



*Illusions and
Challenges 2018*

by

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TABLE OF CONTENT

Acknowledgement.....	5
Wise Words / Proverbs	6
Preface	7
The Power of Love	8
2012 Reviewed	10
Writing Incentive	12
Divinity in us	14
Children's Divinity	16
Fallen Angels	18
A description not meeting it exactly.....	20
Supposed Setbacks	20
The imaginary Enemy	21
A Revolt needed?	22
Magic	25
Spiritual Guides.....	29
Disappointment	33
Pride	33
In Balance	35
Group Energies.....	38
Riding the Wave.....	39
The Essential Core	40

Desires	43
No expectation versus being focused	45
Résumé	45
Appendix / Useful Information	46
Asking for permission respectively divine order.....	46
Dealing with Fear Fields.....	48
People around us.....	51
Awareness of Creation	52
Present and Future	54
Enjoy this Life	55
Cleansing and Grounding.....	57
Healing.....	58

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WISE WORDS / PROVERBS

- Do not believe in hearsay or holy tradition, neither in speculation or entrenched opinion nor the words of a high master. Only what you yourself have reviewed thoroughly and acknowledged to be of benefit for yourself and others is what should be accepted (Siddhartha Gautama).
- The path is not straight, it is like a spiral. You repeatedly see things you thought you understood and see deeper truth.
- Trusting is not about knowing things will turn out all right but knowing it to be all right no matter how things turn out.
- “What direction should I go?” I asked my heart and it responded: “Be silent and listen. Open up and take your time. You do not have to find your way. Your way will find you.”
- Walk as far as you can see. Once you arrive, take it from there.

PREFACE

Sometimes I put some thought into having been born into an environment where spiritual knowledge is well established and is acted upon for the benefit of all. We could live up to our full potential.

Instead, we have chosen a rather dark ruled planet where it is a huge challenge to remember who we are or to develop abilities that allow us to stay within our own power.

However, maybe this is exactly a valuable step in our evolution because here on earth we are forced to work out abilities to master things for ourselves instead of everything being served on a silver plate.

Probably we need to make mistakes, fall down on our faces and get up again, so that we create the necessary basis in order to be able to live up to our full potential.

However, what exactly is the *full potential*? Isn't it another conditioning making us believe in having to be taller, faster, smarter etc.? Our soul already accomplishes that, our soul knows everything already.

Isn't it more about living the things the soul already knows but wants to experience through us? This area is infinite without boundaries. Hence, we can stop considering having to be where we are not, having to achieve something we do not have right now.

It is sufficient to release the conditioning and just be the way we are, right now, simply by letting go. Letting go not as a singular action but as a state of being, enabling us to go with the flow.

I do not think I came here to conquer darkness. Fight, competition or righteousness etc. take my power away. I guess it is more about being aware of such things in order to understand their impact and therefore to overcome it. It is the truth which sets us free not our effort to be free.

Challenges are there, all the time. Sometimes I am able to deal with them quite well and sometimes it takes a little longer. No sure formula exists. Let us exchange our experiences in order to inspire each other.

THE POWER OF LOVE

Usually love is understood as the emotional bond with another person, or things or living beings. Such bonds include a lot of stuff. Some of it can easily be mistaken as love but eventually distort it.

Within this manuscript the term *love* is meant to be the frequency of love rather than the emotion.

It is not about sending someone love or receiving it in return. It is about the state of being love which we attain or the frequency of love we go into resonance with. Everyone can create this state of being internally without somebody's external help.

Maybe people or animals surrounding us are enabling us to attain this state of being very easily or they enhance the state with their frequency field of love. That is wonderful but not a prerequisite for everyone doing it on their own. From this state of love *self love* arises which means being loving to oneself, affectionately watching the own thoughts, the own feelings and emotions, and all that is there. Including caringly watching one's own anger, hate, or fear, as well as base motives and such things alike. Love is the key to resolve self-recrimination or hardship against oneself.

In order to enhance the frequency field of love we can use stones, e.g. wearing a suitable pendant for the day or for a certain situation which feels comfortable. For example, a rose quartz enhances the loving heart energy.

Eventually we are asked to attain the state of love over and over again despite living in very challenging conditions, even if things around us are anything but peaceful.

To regather one's strengths it is useful to create such opportunities accordingly. For example by consciously taking the time and leisure to do so or consciously either create or find places of power to go to when necessary. Connecting with nature is most beneficial, can reactivate the frequency field of love and a lot more.

Sometimes a nap is all we need in order to regather our strength. If we are tired, it can occasionally be quite difficult to forcefully maintain the state of

love against existing contradicting patterns. In such a case it might be helpful to just relax and let go without acting. This might then lead to things reregulating themselves.

2012 REVIEWED

According to the Mayan calendar the 21th of December 2012 was the end of various different cycles. In the years before some people associated their worries with that date, some put all their hope into it. Would it be the end or a new beginning? The beginning of the mysterious new age?

It was meant to be a golden age where everyone lived cheerfully and in peace. Humanity would ascend into a sort of paradise and be jovial and contend at all times like within one of these happy ends of western film productions, happily ever after for the rest of our lives. Well, however, live came around and told us different.

But back at that time, I thought escaping to paradise would be the solution to all my problems. I had to realize that I had fallen for an illusion because liberation is not about running away from challenges or to believe that through paradise like conditions everything is sorted out automatically.

Instead, we were shown that we grow enormously if we are challenged to do so, that we learn most, if we have to deal with our lives under difficult conditions.

Undoubtedly, a new era has begun, is always about to begin, but what direction are we finally heading to?

Will the plan of the dark forces succeed? Taking humanity to the point where people are godless robots with a chip in their forehead? Well, according to humanities life style we are heading there with full speed. Unfortunately, we are conditioned to act that way and it is not easy to step out of it. It seems like a self-fulfilling prophecy.

Nevertheless, how can we influence the circumstances in a different way?

Some say through our divinity, through the connection with our divine spark that has to be cultivated, retained and reactivated.

At that point our alleged adversaries manipulate humans. They try to destroy the divine core or to cut the divine connection because they know how this weakens humans and turns them into spineless beings easily to be controlled for their purposes.

