



How to be Happy

What The Secret, Abraham
Hicks, and The Law of
Attraction Left Out

DAVID CAMERON GIKANDI

© 2012

All Rights Reserved. No part of this publication may be reproduced in any form or by any means, including scanning, photocopying, or otherwise without prior written permission of the copyright holder.

Disclaimer and Terms of Use: The Author and Publisher has strived to be as accurate and complete as possible in the creation of this book, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet. While all attempts have been made to verify information provided in this publication, the Author and Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional. In practical advice books, like anything else in life, there are no guarantees of income made. This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting, and finance field.

First Printing as The New Thought Manifesto, 2001

Printed in the United States of America

Table of Contents

The Purpose

The Plan

The First Questions

Now, let us start with the myths.

Myth 1:

Myth 2:

Myth 3:

Myth 4:

MYTH 5: Need exists

Quantum Physics: Knowing what you and the world are made of is the first key to knowing how to make it your way

Time: What Is It Exactly And How Does It Apply To Me?

Images of the Mind: The blueprints of life

Goals and Visions Unlimited

Being: First Cause, the beginning

The Creation Process

Certainty: The most powerful force and the antidote to failure

Cause and Effect: The prime law of the universe

The Illusion of Conditions

You Can Only Succeed

Want not; Desire, but never ever want

Your Purpose Propels You

Giving: It's what it's all about

Gratitude: Seals the deal

Abundance: You have it all

Happiness

Level Confusion

Infinite loops and their starts

A History of Ego. An Explanation of Why Mind Can Be Against You

The Game of Life And Change

How do I internalize what I have learnt?

What do I do now?

Where can I learn more?

Enjoy!

THE PURPOSE

The **Purpose** of this manifesto is to point to you the way, a way, towards **living a life that is more fulfilled**, one where your **desires come true**, one where you **see through your fears and drop them**, one **where relationships work**, one where **wealth is abundant by design**, and one where **struggle and confusion is replaced by certainty and ease**.

It is an exact guide to having your life working out successfully and predictably, all the time and with peace of mind. The complete link between your thoughts and your world are wholly explained. The construction of all that you see is fully explained. Your true potential, purpose and nature is exposed.

You shall discover the things that you do that don't matter, the ones that simply waste your energy while giving a false promise of future delivery. You shall discover the effective way, the effortless way, the joyful and abundant way. And because you shall, so shall the people around you because you shall be their evidence and example.

THE PLAN

A manifesto is a plan, a program, a proposal. This Personal Development Manifesto is a proposal and a program, but it is also an explanation and a fast course of what you have always wondered about yet hadn't fully found answers to. It has some of the answers and points the way to the rest of the answers. It is through these answers that you will understand and learn to live in a way you hadn't lived before, a powerful and effective way. This plan is a simple plan, one simpler than the unnecessary complexities of life situations as we have them now. It is a plan that will make you laugh, amazed at how clear everything really is and amazed at how much control you really had but never knew you did. **It is a plan to liberate your mind and your life situations and allow you to create your life as you would have it. This manifesto will show you, clearly, that everything you need to become the person you always dreamt of is inside of you and nothing outside of you can stop you.** It shall all make sense at the end of this manifesto.

THE FIRST QUESTIONS

The first step is to question a few things that most people hold as 'true'. In this manifesto, we shall call them myths. But before we look at these myths and answer them, we shall look at some statements of truth, statements that will act as a foundation for us as we move on:

- A. In our world there are two things, Reality and illusion. Do you remember when, as a small child, you were afraid of the wind blowing through the curtains in the dark? Many children experience this. They believe that there are ghosts in the dark, hiding in the shadows and curtains. To them, the ghosts are a scary 'reality' and this perception runs their lives, scaring them and ruining their nights. Yet, once they understand the reason behind what they see, they find peace and life is better. They can laugh and play in the dark. Yet the wind is still there and so are the curtains and the darkness. This is a small example of the play between illusion and reality, a play that goes on in our everyday lives in countless forms, yet we miss to recognize it. Lesson: illusions arise from our mind thinking up then seeing images, and then imposing those images on Reality. We see what we believe, then believe what we see. Yet once we realize the error, the gentle Reality comes out. It has always been there, but we covered it up. This leads us to the second truth...
- B. The illusions can seem very real, very real indeed. You will be surprised, by the end of this manifesto, at how deep they run. But in the end, they are only illusions. They do not exist at all. Merely recognizing them for what they are dispels them. They simply drop the minute you expose them, and the comforting Reality is right there to replace them, for it never had left in the first place.

Nothing real can be threatened, and nothing unreal exists.ⁱ Here is where your peace, power and prosperity lie. Why? Because, as you shall soon see, reality is purely powerful, purely enjoyable, purely wealthy and abundant, purely loving, and purely creative. Nothing can shake it, and nothing can stand in its way. It can never fail, and all it does is of grandeur, abundance and love. And as you shall soon see, reality and you are intimately connected, although you may not see it at present. Many have seen this connection and experienced immense liberation, wealth or whatever else it is they desire, happen in their lives with the most incredible ease. They dropped their illusions and their illusionary limitations and fears, just like the little child does, and they found magnificent reality waiting. You are not asked to believe this now. Simply keep reading and you shall see the evidence as you go on. Reality waits till the end of time for you. You are not alone. Simply listen. And you shall see it and see why all this has been this way. It will make you happy!

NOW, LET US START WITH THE MYTHS.

MYTH 1: We live in a world of scarcity. Everywhere we look, we see shortages in love, money, food, happiness, and so on. Economics tells us that this is how things are. Our life situations tell us the same thing. The 'evidence' shows us that scarcity is all there is. I can see it with my eyes and I experience it so it must be true. Not only that, we live in a world bound by time and space. Infinity and eternity is a concept that is away from here, with no relationship to what is going on right here and now.

Do not bother understand the next few sentences for now. Just read them and keep them in mind. You shall see how they make sense later. But it is necessary that you read through them now. This is not the last time you shall be asked to suspend your understanding until later. The reason is this: knowledge is a whole, and can only be known in whole. To know something partially is not to know it but to perceive it. Perception involves interpretation, separation, categorization, logic, levels. Knowledge is whole and complete. Unfortunately, words move in sequence and not in whole, so you are requested to read in sequence, but be patient as it will all make sense all at once when you are done reading all the words and you have the whole picture in you. Knowledge is experience while words and perception are symbols that at best can only point to knowledge but never accurately and fully represent it.

Here we go: Abundance is the opposite of scarcity. They cannot both really exist. There can only be either one of the two. Which one? Can a glass of water exist in an ocean? Yes. Can an ocean exist in a glass of water? No. Abundance and infinity is all there is. There is no shortage or end to anything. Abundance is the infinite existence or possibility on its own cannot stand without abundance enabling it to. Scarcity is the illusion, abundance is the reality. So why do we see scarcity? The answer lies in the workings of the mind, ego and quantum physics, and you shall soon see exactly how this works. But to answer this question quickly, we make it up by our collective thought an agreement. It started millions of years ago, as you shall soon see.

And what about time? You will soon see that eternity is very real and present with us. It is called Now, the present moment. You will see how past and future are 'phantom' words that exist only in our private minds. You shall see how all negativity and suffering arises from this false time that is created in your mind (by yourself through ego) and how to drop it. It has a million manifestations of pain, but because it is a 'phantom' you can instantly drop it in an instance and change your life.

MYTH 2: The universe works in a chaotic way. Our lives are chaotic and unpredictable. It is a cruel world where you just can't tell what the hell is going to happen next. I cannot seem to get exactly what I want, nor can anybody else.

There are only two possibilities. Either the universe works chaotically or it works by laws that never fail, ever. It cannot be both. It cannot be both chaos and law, for that is already chaos. And the law cannot fail even once, for that is chaos again. Albert Einstein once said that he refuses to believe that God plays dice. Another way of looking at this is this: The Source created the universe, this amazing expanse of billions of galaxies each with its own amazing complexities. The Source, or God, cannot possibly find anything difficult. To imagine that it is impossible for The Source to make anything other than perfection is to imagine a lot, it is almost laughable when you think about it clearly. As you are about to see, the universe runs under perfect Laws, laws that never err even once. Nothing can operate outside these

laws, for that would negate existence. The laws are clear and those who have learnt them have found them to be amazingly simple, clear, fair and powerful. Whatever appears to be chaotic is not really chaotic. It simply appears so because the observer does not know the law behind it fully. Accidents and coincidences do not exist.

'Accidents' and 'coincidences' are perfect outcomes of perfect law – all you need to do is know what the law is and how it works and you will find them quite obvious. This manifesto will show you what the laws are.

MYTH 3: The physical world is all there is. And it exists exactly as we see it.

More and more people realize that this is not true. They realize that there is body, mind and spirit. What most people do not realize is exactly what the function is for each of those, and how each relates to the other. The functions and relationships are extremely easy and clear when you do get to know them exactly. And eliminating this 'level' confusion between those three things opens up the way to powerful creativity and freedom.

In addition to all this, the physical world is not what it appears to be. Many Nobel Prize winning physicists have recently proven beyond doubt that the physical world is one large sea of energy that flashes into being in a fraction of a second, over and over again. Nothing is solid. This is the world of Quantum Physics. And here is the funny part: They have proven that thoughts are what put together and hold together this ever-changing energy field into the 'objects' that we see. So why don't we see a person instead of a flashing cluster of energy? Think of a movie reel. A movie is a collection of about 24 frames a minute. Each frame is separated by a gap. However, because of the speed at which one frame replaces another, our eyes get cheated into thinking that we see a continuous and moving picture. Think of television. A TV tube is simply a tube with heaps of electrons hitting a tube.

This is what all objects are anyway. You have 5 physical senses (sight, sound, touch, smell, taste). Each of those senses has a specific spectrum (for example, a dog hears a different range of sound than you do; a snake sees a different spectrum of light than you do; and so on). In other words, your set of senses perceives the sea of energy from a certain limited standpoint and makes up an image from that. It is not complete, nor is it accurate. It is just an interpretation. Anyway, the point here is this: as you will soon see, our thoughts are linked to this energy and they determine what the energy forms. This explains things such as positive thinking, prayer, faith, creativity, goal-setting, disease, and much more in a very scientific way. You shall soon see how, exactly, your thoughts shift the universe on a particle-by-particle basis to create your life. Look around you. Everything you see started as an idea, an idea that grew as it was shared and expressed, until it grew enough into a physical object through any number of 'manufacturing' or 'growth' steps. You literally become what you think about most. Your life becomes what you have imagined and believed in most. The world is literally your mirror, enabling you to experience in the physical plane what you hold as your truth – until you change it.

MYTH 4: We are separate from each other and from everything else 'out there'.

As we have just seen in the brief look at quantum physics above, everything is energy. We shall expand on this soon in this manifesto. All we need to say now is this: quantum physics proves that the entire physical world is united as one huge undivided sea of energy. The lines and forms and separation that we see are illusions created by the particular set of senses that we have.

Science has also proven that minds are connected. Not brains, but minds. A brain is simply your physical interface to the mind. Not only are minds connected to each other, but they are also connected to the energy that makes up our physical universe. Have you ever heard of a double-blind experiment? Well, in scientific experiments, they do double-blind experiments to ensure that an expectation does not influence the result. And even then they cannot guarantee that there will be no influence. In these types of experiments, the experiment is designed such that the subjects have no idea that they are being experimented on and the scientists themselves have no idea which set of experiments they are conducting at the moment. But even then, you have interference. Scientists now know that no observation can be made without the observer influencing what is being observed? See? In other words, the very act of you observing the tree outside your window is now proven to contribute to the existence and direction of growth that tree takes.

