

# **How to Wish**

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## INTRODUCTION

Everybody is looking for a life of magic. Every visit to an alternative bookstore, or spiritual retreat, or online guru is an attempt to find that missing ingredient that will make our journey a more magical and fulfilling one. And we want that magical secret that will make our wishes come true.

Many of these books and teachers give us great hope and renewed vigor, alive with the possibilities of a new and amazing life, but for a while. And then, more often than not, we are disappointed. We stop doing our spiritual exercises and manifesting techniques, and convince ourselves that they weren't working anyway. That great awakening that we know is absolutely life changing, that we embrace with tremendous enthusiasm and pursue vigorously - for a few days or hours is called 24 hour epiphanies. Then something happens. We lose the fire that just moments before had completely possessed us.

We have to accept partial blame for these failures because often it was our own combination of laziness and lack of faith that let our new found passions dissolve away. But often, there is something missing. That missing element is sometime the message; sometime the messenger. But don't blame the messenger. As a culture, we demand maximum return on the minimum investment. We are viewing our spiritual life as an investment, which in a way it is, but not the one based on the usual rules of capitalism because soul is not capital. It is an essence.

All of these teachings offer a simple and easy solution to our problems. They sell us a brand of magic that can be accessed as easily as you can say, "Oprah's a billionaire." All we have to do is state our intentions to the universe and it will do the rest. And they all warn us not to quit before we see results. But it's too hard to hold on when you can't see anything happening.

Maybe we're missing what's happening. When we enter the spiritual realm, we are always focused on those big, life altering miracles. And if

they don't suddenly appear, we're disappointed and feel defeated. We begin to slack off on our practices and eventually stop altogether and just short of realizing our grand dreams.

Here is a truth that isn't sold to us. Change is a long, gradual process. Yes, you can make things happen immediately, but quite often, amazing things are happening that you can't see. When you begin a spiritual practice, you are activating areas of your deeper mind and creating frequencies that aren't always obvious. It is at this deepest level that real change begins, hidden from us. That's why it's called the occult. You can train yourself to see those changes and you can open yourself very quickly to profound changes in your life. But an open mind is absolutely essential. If you are looking for a simple technique that will bring you a new Mercedes, you've already done that with The Secret and countless other manifesting practices. And you were frustrated because you are now looking for a new "Secret." Okay, if you want magic, you've got it. But it's going to be a much different journey than you've been promised by the instant-gratification-salesmen.

This book is not here to give you comfort, but to awaken the part of you that is sleeping. It will teach you not to distort your vision with preoccupations of only the big picture, but also to also delve in to the small details that vibrate hugely in your orbit. Big pictures are easy. Everybody can wish to be king of the world, but that throne sits upon a trillion little details and calculations and changes that are being made every second. We are looking for the wrong things. When we enter the cosmic shopping center and ask for our wishes to be fulfilled, our focus is extremely narrow. We are fixated on pleasures, which supply us with the illusion of well-being. Maybe we want a Mercedes. The universe can help with that, but it might ask us to take a look at the other shelves. Maybe we're more suited to something else.

We must learn to start looking at the greater color pallet that is being offered to us. It's not that the universe wants you to be abundant; it is offering you the opportunity to take part in its abundance. When we know more about ourselves and trust our intuitive process, we are more willing to accept the idea that maybe the universe would rather give us a BMW than a Mercedes. Perhaps our deeper mind knows something about

this trip to the Mercedes dealership that we can't know. Maybe there is a truck waiting there to run us over. But, we still want that shiny Mercedes. And sometimes we find a way to force it. How many times in your life has anything you forced to happen worked out for you? Have we failed? Has the universe failed us? The universe cannot fail us. We fail ourselves by not seeing the bigger picture. We need to glance at the other shelves in this vast supermarket that we have brought our desires to.

We come to this book because something is missing in our souls. We come hoping that it will give us magic that will make our wishes come true. This book will reveal how to do that. It will take you through the steps that you stumbled over in all your other attempts, bringing more than you asked for.

Many of the spiritual self-help books are re-imaginings of the old power of positive thinking concept. Positive thinking is tremendously powerful. But there is an underlying message (sometimes overt) that many of our failures are self-victimizations. There is some truth to this, although that doesn't show the entire picture, either. We are also products of a million things that were beyond our control, like genetics, place of birth, sex, race, social status, access to clean water, health care and education, "acts of God," the times that we live in, myriad forces and frequencies that live in and outside of us. All of those frequencies are picked up and transmitted by each personal blue tooth, and the way we sort out that vortex of energies is what makes us who we are.

There are two kinds of wishes that we try to manifest. The first, for the emotional stability, that gives us the sense of well-being that we call happiness. There are great spiritual exercises for this that you will learn here.

The second type of wishing is for our desires to come true. We hear from many experts that the universe wants us to be happy and abundant, but this is not true. Nobody can speak for the intentions of the universe. What they are saying is that there are forces in the universe that can help us to attain our dreams. This is true. This book will show you how to attain both kinds of wishes and much more.

Finally, this book will teach you how to make the most of that strange 33 percent of your life that you spend in an unconscious fantasy world that we call sleep. That is time when all of our conscious processes are shut down, so that the deeper mind can do its magic. This book will teach you how to put that magic to work, and put you on the path to realizing your dreams.

## MAP OF THE BOOK

This book is a living organism. It is not a lecture, but an exploration presented in three parts.

Part One is an examination of the relationship of humanity to the universe. It covers some basic biology and delves into the human psyche and its complex web of intrapersonal issues.

Part Two deals directly with the proper conditions for actualizing your wishes and the fertile world of magic that comes alive when you sleep.

Part Three is a 63 day training program for you. It will put you on the road to a life of magic. This is where you do your serious work.

Although you may be tempted to turn directly to part three and get started on your night magic program, take the time to read each chapter carefully. They are all quite short because I found no need to torture you with verbosity. Let it sink in.

There is more here than meets the eye. Each chapter builds upon the previous and completes an entire journey. Certain chapters will have small exercises at the end. These are baby steps, not part of the program, designed to be done once and never repeated. Enjoy them.

# I. PART ONE: THE UNIVERSE AND YOU

## WHAT ARE WE?

Maybe you are richer than you think.

What are the components that make up a human being? We have a biological construct called the body, comprised of genetic material and water. We have brain/mind activity and an awareness of that activity we call consciousness. On the biological level, we are composed of approximately 75 trillion cells. Each one of those cells is a universe of information carrying the entire history of your genetic chain. Those cells join and change, still holding all of its original data, in a new mutation that is you.

What is the first moment of life? When the spermatozoon fuses with the ova? Is this when the soul enters? Does our life begin when we become self-aware? Actually, it takes several months before a baby becomes self-aware. And a baby is certainly a life. Is it cell or soul? Do we get a soul at the moment of inception? Does it matter? When we are born, we are not newly made because we are each a fresh permutation of a genetic chain. One cell comes from the male and joins a cell from the woman to create a new one. Your mother and father carried all of the history of their parents and grandparents back through antiquity. Each child is a new variation of that genetic information, inclusive of all the data from the entire chain. All of that genetic information goes into making us who we are. In that way, we are thousands of thousands of years old. That is how rich we are. We are each imbued with the capabilities and history of thousands of lifetimes before us. Every human benefits from all the consciousness that came before it. We carry physical and even emotional traits of our ancestors responding to situations in ways that may have been determined in antiquity. When somebody tells you that you have the same temper as your father, this is more than a learned behavior. Or a relative might say, "Where did his terrible temper come from?" You may

have the same temperament as your great, great, great grandmother. If you are told you get depressed just like your aunt, this may be a trait that has carried through your genetic chain back to your earliest ancestors. Emotional traits live in the genetic chain just as physical traits do. Genetic memory is being recognized and explored at deeper and deeper levels. Eventually, we will understand the amount of consciousness that comes along with our DNA. For now, let's just be open to the possibility that there is a trace. Although we come into the world with thousands of years of genetic data, the evolutionary process never stops. The meaning of existence is to evolve, to change. That is what we are biologically equipped for - to recognize and adapt to our ever-changing world.

Our biological machines are given basic tools of survival - five senses. This is the standard issue, no frills package. Why five senses? Our senses are gateways. They are there to protect us from any possible intrusions and to welcome anything or anyone that might be beneficial. Our senses are set up in a range of perimeters protecting us from the macro to the micro and from the grand to the intimate.

Our first circle is sight. This sense has the greatest scope. With our eyes we are capable of sweeping a horizon for information. They can actually see stars that are millions of light years away. This is a grand line of defense and our widest perimeter.

The next perimeter is sound, also far ranging. Our ears can perceive a range of sounds not light years away, but certainly miles, like a distant cry, or a thunderclap. They register and process the information. This is our next line of defense.

Then it comes to our sense of smell. The human can detect smells for a fair distance. Though not as developed as our animal brethren in the forest, it is still powerful. If there is a lion nearby, we can smell it. Hopefully, it is not too late. If there is a pie being baked, our nose will lead us right to it.

Now, touch. We are right at the self. There is very little separating us and the object of intrusion. We can feel the contours and textures, and our brain will respond perfectly to the stimuli.

Taste is the most intimate of the senses. Actually, taking into your body an object that has been screened by all of the other senses, our taste buds tell us if the object is wrong, so we can spit it out, or if it delights us, we eat too much of it.

These are our means of taking in information. Emotions are responses to the information. We begin not from bacteria, but from intelligent creativity. The source, that some of us call God, gave us consciousness from itself. That flash of genius is inside each of us, and we are continually perfecting that genius. Human consciousness has the capability to teach itself. We are creators in the process of our own evolution. In this way, we are gods in our own universe, self-evolving gods, learning and expanding and interacting with a perpetual stream of incoming data. Like the individual cells in our own organism, we are each a tiny part of the organism known as Earth, which is a small part of the organism called our solar system, which is an infinitesimal speck in the vast living organism known as the universe.

All of the movement in our universe, from the intergalactic to the microscopic, creates energy, which produces frequencies that live forever, unseen by us. The Earth generates and accumulates its own energy, as well. All of this energy is collected in our atmosphere. Vapors, electricity, thunder, lightning, all live in layers of our atmosphere. And the frequencies of all of our media transmissions, as well as the frequencies emitted by our brain activity, accumulate in the layer of our atmosphere called the info-sphere. Infinity of thoughts/frequencies collects in the info-sphere. We are continually downloading and uploading this ethereal data, evolving our consciousness. All of this information is part of our perpetual mutation both corporally and spiritually. Think of your body as a great biological machine, and your brain as the software that runs the programs. The frequencies that circulate around us are there for you to

blue tooth. You carry the consciousness and memories of the previous world right in your cells. All of that genetic memory and soul magic is available to each of us. We only need to develop the skills to mine that gold. Maybe you are richer than you think.

Now we can imagine what we are. The next step is discovering who we are.

## WHO ARE WE? - SELF-AWARENESS

Who am I? Am I the person I think I am? Am I a good person, or do I lie to myself? How can I know? Who isn't plagued by these questions? We ask them from the moment we are aware of ourselves as beings in the world. We try to understand what we are as people. But, we use a very narrow concept of personal identity. Society demands that we present an identity that can be comfortably catalogued. He's a Harvard man. She's a wild girl. He's an airhead. She's an executive. We feel dishonest or cheated if we don't have an easily identifiable mask. But, we actually have multiple selves – the one that we present to the world, the other that the world perceives then the one we believe we are inside, and the other we actually are inside. Are these multiple selves a fake? Are any of them real? Is that important? Perhaps these many aspects of your self are your personal wealth. Instead of focusing in on one identity, perhaps you should be broadening out. Fear of losing personal identity restricts our expansion of self. Why do we restrict ourselves like this? If we learn other languages, we are not losing our sense of identity, but enriching our lives. Yet, if you expand yourself to include other cultural dimensions in your life, you are often treated as insincere. You may even see yourself as a fraud. Why is subtraction considered to be authentic? What if you are a bird and a fish? Are you a phony? Do you have to take a stand on which one you are? Maybe you are a person who can choose to fly or to swim. That's enrichment.

We try to create our identity based not on our capabilities, but on how that identity will be reflected in society, which always seeks to narrow down identity. It is easier for the giant organism to deal with the component parts (people) if they are simple and easily categorized. This conflict between self and society is a perpetual battle that continues until one side gives in. And society never does. Then we add the layer of morality, as if we can truly identify ourselves with this quality. Every single person believes they are good. Yet the world is full of destructive people. How did that happen?

How much of your identity is really your own? I'm a good singer. Everybody loves my voice. So I fly to another part of the world and sing. And all of the aboriginals hear my voice and beg me, "Please, stop singing. You're killing us." Enough of this will create doubt. So, are you a good singer or a terrible one?

When society's reflected information is not suitable to us, we begin to doubt ourselves. Was your identity artificial? Are you a good singer or a terrible one? Our identities are so fragile we can completely surrender ourselves to the opinions of others. Society confines our growth, i.e., collective consciousness sets our limitations. This is not the collective unconscious of Carl Jung, which is something entirely different.

The slavery of identity comes from our refusal to face ourselves. So we must begin the exploration to self-awareness. How can we know who we really are? Where do we start? What are the first steps to self-awareness? How do we find the equilibrium between self-honesty and self-condemnation? How do we face ourselves honestly without destroying who we are? Are the changes that we have to make so great that finally there won't be anything left of that essence we call self?

We are always hearing about self-awareness as part of the growth process. Is there any real value in this? When we strip away all of our self-delusions and are left to stare at the raw material that is the self, can we live with what we find? Can we really be accurate with that stripping away we call self-honesty? Most of us will come to extremely inaccurate conclusions in this process. We will either leave ourselves with more in the plus column than we deserve, or more on the negative side than we should. So, how do we make something of this process that is supposedly useful to us? So much of our self-judgment is wrapped up in our needs and wants, and how society actually perceives us.

Self-awareness can't be built on looking at our pluses and minuses before we look at the most basic essence of what we are. First, strip away your position in society because you are you, even without everybody's opinion of you.

Look at your needs. Start with the fundamentals: food, water, shelter. Are they being met? Good. Basic needs are there. If they are not, then self-examination is a luxury you can't afford at the moment. Now, what are your emotional needs? Really examine this. I need love, respect, status, friendship. Whatever it is, ask yourself not only if you need it, but how much of it you actually need. What amount will give you the health and stability that will create a state of harmony inside? We need water, but if we drink five gallons at once, it will kill us. The emotions that we attach to our needs create the imbalance in our pursuit of these needs.

We live in society, and our security is dependent on our position in it. So whether we like it or not, a certain amount of our safety is dependent on status. But, do we seek the amount of status we need? Have we created a solid identity to feel harmonious within our community, or do we need the world to see us as royalty? Is the hunger so extreme and unbalanced that we crave status like a glutton at a buffet table? This is the hunger for power, which is the strongest drug we can feed on. Power over the self is strengthening, but the need for power over others is an addiction that can't be sated.

We need love - that greatest and most sacred of the emotions. Who among us can understand the appropriate amount of love for our lives? Oh, you can't have too much love! Really? Tell that to the child who is being suffocated by his parents' love. Love is the flip side of power. The benign cocktail that you drink and become just as addicted to. Yes, love is beautiful. But an honest measurement of how much you require can only help you and the object of your love. Need comes when there is not enough. When we have enough and keep seeking more, that need has become a want. After we've received enough to fill our needs, the hunger persists - we want and can't stop wanting. This is where doubt can be quite useful because we can use it to self-analyze. A measure of doubt can help us to attain self-honesty. But, like too much water, too much doubt will also destroy us. When in doubt, use doubt in very small doses.

There is another component that makes us who we are. It is the fantasy that encompasses all of our beliefs, and thoughts, and tastes, and desires.

It is a fantasy comprising all of our actions and thoughts and is called an opinion. And we will die for our opinion.

So why is self-awareness so important? Let's say, you've taken a full inventory of yourself and discovered that you are basically a piece of excrement. Okay, now you can carry yourself in the world with a proper awareness of yourself as fecal matter. You know exactly which gutter you should lie in. It seems you were better off with your self-delusion.

