



# THE REALITY CODE

THE REALITY CODE ACCELERATOR



# INTRODUCTION TO BOOK TWO

In book one you got an overview of the theory of balance and how balance is required to maintain a positive life. Book one shed light on the forces of gravitational pull that are capable of upsetting balance and make it difficult to gravitate from one timeline to another. Book one further explained the concept of a toxic gravitational pull and the wave of life that controls the pull into different timelines.

Book two will discuss the steps required to move from your current timeline to the timeline you desire. Book two explains the concept of the heart and mind, and the need to unite them to achieve what you desire. In book two you will learn how you can channel a pureness of mind and your guardian angel to get you to the timeline where you can live life on your own terms.

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# 07

## LET LIFE'S GRAVITATIONAL PULL DO THE WORK FOR YOU, AND SIT BACK AND ENJOY THE RIDE

Life's time lines are filled with different possibilities and realities you can choose from. Life's gravitational pull can be used to pull you into different times lines and your reaction will determine the outcome. You can either fight against the tide and upset the balance or use the tide in your favour and let life pull you towards a positive time line.

In this chapter, you will learn the following:

- How to use life's gravitational to accomplish your intentions.
- Why potential is only limited by intention.
- How to have unwavering faith in the midst of adversity that your dreams will come true.
- How to let go of stress and let the universal in your favor.
- How to channel your subconscious into getting a better reality.
- How to use lucid dreaming to get better at reality jumping.

# LUCID DREAMING

The mind is in the habit of rationalizing everything we encounter because this is the only way we can make sense of it. When we are asleep and dreaming, our mind responds to rationalize the experience. That's why we have a scary dream we suddenly wake up as our mind can't seem to make sense of it.

A state of lucid dreaming is when you take part in a dream as if it were a virtual reality. Lucid dreaming is a product of your imagination and everyone must have experienced it once. Lucid dreaming is a matter of intention because most times, you end up dreaming about what you spent most of your day thinking about that.

The reason to practice lucid dreaming is that it allows you to control your dream so when something you don't like happens in your dream, you can change it. The doors of your dream is filled with endless possibilities and the only thing you can't do in your dream is to bring back an object.

Practicing lucid dreaming gives you more ability to control your subconscious. Controlling your subconscious will invariably allow you to control what goes through your mind and block negative thoughts. You will be able to put out positive energy and channel it into getting into a positive time line.

Lucid dreaming should be approached with caution because when out of control it can lead to certain mental disorders. It can also blur the line between the real world and the imaginary world.



# THE DREAM SPACE

The subconscious directly connects to the alternatives space and the information it contains. The brain does not store information itself. It stores the address to where the information is located in the alternative space.

Dreams gives an insight into what might have happened in the past or what might happen in the future. The sector of your dream may have a similar script to that of your reality. It may have information about the impending event in a person's life however, this is not always the case.

The heart has the distinct capacity to sense impending event and this comes in form of the guts feeling which, is the major sign the mind is capable of processing. The soul chooses a script that is similar to the dreamer's thoughts and moves through the alternatives space as their thoughts change. Dreaming is the soul's travel through the alternatives space, where all types of scripts (realities) exist. In essence, your thoughts shapes your dream and what you spend time thinking about will often manifests in your dreams.

To be able to achieve the life you desire, you need to understand how your thoughts can transform you from one timeline to another. Understanding this will help you channel your thoughts to a timeline that you desire.



The danger of the alternate timeline of the dream is that you can become so absolved in it so much that you can become lost and lose your way back. When you lose the ability to differentiate between your dream and reality, you will lose control over your subconscious and gradually slip into a state of limbo.

You don't have to be particularly scared of dreaming. However, even above that, you should trust your guts. So, if your guts are telling you that lucid dreaming isn't suitable for you, you shouldn't practice it. The heart is better at sniffing out impending danger, so dreaming without the interference of your mind can open you up to unbelievable information.

However, if you will like to try out lucid dreaming, you should be careful to retain maximum levels of awareness, so you can always wake up whenever you want.

## HOW TO RIDE LIFE'S GRAVITATIONAL PULL

Life's gravitational pull can swing in different directions and it's up to you to know which direction you will like to move. When you try to force a move in a different direction, it can lead to misbalance. Hence, it's better to let life's gravitational pull do the work while you take advantage of the motion and steer it your way.

These are techniques you can deploy in steering life's gravitational pull your way.

### **Celebrate Your Current Accomplishments**

Reaching your goal can take a little longer than you want. It can be a long tedious journey when you're keeping mourning about what you don't have. Instead, be thankful for every little victory. This will help you to learn through journey and set small attainable goals.

Celebrating your current accomplishment is something that can be even the littlest things. For example, if your goal is cut down drastically your weight, when you go to the gym consistently for two weeks, it's a small win that is worth celebrating. It can also motivate you to keep pushing.

### **Worry about Things you can Control**

You can control everything in life and the earlier you understand the faster you can swing life's gravitational pull your way. When you stop obsessing over things you can't control, you will have more time to focus on the things you can control.

For example, you might have a boss who's always finding ways to frustrate his subordinates. You know there's nothing you can do about this because he's your boss. Instead of worrying about his actions, try to concentrate on how to reduce his negative pull on you. Perhaps try giving him no reason to complain, or you can begin looking elsewhere for employment.

### **Trust your Guts**

To ride life's gravitational pull, you have to have faith in the unknown. You need to get comfortable with the fact that you don't know what the future holds. This will help you to get comfortable and willing to follow the lead of where life takes you.

Sometimes, the best decisions you can take is to follow your guts. There are times when I am faced with a challenge and instead of overthinking my decision, I just follow my guts and it turns out to be the best decision.

### **Learn From Your Experiences**

Everything that has happened to you is supposed to lead you to your destination. By having this mindset, you will be able to learn from your experiences and use them in improving your future. If you want to achieve something, the efforts you put into achieving that thing even when you don't have achieved it are valuable experiences. For instance, if you want to be a writer or painter, you don't become an expert overnight. It takes many years of training and practice to become one. Your experience will help you to improve and become better at your job.