And finally, all spiritual teaches tell us that we are one. How we understand this may vary, but the point is that 'brotherhood' is emphasized. Especially in eastern spiritual teachings, spirit is considered as One being that individuates into many seemingly separate forms so that it can experience itself in a realm of relativity. We shall see how this happened billions of years ago and what it has to do with you now. When the One was all that existed, It could not experience Itself for there was nothing to experience Itself against. Before the creation of the universe of relativity we are in now, nothing else existed except The Source, an absolute with nothing else outside of it. Even space did not exist, for space came about to allow form to exist. Even nothing did not exist. It was therefore necessary for The Source, for the sake of experiencing its absoluteness, feel and experience what it knew, to create a 'pretense' of separation within it so that it can use the 'separate' parts to experience each other. These 'separate' parts are all being, all life in its myriad forms and experiences. We have been told by various religions that we are made in the image and likeness of God. Every religion says that, but they vary in their interpretation of it. This image and likeness is in essence, not in form. You are the same stuff as The Source. Don't worry about all these things, they shall make sense later. But you are now beginning to see what your origins are and you may begin to see your purpose which you chose for yourself. For now, keep this in mind: In the absence of that which is not, That Which Is, is notⁱⁱ, and this is the reason behind the myriad of 'separate' forms and experiences in existence. Those who have realized this connectedness know that their desires are fulfilled because (1) their desires are fully supported by the Whole since their desire to have something is reciprocated by the desire by another part to give that very thing, and vice versa (2) they are one with all, including that which they wish to have an experience of, so their seeking is always answered with finding. Seeking and finding are one and the same thing. This is a law of the universe. You always find what you seek. If you are finding something else, examine what you are really seeking. The universe, as you will soon see, gives you exactly what you ask for. Even before you ask, it has been given to you (remember eternity and infinity). Your thoughts and your deepest beliefs determine how life will turn out next for you. For example, if you hate your job and secretly wish that you were doing something else, that is OK. But don't be surprised if somehow events turn out such that you lose that job. The universe has no judgments over your deepest wishes. It is up to you. Whatever you choose, even if it is 'bad', you shall have it. The law of cause and effect, and the fact that thoughts create reality out of the energy field, makes this so: whatever you think and feel about a thing, all your emotions and fears and love about a thing, all that is what determines how a thing shall turn out.

MYTH 5: NEED EXISTS

This is a huge myth and the myth that starts all myths. We shall look at it later, when we explore the history of ego.

At this point, we cannot make much progress into further learning unless we have a brief look at Quantum Physics.

QUANTUM PHYSICS: KNOWING WHAT YOU AND THE WORLD ARE MADE OF IS THE FIRST KEY TO KNOWING HOW TO MAKE IT YOUR WAY

Quantum physics is the study of the building blocks of the universe. For example, your body is made up of cells. These cells are in turn made up of molecules, which are made up of atoms, which are in turn made up of sub-atomic particles such as electrons. This is the world of quantum physics. Everything is made up of 'large groups' of sub-atomic particles. Your body, a tree, thoughts, a vehicle, a planet, light, and everything else are 'concentrations' of energy. All of them are large collections of pretty much the same types of sub-atomic particles. The only difference is in the way these particles are grouped together into ever-larger building blocks. Knowing how the work is a key to knowing how to re-create yourself and your world around you.

To speak correctly, a sub-atomic particle is not really a particle in the way that a grain of sand is a particle. While atomic and larger particles are objects, or things, subatomic particles are not objects as such. They are 'probabilities of existence' and at the same time 'multiple existences'. They are also wave-like and particle-like at the same time. They behave both as a wave of light and as a particle of sand, something that is normally considered 'impossible' in the 'real' world. Not only that, they are not bound by space and time. They travel 'back and forth' in time and go between distances without crossing the distance in between. This is the energy that you are made up of!

Quantum physics asks the question 'what are these sub-atomic particles and how do they act?' Well, the sub-atomic particles are energy packets sometimes called quanta. Everything in this universe is made up of energy, and these energy packets behave in the most amazing way! They are at our command! The reason they would arrange themselves into a luxury boat, for example, is our individual and collective thoughts. Do you now start to see the link between your desires and quantum physics? Up until this point, you may have been designing your world haphazardly and unconsciously. Now you will awaken and do it deliberately and consciously with direction.

What is your body made of? Tissues and organs. What are tissues and organs made of? Cells. What are cells made of? Molecules. What are molecules made of? Atoms. What are atoms made of? Sub-atomic particles. What are sub-atomic particles made of? Energy? No. They are not made of energy; they *are* energy. You are one big 'chunk' of energy. And so is everything else. Spirit and Mind puts together this energy into the physical shape you are used to seeing.

Quantum physics tells us that it is the act of observing an object that causes it to be there where and how we observe it. Energy is the sub-atomic particles that in turn make up atoms and finally matter. This energy exists as waves spread out over space and time. Only when you exercise observation do these waves become particles localized as a space-time event, a particle at a particular 'time' and 'place'. As soon as you withdraw observation, they become a wave again. So, as you see, your observation, your attention to something, and your intention, literally creates that thing as a space-time event. This is scientific. This manifesto is, therefore, a short course in right thinking. It is a call for you to choose and guard your attention, intention, and thought to create your reality exactly as you would like it to be.

No solid object is solid. It is made up of rapidly flashing packets of energy. Billions and trillions of packets of energy. They flash in and flash out of that space where the 'object' is. They do not just stay there. So, why does a human body or a car look like a solid continuous object when we now know that it is actually a rapidly flashing field of energy? Think of a TV image. When you watch a movie, you see a person walk across the screen smoothly, yet in reality it is just a film reel with 24 slightly different frames a minute so your eyes do not detect the gap between the frames. Even each of those frames is a composition of billions of light photons flashing at the speed of light. That is what your world is – a rapid flash that causes an illusion of being 'solid' and 'continuous'. Once you understand what your world is really, truly, you start to understand its true behavior and nature. You then change your view of it. And with your changed perception, you change your creation of it. This is the first step to living by design and having your desires fulfilled. When you think negatively, you literally negate the creation of what you desire – you create the opposite by your thought.

There is no such thing as an idle thought. Every thought is a cause that has an effect at some level. You are the Way and the Truth. The Universe appears to you only as you say so.

The physical world is literally made up of ideas and energy.

If you ever feel powerless, consider this: Einstein and other quantum scientists have proven that all physical matter is made up of energy packets that are not bound by space and time. This energy field has no well-defined boundaries. The universe is literally your extended timeless and unbound body. Science has also proven that the mind has no boundaries. All minds are 'connected' into one mind field. You are bigger and more powerful than you think you are. So, stop sweating the small stuff.

You already have it all. It has been said that before you ask it was already given to you. Science is beginning to prove, through quantum physics, that this is scientifically true. The infinite intelligence and

potentiality at the quantum level, the level that makes up all that is around us, and our inherent abilities to influence this field, is what gives us the 'having it all'. We are beginning to know this on a larger scale, scientifically as well as spiritually.

In our lives, we really are simply shifting our consciousness to experience aspects of ourselves that we already always had, in a universe that has all that we can possibly wish to have, even that which we have not imagined exists. The quantum field can form an infinite number of shapes and experiences out of it. In fact, it has already done that. The page of this book is just one of those things, the words you are reading is just one of those things, the next thought you will have is just one of those things. Yet you never predicted you would be experiencing these pages. But your desire to find such words has caused them to appear in your hands. Indeed, they have always existed. You need not predict exactly how things will work out, all you need to do is desire, intend, and know its possible, and it will be arranged to come to you.

Know this: the quantum world is the real world. The world you see with your eyes is simply an imperfect perception of a group of quantum activity. Yet the quantum activity is caused by you – you are First Cause. Never think that what you see with your eyes is First Cause – it is just an effect. A good illustration of this is the famous Schrödinger's Cat experiment (by Erwin Schrödinger, who was awarded the Nobel Prize in 1933). It depicts what actually is happening when you place a cat in a box with a closed bottle of poison gas. You also place a device inside the box that will open the gas bottle and thus kill the cat. You then close the box so that you cannot see inside it. The gas in the bottle, by the way, only becomes poisonous if one particular radioactive atom in the box decays. Quantum physics shows that this radioactive atom exists simultaneously in the 'decayed' and the 'not decayed' states until it is measured (until you open the box to see whether the cat dies or not). (Everything exists in all possible states until you observe it). You cannot know whether the cat is dead or alive without opening the box. While the box remains closed, the cat is both dead and alive at the same time. This is why quantum physics is so crazy – two contradictory states actually co-exist! When you open the box to check whether that radioactive atom decayed or not and therefore whether the cat died or not, is when one of the two of these outcomes will materialize. Yet, physicists now know that (1) their expectations and thoughts influence the results and (2) the Multiple Worlds Interpretation tells us that both actually happened but the world 'split' into both of these and we took that which we chose at some level.

Here is another way of looking at how we are all one: Science shows us that everything is made up of energy and exchanges that energy with everything else at all times in a most complex way. Energy is the building block of all matter. The same energy that composes your flesh is the same one that composes the bricks of your house and the trees outside. There is no 'energy of the tree' and 'energy of the man'. It is all the same energy. Energy is constantly at flow, changing form all the time. This is a very simple explanation of a rather complex thing.

At the quantum level, it all looks like one large pool of energy 'soup', an ocean of energy, one that is always flowing, one that has different concentrations and essences at various points. Imagine an ocean with a warm spot, a turbulent spot, and so on. (The ocean represents the energy 'soup' and the spots represent various physical objects such as your body or a tree). The warm spot exchanges water molecules with the rest of the ocean. The turbulent spot also exchanges water molecules with the rest of the ocean. But the essence of that warm spot remains warm, and of the turbulent spot turbulent. There is exchange and flow on a molecular level but on the larger level the spots remain warm or turbulent, even though the molecules that composed of them a moment ago are gone and replaced by others from other regions. The molecules in a warm spot change but the essence or characteristic of that spot remains warmth. The characteristics of a region can remain the same even though the particles forming that region are always different, leaving and entering it from other regions. This is how we look like on a quantum level, one large interconnected field of energy with localizations of characteristics. We share the same energy with everything else, even though we assume unique characteristics. It is a very complex matrix, a complex web.

Now let us get a little more complicated than the ocean, for it cannot serve our explanations further. Imagine now that there are two people in a room. They are both gloomy and sad. Their energy level is low. One tells a joke, and the other one laughs. The one telling a joke causes the one who starts to laugh to raise his or her energy level and become vibrant, laugh. This makes the one telling a joke laugh

because there is new joy in the air and they are sharing a joke. Person A caused a change in Person B, and it went back to cause a change in A. Now have you noticed how you feel great after you tell jokes to many people and they laugh; how it feels greater than telling to one person only? And those people take your joke and they tell it on and on to other friends and friends of friends, and it spreads. Well, the universe is a whole lot more complicated than that. A shift on one part of that massive field of energy ripples on and causes shifts in the parts next to it and they cause shifts in the parts next to them and that ripple goes on forever! Can you imagine that! Your smile changes the composition of the entire universe! Scientifically! Your anger does the same.

Anything you do, any thought you have, ripples on forever and changes the composition of the whole universe, however small that change is.

Now here is something even more interesting. Because you are part of that universe, that ripple comes back to you and gives you back a dose of similar essence. You cause a change in the energy field around and in you, and it ripples, touching everything. And everything of course ripples back in reaction, sending it back to you, all multiplied! It is similar to the way ripples form in expanding circles when you dip your finger in a glass of calm water. But these waves go forever, and also bump into other energy localizations and cause changes in them and these react, so to speak, and send back their own waves, and these sent back waves hit you and change you and you react, and this amazing dance goes on and on. That is how, scientifically, the law of cause and effect works, and works multiplicatively. This happens on an energy level and on a spirit level. In both cases, the betterment of one individual in the system causes a betterment of the whole system, and betterment in the whole system causes betterment in the individual. The reverse is also true.

Quantum physics shows you that the world is not the hard and unchangeable thing it may appear to be. Instead, it is a very fluid place continuously built up using our individual and collective thoughts and states of being as a society, country, family, planet, solar system, or universe. We have begun to uncover the illusion.

Have you ever notice how you can look at a garden and miss its beauty when you are all absent minded and busy in the head, but when you look at it when you are relaxed and happy it looks like the most beautiful thing you ever seen? Doesn't it strike you how the same thing can hold so many variations of perception and experience? We shall return to this question later when we look at the mind and Now.

Now that we have a brief look at quantum physics, we should have a glimpse of time.

TIME: WHAT IS IT EXACTLY AND HOW DOES IT APPLY TO ME?

"The distinction between past, present and future is only an illusion, however persistent." - Albert Einstein

There is a lot to be said about time but in this manifesto we shall only just have a quick look to explain it briefly.

Only eternity exists. Time is an imperfect take on slices of eternity. It is also a mistake of the mind. Let us look at this.

