Another problem people tend to have is that they don't know that dreams are like wishes, and they can't manifest simply because the heart covets them. People don't take the right steps to make their dreams and wishes a reality.

HOW THESE TECHNIQUES WORK

Every theory represents a separate aspect of the phenomenon of a multi-faceted reality : If you decide that fate is something that you can't change, then this will be your reality. This will mean that you will be willingly submitting yourself to the wills of others and the factors around you. To break free from this, you have to take charge of your reality and take responsibility for the things that happen in your life.

You need to break free of the shackles of what people think about you and stop concentrating on all negativities and factors limiting you. Instead, focus on yourself and on things that can improve your life and make you a better version of yourself.

Whatever you choose is always manifested: What you choose is what you get. Hence the way you choose to look at the world is what will shape your actions, and others will disagree with you sometimes because their view differs from yours. An entire field of knowledge can be substantiated by just one fact which although not fully understood, has been established.

For example, quantum physics is based on a number of unproven truths and postulates which cannot be proven because they serve as the basic starting point for a given field of knowledge. In quantum physics, a microcosm sometimes acts as a particle and sometimes as a wave. Unable to provide an unambiguous explanation for such dualism, scientists took the phenomenon to be an axiom.

So just like in science, there are aspects of your worldview that will shape your reality that will not be understood by others, but as time goes on, it will be accepted and respected.

Variability is the world's most fundamental quality: People often disregard the worldview of individuals despite the fact that there are many lessons to learn from the individual phenomena. Zero is the main reference point on a coordinate grid. Similarly, any starting point for a particular field of knowledge must be approached from very scratch like no knowledge ever existed in the field. Hence you have to approach the world like you know nothing so you can gain from the universe's variability.

Reality manifests itself in an infinite variety of forms: Reality is highly subjective, and the experiences of individuals differ the same way the world manifests through the movement of matter through time and space, just like the mathematical formula that requires that points are plotted on a graph. This formula can be considered to be law. The same can be said for the universe.

The laws of the world, like mathematical formulas, are abstracts creation of the human mind. Hence the laws of nature are abstract, which allows reality to manifest in an infinite variety of forms.

The alternatives universe serves as a template or coordinate grid for the movement of all matter in time and space: The alternative space is a material information structure. It's an endless field containing information on all likely scenarios of any event that might take place in the universe. It practically contains everything, but we can only guess the form this information will take. Understanding life timeline helps you to appreciate that there are countless variables to every event and action that have shaped your existence. You can consciously alter your life positively by choosing a different course.

Reality has such diversity of form because the number of alternatives for its manifestation is limitless: Reality can unfold in endless diverse ways that are spurred by cause and effect. A decision can lead to numerous effects. Hence you can choose precisely an eternal number of alternatives that exist.

Consequent to this, you can choose a different reference point for your reality as there is already an endless number of alternatives. You can choose the destiny you desire, and managing your destiny comes down to making a choice. Once you make a choice, you begin to manifest it in your thoughts and actions, and gradually, you will find that you will get the life you desire.

Thought energy transforms possible alternatives into physical reality: The way a person thinks will invariably shape their actions. The energy a person puts into the universe will shape their physical reality. The evidence of this can be found in quantum physics, where the specific mechanism by which thought energy interacts with the alternatives space is of no great consequence.

The world is inhabited by millions of organisms, and every single one of them contributes to the creation to the creation of reality: This is to say that every organism possesses a thought process. Although this thought process functions differently, it can be said that every living being, from humans, animals to plants, and nature is permeated by one spirit, which can be commonly referred to as God. This is to say that the universe is experienced differently.

For example, in a city where there's a rich banker who lives in a mansion in the exclusive area of town, every day he drives to work in his Ferrari which and he's surrounded by rich executives, wealth and glamour. In the same city, there's a poor man who works three jobs and lives in the slum. He walks to work every day, where he finds poverty and hunger all around him.

Although they both live in the same city, they experience life from different angles. This is the same for you, and you have to let your experience shape you into becoming a better version of yourself.

Even if you take action to change the situation on your current lifeline on the material level, it will not change the original script in the alternative space: By attempting to change part of the script, you will be fixated on the things you don't like. And this way, you end up getting what you don't want. The alternate universe has eternal variables, and sometimes you concentrate on your problems, and your thoughts are then shaped by your problems.

You end up choosing a variable that doesn't favor you. To change your life, you have to look beyond your material or financial problem and focus on what will improve your life and make you a better person. You can take steps by quitting bad habits such as smoking, excessive alcohol intake, gambling, anger, etc. When you replace these bad habits with a healthy habit, good diet, and exercise. You will find that your mind will be healthy, and you will radiate positive energy. This way, you will improve all aspects of your life.

A dream or a wish does not qualify as a choice: Dreams do not come true. To create the reality you want, you have to observe certain conditions that will help you achieve your dream. You cannot change the fact that the scenery exists, but you can choose a different type of scenery.

The alternate timelines is proving that a man can create his own destiny: A person can choose their happiness; they do not have to fight for it. All you have to do is simply choose an alternative reality that's more to your liking.

02

LIFE'S TOXIC AND LOVING GRAVITATIONAL PULL AND HOW TO CHOOSE THE GRAVITATIONAL PULLS THAT YOU WANT TO EXIST IN.

The timeline consists of gravitational pull, which could be toxic or loving. The gravitational pull to either of these realities is subject to your control, and this chapter teaches you how to choose the gravitational pull you want to exist in.

This chapter will help you understand the following.

- Eliminating life's toxic gravity pull
- Channeling the concentration of energy to improve your life
- Ignoring negative pulls of life
- Starving toxic gravity pulls of your energy so they can cease to exist in your life

UNDERSTANDING THE CONCEPT OF GRAVITATIONAL PULL

Individuals have a sense of duty, necessity, and guilt. Individuals bound together to create a family, school, associations, movements, company, etc. These structures emerge and develop when a separate group of people adopts a uniform thought, process and actions. On an energetic level, a structure appears when a group of people think the same way, as a result of which, the parameters of their thought energy are identical.

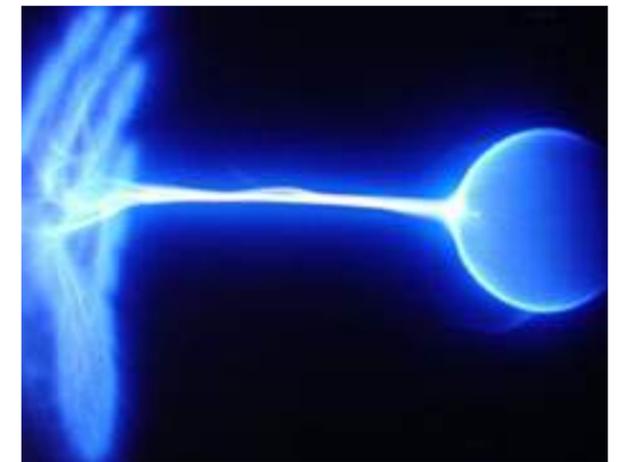
Their thought energy forms a single current so powerful that it sways them in the same direction. This powerful energy-information structure is referred to as an energy Gravitational pull. And gradually, this energy Gravitational pull takes on a life of its own, creates its own laws, and subjugates to its laws the very people who created it.

For example, if you want a swing to pull fast, you will pull it in a particular direction. The more people that pull the string, the faster it goes. When the number of people pulling the swing reduces, so will the force. And when no one is pulling the swing, it will cease to move. These persons pulling the swing are known as ADHERENTS. Examples of a defunct Gravitational pull are ancient customs that are no longer in practice.

Gravitational pulls are by its nature inherently destructive because it consumes the energy of its adherent and establishes power over them: The most destructive quality of the Gravitational pull is that it clearly demonstrates the fact that it attributes no meaning to the fate of each individual adherent.