### **Practice Positive Thinking**

Positive thinking has been proven to significantly impact the lives of people who practice it. When you have a positive outlook on life, the process of getting to the timeline you desire will be easier.

### Ignore the Naysayers

On your journey you will meet detractors who will try to discourage you from reaching your goal. You must turn a deaf ear to them and make sure they don't make you lose sight of the goal.

### Embrace Your Shortcoming

Embracing failure will allow you to know your limitations and give yourself a chance to grow. Remember when Edison was asked why he kept trying after failing 99 times, he said he didn't fail. He only discovered 99 new ways the light bulb won't work. Embrace this mind set and you will be unstoppable.

## THE MAGICAL POWER OF INTENTION

The power of thought cannot be overemphasized as what goes on in your head will shape what happens in your life. The component of your thought while awake will transport you to a dimension where the thought places out in the dream land.

Our thoughts regulate the energy that we release and transport us into a timeline that corresponds with that energy. However, while thinking about something could transport you to a corresponding dreamland, no amount of thinking can make something happen in the physical realm.

For a thought to manifest in the physical realm, it must be backed by actions. Intention is the ability to back a thought by action. Lack of persistency can lead to the premature demise of a goal. When you're not persistent enough, you can get tired and give up before you achieve your goal. Hence you must be intentional enough to persist until you get what you desire.

When you overburden yourself with multiple tasks, you can get burn out and you will not be able to achieve your goal. You will also be unable to move into your desired timeline.

There are no impediments in the dream land as you can achieve anything you want. However, in the physical realm, realization is brought about not by your desire but by your attitude to that which you desire. It's not the thoughts of the object you desire that's important but the intention to back your thoughts by action. Intention is the resoluteness in decision to have and act and this is a necessity if you want to achieve your goal. You don't need to take permission to change the course of your life. Choice isn't about making requests but about the decision to make and take action. Intention is the force that unites desire and action.

Intention is the driving force that can take you from your current timeline to the timeline you desire. Hence intention is a requirement if you want to achieve your goals and swing life's tide your way.



## OUTER INTENTION

The ability to transform a thought into reality is primarily based on intention. Getting up on your feet and doing something about a situation is based on the power of your inner intention.

Choosing a life line in the alternatives space is dependent on the power of the outer intention. There's no power or force in the universe capable of magically transforming one object to another. You could have strong conviction (inner intention), however, there's just so much inner intention can do.

An object can't move itself until it's moved by a force. Outer intention is the force that propels inner intention into realizing what the mind conceives. People struggle to get something to move in their life, not because they lack inner intention, but because they lack the outer intention to put in the work. Inner intention complements outer intention because you can only evoke outer intention when you have a strong inner intention.

What you must remember is that desire is the concentration of attention on the goal itself while inner intention is the concentration of attention on the process of moving towards the goal. Inner intention conceives the goal and outer intention chooses the goal and propels it to realization.

## THE GAME SCRIPT

Dreams are the closest model to demonstrating how the outer world works. Dreams are like a demo mode of how the world works. In dreams, different types of scripts exist and you can gravitate towards a script that is chosen by your thoughts. When you dream the mind is only perceiving what your soul witnesses in sectors of the alternatives space that have not been transformed into physical reality.

In non-lucid dreaming, it's capable for you to correct a dream you don't want. A dream is like a play where a script is chosen based on a dreamer's outer intention in accordance with their expectations and experience. All through a lifetime, you get to experience numerous events all of which is stored in a vault that is available to the subconscious.

Dreams can sometimes be meaningless such that you will be locked in a ridiculous game unaware of the absurdity. This also manifests in reality such that people can become part of something that doesn't make sense to several people. For example, people can form a club where they have an esoteric taste for something and the activities of this club won't make sense to those outside the club.

In non-lucid dreaming, the dream just happens and the script is selected independently of your will. The mind gives the heart more freedom and this activates the outer intention which sets you on your way to achieving your goal.



## BENDING THE GAME TO FIT YOUR RULES

Outer intention only imagines an event to be true and accepts the possibility of a different script. To transform a chosen script into reality, there must be a union between the heart and the mind so the outer intention can be activated.

Outer intention acts independently of your will as what you think about is what you shape your action. It's a subconscious level that is beyond human control.



To shape your outer intention, you must give you must have a positive thinking and direct your personal will towards achieving a harmonious connection between your heart and mind.

To get outer intention to work in your favor, you have to first believe that the script can be changed. What this mean is that you have to believe that you can achieve what your inner intention conceives. You have to be aware. Awareness has to do with having the right state of mind and knowing what you want and having a conscious thought about it. Taking responsibility for your own fate is not a burden, but an act of freedom that you must exercise if you wish to move from the timeline, you're to the timeline you desire. The secret of owning your fate lies in awareness to achieve a clarity of mind. Choosing a simplicity of mind can be a way for you to shield yourself from toxicity.

Lack of awareness is the result of not wanting to look reality in the eye. when you shy aware from taking your life in your own hands, or when you surrender to fate and let external factors sway you to a timeline you don't want, then you're displaying a lack of self-awareness. Lack of self-awareness can manifest through anger, resentment, frustration, depression, etc. To improve your life, you must retain self-awareness and the ability to direct your mind to the right thoughts.

## PURIFYING YOUR INTENTION

The intention is a strong driving force which power is unfathomable. Having an inner intention is necessary, but it will only be wishful thinking without outer intention. To maintain a balance, you have to learn to want without desiring, to take care without worrying, to strive without being distracted and to act without demanding.

Desire is when something is absent but there exist thought energy to aim at attracting it to make it present. Intention neither believes nor desire; it simply does. Pure intention doesn't create excess potential that upsets balance. A pure intention is free of desire which makes it free of excess potential too. Desire must be replaced by intention, total resoluteness in the decision to have and act. Outer intention makes it possible to shift the point of material realization from one sector to another in the alternatives space. To achieve outer intention, you must unite your heart and mind to focus on the same thing. When you do this, you can deploy the power of outer intention in your favor and achieve your goals.