1. Time as an imperfect slice of eternity. We need an example to illustrate this. Here is an easy explanation of what time is. This is an extremely simplified explanation but it will do for now. Imagine a football or soccer field with 10 objects spread around it. Now, imagine that a certain object A represents a child being born and a certain object B represents being a 10 year old child. If object A was to travel to object B, that travel would take what you now call '10 years of time'. That is 10 human years of a child growing up. Now, it gets a little complex: What if that football field was to shrink? Object A would reach B and pass through all the experiences of 10 years of childhood, but the sensation of time

would change. In other words, 10 years would feel very different. If that field shrunk enough, ten years could feel like an instant. And you have experienced this often. When you are having a great time, you feel as if time flew by. You did not notice the hours pass; yet your watch said they passed, because your watch is designed to take the same amount of 'time' to move from one second marker on the clock face to the next. But you are not designed that way. Time is the moving of your consciousness past pre-existing events in the space-time continuum. You will soon see what this is.

The field of life that we live in is not static – it keeps changing its dimensions. That is why we have to keep readjusting our watches worldwide all the time for this crazy thing called time to make sense for us – but only because we think of time as consistent slices of periods. It is not. It is merely our misinterpretation of our consciousness moving by one pre-existing event in the field of Life to the next event, as you shall soon see. The field of life is not static, nor does our consciousness move at a fixed speed. The field may not change that fast for us, and our consciousness may not change its rate that fast unless we will it to do so, and that is why we do not usually notice these differences that much and see that time is not constant.

But if you were to travel very fast in a spaceship, as you may well have heard from Einstein's Theory of Relativity, you can slow down time or even go back in time. Time is more of a sensation of passing events and the faster or slower you pass these events, the faster or slower the calibration of time changes. It is not the taking of time that changes; it is the calibration of time (one minute no longer takes one minute).

Ok, back to the soccer field. Imagine you were one of the objects. You would feel time as you move around the field passing other objects that you see, isn't it? Yes. Now, imagine if you were born moving faster, say three times the speed. Time would seem shorter. Now, imagine you were the soccer field itself! Or even an object large enough to cover the whole field. Now we are talking! Time would cease to exist for you. Because you are the field and you can feel, touch, and be with all the objects on you at the same time always, there would be no travel from one object to another. It would all be happening Here, Now. All of it. All the 10 objects would be happening at the same 'time' for you, always. This is the eternal moment of Now, Here. Everything that can possibly happen in the universe, everything that can possibly be created, the past, present and future, are all running all at the same 'time' in one huge field. Your consciousness and awareness are awake to only a small section of this field at any one 'time' and as you move them about from one point to another, you experience 'time', experiencing a sensation of past, present, and future. The field itself does not experience time; it only experiences an eternal process that is always happening all at one go, Now, Here, Always, All Ways. You can think of the whole field as The Source.

As you expend your consciousness and awareness, as you take up more and more of the field, and time shrinks for you. Can you see that? Now the amazing thing is that, the mind and the Self (or soul or spirit, whichever you are used to referring to) is a lot larger than your physical body. We are used to thinking of the soul or Self as a little thing contained inside our body. That is just human thinking – relating things to containers. Have you ever considered that the soul, being far more powerful than the body, actually holds the body together and surrounds it? And the mind holds the brain and nervous system together and surrounds it? If you have considered that the soul and mind are larger than the body and brain, have you ever considered where they end? How many feet away from your body? Or is it how many miles away? Or how many light years away from your body does your soul end? It is not impossible that your Soul and Mind are a billion times larger than your body (why not?). They are infinite and eternal.

Yet, this humongous powerful Self is you. Anyway, let us get back to our lives here on earth. Understanding time clearly, how it works and how to take control of it, and understanding your Self and your Self's composition and relation with everything else physical and non-physical, is of high importance if you wish to experience a great life 'fast'. It is all a matter of expanded consciousness, right state and right thought and choice. These lead to your consciousness becoming awake to wealthy parts of the whole and doing so in wider circles.

You see, time is not constant. It can be collapsed and expanded by our choices. For example, if you truly believe it takes 10 years to learn how to become a professional doctor, then that is how long it will take for you. The universe will arrange itself into such a configuration, for it can only appear to you

as you say it does. Yet herein is the biggest liberation: you are one with all, and it takes no time to be who you are. You may not believe this now but I am sure you have heard of amazing accounts of people who were able to do amazing things under pressure, things they never thought they could do in a lifetime. Yet the pressure made them take the decision that they had to do this amazing thing, and they did. It takes no time to be who you are. When I say 'who you are', I mean Who You Really Are, the magnificent being created in the image and likeness of The Source of All That Is. Do not believe in time, or it will waste you just as you can waste it.

2. Time as a mistake of the mind: This is easy to explain. All the remembering you do is in your mind. All the planning for the future that you do is in your mind. Does it exist Right Now? No. It may have existed when you 'did' yesterday, but Now yesterday does not exist, nor does tomorrow. Now is the only time that exists. Now is the only moment that exists. An eternal moment of Now is all there is. You can remember the past and dream the future but you can only *be, exist*, Here, Now. Make an irrevocable commitment to yourself to make Now the best moment of your life ever! Do not dwell in the past, or live in the future. Your only moment is Now. Dwell in Now. Even when you remember the past, you do it Now. And when you plan for the future, you do it Now.

Bring into the present moment your awareness, consciousness, thoughts and 'looking'. Life and all your opportunities to move forward are in the present, the ever-present moment of Now, Here. Read that sentence again. Everything that is alive is only alive Here, Now! Not in your mind. Do not 'throw' yourself forward into where you wish to be all day long. Imagination about the future is great, for it is what you use to create your future. But the present has great value. Only through acting and living in the present can you get to the future. Do not spending all day daydreaming about a future time, saying 'if only', mentally escaping your present and dwelling in an imaginary tomorrow, going on about the whole day in a dreamlike state, being only half aware and conscious of the details going on in your day – these things actually slow you down on your trip to a better tomorrow. Just as it is necessary that you set future goals, it is necessary that you embrace and experience the present and act in it consciously and with awareness, if you wish to progress. Remember, *the universe can only use the present moment to send you clues, people, events and opportunities to advance – it cannot use the imaginary future in your head*. Instead of chasing a better future by throwing your consciousness into the future, bring it back to the present and let the future chase it there.

The present is God's only kitchen! That is where she cooks everything! Here, Now. Being, Life, can only Be Here, Now. That is why the Buddha, Jesus, the Sufis, and just about every spiritual master has advocated being present in the moment of Now. Your life can only progress through the power of life that is in the Now. If you have a prayer, a desire, a question, you shall find the answer only Now, through the things and people in front of you. Even any bright ideas that you may have are triggered in the moment of Now. To be present in the Now means you are most often out of mind. You cannot be thinking about the past and future and also be present – that is impossible. I will give you a couple of examples of present moment awareness. Three examples. One, remember a time when you saw such amazing beauty that you literally just watched in awe, not thinking anything. It was breathtaking. How did that feel? It energized you, inspired you, and made you happy. Two, have you ever been in an emergency so instant that your mind shut down and you reacted out of instinct and intuition in a split second? That is also present awareness. Your mind is off, and the higher intelligence that is always present in the Now takes over and executes better than mind could ever have done. Some people report a thrill, a feeling of freshness, after they go through such an event. Three, when you have sex, you are not usually planning what you will be doing tomorrow or what you did yesterday. You are present, right there. See, all present awareness is characterized by no- mind, cause the mind cannot understand present. The present is an eternal moment, the only place where Being Exists. The mind, at the lower levels that we use it on here on earth, cannot grasp eternity – and that is why only You can be in Now. The minute you let your mind make some noise, you miss most of Now and its bliss. When you identify with your mind and stop being present and aware in Now, colors fade, inspiration dwindles, fear sets in, negativity kicks in. we shall look at this more in the section on ego below.

Time flows in all directions, not forwards only as it appears to. The past, present and future exist simultaneously. Yet, your past and future as you think about it in your mind is not real. It is one you 'make up' in your mind. The time that you think of in your mind is a phantom. It has sights that cannot be seen and sounds that cannot be heard. It cannot be shared. It is not eternal. It is often negative and uncertain, it usually causes anxiety, and worse. Fortunately, it vanishes the minute you are present in

the Now. *It need not be there.* Eliminate it simply by being present in the moment of Now. Consider this: do you have a problem now? No, Now? It is impossible to have a problem Now. Even if you have unpaid rent, a bad relationship, work problems, you do not have them right Now. Now is Now, not a second after Now. At this very moment, do you have a problem? No. it is impossible to have a problem in the Now. Nature takes care of Now very well. Now is never a problem. Whatever happens Now happens. But your mind cannot understand this. Have you ever noticed that your problems are all in your mind. You think 'what if tomorrow gets here and I haven't got this and that thing that I need?' and this gives you anxiety and worry. What for? It is useless! First of all, Now you have no problems. So what if you 'think' you have them tomorrow? Now you don't. As if that is not enough, the very worrying about a problem is what makes it manifest into physical reality. As we saw earlier and as we shall see later, your thoughts create your world. You become what you think about most. So worrying about things makes those very things happen. It is pointless and dangerous.

That is a good introduction to time and its relationship to us. Let us now look at how we create our moments.

IMAGES OF THE MIND: THE BLUEPRINTS OF LIFE

The next step to getting your life to work as you wish it to is to know how life works. In other words, how does the force of life take instructions and turn them into things and new moments out of the quantum energy field? What type of instructions does Life take so that it may create each new moment in your day? In what format and specifications?

Your mind's images are literally the blueprint from which your world is built. In the section on Quantum Physics, you saw scientifically how physical reality is produced. You say that it is a collection of energy, energy that responds to the thoughts of the observer.

Life is images of the Mind, expressed. What this means is that Life, The Source, uses your thoughts, your mental images, as the instructions by which to create your reality in the material world. Life expresses your mental images into physical reality. To express is to make known, to state, articulate, communicate, convey. The force of Life makes known your thoughts to yourself and everyone else by forming them into experiences and objects that can be experienced, here in the physical world. You experience your own thoughts first hand, your images of your mind, so that you may know which ones are suitable and which ones are not. That is how you know yourself, that is how you experience your self, and that is how you grow. This is the supreme purpose of this physical world that we are now in. It is designed to enable you to experience your Self. It is designed to enable you to experience an idea and its effects and consequences.

Life does not select which ones of your images to express and which ones not to. How would it choose for you? It therefore expresses all of them to the extent that you have them and believe them. You have true free will. This free will is truly free because of the fact that all of it is acted upon without filtering or favoring. Free will is truly free because of the fact that it actually gets results all the time, not just some of the time, and it gets them exactly.

Imagination is the force that takes you to places you have never been. Napoleon Hill said that imagination is the most marvelous, miraculous, inconceivably powerful force the world has ever known. Albert Einstein said the same thing. Life is imagination, images of the mind, expressed into physical form. Feed your imagination daily and accurately with pictures, movies, and concentration on the things you wish to experience. Guard your thoughts against anything that goes against your desires. This requires vigilance and awareness. You have to be awake in the present moment – don't day dream or else you will be unconscious of your thoughts and find yourself dreaming up conflicting scenarios and negativity.

As you can see, the right way to think involves very little but focused thinking! You have to be awake to the present, you have to be fully awake, or else your mind takes over you and you are no longer in control. So, you have to step out of your mind and become the observer of your thoughts instead of the

guy your thoughts took over. You are not your mind. Say again, you are not your mind. Your mind is a tool, just like a leg is. It has a function. When you use it for what it wasn't designed for, you hurt yourself. Your mind was designed to create your moments. But it is so powerful that if you do not separate yourself from it, it will create its own moments, not yours. And you will wonder what happened.