The only interest of the Gravitational pull is to exert energy and commitment from its adherents irrespective of the fact that such energy and commitment might not be in the interest of the adherents. Just like the swing requires people to keep pulling it to keep moving irrespective of how exhausted they might be, Gravitational pulls forces its adherents to shape their lives around it, and when they fail to do this, the system will turn against them.

This can be seen in everyday life. It might be an association that started as a think tank association to solve a social problem, and soon, this association may devolve into a Gravitational pull that negatively affects the lives of its adherent. It can be as simple as falling in love with a person, and after some time, the relationship becomes a Gravitational pull that forces you to shape your life according to the expectations of another person, albeit to your own detriment.



Once you're under the influence of a Gravitational pull, it's very difficult to break free, and the Gravitational pull can end up pulling you towards a toxic gravitational pull that can have negative effects on your life. For example, some persons willingly join a religious sector or a social club and soon find that religious sector and social clubs are controlling their lives, and they find it very difficult to break free.

You can be in a relationship that is causing you emotional, mental, and physical pain, and you might find it increasingly difficult to walk away. Gravitational pulls could be anything, and they wield a strong toxic influence. Gravitational pulls exercise over their adherence.

An individual can find themselves under the protectorship of a Gravitational pull and achieve some success. However, this ends up being a semblance of success and not success at all. Gravitational pulls offer brief happiness and success, but they still end up being exploited for the Gravitational pull's own benefits. People often get deceived by the Gravitational pull's tricks and end up moving far away from a potential loving gravitational pull to a toxic one.

The Gravitational pull can hide its motive behind well-meaning masks, and yet its activities can ruin the lives of its adherents. For example, you can get deceived by the expression of love by someone that you don't notice their toxic and manipulation traits. You may end up in a relationship with this person and find that the expression of love and romance was all a ruse. People chase fancy degrees and qualifications so they can get a well-paying job and when they get the job, they still end up feeling sad, frustrated, and empty.

Gravitational pulls strive to attract as many followers as possible to source as much energy as possible. A Gravitational pull makes contradistinction between its group of adherents and all other groups. It paints a picture of good VS evil and an us against them narrative. The Gravitational pull acts aggressively towards anyone who refuses to follow it, attempting to win them over or neutralizing their position to get rid of them.

Gravitational pulls exhibit a destructive impulse to destroy other Gravitational pulls in order to win potential adherents. Gravitational pulls are very good at coercing their adherents to give up energy voluntarily. Powerful Gravitational pulls can force their adherents to act according to a certain set of rules, even to their own detriment.

For example, people are part of societies that forbids them from accepting blood infusion and organ transplants. You might find yourself working for an organization that forces you to work in unfavorable conditions, which affect your mental and physical health. It might be a relationship where your partner disregards your happiness and forces you to live your life according to their whims. Powerful Gravitational pulls can turn you into a puppet without you suspecting it.

With Gravitational pulls, you can end up getting what you don't want because it is capable of damaging your welfare and future. A Gravitational pull ensnares a person's thought energy by holding it at a certain frequency. You may find yourself surrounded by things you fear, hate, or despise. Once you let the things you don't want into your life by associating feelings of hostility with it and indulge in those feelings, it can become a physical reality within your life layer. In essence, Gravitational pull plays a much greater role in people's life than one might like to think.

There are two ways to free yourself from a Gravitational pull's influence and pull towards a positive gravitational pull. You can either defeat it or stop it in its tracks.

TECHNIQUES TO DEPLOY IF YOU WANT TO CHOOSE THE TIMELINE THAT WORKS FOR YOU

Something heading in a particular direction will keep at that direction unless and until acted upon by another force. This applies to your life as you will be heading in a direction until you grab the steering and direct your life in another direction. Choosing the timeline you desire involves taking practical steps.

You can try the following steps in gravitating towards the timeline you desire

Understand Your Current Timeline:

Sometimes, we can be angry and frustrated about a situation because we don't understand it. A better understanding will give us a better insight into the situation. Understanding your situation can help you identify where you are and if it's where you really want to be. It would also help you to understand why you are where you are.

Identify the Timeline you Desire:

When you identify your desired timeline, it will help you to differentiate your current timeline from your desired timeline. It will also help you understand what you need to do.

Outline the things you need to do to get into the timeline you desire:

After identifying the timeline you desire, you will have to outline what you need to do to get to the timeline you desire.

Reduce the Outline into Practical Steps:

The outlines are mostly abstract concepts that you must reduce into practical steps. Having a positive mindset, showing gratitude, and being kind are all abstract concepts you must reduce into practical steps.

Follow through on the Practical Steps:

To get to the Timeline you desire, you need to take practical steps to get the timeline you desire. You must be honest with yourself and don't cut corners.



Be Patient:

For you to get to the timeline you desire, you will need dedication and consistency and these requires patience. When you're patient you will have the resilience and strength to keep going till you reach your destination.

DEFEATING THE GRAVITATIONAL PULL

Battling with a Gravitational pull is both time-wasting and mentally and physically exerting as you only end up supplying the Gravitational pull with energy. The primary and most important condition for successfully defeating a Gravitational pull is to refuse to get into conflict with it. The more you actively try to fight off Gravitational pulls that get you down, the more they will pressure you. For example, when you're in a toxic relationship, the more you fight with your partner, the more, you fuel their toxicity.

Secondly, you do not have the right to judge or change anything. Everything you see and experience should be accepted as if they were paintings on display, whether you like them or not. There might be painting in an exhibition that is not to your taste, but it would never occur to you to demand that they be removed from the exhibition room. All you can do is walk away. The same applies to Gravitational pulls. It's not for you to try to change them or correct them. You don't have to force them to see your point of view. All you need to do is to walk away from it and ensure it doesn't gravitate you towards negative and toxic energy. This applies to everything that might be a Gravitational pull in your life. You don't have to wait till it gets better. You don't have to try to change it or force it to see your point of view. All you need to do is to walk away. So don't be scared to walk away from that toxic workplace, toxic habit, toxic relationship, and all other Gravitational pulls.

To defeat a Gravitational pull, you have to be able to distinguish between choosing and declining. Most people have a vague idea of what they do want, but do not want.

While attempting to rid themselves of things they don't want, people end up embracing what they don't want. Acceptance means understanding an object's right to exist and your right to walk away indifferently. For example, you may not like your working condition, and you keep thinking about how you do not like your working condition, which in turn makes you angry and irritated.

This way, you end up getting angrier and getting pulled to something with a toxic effect while trying to express your dislike for it. What you should do instead is to leave it behind and walk away. This is much more effective than letting something into your personal space instead of being attached to something and then trying to oppose it.

If you want to remove something from your life, all you have to do is stop thinking about it, pass it with indifference, and it will disappear. To eliminate something, that you do is to ignore it, not avoid it. When you avoid something, it means you have let it into your personal space, and you have to ignore it. When you ignore something, it means you don't react to it and consequently not experience its presence in your space.

The Gravitational pull's main goal is to attract as many adherents as possible and reap their energy. If you ignore the Gravitational pull, it will leave you alone and switch its focus to others who pay attention to it. There are some Gravitational pulls that cannot be ignored, so all you need to do is to protect your space. This principle is central to certain martial arts like aikido, where one player makes an attack, the opponent defends by taking the other player by the arm and moving in the direction of the attack as if casually seeing them on their way. Without having to exert any force, the defending player sends their opponent flying in the position of the original attack.

For example, imagine you have a boss who's overbearing. If you argue or defend yourself, your boss will simply demand that you accept his authority and do what he says. Arguing with your boss will not only leave you frustrated, it will put your job at risk. What you should do is to leave your boss to vent, and instead of arguing with him, you listen quietly and patiently. Your patience will disarm him and pull you away from a confrontation. This way, your boss might need to exert his energy on someone else who's willing to feed it. For you, the Gravitational pull will have been defeated.