## WHAT WE LEARNT IN THIS CHAPTER

In this chapter, we learnt that the universe's gravitational pull goes on different directions. When you surrender to this wave, the universe will align in your favor and lead you to a timeline you desire.

We learnt that the dream space is a place of unlimited possibilities. By deploying lucid dreaming we can shake our subconscious to break mental barriers and prepare our mind to achieve life altering feats.

Finally, we learnt that we must unite our heart and mind to achieve what we want. The mind must believe and agree with the heart, and we can do this by training our subconscious mind to become strong to believe in our potential to achieve our goals.

Remember that trusting the life's gravitational pull and training your subconscious mind through lucid dreaming takes practice. There's no shortcut to the answer and there's no quick fixes. You have to be patient and believe in the process. Sometimes, it can might look like it's taking too long. However, don't give up. Commitment and consistency are key in achieving the goal.

# 08

## THE FAKE DREAM COME TRUE TECHNIQUE

The dream is a place where the impossible can become possible. In the dream land, there's no impediment to what you can achieve whatever you desire and become whatever you wish to become. The dream land is often considered an opposite of reality. Your life will change drastically if you can replicate the script in your dream into a reality. This chapter explains how you can turn the dream script into reality.



## YOUR MIND SHOULD MARVEL AT YOUR GOALS

If your goals leave your mind marveling and wondering if you have lost it, it means that achieving those goals will drastically improve the quality of your life. It's often said that your dream should scare you and this is trite.

The scarier and more daring your goal is the more impact it will have when you achieve it. Ask yourself, if your goals aren't daring, will it have any major impact on your life?

Goals that are too easy to achieve will likely have minimal effect on your life. Setting a saving target of \$5 is very easy to achieve but it will likely also have little or no improvement on your finances. \$5 will give you no financial security.

Imagine you had a \$25,000 savings target; this will improve your finances and serve as security for the future. The idea of saving \$25,000 may scare your mind especially if your wages isn't in that region. However, achieving this will drastically change your life because the bigger your goal the bigger the impact on your life.

However, bear in mind that although your goal should scare you, it shouldn't scare you too much. Your goals shouldn't be such that the possibility of achieving it is logically and absolutely impossible.

An example of a man whose goals were so way ahead of its time and marveling that people thought he was crazy is the inventor, Nicola Tesla. For example, in late 1900s, Tesla convinced the banker JP Morgan to sponsor the world's first wireless devices. At the time, Tesla's ideas were insane and practically out of this world. People had no idea what he was driving at and Tesla's mind must have been wondering what the hell is going on.

However, he accomplished his objective and built the world first transmitter. Tesla's invention changed the course of history and became the starting point for future wireless inventions. Tesla's dream was huge hence it had a huge effect on the world.

When you dream big and have the intentionality to act on your dream, the results will have a big impact on your life.

## WIDENING YOUR COMFORT ZONE

In your heart, you will always doubt if your dreams can really come true. Hence just being willing to take the necessary action is not enough. If you don't believe that your dream can come through you won't feel worthy of it either. You will find yourself doubting if the goal is realistic. People who go on to become celebrities, inventors, business magnates, executives, and billionaires aren't different from us. They only give themselves the permission to have and to dream big. It's essential that you allow yourself the freedom to dream big and the permission to have.

The feeling of clarity without words, knowledge without faith, confidence without hesitation comes from the unity that exists between heart and mind. When you experience this state, the force will carry you into a sector where there's an agreement between heart and mind and your dreams can become a reality.



## VISUALIZING THE GOAL

Visualizing your goal means using your imagination to create a mental picture of a goal in as much detail as possible and carrying the picture in your mind. For your dreams to become reality, you must not simply dream, you must have the intent to have and act. You have to visualize the realization of your desire as if you were watching it play out right in front of you.

For example, you want to own a car, when you imagine the car with all its features and all its details, your mind will have a clear picture of what the car looks like and will hold the image in your mind's eye every day.

If you strive towards your goal with all of your heart, then visualization will definitely bring results. When you acquire the genuine will to have, outer intention will find a way of realizing your goal.

## VISUALIZING THE PROCESS

Intention is the concentration of attention on movement towards the goal. The driving force behind any action is intention and not desire. You can desire having a doctor title in front of your name as much as you want, but if you don't have the intention to register for a post graduate program and put in the requisite what, your dream will remain a dream. What moves you towards the goal is to visualize the process of moving towards the goal rather than to contemplate the goal itself. The mental picture of the goal should serve as the background to the central focus which is the process.

Visualization of the process differs from visualization of the goal in the same way that intention differs from desire. Visualization of the goal is desire while visualization of the process is intention. Practicing visualization involves imagining a mental picture of the process of moving towards your goal based on the principle that the goal must be reached sooner or later because the power of intention is working.

Visualize the means by which your project will reach completion. Visualizing the process of moving towards your goal will significantly quicken the work of outer intention.

You don't have to worry if you don't yet know how your goal can be realized. Just continue to visualize the process calmly and systematically. There is no need to rush about stressing over how to find a way of achieving your goal. Just trust the alternative flow and let it work in your favor. Soon things will fall into place and you will automatically take the right type of action.



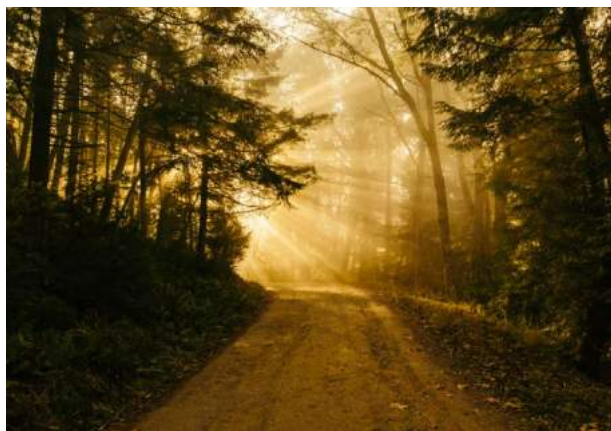
## TRANSFER CHAINS

If the realization of your personal goal lies in life lines which are quite distant from your current lifeline, it will be practically impossible to attune your energy to this life line directly.

