

THE REALITY CODE

THE MANIFESTATION ENERGIZERS

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HOW TO HAVE UNLIMITED POWER AND ENERGY SO THAT YOU CAN JUMP INTO NEW REALITIES

To gravitate from your current life timeline to the one you desire, you have to transmit the energy that will transport you across the wave of life. The universe absolves and disburses energy. Your body houses energy and all you need to do is to tap into the energy and channel it to get the result you desire. You have to understand that the energy you put into the universe will be transmitted back at you. Hence you must radiate positive energy to receive positive energy. This chapter will help you to understand the concept of energy and how to generate it, and transmit into it to getting what you desire.

PRESERVING AND DEVELOPING YOUR ENERGY LEVELS

To move from one life timeline to another, you have to be in a good state of health and have a relatively powerful energy field. Your energy level must be sufficient to support your lifestyle, or else you will find that you're struggling to do the things you need to do. For example, if you want to work on a project all night but you find yourself dozing off when you should be working, it means that your energy level can't power you to pull off a red eye. Hence you might need to reevaluate your day and check which aspect of your daily activities consumes the most energy especially when they don't need to. This will help you to reclaim energy and preserve it for when you need it the most.

The same logic applies to Transurfing. To move across life timelines, you must reclaim your energy from toxic gravitational pull and deploy it in the area of your life that requires it.



The human body has two forms of energy. There is the psychological energy which is attained through the digestive system. The second is the free energy of the cosmos that passes through the human body. Together both make up the energy in our body.

There's infinite supply of cosmic energy in the world, but as humans we only absorb a tiny fraction of it. Cosmic energy enters the body through either the upward or downward directions. The entry point of both directions are very close to the spine.

A disruption in energy flow can lead to blockage that can manifest in form of physical illness. This is why it's common for you to feel very weak whenever you're sick.

Acupuncture and acupressure are part of the methods that you can use to restore the flow of energy in your body.

Mood and vitality are directly linked to energy levels. When you experience depression, tiredness, stress, and apathy it's mostly because your energy level is down. While psychological energy is spent through physical actions, free energy fuels intention which is the driver for proactive behaviour. Free energy is what motivates you to have and act.

HOW STRESS AND RELAXATION WORKS

When the energy level in the body slows down, the first sign is for you to get tensed and stressed, and you then gradually start slipping into depression. When the free energy flow is blocked, you find yourself lacking the intention needed to take actions that will steer you on the path to recovery.

Every day, we confront things and situations that are capable of stressing us and sparking a reaction that will lead to tension, anxiety, sadness, etc. To relieve the body of stress, you must employ both physical and mental measures of relaxation. Conscious relaxation of the muscles will give some temporary relief but unless the mental tension is dealt with the body will reassume its previous condition. To eliminate mental tension it is essential that you reduce the importance that you attribute to whatever is bringing you down.

Stress is primarily a consequence of importance. The more importance and energy you exact on what is troubling you the more stress you become. For example, imagine you have a deadline you need to meet. The more you think and worry about missing the deadline, the more likely that you won't be able to calm your nerves to finish your task before the deadline. However, by reducing the attention you pay to the deadline, you will be freeing yourself of the toxic gravitational pull and you can work more effectively.

You have to replace the old habit of hitting the panic button with a new habit of maintaining a relaxed state. You should maintain a balance state and ensure that nothing disrupts your balance. Balance is the acting of neither physically or mentally paying excess importance to whatever is bothering you.



When you are paying excess importance to something and you find it difficult to relax, then there's perhaps no need for you to force yourself to relax because then you will only be burning energy both ways. Hence it's better for you to worry to your heart's content and when you're done, you can relax. For example, you're displeased with your partner because they did something you didn't like. If you find it hard to move past it, then there's no need trying to suppress the feeling by pretending that all is fine because this will only wear you out and leave you frustrated. Instead allow yourself to feel the anger, after that you can relax and know the best way to let your partner know how you feel.

Inducing a relaxed state requires that you scan your body with your inner eyes and release any contraction. The integral feeling you experience when you feel the entire surface of your body overflowing with energy is equivalent to a state of relaxation, balance and oneness with the world.

ENERGY VAMPIRES THAT HOLDS YOU BACK FROM ACHIEVING YOUR GOALS



There are forces that are dedicated to stealing your energy. These forces are aware that it's far easier to absorb someone else's energy that has already been assimilated by the human body than it's to draw energy from the cosmos. These forces are energy vampires who feed on the energy that has already been assimilated by other people and to do this they attune themselves to the frequency of the energy their victim is emanating.

Energy vampires mostly present themselves in a friendly light. They cover themselves with cloaks of friendship and they are skilled in adapting to character and temperament all in a bid to get close to their victims to sap their energy.