Now, what is the core of our divinity? Most of all it is love. If we manage to keep our hearts in love we are inviolable.

However, love is quite often distorted in order to keep us away from being in a divine state. If love is misunderstood, we might easily be blown away by anything. If the connection to the soul is missing, we are more vulnerable

for the manifold temptations that lead us away from our own essence which is divinity.

Nevertheless, it is important to walk dark paths. These paths help us to discover our own light.

It is not the others who do us a mischief. It is us who have incarnated here in order to rediscover ourselves over and over under extreme conditions with manifold temptations.

This is why we need such a playground and alleged adversaries. Actually, they only play a role within a game we ourselves decided to play when we chose to come here to this planet at these times.

WRITING INCENTIVE

Now, what exactly is the new era all about? People who have begun thinking it, living it, creating it through their actions and words. An ongoing process we all participate in. We are able to enhance it by sharing our experiences in order to learn from each other and thus encourage each other.

Apparently, we are living in times with two contrary directions. One direction is about increasing limitations, rights are taken away, often even without people noticing because there is a lot of deceit.

That is one side of the coin. However, there is the other side, too. At the same time, we can observe a development with a change in people's consciousness. We mentally liberate ourselves by recognizing more and more of the truth.

It is not my personal intention to escape from an ever getting worse system by a mysterious rescue mission, but rather to enhance our introspection in order to rediscover who we are and hence are then able to watch all the games around us without being forced to participate. We can play, if we wish but we just do not have to do so.

Nobody says it is easy. Well, it can be easy. Although even the greatest chaos can lead to new order, however, it might even be necessary to throw over the old order.

Earth is not a place where challenges are to be avoided. On the contrary. The opposed trends do eventually lead us into reconnecting with our own core being more and more.

How are we supposed to figure out that love is the most powerful energy in the universe? One possibility is to be pushed to our uttermost limits for the purpose of discovering exactly this fact in exactly that situation.

Hence, nothing is opposed, everything is in order, all is needed as it is. Let us talk about it, let us help each other in order to reawaken and reestablish our divine linkage now and for all times.

DIVINITY IN US

Now, if we are told: “Remember your divine spark, reconnect with your divine core.” What exactly is meant by that?

I am not able to define it, and it is not really comprehensible. Somehow it seems to be something abstract. It is not that easy to connect with something not really known.

The divine area with its angels as helpers is permanently contacting us. However, the more we are entangled in earthly confusion games the more difficult it gets to recognize the messages.

We block the communication if we are lost in dispute, anger, rage, mercilessness and such things alike.

We also block it, if we follow deceptive idols. We are blocked, if alien energies sneak into our channel and distort or even convert the messages.

We block it, if we are harsh with ourselves, or if we hang on to pain, or a shock stays unresolved within our system. We block, if we do not resolve

our conflicts, we block, if we hang on to negative thoughts and so on and so on ...

Maybe all this sounds condemnable, e.g. hanging on to pain or carrying conflicts inside. Of course, it is not and it is a very important part of our experiences here on earth.

However, in order to solve such issues it is most helpful to repeatedly rebalance and to make sure the channel to our source is clean for undisturbed receptivity.

Solving our conflicts through fighting for a better future under the guidance of emotions like anger or frustration can be a necessary experience.

Nevertheless, a better solution probably lies within repeatedly remembering that our own source reaches us extremely well, if we remain in the state of love or peace and if our actions derive from there.

Love is known as the strongest power in the universe. Which does not mean to ignore the wide spectrum of all our feelings and emotions only because love is the only comprehensive power.

It is part of our living experience to express the variety of feelings, occasionally to let anger out or to allow a cleansing thunderstorm. Still, from a different perspective one can have a loving approach. Once we calm down again, we can retrospectively embed the situation with love.

CHILDREN'S DIVINITY

Babies as well as unborn children in the womb do have a white aura. The color white is an expression of a strong connection to the own source. Divine power flows along with pure white light into the child. At this point in time, there is hardly anything hindering this flow. Earthly blockages have not yet reached the child.

Also, when young children start to play and run around they usually do this with sincere joy and ease. Blessed moments are included in their play without even thinking about it. Young children are curious to discover the world, very open minded. They do not judge because they have not yet designed a database for comparisons. They are unbiased and free of society's patterns. All this leads into having a beautiful colorful aura.

Here, too, divinity can easily pour through them and this is recognizable because children do have good intentions, they do not care about the skin color of their playmates, instead, they spread joy and ease.

Through all this children create and maintain morphogenetic fields. We all do so, we all contribute to such fields around us. We do add our thoughts and feelings which leads to having positive as well as negative fields.

However, the more fields exist that emanate fun, ease or gratefulness the easier it is for humans to maintain such states within themselves as well.

The same applies for negative fields, we resonate more the stronger they are.

This is why it is so important to allow children the space to strengthen such fields as they still have direct access to divinity. Unfortunately, a lot is done here to avoid even that these days. For example by letting kids have smartphones sooner and sooner. This leads to distortions in their aura and weakens the morphogenetic fields.

Well, now so what is the reason for all this activity on this planet that is blocking our divinity? Finding answers to this or similar questions is probably part of our life tasks and can be examined from plenty of different perspectives. We can either experience it as an attack, or we can try to understand it in order to be able to resolve it with love.

Quite a lot is considered to be conspiracy theory. Some probably is and some of it is not, partly things are blamed to defame them and partly things are simply misunderstood. We live on a planet of lies, everywhere we find pitfalls, temptation, or illusions.

No matter which paths we walk, even those seemingly bright, we still find temptation. It does not matter to fall for temptation because it is about learning from it.

The line *'lead us not into temptation'* within the Lord's prayer could be rewritten into *'lead us during temptation'* because temptation is everywhere.

For some of us the task on earth might be to rediscover our divine connection, especially if we are losing it from time to time. Well, we are not really losing, we are sort of blocking it. Anyway, we are always guided. Sometimes we are aware of it and sometimes we are not.

We can ask our guardian angel to step behind us and place his hands on our shoulders in order to strengthen the connection. This way we are always safe, even if we drift off into forgetfulness from time to time.

FALLEN ANGELS

Angels are such energies that preserve the divine. There are some who do it directly, e.g. the angel of love, the angel of gratefulness, the angel of joy, or the angel of ease and a lot more.