Imagination is the most powerful force, and it is so because Life uses it to know what to create next. Most people spend little time imagining creatively. They imagine using idle thought, haphazardly, and wonder why their life is not rich for them. Imagination has the power to make or break your life. It is your mind, and your choice. In truth, you are always imagining. Your mind is engaged in this endless 'noise', jumping from one thing to another. You are not even aware of what is in your head! People have an estimated 50,000 thoughts a day, 90% of them repetitive and many negative. Even the positive ones do not always agree. How do you expect, then, that your life would work out ok! Do you now see why your life may look like a chaotic and unpredictable thing that is frightening and not under your control? It is you who has made it that way. If you don't believe this, do this simple experiment. Decide that for the next hour you shall watch your thoughts. Don't stop them; just observe which ones come up and what they do. You will be amazed at how many negative scenarios come up in your mind without you even knowing that they do. For example, during day dreaming, people have arguments with other people in their mind, they have ideas of failing in things, they go through these what-if fear scenarios, and so on. There is no such thing as idle thought and every thought makes form at some level.

Learn to be awake in the present moment. When you are, you will notice that you have very few thoughts, because your mind cannot understand eternity, the Now. Then, when you are fully present and awake in the present moment, you will be able to selectively feed your mind, think only what you truly wish to think. It is so simple. All it takes is your will to do it. Before we proceed, it is important to say this now: Always remember that seeking is finding, asking is receiving. You shall always find what you truly seek, and you shall always have the answer to what you truly ask. The only thing requested of you is two things: (1) your willingness to seek and find, to ask and receive, and (2) your presence in the Now. You see, your answers shall come from all sorts of sources, from within you as inspiration or from other things and people around you. you know this to be true because you have experienced it in the past. The right person drops in just at the right time, or you see just the right article at the right time. But here is the thing: people and things only exist Now. Do you see that? You can only Be Here Now, and everything and everyone else can only Be Here Now. Not in your head. Repeat, not in your head. Your mind is the last place you will find answers, and that is why life can seem so hard at times because people look for answers in their mind. Realize that the images and sounds you hear in your mind are not real. You are making them up! Inspiration is a different thing. Of course, that is real. It comes from within you, yes. But have you noticed how inspiration jumps out at you from within, and then you think about it. It does not arise from your head, as such. Observe it carefully and you will see that it somehow 'leaps out of nowhere' into your mind, and then you think about it, process it. Have you also noticed how inspiration leaps out at you usually when you are relaxed, marveling at something or admiring something? It hardly comes when you are stressed out. See, everything happens Now. Your clues to move to the next level all happen in the Now. Now is God's only kitchen, and so is it yours and everyone else's. The more 'out-of-mind' you are, the more relaxed, inspired, and fulfilled you shall be. Why is your mind sometimes so destructive to you? We shall see that later in the topic on ego.

Your state of wealth externally is an extension and testament of your state of wealth internally. How clear and certainty you are in thoughts of wealth is evidenced externally. This is true for any other state, from security, to love, to anger, and so on.

Suffering is always the result of an error in thinking. It is an indication of being out of harmony with the laws of the universe. The only purpose behind the existence of suffering is to show a person when a thought is in error and alert them of the existence of a higher thought that would serve them better. Suffering stops as soon as that higher way is found, that higher thought. In the presence of suffering, try not to resist. Instead, examine with an open mind, and the answer will always show itself to you without fail.

All thoughts arise from one of two states: Fear or Love. Love is eternal, it is all there is. Fear is something we make up, and you shall see that fear is false evidence appearing real. In ultimate reality, there is no fear. There is only One, and so what would there be to fear? Watch your thoughts. Stop any thought that arises out of fear and nurture the ones that arise out of love. There is no point in making up

more fear.

GOALS AND VISIONS UNLIMITED

Your ideas, visions and dreams, whatever they may be, are the prophecies of what you shall one day become and achieve. You can predict your outer life tomorrow by looking at your inner self today. You can change your tomorrow by changing your inner self today.

It is not enough to set goals. Goals must also be set in a certain way, a right way that is most friendly to the universal laws. These are the right goal setting steps:

1. List what you would like to have, do and be between now and the next 30 years. List everything you can think of, small and large. Places to visit, things to have, residences, experiences, partners, skills to acquire, things to do, people to meet, projects, charities, health, habits – everything! This is not a list of what you think you can achieve. It is a list of what would give you the most incredible life of your liking, whether you think you can achieve it or not. A life that is unbelievably fantastic for you. Your list should have at least 100 things in there – it is not hard to come up with at least 100 things for 30 years. To be very successful, have about 5,000 things – even small details regarding each of your major desires should be in there.
2. Although you are doing a 30 year goal-plan, remember that time is an illusion. Target dates for goals are best set to the eternal moment of Now. Even if you are setting up a goal that you would like fulfilled 10 years from today, state it and think of it in present tense. Setting an arbitrary date in the future introduces a state of wanting and waiting. Wanting prevents achievement. Arbitrary target dates also interfere with the natural functioning rate of the universe, which you do not usually know. When you say 'by next the end of next year I will be a millionaire', how do you know that you could not have become one by the end of next month? Anyway, the only real time and place there is in the universe is Now, Here. You should always think, speak and act in present tense 'I am...'. When you say 'I will be a millionaire', that is perpetual. 'I am a millionaire' is something that the universe says 'Ok, that is a statement of fact, I must follow now'. You are your own evidence, the world just formulates to follow and 'prove' what you say.
3. For each goal you listed, write the reasons why you wish to have it. If for example you wish to have a large home, write down the reasons why. In other words, what will you do with and in this home? Put drama into it. Reasons empower your goal and make it easier to imagine and visualize and attain it. They give life to it and make the subconscious accept it a whole lot better.
4. Get cuttings from magazines, brochures, the Internet, photographs, etc, of the items in your goals and stick them in your journal. Start a goals and visualizations journal on paper or computer. In it, place pictures of the things you wish to be, do or have – family, friends, health, cars, stocks, buildings, boats, land, travel, clothes, or anything else. Refer to it often – twice a day is highly recommended. The more real and detailed your visualization and imagination is the faster and more accurately you will realize your goals. Pictures are very important to have in your life.
5. Every day, read your list, look at your pictures, and then spend at least 20 minutes twice a day imagining, animating, and visualizing in detail all your goals. If you meditate, and it is highly recommended that you do your goal visualization, do your goals visualization in meditation as well. Meditation puts you closest to The Source, the best place you can be to plant your seed of visions into the field of infinite possibilities and creation.
6. Then, Here, Now, do something that takes you closer to your goal. There is always something to do now, however small. It will open the next step to you, a step that may be unseen until that first act is taken. Every act is an act of self-definition and creation. Act deliberately and with awareness so that each act takes you closer to your goals, not further. Act with purpose.

7. Do everything with gratitude. Think, speak and act with gratitude, the gratitude of knowing you are guaranteed success if you act in the ways of these laws. Gratitude is a statement of certainty. That is power. Be genuinely grateful and excited about the fact that you already have your goals realized, for they will be by universal law, guaranteed, and so they are. This type of gratitude works wonders.
8. Enjoy your fruits, enjoy experiencing your goals when they manifest into your reality! They are sure to do so, guaranteed by universal law.

BEING: FIRST CAUSE, THE BEGINNING

Being is state, such as being happy. You cannot explain state, nor can you do a state. You can only be a state. You cannot do happiness; you can only be happiness or be happy. Creation works as follows: Being causes thinking, which causes speaking, which causes doing, which puts in place the system to receive and experience what you created in your being and thinking. Being is the First Cause.

Being is what causes thinking. So, when you are happy, you will think happy thoughts. Thoughts spring from being. In other words, thoughts are sponsored by being. In fact, nothing happens without being. Even conditions occur because of a state of being, and not the other way around as most people think they do. Happy conditions do not make you happy. It is being happy that causes happy conditions. Unhappy conditions only show up to prove your pre-existing state of unhappiness.

The first step to experiencing massive wealth is being wealthy. Being wealthy is an internal state. It has nothing to do with the outside world. The internal state of wealth is a decision you make right now and you become it, right now. You need nothing outside of yourself to make this decision. Once you make this decision to be wealthy, you become wealthy. It is hard to speak of this because you can only be a state (you cannot do a state nor speak a state).

For anything that you wish to be, be that state first, Now, Here, just like that. And the world will follow. Being is closely related to believing. For example, say you have a financial situation that is troubling you. You wonder, 'why is it that no matter what I do and affirm and think, this financial shortage is with me?' The answer lies in your root belief. Do you deeply believe that you have the finances you need or you do not have them? Dig deep. The question is not whether you believe you shall have the finances, it is whether you believe you have them Now or not. Remember, the universe follows you exactly. If you believe you shall have the money someday, it will suspend your money till 'someday'. And when that 'someday' arrives and you start doubting, thinking 'what if I don't have it', then it will respond likewise. You are the Way and the Truth, and the universe follows. So start calling forth to the Now all you desire by being certain that you have it already, knowing that you are the evidence. Don't look for evidence in the world. It merely shows you as you are. You are the evidence.

THE CREATION PROCESS

Creation follows the following sequence: Being, Thought, Words and Action. In your life, although you may not know it, you create your experiences first in your Self, spirit, being, then in your mind, then by your words, finally by your actions. It starts at being then moves on to thinking then to speaking then to acting. In fact, acting only puts into place the system necessary to receive and experience what you create in being, thinking and speaking.

Most people do not focus, nurture and tend to their first three steps of being, thinking and speaking – all they do is work like crazy all day and wonder why they are not 'successful'.

This sequence of creation is a law of the universe that cannot be broken. When you think, you formulate

ideas and that shifts the universe in a constellation beyond your imagination. Your thoughts move beyond your head. They form something at some level in many places. For example, they may trigger the inspiration in many others to act in certain ways that support your thought at the same time fulfilling their own desires. You are not alone. The system is one. Ok, so after you think, you speak of your thoughts. This shares them physically with other people and also ascertains them to you, making them surer. Then you act on your thoughts and words, bringing into place the physical systems that help 'crystallize' your thoughts into experiences on the physical plane. Understand this: the physical objects you see are all effects of thoughts. They are not cause and can never be cause. As much as you may think that a physical object can be a cause, it cannot. Thought and Being are the only causes. Thoughts, Words, Action are tools of creation. As you see, they each have a function. Some cause, some receive and experience the effect. They are totally different levels. Level confusion is the cause of much suffering. You confuse your levels when you think you can use the wrong level to create. You cannot, for example, create by action of your thought and words are opposite your actions. However, you can gradually change your thoughts by 'acting as if' consistently. Say for example, that you wish to learn how to think like a loving person. You can just do it now, think like a loving person. But if you find that difficult, then act as a loving person would, speak as one would and soon you shall start thinking as one would. That is just a good mental programming technique; it is not a sequence of creation.

The only place you can think, speak and act is Now. So don't wait for some 'perfect moment'. Just do it now.

CERTAINTY: THE MOST POWERFUL FORCE AND THE ANTIDOTE TO FAILURE

Certainty, faith, belief, is a necessary part of creating success or anything else for that matter. It is that which gives the universe a go-ahead to do as you wish it to do. You see, you cannot become a state without certainty, for such becoming is unbecoming. You cannot be happy if you are unsure that you are happy. You also cannot create goals without certainty, not only in their accuracy but also in their coming to reality for you. Even speaking and acting without certainty is powerless.

Many teachers in many religions and ages have taught us to have faith, to be certain. This isn't new. But remember, as you read on, that faith is a lot like state, being. You cannot really speak faith, not do faith, you can only be faithful, be certain. And the way to do that is to simply decide to be certain, just like that, and let no other contradiction come to you. Anyway, let us proceed, and this will get easier and clearer.

The last part of getting faith is to understand how the universe works. In the section on Quantum Physics, Time, and Cause and Effect in this manifesto, you see how the universe works and this will give you faith for you now know exactly what happens behind the scenes. Once you understand how it all works, you will believe.

Everything is possible to the extent that you are certain.

Persistence breeds faith. You can use persistence to increase your faith. And through faith, you have persistence. By persisting, even when it looks like you should give up, you can increase your faith in an outcome and bring it about. This is a conscious decision you make, because faith enables persistence. It is a tight circle. You cannot achieve much if you are persistent but you keep telling yourself things are not going to work out. Persistence is a slight step ahead of faith in that you can use it to build faith, but every step that persistence takes has to be followed by a step in faith. Persistence, literally, pays. Nothing is truly impossible.

Doubt and fear are the only enemies of your dreams and visions. Even in the face of contrary 'evidence', be certain, believe, have faith.