Energy vampires also come as manipulators who are skilled in identifying non-suspecting persons who are willing to give themselves up for the judgement of another person. Manipulators are skilled in making quick allegations and feeding off the remorse of their victims after which they swiftly forgive their victims and repeat the toxic circle.

The third type of energy vampire is the provocateur who are in the business of pushing people to do what is not right for them. They deploy both aggressive and cunning technique in getting their victim to act in a particular way that will cause rudeness, resentment, fear, and hostility.

Some forces don't start out as energy vampires. In the beginning all might be going well and suddenly things take a bad turn. Energy vampires can come in the form of a job, a constantly faulty car, a friend, colleague, neighbour, or even a partner. However, there's no need to start looking for an energy vampire in everyone you meet because this will only mean you're paying excess attention to it.

What you need to do is to strengthening your body energy, keep an eye on your importance levels and develop conscious awareness. A developed conscious awareness will help you to remain conscious in the moment that someone tries to steal your energy.

THE PROTECTIVE SHIELD THAT YOU CAN USE TO STOP ENERGY VAMPIRES

The human body is surrounded by an invisible energy field called an aura. The average person is not aware of feeling their aura but they can imagine it. You must have met someone who people describe as having this aura about them. They are this cool, nice, and calm person whom everyone likes to be around. That's how aura works. It's the radiation of a positive energy from within the body that covers all aspects of a person's life. It does not matter that it can't be seen with the imagination alone you can feel it and get a physical sense of it.

A weak aura can expose you to the possibility of assault on the energy field. Hence you must develop and maintain healthy energy levels by regularly performing exercise that can increase your aura. You can try this simple exercise. Breathe in and imagine a flow of energy coming out of the ground, entering the perineal region and moving up the spine exiting the head and extending upwards into the sky. Now breathe out and imagine that a flow of energy is descending from the sky. The flow of energy enters the head, moves along the spine and passes out and down into the ground.



You should be aware that of itself your energy body will not protect you from vampires and toxic gravitational because they try to sap your energy by adjusting to your energy level. You must remain resolute because if you don't sway, the pendulum can't take your energy. Conscious awareness is essential if you to develop control in moments when you involuntarily lose your inner balance.

STRATEGIES TO INCREASE YOUR ENERGY LEVELS

Increasing your energy level doesn't have to do with storing reserve energy in your body. Psychological energy is easy to acquire as it only involves eating healthy. Increasing your energy level involves enhancing your free energy. Free energy is permanently present in a limitless quantity at every point of the field and you can take as much as you can carry. It's important to know how to draw energy from the cosmos and deploying this energy in gravitating towards the life you desire.

There are loads of experiences that we don't get to have at their fullest because we tend to carry around some baggage we're not even conscious of. These baggage block our ability to perceive the enormous greatness of the universal.



You can increase your free energy by trying the following steps:

- **Examine yourself:** try to perform a thorough examination if all the negativity inside and outside yourself. Be it toxic people, environment, anger, envy, pride, impatience, etc. try to identify all elements of toxicity in your life because this will give you the self-awareness needed in correcting them.

There are things, circumstances, and people who tends to bring out the worst in you. You can carry out a honest evaluation by considering what effects the people around you, your hobbies, diet, and interest have on you. This way you will be able to identify the one with elements of toxicity.

- **Replace the Negative with Positive:** replace all elements of toxicity in your life with positives. Desist from thinking the worst and proclaiming negative things upon yourself. Instead, proclaim positive things on your life. Remind yourself that you're a bundle of wonders and uniqueness and your biggest potentials are yet to unfold.

For example, tell yourself you're smart, intelligent, beautiful, kind, and you all the beautiful things life has to offer. The more you tell yourself these things, the easier the can take shape on your inner intention.

- **Rethink you space:** to attract cosmic energy, you have to be surrounded by positivity and an orderly environment. Clean up your space and introduce some elements of nature into it. This will help you have a serene environment where you can absorb cosmic energy.

For example, you might have find that cleaning your environment especially your private space have a positive effect on your mood. This is because the sight of beauty and serenity releases happy hormones in the body.

- **Do not try to accumulate energy:** just allow it to pass freely through you in the form of two counter directional currents. Do not strive to become a bundle of energy; rather, imagine yourself to be a drop in the ocean. Allow consciousness to feel that's an integral part of the universe. In oneness with it and then its entire energy will be at your disposal.

Take for example, you have a strong urge to urinate but you try to suppress it because you're doing something you don't want to leave. You will find that the longer you suppress it, the more pressure you will feel and soon your stomach might begin to hurt. This is the same thing you do when you absorb energy without letting it out. Allow yourself to feel freely and you will be the happiest you've ever been.

