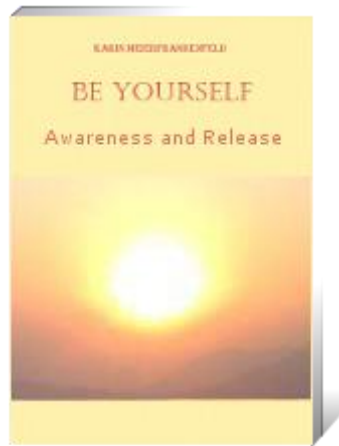




BE YOURSELF

Awareness and Release

Exercises and Inspiration to enhance
Awareness

by

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PREFACE

At some point in time, I wanted to change the world. Then I wanted to change myself. Only to realize that neither changing the world nor changing myself was the final solution. Eventually, I came up with the idea of releasing everything that stands in the way of being who I truly am and that seems to work. In order to be who I am, awareness is essential.

This book presents suggestions on how to raise awareness. I am introducing exercises and ideas that proved to be quite useful for myself. Among other things, I share my thoughts in order to remind people of what they basically already know.

Quote: *"We can compare truth with a mountain. We can reach the top of that mountain on different routes by interpreting truth in different ways. Many people travel these routes and everyone, while at the bottom of the mountain, is sure his or her way is the only one. They can only see a little part of the path ahead and think it is correct to shout at their brother: "You are taking the wrong path, come over here, my path is the only one that reaches the top." But while climbing the mountain, people will finally see that all the different routes merge at the top and everyone was and is on the right one."* – Max Heindel

ACKNOWLEDGEMENT

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Bright blessings and many thanks to all of you!

ENERGY EXCHANGE

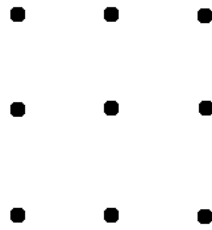
Some suggestions for a healthy energy exchange. Maybe, sooner or later, this will show within our monetary system:

- Principle 1: There is enough for everyone.
- Principle 2: Everything flows naturally, is in balance, and there is a healthy exchange of energy and money.

People give what they easily and joyfully can share and people take what they need. Everyone is doing well. The better every single person is doing the better everyone is doing.

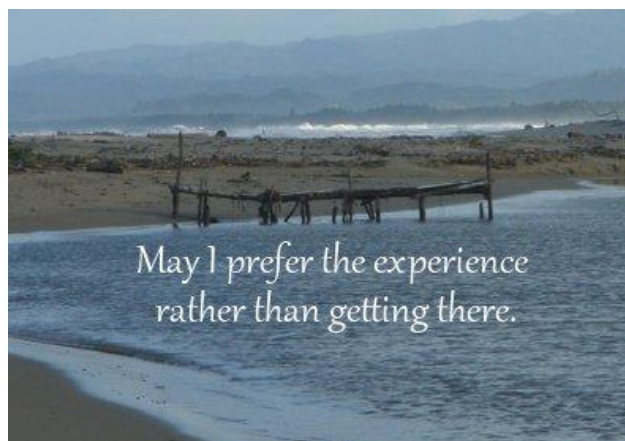
Note: People lived a lot longer on this planet without money rather than with money. We tend to forget such things.

LET US START WITH A RIDDLE: 'CONNECTING DOTS'



Connect all nine dots by drawing four straight lines without lifting the pen. Maybe you will easily find the solution or it might take a little longer. While figuring it out observe yourself closely. What thoughts are coming up? What stages are you going through?

A hint on how to solve the riddle can be found in the appendix. Although, the learning effect is a lot higher, if it is not looked up too early, and it is more fun to figure it out by oneself. ☺



May I prefer the experience rather than getting there.

Although, depending on circumstances, both can be useful ...

CONDITIONING

In order to figure out what to release on the way to ourselves we should consider our conditionings.

Classical conditioning is a reflexive or automatic type of learning in which a stimulus acquires the capacity to evoke a response that was originally evoked by another stimulus.

You might be familiar with Pavlov's Dog as the classical example for conditioning. In the early twentieth century, Russian physiologist Ivan Pavlov did experiments with dogs as follows: Pavlov's dogs, restrained in an experimental chamber, were presented with meat powder and they had their saliva collected via a surgically implanted tube in their saliva glands. Over time, Pavlov noticed that his dogs began salivation before the meat powder was even presented, whether it was by the presence of the handler or merely by a clicking noise produced by the device that distributed the meat powder.

Fascinated by this finding, Pavlov paired the meat powder with various stimuli such as the ringing of a bell. After the meat powder and bell were presented together several times, the bell was used alone. Pavlov's dogs responded by salivating to the sound of the bell without the food.

Similar experiences were conducted not only on dogs but on human beings as well. Now, if we consider that human behavior can be influenced in the same way, then we should figure out where “bells” are still part of our lives. In order to release such behavior, we need to become aware of this kind of manipulation.

Another experiment was done with fish: First, they put a pike along with some small fish in a fish tank. The pike ate all small fish. After that, they placed a plexiglass window in the middle, the pike on one side, and the small fish on the other. From their born instinct, the small fish swam to the bottom corner furthest away from the pike. The pike tried to catch the fish and smashed his nose on the window several times.

After a while, all animals had learned: The pike stopped smashing its nose and the small fish swam all over the place, on their side. Then, the window was removed, unnoticed. Guess what happened?

The pike swam on his side and the small fish on there's. None of them had noticed the difference.

For us humans it might mean to watch out for limitations which no longer make sense. Maybe they did serve their purpose once. But, it might be worth checking whether we still need them. We might want to ask: “*Are imaginary limitations holding us back living our full potential?*”

Such limitations might also originate in former generations as a further example from the animal world shows: After the fall of the inner German wall, even 25 years later, there is still no deer crossing, although animals have been born within succeeding generations. The same applies for humans. We, too, adopt habits and programs of our ancestors. From time to time we should reevaluate their validity and check whether they are still beneficial.

Therefore, it is quite useful to release the conditioning, drop obsolete programs and step over imaginary borders which are long gone.

How do we do that? Well, Anthony de Mello recommends: *“Mere awareness will cause to die whatever is unhealthy and will cause to grow whatever is good and holy. Approval and condemnation are not needed to reform your life and actions. Awareness alone will heal.”*

The conscious awareness of our imaginary limitations will therefore finally lead to releasing them.

DRUGS

As mentioned before, conscious awareness will also lead to drop obsolete programs. Please note, such programs are not necessarily easily released because they can sometimes be considered as *drugs* and withdrawal

symptoms may occur. However, by becoming aware of our addiction, the *drug* loses its power over us.

What exactly am I talking about? Well, as a child we were fed with drugs like approval, recognition, appreciation ... or success, prestige, power ... Soon we became addicted and it was difficult to go without them. Hence, we lost part of our freedom because our mood depended on other people's feedback. We feared making mistakes, or the criticism of others. We gave our power away, the power to choose whether to feel happy or unhappy.

To get rid of these *drugs* might mean pain and loneliness. The more conscious we deal with it the easier it is. And once we got over it, then there is lightness and ease, self-determination and freedom. It is important to be gentle with oneself. No judgment. We once chose to have this experience for a reason. And now it is time to release the old patterns, at least for the ones who would like to do so.

PROGRAMMED ON DEFENSE

Another example for conditioning is to be found by observing our reactions once we are faced with unpleasant situations. Mostly we want to avoid them, we refuse to accept them and probably we even fight them. This can certainly be a valid approach, but maybe there are alternatives.

If we want to be more at ease with a given situation, we could use the following trick: Instead of fighting or rejecting a situation, we might as well accept it and be at peace with it. At first, this might seem odd because we do not like to be treated badly and we should change what we dislike. And yes, certainly sometimes we have to act immediately e.g. by withdrawing the finger from the hot stove.

However, there are a lot of things we fight unnecessarily, mostly because we are afraid of them. We take the given situation, and our fear, and project both into the future. Then we are even more afraid which leads to fight, or upset, or defense. This is how we are programmed.

Unfortunately, by fighting we reinforce the unwanted things because a huge amount of our energy flows into them. However, if something is already present, it is already there, whether we fight it or not. Actually, it is then more useful to fully experience everything that shows up and be fully at peace with the current moment. If action is necessary as a next step, it can still be taken.

Through our conditioning we are in conflict with everything, with ourselves and with our surroundings. We achieve new solutions by discovering those patterns and thus deprive our energy from unpleasant situations. Instead of fighting, it is about understanding. Understanding dissolves fear and without fear there is no need to fight. Consequently, the entire issue can

dissolve because once it is fully understood and experienced it is no longer needed.



Freedom begins where fear ends.

THE FALL OF MEN

How did we get into this misery in the first place, then? Well, on that point, the following metaphor might explain some of it:

Adam and Eve lived in paradise as divine free beings until the serpent tempted them to eat the fruit from the tree of knowledge of good and evil. A temptation man couldn't resist. We wanted to know how it feels to eat the fruit. Thus we ate and saw we were naked.

From then on, we wore clothes to cover our shame. We started to be ashamed of ourselves, of being who we are. Suddenly there was good and evil, right and

wrong and there was separation. We stopped being divine, we were separated from God, so we believed.

Hence, many people nowadays assume to be separated and they are unaware of the connection to source and thus *wander around*. Well, of course we do not *wander around* arbitrarily, because we are experiencing all that was meant to be experienced while being in this condition. We walk through darkness and we walk through light. We discover being human without the divine part. Therefore, we get involved in all sorts of games, human games. Pleasant games as well as unpleasant ones. We desire to experience the entire range of possibilities and we classify them into good and evil. We condemn and we praise. We left paradise by separating from our divinity. To return into paradise we need to rediscover the connection, relive our divinity and thus reconnect with our source.

On that point, a story from my childhood: *I remember sitting in church. I was bored by the sermon because I was very young and did not understand what it was all about. "Well, talk to God then", I thought.*

Where else would I find Him if not in church, when else should I talk to Him if not at mass? Thus, I developed an inner dialogue with God and was deeply impressed by the answers I got. These answers had profound meaning and it was fun doing it. I joked around with God and smiled a lot.

After a while I started doubting. Why would God talk to someone like me? I am still so little and God probably won't talk to someone like me. GOD is the mighty one. He certainly does have better things to do than talking to a little kid, joking around. Does God make jokes? I thought I am just making it up and stopped doing it altogether.

Hey presto! There it was, the separation: "I am not worthy that thou shouldest enter under my roof." This dogma was stronger than my childlike intuition.

However, was this really the separation from the divine? As a kid I thought God was a person with a beard, some distinct person, somebody outside of me, someone watching me, judging me, talking to me or not talking to me. Furthermore, within other cultures there is the belief in many gods, almost every subject does have its own deity that can be called.

From my point of view the separation already takes place once we move out of our own divine connection and search for an outside authority, an entity whom we trust more than our own inner knowing. We then deny our own access to our own divine source.

Well, but whom are we talking to, once we start an inner dialogue, once we move into silence? Well, we are able to determine that with our intention. We can ask our Higher Self for answers, or our Soul, or our spiritual guides.

Furthermore, we have the possibility to ask divine entities for answers and support. This can be extremely useful but we should also remember our own access to our own divine source through consciously reconnecting with our soul.

HOW CAN WE SURRENDER TO WHAT IS?