Furthermore, there are angels of protection we can ask for support in order to enable our hearts to open or reopen for divine energies and remain that way.

Nevertheless, there are angels that are acting more indirect for a positive outcome. We call them fallen angels. Lucifer as an example is commonly

seen negatively but offers a lot of potential. If we manage to resist such temptations or learn from them, we are even more balanced and centered.

Probably most of us carry a part of the fallen angel's energy, some more, some less. For example, there are our shadow parts, which need to be looked at. Besides, there are our fears eventually feeding our conflicts, fights and arguments. It is about detecting them in order to resolve them.

It is rather not about the external attacker who needs to be opposed. In the end, solving our inner dilemma leads us back to peace and liberation. We could easily call this a fight but a more loving view is the effort, which is needed to free ourselves from old patterns and limitations. We are allowed to do this with ease and joy by remembering that this is all just a game.

Some people report about encounters with certain non-earthly entities. They describe how some of these beings are full of love and wisdom. A possible explanation could be, that such beings already might have reached a higher state of evolution.

Maybe planet earth is a school that needs to be attended. We are taught the consequences of denying or blocking our divinity, or from a different point of view we are strengthened in mastering our challenges.

Hence, let us heal the fallen angel within by e.g. resolving our fears, discovering illusions and accepting the past as it is. Let us liberate the fallen

angel from the bondage of entrapment, confusion and such things alike in order to reconnect him with his divine origin, if he is willing to do so. However, maybe the fallen angel is still needed because there were reasons for his fall down in the first place, who knows.

A DESCRIPTION NOT MEETING IT EXACTLY

The following definition was taken from the internet:

Our divine self as an infinite being is free of attachment or desire. It operates beyond action. It is constant, stable, indestructible, without birth or death. It always IS. It is the watcher of our experiences, it observes our mind's activities, our thoughts, without identifying. It is the source of all answers.

However, words or descriptions are not adequate for our divine self. It can only be experienced directly by ourselves. Our divine self is who we are.

SUPPOSED SETBACKS

At some days, I encounter a strange mood. Mostly if I am disappointed or annoyed. I act like a stubborn child and question everything connected to energetic work.

Whilst in this state, my spiritual guides have a hard time reaching me, because I am rejecting everything.

In case I remember having spaced out into such state, I am able to come back and affectionately look at it. However, sometimes it takes time and then it is simply how it is. Such supposed setbacks might make sense in order to question things and revalidate the truth.

There are many different causes for such emotional instabilities. Maybe a negative energy wave is hitting us, or we resonate with a negative frequency field, or an event triggers a sore spot, or maybe we need to solve something which is vehemently shown to us etc. etc. It is quite useful to always be alert and observe what is happening with and around us.

THE IMAGINARY ENEMY

Everything threatening me seems to be my enemy. I am harsh against the supposed opponent. Eventually, this harshness turns against myself.

However, it is important to defend one's territory. If necessary with firmness and by all available means.

Nevertheless, how do I manage to find a healthy balance between self-defence and self-destructive harshness?

As an answer I received some images during a meditation. I saw a host of unicorns and thought I needed them fighting the dark.

Eventually I remembered that unicorns do not fight the way we would. They are using the power of love instead. Hence, I realized that I am the one who is in need for such a huge amount of unicorn love in order to keep my heart space clear and loving. If I am able to do so, I am less convincible for all I have put on my plate and is now mirrored by the outside circumstances.

During the same meditation I further saw myself wearing an amour. As long as I wore this amour my unicorn could not be with me. Only if the harshness against myself ceases, the power of the unicorn can flow through my heart and allow me a healthy defense, which I had mixed up with fight and hardness.

Love can then expand and allow me the necessary stability in order to calmly observe things around me and solve them in the sense of divine order.

A REVOLT NEEDED?

I am writing this manuscript in the year 2018. In the years before there was a huge wave of awakening in consciousness, especially spread by alternative media. Now, in 2018 we can observe how this wave is increasingly oppressed and covered in darkness.

For example, there is a lot more censorship, truth gets distorted and many alternative media sources are disappearing. Negative waves that are hitting humanity are increasing, morphogenetic healing fields are destroyed, misinformation is widely spread, reliable sources are defamed and a lot more.

Additionally, by increased introduction of artificial intelligence, it is attempted to separate humans even more from their divine core.

Rumor is spread, that the internet was openly accessible only as long as it took to make people dependent on it. Now, surveillance is introduced and brainwashing is implemented, stronger than ever before. At least this is planned by those who live of the energies emanated by the enslavement of humankind.

Do we need a revolt to escape from it all, like it is shown and suggested in the colorful movie productions?

What is the result of rebellion and fight? People murder, they hate, carry anger, destroy themselves. Eventually the battle might even seem to be victorious but the triumph is an illusionary freedom as it leaves back damaged people who then have to deal with the remnants of war, confusion and fear.

What can we do instead? We can observe. We can bring to mind that there are different phases, seemingly ups and downs. All the effort that is used in order to control us, is intended to separate us from our divine essence.

Anyway, if we rebel we damage ourselves. A revolt turns the power over to the supposed opponent and strengthens that one.

However, if we are able to take advantage of the situation we might succeed in taking the power away from the opponent back to where it belongs, to ourselves.

What is needed in order to do so? A clear mind, our inner voice, our guardian angel, spiritual guides and the ability to rebalance quickly in case something threw us apart.

We need knowledge on how life really works. We need wisdom on how to direct our lives, not necessary the way we were taught. Our supposed opponents are anything but silly. Why would they teach us on how to free us from their clutches? Well, actually they do not. The school system or society's concepts are heading to achieve the opposite of freedom. Things are based on deceit.

We are lead to believe in freedom whereas in truth it is slavery. We are lead in achieving a sort of happiness, which in truth is addictive and means the opposite of liberation.

The key to the solution is letting go. Let go of all illusionary patterns for example by using the power of healed love. We do not need to be too serious about it. All is a game and we are allowed to take it easy. We are here because we wanted to play this game.

Ultimately, one single life is just a blink of an eye compared to the infinity of the soul. Quite often, we take things too seriously, which is understandable, if we are stuck in a situation without seeing a way out. However, everything makes sense, everything is in order. Let us play the game and live life.