STOPPING A GRAVITATIONAL PULL

There are some situations where the Gravitational pull cannot be defeated which means it cannot be ignored or escaped. There are people who will keep swinging their negative energy until they get a reaction. It's better to stop them right in their track by avoiding the scenario. Imagine you meet a rabid dog on the way who's barking furiously at you. It's better to avoid the scenario by walking away and have no contact with the dog instead of choosing to stand your ground. If a criminal accosts you on a quite dark alley at night, it's better to give him your wallet instead of allowing the situation to escalate.

A sense of humor and strong imagination can be very helpful if you want to stop a Gravitational pull's wing because they can help you transform your irritation into a game. Humor will help you to steer away from the Gravitational pull's negative energy. Although it can be hard to control your anger when all you want to do is let it all out. However, try not to respond to provocation as the Gravitational pull feeds off your expression of anger and irritation.

Another interesting method aimed at gently neutralizing a Gravitational pull is to work out why the Gravitational pull acts the way it does and identify what the Gravitational pull needs. When you are able to figure this out, it helps you to better disarm the Gravitational pull. For example, if you have a boss who's always breathing down your neck and always trying to bully you into doing what he wants. If you study your boss, you may discover that he's battling with low self-esteem and his actions are a way to feel important. You can disarm your boss by becoming nice to him and treating him with respect without making it look like you're sucking up to him. This way, he wouldn't need to act like a jerk towards you, and you would have successfully swung the Gravitational pull away from you.

You may be wondering where all the energy will go after you disarm the Gravitational pull. The answer is that the energy comes to you. Having faced the Gravitational pull and come out on top, you will become stronger and a better version of yourself.

SIMPLE SOLUTIONS TO REMEMBER IN CONFRONTING A TOXIC GRAVITATIONAL PULL

Life's energy comprises of emotions with most essential part being the thought energy. When you regulate what goes through your mind, you can shape your reality in the way you desire.

- Life's gravity can pull you in directions you don't want because it's mostly fueled by your emotions which are subject to manipulation. When you control your emotions, you free yourself of manipulators who will try to use your emotions to control your life.
- Different things and people in life are out to steal your energy, time, and happiness. You must learn not to give in to them by engaging them.
- Things easily to become emotionally attached to the things you don't like because you expend a lot of energy in the form of anger and resentment towards what you don't like. However, you should keep what you don't like at arm's length and be vigilant to protect your space.
- You don't have to take it upon yourself to change the things you don't like. If you don't like something, free yourself from that thing by walking away and ridding your mind of its existence.



- You can only be free when you free yourself of things and people that are dedicated to draining your energy. You must recognize your goal and choose the things that aligns with it while rejecting those that doesn't. This will lead you to true success and happiness.
- You need to avoid a state of inactiveness. Being in a limbo exposes you to negative energy. Hence you should find the things you love to do or you're good at and dedicate your time to it.

03

THE GRAVITATIONAL PULL OF WEALTH AND RICHES

There's a hidden source of wealth buried deep in the core of the universe that everyone can get access to only if they know the path that leads to it. This chapter will set you on the path and make you ready to claim the wealth waiting for you.

In this chapter you will learn the following:

- That the universe has a gravitational pull of wealth and how to gravitate towards it.
- How your subconscious affect your pull towards wealth.
- That everything you desire, fear, and How to channel your thought energy towards wealth.
- How to identify life's gravitational pull of wealth and riches.

- How to use what you have to attract wealth.
- How to sustain your wealth and protect it from negative gravitational pull through humility and charity.

GRAVITY OF WEALTH

In the last chapter, we learn that all Gravitational pulls have the same goal, which is to receive energy from their adherents. And if you cut off, then the Gravitational pull's swing stops. A Gravitational pull is like an association that requires members to observe its laws and customs, thus feeding it with energy. The more adherents, the bigger the association will grow because it's been fed with energy. In a situation where the adherents all quit, the association will cease to exist, and the Gravitational pull, therefore, stops swinging.

There are, however energetic structures that do not require your energy. One of these structures is the wave of fortune. The wave of fortune is a set of circumstances that are favorable to you personally. Every individual has his/her own wave of fortune. Sometimes, you make a good break, and a cascade of other pleasant events unfold unexpectedly as if the sun had chosen to shine on you.

You may discover that when the first sign of good fortune pleased you and lifted your spirit, then a cascade of the same will definitely follow.

The wave of fortune brings happiness without taking your energy. It can be compared to a sea wave that carries an exhausted swimmer onto the shore. The wave of fortune will carry you onto happy lifelines. This type of wave doesn't sap your energy or pull you towards a toxic timeline. This wave will simply pass you by if you refuse to go with it. The wave of fortune is a temporary formation. It does not feed on the energy of other beings and so eventually fades as sea waves break upon the shore.



The wave of fortune sometimes touches your life in the form of good news. The wave of good fortune brings in information from other lifelines. The wave of fortune is stationary in the alternatives space existing in the form of more rewarding lifelines.

You don't have to make a huge effort to saddle a wave of good luck. It's simply a matter of choice. If you give yourself to it, it will stay in your life. It all boils down to the freedom of choice, and for you to choose happiness, you must be truly independent. Being independent here doesn't mean being a one-man army or shutting people out, being independent means freeing yourself from Gravitational pulls that drain you and pull you towards a toxic gravity. You have a right to free yourself from the influence of other people, which robs you of the power to take actions that will improve your life. Now you will learn how to gravitate towards wealth and riches.

TECHNIQUES TO DEPLOY IN PULLING WEALTH

These steps will help you to embrace the concept of positing thinking and channel your energy towards attracting wealth.

Believe you are worthy of happiness:

To attract wealth, you have to believe you're worthy of happiness to attract wealth. You have to have a positive mind-set that will help you to radiate positive energy. To be happy, you have to free yourself of Gravitational pulls and try to embrace a positive attitude and habits that will improve your life. This step is fundamental as it will help you achieve the other steps. So, free yourself of guilt and shame of your past and choose to be happy.

Focus on what you have right now:

As you learned in this chapter, it's important to focus on what you have to be able to attract what you want. Appreciating what you have will give you a positive mind-set to be able to achieve what you don't have. To attract wealth, you must be appreciative of what you have and have. What goes on in your mind will shape your reality. So, try to forget about what happened yesterday or what you don't have. Focus on what you have, and you will find the doors of success open for you.

Don't be a victim:

To attract wealth, you can't be a victim. You have to rid yourself of the victim mentality and the reasoning that you can't achieve something. If your reasoning isn't positive and you lack self-belief you can't attract wealth. Take conscious effort to free yourself of the victim mentality and self-doubt. Begin to replace the reasoning that you can't do something with the belief that you can, and you will find yourself floating on the wave of success

Purge Yourself of Jealousy:

Jealously will fill you with negative energy that will negatively impact your reality. Just because someone appears more successful doesn't mean they necessarily are. Focus on yourself, and don't be carried away by what others have. When you clear the negative energy of jealousy, you will make room for joy and attract wealth.

Respect The Power of Money:

Money comes from hard work. Respecting money means being prudent and respectful of money. It means understanding that money possesses both destructive and redeeming powers and that it has to be treated with reason. When properly deployed, money can attract more wealth and open you to generational wealth. When poorly managed, it can lead to a negative impact and a life of regret. So, learn to use the money for the right cause instead as a way to boost your self-esteem.

Learn About Wealth:

If you want to attract wealth, you need to learn about it. Make a conscious effort to examine the life of persons who have amassed wealth and learning their practices, habits, and tricks. Attracting wealth goes beyond wishful thinking. You have to get on your feet and go after it, and learning about it will help you to make money and keep it.

Practice Charity:

This is a very important step in attracting wealth. Giving out to the needy is like giving to the universe and what you give is what you will receive. Do not hoard money, and don't hold it too close to your heart. Be willing and ready to help those around you, as this is one of the universal secrets for attracting wealth. You can donate to charities or just randomly walk into a grocery store and pay the bills of struggling families. When you give out of genuine compassion to others, you will radiate positive energy, which is the precursor to wealth.