We need self-awareness for self-growth. Otherwise, it's just self-flagellation. Self-awareness also gives us an understanding of the qualities that can truly enrich our lives. We think of these higher qualities as moral positions that we should aspire to. Morality is a societal construct. These are cultural beliefs that are determined to be beneficial to the common good. Some of these are but some aren't.

Essential moral qualities are Gratitude, Forgiveness, and Giving. Standards we could live by would make us saints.

### **Gratitude**

Gratitude is not a natural emotion like love. It is a learned morality. Give a child a toy, and he doesn't feel gratitude, but happy. Later, he is taught to say thank you. Eventually, a state of gratitude may come to live inside him. Some of us make shows of gratitude that we don't feel. For others, it becomes second nature. The gratitude is no longer a conditioned response. It is now hardwired. We feel it inside. It is not an emotion, but a sense of gratitude elicits emotional responses. Gratitude is a statement that you have or you don't. If you don't have it, get some.

### **Forgiveness**

We think of this in moral terms. That is we have to learn to forgive others for their sins. There is another way of looking at this - you forgive as much for yourself as the other person. Forgiveness gives you a chance to move on. You are getting rid of an infection cleansing yourself of a pain that can only weigh you down. And you give the object of your forgiveness relief from their burden, so they can move on, as well.

## **Giving**

Give freely, without conditions. Never expect reciprocity. That expectation spoils the act of giving. The gods give freely. Give freely and be a god. Don't burden yourself with weighing whether you got an appropriate return on your generosity. If you're expecting a return, it's not generosity, but a show after which you wait for the applause. And if you don't receive any, put on a better show. So when you decide to be truly generous and give - do it like a god.

Finally, take a moment and reflect on the godliest of miracles, which we daily ignore. Every one of us, at one time or another takes this most powerful miracle for granted - life. Seventy-five trillion cells came together and accommodated a chunk of consciousness called you. Amid two hundred billion galaxies and a million trillion stars and solar systems, this collection of cells was blessed by the universe so that you could be here.

This very miracle deserves your gratitude. Start everyday with gratitude for this gift of life, regardless of whatever conditions you are living in.

## SOMETIMES GROWTH HURTS

We would all like a new, magical system that brings us happiness without any struggle or pain. Unfortunately, this is impossible. It takes work and work is pain. Every self-help guru who promises you that the all-loving-universal-God-force wants you to be happy and pain free, is selling you snake oil and appealing to your basic laziness. We want magic with minimal effort. The universe can and will work with you to make your wishes come true, but it is not a palliative Santa Claus waiting on your shopping list of earthly pleasures.

Magic takes work. You can start today and see results immediately. But if you want to see deep magic move in your life, you have to do the work. And continue doing it. It's expedient to lie and tell you how easy it is - just fill out your wish list and hand it to Santa. But that's not the way it works. A life of magic is a life of true power. Not the kind of power people wield over others, but power over one's self, power over the world. But, we must be prepared to do the mental work and work is pain. All of the systems that promise us amazing results with minimal effort are appealing to our aversion to discomfort because discomfort is a pain. Doing work that doesn't excite our pleasure senses is categorized as pain. Boredom is a pain. When we deal with pain, there is an element before that actual pain. It is fear, fear of pain. Before the pain even arrives, we feared and anticipated it. We live in fear of pain and don't even know how to categorize this necessary growth step called pain.

Ancient Greeks and Romans went to the squares and amphitheaters to watch tragic plays. This public sharing of the immense pain of the characters, enriched their lives. Some of the great literature pulls us into incredibly painful situations that we live through and feel in the depth of our soul. A perfect piece of music can reduce us to tears. Every one of these pains is essential to the growth of the soul. Pain is part of the beauty of life. It enriches us. When we are overwhelmed by happiness, we cry tears of joy. Lying in the sun is actually a pain that many of us enjoy. We are burning our skin, but it feels good. The muscle ache after a hard

workout is painful, but incredibly rewarding. We enjoy that pain because it makes us feel alive. A massage can be torturously painful, but we love it nevertheless. Rethink your relationship to pain. Pain is a crucial component of growth. Pain is a gauge. It is the warning light of change and the signal that processes are at work. Sometimes, you have to allow that pain to work. Don't be afraid of a little work. The struggle builds power in your being. Let your soul use the pain to build you. The immune system is built by viruses. We get sick and the process of fighting off those viruses builds anti-bodies. Nobody likes to get sick because it's painful, but after every bout of illness, our immune system fills with new anti-bodies that can fight off the next attack.

We must learn to distinguish between pain that grows us and damaging pain. Damaging pain warns us to flee because there is no benefit in remaining in this state. Growth pain is a building process. And most importantly, we must understand the difference between pain and suffering. Pain is a necessary part of life, while suffering is the mismanagement of pain. It raises the level of pain and extends it beyond its natural time. When you replay a pain over and over in your mind, with obsessive thinking, this is true suffering. And, this suffering is an unnecessary aspect caused by pain mismanagement. Suffering is actually a type of thinking - overthinking. And when we repeat this process of overthinking, our pain until it becomes the habit of suffering, we are creating another addiction for ourselves - suffering is addictive.

To do the kind of work that enriches us is an exercise in conquering that most persistent of pains - boredom. Ask an ADHD<sup>1</sup> child trying to read his science book if he's in pain and see what he says. It is boring to go through the basics of any new exercise. There is no way around it. How we use the pain in our lives is a question of character. Pain is a normal component of life. The question is whether we learn and grow from it, or become victims of it. Being a victim is a negative feedback loop that perpetuates itself and becomes harder and harder to get out of. Pain hurts.

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<sup>1</sup> ADHD - Attention deficit hyperactivity disorder

Rethink your relationship to pain. Growing your anti-bodies makes you stronger and able to fight off future attacks. Don't curse your pain, but use it to grow. The curse is obsessive thinking, which replays these pains over and over, growing them into a madness of perpetual suffering called victimhood.

Think of a life of magic the same way you think about exercising for your physical health. You don't build your body like a house; then you are finished. If you want a powerful, fit body you know that it's a lifetime job, painful, but fulfilling. If you choose a life of magic, coordinate it like your daily workouts. The next time you are in pain, ask yourself if you are truly damaged or you are in fact growing. If you are growing, celebrate.

Only death eliminates pain. Choose life.

## THE OCEAN OF EMOTIONS

Emotions are swelling waves that we are so often powerless to navigate. Is there some meaning to them? They certainly aren't necessary to survival. Animals do quite well without our complex web of emotional chains. What purpose can they really serve? We know what they feel like, but do we know what they really are? We seem to be slaves of them. So many intense feelings easily overwhelm and burden us, mostly with devastating consequences. Yes, the moments of pleasure bring us the feeling of happiness. But even the pleasant emotions can become addictions and we ask ourselves if they are really valuable.

The agony of love destroyed often leaves us swearing never to love again because it's too much pain. The rarely accurate, but often perceived emotion of betrayal can move us to vow we will never have any more friendships because they can't be trusted. How many times have we gone into a situation knowing what to expect and knowing we must keep our emotions in check, only to have some word or glance or disturbance instantly dissolve our armor and cast us into a sea of churning anxiety? How often would we prefer not to feel anything? When we are suffering, we ask why this degree of pain is necessary and what purpose it serves. Certainly, on an animal level of survival, this degree of emotions can't be necessary. Why are these intense emotions there? Why must we suffer the full spectrum of emotions so much more acutely than other fauna?

Our emotions can overwhelm us and create destruction in our lives as fast as a tempest. We truly are paddling a tiny boat in a massive ocean of emotions. How to become the captain of that ship? First, we must understand the function of emotions.

Emotions are vibrations in the body. They produce a tremendous amount of energy. This is irrefutable. Emotions are also fuel, even both fuel and a fuel gauge that we use to determine our place in space. Our emotions help us determine where we should be. If we have a strongly negative

response to a situation that we perceive as threatening, our emotional gauge pushes us to run away. Something that stimulates pleasurable vibrations in us elicits a positive emotional response, and we follow suit.

Every experience vibrates at a different frequency. These frequencies engage different glands in the body and elicit the appropriate emotional responses. Let's use the classic scenario where the human sees a lion and becomes frightened. Fear floods the body, our muscles fill with blood, and we run away. After the threat has passed, all should return to normal. This is the natural response. But for most of us, an unnatural process begins, which comes from our (supposedly) rational minds, and we begin a deadly process known as thinking, which leads to overthinking, and further to replaying the event, again and again. Actually, we have begun fantasizing the consequences. We are forcing our bodies to continue releasing adrenalin, which eventually depletes our systems and makes us ill. It is mismanagement.

Our emotions are very easy to fool. And they are highly addictive. It is just as easy to become addicted to negative emotions as positive ones. We are amazing magicians at reproducing negative experiences. Imagine if you could engage positive forces with the same propulsion.

Emotions are a strong component of the magic. They amplify signals from the brain. If our emotions are working in harmony with these signals, we can achieve almost any desired effect. If our emotions are in conflict with our wishes, we are amplifying conflicts, creating self-defeating magic. The atmosphere also amplifies and responds to these signals. When we are in conflict with ourselves, others pick up on it at the unconscious level - they can feel it. Our emotions can infect others. They color our view of all information and emotions create new realities. The heightened emotion creates different interpretations between the people sharing those emotions. This leads to misunderstanding and almost everything that goes wrong in your life will be the result of it.

Emotions can create problems that do not exist. For example, two people genuinely love each other, and they want virtually all the same things: happy times together, a safe and beautiful home, good friends, and a family. They like many of the same things, so their differences are

relatively minor. Yet, they frequently fight, hurting each other's feelings far more than a love this strong should allow. Why? That is because of misunderstanding. Somebody misinterpreted a signal and got their feelings hurt. Then troubles began that could totally be avoided. But those emotions colored the reality and created a problem where one didn't exist. Then a real problem will follow.

Colleagues who have problems with each other at work are usually creating emotional responses without all of the necessary information about their co-worker. We feel unappreciated, taken advantage of, marginalized. The workplace is a petri dish of festering misunderstandings, which are infections that grow virtually without nutrients. They require very little feeding. Our emotions give them plenty of fuel. Feeling misunderstood is one of the genuinely lonely and isolating emotions. When we feel misunderstood, we feel an ever-widening gap between ourselves and others. Often, feelings of hopelessness come with this building emotion. Again, we have a crisis of mismanagement. How do we properly manage emotions?

Before allowing these emotions to take over, we need to ask ourselves if we have the right amount of information to respond this strongly. Do we really know what lies beyond that door or are we just allowing a flood of expectant emotions to pollute us before we enter? If we do have all the information necessary, and we feel the appropriate response is an explosion of emotion, we next have to determine how much time to give that emotion. It's fine to be justifiably angry, but, it's not okay to let that anger fester long enough to become bitterness.

Is there a difference between emotions and feelings? Emotions are feelings, but feelings don't have to be emotions. We can feel the presence of somebody enter a room and not attach any emotion to it. We first have to put an identity to that presence before we can create the appropriate or inappropriate response.

Somebody is about to enter the room. We anticipate and it's our first mistake. It could be a loving child, or it could be an enemy. If we are fear based, we live in anticipation of hostile forces showing up. The more optimistic we are, the more we expect something good to happen.

While our state of being is magnetizing positive and negative outcomes, from an emotional level, we are better off in the position of neutrality. Let the beautiful child burst into the room and smother us with hugs, and kisses, and squeals of delight. We won't enjoy it any less because we didn't summon up the right anticipation beforehand. Furthermore, we may have saved ourselves a good deal of anxiety by not imagining that an enemy is going to walk through the door.

All emotions need an appropriate time span - a beginning and an ending. Love for your child? Your entire life is the appropriate time. Jealousy over a colleague getting the promotion you wanted? If you hold on to this feeling for a lifetime, you will have a life of ruin.

Our emotions are the way we experience the world, and they are never wrong. It is only the conscious mind mismanaging that gets in the way. We seem to give too much weight to the unpleasant emotions and quickly run through the pleasant ones. We think that our fears are what keep us protected and safe. Fear does serve that purpose, but our conscious mind is continually interfering with this amazing process. Our fear instinct needs no help from our consciousness, as hard as that is to grasp. Do you remember the lion? We are so in love with our thinking we can't comprehend how it can get in the way of our instincts. It's mismanagement. This continual mismanagement is what keeps us from enjoying the full pallet of emotions that truly enrich us. We best manage our emotions by approaching each life situation from a calm state of neutrality, when we are fully open to the experience, but not burdening it with preconceived and preprogrammed emotions. For some reason, we believe that approaching each moment from a position of neutrality is to live life like an unfeeling machine, but this is a lie. We can enjoy a greater spectrum of emotions by approaching each situation in a clean state. The resulting emotions will be truer to the actual experience we are having. In that way, we can more fully appreciate the essence of the experience. We are creatures of emotion. The idea is not to stop feeling emotions, but to stop being a victim of them. This is how we take part in life and truly make the most of our time here.

When you gaze at the stars, you experience a deep feeling of the immensity of the universe. This is an exhilarating and indescribable feeling. The longer you stare, the deeper this feeling grows. No amount of anticipation is necessary to appreciate the richness of this experience. If you like to recognize the full range of colors of all of the beauty in life, you don't need tinted glasses. The more clear your view, the more real beauty you will see, always new, always fresh. And each new emotion is a new self-discovery.

## WHAT DOES THE UNIVERSE WANT OF US?

There are many interpretations of that intra and extra-terrestrial power that drives the infinite. We try to give a personality to that unknowable force and call it God. Some feel comfortable with other terminology. A well-known film calls it The Force. For the purpose of this book, let's call it the universe.

What kind of power can hold two hundred billion stars together in one neighborhood called our galaxy? Do we really believe that today's science can explain this?

We define life based on our miniscule understanding of five symbiotic elements that create the DNA structure for all living organisms on our planet. Five elements, carbon, hydrogen, oxygen, nitrogen, and phosphorous must coexist in order for all life to exist. Armed with this particle of information, we believe we are, among two hundred billion self-contained solar systems just in our galaxy, the only planet with the proper temperature and elemental composition to sustain life. Furthermore, we've recently discovered a new organism here on Earth that defies our criteria for life. A microbe has substituted phosphorous with life destroying arsenic and is thriving without this necessary composition for life. Although every scientist knows this is completely impossible, there it is, right before our very eyes.

So, right here on this planet, we've discovered that life as we know it is not life as we know it. This forces us to expand our limited definition of life and should make us a little self-conscious about the thick-skulled hubris of imagining that Earth is the only planet that can sustain life in infinity of solar systems.

The universe is a living organism, and we are each a part of it. Every particle in that organism is related to every other one and has an effect on every other particle. Imagine you are in a helicopter flying over a vast field of flowers. As far as the eye can see, your vision is filled with every color,

every variety from this full spectrum of flora. And each flower blooms and releases particles of itself as aroma that intoxicates us. The pilot of that helicopter is God, or the universe and that field of flowers is all living creatures. What does the universe want from all those flowers? It wants to enrich itself with the variety of life emanating from every universal pore. This vast organism, known as the universe, nourishes itself by creating life. Life produces and feeds on itself. And the wealth of this ever-expanding life is variety. Life is enriched by variety.

The universe chose us from all of the other creatures on Earth and gave us consciousness. However, you believe this came about is beside the point. This consciousness has the purpose of enhancing creativity. Yet, we use that amazing gift to constrict variety. Mass consciousness coagulates and seeks to create monotone existence in order to feel safe. The universe doesn't want us to feel safe. It wants us to be dynamic. It wants us to expand, and bloom, and give out new and amazing aromas of emotion. And it wants us to make mistakes, which are part of creativity. They create new colors. Just ask any artist or scientist about the power of mistakes. Learn to make mistakes.

We are using consciousness to monocrop our fields. We choose a color we like and every flower in that field is genetically altered to be one color. We create vast fields of blue flowers, which all produce the same aroma. We've convinced ourselves that we are filling the world with beauty. So it seems. We pick only our favorite color flowers and plant them everywhere. Eventually those brilliant blues begin to fade together, and we are left with dull beige. And after a while, the dull aroma begins to stink.