As mentioned before, we are programmed to quite often reject what life is presenting us at the time. Of course, this is not always the case but it happens, that we are unhappy with the overall situation, e.g. if we permanently want to be where we are not, if we permanently look forward to the future or remember things that happened in the past. By hardly being in the present moment, or conceptually at this location, it may happen that we feel an inner turmoil. Our thoughts are wandering elsewhere, we imagine: *“how could it be”, “what would it be like”, “what could have been”, “what will be”, “what do I want to change”, “how can I improve”, “how do I become a better human”, “how can I live a better life”, “how can I do better”...*

Such sort of thoughts produce unrest and a lack of peace. They express our unhappiness with the *“now”*. We are permanently seeking something allegedly better than anything we are experiencing at that time.

To overcome this pattern, it might be useful to first of all stop and perceive what is NOW and be at peace with everything that led to the current situation.

Exercise: *Breathe deeply several times and make sure you are in the Here and Now completely. Envision that everything is exactly the way it should be, inside as well as outside. Let everything be the way it is right now. Everything that life has to offer right now and here is exactly what we are supposed to experience at this very moment. Let everything be as it is. All the emotions, that are present right now, are exactly the ones meant to be there. They want to be noticed, they want to be acknowledged, they want to be looked at, they want to just be there, exactly now. Observe your emotions, take a look at them. Try to look from an angle as if being a neutral observer. Imagine standing next to you, observing yourself, your thoughts, your emotions without judgement. You are just the observer. Look at things like being the visitor of a theatre play. You are watching everything on stage. However, you are not the bad censor who pulls it into pieces or praises it into heaven. No, you are just neutral. You just watch and observe.*

It takes a lot of practice to just be a spectator. Very easily we get back into the habit of judgment. We are strongly influenced by our system of values which lets us put everything into drawers of 'good' or 'bad'.

While doing this exercise, you might catch yourself judging every now and again and maybe you condemn your judgment. Finally, you might reach a point where you just say "ok, then this is bad, let it be bad. Well, then I am the way I am."

If we reach this point, we start to be honest with ourselves. To be honest with ourselves takes awareness. It is about reminding ourselves to get back into the spectator role and disembark the judgment. Disembark in both directions, neither judge things '*good*' nor '*bad*' but being neutral and observe. Everything is about experiences. Experiences are neither good nor bad. Experiences are just experiences.

If you like, you might want to give your emotions, feelings or physical pain a voice. Let this voice tell you what it wants and why the condition is there at that time. Or just watch and let it be. Every situation in our life is exactly the way it needs to be.

The more we step out of judgment and into being the watcher the easier it is to see the connections and to understand the meaning. We notice that seemingly coincidental events do not enter our lives by chance but represent exactly the experience we are meant to have.

As long as we are judging we suppress our true thoughts because our value system does not allow them. Hence, in order to truly experience ourselves it is essential to step out of the value system and be the watcher of all that shows up. This is the first step on our way to ourselves.

Later we can use this to develop a sort of barometer in order to examine certain regularities. For example as follows: "*every time my neck aches I know there is fear in my neck.*" Then we can have a look where the fear is

coming from, try to understand it and thus take the scare out of it. Then it can dissolve and the pain barometer is reset for the next experience.

WHY IT CAN BE USEFUL TO BE ALONE

In order to watch ourselves without judgment it may help to concentrate on ourselves by cutting out as many outer influences as possible. We can do this by seeking to be alone or by using aloneness in case it is there already.

Some people are afraid of being alone, others seek out to be alone, some are alone by force. One can always look from different angles. Now, let us have a look at a positive aspect of being alone: It means letting go. Letting go of everything that stands in the way of being who we truly are, all values, judgments, programs, everything that forces us to live on automatic. An automation that holds us back from sensing ourselves and makes us subject to outer forces.

Being alone means to release the pressure of having to be someone we are not and to release the need to live a life others consider suitable for us. How can we figure out what WE want, why we are truly here, what our motivation is and who we really are?

Are we our body? Are we our mind? Are we our consciousness? Are we our soul? Who are we then? These questions can only be answered by oneself. Everything else would be a projection of external ideas coming from

somewhere else. Only you know the truth about yourself, only you can discover who you truly are. Only you can sense and experience your own essence. Nobody else can tell you.

This is why it is useful to be alone. Alone with yourself, alone with the essence of your being, alone in the sense of “*looking inside*”.

The outer world is our mirror and we do have spiritual guides by our side. Many people around us are exactly there when needed, even though we might not always notice them.

However, in order to find ourselves, to realize who we are, in the end we have to be the ones doing so, everyone alone. Other people might open doors but we are the ones who have to step through.

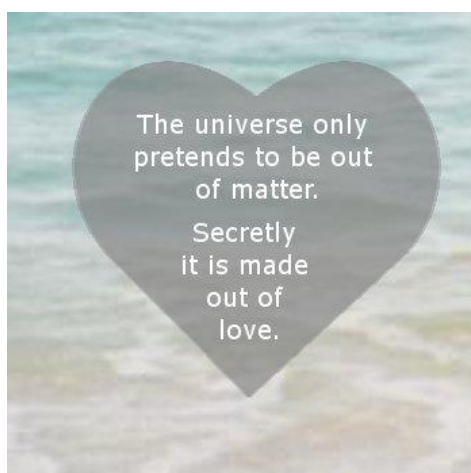
Exercise: *Be alone with yourself, with your essence, with everything you truly are. Sense yourself, find yourself. You are the source of everything that happens around you. You are the only one who creates the life around you according to your patterns and ideas. Rearrange those patterns and ideas in order to reflect who you are and make them your own ones again. Do not allow other people to use your power to create a reality they want. Create your own reality instead. Use your power to create what you want, live YOUR reality. Be yourself.*

When we can be alone, we can be with others without using them as a means of escape.



THE FREQUENCY OF LOVE

"The universe only pretends to be made out of matter. Secretly it is made out of love." Meaning the *frequency* of love not the emotion.



If we think of love as an *emotion*, we might taste a little stale flavor because some of us have negative memories coming from occasionally having experienced things like jealousy, broken heart, pain of separation, betrayal, etc. The list could be continued.

However, the *frequency* of love differs from the emotion. The *frequency* is a state of being which we can choose. It is comparable with deep inner peace. Once we chose to be at deep peace or to be in the state of inner love then this love is unconditional. While in this state we might think of a beloved person and the love remains unconditional because there is no exchange as everything we need is available within this deep state of peace. We allow ourselves to be this love thus we are independent of getting anything in return. Hence, we create an energetic field of love and the person we think of is invited to join in order to get to know this frequency. Although our love is independent of the person's joining.

As opposed to the emotion, the *frequency* of love does not require another person to make us feel loved. All we need is there once we allow love in our life. If we deny ourselves to be in a state of love it is quite often because we are thinking of emotions rather than frequency. We might then want to avoid being hurt or any other negative emotion. However, within the *frequency* we have access to universal love where there is nothing else but love.

Well, but how can we best deal with the *emotion* of love then? What do we really mean if we tell our loved ones "*I love you*"? Maybe we can shed light upon it by observing what we demand from our partner at that moment. Love as an *emotion* quite often goes along with an exchange, a mutual

expectation. Hence, when saying “*I love you*”, we might have a closer look at our motivation. Here are some suggestions, without judgment, just to be observed:

- I like you
- I like being with you right now
- I would like to hold on to you
- I would like to possess you
- I would like to dominate you
- I want power over you
- I want you to do what I demand
- I want you to stay with me
- I want you to be my crutch
- I want you to be there when I need you
- I don't want to be alone (I am afraid of being alone)
- I don't want to loose you (I am afraid of loosing you)

Holding on to the other one, dominating or possessing the other one are emotions mostly born out of fear.

What we request from another person is already within us, if we allow ourselves to be in the state of love and open up to it completely. We can get there by returning to our deepest inner peace as often as possible. That is

the place where unconditional love arises automatically. It might then be reflected within our lives.

Please note that we are conditioned to work against our inner peace. We are programmed to be upset instead of understanding coherences. These are the patterns we need to identify in order to release them through observation and understanding.

The flame of peace can be our ally. The flame of peace joins where there has been separation, all the places where we have been divided against ourselves, in battle with ourselves, all united in a unified whole.

Exercise: *Imagine the flame of peace running through you and help you to release all the mental concepts that have kept you bound to the battle, to the fight, to the struggle. Release all that tied you to mass beliefs and mass consciousness so that you can believe that it is possible to live all the time in a state of harmony and peace with the universe, yourself and others.*

HEALING THE MIND

To heal our thinking mind it might be useful to consider that our mind is just a part of us. Certainly quite an important one. Well, obviously our body is part of us, too. Well, what other parts are there, maybe less obvious ones?

Some talk about body, mind and soul. Some categorize sub-consciousness, consciousness and super-consciousness. Others talk about subpersonalities

which were created at some point during our lifetime for some good reason, although we might check whether this reason is still valid.

The following categorization was already recorded in very old Sanskrit scripts. There are different stakeholders within us and in order to feel balanced or in order to achieve overall healing we are supposed to harmonize them all. According to tradition, the stakeholders are described as follows:

- **Inner Child**

The playful part, the childlike part within us ...

- **Inner Woman**

The savoring part, the romantic part , the aesthetic part , the tender part within us ...

- **Inner Man**

The organizing part, the texturing part, the successful part, the energetic part, the strong-willed part within us

- **Mind**

The thinking part, the analyzing part, the regulatory part, the recognizing part within us ...

- **Body**

Our physical part ...

- **X-Level**

The unknown within us, the part that delves into other dimensions ...

- **Higher Self**

Our knowing part, our guiding part, the connection to our soul, part of the soul ...

- **Soul**

Our meaningful part, our divine part, the connection to the divinity, the connection to source ...

Inner Child, Inner Woman and Inner Man together build our **sub-consciousness**.

Body and mind form our **consciousness**.

X-Level, Higher Self and Soul are the **super-consciousness**.

Our Higher Self usually supports us with our daily tasks whereas the Soul overviews the holistic aspects and encompasses many incarnations.

So much about our different stakeholders. Well, coming back to our thinking mind, it is a powerful part of us and very helpful in finding solutions, completing practical tasks, structuring, analyzing, navigating etc.

Nevertheless, what happened to it nowadays? Our society puts a lot of stress on the rational way of solving things. This requires a lot of work from

the thinking mind leaving out the aspects within us that could also contribute to finding solutions.

The thinking mind is not to be blamed here because it was trained to permanently think and does exactly that, sometimes without interruption and we find ourselves within endless chains of thoughts maybe even depriving us from sleep. At this point, it is hardly stoppable and we might have no choice but to wait until the mind has gone through all issues that are seemingly important.

How can we persuade the thinking mind to be part of the holistic system again in order to communicate with the other aspects and listen to them?

How do we remind the thinking mind of the fact that deep knowledge arises from a different source than the rationale alone, that there is an inner voice, an inner wisdom?

How do we de-program ourselves in times like this when everything seems to depend on the thinking mind?

Well, by getting into the silence, finding the stillness and by stepping out of the thoughts from time to time. Not because we do not value the thinking mind. On the contrary, we offer our mind a pause in order to recuperate and rediscover itself anew.

Quite often too much responsibility burdens the mind. Mostly the mind assumes that it has to solve everything on its own and thus overcharges itself. In order to fix this we can first of all take some of the responsibility from it by involving all the other parts as there are Inner Child, Inner Man, Inner Woman, Body, X-Level , Higher Self, Soul and of course the thinking Mind.