Find your own Magical Ritual

There are different rituals different professions use in regards to chasing a successful business or pulling wealth. For example, there are traders who give their first customer of the day a discount because they believe it will open them to more customers. There are some traders who rub money on their wares because they believe it will attract customers.

The attunement to this ritual takes place on a subconscious level; however, it gives you a subconscious positive attitude that will help improve their life and pull them towards success. You need to find your own ritual or adopt one in order to attune to a successful lifeline and mount the wave of good fortune.



THE BOOMERANG

The mind is a constantly working machine. If you don't regulate what crosses your mind, negative thoughts may begin to dominate. The human psyche has evolved with time, and throughout this period, the mind had been dominated by different Gravitational pulls. The result is that people know what they don't want but what they want. To gravitate towards wealth, you need to manage the thoughts that cross your mind, so you radiate positive energy. Changing the vibration of your energy will help you to change your timeline positively. Changing your vibration isn't difficult.

The first thing you need to do is to accept the current situation and let go of feelings of dissatisfaction and resentment. By finding little joy in situations will help you to radiate positive energy. If you have a saloon car, be happy with it instead of drowning yourself in worry about not having a sports car. By expressing gratitude for the things you have, you will radiate positive energy that will shape your environment. When you put out positive energy into the universe, you will get it in return.

The second thing you need to do is a little tricky, but it will help you gravitate towards wealth. Instead of being irritated by the things you don't want, let them inspire you to take steps that will help you achieve them. Change your habits, improve your lifestyle, work harder and smarter to achieve what you want. Our thoughts always come back to us like a boomerang, so what you think about is what will shape your reality.

Having negative energy can hinder you from enjoying your life. Imagine you're stuck in traffic; feeling angry and disgusted by the delay will ruin your day and make you sad. Instead of feeling angry, try seeing the upside. A positive feeling will have you playing your favorite music and having a good time.

Finding joy in all parts of your world, and you will transform it into a paradise. Keeping a positive mindset, we make your own genie and make all your wishes come true. We are mostly conditioned to react negatively to the things we don't like. So, it will take time and a conscious effort to get yourself to react positively to everything around you.

Gravitational pulls will try to provoke you and force you to react to your old habits. You have to make a conscious to avoid the attempt to thwart your progress. You need to be a transmitter of positive energy, and you will find that everything around you will quickly change for the better, and you will slide onto a more successful timeline.

04

HOW TO NEVER FIGHT WITH LIFE'S GRAVITATIONAL PULL AND FREE YOURSELF FROM EMOTIONAL SINKS

Life has different plans for us, and these plans are always perfect. Often time, we doubt life's gravitational pull and end up attracting a negative timeline. This chapter helps you understand life's gravitational pull and how to free yourself from emotional sinks.

In this chapter you will understand the following

- The purpose of balance in life.
- How to identify the emotional sinks in your life.
- How to free yourself from these emotional sinks.
- How manipulators can drag you into their selfish world and exploit you
- How to let life flow and swirl your favor

THE THEORY OF BALANCE



Everything in nature strives towards balance. From temperature to water level, to the wind, all strive to achieve balance. When there's an excessive energy force, opposing energies emerge to balance it. We have gotten to balance yet, not knowing how it works.

Laws, as was stated earlier, are statements of facts. The laws of nature are secondary and derived from the law of balance. Complete balance is when nothing happens. Absolute balance doesn't exist, or at any rate, no one has yet managed to observe it. If you take it into your head to destroy the balance and sway sharply in a particular direction, you will brush against the neighboring Gravitational pulls creating commotions all around, which will then turn against you.

Balance can be destroyed by action and also by thought because thought is followed by action. The world revolves around the energy poured into it. The type of energy you put out will shape your reality. You should note that where excess potential appears, balanced forces emerge to eliminate it. Excess potential can be created when too much importance is paid to a particular object.

For example, when you have a speck of stain on a white shirt, and you find yourself paying much attention to it and keep looking at it every minute, you realize that you will draw the attention of others to the stain, which they ordinarily wouldn't have noticed. You will also feel less confident and your general composure will be affected.

Everything in this world is subject to our assessment, and this assessment by itself does not create inhomogeneity in the energy field. Excess potential only appears in cases where the level of importance attributed to the assessment is excessive. When an object is of obsessive importance to you, you will be incapable of objectively assessing its qualities. For example, if you have a partner who you're crazy about, and you believe you can't live without the person, you will realize that it will be difficult for you to be rational when it comes to that person. Your friends and family can keep telling you that your partner is toxic and not good for you, but you won't see their point because you're incapable of being objective around them.

You can decide that you want to be successful at your job, so you dedicate yourself fully to it. Soon you find that you get tired faster, your health is draining, and you're fast becoming a slave of your job. In this case, the natural balance is destroyed, and the consequences are glaring because you end up prioritizing your work over your wellbeing. Aside from work, everyone has what is important to them, and when you prioritize something beyond the level of objectivity which leads to a loss of balance, other factors will step in to ensure that equilibrium is restored. So, when you get sucked into your job so much that the balance is destroyed, negative effects such as exhaustion, poor health, frustration, and less productivity will come in to restore the balance.

The solution to this is for you to consciously reevaluate the thing or things that are valuable to you to avoid creating excess potential that will set off the balance. Learn to detach yourself when you're becoming overly drawn to the things you value. You can give your hands and head, but do not give away your heart. You will find that you will be more productive, efficient, and happy when you stop creating potential and free yourself from destructive Gravitational pulls.

You should learn to match detachment with integrity. When you do what you're supposed to do, when you're supposed to, it will make you more efficient and also help to maintain balance. When you don't give your boss, colleagues, partner, friends, or neighbors an opportunity to be critical of you because you're negligent or irresponsible, you won't be drawn into unpleasant situations, and you will repel negative energy.

FACTORS THAT CAN UPSET YOUR BALANCE

- **Resentment and Judgment**

Resentment and judgment are two complexes most people have to battle with. Self-resentment is the feeling of despising oneself for some reason. You can feel unfulfilled in your job, relationship, finance, sex life, or health, and the refusal to accept this personal weakness and shortcomings can lead to resentment. You can be self-aware of your shortcomings without creating an excess potential that will lead to loss of balance. When balance is lost, other factors will come in to restore the balance, and this can come in the form of negative consequences. For example, a person might not be proud of their job and makes an effort to avoid disclosing what they do; such person can come across as

shady or deemed to have poor self-esteem. Concentrating on the negatives, channels negative energy whose frequency matches lifelines that attracts more negativity. When you get pulled to these lifelines, you will be surrounded by the very thing you're desperately trying to avoid, and this vicious cycle can continue to the point that you will be sucked into this negativity for so long that you will spend the rest of your life surrounded by this negativity.

The habit of finding pleasure in the little things is empowering, while the habit of expressing displeasure in the little things is harmful and undermining. What you're expected to do is to replace positivity with negativity. The trick is to believe that there's a blessing in every situation. A silver lining behind every cloud, and if you constantly search for it, you will find it. If you're consistent, the negative habits will be replaced by new ones which will pull you towards a timeline that will improve your life. For example, imagine you want to run a 5km marathon. By getting up early every morning to train will help you to get better, and the more you train, the better prepared you will become, and soon you will discover that early morning jogs will be a normal routine for you, and as a result, you will be both physically and mentally prepared for the marathon.

We are all guests in this world, and no one has a right to judge that which they did not create – this statement is particularly true of the negative Gravitational pull. Remember that it's not for you to change the Gravitational pull or force it to accept your point of view. You should simply walk away and not

- **Dependent Relationships**

When something is idealized, it's placed on a pedestal and makes it an idol. It becomes superior to reason and criticism, and this can lead to an imbalance. Anything can be idealized. A job, food, person, religion, habit, etc., can all be idealized and cause imbalance. To love something unconditionally is different from idealizing it. Unconditional love doesn't create a dependent relationship.

Dependent relationships exist all around us. A dependent relationship is that habit you can't quit no matter how harmful it's to your health and how much your loved ones have tried to get you to change. It's that partner that can do no wrong in your eyes. Idealizing something is harmful to you because it creates a dependent relationship that saps your energy and can ruin your life.