Emotions are the aromas our flowers produce. Each emotion is a vibrating note that sends its energy into the universe to devour and digest and return as more energy. The main emotion we are cultivating right now is fear. It is the dominant emotion we are feeding the universe with. And fear fears diversity which is uncertainty and challenges our comfort. It's what keeps the universe alive. And the universe never stops feeding on those variations, continually creating new life forms and new energy. And

the variety of our emotions enriches the universe.

The meaning of life is variety of life, multiplicity of emotions.  
What does the universe want from us?

It wants us to be alive and to fully partake in life. The universe thrives on the music we create. And, instead of playing a multitude of symphonies, we are reducing our song to one note. The universe wants us to use all of the notes, good and bad ones, flowing and playing in every possible permutation we can imagine. Brilliant inspiration and beautiful mistakes - it doesn't care how we put them together. The universe simply asks us to play on.

## WHAT'S AT WORK?

One not so new age theory is that everything affects everything else in the universe. Why or whether this is true is not important. What is true is that there is more going on with us and our interactions than we know about.

Think of your own 75 trillion cells. Every cell contains its own universe of energy and information. And each of those cells is putting out energy - psychic, genetic, physical, electric energy. Everything is energy – vibration, frequency, unending. We are its creators and receivers. And with basic science we learn that energy never dies.

Did you ever have a song suddenly appear in your head, then you turn on the radio and the song is playing? Isn't it too extreme to be coincidence? It's not that you're especially psychic, which you may be, but that you very simply caught the frequency. Why should we do that? We're not radio receivers. Yes, we are.

We are everything receivers. Everything that we see, hear, smell, taste, feel, on both conscious and unconscious levels is taken in by our receivers. We are each a receiver and transmitter, producer and consumer of energy. The energies enter and exit us in a broad range of frequencies. And all of this information bubbles up from our deeper mind into our conscious thoughts whether we want them to or not. Our overtaxed minds are performing trillions of minute calculations per second, sorting, dividing, accepting, rejecting; a continual process that brews just beneath our consciousness, to be used as needed. Thereby, we are frequently confused by all of this information and feeling.

Every emotion, every thought, every signal vibrates to its own unique rhythm. That's what you are receiving when you turn on your radio and hear your favorite song. A machine is picking up on specific frequencies and reprocessing the vibrations for your listening pleasure. And we do this all the time, just like our little radios.

Universal energy and individual energy are not separate. They are part of

the entire organism. The only separation is in our minds. You are influencing the world as much as it is influencing you. Consciously and unconsciously, we see the world differently. When you look at something or someone, your conscious mind creates an image. The deeper mind registers these images in its own language and sensations. How to tune the deeper and outer consciousness?

When you fantasize or dream, you are calling something into existence in your inner world. When you dream, you are creating the future. Although all of these potential futures exist in your inner world, you want the universe to help realize this dream in the outer world. To increase the chance of this dream coming to fruition, we try to create conditions that allow that dream from the inner world to vibrate with the outer world. The music that you create inside should harmonize with the music of your environment. Turn the heat up in your freezing home and you will soon be cozy and warm. Now, open the doors and windows and what will happen? The outer force will enter and dominate your small domain. Your home is cold again. The atmosphere will always dominate because it's too powerful.

So, how can we make those warm dreams that bubble inside us come alive in the outer world? Learn to work with the universe. What is the point of fighting the forces that can aid or destroy us? If you set yourself in disharmony with your world, you will achieve a life of disharmony.

If you really want your dreams to vibrate with your environment, replace fear with faith. The universe harmonizes better with faith than with fear. Faith is the amplifier that will allow the universe to hear and resonate with your music. By the time you finish this book, you will have a

## THE PARADOX OF THE NOW AND THE FUTURE

“The Power of Now” speaks of the need to actually feel your life as you are living it, in other words, to be present in the moment. Who doesn't want to feel fully present in their skin? But so many of us feel we are being pulled out of our Now by the intrusion of basic realities. One of confusion is that if you live completely in the moment, you will not take the steps you need to insure a safe and promising future. This feels like a contradiction.

You ask, “How do I fully appreciate this moment, if I am not giving proper attention to how I am going to meet my responsibilities?” Certainly the worry of how to pay the electric bill seems to pull us out of the present moment and places us in a state of anxiety over our future. That anxiety is certainly felt in the Now. In many ways, our constant state of anxiety is a feeling we can easily access at any time. So, you know you have to find the money for the electric bill, and you also know that the constant worry about how you are going to pay this bill is eating you alive.

How do we love our Now moment, especially knowing that our time on Earth is limited, and still deal with our responsibilities and impending catastrophes? When we plan our future, do we distinguish between immediate future and distant future, probable future and unlikely future? We are aware that life has its unplanned twists and turns, and we grade our expectations accordingly. A plan to watch your favorite TV show in thirty minutes is a safer bet than a plan to become president one day.

Actually, all thoughts of the future are fantasies. When you imagine something, you are bringing it to life in your inner world, you are living that projection of the future as an inner scenario right at the moment you are picturing it. Whether it comes to pass in the outer world, it remains to be seen. Yes, you can sit and worry that your electric bill won't be paid, frozen in this fear. But the odds are that this terror will come to pass. Most of your psychic energy has been projecting these fears out into the universe, so the odds of being right are good. Even when the electricity is

shut off, you can pat yourself on the back for being a doomsday clairvoyant. But, until that happens, and your fears have been realized, it will all have been fantasy.

You live the disaster inside you, and it clogs up your present moment. And when your fears come true, you will suffer doubly by infecting your Now and Future. Essentially, you will pay the bill twice. What do you gain? Is it an extra dose of suffering? You think you can calculate the odds and make a safe projection into the future, but the dynamic of life will always interfere. Even simple plans, like watching your favorite TV show, are not guaranteed because any number of changes can alter your course. This is true for all expectations of the future. The universe will throw changes and new possibilities at you, endlessly. Maybe the problem you're having with this contradiction of the future is a simple problem of focus. You are playing with your child, and you are interrupted by a thought. It can be something good, getting a promotion. Or something bad, getting fired. But you have been pulled out of your present moment, and your thoughts are now elsewhere. You've lost the moment with your child because you couldn't keep your anxious thoughts at bay.

We seem to be prioritizing pleasure as the only condition which we should be feeling in the Now. So, if we are not feeling that pleasure, we think our Now has been ruined. But pleasure is so fragile that a tiny flash of negativity can break it. Yet, we place this pleasure condition on our Now moment and stamp our feet if it's broken by some intrusive thought. I want my Now back! It's all your Now.

Love your Now. It can't always be pleasurable, but you can still appreciate the electric awareness of being alive. That is now. If you have worries, they are dancing inside you right Now. Your awareness of these fears is proof that you are alive. But, remember, projections into the future are fantasies. You are imagining potential failures, but you can just as easily predict winning the lottery.

There is another invader in your Now moment. It's the past which can infect your Now just as much as fantasies of the Future. The pollution of

your past prevents you from enjoying a clean awareness of today.

You are still in the Now, but you might not like it. So, while you are summoning any image of past or future, you are living it inside you at that very moment, which means you are actually in the Present. You are just torturing yourself about a potentially dire future or an overly sentimental past. There you are wasting your present moment with grim preoccupations. The question becomes how you can fully enjoy your Now. You think that imagining the future is taking you out of your Now. But it's always now. These are your fears that are causing the problems. So, the paradox of the Now and the Future is - there is no paradox. It is always now. You live it as you are living it. How you live it is up to you.

## EVERYTHING IN ITS TIME

Our time in this life is limited. The way we respect that time will create a greater possibility for fulfillment.

Every human being has his own concept of time, and this has nothing to do with actual time. Our perception of time has to do with our scope of emotions. We give all of our life events a time frame based on our emotional condition. We want something desperately, and we try to force the universe to give it up before it is ready. We want everything now devouring ourselves. The self that demands the pleasure sense is continually stimulated, but time doesn't necessarily accommodate our demands. Feeling a sense of the appropriate time is an important part of having the life we want. For example, if you want to get something to eat, and you ask a friend who's just walked out of a restaurant and is completely stuffed to join you, you are asking for something at the wrong time.

How to figure out the recipe of your life? When is it time to be hungry for a new car? Your body knows when it needs food and it asks for it. But if your devouring self keeps asking for more food, pounds of unnecessary problems are added to your life.

Everything we need has its appropriate time. We are always trying to push time. Our emotions plead with time to bring us our needs on our schedule, but time is indifferent and you cannot push it to do anything. Time simply cooks the universal soup in which we are little potatoes simmering and interacting with other vegetables and spices, yelling that we are ready. However, time decides when the soup is ready, and our emotions have no effect on it.

Make your peace with time. When you've done all that you can, it is now up to the universe to cook the soup. Why jump around the pot, yelling at the other vegetables to hurry up, stressing over things that are beyond your control? Our desires depend on more forces than we can possibly

know. Most of what we need will require the involvement of many people. Other vegetables in our stew must also boil and interact with us to make the right flavor at the right time. But we think we can influence it, and believe that there is some work we can do, some little thing we didn't think of that can speed the process up. It's quite possible that it is our old fashioned work ethic that encourages us to worry about our problems and therefore speed up the time process. We believe that if we think about something enough, we are putting in the work. Of course, these thoughts quickly become obsessive; such is the nature of repeating a process unnecessarily.

Part of what we must come to understand is that when we wish and make our command to the universe, the work is done. We must put the thoughts aside and let the deeper mind go to work on the problem. Making your statement one time with commitment and faith is more than enough work to put into the situation. The deeper mind can take it from there. You just have to learn how to get out of the way and let time and the universe do the rest. But, we are constantly tripping over our own psychic feet. Time is the great doctor of your life, and you have to respect him. The devouring self is the patient. Listen to the doctor.

Our lives are full of potentialities, many of which are wishes we have for ourselves. Possibly, they are part of our destiny. But, how do we know how much time to give them? Our emotions are impatient - we want to attain our potential as soon as possible, worrying that if enough time goes by, we have missed our moment, and that our great destiny might have passed us by.

Can you force time? Yes and no. You can force events that weren't in your karmic path to happen and alter your own destiny. This happens all the time. By the seeming act of forcing something to happen out of its time, you open another door of new possibilities that will line up new potentialities to go along with this act of will. You didn't force time, but you changed your path, so things that were destined to happen in a certain time will realign and happen or not on a new schedule.

It is easy to confuse the concept of “everything in its time” with destiny. Everything will happen in its time does feel like destiny. And they are connected.

So here is a word or two about destiny. Destiny is a power word, seemingly irrefutable. Who can argue with destiny? If it is my destiny to become X, then it will be. The more realistic statement would be if it is my destiny to become X then it can be. There is a huge distinction between “will be” and “can be”.

Think of destiny more like potentiality. The reason every destiny is a potentiality is because of an element called “free will”. You may be destined to be the next Mozart, but you can choose not to be. You can decide you'd rather not practice the piano several hours a day and ditch out, and play football with your friends instead. There was a sympathetic universe teaming with a confluence of events, social, genetic, personal, etc. that was creating frequencies that would have interacted with your path to become the next Mozart, but you chose otherwise.

Did you miss your destiny? No. You missed one potentiality and created new destinies. The universe will then realign to accommodate you, offering new destinies in your path. And, perhaps, next time you will choose one of them. No matter where you go, there is always a place for you under the sun. Every new path has its spectrum of potential destinies. You will choose one, for better or worse.

And everything will happen the way it's supposed to happen - IN ITS TIME.

## **THE VALUE OF EXPERIENCE AND THE BURDEN OF THE PAST**

Our experiences are the building blocks of our education and part of our past. They inform who we are. They are often conflicting bombardments that shape our personalities, and many of these experiences become such burdensome memories that they seem to devour us.

We are both shaped and imprisoned by our experiences. With rare exception, most of us are giving too much weight to our past, which is an impediment to growth. But what about all of the great things I've learned in my life? What about the beautiful relationships I've made? Keep them. It's all part of who you are.

This is, once again, a management issue. The way we process these experiences will determine whether we get maximum value or are weighed down by them. The challenge is to use what we have, but not allow it to constrict our thinking, so that we are incapable of moving into the future.

Negative experiences have a powerful place in our survival. The most basic teachings guide our safety as we go out into the world. The old childhood lesson of burning your finger when you touch something hot on the stove helps to build your life armor. There is nothing wrong with this unless this painful lesson grows out of balance, and you turn that knowledge into an obsession. If the experience of burning one's finger grows into an unreasonable fear of heat, stoves, cooking, pans, fire, the imbalance creates obsession, which is a form of madness. The truth is you never have to think about these painful experiences like burning your finger. That information is now hardwired there to be summoned reflexively as needed at the appropriate moment.

Our experiences inform our opinions, and we all know what people do with opinions - they share them, either for the benefit of others, or because we like the sound of our own voices? When we share our

opinions with others, we are narrowing down the range of their experience based on our perspective. How does this really help them?

You can warn somebody that there is a vicious dog down the street, and possibly save them from being bitten. But they may have a broader range of perception than you do. Maybe they are dog whisperers who welcome the opportunity to meet any kind of animal. Maybe their destiny is to be bitten and so traumatized that they pursue an entirely new life path, for better or worse. The point is we can't know.

Your education is a product of your past. You are not a PHD because you are going to become one, but because in the past, you were educated to be one. Experience is part of our education process and part of our survival mechanism. We process these experiences into categories and patterns. We draw on these patterns in navigating our lives. Our experiences have their greatest value when we allow them to become part of our hardwiring and we draw on them instinctively. They become a burden when we overthink them and narrow down our possibilities.

Let's say you have an experience, good or bad, it doesn't matter. Let's use a good example. You were at a dinner party, and you told a joke that got a huge laugh. Everybody thought you were witty, and wonderful, and a great guest. A short time later, you are in another social setting, you tell the same joke and receive stone-faced disapproval bordering on contempt. What is the value of this experience? Maybe, you say, the value of this experience is a better knowledge of your audience. Perhaps it is. But these were two very similar crowds who are the same age, social status, etc. What went wrong? Nothing. You experienced something new and unexpected – the same type of crowd, the same type of circumstances, but a different reaction.

Yes, we learn by our experiences. But we can learn so much more by, instead of seeing experiences as clearly defined events that need to be replicated, using them to expand our world view. Instead of taking an experience and focusing it down to a more precise unit, widen out your vision. When you find yourself with the opportunity to repeat the experience, change your perspective and look at it from the other side of

the room.

This is not to advocate the process of self-censorship, but to expand your world view. Yes, tell your joke again, but don't expect that it will be met with the same reaction. The world is continually changing, and each experience is actually evolving with time. If you get booed for the joke, there is a bigger lesson than whether you should have told the joke to this crowd or not. The lesson is that each experience is unique - never to be duplicated. Time moves forward and evolves.

We tend to value our experiences so much that we believe that they will help us to predict the future. We rely on past patterns to illuminate our road. But the future is an amorphous flow of possibilities that continually change as they come into the present, subverting our expectations with new events that don't coincide with our past experiences.

What happens when a pattern that has repeatedly worked for us stops working? And we repeat that process because our experience has been that we will always get the desired result. But it no longer does. And we keep repeating hoping that things will return to normal and that the pattern will continue behaving properly. And still it doesn't because the world has changed. And what worked a hundred times before, no longer has any bearing on current events. It's not working. And you are tied to an old paradigm that you keep repeating until you go mad.

The value of experience is not in repeating them, but in looking at them from new perspectives. You are adding colors to your pallet. Not to repeat, but to broaden your color range.

You are the musician playing the music of your life. Your education has taught you where all the notes are, and how to duplicate certain notes in certain sequences to play certain melodies. You learn new patterns and put them into your repertoire. It is a valuable experience. But, every time you play it is different. It may sound similar, but it is not. You can play the same song with the same people. But, the feelings that are inside you, the phrasing of each note, the interaction with the other musicians, is unique

and special every single time. Every experience, no matter how similar it seems, is a unique phenomenon.