Exercise: *Imagine your stakeholders (Inner Child, Inner Man, Inner Woman, Body, Mind, X-Level , Higher Self, Soul) positioned in a circle and how they consciously reintegrate the mind. Imagine how the responsibility is distributed equally exactly the way it is needed to enable everybody fulfilling their tasks ideally and to function naturally and in harmony. Everyone supports the other as much as it is appropriate.*

By redistributing the responsibility we release the pressure from the mind, the pressure of having to solve everything on its own, which is actually not its task in the first place.

Finally, the thinking mind is allowed to have a holiday, lying in a hammock, letting the sun shine on its belly and daydream. The mind needs doing NOTHING. And while in this state, the mind can take the liberty to rest there as long as required to recharge and be fully rested in order to have power and motivation to complete its actual tasks. We enable the mind to rediscover what the actual tasks are.

Thus, in order to heal the mind it might be helpful to get used to the habit of granting it some rest every now and again, e.g. by letting it rest in the hammock and letting things be the way they are.

Well, but who is going to solve our problems while the mind is resting in the hammock? For some problems the contribution of the super-consciousness is needed and the thinking mind, as part of the consciousness, is not able to find a solution, even though it is trying as hard as it can.

Thus, it is a good idea to reconnect all the stakeholders and redistribute the responsibility in such a way that everyone can contribute to the best possible outcome.

I guess we all have had the experience that solutions come all by themselves once we stop turning problems over in our mind. Solutions come while we do something totally different, like going for a walk in nature, doing sports, meditate etc.

Hence, let us reconnect and rebalance all of the stakeholders, including the mind, in order to gain more harmony and well-being.

SELF LOVE

Within our society we hardly find a program that tells us to love ourselves. Instead, there are many programs telling us to dislike, to doubt, or to question ourselves.

What are our options then? Well, we can become aware of the programs that stand in the way of self love according to the method '*release by observing and understanding*'.

Exercise: *Stand in front of a mirror. Observe what you dislike about your image and let all sensations be there. Everything is allowed to show up. Do this as long as new sensations are coming up until you have felt all of them completely, especially the unpleasant ones. Repeat this with everything you dislike about your body or image.*

This exercise trains our acceptance. Not necessarily acceptance of what is but how we feel about it. This exercise is not meant to keep off action if necessary, e.g. changing our diet if that is better for our health. It is about acceptance of our sensations. The more we allow them to be the way they are the more can we begin to accept ourselves exactly the way we are. Eventually we do like ourselves more and more. If we train to observe our sensations instead of pushing them away, we learn to be honest with ourselves. Thus, we get to know ourselves a lot better.

And once we start observing ourselves in such a way, then we automatically observe other people in the same manner. We start to see them differently. Maybe we even recognize that separation does not come from us but from such programs that tell us to dislike others and ourselves.

Here is another **exercise** to overcome such programs: *When you meet people somewhere, e.g. on the street, or queueing in the supermarket, or elsewhere, then tell them in your mind: "I am you and you are me."*

This exercise can be done with a partner as well: Face each other, look into each other's eyes and say to each other simultaneously for a couple of minutes: "I am you and you are me."

These exercises are useful to overcome the separation and to dissolve the ego. Separation leads to strife, but separation is illusion. Basically, we are all connected.

You are perfect exactly the way you are.

PROGRAMS

Now, who is interested in programming us? Who benefits? Many of such programs were created over time because they used to serve their purpose. It is up to us now to evaluate their validity and maybe to release them. Furthermore, there are entities who utilize such programs to manipulate people and we humans mutually manipulate each other, sometimes unintentionally or without even noticing. We simply follow the program's instructions without questioning.

This behavior enables a few people to lead many humans, mostly unnoticed. A reality is suggested and we humans accept it without having the slightest

idea how it could be any different. Fear is one of the tools which keeps it all going.

Human consciousness is the power which creates reality. If someone hacks it, like a computer, then a reality is created by others through us. How can we escape from this game, from this system which has been dominant on earth for so many millennia?

Well, we can take back our power over our consciousness by waking up and being aware of our issue's root causes which are for example separation or manipulation reaching deeply into our DNA.

Let us begin to take our power back and create a peaceful live with freedom.

Therefore we might have to question the system we are living in. A system which currently grants our survival. Certainly, there are doubts, e.g. what happens if survival structures suddenly break apart? As long as we do not have an alternative solution we cannot dismiss everything without replacement. We might worry, what happens with public safety and order if everybody does as he or she wishes? What happens with public transport, busses, trains, planes if nobody is willing to operate them any longer, if everyone wants to be free?

Well, we ask such questions as long as our thinking is limited. With such limitations we cannot see the solutions. Once we trespass borders like in

the dot-connecting-exercise we will be able to see new solutions, walk different paths and new structures are then arising automatically.

We are infinite creative beings. If we allow this creativity to unfold then wonderful limitless possibilities can show.



*Free yourself from the limitations others have placed on you and your world
will transform.*

THE ILLUSION OF TIME

If we are an astronaut in space and look down to earth we see how it is daytime on one part of the earth and nighttime on the other. The line between day and night is moving permanently. In space there is no day or night.

Time, as we use it, orients itself by daytime and nighttime. There is a morning, an afternoon and the night. This structure forms the basis for our

lives. We need time to plan, to meet other people, to determine when things have to happen. We make appointments according to time.

We are used to this rhythm. We are used to weekdays, to weekends and we link our life to time, to the hour, to the minute, to the second. We place everything accurately on this timeline while our mind wanders in both directions, to the past and to the future.

But where are we, if we our mind wanders off in time? Where are we, if our mind goes to the past according to that timeline? We are in the Here and Now. Where are we, if our mind goes to the future of this timeline? We are in the Here and Now. Our focus is always the Here and Now, there is no other one.

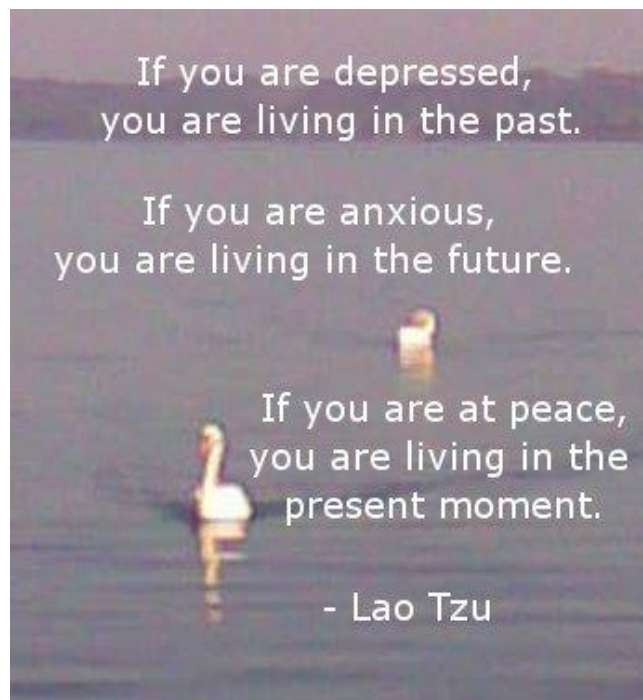
We think of the past by having a memory of it. The memory of the past changes over time. New aspects may arise and already apprehended ones disappear. Additionally, our conscious memory of the past is always only a fraction of it. Therefore the focus is always in this moment. It is like looking out of a window, a 'current-moment-window', and watching life like a movie.

And if we look out of this window, we see possible futures as well. Mostly we project our current thoughts and emotions into the future. Maybe we worry or are afraid of it, or we might be looking forward to certain events and be positive about it. We do have expectations of the future.

But what is real? Real is only this moment. All we remember about the past or imagine about the future is a snapshot in time and can change from moment to moment.

We are neither really in the past nor in the future. Reality only happens in the Here and Now. Only our thoughts wander in one or the other direction.

If we get lost again in illusionary time it might be helpful to remember to come back into the Here and Now and to get out of our dreams, our projections, our worries, our fears and be completely aware of the current moment, the only focus where reality truly exists.



If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present moment.

DISAPPOINTMENT

When are we disappointed? We are disappointed if our expectation is not met. However, if we realize that our expectation was an illusion in the first place, then the dis-illusion can be rather positive even though we are used to consider it as something negative.

Why was there an illusion in the first place? We carry certain patterns within and we learned to classify people or situations according to these patterns. Additionally we assign different features to each category. All this leads to having a predefined expectation of people' behavior or events. If someone behaves differently, we might then be upset or feel hurt.

Children who have not yet developed such patterns are less influenced. They meet life with an open mind, still unbiased but with curiosity and without expectation. They have not yet developed a fixed view on how people have to behave. Only when the child grows older it gradually learns to create such patterns.

These patterns are influenced by different aspects like our parents' dogmas, education, society, TV, our value system etc. All these things create the patterns over the course of our life and we learn to strictly categorize events according to them. Thus, we develop certain expectations.

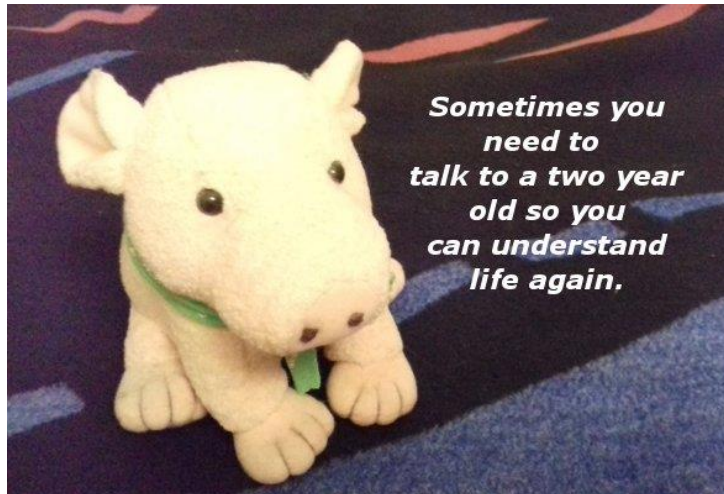
The probability to be disappointed sooner or later is quite high, if we live according to this. We can prevent such disappointment if we remain open and observe people and events anew each time and thus leave room for new aspects and maybe even surprises. Then there is nothing but curiosity, interest and observation. We probably discover something new every time and we might notice things differently once we step out of stereotyped thinking. Let us trust life instead of predefined patterns. If we are ready to release the patterns there is no reason to be disappointed by people's behavior.

This is not about completely dropping our expectations or wishes. Of course it feels good if wishes are fulfilled. What we drop instead is the attachment of the outcome. If a wish is fulfilled, great, if not I am happy as well. And if disappointment shows up anyway, it might help to take a nap to get over it.



Remain open and unbiased like young children:

Sometimes you need to talk to a two year old
so you can understand life again.



PENDULUM OF EMOTIONS

The pendulum of emotions is about training our emotions. Why should we train them? We are then less open for manipulation and thus it is easier to stay in our own power.

The pendulum of emotions works by alternately bring about so called negative and so called positive emotions on purpose and in the end come back to *neutral* where we find our balance.

Exercise: *Feel Love ... stay with this feeling for a little while ... then feel anger and stay with this feeling for a while ... then feel joy ... then fury ... then harmony ... then hate ... then bliss ... and then come back to the 'medium line'.*

The 'medium line' means being neutral in between positive and negative, but none of it. Be in the middle of it and feel the silence.