The path that leads from your current position to your future goal may be quite long. To change your position, you must also change your mindset, your manner, and perhaps even your character. You can't attune the parameters of your energy to any level of precision without actually walking the path that leads to the life line you desire.

Arriving at the lifeline you desire requires that you continue on a certain oath and maintain consistency until you arrive at your desired destination. For example, if your goal is to practice before the Supreme Court someday, you must first study law in a university, pass the bar exams, and dedicate yourself to becoming a good lawyer. These are the chains of events you must navigate until you reach the destination you desire.

When you visualize your goal and the process the paths to accomplishing it will become clearer and this way, you can unite your inner intention and outer intention in getting what you desire.



## HOW TO PREPARE YOUR MIND TO SHAPE YOUR REALITY

At the start of this chapter, you read how you can channel your dream into getting the reality the reality you desire.

**These are practical steps you can deploy to have a dream so huge that it would scare your mind.**

- **Be Royal on Your Own**

Act like a King to be treated like one – The way you carry yourself will often determine how you're treated by others. When you don't exude confidence within, it will be difficult for you to believe in yourself enough to have a dream that will scare your mind.

Take for example Henri De Toulouse-Lautrec, the famous French painter who broke both his legs in childhood and was physically handicapped for the rest of his life. While growing up, he suffered depression as a result of his physical condition and this made people to treat him poorly. Henri finally overcame the limitations of his deformity and realized his talents as a painter. He decided to become one of the greatest painters the world has ever seen and this was a dream that must have ordinarily scared his mind. However, he let go of his physical impediment and he became one of the greatest. During his lifetime, he was loved by men and women and he was one of the founders of the famous Moulin Rouge Cabaret.

- **Master The Art of Timing**

Even the Bible says there's a time for everything under the sun. You have to understand that sometimes, the timing isn't just right and no matter how hard you try things won't go your way.

To conceive a dream that will change your life, the timing must be right and there has to be a harmony of the heart and mind.

For example, it would have been unimaginable if an African American had run for the president of the United States at the onset of the civil rights movement. While it might have been an ambitious move that will go down as a landmark event, the African American wouldn't have made the ballot of any notable party and his ambition might have resulted in huge loss of lives and properties in African communities. In 2008, what was a dream to Rev Martin Luther King Jr became a reality with Barack Obama.

- **Work on the Hearts and Minds of Others**

You need to be able to get others to believe in you. Your dreams might seem out of this world and it might seem daring and unimaginable, but at the same time, you must be able to inspire a certain level of belief in others. When you work on the hearts and minds of others, they subconsciously become loyal to your cause and believe in you.

Take for example Nikola Tesla who accomplished ground-breaking feats in science and technology. Although many thought he was in over his head with his ambitions, they still believed in him enough to back him. JP Morgan the famous banker financed some of Tesla's daring projects because he knew if there was anyone who could achieve the unimaginable, it was Tesla.

- **Guard Your Reputation with all you have**

So much depends on your reputation hence you need to guard it with your life. It's easier for you to make your dreams a reality when you can command the respect of those around you. Having a good reputation will give you the confidence to dream big and the intentionality to act on your dream.

- **Stand Out in the Crowd**

Never let yourself get lost in the crowd. The one who is a competitive one and what is unseen counts for nothing. Always ensure that you distinguish yourself from others and this will give you the mindset to follow your dream.

In Robert Schuler's "Tough Times Never Last but Tough People Do" there's a story of a man who worked on a building site. Every day, this man resumes early and works harder than everyone else. What's more important is that he always wore a red shirt. Soon, this red shirt wearing man was noticed by the top boss and he was promoted to an executive position.

In everything you do, you should strive to distinguish yourself.

- **Win through Your Actions**

There are people who win only through arguments and not by their actions. These types of people don't inspire respect and they lack the self-confidence to back up their talk with actions. You must learn to let your actions do the talking. When you lack the ability to take actions you will also lack belief to dream big.

Don't just sit back and wish that your dream will appear in front of you. Be bold to go for what you want. Resist for that half marathon. Apply for that job you think you're unqualified for. Take that professional exam everyone is scared of. Talk to that nice man or woman you have been thinking about but you think they are above your league.

Take action and let the universe do the rest.



- **Surround Yourself with Positive People**

Your dreams can be affected by someone else's misery. Emotional states are as infectious as diseases hence helping a drowning man might cause you to drown with him. You should instead surround yourself with positive people who believe in themselves and believe in you. When you surround yourself with people who believe in you, you will be able to dream big.

Alexander the Great was able to conquer a quarter of the world because he surrounded himself with generals who believed in him and believed in themselves. With positive and confident generals around him, he was able to think big and together they achieved the unimaginable.

# 09

## UNITE THE HEART AND MIND AS AN UNSTOPPABLE FORCE

When the heart and mind unite, it opens the door to new possibilities and it will set you on course for the lifeline you desire. Uniting your heart and minds requires that you take certain steps that will harmonize your outer and inner intentions. This chapter will guide you on the path to uniting your heart and mind.



## UNDERSTANDING HOW THE HEART WORKS

While the conscious experiences of our life is stored by the mind, the unconscious experiences of our life is managed by the heart and soul. Feelings relate to the heart while thoughts relate to the mind.

A state of elation, openness and inspiration as well as oppression and depression on the feelings of the heart. Most times, the mind is mainly interested that we stay within the domain of common sense.

The heart is capable of experiencing oneness with the outer intention while the mind is limited form this phenomenon. While the mind has a conscious will that makes you want to dwell within the limits of reason, the heart does not have this barrier. If you have ever been in love, you might have experienced a strong feeling that saw you acting in a way you never thought you could. This happened because unlike the mind, the heart doesn't work with barriers.

To be able to turn what is in your heart into actions, you have to strive towards the unity of your heart and mind. Achieving the unity between heart and mind is enough to bring outer intention under the sway of your will.