- **Exercise:** energy can't flow into the body when the body is clogged and stressed. To fix this, you can exercise to free your body of toxic waste and stress. The meridians will be able to flow better and energise both your inner and outer intentions. You can try Yoga which is a good meditative and physical exercise to help you relieve stress, detox, and open up your body to receive cosmic energy.

THE ENERGY OF INTENTION



Actions in the material world are driven by the power of inner intention but the material realisation of a potential reality in the alternative space can only be powered by outer intention. The power of outer intention is proportional to your energy levels. Outer intention is total commitment combined with high energetic potential.

Energy can be increased by cleansing your body and space and training the central meridians. Intention relies on focus not gusto. It is only by focusing on the process that you achieve the desired results.

THE STEP OF INTENTION

From early childhood we are convinced that the ageing process is inevitable. Over the course of a person's life they receive endless confirmation of the ageing process from their own personal experience and the experience of others.

The idea that your health is not what it used to be and the years are passing are subtle elements of a toxic gravitational pull. Sooner or later you will find that ten years ago you so much more strength and energy. Soon you will want to share that thought with someone else. By participating in such conversations you radiate energy at the same frequency as the destructive pendulum.

This doesn't mean you shouldn't go talk to a doctor or take any medicine and should refuse all help in coping with an illness. The point is to avoid being drawn into the illness game in the first place. Instead of playing the illness game, playing healing game means to take active interest in possible cures, to make efforts to live a healthy lifestyle, to treat your illness with humour and to focus your attention on improving how you feel, striving towards health and communicating with like-minded individuals.

When you are playing the healing game you must ask yourself if you're playing it sincerely. It's easy to kid yourself when playing this game. You must strive towards living a healthy lifestyle, give up bad habits, exercise more, and eat good food. Old habits die hard, so you must be committed in following the rules of a healthy lifestyle if you want to enjoy the benefits.

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FRAILING: HOW TO FIND YOURSELF AND ATTRACT THE PARTNER THAT WILL LOVE YOU FOR LIFE

Finding and choosing the right person to spend their life with is one of the most delicate subject for most people. As individuals, we all have different peculiarities which makes us unique and different. It can be tough to find someone who will love us in spite of these peculiarities and choose us for who we are. Finding the right person with whom you share the same energy and purpose can be challenging for many. This chapter will help you to appreciate the need to first understand yourself and how to channel your energy to identifying the right partner.

INTENTIONS IN RELATIONSHIPS

One way or another, all our problem and achievements are born of our relationships with other people, personal and professional. Outer intention can be set in motion so that it works independently, irrespective of your will, but nonetheless, in your favour.

There's a way the universe connect you with the right partner for you. The universe knows what is right for you and when you let it yourself become one with the universe, you will benefit immensely from its wisdom.

A sense of self-worth lies at the core of inner intention. In the world of toxic gravitational pull the only things that truly motivate a person, at the same time as limiting their freedom, are inner and outer intention. The human sense of self-worth is linked with inner importance. This why for many people, enhancing their sense of self-worth is a key determinant in the formation of their intentions.



To activate the power of outer intention in human relationships you have to first break down one more false belief. You have to understand yourself and improve yourself before attempting to bring someone into your space. For example, if you find that you get angry at the tiniest thing, you might first need to work on your anger before letting someone else into your life.

Trying to change another person to conform to your desire will only leave you frustrated. The same applies to trying to change who you really are in order to meet someone else's standard. The only reason you should change the way you are is if it's negatively affecting your life and hindering you from reaching your potentials.

Do not try to change others, but do not try to change yourself either. Whatever you do to try and change yourself or others will be the ineffective and harmful work of inner intention. Allow others to realise their inner intention. The act will stir outer intention which will cause your inner intention to be realised seemingly of its own accord.

Imagine a man dating a woman whom he loves very much and whom he much desire to marry. However, this woman has cold feet anytime the subject of marriage comes up. By pressuring her, the man will not resolve the situation, he will instead only make her more reluctant to marry him and thus push her away. He should first try to understand the reason for her reluctance. Perhaps she has once been engaged and uncereemoniously dumped. Perhaps she was in love with someone else, or maybe she doesn't think the man loves her enough for her to commit her future to him. Understanding her will help him know what to do to win her over.

In this case, all you need to do is for you to ask yourself what the focus is of your partner's inner intention. You shouldn't be consumed with what you want to get from others, you should also care about what others might want from you. After understanding this you can then refocus your inner intention on realising your partner's inner intention. By doing this you transform your personal inner intention into outer intention.

Resist the temptation of enhancing your own self-worth while decreasing that of others. Show an interest in other people, listen to what they have to say and observe.

You don't need to be patronising. Just be honest and show sincere concern for the thoughts of other people. When you show interest in others, you attract attention to yourself.