If we are able to adjust to the frequency of love as a base condition, we can achieve a lot already because we then allow the divine power to flow through us. From this basic trust we can calmly observe all the fascinating things life has to offer us.

MAGIC

Sometimes magic is seen as something like getting everything we might desire and avoiding anything unpleasant like e.g. pain.

Well, that is not the approach to it in this manuscript. Regarding magic there is a lot of deception and delusion and we are constantly challenged to empirically figure out what the magic of life is all about.

Pain for example, is often an important communicator of our body and needs to kindly be listened to in order to figure out cause and solution instead of suppressing it.

Our desires need to be checked as well, are they veritable and beneficial or do they even have contra-productive effects on our divine plan and so on.

Magic might also be a process that takes time. We are all creators. We create our life day by day. First, an idea is arising within our mind and piece by piece, or maybe immediately, it shows up within the material world.

Sometimes the result is as expected and sometimes things are different. Many factors come into play. Partly our sub-conscious ideas are directing us, which we consciously might realize only a lot later.

Nevertheless, where do our dreams and desires come from, the ones which create our reality? Exactly at this point, we do have the power to interfere with the process and create reality in different ways, other than we might have done so far. The key lies within our consciousness.

Anyhow, if we have adapted certain thought patterns over a period of many years or even inherited them, it might possibly take a while to change them.

First of all, we need the awareness of what has been directing us so far. Thus, the inspection of e.g. conditioning, manipulation, delusion, dogma, or mass consciousness plays an important role.

In short, among other things, magic can be seen as a strategy to release former patterns and to discover who we are and what else is also working for us or even works a lot better, apart from indoctrinated rules.

Magic is a side effect of the process of increased awareness or vice versa. We start to play with new possibilities.

In the beginning, we might mix up former patterns with the unknown, which can possibly lead to further limitation. Sometimes a sense of achievement takes time.

As we are not living on a solitary mountain far away from civilization we might quite often be thrown back and it might be an exhausting process as we are asked to repeatedly and constantly remember who we are and in this way establish a new consciousness.

Are we able to cleanse the impact of a limiting world without escaping it?
Are we able to practice magic within such a challenging environment?

In order to achieve this, it is quite useful that people share and talk about the abilities they adapted based on newly discovered patterns. In this way we encourage each other and create new fields of consciousness.

It is like a path. At first, it is a rocky, tiny trail. The more people walk it, the broader and smoother it gets. It will be easier and easier to walk along that way the more people are doing so.

For example, there are people living without eating or drinking for quite a long time. They tell us about a mindset, which is necessary to eventually get there. It is an attitude within the consciousness.

Some people are getting there fairly quick and easy, for others it might be a long process with many steps to be taken, e.g. by overcoming and releasing contra-productive thought patterns etc. For some people it might not be a valid experience, it is simply not on their path to do it.

However, there are numerous examples on how people make the seemingly impossible possible.

Hence, magic is nothing quixotic, but on the contrary, it is something anyone can consciously integrate in one's life. We are the creators even though doubts might throw us back from time to time.

Anyhow, there are also people who want to continue living the awry patterns like before. They cling to their worldview and defend it with all their might, even attacking those who think differently. Therefore it can occasionally be a challenge to walk one's own path against the masses.

Let us create the foundation of this age within our consciousness by living the kind of magic that helps us to release limiting thoughts and patterns more and more.

A description of magic from Wikipedia is as follows: *Technology is always designated as magic prior to its understanding. After a while, it develops to be an ordinary science.*

Magic is called magic only as long as things have not been examined properly. Eventually after having understood all of it, it is no longer called magic, it is just ordinary. Actually, there is nothing like magic, but only our limited understanding of the basics of life.

Those who discover such basics first, are called magicians because they make seemingly impossible things possible. However, eventually they might simply be just one step ahead of others.

SPIRITUAL GUIDES

Magic is quite often connected to non-earthly powers in order to help us making the impossible possible. Anyhow, we are not here to avoid our challenges. That is not the reason why we created them in the first place.

However, we have the possibility to ask for spiritual guidance in order to master our challenges in a better way, in divine order.

If we ask a non-earthly being for help, it is recommended to mention that the being should be enlightened. It can be a direct inquiry by asking someone specific for support, or it can be a general query without knowing

who might answer. This can for example be an angel, an elemental being, a unicorn or anything else.

One might ask, well, how do we communicate with such beings? This can happen in multiple ways.

For example, answers appear in a way such as having sudden new thoughts, or suddenly acting differently. It is about being aware of one's inspirations and intuition.

Sometimes we might unexpectedly find a book or an internet page giving us exactly the answer to our question, or maybe another person tells us something that 'clicks' and the penny drops.

Furthermore, it might happen that certain non-earthly beings show up within our imagination or even as a recognizable energy form which is present.

If we are uncertain whether this being is enlightened, it is recommended to ask about his origin for three times, e.g. like this: "In the name of the light and everything that is holy, are you coming from the light?" The being is allowed to tell the untruth twice. Cosmic law forces it to tell the truth when asked for the third time.

Communication with non-earthly beings works for many by introspection. Maybe some practice is necessary. Some receive answers through inner

images, some get insights, another hears something etc. It is about figuring out what works best for oneself.

Sometimes such beings show themselves within the real world, not only in our imagination, and for some they are permanently visible. We all have the ability to contact them. Quite often, there is just a lack of practice and awareness.

Since our direct connection to spiritual guides is undesired by those who fear of losing their influence, this topic is quite often ridiculed or condemned as being just imagination or a crazy idea.

Anyway, if we start opening up for possible support by spiritual guides we do quite soon get hints letting us know that we are answered. For example an image from our vision might turn up within the real world a little later and such things alike might happen.

We are asked to develop our own interpretation of our images and dreams and match them with our real world experience. Hence, we are able to connect with non-earthly beings or even deceased ones through our inner world.

It is recommended to build up sufficient protection, e.g. to create a golden light around oneself, to be firmly grounded, to be well connected with god-mother and god-father and a lot more that is to be figured out by oneself.

Everyone does have spiritual guides. There are our guardian angels (one or more) and our cosmic parents as permanent companions. Further guides are probably present who might as well change during one lifetime.