Achieving a harmonious connection between the heart and mind is difficult but nonetheless achievable. What you need to do is to understand how your biggest desires and expectations can also be realized.

## UNDERSTANDING HOW THE MIND STOPS THE HEART FROM FULLY FUNCTIONING

The heart is responsible for managing the affairs of our subconscious. The heart is mainly deals with feelings while the mind is primarily concerned with reason. The job of the mind is to serve as a check on the heart's impulses. However, this can impede our ability to trust our guts and go for goals that will have a powerful impact on our lives.

The heart has the abilities to concede a goal, however, the heart lacks the ability to make that goal a reality. That ability to make what the heart desires is the job of the mind. For example, you might play the piano as a hobby but you may nurse the desire to become a pianist. While your heart might nurse this desire, your mind might tell you that you lack the required talent to become a pianist. Your heart wants to become a pianist but your mind tells you're not good enough, so you don't take the necessary classes to become a pianist. Your heart desires it and it will only continue to be a desire lodged in your heart.

The heart is capable of feeling the wind of outer intention but is not capable of putting up sail to harness the wind's force. The will of the mind however, can put up a sail. Will is an attribute of conscious awareness. The mind does not feel, it knows. And this is the major reason it decides which of the desires of the heart it would pursue.

## USING YOUR GUARDIAN SPIRIT TO SHIELD YOURSELF FROM NEGATIVE FORCES

Your heart already has all it needs to realize what it desires. All that is required is that you grant yourself the permission to have and want. While your heart is can desire something, not everything your heart desires fits into the framework of the concept of the mind.

The mind can be restrictive and this mainly because it shaped by reason and by the opinions of other which can sometimes be negative. What you must understand is that you already have everything you need. All you need to do is use it. You are capable of anything; it is just that you haven't realized it yet.

You're capable of reaching the height of your career, getting a doctorate, becoming a better partner, and achieving phenomenal results in all different works of life. All that you need to do is to tune your heart to access the knowledge the universe has to offer. You need to learn to speak in the language of the heart. When your inspiration comes from the heart, it will have a vivid representation that you will never forget.

There will be always be questions about your capacity to achieve your dreams. You must ignore these questions and believe that together your heart and mind are capable of anything. What's required is that you allow yourself to be you. When you are yourself, you will be able to access the treasure that's hidden in your heart. Believe that you're special, amazing, and you deserve the best. Soon, your heart and mind will combine to set you on the path to achieving your dreams.

You must have heard about the idea of a guardian angel that guides our steps. If you believe in the guardian angel, then it can be a good thing as your guardian angel can set you on the right path of your desired lifeline. When things appear to not be going your way, it's important that you don't fight your guardian angel or questions its intention. Your guardian angel works according to your energy. Hence the need for you to always radiate positive energy.

When you constantly remind your guardian angel that you love it and are grateful to it. It will become stronger which will have positive effects on your life.



## REDISCOVER YOUR CHILDLIKE CHARM

Childlike charm characterizes the unique and incomparable essence of a person's soul. Childlike charm manifests implicitly and it's hidden under the masks of the intellect we portray. It is an individual's essence that can't be described in words.

You might have met someone who you find indescribably charming. Once they open their mouth to speak, they emanate an indefinable charm. Interestingly, they may be unattractive in their outward appearance and yet as soon as they begin to speak, you immediately forget their physical look and become spell bound. This type of people radiates a childlike charm that is hard to find.



Childlike charm lies in the harmonious connection between heart and mind. The unity of the heart and mind is the act of combining thought energy with outer intention. Discovering your childlike charm helps to ignites an inner light that reminds your heart of its true nature. This kind of beauty makes you look radiant and makes people wonder why you look so radiant.

Childlike charm can manifest in the form of a hobby or other pursuit, and anything that is done with love and enthusiasm. The childlike charm can stay quiet in you for a long time before it gets activated by something, it could be activated by anything ranging from a sport to a movie, to a toy that reminds you of your childhood. Whatever it is, it is important to listen to the yearning of the heart so that the mind can pick up on them. Then you can catch hold of outer intention and quickly achieve your desire.

What prevents the mind from listening to the heart? The answers are: false standards, pride, self-doubt, and forces that aims to upset your balance. Your mind begins to ask a lot of question that makes you distrust your heart. The mind resorts to all sorts of masks in an attempt to make your childlike charm fit its standards. This results in a rift that exists between the heart and mind widens.

You have to understand that no-one can ever reach a lifeline where they accept and fill fulfilled by expressing fundamental dissatisfaction with themselves. The parameters of their energy field will simply correspond to life lines where they have even more reason to feel unfulfilled.

How the can your mind to your childlike charm? The only way is to convince the mind that above all the heart is worthy of love. You have first to love yourself and only then can you pay attention to the virtues of others.

Self-love shouldn't be confused with vanity or complacency as these are feelings that comes from a sense of superiority to others that creates an imbalance.

To love yourself means to understand your own uniqueness and accept yourself the way you are. The love you have for yourself must be unconditional otherwise it will turn into excess potential. Believe that you're worthy of your own love because when the chips are down, you are the only one there for yourself. There's no need to embark on an elaborate quest to discover your childlike charm. All you have to remember is that your childlike charm is within you.

w, don't get me wrong. I'm not aiming to live in a yurt and take daily six-hour, walking meditation nature hikes.

# HOW TO REDISCOVER YOUR CHILDLIKE WONDER

These are simple tips you can deploy in re-discovering your childlike excitement.

- **Find your Reason to Wonder**

To rediscover your childlike wonder, you must first understand why you want to rediscover it. Until you understand why you're trying to rediscover your childlike wonder, you will likely not rediscover it.

Understanding why motivate you to put in the work and remain consistent all through the process. For example, your reason might be that you're bored of your job and daily life and you need some excitement.

- **Go Outside**

Sometimes, to get free your mind from troubling, disturbing, sad, and depressing situations, all you need to do is to go outside. Sometimes, just going outside your mental barrier and physical barrier to experience the world around you can be unbelievably refreshing.