In life, it does not matter how interesting you think you are. What matters is how well the other person thinks you would suit them in a relationship and this is what they are considering when communicating with you. The sense of self-worth they experience when talking to you is their upmost priority. Hence when you are talking to someone and displaying an interest in them do it with sincerity.

Your inner intention is to be worthy but you will only become genuinely significant in the eyes of others if you abandon your inner intention and allow the inner intention of others to be fulfilled instead. You will find love if you can be the one just doing the loving without expecting anything in return. This kind of love is very rare and you will inevitably receive the very thing you let go off.

THE FLOW OF RELATIONSHIPS



The position of outer intention lies in determining what people want, what they are missing, what they need, what motivates them and what their interests are.

The mind is always prone to idealise its own abilities and it becomes so totally and utterly absorbed in the creative process that it fails to notice what is happening outside of that. The mind strives to subordinate everything to its control.

If you are planning on win someone over before the person is able to see your worth, you will likely lose the person. The truth is that you can't force yourself on people. It's extremely difficult and almost impossible. Acting from inner intention you inevitably try to push or impose yourself. When you attune your energy to the universe's flow, outer intention works towards tracking what the others want and where their needs have already been satisfied.

A vast of the problems in relationships occur as a result of the mind battling against the alternatives flow. Criticism is one of the aspects of the battle and is the direct fruit of inner intention. Encouragement and trust in a person's positive qualities is more concordant with outer intention. Criticising people is the same as fighting against the outside world and no good ever comes from this.

Never blame anyone. Many people reproach themselves and carry a sense of guilt around with them, but nobody likes to be reproached by others. Hence you must resist the temptation to judge others. Instead go with the flow and concentrate on the strengths of others. Avoid injuring other peoples' self-esteem like a plague. Try to be open from the start and steer the conversation to one of agreement.

For a relationship to flow, you must be ready to accept your fault when you make a mistake. Try not to get all prepared to defend

Remember that for relationship to flow properly you have to practice mindfulness and reduce the importance of you attached to your self-worth especially if it's at the expense of others. Be willing to give others your attention. Do this and you will find the positives where others can only see negatives.



ATTUNING TO FRAILE

If two people cannot adjust to each other's differences they will not achieve a level of mutual understanding and any communication between them will be no more than empty words and hot air. You cannot achieve mutual understanding without attuning to the frequency of your partner. Every idea is bestowed with a unique range of personality characteristics which must be understood in order to get close to them.

When you manage to establish a close connection with another person you are actually failing, i.e. attuning to the person's frequency. How successfully you are able to communicate with another person is directly dependant on how well you have been able to grasp the essence of your partner's fraile.

To attune to your partner's frequency you must be ready to give your full attention. For example, if you want to know your partner more, you must be willing to pay attention to what they like and enjoy.

You must be able to understand little details about them because this is the way you will be able to know your partner more.

When you think about what other people want you activate the function of outer intention. Shift your inner sight from yourself to your conversation partner. So if you want to find a common language and understand your partner's wavelength you have to lead the conversation within the context of your partner's interests.

TECHNIQUES TO ATTUNE YOUR FREQUENCY TO GET PEOPLE'S ATTENTION

These are techniques you can deploy in attuning your frequency to connect with other people. These techniques will help you learn how to get people's attention and understand what motivates them.

- **Listen attentively:** Listening attentively to what a person is trying to tell you is essential to attuning to their frequency. If you find that your partner is indifferent to you, it might be because they think you don't care about what interest they and you're disconnected from their reality. Try talking about what interests them. Put yourself in their shoes and you might be able to understand what motivates them, and the reasons for their actions and attitudes. When you attune to your partner's frequency you can smoothly move on the issues that interests you.

For example, you might have noticed by experience that partners get angry when they feel they aren't being listened to, or what they're saying is being ignored. And partners tend to be inexplicably delighted when we remember the little things they share with us. This is because it's human nature to want to be listened to because it makes us feel we matter.

- **Remember people's name:** person's name is their favourite sound and it's the simplest key to their frequency. Calling someone by their name is like a password indicating that you come as a friend with good intentions and acknowledge that person's worth. This is a simple yet powerful trick you can use in getting people's attention.

For example, in your office, you might notice that the most loved and respected people tend to remember the names of everyone. They address each person by their names and this endears people to them. This is because people tend to feel special when their names are remembered.



- **Display genuine intention:** One of the most effective ways to dissolve a barrier of separation is to demonstrate your genuine liking for that person. By showing genuine concern that is not motivated by what you aim to get in return, you will inspire a feeling where your partner will be glad to always be around you.
- **Ask for their help:** You can easily win a person's favour by asking for their help with some difficulty or asking them to do you a small favour. Perhaps you're someone who always gets things done and takes care of business. Your partner might feel like you don't consider them useful enough to ask for their help and this can affect their self-esteem. Asking for your partner's help will make them feel more significant and give them an opportunity to express themselves, emphasizing their significance.