Who doesn't want to stay young? Actually, what makes us old? Nothing but our own experiences since the time when they happened has gone. But we are still basing our opinions on those old experiences, plus trying to convince people around us that we are youthful. Yes, they are potentially useful if we can adjust them to today's conditions and possibilities. Like an old song. In order to bring it back to life we have to remake it for fresh ears.

## LIFE IS MORE THAN A FORMULA

Every single inhabitant of this planet, no matter how cynical or disbelieving, would love to be given the exact formula for a life of magic. Not one of us would say, no. But, how would we define that magic? Like the ability to control supernatural events? Walk on fire? Fly? The greatest proof of magic you will ever see is the life inside your own body. But we take that greatest of magic for granted every day. We want proof. We want a quantification of the miracles. Yet, how often do we experience miracles, only to talk ourselves out of it, later?

Living a life of magic is an art. And art, like life, is unquantifiable. It lives between the numbers and outside of the formulas. To say that we are a materialistic society is to state the obvious. The tendrils of that thinking permeate aspects of our lives that we cannot fathom. We look to quantify everything in numbers. He's a ten. Her job's a five. My life is an eight. His wife is a six. We seek comfort in knowing the exact quantification (number value) of all aspects of our lives so much that we fear the gray area where art and life live. They live in the unknown. To take part in life is to take part in an ever-changing dynamic that doesn't go according to our plans and wishes. We enjoy when we get what we want, but it's hubris to believe that we are responsible.

We measure our lives in goals achieved, and if we miss out on one of our goals we feel emptiness. We've missed something. That hole creates an ache, and we allow our lower selves to build and echo that pain, completely unaware that the universe is filling that hole for us, even as we are mourning over it. The universe will always bring you new possibilities. That is one thing that is guaranteed. Something new always appears.

We set our goal and if we don't achieve it we count it as a failure. We completely negate the journey if we can't notch up the victory on our tally sheet. Imagine if your goal was to climb Mount Everest, or sail around the world. And you made it almost the entire way, but just missed it by a very few inches. Did you fail? Imagine the things you've seen on your

adventures, the new worlds you discovered, the new cultures you encountered, new languages, new music, new plant life, new fauna, and everything new. Your life has been enriched a thousandfold. But you didn't complete that last tiny leg of your journey. Is this failure? If you see it that way, it is.

Think of a child who is constantly trying new things, constantly failing, learning, failing again, trying something else, playing, enriching. Is that failure? Certainly, that child is failing time and again in his goals. Is this failure? Hardly. The child is devouring life experience at such a rate that there is no time to reflect on failure. Sitting, reflecting on defeat is a conditioned response. Children don't know how to do this until society teaches them that power word - failure. These measurements of failure narrow down our world view and decrease our possibilities. We call this growing up.

If you are going to measure your life in quantifiable goals you will reduce the scope of your existence, and you will be poorer for it. No amount of money in the world, no amount of victories will be able to make you whole if you see uncompleted journeys as failures. The pursuit of wealth is the pursuit of control. We are desperate to solidify the roiling uncertainty of life with the appearance of a perfectly controlled environment that we are the masters of.

We are goal oriented living our lives on a deferred plan. I will be happy when I achieve X. I am working to buying Y. When we achieve that goal, there is a fleeting moment of euphoria that lasts little longer than an orgasm. That euphoria quickly fades into a vague feeling of satisfaction, and in very little time the sensation has been pushed aside in pursuit of the next goal. This is a perfect example of the difference between happiness and pleasure. Inner happiness is a stable force inside us. Pleasure is an orgasm that arrives on a whim and leaves with the breeze. The pursuit of pleasure keeps us in the victim mode. Some outer event must happen in order for us to feel that happiness. When we get what we want, we believe we are happy. We begin to believe our success at attaining constant pleasure is the result of our own potency. But how

easily that confidence dissolves when our fortunes shift and the universe decides not to feed us its cosmic candy. Then we are victims of forces we can neither control nor understand. And more often than not the brain begins the process of replaying and replaying. We are in the pain loop of thoughts incessantly droning on, picking up speed and increasing our torture. We replay good moments and long for those days. We replay bad moments and wince with the painful remembrances. What purpose do these memories serve at this point? We tell ourselves we can relive our successes and feel the happiness that they brought us. Can we? Have you ever looked at a person going through a dry spell, constantly reliving their past successes? Do they look happy?

Sharing memories of past successes with friends can be very enjoyable. True. But what you are enjoying is not the memory of the past success, but bonding with your friend in the present. Then, why dream? Why have goals if not to achieve them? That is because, when you follow your dreams, they can lead you to amazing things, even if you never achieve them.

Say when you were a child, you wanted to be a rock star. More than anything you wanted to grow up to be a Beatle. You bought a guitar and learned how to play it. And a lifelong love affair with music began. As you can probably guess, you never become a Beatle. Is this a failure? You never realized that dream. But your life is enriched by making music.

Dreams may end in disappointment. But do they really? We may not become rock stars, but we learn how to play the guitar. The pursuit of your dreams will enrich you. To quote John Lennon, "Becoming a Beatle was better than being one".

## PERSON TO PERSON

Most of what we want in life will require the involvement of other people. Most of the joys, and pains, and dreams, and desires that we have are based around some interaction with others. Even the person who has decided they are fed up with society, and wants to live alone in nature has come to this conclusion based on extremely painful interactions with other human beings.

We are human, and we need other humans. We are defined by our relations to other humans, not because we are what others think we are, but because what we think of ourselves has been influenced by our interactions with others. A human is a human as long as there are humans around. A child raised in the wild by animals becomes an animal due to a completely different consciousness. We get our humanness from each other. We feed each other and feed off each other, symbiotically.

When you project a vision for your future, it is always based on you. But whatever outcome you are wishing for, even altruistic ones, it will actually depend on other people to help realize it. Even the universe will need their help when it comes to fulfilling your dreams. You are trying to get the universe to vibrate with your frequencies, but it is most important to remember that most of your wishes will require the involvement of many others. Have you taken them into consideration when you ask the universe to bring you your wishes? How well do you value the other actors in the play called your future dream? Most all of your wishes will involve other people, and you want them to dance to your music. Are you playing music they can dance to? Before you ask what somebody else is bringing to the party, ask yourself what you are bringing. When you determine what you are bringing, don't give it a number value that you can compare with the others around you. The math doesn't add up. More isn't always better. You have two legs. Would you like two more? Think how much faster you could run. Four arms would make you a major multi-tasker. Would you like two more? When you compare what you are giving to what your friend or colleague is giving, the math can never work. You

are always calculating from a self-serving viewpoint and killing the potential of all that you will be bringing. The math can be made simpler this way: everything you give is, at the very least, duplicated.

When you share your love, two people will benefit from that love. When you share your anger, two people suffer for it, and quite possibly more. Here's another way to look at the math. You have one of something. Somebody else has one of something. You give your one to them. They have two. You have none. You've made them very happy. Do you feel the lack? No. You are happier than you were when you had the one. They are happy. And you have made yourself happy. You have enriched yourself. Giving feeds the giver. Our emotions are always duplicated when we share them with others. Give somebody your respect, and two people benefit.

Here's some more math. One of the mistakes made in pop psychology is the notion of getting your anger out. The thinking is that by expressing your anger, you will be getting rid of it. But the expression of anger doubles the anger. You have given the anger the opportunity to grow by sharing it with others. This sounds strange. What am I supposed to do with all that anger? Just let it fester inside of me? No. Manage it. Do not feed it by pulling others into that emotion. Do not give more life to negativity by expressing it. Manage. And by properly managing that anger, it will subside much more easily than firing it at another and fanning those flames. Anger breeds anger. Love breeds love. Everything you give is duplicated.

Then, how do we get what we want from others? We need love. We need trust. We need faith. Want nothing from others. It is not our place to seek our desires in others. That is the pursuit of comfort, which is an uninspired form of pleasure. True relationships shouldn't be based on reciprocity, but on giving and not asking or expecting anything in return. A loving relationship asks for nothing. If love is returned - how lovely it is. But it should never be owed or expected. But how do we go into relationships with people who have hurt us in the past, or we are suspicious of? If the past is burdening the relationship, then you have to change the

conditions. Either get out of it or commit completely. When we look at that other person, and we allow doubt to infect us, he or she will receive that signal. In many ways that reinforces the behavior. Treat a thief like a thief and you will get what you are looking for. This is not to say that giving your trust to a thief will change them into an honest person. This is just to say that if you want to be a catalyst for their change, it will require your faith.

We want to believe, but we say, "If only I could trust this person." That doubt is energy. That energy is given a name - distrust. That energy of distrust will influence the recipient of that energy. If you want to change somebody, sometimes it is possible. First you must put your complete faith in that person. If the issue is trust, give them your absolute trust. They will feel it unconsciously. Go into this commitment with absolute faith and certainty. Don't question whether you are a fool to give this trust. Just do it. The magic of that belief will be received by the person you put that specific faith in. This does not guarantee that they will change and become the person you want them to be. Maybe there are too many other factors and influences in their world for your faith to make that kind of change in them. Maybe they are not ready for it. But maybe they are. And if they are ready for it, your faith in them could be part of the energy that helps them to change. If you reach the place where the person you had faith in disappoints you, and shows they cannot become the kind of person worthy of your faith, cut them loose. To other people, say yes or say no, but don't straddle the middle because that will just create disappointment.

This is not to say that you must create instant reactions to every situation. Sometimes it is appropriate to say "I haven't made up my mind yet." The rules for our interactions with people are simple. When in doubt, give first. Ask for nothing. See what happens.

## II. PART TWO: THE MAGIC AND YOU

### EVERYBODY WANTS MAGIC

Your neighbor walks out tomorrow morning, buys a lottery ticket, and by evening is the richest person in the city. A miracle has happened. Is it a miracle, or merely coincidence? Let's take a deeper look.

Perfect timing was happening. Your neighbor was the only person who could have won that lottery. It was his time. There was no coincidence. This was his destiny, and he stepped into it at that perfect moment. Is this magic? We want it to be magic.

The visionary inventor and scientist Nikola Tesla said that everything on this Earth was magic. He wasn't just saying this for effect. He understood that science had more in common with the mystical than his contemporaries would ever dare admit. And he played in the field of magic and changed the world. Every one of us has the secret wish to leave behind the boundaries of the mundane, and step into the world of the miraculous. We all want to be able to tap this mystical resource. We want magic.

How often have you experienced one of life's little miracles that absolutely lifts you into a state of elation, in perfect harmony with the universe, only to talk yourself out of it later. Why is it so hard to hold on to this belief in the magical? We seem to have no problem putting our absolute faith in negative thoughts. We will believe in any negativity with absolute, unshakeable faith. Immediately we begin watering that plant, feeding it with fear. We visualize negative consequences and become the victim of them. And we call this rational thinking.

Why can't we put that energy into hope? Why do we think fear is rational and hope is irrational? When you have hope, doubt comes in. When you have fear, doubt never enters. Why does our supposed rational mind feed

fear and starve hope? Does it see fear as more valuable than hope?

We think we are protecting ourselves from the painful emotion of being let down by false hope. But is it rational to gorge ourselves on crippling terror? Our rational mind keeps doing irrational things, although you think your rational mind is there to protect you from being a fool. Actually, it is simply proving that you are a fool, hammering away at the part of you that knows how to fly, and filling you with self-doubt and worry. Be a fool.

Separate that rational mind from your magic mind. The rational processes are limited in their usefulness. They are good for mechanical, life calculations, but they strangle magic. Relegate your rational mind to performing those utilitarian tasks that it is best suited to. Don't worry about your rational mind. It is unkillable. Believing in miracles moves us into the subtler realms, where exact quantifications hold no sway. Think back to when you were younger. You knew less about the world, but you felt it more. You had no problem going with whatever moved you at the moment with absolute commitment. As a child, you were naturally more present and intuitive. As you were educated and indoctrinated, you lost more and more of that natural instinct and became more dependent on the rational. This is a part of the socialization we all experienced. And as we find more success playing by the rules of logic, we rely less on our instincts. Eventually, we lose touch with this intuitive side, and become totally dependent on this amazing machine called our brain. And when we meet with success in our lives and careers, we put great faith in this rational thought process. Falling in love with how clever we are, we grow this part of the psyche, while the intuitive half atrophies.

But eventually we find ourselves in situations where all the thinking in the world won't help us. Your brain will strain and turn over the problem and never find a way out. That is why we need to feel our way through whatever dilemma has presented itself. But we don't know how to do it anymore because we've lost our feel and our magic. Would you like it back?

Let's go.

## NATURAL MAGIC

Humans are the only creatures on Earth who manipulate and alter nature to create artificial constructs. Our scientists split atoms to invent weapons of mass destruction. Metals are heated and amalgamated. New elements are discovered and combined in ways that nature never conceived of. New chemical compounds are unleashed in our waters and forests. Our cities, and factories, and chemical plants, and oil refineries, and computers, and nuclear power are all in conflict with the flow of the natural world. Humans are the most aggressive and dominant species. We are continually changing nature, forcing the planet to adapt to our will, expanding and changing as much as possible. No other organism on Earth can do this. Much of humankind's manipulation of nature is a wonder to behold. Thereby, we are tremendously proud and in love with these accomplishments born of our magnificent brainpower.

These artificial constructs have their own magic - artificial magic which we are now largely dependent on. This is the magic that comes from the now dominant rational mind, the waking mind. The creativity springs from the blaring sunlight of human ambition. Did you really think that this amazing half of your consciousness was incapable of magic? With this love of unfettered brainpower comes a tremendous belief in the superiority of logical, rational thought. And this worship of the rational has steadily shrunken our more mystical, intuitive consciousness. The artificial magic comes to dominate the natural magic that we once accessed with equal respect.

But still it's there for us, every night when we sleep, waiting for us to open the door. The natural magic of this planet is accessed by our deeper consciousness that is most present when we are asleep. This is the land where dragons live, and the laws of gravity have no effect. We think of this as a fantasy world. But you will spend 30 percent of your life here. What happens when you sleep, also affects your waking world. Most of the time you can't see it, but sometimes you can.

The rational mind continually looks for similarities. It measures, and

compares, and sorts into quantifiable units. It experiments, and repeats, and seeks empirical evidence in repeatable phenomena.

The deeper mind sees the uniqueness in every particle and every situation. Do you hear the cynical voice telling you that you are not a snowflake? That is the know-it-all empiricist who has you quantified in a common unit. The deeper mind understands that every cell, every life event, every situation, every person is unique and happening only once. You are a snowflake. The natural magic flows from the infinite well within you, and your deeper mind understands it. It also understands that every shift in the environment creates its own magic. And we are continually taking part in that shifting energy.

Think of the moods of your own psyche. Not the big, earth shaking emotions, but the small shifts that occur from moment to moment. Do you really understand what causes the sudden changes we feel? We ask our doctors and scientists to answer these questions. We need to know exactly why these feelings change with no apparent motive. We look for the comfort of an explanation. But we are influenced by everything in our universe. A psychologist might tell you that it is likely that an ugly encounter in a parking lot three days ago left you with some residual anxiety and this was probably responsible for your sudden flash of anger or melancholy. Or they might go into some childhood trauma. None would even consider that the high pitched squeal of a passing truck's brakes affected your mood. Or the extreme colors of the paintings in the lobby you just entered altered your mood, or the smell of an overcooked egg, or some combination of frequencies that defy explanation.

We've all heard about the color experiments done in prisons where they put prisoners in a red and a blue room. And the violence increases in the red room, while it decreases in the blue one. If a scientific study explains this, we are willing to accept this as science. Why can't we accept that there is so much more going on in the universe that we don't understand and that is also affecting us?

Imagine you are sitting in a sunlit room. Close your eyes and cover them

so no light gets in. You can still feel the mood of the sunlight because you are under the effect of the light even when you cannot see it. Then, sit in the exact same room with no light. Close your eyes and cover them again. Create the same situation. You can still feel the darkness.

Our sense of time changes in daylight. Imagine you are waiting in the daytime, and somebody tells you fifteen minutes have just passed. You will think nothing of it because that seems about right. You easily feel the time that you question anything. Wait fifteen minutes in blackness. It will seem like hours have passed. What's the difference? Is it perception? Yes, a bit. But what is really happening is that darkness and light have their own rules.