It is most helpful to imagine how our guardian angel stands behind us and places his hands on our shoulders. Our imagination strengthens the connection and enables our guardian angel to be present more easily and to be there for us even more.

Hence, this way we can figure out step by step, which guides are most helpful to stand by our side in various situations.

In the beginning, this might mislead a bit because by relying on the guides only, we might lose courage to walk our path alone.

It is about well balancing self-empowerment, trusting the own abilities and allowing the support of our guides. Eventually one does not permanently have to remember asking for support but trust in guidance and knowing it for sure. Life will remind us to ask in the right moment if necessary.

Permanently asking and begging for help leads to uncertainty. However, gratefulness (e.g. Thank you for the assistance!) gives strength and trust in order to confidently walk through life.

DISAPPOINTMENT

Sometimes trusting in life is disrupted. Especially if we are disappointed. Disappointment leads to harshness against ourselves. We reject self-love, we are stubborn and therefore make it difficult to be reachable by our divinity.

We focus on the negative, positive things are not seen. We are judgmental. Inner peace is missing, hence we might not be able to listen to our inner voice.

Long story short: disappointment blocks our magical abilities. However, there is no use in suppressing the disappointment out of fear or denying it as something unwanted.

Instead, it is rather useful to observe and be aware of the given circumstances. This will help us detecting the disappointment as such and therefore enabling us to resolve the illusion, which originally led to it.

PRIDE

Sometimes things work out so well, that a sort of pride arises and I imagine having everything under control by being able to direct the world in whatever way I like.

However, as commonly known, pride goes before a fall because such pride tempts to be careless and perhaps one might oversee things that should better be taken care of by protecting oneself.

As long as our soul resides in this earthly body, there are always new things to be discovered and it is advisable to be cautious.

Therefore, humbleness is a good idea in order to be less vulnerable for provocations and in order to look at things from a certain distance instead of feeling threatened. It makes it easier to remain in a state of love etc.

Nevertheless, an exaggerated humbleness can easily become a dogma. Probably neither pride nor distorted humbleness are useful for best results. Anyway, what exactly are '*best*' results? Is it not more about having all potential experiences that are possible within the entire range here on earth?

Within some Shaolin Monasteries humbleness is explicitly exercised before anything else is taught.

New arrivals simply have to carry water buckets for a long time at first. They take one water bucket from one barrel and pour it in another until the first barrel is empty. Then they start from the beginning by taking the water from the second barrel back to the first, bucket by bucket.

This exercise certainly does have various effects on different levels, especially as pride disappears and a deep healthy humbleness arises.

Previously very important issues become meaningless and the mind easily comes to a rest because there is nothing else, nothing more important than carrying the water bucket by bucket.

Sometimes I think such an exercise might have spared a lot. Anyhow, there are many ways to get to the bottom of things.

Proudly falling on one's face and humbly getting up again is one of many possibilities in order to empirically figure out the consequences of one's actions. Every path has its validity and its sense.

IN BALANCE

If I cannot change a situation, I change my reaction to the situation. If I no longer fancy being angry I stop and choose love instead. Why should I deny self-love only because somebody else acts strangely?

Well, if it was as easy as that... It only works, if the causing conflicting matter has been solved. Sometimes it is rather a thunderstorm or a volcano that needs to erupt before peace can arise. Unless issues are solved, forgiveness cannot flow. Such coherences have to be considered. There is no use in ignoring them or trying to bury them with love.

Love and humbleness are rather useful to observe things without being threatened. Humbleness enables us to step away from the ego and look from a higher perspective in order to see the bigger picture behind the scene. Humbleness protects us from our own emotional capers that throw us out of balance. Healthy humbleness leads to deliberate action from our center.

Self-love can always be practiced no matter how people around us are acting. One can observe further emotions and frequencies within oneself but always from a perspective of love.

Consequently, there is both, love and the full spectrum of frequencies that are also existing. Starting with anger, or sadness up to joy and happiness. All is valid, all needs to be experienced.

If it is not possible to remember remaining in the state of love there is a very helpful interim state, which is in the center of all emotions, a space that is neutral. That is where one can rest from all the emotional ups and downs. This is where peace arises all by itself and love arises all by itself. Within this space, we automatically regain strength and relaxation.

In order to consciously experience this neutral space there is an exercise called '*Pendulum of Emotions*' where opposite emotions are deliberately created for a few moments. For example, first go to a state of rage then go to joy, then anger, then love, then sadness, then happiness and then remain in

the space in between without any emotions. That is the neutral space, which can be called our center.

Hence, instead of creating love by force it is a lot easier to create the neutral space where love can arise all by itself, respectively where we are in balance.

At first, it might be exhausting to remain in the neutral space as we are conditioned not to do so and are confronted with old patterns. A reprogramming of our synapses is necessary in order to effortlessly be balanced and to let it be our default state.

If we are able to do so, then we can play with all the different frequencies. We can try out how it feels to react to certain situations in various ways. How does it feel to be lost in anger and how does it feel to be loving to oneself instead?

This does not necessarily mean that all our challenges in the outer world disappear into nothingness. That would be a wrong expectation. Instead, we still need the triggers in order to reestablish our new patterns and to exercise to be loving to oneself, especially if rage is growing strongly within us or if we are disappointed or angry.

GROUP ENERGIES

Sometimes it is not only our own energy that troubles us as we are sometimes part of a group of people. For example, let us look at a situation where a group has to take an exam. The exam is passed, if the group achieves a joint goal, finally to be marked.

Eventually one can imagine how much pressure and maybe even fear is produced for the participants. If I as a single person try to stay in my center then there is still the group energy influencing me.

As long as I am part of the group, it is rather difficult to escape this energy. Group conflicts can be felt within the energy body, especially forceful days might even cause pain. One or the other person might even get ill as a result of the group situation.

What can be done from an energetic point of view? For example, one can try to transform anything that shows up from within the group by attaining the state of love, asking for divine order and finally taking the issues into this state by lovingly thinking of them whilst in the state.

Besides, a lot can be solved by directly contacting the Higher Self of the other person. Mostly this is more effective than trying to discuss matters on a personal level only.