If you can? Everything is possible for him who believes. – Jesus Christ

Fear is False Evidence Appearing Real. In reality, there is absolutely nothing to be afraid of, for your Self has it all and is indestructible. Your Self is designed to never lack anything, for it has it all already. It is also indestructible. But its manifestation here on earth comes with many illusions, and one of your purposes here is to overcome these illusions. One of those illusions is the illusion that abundance does not exist. Yet we know scientifically nowadays, thanks to quantum physics, and spiritually as we have been advised by teachers throughout the ages, that abundance is all there is. If you ever catch yourself fearing something, know that it is an illusion, and seek to find out what that illusion is, for in reality there is nothing to fear at all.

Have faith. Believe. Know with certainty. When you pick up a glass of water to drink from it, you know without a shred of doubt that you will not fail to pick it up and drink. The thought does not even occur to you that you may not be able to drink the water. You do it with certainty. That is the level of faith, belief and certainty you should have in yourself, the laws of the universe, and the capabilities of The Source to work perfectly all the time. It is the certainty you should have about your having received even before you asked, and in the guarantee that you have it all. If you think you do not have something, decide, now, that you have it, and you will. Do not say 'but I don't have it'. Do not negate. Over time, it will become second nature. Until then, do your best and never think you cannot have it. Mind your mind. You can acquire faith with practice. But it is faster to just decide once and for all that you have it. How? Just decide.

CAUSE AND EFFECT: THE PRIME LAW OF THE UNIVERSE

Here is the most important law of the universe. Here is a prime key to success in whatever you wish to succeed in. If you live by this, you cannot fail. The understanding and living by the law of cause and effect guarantees that you shall not fail to cause the events you wish to experience, that you shall predict outcome and figure out the causes of your situations. Success is created when you correctly plug your tools of creation (Thought, Words, Action), powered by faith, into the law of cause and effect.

The law of cause and effect is the prime law that runs the universe. It is the number one law. Every spiritual and scientific teacher has sought to teach it. They may have said you reap what you sow, or you get what you give, or what goes around comes around, or karma, or consequences, or every action has an equal and opposite reaction, or many other similar statements. Quantum physics is now teaching us how this works, exactly, on a sub-atomic level.

Here is what we are now discovering: it is multiplicative! In other words, you will not only one day experience what you cause others to experience or its equivalence, but also you will do so multiplicatively!

If you cause others to experience wealth and happiness, it will come back to you and you will experience it as well, but as a bonus, you will experience much more that you caused others to do so. Life is about growth. This is so for every experience imaginable. At some point in the complex of the space-time continuum, at some point in your Life, by law, you experience a multiple of what you cause others to experience. Nothing escapes this law. Even if you cannot see, with your limited five physical senses right now, where it is happening, know that it happens.

There are two reasons, at least, that show us how this law works. One is that everything you see around you is an idea. Everything you see and experience started as an idea in some mind. Ideas grow as they are shared. When you share your ideas, they grow and become exposed in you as well as in others. Have you noticed how like ideas attract like ideas, and like people attract like people? And when like people and ideas are together, their effect is so much larger than the sum of each individual's effects? Think about all this carefully and you will see how cause and effect works. The second is that everything is just a manifestation of the One Being in different guises. Even thoughts are part of the One. And as we saw in the quantum physics 'ocean of energy' example, nothing happens in one spot of the universe that does not ripple to all other spots in some way or form.

By knowing the cause and effect power of thought, you can accurately predict the future by looking at the thought of now. Fortunately, we have the power to change thoughts and alter the future.

Whatever you wish to get, give it away first. This is the fastest path. Whatever you wish to have, cause another to have it first.

Things get better when you get better. They get worse when you get worse. The world is all within you. You are at cause over everything that happens in your life, whether you were conscious of it or not.

If you are at cause for everything in your world and so is everyone else for their world, it means that groups of people are collectively at cause for their collective world. Corporate success and 'failure', neighborhood events, even wars and natural disasters all happen not because of only one person in the group but because of all the people collectively causing that which they are collectively affected by. If you don't believe this, consider World War II. How did Hitler, one small man, manage to do what he did? One small guy! The average 17 year old would have had a fighting chance to take him down in hand to hand combat! How did Hitler get so much power? Simple. We let him have it. People at the time allowed him to come into being through their own individual ideologies. He was able to influence people because he told them what they wanted to hear. He would never have been able to convince anyone if the population was not interested in war and such. And what about the United States then? How did they contribute to World War II? Well, first they said 'not our problem' and by refusing to assist the Europeans, they allowed Hitler to get stronger until he was able, with Japanese allies, to attack Pearl Harbor. Only when they were attacked did they get in there and help end the war. See, you always experience the effects of your thoughts, even though the form may not be very clear at first. This brings us to your life. Let us say, for example, that you wish to experience wealth. In that case, you will get fastest results if the people you work with and associate with are people of wealth consciousness. Which means you should offer to help all those around you to improve their wealth consciousness. Remember also that one very powerful way of getting something is to cause another to get it. Couple both of these and you will see how widely beneficial it is to you to ensure that your employees, business partners, family and even community and country and world - if they are interested - have access to educational material that allows them to build wealth consciousness in themselves. Whatever you wish to have, show another how to have it, and you shall learn of it within you and you shall have it.

You learn and become what you teach. You can never not teach. By design, you are always teaching something, because you are always communicating by thoughts, words and action. Therefore, to become something, teach it. Choose what you wish to become, and start teaching it consciously, and you shall learn it and become it.

THE ILLUSION OF CONDITIONS

As we see in quantum physics, the quantum 'soup' is quite literally all the things and options that can possibly exist existing all at one go. In other words, everything you can possibly imagine, and more, all exists already and it exists at this moment of Now. Everything! So a wealthy you and a non-wealthy you all exist simultaneously, but you are experiencing only one of them, you are conscious, awake to, and aware of one.

Ok, it is time for you to put your thinking cap on. Here we go: If everything exists all at one go, right now, can you see how conditions do not exist as real properties of the universe? If all possible outcomes exist, how can there be a condition against certain outcomes existing, when they already exist! Look, just a moment ago, you read the last sentence. You have already read it. How then can there be a condition that you have not read it when you have already read it? It is not possible. So, because everything possible, everything conceivable, already exists, it is not possible for a condition of it not existing, against its already-existence.

Your being wealthy already exists scientifically and spiritually. All you need to do is shift your awareness, your consciousness, to that part of your Self that is wealthy. There are no conditions of that part existing – nothing can stop it from existing, because it already exists. But you can create other

outcomes that look like conditions. For example, another thing that exists but you may not be experiencing it is you being not wealthy materially, you feeling procrastination or feeling out of time, you going to the casino and getting a gambling habit, being in a poor country, having no education, and so on. All these are independent existences that are the opposite of wealthy existence. But just because they exist does not mean that the wealthy existence does not exist or exists depending on these other existences.

People make a mistake of saying 'well, if I was born in a wealthy family, or in a good country, or with this gift or that knowledge, or if I went to that college or had that thing happen to me, I would be wealthy'. They assume that wealth has a condition. Yet, what they call a condition is actually another independent existence. In other words, you can get to wealth with or without having to pass through the so-called condition. You do not need to fulfill these conditions to get wealthy. But when you believe in conditions, then they will be there. There are a countless paths to wealth or anything else, and conditions are just one of those paths – it is your choice whether or not you wish to go through conditions. Even time, which looks like a condition, is not a condition. People think you need a lot of time and age to get wealthy, so it happens that way for them, but it does not have to be that way. History proves that.

Everything that is conceivable exists – you can only understand this if you understood the nature of time, quantum physics, and spirit. Conditions are not if-then statements that separate having and not having. They are just another outcome out of an infinite number of outcomes. They do not exist as conditions – they exist as just another possible existence. You do not have to pass through them, but if you believe in conditions and you create them, then of course you will experience them.

The important thing to know is that, even scientifically, conditions do not exist as if-then statements, as requirements that you have to go through, or as traps that you are born in and must stay in, or as things you can only get out of using certain actions and getting certain help that is outside of you. Conditionality does not exist. We have designed conditionality on our own. What you call a condition is not a condition – it is just another one of infinite possible existences, and it does not exclude you from having another existence.

Much of your pain is self-chosen. It is the bitter potion by which the physician within you heals your sick self. Therefore trust the physician, and drink his remedy in silence and tranquility: For his hand, though heavy and hard, is guided by the tender hand of the Unseen. – Kahlil Gibran

The psychological rule says that when an inner situation is not made conscious, it happens outside, as fate. That is to say, when an individual remains undivided and does not become conscious of his inner contradictions, the world must perform act out the conflict and be torn into opposite halves. – Carl Jung

YOU CAN ONLY SUCCEED

Gain and loss are two sides of the same thing. Through loss, you gain new things. Through loss, you know the sweetness of gain. Without loss, there would be no gain. It is the struggling against loss and the preference of gain over loss that causes suffering and retarded growth. It is the acceptance of loss and gain as both gifts and fuel to your growth that will propel you to greater heights faster. In the end, you will then see that loss was not really loss. At the point when you recognize the gains you got from the loss, you will see that the loss was really a blessing and that loss does not exist. Every loss has a gain, if only you accept and look into it for it and have patience. Loss is usually (1) a result of an error in your thinking, in which case you have the opportunity to correct your thoughts and make massive gains; or (2) not because of your thinking, but a new opportunity selected by your Higher Self designed to take you higher, a chance to discover a new, higher truth.

Success is not something you chase but something that you attract. You cannot chase it, you can only attract it. You attract it by the person that you are, the person that you become. In other words, if you are not experiencing wealth, for example, it is because you are not a wealthy person. If you are not

experiencing love, it is because you are not a loving person. You cannot chase after wealth or love or anything else. You can only attract it by the person you become. For example, to become wealthy, become the sort of person people call wealthy. A wealthy person is not a person with a lot of money. No, the money is just something that comes to him. Even without the money, the person is wealthy. There are certain attributes that a wealthy person has acquired, such as a belief in abundance, confidence and certainty, a willingness to learn, relationships with people, and so on. These are all things that are buried deep within everyone. You have to be willing to expose them and become wealthy by nature. Once you do, the symbols of wealth, such as money, will naturally flow to you. You cannot chase after a million dollars directly and get it. You can only become a person whom the million dollars will come to. Do you have the faith to have a million dollars? Do you have the willingness to learn how to use and invest it? Do you have the desire to surround yourself with advisors and people who shall help you build a business of value that gives value to society? Success is something you become, and every step of the way teaches you what to become, *as long as you are willing to listen*.

WANT NOT; DESIRE, BUT NEVER EVER WANT

Wanting communicates to you and to the universe that you do not have something (first mistake) and that you are in a state of not having it but wishing you did (second mistake). The problem is compounded by the fact that wanting is a perpetual state. In itself, it has no finality. Think about it.

You can never get what you want. Never. It only looks like people get what they want, but they never really do so. What actually happens is that very gradually they shift from the state of wanting to other states and then they get what they had wanted initially. But as long as they are in a state of wanting, they cannot get that which they want. Here is how the illusion of a person getting what they want works: Remember the last time you wanted to eat and you got what you wanted (you ate something). Ok, you wanted something to eat. This is a wanting state. But watch what happened next. You started to go get something to eat. You actually shifted from a wanting to a getting state, which has finality. You then shift to the present tense of having, finally, and you appear to have had what you wanted. See, you never did get what you wanted when you were in a wanting state. You had to shift states.

This unconscious shifting from a state of wanting to another state is easily done all the time by people – but only for small things. But what if it was something so big, something you had never done before? Would you still get it if you wanted it? Unlike food, it would be harder for you to unconsciously shift from the wanting state, because you have not gone through it before. If you found yourself wanting twenty dollars, it would be easy for you to unconsciously shift from the state of wanting to getting, because you have done it before over and over again. But what if you wanted a million dollars and you have never had more than twenty thousand dollars in your life before? Would you be able to shift unconsciously from wanting to getting a million dollars? Most likely not. The solution is this: never want! In other words, never believe you do not have.

You can never get what you want. Wanting something very bad is worse. In your thoughts, words, states, and feelings, replace want with desire or wish. Unlike wanting, desire does not necessarily have to mean you do not have something. It is a very subtle difference and some people may say they are the same thing, but there is a world of difference. Some thesauruses may even say want is interchangeable with desire, but that is simply for some linguistic purposes.