Let's get off the planet to see another perspective. What do we call the day? Day is the time when the Sun has a dominant influence on Earth. In the evening, the Moon is dominant. What is day and night? It is the sequence of the domination of these objects in space. These are two different worlds that are completely opposite of each other. We are influenced by everything around us for the reason that everything gives off its own vibration frequencies.

One of the most mystical of these forces is water. Scientists would love to explain the only substance in our world that can take three forms: liquid, solid, and vapor. The mystical properties of water pose a thousand questions. How can a fish sense something in the water miles away? Is the science simply that water is a greater conductor of sound, electricity, smell, light, etc.? Why is this so? Why do we die after three days without water? Is that because of dehydration? Our bodies are 80% water. Even if we lose several liters of water, we are still filled with water. Yet, the body dies after three days. The same person who goes without water for three days can be revived with a tiny sip. How is that possible? Your body has sweated and dehydrated liters, and we are revived by little more than a couple of sips? Water is the great mystical force. Its power is unknowable to science. Besides being a great conductor of the known elements, water is a powerful conductor of magic. All of the elements, the time of day, the stars, the geography, the surrounding flora, all are part of natural magic. You are a part of that magic, too. And your deeper mind knows this.

## THE POWER OF THE DEEPER MIND

We've heard and read many theories that we only use 50% of our brains, or 20%, or 10%, or 5%. No matter what the number is, we all feel like we are missing something. We are not getting enough out of ourselves. How often have you said, "If I didn't have to sleep, I could do everything I need to do?"

The truth is that your brain is always working, performing trillions of tasks and calculations every second that you draw breath. Every cell in your being works continually, never taking a millisecond off. We are certainly missing the access we would like to that massive resource. So how do we tap into that huge power? We are already doing it.

Every night when we go to sleep, our brain is working on all of the things we need it to do. This is the deeper mind at work. Most of this unconscious work is cleaning up the distortions and infected frequencies of our anxious days. When we awaken, we are at first in the clean state that has been delivered to us. For very brief seconds. But then, the conscious mind gets in the way, and often undoes the great work that we are doing in our sleep.

We must learn how to get out of the way of that inner brainwork and let it do its magic. We must develop our conscious processes so we can smell what's all around us. Your conscious mind is the rational presence that deals with the surface of your world. This is where your ego has control. How easily it is influenced by the petty jealousies and fears that infect us like psychic viruses.

The deeper mind says yes to everything. It is your conscious mind that shuts off the machine. Although it is easy to confuse your deeper mind with conflicting messages, yet it will still work to try to obey its commands and find the best course for you. Thereby, it will be subverted by the rational mind most of the time. This is something that advertisers have known for the better part of the last century, which is why they've been

so successful at driving people to buy all kinds of crap that they don't need or, if they thought about it, even want. The seed is planted in the subconscious - you want a coke - and the machine begins churning to get it.

These are the practical ways our thoughts are used against us. But we also use our thoughts against ourselves. Nothing good ever came from thinking. This broad, seemingly anti-intellectual statement is meant to titillate, but it's true. What a preposterous sounding concept! How can I do my greatest brainwork by not thinking? How will my mind know what to work on? All of the great geniuses throughout history have said that their greatest creations came about when they were able to push their conscious thought process out of the way and get into a flow. The rational mind switches off, and the deeper mind naturally poured out its gifts. And there is genius inside us all.

Here's the mechanism. Your need to be creative or figure out a problem creates a desire - a force with its own frequency and language. From the moment this desire is born, it awakens the machinery of the deeper mind, which instantly begins the architecture of fulfilling this desire. Too much thinking will only block the magic at this point. Everybody has experienced that obsessive mechanism called overthinking. You want results, and you think, and think, and think, and your belief in hard work and your competent brain leads you to believe that enough of these forced thoughts will find the answer. It's quite the opposite. All of those forced thoughts are creating a barrier, a great wall that gets in between you and your inspiration. Get out of the way. The same problem of overthinking gets in the way of the flow of natural magic.

We've all experienced small flashes of magic. Yet, we question this process. Did I really feel something, or did I just imagine it? Both. This magic starts in your imagination. Your baby steps begin as little inklings that can easily be explained away by your self-doubting and perpetually worried mind. And this is where the road block begins. Don't worry about whether you are really experiencing magic, or whether it is in your mind. Your imagination is where it begins.

Here is a story of a master and his student. The teacher asked the student what his favorite flower was. He replied, "Freesias." The teacher held a glass of water in his hand. They both thought very long about freesias. Then the teacher smelled the glass, and the water was redolent with the aroma of the freesia. He handed the glass to the student. He smelled... water. No flower. He was dubious. The teacher was patient. He asked the student to just engage his imagination. They tried it several times. No freesias. They switched flowers. They tried a rose. And eventually, the student smelled the rose, but just a faint trace. He doubted it. He took another sniff. He talked himself into it being simply imagination. They repeated. He could smell the rose a bit more strongly. What was this? Was his mind playing tricks on him? It doesn't matter.

Magic starts in your imagination. It is the nascent manifestation of the miracle. With training the magic grows. It begins to have a greater effect on the "real" world. Don't burden yourself with questioning whether you are just imagining it. You are just imagining it, for the beginning. And the more you imagine, the stronger this muscle becomes, and the greater an influence it has on the world around you. You do your exercises and feed your inner and outer consciousness with fantasy. Fantasy is the key first step in the process. That's the muscle you want to train. Never question whether you are imagining this or not. Whatever you think, you are right. This is the reason fantasy exists - to engage the magic. We stress this because this tiny virus of doubt can infect our whole journey, and we shut down the processes we are trying to awaken.

Don't let doubt be a part of this process. From the start, tell yourself this is all a fantasy, and relieve yourself of the burden of self-questioning. And most importantly, when the first little miracles begin appearing, relieve yourself of the process of questioning, whether the miracle was real or a coincidence. It's all a miracle. You are taking part in an amazing miracle every day.

Do stop thinking. Your mind has better things to do.

## THE MAGIC HAPPENS AT NIGHT

Since the first days of the earliest civilizations, beginning with our tribal roots, the major and minor events of life were attributed to magic. All of life's rhythms, birth, death, sickness, health, prosperity, plague, fell under the spell of great magical forces. Early humankind was well aware that everything was a miracle. Magic was all around, an integral part of all life.

Everyday magic, potions for illness and fertility, spells for love and wealth, were taken care of by witch doctors and wise women. The big stuff was handled by the court wizards. This was the magical medicine of kings that the royalty needed. They needed to be seen, and to feel themselves as they had a special pact with the cosmos and as their gods were standing right beside them. People would remain loyal to their leaders if they believed that magic was with them. They would only follow them into battle if they felt confident that the magic was on their side.

From the beginning, these kings and tribal chieftains understood that if these ephemeral powers were ever seen to fail them, they would find themselves in the stew pot or on the chopping block. That is why they employed wizards and shamans to influence the gods and maintain and grow their power. The wizards wove the grand spells and created new recipes to give their kings the metaphysical help that would aid them against their enemies. These court necromancers understood that "gods" were accessed not out in the cosmos, but in the deepest inner world and that real power could be summoned in the realms of the deeper mind. They also understood that the access to this inner world comes at night. That is why their rituals mostly took place at night when the noise of the daytime has dissipated, and the night magic could be entered.

Think of the fairy tales from your childhood. At night, all the elves do their magical work, spinning gold, weaving miraculous cloaks, and cobbling wondrous shoes. In the daytime, all of their handiwork awaits the princess or king. All of these tales are relating the same understanding in the language of the culture. It is the language of the gods. In the earliest

civilizations, cave drawings link images directly from the deeper consciousness with the unknowable world. The ancient Greeks and Egyptians used powerful god imagery to tell the stories of their cosmology. In the days of oppressive religious forces, practitioners spoke in code. Now, we use different, more new age language to bring us closer to the magic that seems to elude us.

Think of yourself as a magic factory in which you are the management and the night elves are the workers. You make demands, get in everybody's way, and then go home to have a martini and annoy your family. At night, the workers do their job. And if you don't destroy everything the next day, the magic begins to grow.

Here's the real secret. You get more out of your software by properly running your program at night. Our deeper mind knows how to do everything we want it to do. When we sleep, enormous powers are released when the conscious mind shuts down and gets out of the way of the deeper mind. This is where our guardian angels lurk. Our inner angels constantly calculate and adjust to bring us the best of what we can wish for, but our outer conditions constantly throw interference at this powerful inner process. Our deeper mind knows how to bring us the happiness we seek, but our outer consciousness is constantly redefining what that happiness should look like and is frequently at odds with our inner nature. We are essentially unmaking what we are working so hard to make.

The artificial constructs, neurotic thoughts, business plans, anxieties, unnecessary efforts, and fears that we create in our waking lives obstruct the flow of the "natural mind". Some of those artificial constructs can easily be the goals that we define as our answer to happiness. But the deeper mind knows better, and often there is a subliminal war happening inside us as our good instincts, which are trying to protect us, battle with our counter-wishes. What we are trying to sync up is our flow of natural magic with our wishes. The training for achieving your wishes is quite simple. The wish is the first protocol. You will be forming all the other protocols around this wish. You will learn how to properly form your wish

- make your statement, and get out of the way.

You cannot force anything. All you can do is undermine your inner workings. While you are asleep, your deeper mind will make all of the perfect adjustments to resonate with the outer world and bring your wishes to life. That is what is really happening when people manifest. It's not that the universe is your personal Santa. It's that you can sync with the universe to magnetize yourself to what you desire. In the night, the deeper mind will form a micro universe around your wish. This micro-universe communicates with the macro-universe. And the precision of the micro-universe is where the magic lies. This is the signal that is being sent out. This is the quality of the signal that is being transmitted out into the universe.

The next morning, you have to listen to your natural magic. Learn how to hear what your unconscious is telling you in the night. Your job in the daytime is to let the seed grow. It's already been created. At night, your inner machine knows exactly how to manage. Everything will be lined up perfectly, so your being will hum with flawlessly tuned micro-thoughts, transmitting and receiving and interacting with the universe.

## THE ANATOMY OF A WISH

We all want to make our dreams come true. Have you asked yourself what is going on to make the universe grant our wishes? Are we tapping into some vein of universal love that wants to bestow its blessings upon us?

We wish, we wish, we ask, and plead. And sometimes we beg the cosmos, greedily, poignantly. And we do this relentlessly, but still we're not satisfied. Then we replay, and again ask ourselves what went wrong. Is God indifferent to my needs?

Let's try to understand. What happens when you make a wish? A lot. And, at the same time mostly nothing. Most of our wishes are fantasies of how we'd like to be seen by society. We occupy our minds with self-generating entertainments that eventually turn into obsessive thoughts. The impotency of our wishes comes from a misunderstanding of what happens in this process. A common misconception of all manifesting books is that you have to feel good about your wishes. Whenever you even think about a wish, emotions overwhelm you.

A proper, dynamic wish is simply a trigger. The real secret is that your wish is the command form of appropriately connected thoughts. This is the way a wizard makes a wish as a command, properly formed, independent of emotions. Your wish in a command form is an explosion of energy that emanates both outward and inward, like a bullet propelling toward its target and the vibrations of the recoil burrowing inside.

Wishes are born in the conscious mind. We think they come from deep inside, but on the contrary, the deeper mind does not make wishes. It only concerns itself with needs, and is perpetually working on the commands that come from your conscious mind. It tries to do its best to make the wish come true. But its first priority is your needs. It perfectly understands the needs of your system. As very often needs and wishes are not complimentary, the deeper mind will try to deliver the wish based

on the inner needs. Did your wish come true? Yes and no. Something has changed, but it has not met our expectations. There is a conflict.

Great wizards understand how to join needs and wishes.

No matter how much you think you “need” to have your wishes fulfilled, these are not real needs. If you are starving, you don't wish for food - you absolutely need it. And this triggers a deeper, primal drive that will propel all of your forces to obtaining this life sustaining substance. You don't sit around and fancifully wish for food, but you go out and get it, or die trying.

Think about the things you wish for. Do you really need them? No. You want them. And the task at hand is to sync up your deeper mind with your goals. Your wishes come from your personality, like a combination of ego and emotions. Your deeper mind can handle your wishes, but it takes a bit of skill to get the inner angels to work with your quirks.

There are two basic types of wishes. One is for the soul, and the other for the material. There will be another book for soul wishes. Right now, let's talk about the material.

If you wish for a new Mercedes, you are not affecting the physical universe, so that the Mercedes will drive itself over to you, but you are creating conditions where more people and energy are moving toward helping you attain that Mercedes. All of your wishes will need people to help realize them. Even the universe will need their help when it comes to fulfilling your dreams. You make a wish for a new job, and there is a boss and several people in human resources who are in charge of that process. Most of what will help comes from them, but the universe cannot bend their will to your priorities. You are trying to get the universe to vibrate with your frequencies and manifest your desires. However, it is most important to remember these other people who will play a huge part in your ambitions. Have you taken them into consideration when you ask the universe to bring you your wishes? How much do you value the other actors in the play called your dream future? After all, you are asking them to dance to your music.

If your dream is really that important to you, put the time in and train. Don't believe all of the promises that the universe is just aching to deposit all of your fantasies in your lap. The universe is not personally invested in your desires. It is up to you to learn how to vibrate with the universe. Not vice versa. Do the work.

We can all agree that four to eight years of graduate studies at university will bring you the advanced degree that will lead to a better job. That's a lot of training. Your wishes will require an infinitesimal amount by comparison. If somebody told you that you could have a PHD in six months you'd say, "Where do I sign up?" So what's six months in achieving your greatest dreams?

Let's say you want to be President. You've just given your inner angels a heck of a task. They will be working overtime, but you have to give them some help. First, you need to make a full assessment of yourself. Are you really ready to be President? Do you have the experience? The reputation? The support system? If you've had no experience in politics, even a host of guardian angels can't lift you from your couch and deposit you in the White House. You must be realistic with this hugely ambitious and unrealistic dream because everything is possible.

Your grand wish will implement a series of sub-wishes. These are milestones that must be reached in order to climb your mountain. Your first step might be to get involved with local politics, or in community organizing. Maybe get yourself on the local city council. Eventually, you might work your way up to state politics and then national. If this sounds like the usual plan for rising to prominence in politics, it is.

This plan first illustrates the importance of time. Everything happens in its proper time. You can't jump from college into the White House. There are a number of steps. If you are going to be President, you will need a lot of magic to go along with years of incredibly hard work. And while everything is possible, you may want to examine your ambitions.

Now, take the first step. Train for ten days in the basics of creating the right state of mind, and you will see results. After thirty days, you will

become more advanced, and after six months, you will be quite adept at these techniques.

The entire time, changes will be coming - changes that you will be able to see, as well as changes that won't be immediately visible. Keep up your practices. Don't stop. Understand what it is you want and what the timeline for attaining those wishes might realistically be. The first thing you will learn is how to come to neutral. This clean state of neutrality allows your inner angels to do their work. It also allows you to fully enjoy the newness of each moment. This neutrality is the perfect atmosphere for your wish to grow in. Once you've made your wish, the best thing you can do is create a clean environment for those vibrations to emanate and amplify.

Don't be like a child who tries two or three times to be great at something and then quits. You are closer than you think. And it will come in its time. After ten days of readying yourself with your work book, fully profiling and understanding your wish, and creating the exact command, you make your statement and pull the trigger.

The soup is cooking.

## HOW TO WISH

“Start today! Manifest a new car! A new job! More money! A new spouse! A huge house! It's simple! The universe wants you to be abundant!”

How's that working out for you?

You've come to this book because you've not had the success at manifesting that you hoped for. One reason is that we will only accept ideas and techniques that comfort us. Think about it. If the spokesperson for the universe promised that you could have your wishes come true, but that it would involve some extremely arduous and uncomfortable work on your part, would you even try this? What if they told you that fulfilling your dreams requires supreme efforts of negativity? How would you accept that? What if they lined up scores of attractive spokespersons swearing that their misery and negativity perfectly attached itself to their wishes and made them all come true. Would any of us get on board? It is doubtful.