Within a group we can quite often find weird patterns, such as ruthless or misunderstood ambition, conditioned egos, maybe pressure to perform because of the marks, unresolved conflicts and a lot more.

Being part of a group and still stay in one's center can at times be quite a challenge because there is no way to escape. However, we do not end up in a group by accident, but it probably has something to do with us.

If we manage to release old patterns within an entire group then we achieve a lot more than a single person on its own. Our actions and work do have an exponential effect and a healed mass consciousness can arise.

If group members agree, we are able to enhance the readiness to solve things by connecting the Higher Selves of each other for the duration of the tasks. This connection is cut at the end of the day in order to allow everyone to completely come back to oneself again.

This results in reaching deeper levels of solutions. Mostly there is more harmony and understanding within the group. Anyhow, challenges remain challenges and they still need to be dealt with, either way.

RIDING THE WAVE

Recognizing favorable moments or making things happen at the right time can be seen as part of magic as well. This can be compared with the

behavior of a surfrider who patiently waits for the next wave to arise and then to be faced.

For a long time nothing might be happening. However, never nothing happens. In the background the necessary energies are building up, maybe unnoticed in the beginning.

At first, patience, trust, time and awareness are needed. Awareness in order to act in the right moment, in order to go to the point where the full power of the wave can be used to perfectly ride it.

Eventually, balance, skill and practice is needed in order to remain stable and consequently to fully experience the fun of the ride.

THE ESSENTIAL CORE

Now, how do we figure out who we really are?

It is said that everyone carries a divine spark within. What happens if we actually trace it down? Is the divine something that is separate from us, something we look up in awe? For me it appeared like that for quite a long time. Dogmas like *'Lord, I am not worthy to have you come under my roof'* made me think I need to glorify the divine or worship it as an idol.

Also thoughts like *,I am god, I am a divine being'*, initially seemed like blasphemy or profanity.

Within this world of trials and tribulation, such things keep us off looking inside and searching there for our origin and our own link to our divine source.

However, what exactly is it that we are looking for inside? We search for something very well known, something which might have been forgotten. It is deeply rooted within us and we can sense it, breathe it, experience it and allow it more and more. Let us step into the silence beyond the thoughts, let us hold on for a moment and see which very familiar awareness is showing up.

In search of our own core being we find the link to our divine source. Nothing strange, nothing off-hook, nothing we must look up in awe. No, just our own being which we can rediscover with children's eyes. We can experience it more and more the more we release patterns and conditionings that try to tell us we are separate.

The divine flame burns within us. We find it if we allow more and more to be who we are and allow to step into our heart energy while we keep it as pure as possible.

Regarding this subject I found a very old saying on a mural: *Blessed are those who are pure in their heart for they shall find god.*

How true, I thought. Only I was not aware that the divine can be found within my heart. I always had searched for a being on the outside called 'God' and was not able to imagine what it actually might be. As a result there was separation, a distorted view, glorifying false gods, delusion and a lot more.

However, there are also god like beings who are full of light, standing by our side, having a positive effect on us. Somehow naming them God is quite appropriate because the divine power is very strong in them and they are acting on divine behalf. Anyway, we too are the ones the divine power is flowing through and is expressed by.

Maybe this is difficult to imagine, as our incarnated, quite often limited consciousness is not able to grasp our entire divine being. We are the being, which is eternal, which is infinite, which resides in different dimensions, which is linked to non-earthly worlds and a lot more.

In order to discover who we are and to allow to be more and more of this infinite presence, a possible way is to recognize the divinity within us and let it flow into the earthly life more and more and consequently acting more like divine creators.

Then effort is not necessary any more to reach the state of love. Love is the original state of being. We find it by just being.

Besides, fulfillment is not found in doing but in being. If we look for it in actions, we probably only find it temporarily and might even get addicted to further temporary highlights. Once we found it in being then we are able to express fulfillment in doing if we want to, we do not have to, it is up to us.

Doing might then even be very fulfilling, but only if it was already discovered in being. One cannot search for it, it is simply there once everything is released. Search equals more a release of old patterns and delusions. Besides, beauty in the outer world is very lasting if it is experienced from a deep inner humility, from the state of being.

This is nothing to be understood intellectually. Everybody has to figure things out for themselves by walking the own path which can be totally different and might even lead to completely different results.

DESIRE

Many of our daily decisions are based on subconscious desires or attachments and some are linked with fear of losing things or the current state.

So, when are our decisions in accordance with our divine core? They are if the underlying desires are.

However, many of our desires derive from our programming or apply to former patterns once served to be useful but do not fit to our further life path no more.

A lot is done to make us believe in desires that bring us supposed safety but in truth they take our freedom away and mostly they are connected to fear.

The following exercise is quite helpful in order to check out our desires: Allow a meditative state and the frequency of love to flow through you. Ask your spiritual guides for clarity, truth and insight and the divine order to be applied. Then observe your desire from within this state of being. Does the desire persist or does it collapse?

When I did the exercise first, one desire collapsed which I had really attached to. Resulting in me being very disappointed for a while. Well, disappointment is a valid experience and is allowed to be present. Once it is undergone then love can return.

Desires that feel very well during this state of clarity are to be pursued. This exercise supports the reprogramming of our sub-consciousness in order to make our decisions based on such desires, which are in alignment with our soul's plan.

NO EXPECTATION VERSUS BEING FOCUSED

If our desires have attachments then it can happen that we do not focus on the essence but on the attachment to the result.

Then we might even block our core desire because we cannot think of possibilities on how this could manifest other than the ones known to us. We are limited in our view.

Therefore, hold on and seek the silence beyond thought in order to watch the attachments and the fears and thus to release them. At the same time, refocus on the essence of the desire to manifest it without any expectations to the outcome.

RÉSUMÉ

Is one feeling/doing better if the things described in this manuscript are applied? Maybe yes, maybe no. I look at the future and let life surprise me. There will always be challenges. There is no right or wrong. There are only experiences.

Some people just go on with their life and are quite happy without even thinking about any sense or purpose. Others are permanently seeking for something and might be unhappy because they do not find anything that

leads to not having challenges no longer. It is an illusion to think we can be on earth without challenges.