Remember, your thoughts are carried out with precision and perfection by the universe. It is the way the system is designed. Wanting is carried out with precision, and wanting represents a perpetual state of not having.

Desire is not a perpetual state of not having; in fact, it does not necessarily have to mean you do not have what you desire. It is sad and funny to think that billions of people are kept away from what they want by such a simple little difference. It all lies in the precise execution of the universe.

Precisely, it is not just the word 'want' that should be avoided. It is the state. It helps nothing to avoid the word 'want' but be in a state of 'want' – that is useless. Language is a symbol used to represent

things such as state. The word want is a symbol that represents the state of wanting. It is therefore the state that you should avoid first. The symbol, the word itself, is also to be avoided so as not to invoke the state.

Desire, but never want.

Here are a few dictionary definitions of the word '*want*': *To be without; lack. To be destitute or needy. A defect of character; a fault. To be absent; to be deficient or lacking; to fail; not to be sufficient; to fall or come short; to lack.* This is what you communicate to the universe to bring to you when you want something. The universe brings you just that – absence and deficiency.

None of these negative definitions is included for the word '*desire*'. Now here are some dictionary definitions of the word '*desire*': *To express a wish for; request. The natural longing that is excited by the enjoyment or the thought of any good, and impels to action or effort its continuance or possession; an eager wish to obtain or enjoy.*

See, you can have something but not be experiencing it because it is not right there with you. So you desire to experience it by bringing it to where you are. You know you have it, you just wish to experience it. This is good. But when you believe you don't have it, then that is wanting, and you can never have what you want, simply because you are certain that you do not have it!

YOUR PURPOSE PROPELS YOU

You have a purpose for being here. Where did you get your purpose? Consider this suggestion: You have free will. When did this free will start? Some people think it starts after you are born. They believe that they did not have a choice whether or not to be born, but once they are here, they have free will to make choices in their lives.

Others believe that your free will is eternal, and it starts even before you are born. That is not such a strange idea. Your soul is eternal. Your eyes tell you that life starts when one is born, but something deeper tells you that this may not be the real beginning. Purpose or destiny is what you, your Self or soul, chose to come do here on earth, a choice based on its set of attributes and wishes. And the circumstances and location you were born in are perfect for you to collect the necessary 'tools' to fulfill your chosen purpose were you to go through life with such an awareness. That is why your unique purpose feels so good once you find it. That is why it gives you so much joy doing it. That is because you chose it a long time ago. It is what you came here to do.

Unfortunately, so many people do not fulfill their purpose, largely because of the way our society and education is structured. Yet, you can easily fulfill yours if you chose to. You first find your purpose by spending some quiet time thinking what makes you feel so good, what you have so much passion for. Do not think of job descriptions or careers. Drop all those labels society has taught you to believe in. They are the number one reason why people do not find their purpose. Just ask yourself "what makes me go so happy doing?". It could be spending time with butterflies, or flying around the world making deals, or cooking, or speaking to people, or anything else. Once you do that, envision it, intend and make goals towards moving to a point where you will be working, as a career, in your discovered purpose.

For example, let us imagine that your purpose is studying butterflies and you are now working unhappily in a non-butterfly related job. Do not despair. Start getting books and finding people in the butterfly field. Find out all you can. Then start making goals and choices that will eventually take you out into a position that is butterfly related. Do not worry about money and all the other little worries you may start having – they will sort themselves out as long as you do not worry. And you will be very happy and successful once you work in your destiny or purpose, a destiny that you yourself chose before you were born here on earth. Your self-satisfaction will also rise and you will be making optimal contribution to the world at large.

Follow your passions.

GIVING: IT'S WHAT IT'S ALL ABOUT

One of the greatest laws is the law of giving. It is a phenomenal law. Give freely and happily. Always form a habit of giving cheerfully. Give first before you receive. Whatever energy you give will come back to you in an amazing way. You may give away your time, for example, and it comes back to you much later from an unexpected source in an unexpected form in a way that benefits you greatly. You cannot insist on a particular way and time it will come back to you, but you can be assured it will come back in the best way for you. Give. Give. Give. And do so cheerfully and freely. It is the energy behind the giving that matters so do not give grudgingly. The law of cause and effect guarantees that you shall receive plenty for what you give.

Give what you have on you – time, money, smiles, love, compliments, anything. And you will get back what you do not have on you.

Everything is an idea. An idea grows as it is shared and passed on to more and more people. This is the fundamental reason why life grows and why giving works mysteriously. We have already seen how quantum physics works out life, how everything starts as an idea and grows as it is shared, and how the law of cause and effect works. Do you see now how giving works for you? You do not give after you receive. Giving is the same as receiving. Giving is what causes receiving. Giving makes what you give grow within you.

Remember what we said about abundance as being the only thing that really exists? We saw how scarcity is an illusion.

To you the earth yields her fruit and you shall not want if you but know how to fill your hands. It is in exchanging the gifts of the earth that you shall find abundance and be satisfied. Yet unless the exchange be in love and kindly justice it will but lead some to greed and others to hunger. – Kahlil Gibran

To have all give all to all.

And to have something, teach it to learn it.

There is no difference between having and being. The English language differentiates between the two, but in reality having and being are the same. Life is Being. You Are, and so you Have. You cannot not have because you cannot not be. But you can create an illusion of not having that is very real to you. It works like this: when you cover your eyes and pretend not to see, does that mean that what you are not seeing has stopped being in front of you? No. That is how it works. You can realize, accept and experience the things you already have 'hidden' from you by yourself by changing your mind and your beliefs. That is what is meant by 'Even before you ask it has been given unto you', 'Ask and you shall receive, seek and you shall find', and whatever you believe you can do, be and have. Release yourself from fear. Recognize the fact that all life is One Being individuating into illusions of separated beings. And from these two standpoints, realize therefore that the answers you seek for you lie in others. You cannot have an answer that is only yours alone. You are one with everyone else. Therefore, whatever you wish to recognize in yourself, recognize in others. As you wish to believe in yourself, believe in others. Whatever highest vision you have in and for you, have it in and for everyone else. Recognizing it in others is what brings it in you, because the system is One Whole. You cannot possibly think of others as worthless and expect to not experience this worthlessness in yourself as well. The reason for that is that your seeing others as worthless establishes the belief in worthlessness in your mind, the fear of it, the possibility of it, and the actualization of it eventually. Therefore, for your own sake and everyone else's sake see and believe in everyone as being perfectly worthy, and that is how you shall then experience and see yourself. Therein lays the guarantee of success, or more accurately, the seeing of what you and everybody else truly are and have: Infinite Worth, Power,

Abundance, Joy and Love. Drop the split mind, drop the fear, drop the attack, and the illusions will drop. Haven't you ever noticed that the most successful people are the ones who see a world bigger than their ego, and so rise above and beyond their limiting ego? They value human potential, and they see visions of a more glorious world, one person at a time. And it becomes them.

By giving you receive. Yet you already have it all as you are all by being. So giving is what leads miraculously to recognition of what you have but did not see, and you have it all yet see little of it. Thus, equate paying with giving, and giving with value. Because by paying and giving, you answer the request of another, and by your willingness to pay or give, you start to recognize the value in others, the unity in being, and the certainty and the abundance in yourself, and you start to grow.

GRATITUDE: SEALS THE DEAL

All of life is a gift. Every person, moment and thing is a gift – it is only that we refuse to open the gifts hence we do not get the gift sent to us. All things come to those who are grateful. There is great truth to that and here is why it works so well. By law of cause and effect, your gratitude attracts that which you are grateful for. And you should be grateful even before you receive it because, by law, you know you will receive it. In fact, you have it even before you ask. Gratitude speeds that reception because it is a statement of belief

– you are already enthusiastically and genuinely grateful, in a state of gratitude, because of what you will receive, or more accurately, have received and are about to experience. Note, the gratitude is there before you even 'receive' what you are seeking. In reality, you have it all already; you just are not experiencing it yet.

So, gratitude is the first step to receiving and experiencing. It is an affirmation that you know you will have it. Imagine getting grateful and excited about a future event – do you have any idea how much faith that portrays and how much that takes you to your goals at rapid speed? It is magical! Gratitude creates and grows your faith, in addition to being the right thing to do.

Why do we say that every person and thing in the Now is a gift to you? Because the Now, for you, is created by your previous thoughts. So, the Now allows you to experience yourself. Through this, you can correct and enjoy yourself. In addition to that, all the questions you have had are answered to you Now especially through people and things around you. pay attention! Now is here for your enjoyment and growth. Everything in Now relates to you in a very intimate way. It is a result of your thoughts and an answer to your questions. Isn't that a fantastic gift? But if you resist and curse it, you shall fail to get the message, and your life will repeat itself until you stop resisting and open your gifts to see what the lessons and joys are.

ABUNDANCE: YOU HAVE IT ALL

You have seen that you are one with The Source, one with all that is. This makes you abundant. You have also seen how you created reality out of the quantum field simply by using your thoughts, states of being, words and actions. You have also seen how anything is possible when you believe and chose consistently with clarity. All this makes you abundant. At your highest level, you are naturally ever-presently abundant – there is nothing you have to do and you cannot be anything other than abundant.

Nature is capable of giving you all your desires without losing anything itself. Scarcity is not real, it only appears where we chose to see it.

The Source of all that is can never run out of creative power and ability. A million times of what has been created can be created again. The supply is unlimited.

You cannot even begin to ponder the infinite vastness of the readily and freely available supply of value-creation material and energy you have access to.

Do not manipulate people and things. That is competitive thinking. Creative thinking is more effective and true to the nature of abundance. Competitive thinking makes you think in terms of scarcity that has to be fought for, and that is what you get. Why would you wish to create scarcity?

Out of abundance He took abundance and still abundance remains. – Upanishads

HAPPINESS

The essential nature of Life is Joy. Joy is what Life is made up of and vice versa. It is the natural state of all beings. Anything with life (and everything has life) has joy as its natural state. It is how we are born as children, with a natural ability to live life with carefree abandon and joy. You can re-capture that nature and extend it.

You are not happy because of certain conditions, but certain conditions come into being because you are happy. Happy thoughts and images also result in happy external events and conditions.

Happiness is a continuum of moments that are not resisted. If you resist a moment, you will not be happy with it. Also, what you resist persists, what you accept and bring into your light reveals itself and lets go of you. Unconditional love, acceptance, detachment, and tolerance – all these lead to happiness.

Sadness and happiness are different grades of the same thing. They just appear to be different things. Hot and cold are actually just graduations of the same thing called temperature. When you express yourself and your desires, you have joy. When you do not, you have sadness. Follow your desires.

Live Now, Here. Like Harry Potter was advised by his headmaster, Albus Dumbledore, in the *Harry Potter and the Philosopher's Stone* movie, "It does not do to dwell on dreams and forget to live." Harry Potter found a magic mirror that showed, according to Dumbledore, the "deepest and most desperate desires of our hearts ... but not knowledge or truth." Dumbledore then cautioned Harry Potter against its use, for although it may have felt comfortable for Harry to spend all day dreaming of his desires, doing so was not living. Living is what allows Life to express itself, and with expression comes joy. It is OK to dream, but live life Now, Here, because the only place you can live life is Now, Here. Dumbledore then explained to Harry Potter that the happiest person was the one who looked into the magic mirror and saw only him or herself, exactly as they were Now, Here. Think about that.

Joy is what happens to us when we allow ourselves to recognize how good things really are. – Marianne Williamson

From love comes joy. What is love? Love is not a bond; it is a freedom, a liberator, not a binder. It is a free expresser, not a limiter. In the presence of true love, things flourish as they are, perfect.

The less judgmental you are, the happier you become. The more forgiving you are, the happier you become.

Real Joy comes from within, from Being. Pleasure and pain come from without, from things outside of you. Joy never stops being joy. It is the nature of spirit, of being. It is not affected by external things. Once you are present in Now and aware and in touch with your Self, the joy will be everywhere in you and it shall never stop. It never had stopped and never can stop anyway, but you can be blind to it by not being Here, Now, fully present. Joy is an eternal state, in Now. It is not in the past or future, for those are 'times' that do not exist, except only in the mind.