No, we are not saying that negativity is the answer. It absolutely is not. And we are not saying that true manifesting is torture. But it is not that simple, feel good process that salesmen are handing us. Manifesting your wishes involves training that runs counter-intuitively to our comfort zone. It involves making a command that you mustn't feed with your emotions, positive or negative. Your workbook will take you through each step of the process. Here is what it will look like:

### **Preparation**

Cleanse your mind to make it ready for the magic. You are taking one thought into the night with you. Whatever your dream is, you will have to break it down into its component parts. First of all, profile your wish. Is it a long-term goal or a short-term goal? If it's a short term goal, have you been realistic about the amount of time you are allowing it? Who are the people that are going to be involved with your wish? Have you profiled them?

For example, if you are looking to make some amazing project, a new company, a film, an invention, what is the biggest need of that wish? Will you need financing? How does your financier profile? Is this person male or female? How old is he or she? What type of personality? The more you know about the kind of person you are looking for, the clearer a picture you can transmit to your deeper mind.

You'll probably say, "I don't care what this financier looks like. I only want money for my project." But, that won't attract the right person to you. Actually, it could bring you the wrong person and a whole new set of problems. Start to feel the best people you need for your dream. Inside, you know who they are. You can intuitively feel their presence, so concentrate on them. Bring them to you.

Before you start to wish, try to determine if this is really your wish, or your complexes, or jealousies. What you think is your wish, might be a psychic infection. If your wish is to have a bigger car because your rival has a better car, this is an infection. Rage, anger, and jealousy repel the magic that you are trying to engage. Clean them out. Your wishes should be life sustaining and life developing, but not a byproduct of your complexes.

Don't limit yourself to your expectations. Expand your view. Maybe there is something better for you out there. Your deeper mind knows this. There is more in the cosmic shopping center than you ever imagined. Enrich yourself. Pick what you want from the vast choices.

Make sure you've done a deep examination of what it is you are wishing for. Your deeper mind will be working at bringing you this wish. Be very clear and specific about what it needs to work on. You can't say, "I want to make a movie" and expect your inner angels to deliver you a 200 million dollar budget with A-list movie stars. It might just supply you with a home video camera.

Once you make your command, you cannot modify it by rethinking and adding and altering. "I want a new house. Oh, wait! I'd like a new house with blue windows. Oh, and I want it to be thirty-five hundred square feet, minimum. Oh, and I have to have a pool, and a guest wing." You are just

cluttering and polluting your wish. This creates chaos and the gears of the machine will become stuck. When you have a clear picture of your wish, you must form it into its purest statement and turn it into a command. It is no longer a vague fantasy. It is a command that will trigger an internal explosion, which will vibrate out into the world. It won't stop.

To repeat: Your properly formed wish is the trigger that begins the amplification process: first, amplification by the brain, then by the body, and at the end by the universe.

When you trigger that wish in the deeper mind, the process begins. The first order of business is creating the appropriate pallet of emotions in your body. Your deeper mind knows exactly how to do this. The harmony of these emotions is the music of your wish. Your body amplifies it. Here is where you must be careful. Because the volume of these emotions is being so amplified by your body, it can overtake you completely. Now, it's time to control your emotions, as much as possible when it comes to your wishes.

This is an important distinction that contradicts what the other manifesting techniques claim. We are told to "feel good" when we make our command to the universe. Positivity is a very important power in any discipline. Negative emotions pollute our spirits and infect our surroundings. Positivity also infects our surroundings - though in a very positive way. Remember that positivity is an emotion. And emotions are always subject to changes in the wind. Yes, it is very valuable to stay positive. Most of your optimism will magnetize positive outcomes. Positivity can stabilize your ship when it is bombarded by a storm of negativity. Positive emotions create excellent vibrations for us to attract the things we want in our lives. But like negative emotions, they must also be controlled. Oh, how can you have too many positive emotions? The same way you can eat too many sweets. Positive emotions create a high. And ALL highs are addictive. Addictions run rampant in our system and they seem to feel good. But nothing feels good all the time. Yes, stay positive. But you don't need to feed your deeper mind with it. Allow yourself to come to neutral. This clean state allows your inner angels to do

their best work. Thinking about your wish, even positively, can make you anxious. That anxiousness gets in the way. The more you can stay out of the way of your wish, the better chance these vibrations have to remain clean, focused and powerful.

As soon as you make your wish, your inner mechanisms begin amplifying and transmitting. That amplified frequency will be picked up by other people at both a conscious and unconscious level. They will notice changes in you. You are magnetized. And your deeper mind keeps working, amplifying that signal, projecting it further and further into the atmosphere. Remember, energy never dies. You must learn how to not interfere with that powerful signal you've just created. The universe is vibrating with that wish and making it stronger.

Now comes another hard part. Don't visualize. Yes, you've heard it from all the gurus, visualize. The more you visualize, the more emotions attach to your wish, and the more anxious you make yourself. More clutter. It sounds wonderful, life affirming, very positive. But it gets in the way. You've already visualized enough. The process is going. Any more visualizing is not only unnecessary, it is counterproductive.

Your inner angels are just asking for a little room to do their work. Get out of their way.

## **BUILDING THE INNER ARCHITECTURE**

There are two worlds: the outside world you are living in and the world living inside you. The world inside is created by you. It is up to you to build an inner architecture with wishes that are in harmony with your inner mechanism. Without this harmony you are a victim in your world. Thereby, you should be the king.

Let's say you are a painter or a salesman. No matter. Your wish is to sell your product. Whether it is a painting or a widget, you have a dream to bring to the world. You know with all of your being that you have created something amazing. It is a Picasso, or the next iPhone, whatever it is. But you can't get anybody to buy it. What's going on? Why won't they buy this brilliant thing that you are offering? It would make them happy. They would love it. No question. Why aren't they buying? It's not your creation that is chasing them away, but it's you. Your unstable essence is infecting your product, and the world is picking up on those frequencies. Yes, your new painting or gizmo is brilliant, but the anxieties, and fears, and negative projections that permeate your being also infect your work. How can this be possible? My work is a separate entity. It exists outside of me. No. Your work is part of you. When you send it into the world, you are sending a part of yourself with it. The psychic noise and disharmony that emanates from us infects the product we are bringing to the outer world. Whether that product is yourself, a painting, or new fan belts, it carries some of you with it. When our inner architecture is incomplete, the outside world can feel this. No matter what façade we have created, they are reading at an unconscious level that something is off with the foundation. Then, when the world we are moving in responds negatively to our unconscious transmissions, we become frustrated. We blame the outside world and we complain that the world doesn't understand us. Actually, they do. They are responding to something that is off kilter inside. And they are right. And it is usually faith that is missing. With faith our inner architecture is solid and projects harmony.

When we build our inner world properly, we radiate to the outer world.

Our vibrations create music. The outer world starts to vibrate to the notes we have created inside of us. If our inner notes are dissonant, the outer world vibrates with that dissonance. When the music we are playing is harmonious, the outer world wants to join the band. And then happiness comes. Sending the right notes from your inner world requires learning how to play that instrument. We start with the basic tones, and practice, and develop until we gain proficiency.

These concepts seem overwhelming. But, like making music, you start with basic tones that build upon each other to become harmonic structures that resonate with the universe. This can be done today. You don't have to become an ascended master before your inner world can create harmony with the outer.

We call this magic - the magic that comes from inside you. And you are the magician. Build your castle.

## RESPECT THE MAGIC

When you start your journey into a life of magic, you will very quickly begin to feel changes. Your dreams will be more vivid and meaningful. With the formation of your first wish, powers are unleashed in your world. People will notice something about you. You seem different. You look younger. You are more energetic. You will begin to feel very special. You can't help it.

As the magic grows in you, so will your confidence. Wonderful! Now, it's time to be careful. With this confidence comes the feeling of power. And with power often comes arrogance. You start to feel that you are the source of this great power. You begin to believe the miracles come from you. They do not. The magic is not yours. It belongs to the universe. You are just a guest. You are not the creator of the magic. Don't confuse the miracles that are blossoming all around you with your own omnipotence. This is the way we look upon all good fortune. When the first gift comes, we are filled with euphoric gratitude. The second time, we are glad and still grateful. But after the third, and fourth, and fifth gift appears, they become quotidian ones, every day, business as usual.

Imagine a person who, for his entire life, only got to eat once a month - years and years of surviving on this one meal every thirty days. If you feed him once a week, he can't believe his good luck. Every day, amazing! Three times a day, and he's dancing with this abundance of blessings. He's been kissed by God! After several months of being fed three times a day, he is used to it. All that perceived wealth is now a commonplace. No big deal. But try taking that food away. Just take away one meal and he implodes. His confidence dissolves. He goes into a rage. Something's been stolen from him!

Magic, like anything else, can diminish if it becomes commonplace. And there is nothing commonplace about magic, except our treatment of it. The magic will be there long after you've lost your abilities to harness it. And you will lose it if you take it for granted.

That is what can happen to your magic. Respect it. Do not, for one second, think it belongs to you. And never drink the yuppie Kool-Aid that you make your own luck. You don't. The universe gave it to you and it can take it away.

Be very circumspect once you've started your wishing process. Don't talk too much about it. It's fine to tell people that you are using the techniques in this book. Magic is meant to be shared. If someone is interested in the process, point them in the right direction. Help them on the magical road, but, don't brag. Showing off is theater. If you put on a show for others, you will be taken as either a demi-god or a nut. Don't give them the personal details of your wishes and your rewards. This is your private process. Guard your magic. Telling other people how you are creating your wish, will compromise your efforts. It will also bring other psyches and potential jealousies into your private domain. This will unravel your magic.

Remember that life ebbs and flows. This is the dynamic of living. Failure goes with success. Even though your wishes are coming true, you are not a god.

## HAPPINESS

We all want to be happy. And all of our wishes are aimed at this elusive hope to live in a perpetual state of happiness. The idea that we can reach this perfect condition of eternal bliss is an area reserved for the divine and madmen. It is important to remember that all life is dynamic and that there is no permanent state of being. Even death will bring your consciousness into the hugely dynamic universe. In our ever-changing world, happiness darts and dashes in and out of our lives, never available as often as we'd like. But it is more present than you think, as long as you don't confuse it with pleasure.

It is a common misunderstanding that happiness and pleasure are the same. Let's take a deeper look at the difference. We receive happiness when all is right with us. This is a very clean, but impermanent condition. Resonating with the outside world is also happiness. The emotional intensity that grows with this resonance is pleasure.

Bringing your wishes to fruition is filled with happiness. After you've achieved your desires, you receive pleasure. This is the aftereffect of happiness.

We are culturally programmed to attach happiness to goals, which tend to be material. The goals themselves won't deliver happiness, but that fleeting residual called pleasure. Let's say that your wish is to own a new Mercedes, and you achieve your goal. You know what comes next. For a few days you are thrilled. You drive around town showing off your new car. And, in very little time, you become used to the car and bored. Is this happiness? No. It is momentary pleasure mixed with ego fulfillment. Now imagine if you'd built that Mercedes. How would you feel about it then? When you bring your creativity to your goal, it becomes doubly yours, and there is a true base of happiness. You will certainly feel all the same pleasure driving around in this new car, but the very act of creating this machine makes it more yours than if you simply purchased it. And greater levels of happiness come alive in you.

The problem with goals is not having goals. It is the misconception that they will bring you happiness. The process of working toward your goal will bring you much more happiness than receiving that gift. Unless you are in a life and death struggle to survive, your goals can never bring you more happiness than the creativity and hard work that goes into attaining those goals. So, of course, if you are lost in the desert and crawling desperately for safety, the goal is all important because your survival is at stake. There is nothing more to say. And this falls squarely in the need category, not the wishing one. However, most of our wishes will involve more material aims.

Let's say you are working a really terrible job and saving for a small boat. Each week you put away a little bit of money and move closer to your goal. Believe it or not, there is a state of happiness that is living inside you while you are working and saving. It has to do with the rightness of your process. You know you want that boat, so you can go fishing with your friends, which will be a huge pleasure. But as you are struggling, and enduring, and moving closer to your goal, you are, whether you can see it or not, in a state of grace. You are moving correctly and with certainty toward your dream. Remember what John Lennon said? "Becoming a Beatle was better than being one."

This is what the highly successful speak about when they attain a huge milestone. Yes, they are thrilled to have reached their goal, but they all speak of an emptiness that came shortly after. That climb to the top of Everest was the happiness, but standing and admiring the view is pleasure, which fades quickly.

The purest form of happiness is creativity. When an architect builds a structure, every moment of the creation is happiness. When the building is complete, and he admires his work, pleasure begins. Happiness is also a collective issue, far more than a personal one. If a person is happy about the same thing that you are, that happiness is increased. When we are resonating with another person, we experience a unity that strengthens our happiness - sharing transcends the personal.

Let's look at two different types of happiness and their attendant

pleasures. See example of a neurosurgeon and a discotheque partier.

At a nightclub, music blares and the reveler hits the floor dancing joyously, lost in ecstasy. You could describe him as happy in this moment, and you would be right. Don't negate it by saying that he's probably on drugs and alcohol because that is irrelevant. His moment is perfect. At the base level, all is right - the music, the atmosphere, his oneness with the other people on the dance floor. This creates a powerful emotional response, which is pure pleasure.

At the same time, in a hospital across town, a neurosurgeon performs hours of complex surgery, life and death hanging in the balance. Is he happy? Actually, he is. It is not the euphoria of the dancing party animal, but the creative process of a doctor performing his task at the pinnacle of his capabilities. This is a state of rightness that is the foundation for happiness. After the successful surgery, the doctor relaxes, completely exhausted and relieved. As he reflects on the great work he has done and the emotions build, he will feel huge pleasure.

You could counter by saying that the surgeon's happiness was predicated on a successful outcome. Had it ended tragically and the patient died, he would not feel the same way. True, the tragedy would stop the possibility of any pleasure in the aftermath of the surgery. There is no pleasure to be gotten. But this does not negate the happiness the surgeon felt deeply while performing his art. No, it was not the throw-your-fist-in-the-air orgasm felt by the disco dancer, but it was the happiness felt with being in the moment, when all is right, and we are at our most creative. And, make no mistake - a surgeon fighting for the life of a patient and drawing on all of his faculties is the height of creativity.

So, actually, these are not two different types of happiness. In their essence they are quite similar - both are examples of people in their moment. It is easy to be judgmental when comparing these two. Certainly, the pleasure the doctor feels when discussing the surgery with his peers and sharing the amazing process will create a feeling of unity that will continue far longer than when the party animal wakes up the next morning, completely hungover, and probably depressed as hell. His aftermath of pleasure probably didn't last as long as the doctor's. But only

a few hours before, they were both in their moment. They were each happy. So remember, it doesn't matter what you do, it's how you do it.

When you build your wish, if you are on the right track, you will feel that all is right. This is a state of happiness. Don't try to turn this feeling into a pleasure sensation, which will only pollute your wishing process. The time for pleasure will come later when your wish is fulfilled. For now, stay happy.

## FAITH

Look at that fool, trying and trying to do something any rational person can see is completely impossible. And how often will we slap our foreheads in disbelief when one of those fools accomplishes his ridiculous goal? A miracle happens right before our very eyes - the fool succeeds! Is that dumb luck? Maybe it is. Was he really so stupid as to deny the impossibility of the task before him? Out of a thousand probable failures, he goes for that 0.01 percent chance and drives forward, pig-headedly, idiotically, magnificently. Why would this mad man turn his back on the sensible and take that impossible gamble? What propelled this dreamer forward? It is faith; huge, unshakable faith.

With this book, your life will become a castle of magic that you build on faith. This is the foundation your temple sits upon, and the mortar that holds the bricks together. And faith is the fuel that magic runs on.

Ancient people had very little power over their world. They were at the mercy of the forces of nature, and there was nothing they could do to alter that. Drought, floods, plagues, famines came and went with little interference from mortals. The only power lay with the gods who were the very meaning of their huge faith. They believed that only the gods had the power to end their suffering. Their faith in the gods was absolute. No matter how great their fears were, their faith was stronger. Faith was all they knew.