Hence, let us just live our life. That is why we are here. We go through ups and downs and take in as many different experiences as we can get. That is the value of life.

We can always ask for the meaning of our experiences in order to have a better understanding on how to solve things and what needs to be learned and done. For example, our guardian angel or our higher self has some of the answers.

And sometimes it is useful to just relax. Stress and permanent occupation block our divine core. Take a few deep breaths, so the cells in your body can let the energy flow freely which opens up the access to our core being. That is where we find answers as well.

End of this book

APPENDIX / USEFUL INFORMATION

ASKING FOR PERMISSION RESPECTIVELY DIVINE ORDER

If we work energetically it is recommended to ask for permission beforehand. Our actions do effect other living beings and our environment.

All has free will, especially nature and mother earth. Ensure that the free will is respected.

However, whom do we ask for permission? A superior authority who knows what is beneficial for all? In times of self-empowerment and claiming responsibility for the own actions probably not. In fact it is more about retrieving divine order which implicitly means that everyone involved agrees on the level of the higher self.

It is useful to think of a general definition and to constitute it once. For example such as: *My acting is in divine order. Through me works exactly as much as is beneficial in each moment. My being and acting is directed by the light and in accordance with all that is.*

May everyone formulate his or her plea for divine order in a way which feels all right and which is inherently consistent out of a deep knowing.

During our energetic work we then are able to notice how far we can go. As long as energy builds up and is in the flow we are acting according to our definition.

However, if nothing happens and no energy starts to flow, something does not fit. Maybe there is a dissonance, or someone denies it, or we simply try to turn a wrong setscrew.

Then it is recommended to stop, go quietly within and ask for clarity, truth and insight in order to figure out what can be done instead. Maybe we even do not have to do anything because it is not the right time.

Anyway, if we turn the right setscrew then we notice how energy starts to flow, powerfully or maybe very subtle until it is enough and nothing flows no more. Then it is sufficient.

The best results come from staying in the heart energy and acting from love and sincere humbleness. Love is the strongest power in the universe. If we want to be a master of our life, we do need love, even though a lot is done to hinder us. Let us deal with it lovingly and in this way stay in our power.

DEALING WITH FEAR FIELDS

In the same way as some people are interested in building up morphogenetic fields for peace, love or healing, there are some forces who are more interested in creating fear fields and do it accordingly.

Partly we are creating them ourselves, if for example many people are watching a horror movie at the same time, then such fields are nurtured through the shared fear.

Sometimes fear can almost be viewed as a schizophrenic phenomenon. At times all our decisions are based upon it. If we decide pro, fears are

showing up as well as fear comes along the decision contra. Sometimes it is as schizophrenic that we just choose the less fearful path.

Anyway, at times fear is coming from totally unexpected directions, sometimes from deep within our subconscious mind. There it acts unnoticed and leads to decisions that are not necessarily in accordance with our core being.

How can we deal with this?

The following exercise might be useful: *Before making a decision write down all fears you can think of in that context in a sort of brainstorming. Just start writing and then let it flow. You might even ask the angel of healed fear to assist you.*

When I first did this exercise, the list became endlessly long. I could have carried on for ages. Interestingly totally unexpected types of fear were showing up in that context.

Eventually fear lost its fright because the list was quite long already and the sheer awareness already resolved a lot of it. Some of it still had to be observed in awe, some was allowed to just disappear.

In this way we can play with fear because we can probably not avoid fear fields on this planet at these times. In order to get away from fear, we presumably needed to live in solitude far away from any civilization.

However, most people live right in the middle of it and likely for a certain purpose because our souls must have had reasonable intention when they decided to incarnate here.

Hence, let us play the game and be ready for the encounter of fear. Let us learn to deal with it constructively by consciously noticing it instead of pushing it away. Maybe we can more and more avoid losing ourselves in fear or rather succeed in getting over it more quickly.

However, if we play with it, then it is not so much about getting rid of it rapidly. We can take all the time and carefully observe it like a researcher who wants to discover the deepest roots and thus inspect it especially conscientiously.

We can then watch the effects of fear. For example we might react edgy if someone threatens to take our territory or we fear a loss of control etc. It is not about avoiding such reactions. It is about understanding them in order to not needing them any more at some point in time.

We can only remain in the state of love more and more, if we apprehend fear and our reactions to fear and thus release conditioning and patterns that hinder us to be love.

We can practice very well on this planet because a lot of effort is put into nurturing and recreating such fields, even if this sounds sarcastic at first.

However, how else shall we deal with it? We cannot fight the existence of fear fields. Anything we fight gets stronger as we put our energy into it. We could rather try to apprehend and understand in order to resolve things and eventually get rid of it all because we do not need such challenges any longer as we can see through the game and consider it to be boring, or we have learned not to get into resonance with such fields any more.

PEOPLE AROUND US

Sometimes we feel attacked by people's behavior around us. Our reaction occasionally might be aggressive as this is the desired conditioned behavior keeping up the divide and conquer game.

Sometimes we are even set to fight each other. Of course we all need to check ourselves but at times this is not sufficient. Then the behavior of our opponent needs to stop, especially if it hurts us or others. Then we have to act and mostly we do this on the material plane.

Anyway, additionally we do have possibilities to influence people around us energetically. Sometimes it is rather better to do this first and then to observe the resulting actions. Occasionally we do have to act spontaneously and have to calm the situation retrospectively in an energetic way.

However, now, what can we do? We can try to center ourselves in order to act from wisdom rather than from emotion.

For our opponent we might ask their guardian angel to step behind them provided it is allowed. We can further imagine a golden light around that person in order to enable them to have clear thoughts and finally ask their higher self to remember their divinity and that they are beings with a free will which might be used according to the divine order.

Of course it is not up to us to decide which further path people walk. We do not know whether their path or ours is the right one and we might even be wrong. Anyhow, we can always ask for divine order and observe how things develop without expectation.

Quite often people around us are simply our mirror, or they trigger wounded spots within us which need to be healed.

AWARENESS OF CREATION

We are all creators, day in day out. We do it partly consciously but mostly unconsciously through internalized patterns. Our sub-consciousness as well as our super-consciousness have huge influence. Our desires, attachments and especially our fears are critical for our creations.