This state of silence gets more intense the more your pendulum goes in both directions, prior to coming back to the medium line. Sense what remains on this line. Sense the deep peace within, the silence, the power, etc. Sense everything while being on this line.

This exercise can be useful in order to ease our everyday life as well. If an extremely emotional situation comes up, we are then easily able to get back to neutral very quickly. We are in charge of our emotions and thus find balance and are in control. Then it is not any longer that other people determine whether we are e.g. afraid or happy.

Within our *fun based society* it is often suggested that positive emotions are needed all the time in order to be happy. But a closer look shows how exhausting it can be to live in permanent ecstasy. And likewise it can be quite exhausting to live with negative emotions like fear all the time, although there it is more obvious. However, actually both takes effort and energy. Whereas silence and peace can be found once we are balanced, like being on the medium line as mentioned before.

This is not about judging emotions. We are here to experience all sorts of emotions and let them be part of our lives. It is more about being in control

instead of being controlled by them. It is about becoming captain of our ship again and determine which way to go.

Especially fear keeps us within a low frequency. This low frequency deprives us from living our full potential at least if we are permanently subjected to it. Almost all negative emotions, if followed to their origin, are based on fear. We fear to loose our belongings and thus fight for them. We use violence because we are afraid. Fear has the lowest frequency as opposed to love that has the highest frequency within the spectrum of emotions.

In order to overcome fear there are many different techniques. One is to open up to our fear by consciously sensing it and letting it get bigger and bigger until it dissolves.

Exercise: *If fear comes up, then first notice it, try to become aware of it, instead of being carried away by it. Secondly, do not push it aside. We have a tendency to push it aside. By doing so, we avoid the fear, but it remains subliminal and stays there, sometimes unnoticed. But if we sense it, look at it, welcome it, give it space ... then it eventually dissolves.*

Thus, we delve into the fear and let it be, we sense it completely. Let the fear get bigger, as big as the room you are in, and stay with that for a while. Then let the fear grow even more. Let it be as big as the entire country. Stay there

for a while. Then let it grow as big as the entire planet, and stay with that for a while.

Then, let the fear get as big as the entire universe ... if we have felt the fear completely then we imagine it to dissolve into light and love and this light and love becomes one with the universe. Hand it over to the universe. Let it be light.

Be aware that our body and our cells deeply stored the fear and it takes a purification process to get it all out of our DNA. It has been there for centuries forwarded from generation to generation.



Fear is the energy that contracts.

Love is the energy that expands.

FURTHER INFLUENCES ON EMOTIONS

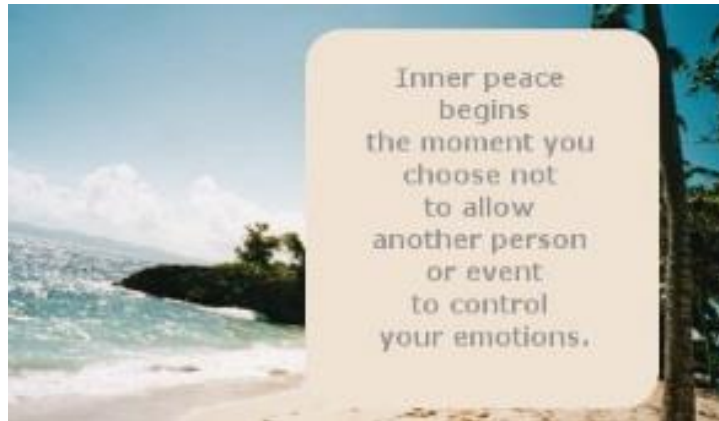
There are further influences responsible for creating strong emotions, for example adjustments of the earth's magnetic field which can be caused by sun eruptions. Sensitive people notice such changes because people's and the earth's magnetic field are strongly connected. We then might not know why we are irritated, what causes our emotions, or why we simply feel unwell, or dizzy, or depressed. A sudden change in the weather can also cause tiredness or upset as is widely known.

Being aware of such influences helps to deal with them in a better way. If we have tools available like the *pendulum of emotions* we are more easily able to either stay balanced during such natural phenomenon or to rebalance quickly.

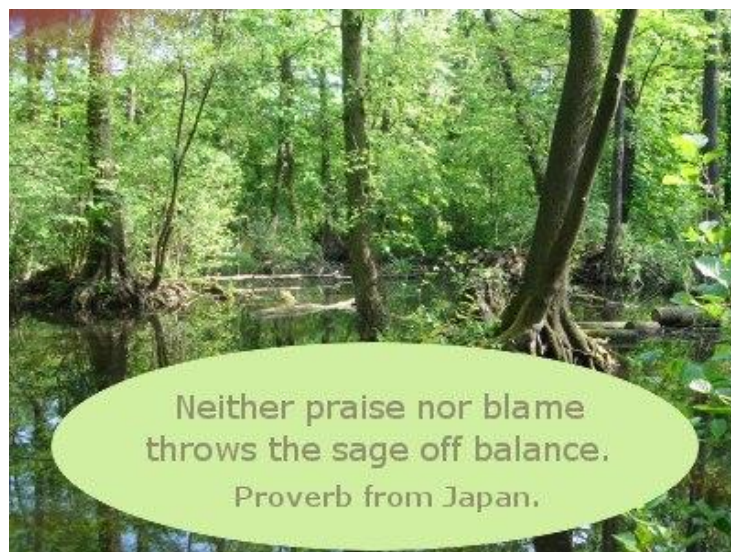
The *pendulum of emotions* also supports us in rebalancing artificially created emotions. Even joy is created artificially for certain purposes. If, for example, a national sports team wins then the entire nation is suddenly happy. Actually for no real reason if you come to think about it.

Well, let us regain our independency then. Let us be the authority to determine how we feel respectively let us figure out how we truly feel instead of having sensations forced upon us.

Inner peace begins the moment you choose not to allow another person or event to control your emotions.



Neither praise nor blame throw the sage off balance. (Proverb from Japan)



MEDITATION OF SILENCE

There are many different possibilities to meditate. Here are just some generic things, which I consider useful for meditating.

There is no intellectual way to describe meditation. On the contrary, meditation is about stepping out of the thinking mind and letting go of everything. Nobody can really explain it to us, we need to experience it by ourselves, we need to try, sense, feel, discover. There are many useful exercises helping us to do so. Some of them are introduced here. Laotse already said: *"The biggest revelation is silence."*

How do we get into the silence? It is the silence which is there once we are in between two thoughts. This gap is what we want to extend as much as possible during meditation.

For demonstration the following **visualization**: *Imagine you are in the jungle. There are dangers everywhere and each time you hear the slightest sound your entire attention is focused on this sound to figure out whether it is threatening your life or not. This moment of absolute focus empties your mind. This is the moment you do not think at all. There is emptiness.*

Now imagine, instead of focusing externally, go inside. Listen to your body, to your being. For example try to figure out what sensation is in your belly.

While focusing on it you are empty as well. You stop thinking and instead you are open for whatever it is that shows up.

Further exercises in order to accomplish meditation of silence:

Exercise 1: Observe your breathing

This exercise is not about altering our breathing, but simply to observe it. The conscious awareness of the breath avoids thinking. Do this exercise for e.g. half an hour. If you get lost in thought it does not matter. Just come back and start again. There is no right or wrong. It is just an exercise without judgment. Every time we notice that we got lost in thoughts, we let go of it and just start observing again. During that exercise nothing matters. You can start solving problems afterwards but during this half an hour absolutely nothing matters. Try to remember that if you find yourself wandering off.

Exercise 2: Awareness of the body

Another possibility to silence the mind is to focus your awareness on different parts of your body. Start with your awareness in your head. Then move the awareness to the forehead, then the eyes, the cheeks, the mouth, the scalp, the hair ... Then be aware of your shoulders, then the arms. After that move to your torso, your chest, back, butt, thighs, knees, calves and finally the feet. Then focus your awareness on your entire body. Stay there for a while. Repeat

the process of moving your awareness through the single parts of your body until you finally feel the entire body. Once your awareness is focused on the entire body, it is then that silence arises. This state of silence is the goal of this exercise.

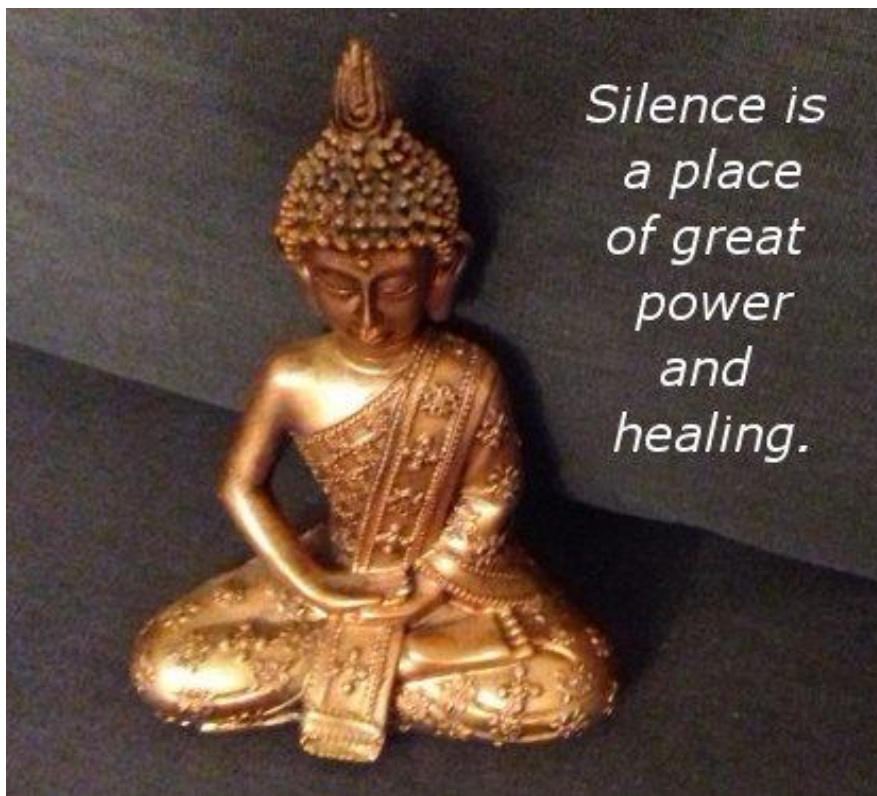
There are endlessly more techniques and exercises on meditation. For example watching a bonfire for hours and focusing the awareness on the fire. This leads to an altered state of consciousness, a sort of dreaming, maybe even daydreaming. It is similar with watching a waterfall for a long time. Find out what suits you best. Life leads us if we allow it to do so and fully trust it.

However, what is the purpose of an empty mind?

- a) If we notice that we are enmeshed in thoughts and stories which occupy us completely, then we have the possibility to consciously step out of them and automatically calm our emotions by doing so.
- b) The state of silence allows us to listen to our inner voice. We reconnect with our divinity. The silence helps us to delve into a wisdom which might not be directly accessible for the thinking mind, which goes beyond the mind. Only if we are empty can the mind draw on it as well.
- c) and a lot more ...

Our sensitivity improves through meditation practice. It is then easier to sense ourselves as well as our surroundings and other people.