If you've ever asked for help from someone you rarely ask for anything, you might notice that they were eager to help you. This is because they must have felt honoured for you to request for the assistance.

- **Be slow to criticism:** criticism in any form knocks a person's self-worth. Criticism is a kind of anti-frailing. Never tell anyone to their face that they are wrong. Even if you are confident that you are in the right it's much more beneficial to remain a position of neutrality. This way you will avoid undermining the other person's sense of self-worth and protect yourself from the action of toxic gravitational forces.

If you've ever been harshly criticized especially when you put in all your effort in the task, you must remember how angry, hurt, and disappointed you felt. This is how it feels to be criticized. Hence, you should show restraint from criticizing people. Instead of criticism try correction. First compliment then you follow up with a correction. This will help the self-esteem of the person you're dealing with and pull them closer to you.

- **Give yourself to love:** being in love is of course the most perfect way attuning to another's frequency. It's difficult if not impossible to explain how and why love happens. Mutual love demands that we let go of the right to possess and simply give our love unconditionally.

You can't love someone else truly if you can't love yourself. You might notice that some of the happiest people you have met love themselves very much and this self-love makes it easier for them to love others genuinely.

ENERGY IN RELATIONSHIPS

On an energetic level charm represents the energy you radiates when you have a union of heart and mind. If the force of your energy fountains is great you will shine with inimitable charm. To achieve this, you just have to turn to face your heart, love yourself and set out on the path to your innermost goal. Not only will your personal qualities change but your body will become more attractive, your face softer and your smile enchanting.

When you experience this type of energy, you should radiate it around you and let others absorb it. Let your energy rub off on others and this will bring people closer to you and you will be able to build relationships.

When talking to a person you can mentally launch a beneficial visualisation for them. If your energy fountains are working at the same time you will create a most favourable impression. This will grant you a huge advantage in situations that require your personal charm or strength making you successful in negotiations, exams, job interviews and personal relationships.

PARDONS AND FORGIVENESS

If you know you have shortcomings that could hinder you from achieving your goal or you think you lack the requisite knowledge and skill, just accept it. Accept yourself the way you are and allow yourself the luxury of having shortcomings and lacking the necessary qualities.

Lack of self-acceptance will always manifest in the form of obstacles. We create the obstacles in our lives by feeling guilty or inadequate which create an excess potential that worsen the situation.

The more importance you attribute to your shortcomings the more insistent the resistance of balanced forces. The battle with your own shortcomings is the work of inner intention. You must let go of the grip of control and shift from worrying to taking action.

JOB HUNTING: HOW TO FIND YOUR DREAM CAREER

In the process of coming to a decision about the kind of job that would suit you, do not think about prestige, the means to achieving it or your shortcomings. Instead focus on whether the job is really for you or not.

You must remain aware and constantly affirm that you have the right to choose and that if you make an order, sooner or later it will be delivered. You make your own choice deciding on the kind of job you want, and although toxic gravitational pull will try to convince you otherwise, all you have to do is choose and hold the firm intention to receive your order.

When you are writing your resume, stipulate all your skills but only indicate one position, the one you are currently applying for. The reason for this is that it would firstly, when you display an intention to be willing to fill different positions, it will make your potential employer think you're desperate. Secondly, it will help you to avoid spreading yourself thin and losing shape. Thirdly when you take on too much at once you will generate excess potential and end up achieving nothing.

Decide who you really want to be and what position would suit you best. Remember that you have a right to choose and you don't have to fight for your place in the sun. If you can allow yourself to have you will get exactly what you want.

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COORDINATION: HOW TO MASTERMIND YOUR REALITY JUMPING EFFORT PERFECTLY FOR ALMOST ZERO RESISTANCE IN YOUR LIFE.

Moving from one life timeline to another doesn't necessarily have much to do with having full control over our actions. It has to do with being able to have a synergy with the universe that will open us to limitless possibilities. To achieve a life where nothing seems impossible, we must be able to coordinate our inner and outer intention to work as one. This chapter explains the essence of coordination and how to accomplish it.



THE INSECURITY LABYRINTH

When you are on the right path, there's nothing or no one who can stop you from reaching your goal expect yourself. A lack of faith and absence of confidence are the factors that can hinder your progress. They both undermine the effectiveness of inner intention and make outer intention practically impossible.

When you are overwhelmed you will find it difficult to make the right decisions. The outer importance you associate with your goal make the desires to reach it excruciating or wearying and inner importance makes you doubt your own ability. Together this all leads to feelings of insecurity.