Our modern world is filled with luxury. Through technology, we've found a way to duel with nature. We have become cynical about the mystical forces and more reliant on our rational minds and wondrous machines. And still we pursue our ambitions with flaming passion. Whatever great dream you have for your life, the odds are against it. You want to be a rock star or an astronaut? It's virtually impossible. If the odds against you are a thousand to one, it is very realistic to believe that you will fail. The rational mind calculates and understands this completely. Yet, something pushes you forward in spite of these impossible odds. It is faith. You may

believe that you have no faith, and that drive comes from ambition, passion, hunger, vision. These are all shirts that you wear over your burning heart. Don't underestimate your faith, and don't believe that you have none. Our fears can overwhelm us, and make us believe we will not succeed.

And still we try and propel forward, fools that we are, empowered only by faith. Only fools with enormous faith will continue trying when defeat is practically guaranteed. How many tales have we heard of people lost at sea, or in the mountains, or desert who survived against impossible odds? Who can conquer the impossible? A god can. Faith is the godlike force that is inside each of us.

A scientist would explain that it is our powerful survival instinct that propels us to protect our organism. But imagine being dropped in the middle of the ocean with no land in sight. Survival is impossible. A rational mind understands that it is pointless to keep swimming and drowns. However, crazy faith keeps swimming because it doesn't stop to consider failure. Failure is not an option, but just a belief.

There is a common misconception that faith and belief are one in the same. Are they? When you say, "I believe", you need an object, something to believe in. Whether it's a religious institution, a philosophical principle, or a person, you believe in something. This belief can be shaken, and rocked, and sometimes destroyed by forces beyond our control, from within and without. Belief is a time issue. It's not eternal. Beliefs can change, as they often do. Belief has a beginning and an end. It is a form of measurement. You can believe something might happen, or strongly believe that it has no chance. We mistakenly use the word belief when we mean faith. Faith has no time limit and requires no object. It lives in you regardless of your beliefs. It is inner belief without the possibility of doubt and without questioning. Faith does not involve the rational mind. It is without debate. Do you question whether air is passing through your lungs? Do you question the existence of your own being? No. The awareness of your own consciousness is proof that you exist. You know that you are here questioning whether you are here. Faith is the force

that makes you meet the impossible.

Failure after failure batters the soul. It can make you question yourself, your belief system, even your god. You may wonder if your faith is lost. Never question whether your faith is gone because it is always there. Faith works best when misery is most present and when your entire environment has turned against you. That impossible dream that you act on is fed by faith. And as you move forward, and push, and push, your faith grows stronger and stronger. Failure can't kill it, quite the opposite. You feed faith with your struggles and not with your successes. When success is guaranteed, you don't need faith. It is your fuel when there is virtually no chance.

Faith is the great madman inside you who won't listen to reason. It is the unkillable force that bellows and fights even as you take your last breath. It is the force that refuses defeat and drives you to strive for what only the gods dare attempt. It is what propels the swimmer to cross the ocean.

### **III. PART THREE: YOUR PROGRAM**

#### **YOUR LIFE IS YOUR LIFE'S WORK**

The great dreams you have for your life are in conflict with society. They have to be unless your dream is to be a faceless drone that does exactly as he or she is told. Then, society will find a place for you and you won't need magic.

Animals, including human ones, band together for safety because a pack is less vulnerable to the environment than a solo entity. We fear solitude and we join society, not because we crave social structures, but to protect ourselves. In the attempt to stave off outer threats, humans have formed every kind of society, from the very simple to the highly complex; around every possible unifying principle - local, regional, national, global, ethnic, political, religious, gender-based, myriad civilizations, large and small.

Society is a social system. And systems hate deviations. Society is comfortable when you behave the same as everybody else. If you upset the system, you will be labeled a deviant and you will be ostracized. Our dreams, by their very nature, have to conflict with society. They are deviations to the norm; grand, mutinous fantasies that play poorly inside high fences. They are unique as each of us is.

Ironic, isn't it? We join society to feel safe and connected to others in order to increase our chance of happiness. All we have to do is trade in our uniqueness and with it any chance of real happiness. But happiness is a form of magic which is, above all things, unique. The wizards of our world understand this. They understand that life is dynamic and ever-changing, and that stasis does not bring the comfort we crave. Change is the only permanent condition in the universe. If you believe that you can build this unchanging structure called your life, you are essentially putting your efforts into death. A life unchanging is not a life. Learn to live with change and to love it as the very proof and unyielding joy of your

existence. Change is not doom, so stop looking at it that way. When you accept change as part of life's spectacular dynamic, you will become truly alive, perhaps for the first time since you were a child.

When you begin the process, it is initially to attain some goal. All the efforts you make will be toward actualizing your wish. But far more is going on inside you than pursuit of a material prize. You may have come to this program to fulfill a wish, but you are making magic, which will be with you more than the object of your desires. Magic is active. It imbues your essence. It is not a tool to use for a specific job and then put away on the shelf. It is a metamorphosis of the creator and the creation. You will become a creator.

We are talking about building a new you keeping all of the things you love, and respect about yourself, and adding new powerful forces to that structure of self. You will not be retreating to some alternative reality that you can only live in at night when you enter the dream world because that is a form of madness. You are beginning a symbiotic process of night and day. A miraculous balance will come into your life. Magic is an art. And at night, when you hone your techniques and enliven your process, you are creating magic that will carry with you into the daytime. You are creating a life of magic. You weren't put here to be a unit that robotically moves from one task to the next until death. You were put here to take part in the totality of the living organism known as the universe. Inject magic into every moment and breathe energy into every detail, no matter how mundane it may seem. This person who walks around in your body that carries your soul is your great creation.

You are painting a canvas, which is you, with brush strokes of enchantment. Paint with abandon. Building an amazing life for yourself is the ultimate expression of your creativity. This will give you something to do every day for the rest of your life. Each day is new. Each day that you create is another day of enrichment. Don't miss a single moment of it. Your life is your life's work.

Here is your next step.

## METHOD AND PRACTICE

It will take sixty-three days to complete the program that will not only teach you how to make YOUR WISHES COME TRUE, but also take you to the next step of a new life. Can you handle sixty-three days? It's twice as much as that thirty day miracle diet that promised to give you the body you dreamed of with little effort. Sixty-three days is a small investment to make in yourself and these exercises are completed in a brief few minutes.

There are three phases to this process, consisting of fifteen exercises. Each exercise will build your ability to activate your deeper mind and bring your wishes to life. You will learn how to make the most of that precious third of your life called sleep - a time when the night magic rules.

Phase One is designed to get you ready for a night of magic, focusing on such essential abilities as:

1. How to breathe.
2. How to bring yourself into an emotionally-neutral state.
3. How to bring your mind into a neutral state.
4. How to form your thoughts and wishes correctly.
5. How to address yourself correctly.
6. How to connect the right thought with the right feeling.
7. How to form your wish.

Phase Two focuses on the night itself. It allows you to learn:

8. How to prepare yourself for sleep.
9. How to slow down your inner time.
10. How to give yourself the right wish-command.
11. What to do if you are waking up in the middle of the night.

Phase Three helps you discover what to do the morning after, including such skills as:

12. How to wake up your emotions.
13. How to wake up your mind.

14. How to feel the day.
15. How to become independent of your own wishing.

It's recommend that you write down daily notes of your experience after each exercise. Writing these notes will give you a snapshot of your progress and will enable you to track where you started and where you have progressed.

These techniques will give you the tools to obtain the life you wish for and remove one of your greatest obstacles: YOU. You will learn how to turn off those frenetic, emotional oscillations that interfere with the flow of your creativity. You will soon emit smooth, constant vibrations that will align you with your world instead of fighting against it.

All exercises are done with the eyes closed.

And one last very important point: life is filled with unexpected distractions. Many of them are unavoidable. Don't be discouraged if some event disrupts you in the middle of your program. This is part of life. You don't have to restart from scratch. Once you complete an exercise, it is part of you - no need to turn back. If your program is interrupted, just pick it up at the beginning of the exercise that you were working on when life stepped in and made its demands on your time.

Begin:

## PHASE ONE

### Exercise #1: ETHEREAL BREATH

The first exercise is designed to teach you to breathe correctly in order to start resonating with your environment. This is called Ethereal Breath. The exercise takes 1 minute.

You will initially need a timer to let you know when the minute has passed. Later, your body will automatically keep time and you will no longer need it.

1. Sit comfortably.
2. Close your eyes. Do not concentrate on anything.
3. Breathe in for 4 seconds. Pause for 1 second. Then breathe out for 4 seconds.
4. Repeat this process for 1 minute.

Do this exercise 3 times a day, morning, afternoon, and evening, for 4 days. Record your progress on the following pages.

Exercise #1: ETHEREAL BREATH - DAY 1

Morning notes:

Afternoon notes:

Evening notes:

Exercise #1: ETHEREAL BREATH - DAY 2

Morning notes:

Afternoon notes:

Evening notes:

Exercise #1: ETHEREAL BREATH - DAY 3

Morning notes:

Afternoon notes:

Evening notes:

Exercise #1: ETHEREAL BREATH - DAY 4

Morning notes:

Afternoon notes:

Evening notes:

## PHASE ONE

### Exercise #2: ETHEREAL PEACE

Your entire environment is your power. Ethereal peace is the balance you achieve with your environment.

1. Sit comfortably.
2. Close your eyes. Don't concentrate.
3. Do the exercise #1 ETHEREAL BREATH for 1 minute.

(#1 ETHEREAL BREATH: Breathe in for 4 seconds. Pause for 1 second. Then breathe out for 4 seconds.)

4. Continue ethereal breathing for another 1 minute, and now pay

attention to your entire body. Imagine that each time you breathe in, you are taking in ether. This will automatically calm the emotions in your body. You will recognize the state of pure silence. You will begin to feel the silence.

**5.** This exercise will take you to a neutral state - a state of balance.

**6.** The entire exercise should last 2 minutes.

Repeat this exercise 3 times a day for 6 days.

Each new exercise builds on the previous. As you practice, after six days you will reach the state of ethereal peace even without ethereal breathing, as soon as you sit down and close your eyes.

Exercise #2: ETHEREAL PEACE - DAY 1

Morning notes:

Afternoon notes:

Evening notes:

Exercise #2: ETHEREAL PEACE - DAY 2

Morning notes:

Afternoon notes:

Evening notes:

Exercise #2: ETHEREAL PEACE - DAY 3

Morning notes:

Afternoon notes:

Evening notes:

Exercise #2: ETHEREAL PEACE - DAY 4

Morning notes:

Afternoon notes:

Evening notes:

Exercise #2: ETHEREAL PEACE - DAY 5

Morning notes:

Afternoon notes:

Evening notes:

Exercise #2: ETHEREAL PEACE - DAY 6

Morning notes:

Afternoon notes:

Evening notes:

## PHASE ONE

### Exercise #3: MIND PEACE

The third exercise teaches you to bring your mind to a neutral state and make yourself ready for the night.

1. Sit in a comfortable position.
2. Close your eyes.
3. Breathe for 1 minute, slightly concentrating on your nose and how the air passes through it. Feel your nose.
4. After the first minute, you will get a feeling that the air is passing through your nose into your mind and cleaning your thoughts. Everything in your mind will become crystal clear and balanced. Your mind achieves a neutral condition.
5. Spend 1 minute in that state of mind peace. Don't visualize. Just be still and neutral.
6. The entire exercise should last 2 minutes.

This exercise is done 3 times a day, morning, afternoon, and evening for 6 days.

After a couple of days you should find yourself reaching the state of mind peace more quickly.

#### Exercise #3: MIND PEACE - DAY 1

Morning notes:

Afternoon notes:

Evening notes:

#### Exercise #3: MIND PEACE - DAY 2

Morning notes:

Afternoon notes:

Evening notes:

#### Exercise #3: MIND PEACE - DAY 3

Morning notes:

Afternoon notes:

Evening notes:

#### Exercise #3: MIND PEACE - DAY 4

Morning notes:

Afternoon notes:

Evening notes:

### Exercise #3: MIND PEACE - DAY 5

Morning notes:

Afternoon notes:

Evening notes:

### Exercise #3: MIND PEACE - DAY 6

Morning notes:

Afternoon notes:

Evening notes:

## PHASE ONE

### Exercise #4: MIND COMMAND

This exercise teaches you how to make a command that activates in your body.

1. Sit comfortably and close your eyes.
2. For 1 minute, do exercise #3 MIND PEACE.  
(#3 MIND PEACE: Breathe and slightly concentrate on your nose and how the air passes through it. Feel your nose. Your mind achieves a neutral condition.)
3. Gently turn your head to the left and firmly, but unemotionally, say the word "Green." Do not visualize the color green. You are training your body to respond to your command without your mind, or emotions getting involved.
4. Then turn your head to the right and repeat the word "Green."
5. Repeat the exercise #3 MIND PEACE for 1 minute.
6. The entire exercise should last about 2 minutes and 30 seconds.

Do this exercise 3 times a day for 8 days, with a variation every other day.

The first two days you will say the word "Green."

The next two days you will say the word "Red."

Next two days say the word "White."

Last two days, say the word "Blue."

Pay attention to how your mind ignites with each command. Avoid emotional involvement with these commands. If you find emotions come up, go back to the exercise for ethereal peace.

Exercise #4: MIND COMMAND - DAY 1

Morning notes:

Afternoon notes:

Evening notes:

Exercise #4: MIND COMMAND - DAY 2

Morning notes:

Afternoon notes:

Evening notes:

Exercise #4: MIND COMMAND DAY 3

Morning notes:

Afternoon notes:

Evening notes:

Exercise #4: MIND COMMAND - DAY 4

Morning notes:

Afternoon notes:

Evening notes:

Exercise #4: MIND COMMAND - DAY 5

Morning notes:

Afternoon notes:

Evening notes:

Exercise #4: MIND COMMAND - DAY 6

Morning notes:

Afternoon notes:

Evening notes:

Exercise #4: MIND COMMAND - DAY 7

Morning notes:

Afternoon notes:

Evening notes:

Exercise #4: MIND COMMAND - DAY 8

Morning notes:

Afternoon notes:

Evening notes:

## PHASE ONE

### Exercise #5: ETHEREAL VOICE

The tones your voice creates are frequencies that vibrate in your body. You will learn that emitting the proper tones with your voice is part of your inner communication. How you talk to yourself.

1. Sit comfortably and close your eyes.
2. For 1 minute do the exercise #3 MIND PEACE.  
(#3 MIND PEACE: Breathe and slightly concentrate on your nose and how the air passes through it. Feel your nose. Your mind achieves a neutral condition.)
3. Say to yourself in command form, "I wish." Powerfully. Free of emotion. Say this one time.

*Note: If you find that saying "I wish" elicits a flurry of emotions, repeat the exercise #3 MIND PEACE.*

4. Now, for 1 minute, sit up straight and be aware of yourself from head to toe.
5. Once again say, "I wish." Follow what happens inside you for 1 minute.
6. For the next 1 minute, you will have a feeling similar to mental peace, but stronger and more concentrated.
7. For the third time say, "I wish."
8. For the next 1 minute pay attention to the humming of the machine inside you. Just try to recognize and understand that these feelings exist. You should have a feeling of stability and strength. No feelings will be in conflict with this one.
9. The exercise should last approximately 5 minutes and 30 seconds.

Do this exercise 3 times a day for 2 days. During those two days you will build up an inner voice that your conscious and deeper mind will understand and follow.

### Exercise #5: ETHEREAL VOICE - DAY 1

Morning notes:

Afternoon notes:

Evening notes:

## Exercise #5: ETHEREAL VOICE - DAY 2

Morning notes:

Afternoon notes:

Evening notes:

## PHASE ONE

### Exercise #6: EMOTIONAL BALANCE

This exercise is devoted to obtain proper balance between mind and emotion. It is designed to help you connect the right thought with the right feeling.