Love generates positive energy, which carries you onto corresponding lifelines. Idealization, on the other hand, creates an imbalance that spreads negative energy. Love can turn into a dependent relationship, and this will inevitably lead to a desire to possess something, which creates an imbalance. A dependent relationship often requires you to put yourself last while putting the ideal first.

Conflicts are based on contradictions and contrast. When you compare what you don't have with what you have, you will find yourself angry about what you don't have instead of what you have, and this will create an imbalance. Balance forces exist to eliminate contradictions, and a balancing force you should apply is appreciation over contradictions. So, instead of comparing your car with that of your colleague at work, be grateful for what you have, and this will attract what you desire.

Here are some of the consequences of idealization so you can understand why you should avoid them like the plague.

- **Overvaluation**

Over evaluation is when a person is ascribed with a quality they do not possess. This is an illusion that can be ordinarily harmless, but it can create excess energy that will lead to imbalance. When someone is overvalued, they are believed to have qualities they do not, in fact, possess. This creates a concentration of energy which causes opposing forces to emerge to create a balance. For example, a person can finally land his dream job and, as a result, believe the job will change his life for the better, thus ascribing to the job qualities it doesn't have. After he places the job on a pedestal, the inevitable moment of disillusionment arrives, and he's left disappointed. Over evaluation is based on the bias of the existence of excess potential, and sooner or later, balanced forces will stop the Gravitational pull's sway.

Another example is a woman who has an idea of the way she wants her dream man to look like. The more she strongly tries to convince herself that he must look like that, opposing forces will emerge in the form of a man who doesn't look like anything she wants to create a balance. Balanced forces bring together people who have opposite qualities of potentials, thus striving to neutralize the imbalance that exists.

When it comes to dependency and over-evaluation, there are two extremes. The first extreme is the desire to possess an object of your desire so badly that you don't realize that what you desire is not vaguely close to you. This is evidence in unrequited love that only leads to suffering. Sometimes, you might think that the excess energy will pull what you desire closer, just like a magnetic force.

However, this is not always the case as balanced forces adopt arbitrary rules in maintaining equilibrium, and this can be in the form of putting what you want farther from you. This is because the stronger you desire something, the stronger the actions taken by balanced forces will be. So, try to desire something without wanting anything in return. Try loving without the expectation of reward. When you do this, the unstable vibrations of balanced forces can be drawn closer and made to work for you. This is to stop the situation from snowballing out of control until it becomes practically impossible to change.

The second extreme has to do with jealousy. The stronger the feeling of jealousy, the more destructible it can become. The feeling of overvaluation inspired by a strong desire can quickly spiral into jealousy. Some people enjoy the notion of jealousy in their relationships. However, when this jealousy produces excess energy, balanced forces will emerge to destroy the root of the jealousy. And if your affection to that person is basically tied to your jealousy to not want to see them with anyone else or to want them solely to yourself, the balanced forces can lead to the end of the relationship.

- **Contempt and Vanity**

Judging other people is a sure way of destroying balance, especially when that judgment is motivated by contempt. Undoubtedly, situations emerge where people deserve to be judged, but the question is whether it's for you to judge them. When someone attacks you or injures you personally, you have a right to judge them, and this judgment doesn't often represent a source of unhealthy excess energy. However, where it isn't a case of personal attack or injury, then it's not for you to judge them.

When you judge someone for an ideological difference that doesn't necessarily open you up to harm, you will radiate negative thought energy that will upset the balance. There's nothing wrong with having self-esteem, as it will help you radiate positive energy and attract a better timeline. Balance is destroyed where an overinflated sense of one's own worth is juxtaposed by a superior attitude to the weaknesses, shortcomings, or humble achievements of others. This way, self-esteem will become arrogance, pride, and vanity.

- **Superiority and Inferiority**

Feelings of superiority and inferiority are a pointer of a dependent relationship. When you feel superior to people, you will cause them to resent you, and their resentment will cause you to react defensively. This kind of behavior always creates the excess potential that will attract balanced forces to step in to maintain an equilibrium.

People often compare themselves to others as a way of establishing a sense of their own self-worth. However, this type of self-assortment is as illusionary as a fly trying to force itself through a pane of glass. When someone puts too much effort into trying to prove their importance, they are inadvertently creating an excess potential. For example, a soccer player whose talents are being questioned decides to prove himself by making the game all about him. He decided to embark on solely runs to prove himself and only end up messing up. Balanced forces will emerge in the forms of angry teammates and fans to create a balance.

Choosing not to act with superiority has nothing to do with self-deprecation or low self-esteem. It's irrelevant which extreme of the complex you embody. The size of potential is in direct proportion to the extent to which a person's evaluation of the world differs from reality.

Balanced forces act directly and without concern for the subtleties of human relationships, and so often, once they start having an impact, a person begins to act less naturally, highlighting the aspects of themselves they would prefer to hide all the more.

You can eliminate the majority of the supporting of the problems you usually face if you relieve yourself of the colossal effort of supporting excess potential. You have to give up the idea that you can control the external world. Irrespective of your place on the social ladder, you can't manipulate the world around you, and things will definitely go wrong because attempts to change the world will upset the balance.

- **Obsession**

The more a person obsess over something, the less control they have over it. For example, the more a controlling husband tries to control his wife at every turn, the less control he will have over her. When a person obsesses over something, he ends up creating excess potential that will only upset the balance.

There are three types of desires. The first is a desire that transforms into a determination to have something and do whatever it takes to get it. For example, a college athlete who wants to make it to the final of a competition, realizes that he isn't hitting the right time but his desire is so strong that it pushes him to take banned performance-enhancing drugs to perform better. He gets caught and gets banned, thus losing all he has struggled for.

The second type of desire is inactive and tormenting and represents excess potential in its purest form. It lingers in the energy field and, in most cases, wastes the energy of the carrier, and in some cases, it attracts more problems.

The third type of desire is the most dangerous. It's an attraction to the desired object so much that it creates a dependent relationship. It's like a man who desires to marry a particular woman, and he believes that if he doesn't marry her, his life will be devoid of meaning. This desire creates excess potential that upsets the balance.

The more a person is attracted to something, the more likely they won't get it. The more a person tries to avoid something, the more likely that thing will happen. This is because your mind has been programmed to react negatively to that thing, and even though that thing doesn't have the power to control you, it will end up controlling you. You need to shake off your dependency on some things and situations and learn to transmit positive energy.

- **Guilt**

Guilt is an excess potential that is capable of upsetting the balance. When you feel guilty for a mistake you committed in the past or for actions that were inadvertent or clearly not your fault, you will end up creating excess energy that will upset the balance. The more you feel guilty about something, the less likely that you will either be able to act to correct the situation, or your actions will be an overcompensation that will only end up making matter worse. For example, when you make a mistake, and you walk around with guilt even after serving the punishment for your action. The guilt will make it impossible for you to move on or become a better person.

People often take advantage of the guilt people feel and use it in manipulating them in order to get them to do what they want. A good example can be found in the case of toddlers. When a parent scolds a toddler and the teary toddler runs off crying, it often makes the parent feel some guilt, and you can trust those little rascals to use the guilt to get some treatment.

And the guilt-filled parent, in an effort to make amends, will end up overcompensating.

Boldness indicates the absence of guilt. When a person is bold, they will be able to weigh their actions internally and determining the likelihood of them being in the wrong. This will help them rid themselves of guilt and protect them from manipulation. However, when they discover they are in the wrong, they will ask for forgiveness and make amends, hereby free themselves from guilt. Asking for forgiveness and admitting your mistakes are ways to rid yourself of guilt.

- **Money**

Avoiding a dependent relationship with money is difficult because it's almost impossible to love money without wanting more of it. All you can do is reduce the extent of your dependency. The fear of losing money or not earning enough creates an energy that pulls them to a lifeline where they have less and less of it. To free yourself from the money trap, you have to eliminate the excess potential, which is a strong dependency on money or the intense desire to have money.