Guilt feelings are another rich source of insecurity that blossom into a bouquet of inadequacy, inferiority, lameness and worthlessness. Guilt and everything connected with it cause the meridians to narrow. When you have a tendency to indulge in guilt you will always have manipulators around you who will try to feed off your guilt to make themselves feel better. These manipulators will play continuously on your feeling of guilt while you endlessly explain and justify your behaviour deepening your insecurity even further.

Insecurity creates a vicious circle. The stronger the importance and desire, the deeper the insecurity. The more you feel panic and anxiety the more likely they are to become justified.

To confront this insecurities, people tend to try to develop confidence. However, in developing confidence they often go about it the wrong way. They either try to put up a wall against the insecurity and sooner rather than later, this wall always comes crumbling down. Another technique is to pretend like they don't care and force themselves to put it together while everything is falling apart. This technique also fails becomes it's something that is totally impossible.

You must understand that confidence is not developed through action – it is the energy of intention released. You cannot develop confidence. Confidence is like energy – it is either present or not present.

It's impossible to free yourself from this labyrinth because there is no exit. The secret to the labyrinth is that walls will crumble when you give up looking for the exit and abandon importance. The reasons for insecurity can be divided into two. The first consists of internal causes such as obsessive concerns for one's personal qualities. This give rise to the feeling if selfloathing due to personal shortcomings, lack of strength and a feeling of inferiority in comparison to others, the fear of failure or looking stupid. The second consists of external factors linked with unrealistic overestimation of external factors. This leads to unwarranted fear in relation to the gap between one's meagre inner qualities and the high demands of the external world and the fear of reality.

To acquire self-confidence you have to let go of wanting to acquire it. it is a paradox but it is the only solution. Confidence is a wild goose chase. It's is the game of a toxic gravitational pull which is rigged in its favour. You must know that when there is believe there is also room for doubt. Likewise, when there is confidence there is also room for indecisiveness and hesitation. Confidence is a kind of belief in success.

A negative adjustments can be made to any scenario and one small adjustment is more than enough to bring down the walls of confidence.

Confidence is just the opposite value of insecurity. Therefore, the pursuit of confidence is as fruitless as chasing after an illusory happiness that hovers somewhere in the future.

COORDINATING IMPORTANCE



Toxic gravitational pull plays a game that tells you that if you want to achieve something you have to fight for it, insist, demand, outstrip your rivals and elbow your way forward, but in order to act boldly and decisively you have to have confidence.

Despite the fact that these toxic gravitational pull are everywhere around us awareness and intention enable you to ignore the pendulum's game and claim what is yours without having to fight for it. When there is freedom without struggle there is no need for confidence.

Sometimes, it is not the toxic gravitational pull gripping on to you. It is you who will not let go of the strings of importance. This might as a result of a fear that you are under the power of dependency which creates the illusion of support and confidence.

If you were to shake of the delusion and the string of importance you will find that you were always able to walk freely wherever you wished and you can simply choose your goal without fighting for it.

Once you have your freedom you no longer need confidence and the illusion of support that it creates. All you really need is the coordination to stop you from failing. If you could let go of the strings, all you would have to do to maintain your balance would be to avoid creating importance and excess potential. Confidence as a support will no longer be necessary because there is nothing of importance, there is nothing to guard or conquer. There is nothing to fear or be anxious about. Finally, if you want it, the freedom of choice is yours. There is no need to struggle anymore. You just calmly walk your path and take what is yours. Unlike shaky confidence this is a new state of conscious, composed coordination.

The feeling of inner calm comes from not creating inner importance and so having nothing to prove. When you walk around with the belief that you're an important person, there will always be the urge to prove it to other people. This urge will be exploited by toxic forces to test the limit of your confidence.

The trick is to abandon the struggle for your worth altogether. Do not try to convince yourself of your own value. Simply let go of the battle and watch what happens: the people around you will start treating you with more respect as if they value you more highly. As soon as you appreciate the fact of their attitude the need to convince yourself or try to believe in something will fall away and you will simply know.

THE BATTLE WITH THE CLAY GOLEM

Clay Golem were human-shaped construct modelled out of clay that were usually divinely infused with a spirit from the elemental plane of Earth by priests. Since clay was a weak vessel for life, damaged clay golems tended to release the spirit bound to them and would go berserk until completely destroyed or repaired. Toxic gravitational pulls are just lime clay golems. They are wreak havoc, yet they are weak and easily destroyable.

Toxic gravitational pulls have great power and the reason for this is that people do not suspect they exist. They have a genuine impact on people exerting their control via informational energy. Their influence takes effect on three levels: mental, emotional and energetic. It has always been this way except that recently, the purely informational impact has been greatly accelerated.