In modern times we are trained to have as much entertainment as possible, to be busy all the time, to have fun all the time and to be in an artificial state of ecstasy as often as possible. Hence, we are losing the connection to our own being. Through meditation we return, we rebalance, we reconnect with our origin. We allow our soul to reconnect with us. We invite our soul to be one with us if we empty ourselves and create the space for this to happen.



Silence is a place of great power and healing.

GUIDED MEDITATION

Additionally to meditations of silence there are guided meditations. Here, mostly we are lead by a soft voice guiding us into deep relaxation. While totally relaxed we allow our sub-consciousness to show us whatever lies dormant respectively needs to be revealed.

Quite often it might be surprising what is showing up in guided meditations. The difference between our conscious and sub-conscious thinking can indeed be remarkable. We might even feel imbalanced not knowing why. Inner peace is gained if consciousness and sub-consciousness are balanced.

Within the dormant part of our sub-consciousness there are many beliefs which originate in our childhood, society's value system, our ethnicity, our culture, our gender, etc.

Guided meditations help us to become aware of such hidden patterns and beliefs. Once we are aware, we are then able to alter them solely by recognizing them and by a deep understanding of our behavior.

Guided meditations are also used for past life regressions. Our sub-consciousness holds all the information of other lives that still do have an impact on this life.

Guided meditations allow us to delve into our deepest self. We get to know ourselves a lot better and shed light on those things that might create

conflict here and now. Sometimes perception, insight or recognition is already enough to solve such conflicts.

VISUALISATION

Apart from meditation there are exercises for visualization. For example the following one which is a death meditation/visualization. As our society tends to fear or suppress anything that has to do with death, it might seem odd to visualize it instead. However, from my experience life intensifies a lot and feels more real the more we deal with death and everything around it.

Exercise: Imagine having died and now look at your body. Go through the 9 different stages of decomposition. Stay at each stage for a little while, e.g. 30 seconds or longer. Do it as long as it feels right for you.

1. The corpse is cold and rigid.
2. It is turning blue.
3. Cracks appear in the flesh.
4. Decomposition sets in in some parts.
5. The whole body is in full decomposition.
6. The skeleton now appears with some flesh adhering to it in some places.
7. Now you have only the skeleton with no flesh on it at all.

8. Now, all that exists is a heap of bones.

9. The bones are all reduced now to a handful of dust, and you sense the connection with mother earth. You are ONE with mother earth.

This meditation is extremely useful to reconnect with our body and thus, to increase the communication with the body. We become more aware of it and give a lot more attention to its signals. We listen in a more loving and caring way. After having done the exercise above, look e.g. at your hand. Observe how much you appreciate it, how you can feel the aliveness and how you are able to move your hand. We look at our body with a different, loving consciousness.

In order to find out more about meditation techniques there are many books, workshops etc. I recommend to listen to our intuition. It guides us to the people and material that is needed to find whatever is suitable for us.

Some people dedicate their entire life to meditation. Thus, this is a wide range with endless possibilities.

CRITICAL MASS

To initiate change in the world we need people who are changing. People who start altering themselves, their behavior, their thoughts, their being.

This is how energetic fields of consciousness are created, so-called morphogenetic fields. The bigger such fields are, respectively the more people are part of it the more people can be reached.

If we look at the domino effect as an example, then there is only as much power needed to get the first stone to tumble and all the other ones keep falling through the chain reaction, up to the last one. In regard to people this means, there is only a certain percentage needed who gather the power to make this first stone tumble. This is the so-called *critical mass* or chain-reacting mass.

If, for example, world-peace is our goal, then we need a critical mass of people who are peaceful inside and who have solved their inner conflicts.

If we want to release the patterns of slavery, again, a critical mass of people is needed who have done it and animate the others to do it alike.

Every single person who contributes can be exactly the final straw to make the first stone tumble. That is why every one of us, as a part of the whole, is so important. Every thought, every bit of lived peace is the essence of

change in the world. This is what finally creates the *critical mass* needed to initiate a new society with self-responsible and self-determined people.

MONEY

Why do we have to pay in order to live on a planet we were born? Who are the ones demanding money for the privilege of living?

One could ask such questions and be at odds with it, but that does not help. We do have a money system, and this is probably one of the experience we wanted to have by incarnating here. Hence, let us have a look at money.

Why do quite a lot of people play the lottery? What are they looking for? Well, maybe to stop having to go to work, fulfill all material wishes and longed for dreams, or maybe to be respected, to have rank or status, or to be independent, or to feel safe, or to be free and a lot more.

Why do most of us not win the lottery? We can win the lottery. Some people do. Some even gain what they had been longing for, like freedom, living their dreams, having fun, or find happiness. But why is it, that there are some people who do not feel free despite their lottery win? Well, maybe it is because they carry on living like before? The flow of money within our lives is a mirror of our thinking, our upbringing, our beliefs, or our guidelines.

Furthermore, our system does not allow many people to have a lot of money as it is represented by a pyramid. Meaning only a few people are

allowed to have huge amounts of money whereas many people have only little. The system's survival depends on that structure.

Besides, there are souls who are not interested in having lots of money because the experience of having little can be enormously rewarding, depending on our attitude towards it.

Everything in the universe is energy. The more we are in line with our soul's plans the easier life gets. It is a misconception to assume we need money first in order to live our soul's plan or our dreams. In truth, it is the other way around because if we follow our soul's call, then everything will fall into place, with or without money.

Money by itself does have a beautiful energy. In its pure form it is a useful tool of exchange. However, there was a system installed around money, that keeps people in debt and therefore subjugates them. We joined the game.

Why did we join the game? Well, maybe to have exactly that experience, to feel how it is to be under pressure, to be enslaved, to carry shackles, to be limited and maybe how it is to free ourselves or to stop playing the game or to play the game consciously, or whatever is possible here.

Our money system is based on debt. We think we have to chase the money but truly we chase the debt. We reckon having to run faster and faster to settle the debt. But, referred to the government's debt it cannot be settled,

instead it grows exponentially. This is why the system needs a complete breakdown from time to time in order to be reset. This is done e.g. by war.

We have lived all this, we have experienced all this, we wanted to learn all this. What we want to learn now is to free ourselves from it all. How do we do it? Well, not by fighting the system but by understanding it and thus depriving our energy from it. In order to liberate ourselves it needs huge awareness. An awareness leading us to understand the root causes of our limitations, which lies partly within ourselves and partly in the system. However, mainly the system only mirrors our own beliefs and patterns.

The following meditation on money might be useful to discover some of such patterns and therefore might help to drop them. The goal is to rediscover money in its purity without debt.

Exercise:

Get yourself a note. Start with a relatively small one, e.g. 20 Dollars (or whatever your currency is). Mentally clean this note. Free it from anything that is irrelevant for now.

Relax and put the note in between your palms. Empty yourself and observe what comes up. Let everything come up, that wants to be there in that moment. Feel what is connected to this money note. It might be beliefs, or memories, or anything else. Sense it, let it be there. It might be a surprise

depending on your subconscious relation towards money. Anything can come up.

After having done that, feel the energy of money in your palms. Feel the warmth of the note. Feel how gentle it is. Let it be there, let the pleasant and enjoyable energy of the money be there. Feel the originality of the money, feel how it wants to help you and to be there for you. Feel, how beautiful this original energy of money is. Reconnect with the original energy of money. Reconnect with the spirit of money.

Let everything be. If negative thoughts come up, let them be as well. By being aware of them, accepting and welcoming them, they will eventually dissolve. If you have done this exercise for a while, e.g. several days or maybe weeks and you feel very well connected with this note then choose a bigger note. It could be like 100 Dollar or even more. It might be the biggest note available in your currency.

Mentally clean this note, too. Take it between your palms, empty yourself and feel what comes up. Notice the difference between this note and the smaller one. The big one will cause different things within. But make your own experience, and sense whatever is there. It is different for each person. Do this meditation every day for 21 days in total. E.g. like half an hour per day, but do whatever your intuition tells you. Use the time to reconnect with the spirit of money.

Please note: Money does have a beautiful spirit. What we condemn is the lack of money. We condemn NOT having money. We are programmed to live the lack of it. We are programmed to curse the money, although it is our friend.

Let us realize, that not the money is dysfunctional, but our relation towards it. Let us become friends again, friends with the spirit of money. Let us reconnect with the spirit and the beauty.

Remember, the universe is friendly. It wants us to live in abundance. What prevents us from accepting that abundance is our own limitation, and is our own fear. Abundance does not necessarily mean having lots of money. Abundance is measured as fulfilling our purpose and happiness.

Exercise: *Make a list with two columns. On the left write down why you cannot live in abundance, and on the right change that sentence into a positive statement, why you can live in endless abundance.*

By doing this brainstorming, there will be subconscious beliefs coming to the surface. Eventually, it might need some more guided meditations to discover more of the subconscious limitations that hold us back from living fully abundant.

Regarding money, the programming within is very strong. But we can start to become aware and the more people do so, the easier it will be for all of

us. Envy and grudge are part of the programming holding back each other from liberating ourselves. Let us turn this around and help each other. There is enough for everybody to live an abundant life.

Imagine every person on this planet living in abundance. Then, what do we need wars for? What do we need robbery, crime, envy etc.? It will be redundant, just by itself. It will all be gone.

HEALING FEELINGS OF GUILT

We are in debt once we are born because we eat, drink, need clothes, accommodation, use infrastructure and a lot more. At the same time we receive a tax identification number along with our birth certificate in order to make sure we settle our liabilities at some point in time. All this is accompanied by feelings of guilt. Fear keeps this structure going because without food or water we cannot imagine to survive, thus we are afraid. Guilt and fear are instigators in our society.

How does nature work, though? We breathe, need oxygen, and we release carbon dioxide. Trees need carbon dioxide and release oxygen. Ideally, humans and trees live in symbiosis, one needing the other. Within a healthy ecological system, every living being has its function and contributes to an overall balance just by its being. No guilt is needed. However, because we

do not live within a healthy balanced ecological system, feelings of guilt arise, which are automatically linked with fear.

How do we get out of this? Well, in case we feel guilty we can ask our Higher Self for the energy '*Healing Feelings of Guilt*'. This energy supports us to balance disparity in a neutral way.

If we are able to feel neutral instead of guilty, then the sentence from the Lord's Prayer "*and forgive us our debts, as we also have forgiven our debtors*" can be used to balance energy. If somebody gave me three apples and eventually I give e.g. a melon in return then the debt is settled energetically without needing any feelings of shame or guilt.

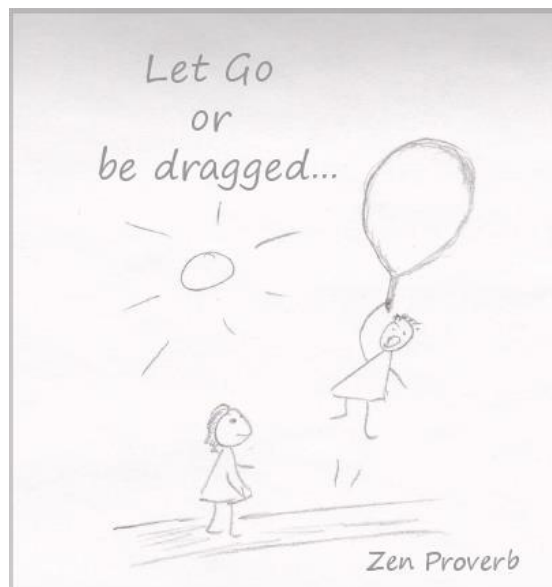
Maybe it is time to stop blaming each other and to start forgiving ourselves and others. If all debt on this planet was settled immediately there would be peace, a reset and the game could restart. Maybe this time a game without debt because we already played that one long enough.