When you give your brain and mind a chance to relax, your mind will rediscover its sense of wonder like a child without worry. And you will be able to interact better with the ideas buried in the heart of the universe.

Go to the park near you. Sit back and watch the beauty of nature. Watch kids play, watch lovers walk, watch the elderly feed the pigeons, and soon you will rediscover that it's a little life and the world is filled with wonder.

- **Learn from an Expert**

You might be wondering who an expert is in this situation. Well, an expert is a child. Who better to help you rediscover your childlike wonder than a child who's covered in childlike wonder? Spend a little time watching kids and paying attention to their simplicity and amazing nature. Soon, you will discover that their infectious energy will be transmitted to you.

- **Unplug**

Sometimes, we get stuck in the world of technology. We spend so much time online that we sometimes absorb so much negative energy that negatively affects our reality.

Unplugging and freeing yourself from the draining and sometimes obsessive world of technology can bring an unbelievable level of peace of mind and comfort. Unplugging will also give you more time to discover and enjoy the magical fantastic awesomeness of the world around you.

- **Take a Closer Look**

Paying more attention to little details can open the doors of your mind to rediscovering your child like wonder. When you take a closer look at that shirt, pen, waffles, and shape, what does it remind you of? By looking closely, you can see old things in a new way which will give you the innocence and open-mindedness of a child.

- **Slow Down**

The life of an adult consists of countdowns and deadlines to meet a particular target or objective. To rediscover your childlike wonder, you must step out of this rush and slow down.

Slowing down is the only way you can enjoy the world around you and appreciate the wonders of the universe as would a child. So, slow down, and be a tourist in the world you walk every day.

# EMBRACING YOUR UNIQUE PERSONALITY UNAPOLOGETICALLY

The secret of happiness is just as straightforward as the secret of unhappiness. In both cases it comes down to the unity or disunity between the heart and mind. In order to achieve unity of heart and mind, you must embrace your personality unapologetic. Accepting your personality is the first step in stopping the conflict between your heart and mind which is also the first step in uniting your heart and mind.

When you embrace your personality, you will be able to identify your goals and get a clearer picture into accomplishing your goal.

Your personality is what shapes your life and your actions are motivated by your personality. When you fail to embrace your personality, your heart will want something and your mind will overrule it.

Embracing your personality will allow your heart to desire something and your mind to spur you to go after it. For example, if you have a personality of a simple man who isn't given to an avaricious life style, or a life to impress people, and you refused to embrace this personality, you will find that you will be very sad even if you are able to accumulate wealth. When you embrace your personality, you will find that your heart desires that you lead a quiet life and your mind will unite with your heart to make this happen.

To embrace your personality, you must not pay attention to anyone who tells you that you have to change yourself in order to be successful. Listen to the dictates of your heart consciously and allow yourself to have, and you will receive anything your heart desires.

There's no guarantee that the mind will correctly interpret the information the heart provides. However, when you embrace your personality, you eliminate or likelihood of contradictions and you make it easier for your outer intention to agree with your inner intention.

What's important is that you should be honest with yourself and let yourself be who it wants to be. This way, you will be able to become a better version of yourself, removing what is undesirable and building on the desirable.

## OPEN YOUR VIEW TO A NEW LIFE TIMELINE SO YOU CAN JUMP INTO THEM WITH GREATER EASE

When the mind surrenders its control, your perception falls through into the alternatives space. When your heart and mind are in agreement, it sets you on the path of the life line you desire.

In your sleep, the soul travels to different alternative spaces and your heart records all these activities. Since these activities takes place in your subconscious, they can't be vividly recollected by the mind which deals primarily with the conscious. When you achieve a harmony of heart and mind, your mind will be able to access what's in your heart and tap into the incredible amount of information your heart holds.

Dreaming has no effect on the reality hence what your heart conceives can have no effect on what goes on in your life except it's strong enough to subject your mind to its will. The mind keeps the heart clearly focused on the sector of material realization. It's easier for you to jump into a new life timeline you first have to conceive the timeline you desire in your heart. However, this is not enough. You have to harmonize your heart and mind, so your mind can exude the outer intention necessary to act on what your heart desires. This way, everything will become clear to you and you will understand the steps you need to take to arrive at the lifeline you desire.

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## HOW TO AVOID THE WRONG GOALS THAT WILL SET YOU UP FOR FAILURE AND MISERY

The goals we set for ourselves we determine the way our lives will go. On different occasions, we might find ourselves coveting something so much and when we finally get that thing, it doesn't make us happy give us the gratification we desire. Setting the correct goal is imperative if we want to achieve the life we desire. This chapter sheds light on goals and what they mean for our happiness.



## CHOOSING YOUR OWN THING

Determining your goal is similar to choosing your clothes. When choosing a cloth, you have to consider different factors. You have to consider the size of the cloth. It can't be too small or too big. You consider the fabric and style which must be to your satisfaction. Then you consider the color which must also meet your taste. After which you considered the other factors such as season. All these factors shape your choices when choosing a cloth and this is similar to the situation when determining your goals.

It is common knowledge that people shop without having any knowledge of what they want. At the end of the day, they end up buying things they don't even need. Their knowledge of style and a good sense of fashion doesn't save them from having a nightmare shopping experience. Even if you purchased something you have always wanted you may find that you don't get enough satisfaction from the purchase. All of these are common and they all manifest when it comes to choosing your life goals.

You should not torture yourself with problem of choosing because this is capable of destroying the balance. The more you obsess over it, the worse the results. Instead of overthinking the clothes you want to buy, you should walk the store and observe like you're in an exhibition. Stop and admire, and soon you will find the clothes you want and the decision would be an easy one.

The first thing you need is to have a general picture of what you would like to buy. You don't have to focus on the details or have every little detail figured out. If you want to buy a dress, it's sufficient to just know you want to get a dress without knowing other details of the dress.

Let your heart choose because your heart is much closer to know who you really are. Your heart will not miss the tiniest detail and will point to the right item at the right time. You will know immediately when you have found the right thing lying among numerous other items because you will see it and feel instantly drawn to it.