It is quite evident that the toxic gravitational pull's game is to subject its adherents to its power. The expansion and intricate elaborate of the information network has enabled it to attract a phenomenal number of adherents simultaneously. The toxic gravitational pulls' tactics allows it to draw people away from their innermost goals. The final process is to ultimately deprive them of their freedom of choice.

Subordination does not necessarily have to be brought about by force. It is sufficient to shape the individual's world view in such a way that they have no notion of their freedom. This is what is playing out in the world today. It is now increasingly difficult to preserve a sense of freedom under these conditions.

TIPS IN BATTLING WITH THE CLAY GOLEM



These are tips you can apply when taking on clay golem in order to free yourself from its toxic grip.

- **Refuse to fight them:** the most important principle in the battle with a toxic gravitational pull is to refuse to fight the. You must understand that if you perceive the process as a fight then you will lose the battle because you cannot be a gravitational pull in a fight.

Toxic pulls are always inkling for a fight. They are like the bully from middle school who is always going out of his way to annoy the less popular kids. A bully tries his best to annoy and frustrate his victim because he delights pleasure from the reaction he gets from them. When the kids refuses to react, the bully might feel bored and stupid, and eventually leave them alone.

- **Be prepared:** The toxic pull will always find a way to provoke you and upset your balance. Hence you must be prepared for when this happens so you will not be ambushed into acting in an irrational way that will only strengthen the toxic pull. If you display conscious awareness the toxic pull will fall through into emptiness.

The bully is always lurking around waiting for his next chance to annoy his victims. Once his victims are aware of his plans, the bully's actions will be much easily resisted.

- **Don't fight the feeling:** Do not fight your reaction to being provoked. Look at it from a different perspective. The emotions you experience are the effect, the cause of which is your perspective to what is happening.

Sometimes, the unpopular kid might have had enough and badly snap at the bully. The bully will likely be taken aback by his victim's reaction. This might force him to stop bullying the unpopular kid because he knows the unpopular kid is no longer afraid of him.

- **Refuse importance to zero:** You don't need toughness in the battle with the clay golem. All you have to do is consistently remind yourself of the rules of the game and be conscious to keep the importance at the barest minimum. You should not attach excessive meaning to the game itself. Display a high level of indifference by losing and not caring at all.

The more energy the unpopular kid exerts on the bully, the more energetic the bully becomes. However, when the unpopular kid ignores the bully in such a way that reduces the bully to irrelevance, the tables turn and the bully must either quit or do something desperate to get the unpopular kid's attention. Either ways, the bully will find himself frustrated and angry, and sooner or later, he will get into trouble.

- **Do not beat yourself up:** Do not give yourself a hard time over losing a round of the battle to the toxic pull. It's completely normal that as humans we can lose our cool when provoked. There's nothing wrong with losing your inner balance and getting upset.

If the unpopular kid loses his cool and lashes out at the bully, feeling sorry for himself and beating himself up will only make the matter worse. Instead, he should focus rather on how best to handle the situation next time.

- **Do not set an ultimatum:** do not set a deadline by promising yourself that the next time will be the last time, or set an ultimatum or trap to fall into. You think are setting an ultimatum for yourself but actually, you are setting it for the pendulum which is exactly what it is waiting for.

Battling a clay Golem is just like battling a bully. When you apply these principles to every aspect of your life, you would sooner find that whatever is a clay Golem in your life would pack up and leave.

In the final analysis, your task comes down to consciously breaking the rules. This can be in two ways either by dropping importance and scuppering the toxic pull in the emptiness of your indifference, or by reacting in an inadequate manner which is a gross violation of the rules of the game.

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THE MASTER KEY TO REALITY JUMPING

In previous chapters, you have read the steps you must take to jump from your current life timeline to the one you desire. However, what you may not realize that the key that will open the doors to the reality you desire lies in the previous events that has shaped your life. If you look closely, you will find numerous clues from your past that will lead you to the future of your dream. This chapters explains the concept of the forward to the past.

TURNING THE KEY AND INCREASING YOUR ENERGY LEVELS



Sometimes, you see a picture or hear a song and it transports you to a time in your past where things were better and you were happier. In these moments we feel a wave of nostalgia for what has been lost. It might make you sad to realise that these moments were somewhere in the past and we can never return to them. These feelings can make you to question if those moments are gone forever.

Moving through time appears unrealistic, and yet it all depends on your perspective. However, this is possible through a process that comes down to a simple, single master key that consists of three elements.

- **Turning the Key:** the first exercise requires that you remember you central meridians. If you have been practicing exercises such as Yoga, or jogging you will be familiar with the feel of the meridians. The important thing is to imagine being permeated by the flow of energy. If you keep trying this exercise when you're jogging on simply walking somewhere. It will give you a feeling of lightness and relaxation.