Pleasure and pain on the other hand are external. They are also complimentary. The same thing that gives you pleasure gives you pain. Think about it. Whatever external thing gives you please, when it is

not there you feel pain, you feel the pain of not having it. The same thing gives you pleasure and pain. Or the thing that gives you pain, when it is not there you feel pleasure. The same thing gives you both. All external things do this and that is why people are often feeling unsatisfied. However, once you touch your Self and live Now, real Joy comes to the surface, and that can never change to pain. From that point on, everything will become enjoyable, even the most 'painful' things will cease to bring suffering to you and you will marvel at all life. Joy is Being, and Being is "Is"ness, Now. From that point on, you shall be happy with all being, resisting no present moment but creating your next moments in a powerful way through true choice.

Resisting "Is"ness is futile. Resisting Now is painful. What do you expect to gain out of resisting what Is? You cannot undo it. So why bother? Yet, when you touch your Self and feel Joy, you shall not need any intellectual conviction to stop resisting Now. You shall just naturally love all being.

Why does the same thing give you both pain and pleasure? It is because of the mind living outside the moment of Now. For example, if you like a certain thing that gives you pleasure, when you have that thing you enjoy it (unless you worry about losing it). When you do not have it and you let your mind escape Now and go into the past and future thinking 'it was great when I had that thing and I really wish I had it now. I look forward to when I will next have it. I do not like not having it now', you start getting into 'problems'. When you think like that, you totally miss the joy of Now, what Is. And that 'gap' between Now, "Is"ness' and a past and future that only exist in mind is the cause of pain, anxiety and dissatisfaction. Joy is always in the moment of Now. It is ever-present, but you can choose not to see it. When you are out of mind, of no mind, you are Being, Now, in harmony with all else that Is, Now. In that state, you are in the best position to enjoy Now and also create the next Now in the most powerful way, free of worry, anxiety and negativity. The mind is a tool, and you should activate it to create an intention of the next Now. This very quick and detached thinking should not take any more than a few seconds every now and then. If you use your mind to constantly ramble on inside your head thinking about the past and future, all you do is live in the past, worry about the future, and lose Now and joy. And anyway, that is no good formula for creating a future. All problems exist only in the mind – they cannot exist in Now. In Now, you always pass. You cannot fail Now. Not two seconds from now, or five hours from Now, but right Now. All problems exist outside of Now, in the mind, when you use the mind incorrectly.

LEVEL CONFUSION

We have mentioned this before and we should briefly mention it again here. A lot of suffering and 'failure' comes from level confusion. What are the levels again? They are Being, Thought, Word, Action, Physical Form (Body). When I say Body, I don't just mean your body, I mean all physical things, including your body. Now, we saw how there is Cause and Effect as the prime law that runs the universe. Ok, now let us see what each level is.

Being is the First Cause. It is What Is and What Gives Life. It has always been and always will be and therefore did not result from anything, hence it is First Cause.

Thought is a Cause, the effect of Being. It is the next in power, that which extends and moves the Universe. Minds are connected and thoughts are shared as thought form but the sharing is not so apparent in the physical world. Thought creates form at a certain level.

Words, as you speak and share them, extend your thought into the physical world. This is the second level of creation. Words are a Cause, the effect of Thought. Words create form on a certain level.

Actions are the third level of creation. They put into place the mechanics by which thoughts are manifested here on earth and experienced. Actions are a Cause, an effect of Words and Thoughts. Actions create form in the final level.

Body is an effect. It is not a Cause. Repeat, it is never a Cause. It is always an effect. It is a tool to experience and communicate.

Level confusion comes when people use the wrong level for the wrong thing, when they identify with the wrong level, or when they have conflicts within the levels.

Conflicts arise when what you think conflicts with what you speak and what you do. The creation is obviously going to be retarded.

Wrong use arises when you use Body to create when it cannot create. People have too much faith in Body. Body here can represent anything from your own body, money, walls, clothes, or anything physical. Understand this: Body cannot create. Ever. Body was designed from the word go as a tool to experience and communicate. That is its role. But you say 'then how come medicine cures and money pays rent?' Watch again. Mind is always involved. Even when you take medicine after realizing you are sick you do so with cooperation from mind. The realization puts your mind at attention and the intention to get better gets into gear, and that on its own is very powerful. It is not purely the drugs that heal you. They trigger a lot, yes, and many chemical reactions and so forth happen in your body, sure. But mind is never far away, doing the creative work. The drugs, for the lack of a better word, activate healing through the body but from mind. Do you realize how powerful your mind is? It is always creating 24 hours a day, even as you sleep. It is eternal. It is not even confined by your body. Your brain is but not your mind. When you try to use Body to create, you experience frustration because you keep trying without getting results. Only when you engage mind do you get results.

Identification with body is another level confusion. You are your Self, in the image and likeness of The Source. When you think you are your mind or your body, you believe it, and this has the power to confine your power and belittle you. Your body and possessions are just communication and experience tools. They shall all come and go. When you identify with any of them, you shall feel little and create little. And when you 'lose' these things, you shall feel loss. Yet you need not identify with Body. What for? You create Body. You brought it forth. It is smaller than you are, it is your creation. When you confuse your identity and think you are your body or possessions, you make yourself smaller than that which you created, and because it is temporal, you feel fear and lack. Another misidentification comes in when you think you are your mind. The mind is a creation tool. You are bigger than it. You give it direction. When you think you are your mind, it takes over you and it has no direction. Its creations, when left on its own, are temporary. When you think you are your mind, you identify with its unguided confusion (for now it has no guide since you think you are it) and you become fearful because, as we saw, its creations when left on its own are temporary and will be 'lost' one day.

INFINITE LOOPS AND THEIR STARTS

There are a few 'loops' you need to be aware of. These loops govern your life and it is important that you recognize them. Here they are:

1. You experience what you manifest and you manifest what you experience. What this means is that whatever you feel within you, the emotions and thoughts that you experience, creates the next moments of your world. Emotions are energy in motion. Thoughts are also energy. If you are not careful, your emotions can take over your thoughts if you left them. For example, if you are always fearful, you attract, create and manifest fearful conditions around you. Hence you manifest what you experience within you. To manifest is to make something observable. You also experience what you manifest. This means that the world around you gives you your experiences. See, there is a loop there. But you have to know how to break the loop so that you change it. Which one comes first? What is first cause? Your being, your beliefs, your thoughts, and your words and actions come first. They start the loop. They become manifested. Then once your world is made up, you watch and respond, hence experiencing it. You must learn to break the cycle whenever you see yourself in a situation that you don't like that is repeating itself. You change it by refusing to react in the same way to it, instead watching it without judgment, welcoming it into the light, learning what thoughts are causing it, then changing those thoughts. Trying to change an effect is banging your head against a wall – it won't work! You cannot change an effect directly, you must change the cause. Sounds obvious but few do it.

2. You see what you believe and you believe what you see. That is another loop. When you see something, you unconsciously believe it is true, even though it may not be. People once thought the world was flat. They believed what they saw. However, that was not reality. What cause them to think it was reality was because they saw what they believed. Read that again. You see what you believe. Even though this universe is abundant, we see it as scarce because we have agreed and believe that it is. But because we believe this we have made it scarce (by illusion). Your belief has the power to create your world. So where does this loop start? Of course, in belief. There are two ways to approach this. One is to change your belief about something so that you may change it. for example, if you wish to be wealthy, believe that wealth is all that exists, and your world will resolve itself to prove you right. The other way to break out of the loop is to not believe anything. Look at the nearest door you can see. Do you see it as it truly is at this moment or do you see it as you believe it is? Tricky question, isn't it? tell you what – most people see the door as it exists in their mind. That door, if you were to see it as it truly is would amaze you. Why? Because Reality is brilliant, it has no vulnerability, it cannot be attacked, it is grand. If you cannot see that, you are seeing your own image imposed on reality. You know very well that you sometimes see things as they are not, or you see a person and think they are a certain way because you have imagines them that way, only to discover one day that you were wrong about them. Seeing is very much a function of mind as it is eyes. So you can break out of your painful cycles by merely admitting you have no idea what the meaning of what you see is, like a child does, and ask what it means, expecting an answer. The answer will come to you, as long as you don't tell it what you think the answer it.

You are the evidence. That is what all this hear reveals to you. You are your own evidence. Don't look at the world, Body, for evidence. It will always reflect you anyway. When you change, it changes.

A HISTORY OF EGO. AN EXPLANATION OF WHY MIND CAN BE AGAINST YOU

Understanding is what gives you power and releases you from your fears and limitations. This is why you need to understand your ego and its origins, for it is responsible for a lot of the pain you go through.

You most likely have heard of the Big Bang, the start of the universe. You know that the universe started in an instant, arising from no-thing and becoming something. Ok, take your mind before the Big Bang, before that start of the Universe. What was there? There was just The Source, what some people call God, One Being. There was nothing else. In fact, even nothing did not exist. There was no thing called nothing. There was only One, All That Is, and no-thing else. All That Is could not know itself because there was nothing against which to experience itself. For example, if you know you are tall but have never seen another thing in your life, you can only know that you are tall as a concept, yet you would not know how tall felt like, experientially. In the realm of the absolute, there can be no feelings and experiences of what is known. So a realm of relativity, duality and opposites, has to be 'made up' so that each part can observe the other and vice versa. All That Is, before the Big Bang, the start of the universe, knew it was magnificent but it could not experience that magnificence experientially and know what it feels like. Remember that statement we made earlier? In the absence of that which is not, That Which Is, is not. The opposite of all the properties of The One had to be created as illusions so that the real ones may know themselves experientially. For example, love is a property of The Source, but fear had to be created, as an illusion (for it cannot be real), so that the experience of love can happen. So what All That Is, The One, had to do is to 'split' itself up within. These 'splits' are not real, they are just illusionary, it is still One. Anyway, it chose to split into seemingly different forms within itself and have each form perceive the next, hence creating the experience. And so the universe was born.

Now comes how it was born and where you come in. At the beginning of the universe, the magnificent pure energy, pure love, one mind, split into infinite energy 'pieces', which scientifically can be called quantum energy 'packets', or called spirit in mystical definition. It does not really matter what you call them. The One Mind also 'split' into many. See, the split, you have to realize, are not clear and defined separations. They are individuations, seemingly separate. Now, remember the sequence of creation, Being, Thought, Words, Action leading to Body? And remember the infinite loops? Same thing applies here, and this is how ego came into being. Let us observe the Body first, from a scientific

point of view. At the beginning, the universe was all just one element, hydrogen. This is the most basic element, made up of the simplest combinations of quantum packets. This element, through many processes, formed all the other elements that you know of, such as oxygen and so on. Up until now, these elements were self-sufficient. They were stable in themselves. But over millions and billions of years, as the 'split' minds believed more and more that they were separate, they created forms which were really separate and insufficient by themselves. Compounds such as amino acids came into being. Compounds needed to 'eat' and absorb other elements so that they could sustain themselves. This is where the idea of need first came up. The illusion of need was the first illusion to be formed, from the split mind believing it is separate, and thereby creating separate forms which, with increasing complexity, needed other things to maintain them. Anyway, as 'time' went on, and Body forms increased in complexity, other illusions came in, such as the idea that a need could not be satisfied, and thus attack, invulnerability and fear would arise. Keep in mind that this is all in the level of form. Spirit never truly split, nor did mind. Only the illusion of a split was formed. But the split mind, seeing and making forms that it believes in and believing what it sees, is convinced that the illusions are real. This is what the ego is. It is a belief system created over millions of years. It is a belief system designed to perpetuate the illusions of separation, and the illusions of the opposite of All That Is. It was a necessary creation, for without it the illusions would not happen, but it went too far for some people. The plan did not fail, for it can never fail because we are designed to self-correct. The plan was to create illusions, overcome them, then be able to experience the magnificence of What We Are without having to suffer under the illusions. The illusions were meant to be used, not believed in. See, at this stage of humanity, we are now beginning to realize that there is something else. We are now beginning to know that there is a difference between the illusions and the reality. Some people have mastered this so well that they literally create their life as they wish it to be in an instant, seemingly breaking all the 'laws' of science. Anyway, right now, we are waking up, remembering how to be in this world but not of it. It is gradual, but it is happening. In fact, all of human history is about evolution towards this point. As we awaken, we increase our 'intelligence' and abilities. Things happen faster now than they did a hundred years ago. Eight hundred years ago, we did not even know how to draw in three dimensions. We could not communicate across the globe. See, our minds are awakening to the unity and with that our physical plane is responding.