1. Sit in a comfortable position and close your eyes.
2. Do the exercise #1 ETHEREAL BREATH for 1 minute.  
(#1 ETHEREAL BREATH: Breathe in for 4 seconds. Pause for 1 second. Then breathe out for 4 seconds.)
3. Then, breathing normally, use ETHEREAL VOICE, in command form, powerfully, free of emotion, and say to yourself one time, "I am happy."
4. Spend 30 seconds observing what happens throughout your body, and then again say to yourself, using the ethereal voice, "I am happy."
5. Spend the next 30 seconds observing what is happening in your body, and for the third time, use ethereal voice to say to yourself, "I am happy."
6. Spend another 30 seconds observing your own body, and then return to the exercise #1 ETHEREAL BREATH for 1 minute.
7. The entire exercise should last approximately 3 minutes.

Do this exercise three times a day, morning, afternoon, and evening, for 4 days, changing the words every day. The first day, address yourself with "I am happy," the next day use "I am respected," on the third day, use the words "I love who I am," and for the last day, you have a choice: "I am beautiful," or "I am powerful."

## Exercise #6: EMOTIONAL BALANCE - DAY 1

Morning notes:

Afternoon notes:

Evening notes:

## Exercise #6: EMOTIONAL BALANCE - DAY 2

Morning notes:

Afternoon notes:

Evening notes:

## Exercise #6: EMOTIONAL BALANCE - DAY 3

Morning notes:

Afternoon notes:

Evening notes:

## Exercise #6: EMOTIONAL BALANCE - DAY 4

Morning notes:

Afternoon notes:

Evening notes:

## PHASE ONE

### Exercise #7: WISH FORMATION

For 31 days you've been building all of your instruments to make your wish. Now you form your wish. It might be too complex, and then you must break it up into component goals. Form your wish into sub-wishes. For example, "I want to be elected to the city council." Next, "I want to be elected senator." Finally, "I want to become the president." This is so that your inner mechanism is focused on one goal, and your instrument is finely tuned to that goal. As you reach each milestone, you make a new command and achieve the next goal. But remember, time determines when it will all come true.

1. Sit comfortably and close your eyes.
2. For 1 minute do the exercise #3 MIND PEACE.  
(#3 MIND PEACE: Breathe and slightly concentrate on your nose and how the air passes through it. Feel your nose. Your mind achieves a neutral condition.)
3. Then, with ETHEREAL VOICE, in command form, powerfully, free of emotion, make your command to yourself. Pronounce your wish.
4. For the next 1 minute follow what happens inside you.
5. Again, for 1 minute do the exercise #3 MIND PEACE.
6. Once again, with ETHEREAL VOICE command your wish.
7. For 1 minute follow what happens inside you.
8. This exercise should last approximately 4 minutes.

This exercise is done 3 times a day for 1 day.

*Note: The next morning, when you wake up, pay attention to how that wish you made the previous evening sits inside of you. You should have the feeling that the wish is already in its process.*

Exercise #7: WISH FORMATION - DAY 1

Morning notes:

Afternoon notes:

Evening notes:

## PHASE TWO

### Exercise #8: NIGHT PEACE

Fifteen minutes before you go to sleep, your speech should be calmer. Your movements should be more fluid and harmonized with no muscle exertion and jerky movements. You should not think about the happenings of the day, or the expectations of tomorrow.

1. Sit comfortably.
2. Close your eyes.
3. Do the exercise #2 ETHEREAL PEACE for 1 minute.

(#2 ETHEREAL PEACE: Breathe in for 4 seconds. Pause for 1 second. Then breathe out for 4 seconds. As you breathe, pay attention to your entire body. Imagine that each time you breathe in, you are taking in ether. This exercise will take you to a neutral state.)

4. Lie in bed. It is recommended though not mandatory to lie on your back.
5. For 1 minute, breathe slowly but comfortably, paying attention to your entire body.

*Note: If this part is being done properly, no visualization will appear. If you feel the need to increase your concentration, just lightly touch your forehead while keeping attention on your breath.*

6. The entire exercise should last approximately 2 minutes.

Do this exercise for 5 evenings.

Exercise #8: NIGHT PEACE - DAY 1

Evening notes:

Exercise #8: NIGHT PEACE - DAY 2

Evening notes:

Exercise #8: NIGHT PEACE - DAY 3

Evening notes:

Exercise #8: NIGHT PEACE - DAY 4

Evening notes:

Exercise #8: NIGHT PEACE - DAY 5

Evening notes:

## PHASE TWO

### Exercise #9: NIGHT WALK

1. When you lie in bed to sleep, close your eyes, breathe slowly and balanced. Be comfortable and relaxed for 1 minute.
2. For the next 1 minute, imagine that you are walking. It doesn't matter where or how. During that minute, just slow down your walk so that, at the end of it, you are walking twice as slowly as when you started.
3. This exercise should take about 2 minutes.

As you get better at this exercise, you will get a feeling that you are already asleep, but your mind will be active. You will experience the sensation of being awake and in a dream.

Do the exercise for 3 nights.

Exercise #9: NIGHT WALK - DAY 1

Night notes:

Exercise #9: NIGHT WALK - DAY 2

Night notes:

Exercise #9: NIGHT WALK - DAY 3

Night notes:

## PHASE TWO

### Exercise #10: WISH COMMAND

Every morning, for the next 7 days, do the exercise #7 Wish Formation. We recommend that you start with a simple, easy wish. Your initial wish may be something as simple as: "May I wake up tomorrow full of energy and joy," or "May all go well at work and I have time to take a walk in the park."

#### Exercise #7 Wish Formation:

1. Sit comfortably and close your eyes.
2. For 1 minute do the exercise #3 MIND PEACE.  
(#3 MIND PEACE: Breathe and slightly concentrate on your nose and how the air passes through it. Your mind achieves a neutral condition.)
3. Then, with ETHEREAL VOICE, in command form, powerfully, free of emotion, make your command to yourself. Pronounce your wish.
4. For the next 1 minute follow what happens inside you.
5. Again, for 1 minute do the exercise #3 MIND PEACE.
6. Once again, with ETHEREAL VOICE command your wish.
7. For 1 minute follow what happens inside you.
8. This exercise should last approximately 4 minutes.

#### Exercise #10 Wish Command:

1. When you go to bed that evening, do the exercise #9 NIGHT WALK.  
(#9 NIGHT WALK: Close your eyes, breathe slowly and balanced. Be comfortable and relaxed for 1 minute. For the next 1 minute, imagine that you are walking. It doesn't matter where or how. During that minute, just slow down your walk so that, at the end of it, you are walking twice as slowly as when you started. This will take 2 minutes.)
2. Now do the exercise #3 MIND PEACE.  
(#3 MIND PEACE: Breathe and slightly concentrate on your nose and how the air passes through it. Feel your nose. Your mind achieves a neutral condition.)
3. Finally, with ETHEREAL VOICE, in command form, state your wish.
4. Now, verbally state, "Start."
5. For the next 30 seconds just passively pay attention to what is happening inside you. Don't work with it or try to guide it. Just feel it. Then go to sleep.
6. The entire exercise should last approximately 4 minutes.

*Note: Refer to exercise #11 Night Awakening, which you will be practicing along with Wish Command.*

This exercise is done for 7 evenings, always repeating the same wish. Make no changes. For the next seven days the quality of your wish will increase.

Exercise #10: WISH COMMAND - DAY 1

Evening notes:

Exercise #10: WISH COMMAND - DAY 2

Evening notes:

Exercise #10: WISH COMMAND - DAY 3

Evening notes:

Exercise #10: WISH COMMAND - DAY 4

Evening notes:

Exercise #10: WISH COMMAND - DAY 5

Evening notes:

Exercise #10: WISH COMMAND - DAY 6

Evening notes:

Exercise #10: WISH COMMAND - DAY 7

Evening notes:

## PHASE TWO

### Exercise #11: NIGHT AWAKENING

There is a strong possibility that during the exercise #10 you will wake up in the middle of the night with a strange feeling that your wish has already been realized. Sometimes this will take the form of a dream.

1. The important thing is to remember whatever awakens you. Consciously, try to replay the dream in your mind.
2. It would be best to keep a pen and paper or a voice recorder at your bedside to record these events.

You can also write these dreams down in your workbook.

Exercise #11: NIGHT AWAKENING NOTES

Night notes:

Exercise #11: NIGHT AWAKENING NOTES (continued)

Night notes:

## PHASE THREE

### Exercise #12: DREAMING BODY

The way you awaken will impact your entire day. Your first impression of the new day colors the type of day you will have.

1. When you awaken, remain in your bed with your eyes closed. Try not to feel the upcoming day. Even though you are awake, part of you is still asleep.
2. Breathe slowly and steadily. Pay attention to the base of your skull just at the top of the back of your neck.  
*Note: If you need help to focus on that area, touch it gently. Also, if you find your attention moving toward anticipation of your day, once again gently touch the back of your neck and keep your attention there.*
3. You will get the impression of a dream continuing. Your night is not yet over. Your body will still be sleeping. The emotions of your body will follow the dreams. This is all happening at a very subtle level.
4. Just feel all of it and don't fall back asleep.
5. After 2 minutes, open your eyes and get out of bed.

Do this exercise for 6 mornings.

Exercise #12: DREAMING BODY - DAY 1

Morning notes:

Exercise #12: DREAMING BODY - DAY 2

Morning notes:

Exercise #12: DREAMING BODY - DAY 3

Morning notes:

Exercise #12: DREAMING BODY - DAY 4

Morning notes:

Exercise #12: DREAMING BODY - DAY 5

Morning notes:

Exercise #12: DREAMING BODY - DAY 6

Morning notes:

## PHASE THREE

### Exercise #13: AWAKENING

1. When you awaken remain in bed with your eyes closed.
2. Breathe slowly and deeply, paying attention to your feet and legs. After 1 minute, you will begin to feel warmth in your feet.
3. Raise your toes 5 or 6 times, enough to feel your Achilles.
4. Take one deep inhale and exhale.

5. Open your eyes and stand up.
6. This exercise should last approximately 2 minutes.

Do this exercise for 3 mornings.

Exercise #13: AWAKENING - DAY 1

Morning notes:

Exercise #13: AWAKENING - DAY 2

Morning notes:

Exercise #13: AWAKENING - DAY 3

Morning notes:

## PHASE THREE

### Exercise #14: MY DAY

1. Do the exercise #12 DREAMING BODY.

(#12 DREAMING BODY: When you awaken, remain in your bed with your eyes closed. Breathe slowly and steadily. Pay attention to the base of your skull just at the top of the back of your neck. If you need help to focus on that area, touch it gently. You will get the impression of a dream continuing. This will take 2 minutes.)

2. Then, do the exercise #13 AWAKENING.

(#13 AWAKENING: Breathe slowly and deeply, paying attention to your feet and legs. After 1 minute, you will begin to feel warmth in your feet. Raise your toes 5 or 6 times, enough to feel your Achilles. Take one deep inhale and exhale. This will take 2 minutes.)

3. Sit in your bed. Eyes are still closed. Lift your chin slightly. Breathe normally, and keeping yourself emotionally neutral.
4. For 1 minute pay attention to the rhythm of your heart. You will get the sensation of an open space in your heart and the feeling of acceptance of the coming day.
5. This exercise should last approximately 5 minutes.

Do this exercise for 3 mornings.

Exercise #14: MY DAY - DAY 1

Morning notes:

Exercise #14: MY DAY - DAY 2

Morning notes:

## Exercise #14: MY DAY - DAY 3

Morning notes:

## PHASE THREE

### Exercise #15: GRATITUDE

After all of this intensive work, you will be filled with expectations of the result. Put them aside. Results will not come when you want them to come. But they will come at the right time for you, when everything in your world is ready to support your wish. Do not interfere with the powers that are already working for you. But you can help this process with faith that it is all happening.

**1.** When you wake up, do the exercise #2 ETHEREAL PEACE for 30 seconds.

(#2 ETHEREAL PEACE: Breathe in for 4 seconds. Pause for 1 second. Then breathe out for 4 seconds. As you breathe, pay attention to your entire body. Imagine that each time you breathe in, you are taking in ether. This exercise will take you to a neutral state.)

**2.** Then say in your normal voice, "Thank you for fulfilling my wish."

**3.** For the next 30 seconds repeat the exercise #2 ETHEREAL PEACE.

**4.** The entire exercise should last about 1 minute.

Do this exercise for 5 mornings.

### Exercise #15: GRATITUDE - DAY 1

Morning notes:

### Exercise #15: GRATITUDE - DAY 2

Morning notes:

### Exercise #15: GRATITUDE - DAY 3

Morning notes:

### Exercise #15: GRATITUDE - DAY 4

Morning notes:

### Exercise #15: GRATITUDE - DAY 5

Morning notes:

There is nothing left to do. After all of this training, all of the exercises are a part of you. You do not need to begin the process all over again. You know how to make a wish.

When you have another wish, it is enough to make a command just as you've trained yourself to do and do not interfere.

ENJOY THE PROCESS. LIFE WILL NOW BE MORE THAN WONDERFUL AND MORE IN YOUR CONTROL THAN EVER BEFORE.

## ADDICTED TO THE TEMPLE

Congratulations. You've turned yourself into a god. How does it feel? When you create this new person, imbued with miraculous powers, it is easy to become impressed with yourself. All of that power is quite intoxicating. However, the love of power is ultimate addiction and the greatest expression of narcissism. That's not what you are here for. If you've come to the end of this book, and completed all of your training, and you are content to use all of these new gifts for personal aggrandizement, then you've learned nothing. You may have initially come here to attain some material desires, but it is certain that this process has changed something inside you. Now it is time to bring forth your magic and share it with humankind - this is the way to use your powers. Do not build a castle of magic and lock yourself away in the tower, but take part in the world.

Many disciples of different spiritual practices attain a certain level of proficiency and begin to feel comfortable withdrawing into the safe haven of meditation. They feel happy inside. They've learned how to shut off the noise of the outer world and create for themselves a sanctuary of comfort that they call inner peace. It is a very soothing place - a refuge from the battlefield of daily life. And, make no mistake, shutting off all that outer noise is absolutely necessary in order to create some clean equilibrium and replenish ourselves. But, there can be a lot of pleasure in this, and with it the temptation to stay inside the soothing safety of meditative bliss. That is how we become addicted to the temple. Sheltering ourselves inside these spiritual practices, and venturing out from the temple, less and less. We become creatures of habit living in constant "spiritual retreat". You are not here to retreat, but to take part. Peace is an illusion. The dynamic forces of the universe will never conspire with you to maintain that bland state of complacency we call peace. This, so called, state of peace is a state of nothing because there is no interaction with the universe.

Let's substitute the word balance for peace. None of us want to live under a steady bombardment of conflicts and violence, both physical and mental. We would like a respite from the onslaught. But remember that obstacles are what build us, not comfort. We are forged in daily battles, grand and minor. The universe will never stop throwing new things at you, good and bad. Living inside a cloister of comfort will not protect you. It will only file down the sharp edges.

Share your magic. That is your true purpose. The world doesn't need more monks. It needs wizards and heroes who will take vigorous part in the struggles and joys of all creatures, great and small.

Hurl your thunderbolts!

## About Ruben Papian

No traditional bio can describe Ruben Papian. Who is this man?

Ruben Papian is best known as an energy healer, developer, teacher of unique self-improvement methods, and designer of energy structures. He flies from country to country working with people from all walks of life.

For the last twenty years, he has created the complex of exercises for development of extraordinary abilities of human beings, in accordance with the laws of the universe.

As a healer, he has brought an amazing recovery to countless afflicted. Within his organization, he created a unique method of understanding and using bioenergy for the ones interested in becoming intuitive healers. Years of researching human energy have led him to making unusual energy instruments.

His energy pyramid is a construction that shifts time and space. People experience altered states of being in these pyramids. While developing this project, Ruben came to an amazing discovery: a way of separating and balancing energies for the best influence on the human being.

Ruben's devotion to understanding the mechanism called universe, the way it functions and evolves, led to creating a worldly spread educational system for the best personal development.

Many of his inventions, like energy teas, energy water, exercises that stimulate certain processes, became a standard for countless people using them.

The best way to discover Ruben Papian is by reading and engaging the work in this book. "How to Wish" is part one in a transformational series called The Books of Essence.