This is known as turning the key and it's an exercise you can apply any time that you need to quickly enter a more relax state.

Turning the key will help you release tension. We walk around carrying our problems that is automatically reflected in our muscles. When you are walking along and catch yourself worrying about something that is taking a toll on you, remember to turn the key and you will feel a wave of relief as your muscles relax.

- **Visualise the Target Slide:** after turning the key, the next step is to picture your target slide. You have to imagine yourself in the slide rather than watch it like a motion picture. See yourself in a situation where the goal has already been achieved. For example, if you want to become own a house see yourself living in your dream house with your favourite interior decorations. Smell the pancake in the kitchen, the flowers in the garden, the tender feeling of the cushion, let the sensation come easily to you.
- **Have a Clear Sight:** Once you can more or clearly see yourself in the slide gaze ahead of you with a look of conscious awareness. Do not think or analyse anything; just take in with clear sight whatever you see ahead of you and further into the distance. For a few seconds there will appear to be a change in nuances of the scenery. When you look at a familiar view with clear sight you will notice that although the picture is basically the same, there is something new about it as if some new yet barely perceptible hue had been added. It will be as if you had seen it before somewhere, not the specific details of the scene but a certain feeling, mood or hue.

The potential of desire and necessity drain the energy of intention to such an extent that there can be no gust of wind and without the wind of intention the transaction will not work. If you wish to visualize the pathway to reality, you should give more attention to running the target slide and visualising the current link in the transfer chain stream.

SHADES IN THE SCENERY



A life line is a chain of sectors that are relatively uniform in quality. The sceneries of a single life line are also relatively uniform. When the layers of your world shifts to another life line, there is a change in scenery. Depending on the extent and quality of the difference between the lines changes in the scenery will manifests either as nuances and shades or significant transformation.

In order to move relative to time you would have to move forward or backwards, against the flow at a faster speed than flow itself. In other words, you cannot move forward or backwards in time within the some life line. This would be a contradiction of the laws of cause and effect.

By performing transaction you are being sifted in the opposite direction and arrive at a life line where you have been previously, only now your position in time has changed. That section of the former life line that you may have travelled along is now in the past but you have returned to the line itself. Every line has its specific inherent features, taste and tones. It is these shades that you experience in the moment of clear sight towards the end of the transaction.

You may not necessarily experience the shades of a lone you have been on before if the path to your goal lies via new lines happens rarely or not at all. At times you may think that you recognise the shades of the scenery and at other times everything will appear new. It may occur to you as you observe a familiar view that there is something new to the scene, particularly a time or shade. However, to perceive these details, you have to engage in the transaction exercise.

GLIDING

The statement that everyone has the absolute freedom to choose their own destiny appears to be only a riddle until one appreciate the notion of bondage. The answer to the riddle is simple – freedom is yours when you end the battle.

Once you wake up from the daydream, once you stop being hard on yourself and end the battle with yourself and the world, and nothing can hold you down. The battle will continue but without your participation and you will be free to go whatever you wish and choose anything you desire.

The universe is a mirror that reflects your relationship to it. When you are discontent with the universe, it turns away from you. When you fight the universe it fights you back, when you end the battle the universe meets you halfway.

No-one can force you to take part in the battle but they can instil the belief in your mind that no other choice exists. In a sense they are: there can be no other choice until you stop clinging to the strings of importance. To gain your real freedom you must abandon importance – do not attribute excess meaning to anything either inside yourself or outside in the world.

Remember that you have a choice to choose and your choice will be fulfilled. Attune your thoughts to your target line and then flow will be directed towards your goal. There is no force capable of stopping you on the path towards your goal if you go with the flow, stay balanced and observe the principle of coordination.



SUMMARY

The aim of this book is to arm you with the requisite knowledge you require in choosing and achieving the life you desire. The importance of energy in life cannot be exaggerated as it is the force that channels us from one current life timeline to the one we desire.

Energy is important in living your life to the fullest. You can build up your energy reserve by engaging in exercises that strengthens your core and open your central meridians to absolve energy. Worry less, think positively, and exercise patience and you will be able to fend off energy Vampires.

You can build and maintain life changing relationships by attracting people to you. By showing genuine concern, honesty, paying attention, and reducing the importance you pay to your self-esteem, you will be able to attract people to you.

There are toxic pulls who are dedicated to sapping you of your energy.

You have to learn to starve these toxic pulls of your energy by ignoring them and reducing the attention you pay to them. By not engaging the toxic pull, it would be forced to feed off someone else's energy.

Your past experiences holds a huge secret that can lead you to your desired future. It appears impossible to travel back in time to relive the events of the past. However, by engaging in exercises that will open up your central meridian to absolve energy, visualize the target, and have a clear sight, you will be able to relive the events of your past and open doors to your future.