When you're making a decision only your mind is working. It's analyzing the pros and cons, and at the same time weighing the opinion of others on the subject matter. When the mind is immersed in this process, it pays no attention to the heart. Try not to disturb the mind until it has made a final decision. Wait for the final decision and immediately afterwards stop listening to anyone else, wake up and tune into your feelings you experienced at the moment you made the decision.

When it comes to personal choice there's one simple phrase you must remember: If you have to persuade yourself to have something, it is not yours. Remember, if a thing is meant for you, you will not have to convince yourself of anything.

Finally, abandon the desperate urge to achieve your goal. Instead, you should be calmly aware that your thing is waiting for you somewhere and you know exactly how to distinguish it from things that are meant for others.

## BECOMING A TRENDSETTER

In fashion, there are persons regarded to be trendsetters. When they endorse a brand, everyone swings in the direction of the brand. Their styles are fashion statements and people try to emulate it. What distinguishes trendsetters is that they set their own standards and are ruled by their own independent judgments and preferences. They dress by listening to their heart and hit the mark. Then their idea is noticed, picked up on by others and begins to spread spontaneously.

What you have to understand is that you can become a trendsetter in your own life. You can follow the dictates of your heart and become original in your style. The essence of fashion is finding clothes that fit the style context and compliment your individuality. This same principle applies to your goals. You don't have to emulate others by trying to be like them at your own expense. You can be original in setting your own goals by choosing what fits your life and compliments your individuality.

Becoming a trendsetter just doesn't happen overnight. It takes time and it requires consistency. Hence it is wise that you don't set a time limit on things. Let go of the desperate urge to achieve your goal. Take it easy and let life's gravitational flow move you to your desired destination.

The secret to success lies in freeing yourself from forces that can disrupt your balance and going your own way. Being yourself is a luxurious privilege. A privilege everyone can afford but only a few can muster up the courage to enjoy. Everyone owns a precious treasure – the uniqueness of their soul. Have your mind take your heart by the hand, take it to the shops and let it choose what the best fit is for you.



## IGNORE OTHER PEOPLE'S GOALS

In life, we stand the risk of trying to emulate some people maybe because we look up to them or because you admire what they have. What you must know is that no happiness awaits a person in the near or the distant future when they are living a life line that is not their true path. You flirt with sadness when you abandon the originality of your essence for the sake of being like someone else.

When you're on a life line meant for you and following your own true path, you experience happiness in the present moment even if attainment of the actual goal still lies ahead. Your goal is something that gives you a sense of the real joy of life. When you're being yourself everything might not come easily but you will feel energized and motivated.

Movement towards someone else's goal always places happiness in an illusory future. Achieving a goal that is not truly yours will bring disappointment and depletion but never happiness. There's always the temptation to emulate other people because imitation is said to be the easiest form of learning. And the temptation to take the easy way out is always present in everything we do. You must resist this temptation and instead strive for originality in setting your goal.

When considering your goal do not think about how prestigious or seemingly unattainable it is, or the means to achieve it. Instead focus your attention on uniting your heart and mind in getting a clearer picture of the path ahead.



## BREAKING THROUGH STEREOTYPES

Breaking through stereotype requires that you think about the goal instead of the way to achieve it. When you obsess about the process of achieving your goal you follow the stereotype of attuning your energy to a life line of bad luck because it involves running your mind through different scenarios of defeat.

There are different stereotypes that you can sink into when you're trying to move from your current timeline to a new timeline. From laziness, to self-doubt, to self-pity, envy, and an inferiority complex, these are all the stereotypes that can stop you from setting the right goals.

By uniting the heart and mind you acquire true freedom and strength. Do not be afraid to break through stereotypes created by gravitational forces.

When you break through the stereotype you will discover the true nature of many things in the world and open locked doors.

## FINDING YOUR GOALS

Without intention a desire can never be fulfilled. You first have to be distinctly aware of what you want in life. The surest way of achieving your goal is if it really is your own innermost goal and you head towards it through your door. When you have something specific in mind, you will have a clearer picture of how to end up there. What you must figure out is how to find your real goal and the door that leads to it.

Your goal cannot be determined by temporary needs. Your goal should be about what you want most in life and what will make your life happy and joyful. This is all that matters and everything else is an addendum.

Settle for the main goal and the achievement of that goal and the fulfillment of all your other desires will follow on behind. If you have no specific goal in mind begin with general goals such as comfort and wellbeing. Ask yourself what you need to have more comfortable life or attain a state of wellbeing the narrow the ideas down into goals.

When it comes to finding your goal, let the heart do the searching and let the mind do the analysis. Together they will form an unstoppable force that will set you on course to identify your goals.

Remember that you shouldn't spend time obsessing about achieving your goal until you have identified what your goals are. If you can't picture yourself in a particular role, it is most likely that you're not ready for the role and your mind will reject the thoughts of your heart.

Activate your guardian angel to guide your heart to identify what you need to improve your life. Your guardian angel will help you achieve purity of thought and clarity of mind that will help you understand the goals you need to set to achieve the life you desire.

## HOW TO AVOID SETTING THE WRONG GOALS

- **Know Yourself and Why You're Setting the Goal**

One of the biggest goal-setting mistakes people make is to set goals that don't align with who they are. When you don't know who you are or you're not being yourself, you won't be able to set the right goals.

Achieving your goal is a process that might take a while and when you know yourself and why you set your goal, you will be motivated to stay consistent.

- **Don't Let Your Ego Get in the Way**

You're a person and that means you have an ego. However, you must not let your ego get in the way of setting your goal. When a goal is ego-based the positive feelings are temporary because after it's done massaging your ego, you will be left with an empty feeling.

- **Set Your Goal with A Plan**

Just don't set a big fancy goal without any idea of how it can be accomplished. You should have an idea of how to make your goal a reality no matter how sketchy the idea. When you have an idea, the idea will soon take shape in your mind and the process will become clearer.

- **Don't Set Too Many Goals**

There's just as much as you can work on at the same time. Setting too many goals will leave you drained and without a sense of direction. Setting too many goals will lead to multi-tasking and sometimes you might not accomplish any of the goals.