We could realign to nature and instead of debt we could establish a healthy ecological system where every living being contributes automatically by doing what it naturally does and thus being in symbiosis with the entire system.

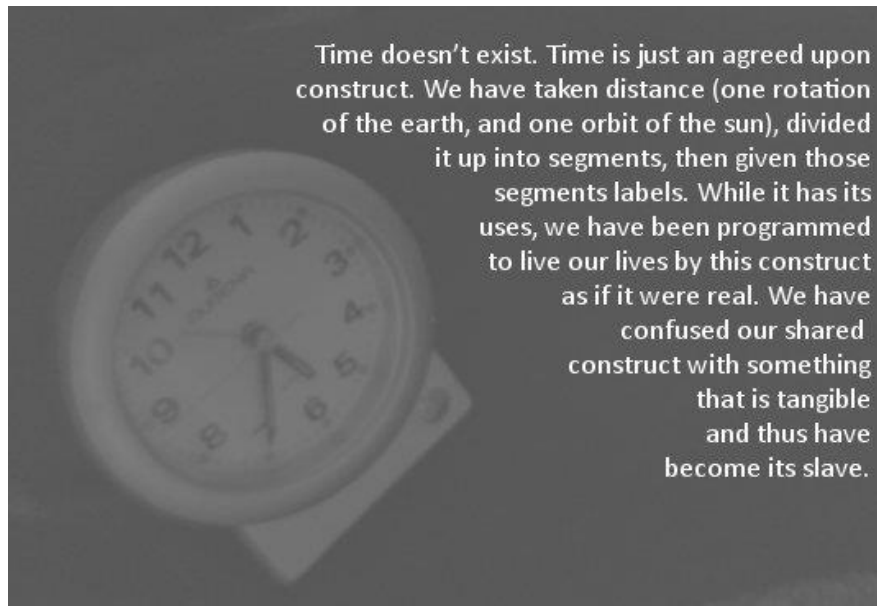
LETTING GO

Letting go does not necessarily mean to renounce from everything. It is about letting go of the attachment. It means enjoying things as long as they are around but being as happy as well once they are not. Thus, things can appear in a way we might not even have noticed before.

In order to liberate ourselves it is useful to practice letting go. How many things in our lives can we easily release? Many of our attachments are hidden within our sub-consciousness as the following example/**exercise** shows: *Try to avoid looking at any watch for an entire day. Try to get up in the morning with no alarm clock and with no reference point for the time at all, except maybe the daylight. Observe what it does to you and how it makes you feel. Are you able to release time?*



Let go or be dragged. Zen Proverb.



Time doesn't exist. Time is just an agreed upon construct. We have taken distance (one rotation of the earth, and one orbit of the sun), divided it up into segments, then given those segments labels. While it has its uses, we have been programmed to live our lives by this construct as if it were real. We have confused our shared construct with something that is tangible and thus have become its slave.

THE JOGGER

A jogger runs at her pace. Suddenly someone overtakes her. The jogger notices how it gets more difficult to run, how every step feels more heavy, because the other one runs so much quicker whereas she already struggles. Then she tells herself: *"Well, it does not matter that the other one runs faster than me, I run at my pace and there is no need to win a race. My goal is different and it is ok to be overtaken."*

What happened? The jogger feels a sensation and starts to find rational reason why this sensation should not be there. Instead, she could behave differently. She could allow the sensation to be there and let it grow even bigger in order to be able to observe it very closely.

Thus, instead of talking herself into how she should feel she could sense how she does feel. Well, what could possibly show up if she did? First of all she notices how heavy it feels to run and how this casts her down. Maybe some thoughts come up like *"others are better than me, others are faster than me, I am bad, I am of no value ..."*

This could continue and very deep emotional injuries might show up and the jogger might remember hurting childhood experiences which still have an impact. A very old pain might suddenly be triggered simply by being overtaken while running.

As long as we rationally suppress our sensations such triggers do hit us. By consciously being aware of our sensations and allowing them to be we are then able to get to the root cause of our issues and therefore release them.

Suddenly the hundred things which used to bother us are not relevant any longer because the root problem is detected and solved. Quite often the conscious awareness of our sensations is sufficient to release deep issues.

PHRASE POSITIVELY

Spoken words are powerful. They create our reality. By using a word we are paying attention and energize it. If someone tells us, “*do not think of an elephant.*” What are we thinking of? Probably not of rhinos. By using the word elephant or rhino a picture is formed within our mind. The word ‘*not*’ does not prevent that. Thus, it makes sense to be aware of our phrasing in such a way that we give those words energy which represent the reality we want. For example: “*Now, think of rhinos, please.*”

If we phrase “*I do not want to suffer*“, then we emphasize the suffering because we focus on it. If we instead speak about *joy, easygoing, feeling well* etc., then we produce such a frequency and our sub-consciousness knows exactly where to go. Hence, if we energize the words which represent our goals we are more and more magnetic to them. On the other hand, it is wise to deprive energy from such things we do not want any longer by avoiding to mention the word for it in the first place.

Well, what do most people want then? Many would like to live an abundant life. However, if we hope to avoid our lessons by having abundance, it will probably only work temporarily. We are on earth in order to learn. If that appears unpleasant, all the money in the world does not help. If something needs to be solved, then it has to be solved. But we can learn to develop the

quality of inner wisdom and peace in order to see our problems as possibility for growth rather than wanting to solve them with money.

So, phrasing positively does not mean to avoid challenges or bury our heads in the sand. On the contrary, it means to have a very clear idea of what we truly want and phrase it exactly that way.

The following attitudes are examples for a positive mindset in order to attract abundance.

- Expecting the best to happen
- Wanting everyone to succeed, cooperating
- Clear intent and directed will
- Clear agreements
- Being aware
- Embracing your challenges
- Releasing things easily
- Giving yourself permission to be and do what you want
- Being the source of abundance
- Believing in abundance
- Believing in yourself, self confidence, self love
- Following your joy
- Showing gratitude
- Following the inner voice

- Being your own authority
- Measuring abundance as fulfilling your purpose and happiness
- Enjoying the process as much as the goal
- Focusing on what you love and want
- Allowing yourself to have
- Focusing on your achievement instead of what is missing

These were some examples to have an idea on how we can attract those things we would like to see in our lives by choosing words and thoughts accordingly. Additionally we can use affirmations. Affirmations are positive phrases we repeat many times in order to anchor them within our subconscious mind.

Here are some examples:

- I now choose to learn with joy.
- I nurture myself by eating healthy delicious food.
- I follow my inner wisdom. All answers are within me.
- I focus on what I love and thus am magnetic to it.
- Every day I have wonderful things to do, or maybe nothing to do.
- I love my life.

It is best to find your own affirmations which reflect your goals according to your ideas. If it is difficult to accept affirmations, it can be useful to check

whether there are contrary beliefs. Such beliefs might have to be released first and maybe some things still need to be solved. There is no use in putting on rose-colored glasses while sitting on a pile of unsolved issues. Ignoring such issues might even cause real trouble because they cannot be suppressed any longer. But that might also be a positive thing, because once things urge to the surface they can be solved and released.

Suggestion: *Follow the advice of your inner voice. Allow it to be your guide and observe what happens and how you feel. Develop a sense for those things that are beneficial for you. Be your own authority.*

MANIFESTING

If our reality does not represent what we truly want then it might be useful to explore possible causes and find solutions in order to create change.

As already mentioned before, we live according to predefined patterns and ideas. These might originate, amongst other things, in our education, culture, or maybe we adopted them from our family system. These patterns are the basis of our day to day manifestations. We might therefore investigate which pattern is responsible for our actual condition. In order to do so, it is essential to fully accept the 'Now' because this is what already is, exactly the way it is. If we want to alter it in the future, we need to release the patterns that led us here.

Exercise: *Be completely in the 'Now' and observe what is. Remember, it is you who created all this exactly the way it is. Try to look at it from this angle. Try to sense the current situation and try to figure out what it is you wanted to learn, experience, or realize through it because that is the reason you created it like it is now.*

The more we step out of the victim's role and realize our creativeness, the more are we able to examine which bits of the past led to our current condition.

In order to figure out how manifesting works it is a lot more effective to consider the past instead of wishing something for the future and having to wait whether it comes true or not. If our wishes do not come true, we might even be disappointed and think we are not able to manifest. But, this is of course not true because we are permanently manifesting.

Further, it helps if the personal plan of our life is in alignment with our soul's plan. If we permanently manifest against our soul's intention this might sooner or later lead to dissatisfaction. We gain more and more contentment if we listen to our inner voice and be in line with our soul's mode of expression. Besides, patience is advisable. We do not always immediately gather the sense of our current experience. Sometimes it takes time in order to learn our lesson and release the unpleasant situation.

What we perceive as unpleasant might as well be a necessary push out of our comfort zone. Sometimes the biggest chaos on the outside is needed in order to find very deep peace inside. What we dislike from our personal point of view might be the biggest lesson.

Finally some suggestions for effective manifesting: *Listen to the little inner voice showing you the way. Be open and receptive for new ideas. Trust and believe in yourself. You do have all you need within you. Be the authority telling you what is right for you. Receive all that happens as a gift and possibility for growth and development. All you need comes exactly at the right time.*

DEATH MEDITATION

Meditations on the subject of death are meant to dissolve fear. Fear is a powerful energy keeping us unfree. How do we overcome fear? Well, by exposing ourselves to those things terrifying us most, by getting to know them and therefore stopping to be scared by them. Thus, let us have a closer look at death, let us deal with it, let us get to know it a little better.

Exercise: *Relax, feel the silence within, and imagine you got 6 month to live from now on. Make it as real as possible and let everything be that wants to show up in that situation. That might be fears, worries or even relief. No judgment, just observe. Stay there for a while and watch.*

Then imagine you got 4 weeks left to live. What changes? Stay there for a while.

Then imagine you got 1 day left to live ... and then imagine you got 1 hour ... and, if you like, then imagine this being the last moment of your life.

Annotation taken from the stories of Anthony de Mello: *A priest reported about a dying person. He sat by his bedside and the dying man told him: '6 month ago the doctors told me I got 6 month to live. This has come true, now that I am about to die. These past 6 month have been the happiest of my life. Why? Because I started to live. I was dead before. I dropped all the stress, the fear, the pressure of life and I even dropped hope. Happiness and*

ease emerged automatically and I started to enjoy every single moment.' He had let go...

These meditations given here are meant to help discovering this ease, this innate happiness, to discover life itself and live it more intense and perceive it in all its beauty. Even if it seems paradox, and we would rather deny death and push it aside as far as possible, it is what reconnects us with life. If we stop suppressing what we fear we are free.



Expose yourself to those things you fear.

After that, fear loose its power. Fear vanishes and you are free.

You are perfect!

Where you are right now, at this moment in time, is the place where you are supposed to be.

The way you are right now is the way you are absolutely right.

At this point in your life you are exactly where you need to be.

Why?

Otherwise you would not be where you are right now.

Exercise: In case you have doubts or forget how perfect you are, remind yourself with little notes e.g. saying, "You are perfect exactly the way you are!"