You should start by accepting what you have and appreciating it. Remember that things could always be worse, and this will make you appreciate money more. If you let yourself get attracted so much to money, you can get to switch to a lifeline that lies far away from your true happiness. There's an illusion created by Gravitational pulls that you can't really be happy or be who you want without money, this is not always the case, and you must not let this Gravitational pull sway you.

You should instead practice the things you learned in the previous about attracting money. Learn to respect money, spend it judiciously, be charitable, and money will come your way.



- **Perfection**

As humans will often try to chase perfection in everything we do. Striving for perfection can be a good quality because it suggests that we are diligent and committed. However, most times, when we chase perfection, we end up frustrated, angry, and exhausted. This is because perfection is a myth, and there's nothing like perfection.

The problem with perfectionists is that they place themselves as superior to other people and act as judges of other people's character. This is because they believe they are always right and they are incapable of making a mistake. This behavior creates an imbalance, and balanced forces emerge in the form of a humbling that will see their ego crashing to the ground.

Often what begins as an innocent striving for perfection ends in claims to the privileges of a master. Chasing perfection creates negative energy that upsets the balance. So instead of striving towards perfection, understanding that perfection is whatever you want it to be. You should appreciate your effort and acknowledge your limitations. This will help you understand where you need to improve and help you appreciate that others are not perfect.



TECHNIQUES YOU CAN USE TO FREE YOURSELF FROM EMOTIONAL SINK

When you confront emotional triggers, your reaction can upset your balance and set you on a timeline you don't want. Freeing yourself from emotional sink will improve your life and set you on course for the timeline you desire. These techniques can help you free yourself from emotional sink.

Track the Source: Knowing the source of your emotional sink is the first step in freeing yourself. Emotional drain can be from a disturbing childhood, a poor working condition, an unloving relationship, etc. identifying the source will help you understand the ways they can manifest.

Be Aware: after identifying the source of emotional sinks, you need to be aware of the forms in which they manifest. Being aware will let you understand the different aspects of your life that emotional sinks manifests and eliminate emotional sinks.

Reprogram your Mind: you must remove all forms of negativity from your mind. A negative mindset places you at disadvantage when confronting an emotional sink. A negative mindset will make you react negatively and make matters worse.

By freeing yourself from emotional sink, you will be in a better position. You can practice mindfulness through Yoga, meditation. Breath exercises, or going for a walk in a natural habitat.

Eat Healthy: by choosing a healthy diet that is filled with fresh vegetables, rich fruits, and healthy grain, you will be putting your body in a better state which will have effect on your emotional state.

Exercise: Physical activity raises endorphins and serotonin levels that can improve your state of mind. Staying fit can also improve your confidence and give you more control over your emotions.

Cut Down on Alcohol: reducing your alcohol intake can improve your health and boost your mood. Taking alcohol can serve as a temporary fix for a sour mood or a bad day, but after the alcohol wears off, it will leave you in a worse state. Reducing alcohol will improve your mood and your health.

Get Enough Rest: resting is a way to recharge the body and brighten the mind. By resting well, you will be preparing your body to deal with the physical and emotional exertion that comes with everyday life.

Get a Support System: life is difficult and it can become more difficult if we go at it alone. Having a support system can make life less lonelier and difficult. Being surrounded by people who love you can boost your mental health and give you more control over your life.

Take a Break: You should remember that life is a marathon and not a sprint. So learn to take a breather whenever the going gets tough.

FINDING YOUR BALANCE

To counter the forces of balanced forces, you have to reduce the excess potential of importance produced as a result of the underlying problem. People tend to have a knowledge of the obstacle on their way but not the foundation of the obstacle.

You should begin by locating the source of the obstacle. Where you might have become obsessive, gone too far, or placed too much intensity. You need to determine what importance something has for you, and if it doesn't hold much importance, you should let go. The obstacle will crumble, and the problems will be resolved of their own accord. Do not try to overcome obstacles; reduce their level of importance.

When a situation very strongly depends on the outcome of a certain event, try to find an alternative solution. In order to stay calm when walking along a plank, you have to have a safety net.

Try to catch yourself when you start attributing excess importance to some event you are preparing for. If the event is genuinely important to you, try not to blow it up out of proportion. The best recipe for success is spontaneity, improvisation, and a common-sense attitude. The excessive potential of importance dissipates with action. Do not think, act! If you cannot act, then it is better not to think at all. Shift your attention to something else and let go of the situation.

Allow yourself from time to time to disturb the balance at little. Nothing awful will happen as long as you do not force the arrow off the scales. In essence, do not become obsessive, avoid dependency, and take care without worrying.



05

HOW LIFE'S TOXIC GRAVITATIONAL PULL WORKS

It has been established that life has different timelines, and you can be pulled into different timelines depending on what you desire and your actions. Both positive and negative timeline exists, and our actions can pull us towards a timeline that doesn't suit us nor work for us. This can lead to a life of negativity that can be compounded as the pull becomes stronger. This chapter will help you to understand life's toxic gravitational pull and the toxic elements that keep it going.

This chapter explains the following:

- Ways through which life's toxic gravitational pull manifests.
- How to stop life's toxic pull from getting stronger. How to free yourself from these emotional sinks.
- How to disengage from a timeline that you don't like
- That it's possible to get stuck in a timeline that doesn't favor you and it's up to you to break free from such timeline.

Sometimes, we look back at the events that have shaped our lives, especially the ones that make us happy. You tend to remember that the food used to taste better, you used to be better-looking, your partner used to be more romantic, your job used to be more fun, and you used to be more motivated. You may realize that these events did not make you as happy as they used to. What happens here is that you shifted to a negative lifeline that runs in parallel with your life where everything is just as fine now as it was before you left them behind. By expressing dissatisfaction, you inadvertently draw yourself to a timeline where things truly become worse than what it was.

Life timelines have all kinds of possibilities and everything for everybody. In one sector, the colors of life might have become grey, while in another, life, bright and fun as it always was. When a person emanates negative thought energy, he ends up drawn into a sector with a different time of scenery, but the world remains the same for everybody else. Often people come up against circumstances that disappoint them, and they express their dissatisfaction which then aggravates the situation even more.

The habit of reacting negatively is so deep-seated that human beings are beginning to lose their advantage of superiority over circumstances which is what places us above other creatures down the food chain.

It's not, in fact, true that things don't get better. Things have constantly gotten better since the start of time, and the evidence is abundant around us. If you consider the world 200 years ago to what it is today, you will realize that the world has progressed on every front, and things have indeed gotten better. When you think that your past is better than your present, it's just your mind playing games on you to pull you towards a negative timeline.

Every individual creates their own reality, and that reality intersects and interacts with the rest of the world around us. Everyone has their own layer, which they choose themselves. It's possible that a lifeline of success and hope to a lifeline where they will be left wondering what went wrong.

TECHNIQUES YOU CAN USE TO FREE YOURSELF FROM LIFE'S TOXIC GRAVITATIONAL PULL

Freeing yourself from life's toxic gravitational pull can take you from a toxic timeline to a positive one. These techniques are useful in freeing yourself of toxicity

Identify the Toxicity: identifying the toxicity is the first step in freeing yourself from toxicity. Identifying the toxicity will make you aware of the ways they can manifest.

Have a Strong Resolve: gravitational pulls are usually determined to drain your energy and leave you stuck in a negative timeline. To free yourself, you must have a strong resolve and show clear intentions.

It's not your Job to save them: understand that when you try to make it your job to get everyone to agree with your point, you only end up making them resolute of their stance. Learn to walk away from situations and understand that you can't change every situation.

Focus on one task at a time: choose something you want to do and focus on it. Multi-tasking sounds cool, however, when it crosses to the negative, it can make you unproductive at all fronts. So, choose you a task and give it your all.