Start with one goal and devote all you have to accomplishing that goal. After accomplishing a goal, you can then proceed to the next goal.

- **Have a Goal Measuring Metric.**

Having a goal measuring metric will help you to appreciate where you're and the areas you might need to improve to get to where you want to be. If your goal is to lose weight, set a milestone that will serve as a measurement metric of your progress.

- **Understanding Distractions and How to Get then Out of the Way**

Sometimes, you might have a habit or there is something that might distract you from achieving your goal. You must be honest about these habits and distractions and know how to avoid them.

For example, if your goal is to lose weight and you have a habit of consuming high calorie food, you must make conscious efforts to avoid this habit. Or if your goal is to graduate with a first class, but you're always distracted by partying, you must make conscious effort to avoid this distraction.

- **Don't Seek Perfection**

The desire to be perfect is a desire most people have. However, you must understand that you're human and this makes you fallible. Don't aim for perfection at all cost because this will leave you frustrated which might make you abandon your goal.

Instead, learn from your mistakes and let them be a learning experience for you. Your mistakes will make you a better version of yourself and motivate you to pursue your goal. Remember that the inventor, Thomas Edison is believed to have failed 99 times while trying to invent the lightbulb. When asked why he didn't give up? He replied he didn't fail 99 times, but he only learnt 99 new ways the invention can't work.



- **Going Small**

This is perhaps the biggest mistake that you can make when setting your goals. You should avoid shrinking yourself by aiming for skyscrapers when you can aim for the Stars. The purpose of goal-setting is to help you grow and develop as a person. And to do that, you need to stretch yourself. Besides, you're more likely to get excited about something that challenges you and to stay motivated because you know achieving the goal will drastically change your life.



## THE DOOR TO YOUR GOAL

If you find that on your path to your goal, you're confronted with so many obstacles that ordinarily shouldn't be there, it might mean that you are chasing the wrong goals or you have set forth through the wrong doors. Remember that when you try to chase other people's goals, you will end up being frustrated, exhausted, and sad. It's also possible to set the right goals but chase it through the wrong means. This is what it means to go through the wrong door.

For example, a person might have a goal of owning a Mercedes and instead of working hard and smart to afford the Mercedes, they go ahead and steal someone else's Mercedes. When they get caught, they lose the car and spend time behind bars. This person had a goal but followed the wrong door to achieving their goal.

If you follow the right door to your goals, you will find that in the process of achieving your goal all your other desires will be fulfilled and the results will far exceed your expectations. If the door does not coincide with your goal things can get a little more complicated. Your goal should not have to complicate your life.

On the other hand, it should simplify your life and free you from a mountain of problems.

The right door is the path that will lead you to your goal. Once you have defined your goal you can then proceed to figure out how you can achieve your goal. Soon outer intention will present you with various opportunities.

Remember that there are different doors to achieving your goals. It might be private or public. Some are born with silver spoons while others are not. Your door might be a friend, family member, colleague, or neighbor. It might be an opportunity that came out of the blue. What you must remember is that when a door is meant for you, if you put too much importance to it by putting all your eggs in one basket, the door might close on you.

## DISPLAYING INTENTION

Intention is what transforms a desire into a goal. Without intention, desires are never realized and dreams do not come true. A goal is different to a dream in the same way that intention is different to desire. When you have intent, your dream becomes a specific goal. Intention is the will to have and act to change your life. Displaying intention means to do everything that is expected of you, without desiring or pushing for the end result.

When you display intention, you have made the decision to chase your goal and that is the final decision. All doubts should fall away of their own accord as you continue widening the limits of your comfort zone.

## REVIVING THE GOAL

In life, we would most likely look up to other people and try to emulate what they have accomplished. It's important that you bear it in mind that individuals have different experiences that shapes their life and what works for one person might not necessarily work for you.

What then should you do if you want to achieve someone else's goal? This is the process of goal reviving. Goal reviving means that you look at that person's goal and let your heart desires it. After which your mind should analyze the goal and identify the best possible way to achieve it.

By reviving a goal, you put the goal under the lenses of your mind and seeing how it will work for you. This way, you will be able to identify the right door to take to your dream. You will making the foreign goal your own and going about it the best way that maintains the balance of your life.

## SUMMARY

There are powers that controls the world that are beyond our control. The universe is filled with energy and when we attune to this energy, the universe conspires on our favor. The energy you put into the universe is the energy the universe will give back. So, exert positive energy and stay away from toxicity. Then sit back and let life's gravitational pull do the work.

Dreams are alternative realities where we can live out any script we desire. You can use the dream state in training your mind to break free of limitations and aim for more. Lucid dreaming gives you an opportunity to channel your subconscious and harmonize your mind and heart into achieving your goals.

When your heart and mind agree they are an unstoppable force. The consciousness of the mind acts as a check on the heart's boldness.

An agreement between both will help you break the barrier of fear and inspire you to achieve feats that will blow your mind and change your life. The way to achieve a union between your heart and mind is by having the outer intention to want something and the inner intention to have it by going for it.

Finally, goals are what we live for and what motivates you to keep going. Setting the right goals can put you on course for a happy life. To set the right goals, you must learn to be bold and also move at your own pace.

In this book, you have learnt the power of the life's gravitational pull and the need to surrender to it. You also learnt techniques which you can practice in moving from your current timeline to the timeline you desire. By understanding the concept and honestly applying the steps outlined, I believe you will see a gradual improvement in your life and with commitment and consistency, you will achieve goals that will drastically change your life. This book is powerful life changing book and I'm confident that you will be one of the people who will benefit immensely from the content.

I appreciate the fact that there we are all different. Some of us are fast learners while some of us also have to take their time. The good thing is that the books work for everyone. You don't need to rush yourself. You don't need to become frustrated when the results don't come in fast. The your time and apply the action steps with commitment and consistency, and with time, you will see the results begin to manifest in your life.

I'm rooting for you and I wish you all the best and I hope this new knowledge take you to greater heights!

I thank you for your support and I look forward as we journey into a successful life timeline.