Attach these notes e.g. to your refrigerator's door or the entrance door or somewhere you will notice while walking past it. Observe what it does to you and be open for surprises.

OUR SYSTEM OF VALUES

We are used to act according to our value system. Imagine the following situation: We meet someone in the street who does not apply to the norm. This person might be crippled, maybe smelling unpleasantly, and wears worn out clothes. Our first reaction is probably one of rejection. We might feel disgusted. For some people the story ends here. Others might feel remorse because they remember having to '*love thy neighbor*'. In the end there is something like moral and values.

If we then suppress our disgust and overlay an artificial love then we might feel pity for this person. However, pity is of no use for the recipient because the person then has to carry the projections of pity towards him or her additionally to his or her already existing burden.

Instead of placing a value system above our sensations, let us try something different: again, imagine meeting this person in the street. The person is of no harm but we feel disgust. Instead of suppressing our emotion, we do the opposite. We allow the disgust to be around and let it grow as big as it possibly can. We do not judge, we just observe. We are honest with ourselves and allow sensations to be, nothing else.

What will happen? By allowing our sensation to be and by paying appropriate attention, it dissolves. All it wanted was to be recognized and welcomed.

Next time we meet a peculiar person there is no disgust. Nothing deterrent remains because we allowed it to be. Maybe something different arises which wants to be acknowledged. Well, then we observe again. We repeat this as long as we have accepted all our sensations. Eventually nothing remains. There is nothing left ... and then there is space, space for love. Love then simply arises because everything else disappeared.

The more we train this behavior the more sensitive we become, the more honest we deal with ourselves and our surroundings. We relearn to trust ourselves.

As long as we place our value system above our sensations, we do not encounter love. However, if we trust our sensations we do not need a value system. It is about releasing all that stands in the way of being love.

DIFFICULT TIMES

Sometimes there are moments in our lives when we feel like everything is going against us. Maybe we are disappointed or hopeless, maybe we are in pain or do not see a way out.

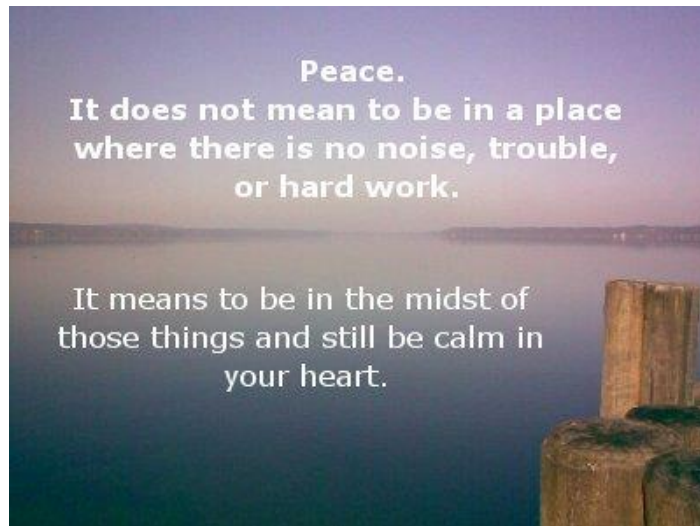
How do we deal with such situations?

Everything in our life has its validity. Such situations challenge us extraordinarily. They are extremely demanding. We are strongly asked to particularly practice those things that eventually lead us to ourselves.

If we are resting within our center, then such situations are easily balanced. However, if that is not the case and we feel emotionally instable it might be useful to remember to come back into the *here and now*. Further, we might want to ask our Higher Self and our guides for support.

On the way to ourselves, we are challenged with our shadow parts which can be rather painful but is part of the process. We are forced to face everything regardless of timidity or shame.

Try to remain the observer as much as possible. Quite often such phases pass by and we have learned additional lessons afresh. Sometimes it is rather easy and sometimes it challenges us harder than we would have liked.



Peace.

It does not mean to be in a place
where there is no noise, trouble,
or hard work.

It means to be in the midst of
those things and still be calm in
your heart.

Peace.

It does not mean to be in a place where there

is no noise, trouble, or hard work.

It means to be in the midst of those things

and still be calm in your heart.

WHO ARE ,THEY'?

If we feel unfree on this planet or in this life because we are manipulated, programmed, or betrayed, we could ask the question “*Who are they?*” The ones who create such a system keeping everybody else unfree? The ones who exploit us, the ones who benefit from our limitations? The ones who bend our will?

Well, let us consider physical life as a game where our consciousness creates reality, then there are different roles to be played. We need bad people, we need good people, and some in between... Through our different

incarnations our soul wants to experience all the different possibilities and roles. One time, our soul wants to be the bad guy. Some other time it wants to be the saint, or the innocent, the victim, the offender, sometimes king, sometimes beggar ...

One of these roles is to be the unfree, the one to be lied to, the misled, the manipulated. Currently many people have taken on this role. In order to be able to play the game it takes some people who keep the system going and therefore suppress others. We are able to change roles during one lifetime, as well.

We all have a luminous part and a shadow part, we do have both. Darkness is the sum of all our shadow parts. We altogether form darkness and we altogether are the light, we carry both inside, light and shadow.

In some people the luminous part is more dominant while others live more of their dark part. All which is created here, originates from us. Our collective community creates the reality used in order to play this game which encompasses many incarnations.

Hence, if we fight darkness, then this is a fight against ourselves. If we condemn darkness, we condemn ourselves. However, it is not advisable to fight things anyway because by fighting something, we enforce it by unnecessarily adding our energy to it.

Instead, if this is in line with our soul's will, we can live more and more the luminous part within. This can be achieved by observing our shadow parts and by becoming consciously aware of them and thus having the necessary experience in order to be able to release them easily, because they are then not needed any longer.

Through the recent millennia the games on this planet have been influenced more by the dark side. Now we enter a shift. Some of the incarnated souls desire to experience this shift. It is one of many experiences which can be made on earth right now.

New luminous paths are to be walked right now, the luminous part within us wants to be observed more and more, it wants to be explored, wants to shine through.

Again, we might ask, "*who are they?*" The ones who bring light to this planet, the ones initiating the shift? Well, it is us all together. We start a new game and thus create the reality we live in.

It is time to release patterns of slavery. It is time to release lesser energies like fear or shame. It is time to become joyful, to trust and see life positively.

We are all part of this shift. Many of us incarnated exactly because of this, in order to be the change, in order to use the energies that are currently present on earth to support the change and be part of this game.

We are all light. We are all creators. Let us remember who we are, what we are and why we are here.



To remember who you are

*you need to **forget***

what they told you to be.

PRODUCTIVITY, FLOW, OR BOTH?

Germans are considered to be particularly accurate, reliable, determined, and productive. French people are rather known for their '*l'art de vivre*', the art of living. Now, if one child is born and raised on one side of the border and another one on the other side and both only live a kilometer apart, what determines one child to have German virtue and the other one to have French virtue?

It is probably not the border between the two countries which even cannot be seen, e.g. out of a plane. Or is it the border after all? The one which resides in our minds? Earth does not know where Germany ends and France begins and earth probably does not care either. How do the two children adopt their traditional virtues then? Probably partly by education or maybe also through the application of the country's rules. Well, eventually through programming.

This is all right as long as we are aware of it. If we are not aware, then it might happen that we Germans wonder why we quite often feel stressed whereas French people seem to be rather calm, apparently by nature. However, is it really by nature or rather the programming in one or the other direction? Probably the latter one.

Well, coming back to the Germans. For us Germans there has to be accuracy and reliability, which leads to more productivity in comparison with other countries. How is this productivity achieved? Partly through having established the necessary programs deep within the people. Since childhood we have learned to put ourselves under pressure, e.g. by expecting from ourselves to meet all deadlines, to be successful at any cost, to subordinate everything to a goal others or we have set.

What are possible side effects of such a programming? It can happen that we miss the flow of life. We are not trained to see coherences but believe in coincidence instead. We are not trained to be flexible or spontaneous. The lack of flexibility is our limitation. Thus, we are programmed to be limited. How do we release such limitations? Well, als already mentioned many times, by being aware of them and therefore being able to let go.

Let us begin to recognize the programs in order to extend our choices. If it is about meeting a deadline, we can do it because it seems reasonable. But if there is absolutely no reason to meet it, other than our programming, we might as well discard it and plan anew.

Let us create degrees of freedom and let us take pressure and stress out of our thinking. It is not real anyway but was rather produced artificially through our programming.

Hence, how do we get back to our natural flow? For example by releasing the old way of thinking as well as the old patterns and start doing those things that are fun. If we follow our joy, we begin to be able to distinguish again whether it is time for rest or time for action and creativity.

Let us remember, we cannot possibly take over all the responsibility for all such things we do not even know about completely. Instead, we have to learn to trust again that life leads us to where we need to be, trust that life delivers all the necessary information, trust that we always meet the right people, and also trust that we always find proper solutions.

How do we regain this confidence? Well, one possibility is to consciously search the connection to our soul. If that connection is stable, then we can let our soul lead us, we can sense how we are carried even through difficult times, or especially then it is useful to remember how to connect with our soul.

THE LORD'S PRAYER

What can we do in order to reconnect with our soul, with our origin? For example by applying the *Lord's Prayer*. It does have an enormous power. Amongst other things this power comes into being because many people on earth utter it silently or loudly on a regular basis which creates an energetic field. We can use the power of this field for our purposes.

Well, but who is "*Our Father in Heaven*" then? A possible interpretation could be that "*Our Father in Heaven*" is the energy we derived from, the one who created us, therefore it is the link to our source.

The sentence "*Your will be done*" then refers to the will of our divine source which is expressed through us. We thereby reconnect with our origin which leads to stability and inviolability.

COMPLETION REPLACES COMPETITION

If several people witness the same event and report about it, everyone will tell a different story. That happens naturally and the stories complement each other.

People listening to these stories are gathering different aspects of the actual event. They learn about it from different angles and viewpoints. This is the

concept of completion. However, with competition there is only one story representing the ultimate truth, all the other ones are neglected.

Within the concept of competition we want to be the one with the best story. We might even argue, whose story is more true, more interesting, which one is the absolute truth.

Competition can also be encouragement apart from contest. But what is encouraged? Well, it is about outperforming the other one and we call it success.

Basically, all of it is only a game. There is nothing wrong with playing the game, if we have a choice whether we want to play it or not. However, through our programming we are more or less forced to play it. Let us become aware of such programming in order to be able to release it and be free in our choices again.

TRAINING OF VISION

Finally another **exercise**:

Throw a coin and keep it covert. Try to sense what side of the coin is on top, head or tail, while it is still covert.

This is not about guessing. It is about listening inside, about emptying yourself to get the impulse that tells you what side of the coin lies on top.

Repeat this exercise as often as you like, any time you feel like it, but without forcing yourself. This exercise is NOT about being right all the time. The goal is to find out what is going on within you when you are correct, and what is going on when you are not right. Observe yourself. Try to figure out what supports the seeing and what does prevent you from seeing. Are there any behavioral patterns related to the seeing? E.g. can you 'see' the result better if you are in a bad or in a good mood. How does it work out if you are calm and at peace as opposed to rather being upset? Try to figure out how your varying moods influence your seeing. Please note: This is NOT about training your disappointment!

Basically there is a part within us that knows what side of the coin is on top. We have just forgotten how to access that knowledge. We were taught to know only the past. However, past and future, both are illusions. Only the here and now is real. And that is exactly when we have access to everything.