Practice Yoga: Yoga has been identified both by psychologists and spiritual counselors to be a way to reduce stress and improve the quality of life.

Have a Positive Mindset: having a positive mindset will help you to thrive in the face of challenges and see every circumstance as an opportunity for growth.

ELEMENTS IN WHICH LIFE'S TOXIC GRAVITATIONAL PULL CAN MANIFEST



• Poverty

There are many stories about a man who was born into absolute poverty and rose from nothing to something. There are many rags to riches stories that people find to be inspiring and mind-blowing. These stories are hard to explain solely through common sense. So, to better understand this logic should be applied.

People who are born into poverty might use their circumstances and their energy will become attuned to their circumstances. It's difficult to move to a lifeline of prosperity if you despise your circumstance, envy the wealthy, and constantly wished you were better off.

With these three combinations, it will be very difficult to break free of poverty.

Becoming free from poverty goes beyond dreaming about it. If you really want something, you need to take action to get it. Poor people don't often take action because they think that the fulfillment of their own desire isn't possible. Desire in itself has no power. The readiness to act is the act that makes things happen.

There's a huge difference between "wanting" and "being ready to become." For example, a poor man often feels uncomfortable and out of place in the midst of wealthy people. Even when thrown into wealth, their reasoning and behavior are a stark contrast to what is expected of a wealthy person. Until a poor man reconfigures his reasoning to accommodate wealth and sees himself worthy of it, he will remain poor.

Another obstacle to the path of wealth is envy. Envy is a feeling of annoyance to the success of another person. Envy is a very strong and destructive element. Envy makes a person covet what another has and also devalues or belittles it in an attempt to display his envy. The desire to possess something is transformed into a psychological defense which then develops into rejection. The aspect of rejection takes place on a subtle level because the subconscious mind takes everything literally, and the energy you put out is what will shape your reality.

The way to avoid this transition is that you have to avoid feelings of anger, resentment, jealousy, and you need to back up your desire with action.

• Panic

Panic generates the most intense and quickly induced transition. When a person panics because of a signal of real danger, it causes

Panic can lead to a loss of self-control which will make you subject to the Gravitational pull's sway. It's difficult to combat this because, in a time of panic, the last thing on your mind will be how to regain self-control and combatting negative influence.

If you can keep your cool in a moment of real danger instead of panicking, you will be able to stay afloat instead of sinking. For example, when you suddenly find out that your partner is cheating, your ability to keep calm under pressure can save the situation from deteriorating to the point that might have you behind bars.

• Epidemic

The epidemic can lead to a toxic gravitational pull, and you will understand how. The cause of your illness is because you choose to play the game called "Epidemic." It all starts with a little rumor that, for example, in an epidemic, the flu is going around, and this rumor catches on and spreads like wildfire. Instantly, your mind starts to think that you can catch the flu, and everyone around you seems to be down with the flu. Every little action around you looks like signs of the flu. Soon, your thought energy gets tuned to the frequency of the toxic element.

Your efforts to convince yourself from the very beginning that you will not get ill enforce your acceptance of the likelihood that you will become ill, and because this is the case, no amount of self-indoctrination will keep you healthy.

Your subconscious starts searching for confirmation of the onset of an epidemic, and your attention becomes selective. You seem suddenly to be surrounded by people sneezing. And although they were always there, you didn't notice because your mind wasn't yet programmed to play the epidemic. Words spoken aloud are simply warm air, and words spoken to oneself are nothing at all in comparison to the inaudible power of faith.

When your mind is set on the flu, it's irrelevant what you do as you will become ill because your mind is set to it.

For example, imagine you're on vacation at a forest reserve away from the city and detached from the rumors of the flu. Your mind will not be programmed to the flu, and it will become harder for you to succumb to the flu.

You need to reinforce your mindset to avoid falling victim to the epidemic and getting drawn to a toxic transition.

• Unemployment

Unemployment is one of the things that can set anyone off. We are often concerned with our job security, and we actively try to secure the source of our livelihood. The fear of transitioning from gainfully employed to unemployed is both scary and disturbing. This fear can lead to the excess potential that will have you playing the Gravitational pull's game.

For example, you might hear that the company you work for is struggling and maybe planning to lay off some staff. You may hear from a coworker that a new boss is coming, and he plans on shaking things up. This can play on your mind and cause you to act in a manner that will only attract the very thing you're trying to avoid.

You end up taking your anxiety home with you, and instead of support, you find your family begins to complain and criticize. Stress levels rise, and you are no longer efficient at your job, and soon you will find that this inefficiency is more or less speeding up the event you're desperately trying to avoid.

To combat this, you should try to guilt and self-pity, which will make you appear weak and open you up to the negative forces. You should try to always have a safety net for everything you do, especially your job. People work multiple jobs or begin looking for an alternative even when they have a job because they need a safety net. If you feel secure about the future, the action of balanced will not affect you.

- **War**

The war here is a metaphor of two Gravitational pulls locked in a battle of supremacy. For example, you might look around you and realize that you have not accomplished some of the targets you set for yourself. This realization soon causes you to feel anger and resentment. The Gravitational pull of negative thoughts will combine with the Gravitational pull of self-resentment to create a snowball effect that will lead to a shift that will attract a toxic gravitational pull.

The way to manage the situation is to change it at the outset before things escalate out of control. When the negative forces make their move, you should walk away instead of reacting and feeding it will energy. This way, the Gravitational pull would have been defeated.

Not accepting the Gravitational pull's game means ignoring it. Although it can be difficult to ignore something like war, just as in a war where some countries are neutral and watch on the sidelines, you can do the same. However, the best way to prevent a war is to support peaceful action that will expose the Gravitational pull's intention.

- **Disaster**

There are several TV Shows about natural disasters, air disasters, and mind-boggling crimes. However, many people don't allow the things they watch into the layers of their personal worlds.

There are some people who are invested in what they watch and allow it to play on their consciousness. When such people suffer a personal misfortune, they tend to fill their life with the events taking place in life layers other than their own.

Anyone who looks for negative information will find abundant of it, and this will affect their subconscious, which will, in turn, shape their reality. If you ignore the prod of the destructive Gravitational pull, you will never end up involved in a catastrophic event, or at least the chances will be close to zero. This is because the world is filled with people who are subject to the Gravitational pull's power. These people are walking around radiating the Gravitational pull's spectrum. It's difficult to stay free from this vibrational frequency. Hence the task is to stay far away from the Gravitational pull's vortex. This means not absorbing negative information relating to catastrophic events and disasters. You need to let the information pass you by.

If you maintain a positive outlook when confronted with negativity, you will be able to surround yourself with positivity and keep negativity away from you.

By practicing positivity and intentionally ignoring negativity, you will be able to stay off the Gravitational pull's vortex and fend off life's toxic gravitational pull.

06

HOW TO FIND A NEW TIMELINE THAT YOU CAN JUMP INTO

The minds process information by ascribing an image to such information. There are numerous information around you that we are unable to process nor understand because they are new and your mind is yet to ascribe an image to it. This chapter explains why you should go with your heart and trust our guts because this is the only way you can free yourself from emotional sinks.

In this chapter you will learn the following:

- The concepts of omen and how they shape your reality.
- The battle for supremacy between the heart and the mind.
- How not to limit yourself because of common sense.
- How a false sense of importance can ruin your chances of success and why you must avoid it.
- Techniques that you can use to tap into the true source of life's gravitational pull.

THE INFORMATION FIELD

When you go with the flow, the world will meet you halfway. When you surrender to life, everything will work out in the end. The alternative is filled with many possibilities of what things could be like. The conscious mind sources information both by interpreting data from the external world and by receiving it from the subconscious via intuition. In simple terms, what plays in our mind is what shapes our reality.

The world works in a way that can't be explained by logic. Scientific discoveries aren't made as a result of logical reasoning. Most of the Eureka moments come from the air. Good music isn't a result of an intelligent arrangement of notes, and the greatest work of art isn't a result of technical skills. Creativity based on inspiration and insight is totally different from something based on rational reasoning.