Whoever tries to lead us against divine order triggers our fears and manipulates our desires. We believe our actions are based on free will but actually our wishes are distorted by deceit. Basically this is a self-sustaining weird system we cling to for various reasons.

In order to disentangle oneself from such an external control, it is useful to let go as much as possible, especially our attachments or the clinging to conditions which suggest seeming safety.

If we manage to let go of our attachments, then we are not driven that much by fear any more. True safety emerges from our connection with our core being, with our roots, with our divinity. There we are always led and protected.

Basically our soul wants to have certain experiences during this lifetime and therefore will take care of creating the necessary circumstances in order to do so. We can support this by leaving the space instead of acting against it e.g. out of fear.

It is about retrieving basic trust. That does not necessarily mean that we all sit in a corner twiddling our thumbs doing nothing and say '*soul go ahead and I watch*'.

Maybe this might be the right thing to do but it is rather about listening to the inner voice and to act if the urge is clearly identifiable, or not to act if no incentive for movement is present. From our personal point of view this might sometimes be paradoxical because in contrast to our soul we do not see the bigger picture from a higher perspective.

In short, basic trust and a good connection with our core being are essential for our creations in order to be an expression of who and what we are rather than being an expression of an external control.

PRESTENT AND FUTURE

Some are asking when a new era finally will begin, or whether it will begin at all and whether sometime in the future we will live in a better world.

As long as we remain in this state we probably have to wait for a long time, always waiting for something. The workaround is to let go of whatever we are waiting for in this moment. Then we are able to realize that everything is already there.

If we wait for peace it will not come. However, if we let go of the things that make us feel uneasy about peace not arriving, then it will be there automatically, in the here and now, within us.

A new era permanently begins. Each generation comes along with change, wants to reinvent itself and to test its limits.

We are already there, we do not have to wait for a new better world. We can discover it in each moment of our being, if we let go and maybe resolve the issues that hinder us from realizing it within that moment.

It is about reaching an inner state of calmness regardless of what happens around us. There is nothing like '*bad*' things although we might see them as such. Basically, things are as they are.

Anyhow, I think it takes a lot of work and determination to resolve everything in order to get to such a state permanently. I think it is then called enlightenment.

Or maybe it is something that does not need hard work but rather a glimpse of it, a quick moment of an insight in order to know what to strive for and then relax into it and let awareness do the rest.

ENJOY THIS LIFE

'Enjoy this life' is a slogan of a well-known medium who is corresponding with departed persons. It is a message of the deceased. They suggest to appreciate life a lot more because while looking back to their lives they realize that they quite often had been too serious, too anxious, or too stressed instead of focusing more on living life completely.

Certainly this is a very valuable message. Anyway, what does it mean to live life completely? Some people always celebrate and are searching for activities one after another in order to remain in a kind of euphoria. This addiction to fun might not leave space to discover what life also is about.

Perhaps it is extreme hard work to first of all let go of everything which only seemingly makes our life a pleasure by releasing the conditioning, discover manipulation, or free ourselves from daily dictates through finding truth etc.

Only if such things have been revealed, then a touch of true life can be noticed. Only if the pressure is gone the easiness can be enjoyed.

As long as the burden is still on our shoulders, we can intend to enjoy life but the burden will eventually create pressure again, even though we try hard to ignore it or to bury it with artificial fun.

Consequently my understanding of '*Enjoy this life*' is as follows: The more we have resolved the easier life gets all by itself. We cannot ignore our unresolved issues and pretend to have fun. Happiness arises as soon as the truth is revealed and the lie is unmasked as such.

Anyway, if the release procedure is followed too eager then it might happen, that we lose the easiness of life again. Probably a good balance leads to best results. However, there are people who just live their lives without thinking too much about it. Sometimes or at some point in time, this is already all the soul wants.

Well, in this sense, there is a saying: '*Don't take life so seriously, it is not that you are getting out of it alive.*'

CLEANSING AND GROUNDING

Dr. Emoto wonderfully showed how our thoughts influence matter by reference to water crystals. If we project love onto a glass of water and then freeze it, we can see marvelous water crystals under the microscope while negative emotions create damaged unaesthetic fragments.

If several people are influencing water with their consciousness at the same time, then the effect is exponentiated. Hence, if many people join together and imagine the water of a lake being cleansed, then exactly this happens. Therefore, we do have infinite possibilities to consciously influence our surroundings.

As another example for cleansing we could imagine how the blue flame of transformation moves through fear fields in order to transform them. After that we imagine white light flowing into the area in order to stabilize it.

Sometimes there are still things that need to be resolved before a cleansing can take place. Perhaps an insight is needed in order to achieve a certain learning goal etc. A lot is possible.

Let us remember our creator consciousness and use it in order to restore the divine order. For this purpose we ask our divine core to express itself through us whilst we stand firmly on the ground with both our feet. We are

here on earth, completely. We have taken our place and our core being is a 100% with us and works through us.

Hence, we do not float on any clouds getting lost in the infinity of being, but rather we are down here, completely grounded and down-to-earth. In this sense we can influence matter in a divine way without losing the grip on reality.

HEALING

Our understanding of healing is sometimes such as wanting to avoid anything that creates pain or suffering. Well, this is indeed very pragmatic but sometimes blocking, if this desire is based on fear. Further we might consider healing to mean, that we have to fulfill social norms by e.g. having a predefined body weight, or by our tooth color meeting the expectations, or our teeth being in a certain position, or our skin color being the required one etc. etc. Long story short, our perception of healing might well be distorted and we are disappointed if healing does not come along how we imagined it to be with our conditioned manipulated understanding of it.

Perhaps healing is happening on a totally different level, one we have not thought of from our limited point of view. As an example, a crooked tooth might be part of an ideal body static.

Hence, healing might be, among other things, to heal our understanding of healing. This might save a lot of disappointment and enables us to be a lot more open and to have less expectations.

Maybe a setback is needed in order to achieve divine order. Although we might be disappointed at first.

Anyway, time and again let us remember to ask for divine order, let go of our fear and accept what shows up. Of course a certain expectation is useful, but in a way that leaves space for surprises and unexpected results, some we would probably never imagine from our current point of view. Thus, healing can, among other things, be seen as a question of perspective and trusting in life.