Meaning we know everything, except that we know it. This exercise might be useful to reconnect with our knowing part and thus to have access to all the knowledge available.

Once the coin lies covert the result is already there. It is nothing that happens in the future. We do not even have to look into the future, all we need to do is to sense what is now.

And that applies for abundance as well. Here and now within this moment all available abundance is there already. Quite often it is covert like the coin. Let us learn to have a closer look and discover the top of the right pot, which can then be lifted, in order to draw on the abundance within. Let us have a look and find out where the pots are, let us try to see through the tops where to find what we would like to have right now, because everything is available. The universe offers infinite abundance, in many cases we have forgotten how to help ourselves.

The limitation lies within our understanding, our thinking, our programming. Let us free ourselves from such limitations and help ourselves to the infinite possibilities the universe has to offer. We do not have to be overmodest, because the universe does not know '*much*' or '*little*', it only knows abundance.

All we need is available within every moment, here and now. Or has there been a single moment in our life when we did not have what we needed? I

am not talking about what we thought we needed but what we truly needed. Whether or not we are able to understand the meaning is a different question, because we only see a fraction of the overall picture.

We are always in the here and now. We are not the ones travelling through time. It is the other way around: We are the observer and live goes by. Live presents us all and we simply need to watch. We are not the ones travelling.

Whether you hurry or walk slowly, the way in front remains the same –
Proverb from China.

Live shows us the reflection of our consciousness. Our consciousness draws all those things into our focus which we create through our thinking.

The world is a hologram, we create this world, our consciousness creates the projection of this hologram. Well, that is our reality, a hologram, and we are the observer and we are in the midst of it at the same time. We are our own creator.

And this creation is joined with all the other people's creations. We create our own and our joined reality at the same time. Thus, if we want to change something, then we have to do it within our consciousness, the projection follows automatically by being presented as our reality. The reality that comes along our window. The window where we sit and observe life and let it move by.

OUTLOOK

This was a message from my higher self for me and I think it is true for everyone who resonates with it:

“Once you go with the flow of life, you will see the coherences in your life. You are in the flow every time when you are in your power, and once you take back the responsibility for your own power. And, every time you go with the flow, you are connected with your soul and the divine plan. It is then, that you feel and see the causal relations. Everything is connected and everything makes perfect sense and you do see it.

You realize the meaning of everything and everything has its place, everything happens exactly at the perfect time. You see the future, you see the past, you know your purpose, you see your path and you know the universe will provide everything necessary for you to walk your path.

You do have everything you need in every moment of your life to make your experiences. You recognize the abundance of life and you see that everything around you is abundance. Everything you perceive is abundance. You see everything around you is peace, serenity and you just feel the infinite confidence in life.

And, once in this state, allow the abundance to be. Let it be there, open up to the abundance. Open up to the beauty and wealth of life. Everything is there,

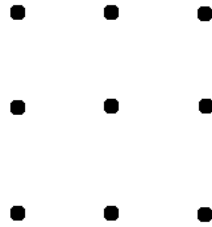
just open up. Start seeing life with the eyes of a child again, with amazement and joy.

Stay with yourself. You are strong. You are in your own power. You are yourself."

Light and Love,

Karin

APPENDIX: HINT TO SOLVE THE RIDDLE 'CONNECTING DOTS'

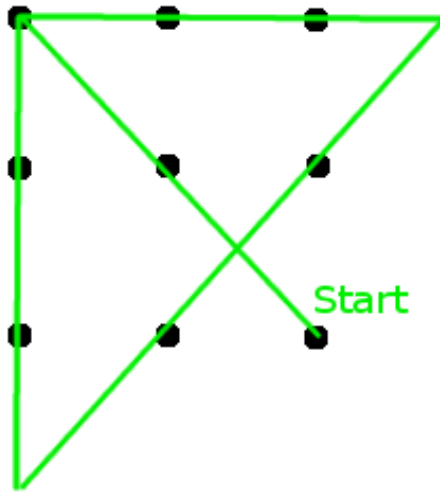


Go beyond the field.

Draw the lines wider than the field created by the dots.

APPENDIX: SOLUTION “CONNECTING DOTS”

Start bottom right or top left and draw the lines exceeding the square formed by the dots.



We seem to be programmed viewing the field created by the dots as limitation and thus do not see the solution. A purpose of the riddle is to realize that there are always solutions. Sometimes, we simply have to exceed limitations.

With this example given, we might be encouraged to reevaluate limiting patterns within our day-to-day lives and to raise the awareness.

When I first tried to figure out the riddle, I approached it logically, because that was the way I was trained in order to deal with things. I tried all possible line-dot-connections in every possible direction. From an analytical point of view, the solution had to be found by trying all

possibilities. But, by having been limited to the field, I failed finding the solution. I started doubting, I did not think there was a solution at all. Thus, I stopped trying for a while, although I was still hoping that I could somehow figure it out. I was not the only person trying to find a solution. The riddle was given to a group of people and some already knew the solution. It happened then, that one guy mentioned to go beyond the field. With that in mind, it was then rather easy to solve it.

What I learned through this exercise is, that our conventional analytical thinking is limited in some ways. Quite often, we tend to label things “*impossible*” too soon whereas the solution is easy and obvious. Sometimes it helps to go beyond conventional thinking.



Instead of thinking out of the box, get rid of boxes.

APPENDIX: LESSONS FROM THE GEESE

Originator unknown.

Fact 1

As each goose flaps its wings it creates an 'uplift' for the birds that follow.

By flying in a "V" formation, the whole flock adds 71% greater flying range than if each bird flew alone.

Lesson:

People who share a common direction and sense of community can get where they are going quicker and easier, because they are traveling on the thrust of one another.

Fact 2

When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It then quickly moves back into formation to take advantage of the lifting power of the bird immediately in front of it.

Lesson:

If we have as much sense as a goose we will stay in formation with those headed where we want to go. We will be willing to accept their help and give our help to others.

Fact 3

When the lead goose tires, it rotates back into the formation and another goose flies to the point position.

Lesson:

It pays to take turns doing the hard tasks and sharing leadership. As with geese, people are interdependent on each other's skills, capabilities and unique arrangements of gifts, talents or resources.

Fact 4

The geese flying in formation honk to encourage those up front to keep up their speed.

Lesson:

We need to make sure our honking is encouraging. In groups where there is encouragement, the production is much greater. The power of encouragement (to stand by one's heart or core values and encourage the heart and core of other) is the quality of honking we seek.

Fact 5

When a goose gets sick, wounded or shot down, two geese drop out of formation and follow it down to help and protect it.

They stay with it until it dies or is able to fly again. Then, they launch out with another formation or catch up with the flock.

Lesson:

If we have as much sense as geese, we will stand by each other in difficult times as well as when we are strong.



If you want to fly, let go of everything that weighs you down.

APPENDIX: POSITIVE VISION FOR HUMANITY

Pick one or more of the following visions to energize with your thoughts in order to hold a positive vision for humanity. Pick those that resonate with you. You might also want to adapt them or create new ones as well.

(Source: Website OrinDaBen.com)

- People make decisions inspired by their Higher Selves
- People are mentally clear, emotionally calm, and spiritually aware.
- Everyone is in touch with their creativity, strength, courage, and wisdom.
- There is an unprecedented level of cooperation, teamwork, and sharing.
- Humanity experiences an outpouring of love, new ideas, and soul connections.
- There is optimism and positive visions of the future.
- People know that the universe is friendly and always working for them.
- People believe in abundance and are able to create it in their lives.
- Criticism is replaced with understanding, love, and cooperation.
- Every pioneer becomes a radiating point of light, inspiration, and courage.

- Humanity is in alignment with All-That-IS, the source of all being.
- Humanity has enlightened leadership by all people in leadership positions.
- Separation between peoples, nations, and races dissolve.
- People know their oneness with each other and with the plant, animal, and mineral kingdoms.
- Isolation turns into community, aloneness into friendships, and separateness into inclusiveness.
- All people are free to follow and live their higher purpose.
- Humanity becomes aware of their higher purpose.
- Each person expands their consciousness, awakens their true vision, and evolves all the forms in their lives so they may carry out the true activity of their souls.
- People's personalities become vehicles to carry out their soul's love, light, and will.
- All people honor the earth and live in harmony with it and all life upon it.
- The plan of humanity unfolds in all its beauty and perfection.

Importance of Holding a Positive Vision for Humanity (Text by Orin, an energy channeled by Sanaya Roman):

“Never before have so many people joined in prayer and focused their collective will on love, unity, and a better world for all. Even though you may not see the results of your inner work and prayers, they are making a difference. You are preparing the way for a better world for yourself, your children, and future generations.

When world events or crises occur, use your imagination to picture the eventual positive outcome for everyone involved. Rather than focus on how bad things are, hold a vision of the possibilities of transformation and opportunities for growth that exist in every area of life. Refuse to live in fear or to energize negative scenarios, do not think of them, imagine them, or worry about them. Every time a negative picture comes into your mind, replace it with a positive vision for all of humanity.

Eventually current world situations will resolve into a more stable world and a greater unity among nations. We cannot tell how long this will take, or how easy or difficult the process will be, for you live on a planet of free will. We do see the direction, for the heart centers of humanity are awakening.

You can accelerate and help make this transition to a higher unity more rapid for humanity by becoming aware of any thoughts or beliefs you can shift to be more open, loving, inclusive, and broad in your viewpoint.

Your commitment to expressing love is the greatest gift you can give at this time. Have love and compassion for yourself as well, and treat yourself kindly, for loving others starts with self-love."

Source:

<https://orindaben.com/pages/home/wwwmeditationpeace/#spiritofpeace>

APPENDIX: PROTECTION - PSALM 91 FROM THE BIBEL - MY REFUGE AND MY FORTRESS

Psalm 91 is meant to protect people. If we think about protection it is of little use if we do it out of fear. Moreover, it is like using an umbrella in the rain or wearing a sun cap to prevent sun burn. We simply make life easier.

May the Psalm 91 be of power and protection for those who want to have the experience of liberation.

The black turmalin (stone) is a strong protective force as well, and is often used for protection either on its own or along with psalm 91.

Psalm 91

1) He who dwells in the shelter of the Most High will abide in the shadow of
the Almighty.

2) I will say to the LORD, "My refuge and my fortress, my God, in whom I
trust."

3) For he will deliver you from the snare of the fowler and from the deadly
pestilence.

4) He will cover you with his pinions, and under his wings you will find
refuge; his faithfulness is a shield and buckler.

5) You will not fear the terror of the night, nor the arrow that flies by day,

6) nor the pestilence that stalks in darkness, nor the destruction that wastes

at noonday.

7) A thousand may fall at your side, ten thousand at your right hand, but it
will not come near you.

8) You will only look with your eyes and see the recompense of the wicked.

9) Because you have made the LORD your dwelling place-- the Most High,
who is my refuge--

10) no evil shall be allowed to befall you, no plague come near your tent.

11) For he will command his angels concerning you to guard you in all your
ways.

12) On their hands they will bear you up, lest you strike your foot against a
stone.

13) You will tread on the lion and the adder; the young lion and the serpent
you will trample underfoot.

14) Because he holds fast to me in love, I will deliver him; I will protect him,
because he knows my name.

15) When he calls to me, I will answer him; I will be with him in trouble; I
will rescue him and honor him.

16) With long life I will satisfy him and show him my salvation.