So now you see how the ego came about. First, 'God the Father' split up into His Children, as some religions and mythologies around the world put it. But The One can never not be the One, it can never really separate. So it had to create the illusion of separation. This happened by 'splitting' the mind and making parts of it believe they were separate (ego). This happened as a cycle taking millions of years, a cycle whereby the mind creates what it believes and it believes in what it creates, until a point whereby it sees the insanity of the illusion and then starts backing up, realizing the illusions, what they are for, and finally enjoying them and using them as illusions instead of having them use it.

Let us go back to the ego. The ego is, understandably, the opposite of Reality. It believes in separation, need, attack, vulnerability, fear, the possibility of failure, and so on. It is the opposite of love, abundance and infinite power. It developed over time, and its only goal is to perpetuate the illusions. Over the last couple of hundred years, we have eroded its power significantly, which is good, but there is still a way to go. You have to understand very clearly that the ego's only goal is to maintain itself, its illusions. It has a vested interest in that. Now it knows it is not real, it knows that you are not the ego. And on itself, it cannot do anything without having your mind to enable it to create. Do you see this? You are not your mind, nor are you the ego or the body. You are your Self, in the image and likeness of The Source. The ego is your opposite, but it has to win your loyalty because only you can lend it your mind, the only tool it can use to create. On its own it is powerless. Your mind is fully powerful. Yet your mind is your tool.

The ego has one goal, as we have seen, and that is to perpetuate itself and the illusions. It does this in steps. It first convinces your mind that your mind is your ego. It makes your mind believe that its memories and experiences define it, that it is also a separate unit that is vulnerable and capable of not having things, and so on. Most people's minds believe in this lie. The ego is very crafty. Have you noticed how, when you are 'in trouble', your mind (because of your ego) offers you evidence of past failures and literally scares you to believing that you will screw up? The ego selectively uses evidence that supports its case and throws away anything else that doesn't. Ego works by categorizing, separating, hiding, judging, condemning, attacking and rejecting. When you are in trouble, you totally forget all the good stuff in your life, all the times you have succeeded, and your mind blows the whole situation out of proportion. This is one of ego's tricks, for it must convince you that you are it. The next step ego takes is to use your

mind (as you let it) to create out of fear and a belief that you can be attacked. Of course you cannot be attacked, but when you believe you can, you project attack and do things to 'defend' yourself and so on. The things you create out of fear of course result in making you afraid of loss, attack, failure, or whatever. This cycle goes on, making you believe more and more in fear and vulnerability. All this sounds like a fairy tale, but you have to understand that the minute you fully accept and realize Who You Really Are, your ego will have to die and be gone, for it never really existed as a reality – it was just a projected belief system. Anyway, the ego then wins you over by to its side by making you identify with your mind and your body. Your body is temporary and it was created from a split mind in the first place. You know it is not invulnerable, and this scares you because you think you are it. But it only scares you because you believe you are your body, a thing that your ego managed to convince you of. Another trick the ego uses to take over you is to have you become a human thinking instead of a human being. By making a lot of mind noise as we have seen before, you miss being in the Now.

The tricks of the ego are many and the point of this manifesto is not to show you what they all are. The point is this: The ego was created, over millions of years, to perpetuate illusion. It is a belief in illusions and uses your mind to create these illusions. The illusions are the exact opposites of What You Are and What You Have. They are designed as reference points for you to experience your reality (in contrast to the illusions). Illusions can take over you if you do not recognize them for what they are. If they take over, they cause havoc in your life, they belittle you. You are not your mind or body. Body is a communication tool, and mind a creation tool. Now here comes the most important thing to know about ego. Ego is opposed to you knowing What You Really Are because when you do so, you destroy ego. The illusions drop and in place of them you see Reality, which has always been there but covered up. What is negativity? It is ego's attempt to strongly make you believe you cannot do or have something. You have to understand that it is in ego's best interests that you fail, for that will keep you in the illusion and keep ego alive. So how do you drop the ego? By dropping your belief in anything it stands for: need, attack, failure, vulnerability, condemnation – anything that is not of abundance and unconditional love. It sounds scary, and that is the response of ego. But it can be done, and many people do it every day. Your magnificent success, joy and security are fully guaranteed when you drop ego. The ego is the weight that holds you back, makes you tired and fearful and keeps you going in circles. It is not difficult to drop ego, but it is very different. The ego drops the minute you stop giving it power and attention. Why? Because the private world of ego thoughts belongs only to you. Your mind plays tricks on you with things that cannot be seen or heard by anyone else but you. Yet you choose to believe them and run your life by them. As long as you do so, you miss seeing the world as it truly is. The ego world cannot be shared with the One, with everything else that exists, because it has no existence. Not all thought is true thinking. Thoughts out of unconditional love unify with the universe and move you forward as well as the rest of the universe forward. They make reality up and they are real thoughts. Thoughts out of fear are not real thoughts. They make illusions up. You will still see their effects, but it will be your own private 'hell', so to speak, that you shall go through. Fortunately, you can change your mind at any time and drop those painful illusions.

THE GAME OF LIFE AND CHANGE

You are starting to become aware of yourself as the game master, in the only game there is: The Game of Life. It can be a great game, fun, if you say so. This is not the end, it is the beginning. Every moment is a beginning. Remember, everything changes in life. But the way a thing changes is dependent on you. And here is a very important thing to know: You need do nothing to have Reality except stop investing in illusions. Illusions take effort to make up, leaving you tired, but Reality is there and you need do nothing to have it. Worry makes your body and mind weary, and identifying yourself with your body and mind makes you 'feel' tired. It is a combination of steps. By design, you cannot be tired, but you can confuse yourself with things that can be tired. You cannot die, but you can confuse yourself with things that can. You cannot go without anything you desire, but you can make that up as well. Who You Are and who you think you are can be totally opposed. Yet know this: it takes no time to be Who You Are. You don't have to do anything over time. In this instant, you can be fully present in the awareness and power of Who You Are, a Part of The Source of All That Is, not separate at all from All That Is. How then can you ever lack anything or be alone? Even partial realization of this gives you immense power. Do not give power to what has no reality and what has no cause.

As you know by now, you already are in charge of your life in the most amazing way. But if you wish to have full experience of your True Self, here is how you do it: the full realization of this comes from acceptance of all that is as it is. This leads to unconditional love, then recognition of unity, and then the experience of unity. This experience is amazing! Nothing can stand in your way, and there is nothing you cannot have for you have it soon after you think of it. You become sure of all that you do for you are guided by inspiration. You become always joyful and you feel always secure for you know nothing can harm you. Again, this sounds like a fairy tale but it does happen to many people worldwide. All it takes is willingness and presence.

HOW DO I INTERNALIZE WHAT I HAVE LEARNT?

Re-read this manifesto every now and then. Repetition causes internalization. Act on it.

Share this manifesto. Things grow by sharing and teaching. To learn something, teach it. It will grow in you. To have something, teach it to learn it. Even if you do not teach it personally, pass it on to as many people as possible. Minds are one and what one learns upgrades the whole. So you shall find it beneficial to you even if you have no idea who is learning from the document you share.

WHAT DO I DO NOW?

That depends on what you wish to achieve.

First, remember that just because you may not see and feel Reality does not mean it is not there. It can be covered up by your beliefs and illusions. Reality, The Source, is fully secure, complete, abundant, loving, worthy, free, powerful and needless. You are created in the image and likeness of The Source. Not your form, your body, but your Self. You easily lose touch of this by not being in the Now (identifying with your mind and body) and by believing in the opposites of the properties of The Source. So the best thing you can do for yourself is to Think, Speak and Act as What You Really Are at every moment! Do you know what a difference this is to the way you think, speak and act now? It would make such a difference in your life that you would hardly believe you are the same person!

Nothing keeps you away from your Self than time, the time in your mind. Thinking of the past and future takes you away from Now, and that is the biggest problem you may have. From that one, the others arise. Resisting what Is Now is resisting Being, Life, and identifying with what is not.

Reality is always there. Illusions do not exist, they only appear to exist. They drop as soon as you recognize them and stop investing in them. When they drop, reality is revealed. What all this means is this: There is no order of difficulty in correcting error. For example, abundance is abundance. There is no difference in difficulty that really exists between making an income of 10 dollars or 1 million dollars. The illusion of scarcity is perpetuated by a belief in it. Beneath the illusion lies the reality of abundance. The idea that it is harder to make a million than ten dollars is simply a belief. There are no levels in Reality, levels only exist in illusions. Dropping the illusion is dropping the illusion, and it can be done in an instance. It is simply stopping to believe in what has never been there anyway in reality. Hence there is no order of difficulty except that which you say there is.

Also, further your awareness and your knowledge in these things. There are a lot of books available for this. Keep moving forward so that you do not fall back.

WHERE CAN I LEARN MORE?

The first step is to get course, *The Amazing Lifestyle Creation Formula* (www.TheMissingInstructions.com). This program is the first to put all the pieces of the puzzle together, explaining in a clear way the contents of this manifesto and beyond. Although it focuses on wealth and happiness, its teachings can be used for all of life's situations, not just wealth and happiness. All the laws of the universe are explained, and so is a lot more explained in detailed but easy to follow language. Much of this manifesto you are reading was extracted from that program. Availability information can be found at www.TheMissingInstructions.com.

Isn't it about time that your finances and your life as a whole started working out successfully and predictably, all the time and without all that stress?

How many times have you ever had this thought: "There has to be something that I am missing in my understanding of how immense success comes about. Something so simple yet so necessary to success. An understanding that my mind hasn't got a wholesome grasp of as yet, but it is an understanding that I know I can have if only... I see highly successful people calmly having it. Whatever they do seems to work out for them, sooner or later. I know it is within me, but where..."

I guarantee you, yes, guarantee you, that within a few days or even a few hours (depending on how fast you read) you shall finally:

Start to have a very deep understand of your world and yourself.

Have a deep peace of mind that comes from knowing, finally, what really causes your world to be as it is and how you are fully in control (the easily-explained evidence gathered from Nobel Prize winning scientists in the field of Quantum Physics and the latest understanding of the power of the mind shall prove this to you beyond doubt).

Expel the feeling of emptiness and lack of purpose that you may sometimes have. You shall now discover your purpose and passion, know how to live and work within it and have a lot more joy in life.

Start to live well, very well, and do so by learning how to design your life. Imagine how much better a life becomes when you live it by design instead of by default!

This is a big one: you shall stop worrying. Worrying comes from not knowing and not having control, from the illusion that something outside of you shall cause an event that is not favorable to you. From now on, you shall understand the deep connection that lies between your mind and your world, the direct cause and effect link and exactly, scientifically with evidence, how it works. You shall laugh in excitement when you see how simple this link is and finally all the pieces of the puzzle shall fall into place. You shall see through your fears and drop them.

Have better, more rewarding relationships with people. This is a natural result that arises from your deeper understanding of the nature of all that you see around you and feel within you.

You shall find and develop new truths and re-create your world anew as you desire it to be.

You shall free yourself from the feeling of lack, insufficiency, fear, failure, suffering and negativity and the poor fruits that they bear.

You shall get control of your life fully (you always have been but wasn't conscious of this fact).

You shall know once and for all that you do not need money to get rich. Blow this myth away.

Best of all, you shall believe in yourself deeply and powerfully and immediately start to experience the fruits of your newfound certainty.

You shall clearly see how there is an unlimited wealth potential that lies waiting inside of you for you to unlock it with the key that lies in your Self and your mind, in everyone's minds.

This book contains ground-breaking practical, meta-physical, historical, scientific and spiritual steps and insights that shall guide you to save yourself, right Now, right Here, wherever you may be and in whatever situation. This book is not just about money. The principles here are universally applicable to all situations and will lead you into all-round well-being. It is a book that leads you to unlock the pure abundance of life within you and outside of you.

Get on the road to happiness, peace of mind, wealth and riches, and a better living.

I guarantee all this, or you can have your money back and keep the book anyway! What do you have to lose? Nothing to lose, guaranteed. Yet you have a whole new understanding and a whole new lifestyle to gain.

ENJOY!

Enjoy and thank you for your time and for reading this! Please visit www.TheMissingInstructions.com!

I wish you all the best,

David Cameron Gikandi