The mind analyses data received from the energy field by the subconscious and endows it with symbolism. For example, you can be walking through a garden, and the colorful scenery will be absorbed into your subconscious, and your mind will process the data and release it through an outlet where you might be tempted to draw a painting or write a poem. In another scenario, when you're going through a tough moment and everything around you seems frustrating. Your mind will process the negative thoughts and release them through your actions.

Information originating in the alternative space is somehow available to us in the form of hunches, visions, insights, and signs, and it's imperative that we understand its meaning as it will shape our reality.

KNOWLEDGE OUT OF NOWHERE

Most data we receive is in the form of premonition and vaguely perceived knowledge. Only a few gifted people are capable of reading data held in the information field. If the mind was capable of understanding everything the heart wished to share with it, humanity would have already gained full access to the information field. And we can only imagine the heights human civilization would have reached as a result.

The mind is not good at listening to the heart, and oftentimes; it doesn't. The inability to listen to the heart hampers our capacity to interpret the data in the information field. The mind ends up doing things in its own way, and this is why most times, when you ignore your guts, things go wrong and when you follow your guts, things often go well.

The mind deciphers the information in the energy field using known parameters and designations such as symbols, words, concepts, diagrams, rules, etc. designations are attributed to everything that exists in the world around us. From nature to physical objects and animals, everything has a distinctive symbolism. However, it's very hard to find designations for new information. It's like when your partner starts acting strangely, and you don't know how to understand the behavior because you have no designation for it.

The mind is constantly generating thoughts, and the voice of the heart is literally drowned out by the limit of our understanding and makes it difficult to access intuitive knowledge. The heart could provide answers to many of our questions if only we could hear its voice. When you listen to the dictates of



GOING WITH THE FLOW

It's more advantageous to use the flow in pushing yourself instead of fighting it. The main reason to avoid actively resisting the flow is that in doing so, you expend a huge amount of energy in vain or to your own detriment. At the same time, you can't rely entirely on the alternatives flow to carry you into a calm and better situation. So, you should proceed with a sense of caution, correcting one's movement with smooth actions. For example, you might be dealing with a boss who is not understanding. Fighting your boss will not make the situation get better, and it won't let him respect you. If at all anything, it will make him double down on his actions. At the same time, you can't act ignore his actions, and let him keep harassing you in the hope that your calmness will make him stop. What you should do is to try to understand why your boss acts the way he does and see if it's due to your actions. This will help you act in a way that will keep him off your back.

What you have to learn is that it helps to get into the habit of choosing the simplest possible solution to any given problem. You have to open yourself up to learning new things and think about how to do things in familiar tasks in a more effective way.

One approach to doing things in the most efficient manner is so simple that it's almost unbelievable – in accordance with the principle of harmonious movement, everything should be done by the easiest and simplest means possible. Everything can be done more simply than you think. Yield to simplicity. It is the mind, not the alternatives flow that carries you to the edge of the waterfall.

Learn to activate your inner guardian, so you can listen more to your heart. Do not hurry to take action. First, observe and only then take action. Try not to get in the way of the flow of life, and you will feel much better for it.

GUIDING SIGNS



There are always tangible signs that will help us navigate ourselves through life. Life is constantly us signs which we can use to improve our life. It's up to us to listen more to our hearts to be able to read the sign. The most common sign that live sends us is omens. There are both bad omens and good omens. A rainbow is considered a good omen, and a black cat crossing the road is considered a bad omen. Suppose a particular omen has manifested to a point, a certain pattern is determined, which then becomes public opinion because such things interest people. However, omens are not always correct and what can be a good omen to some cultures is a bad omen to others. For example, the bat is a bad omen in the English custom while it's

a sign of good luck in the Chinese custom.

Omen itself cannot serve as a law or pattern, because what we interpret as omens is simply our reaction to them. If you believe in omens, they will go a long way in shaping your life because your subconscious will be programmed to act according to the interpretation of the omen. This is because you experience what you apply into your everyday life.

Guiding signs are signs that indicate a possible turn in the alternatives flow. A guiding sign serves to usher in an event that will substantially change the flow of everyday life. When you are expecting something to happen in your life, a sign will appear, however small to signal its onset. For example, if you have been suspicious that your partner is cheating on you, you will notice a sign that suggests your partner is cheating. It could be an act or omission that always existed but you never noticed.

A sign differs from the other everyday phenomena in that it signals the beginning of a shift to a lifeline that differs considerably from the current one. This sign can be sometimes disturbing because they are a shift from the life we have become accustomed to. Signs serve as indicators that a shift has occurred or is in the process of occurring. Often it is hard to put your finger on it, and you may just have the feeling that something is not quite right.

Interpreting signs is quite difficult because you cannot be one hundred percent certain whether the phenomenon that attracted your attention is a sign or not. So, to simplify this, you should phrase the sign in a simple yes or no answer. "Is this a sign to quit my job and explore other possibilities?" or "is it the time to work smarter and try for a promotion?" by phrasing it this way, the signs will become easier to interpret against the backdrop of your current state, and your plan for your life.

The interpretation of a sign should be simplified enough to hint at a "positive" or "negative" type of an answer. This will help you avoid overthinking and fighting against the flow.

Ultimately, only you can interpret the signs that are personal to you. You will instinctively understand their meaning if you are observant of yourself and the world around you. The only sign particularly worth focusing on when you are making a decision is your gut feeling and intuition. It's very important that you listen to your heart and follow it.

LETTING GO

The mind requires a rational explanation to be comfortable enough to let go. Providing an explanation, the mind will not take anything on faith, and it is extremely difficult to shake the mind's desire for common sense. The mind demands proof and circumstantiation, which you can provide yourself if you interpret signs in a simplified manner.

While growing up, we often get told to "Use your brain," "Think with your head," "Apply common sense," etc. this is to show that the mind is trained to act in a practical manner based on common sense.

Common sense provides us with a minimal set of rules on how to behave in life in order to survive. The only problem is that the mind follows this code literally. An obsession with common sense prevents the mind from opening up, looking around, and noticing all the things that do not fit the rules.

If you look into history, most of the extraordinary accomplishment of humanity wasn't the dictate of common sense. The people who shaped history were able to look around them and notice all the things that do not fit the rules.

There are many things in the world that are inconsistent with common sense. The rational mind is incapable of explaining all the phenomena we witness in the world.

Relying on the streams in the alternatives flow can compensate for the limitation of the mind. The mind would make fewer mistakes if it did not try so hard to get involved and overrule the heart. When you let go of the situation and relax your controlling grip, you allow the world around you more freedom, and the flow can take its own course.

Our greatest error is that we always try to control the situation will find ourselves instead of our reaction to the situation. It's akin to controlling the flow instead of going with flow and this is responsible for the majority of problems and disappointments we face.

You should learn to go with the flow, not in a literal sense by agreeing with everything and everybody, but by moving the center of gravity from control to observation. Observe more and do not be in a hurry to control things. When you practice this, you will get a healthy sense of moderation, and you will learn to use the force of life in your favor.

TECHNIQUES YOU CAN USE IN JUMPING INTO A NEW TIMELINE

The universe is made up of different timelines and you can choose the timeline you want to exist in. these techniques will guide you into choosing the timeline you desire.

Open Your Heart: Learn to open your heart to the world around you because the world is filled with information on how to get what you want.



Remove Negative Thoughts: Your mindset will determine how you will interpret a sign. When you have a negative mindset, you will end up having negative thoughts about everything around you.

There's Power in Your Subconscious: your subconscious is limitless and what goes on in your thoughts will play out in the alternate reality. You should learn to channel your subconscious into thinking about what you desire as this will prepare your mind to believe it.

Back up Your Thoughts with Action: Thoughts are mere wishes that will be left unfulfilled unless you act. Being intentional means you are conscious enough to work towards what you want.

Trust your guts: Your guts is your guiding angel and you should learn to go with it. You should consider every situation carefully and let your guts do the rest.