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Mastering the Art of Manifestation

A Practical Guide to
Transform Dreams into
Reality

by Adam Art Ananda

Preface

Authors Note

I offer you this book in the spirit of a gift. This book is subject to the Creative Commons license, which allows you to freely use it for all non-commercial purposes. That means you can copy excerpts from the book and use them in blogs, etc., as long as you do not sell or use them for promotional purposes. I kindly

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The nature of gifts is that the reciprocation is not predetermined. If you received this book for free or are sharing it, I welcome a voluntary gift that expresses the gratitude or appreciation you may feel. You can do this through the following website. Much of the knowledge in this book was given to me as a gift, and I am passing it on to you in the same spirit.

Website: artananda.github.io/manifestation
Facebook: facebook.com/artanidos

Motivation

Since my departure from the daily grind in 2014, I have undergone a tremendous transformation and discovered how life works. At least, I believe I know. I would like to share this knowledge with all those who are open to

it because I find paradise far too boring on my own ;-)

For Whom Is This Book

This book is for every person who has already awakened and wants to take their life into their own hands.

For Whom Is This Book Not

This book is not for people who still believe in Santa Claus, the Easter Bunny or in politicians.

How To Contact The Author

If you have a question or a comment about this book, do not hesitate to send me an email. Simply send your questions and comments to: artanidos@crowdware.at

Acknowledgments

First and foremost, I am grateful to my body for guiding me to the right path at the right

time. I know it may sound a bit crazy, but as a machinist, I began to experience back pain after just a few years. I was ill for over half a year and decided to study mechanical engineering during that time. It was during my studies that I started programming. At that point, I decided to drop out of my studies and work as a software developer. Then, seven years ago, my body made it clear with two burnouts that I should withdraw from the working world. Now, I have a lot of time to write open-source software and try new things, such as writing books like this one.

I am also grateful to all the authors out there for writing wonderful books on The Law of Attraction and The Secret. Some authors worth mentioning are Joseph Murphy (The Power of Your Subconscious Mind), Neal Donald Walsh (Conversations with God, The Little Soul and the Sun), Joe Vitali (Zero Limits).

Lastly, I am grateful to every person who has accompanied me in recent years and mirrored things to me so that I could change.

Many thanks to Bauchi for the foreword and for showing me the path with your book.

Many thanks to EO for the inspiring short story found at the end of the book.

Photos

All these beautiful photos were obtained from pixabay.com. They can be downloaded from there for free.

Foreword

by Jesus' Bruder Bauchi

Everything is in flux. In these times, that is hardly something anyone can overlook. In the age of Corona and ever-increasing confusion, one can become quite dizzy. But it's not just the world outside that is changing; a lot is changing within us as well. These times practically force us to focus on ourselves again. To concentrate on what we truly are and what defines us. And so, in precisely these times, more and more people are realizing that our whole lives occur much more within our minds than "out there" somewhere.

More books are being written, more videos are appearing on YouTube, and more conversations are being held, all revolving around the idea that the world looks exactly as we perceive it for each one of us. What if the world is just as it should be, contingent on how we perceive it?

This book is also one of those carriers of thoughts and inspirations that lead us onto a different, a new path. A path we could not tread before because we thought life was simply what we had learned to see in it. A path that wonderfully shows us that there is much more to us than we have been able to see in this way.

And a new truth becomes increasingly evident on this path: We are not victims of external circumstances. We are indeed creatures, but we are also the creators of everything we experience.

It becomes clear that the "world" is much more of a virtual nature that bends to what we dictate, and not the other way around. More than simply walking through this world, we project it around us. We are not a piece of matter in a material world, but we are something perceptive, spiritual, subtle, capable of using a matrix in the sense of a world of experience to live through every conceivable experience. Our experiences are real, not the things around us.

This world of experience has always functioned perfectly, and unconsciously, we are masters at directing and controlling it. What we have been lacking is the conscious ability to do so according to our own ideas. To make it look like we want it to and to experience what we truly want to experience. As victims of external circumstances, we have no access to this ability, which is why it is so refreshingly helpful to see ourselves less and less as such victims.

It takes a certain amount of courage to confront this issue because accepting it and learning to use it consciously again requires acknowledging that we were responsible for everything unpleasant that we have experienced. But for those who can take this step, an entirely new path opens up in entirely different dimensions. Until now, we have been masters at shaping the world as others wanted it.

The time has come to shape it as we ourselves want it.

This book provides inspiration and instructions on exactly how to do that. I sincerely wish for everyone to find the little pirate within themselves who learns to ignore what others want from them. Ahead of us lies a completely new world to discover, even though it has always been right in front of our noses. No one needs to fear this world. Fear belongs to the world into which we were born and think we know so well that it is difficult for us to question it. However, if we do just that, we will experience one marvelous surprise after another. At the beginning, not all of them may be pleasant, but with each one, we get accustomed to something new, and I know of no one who, once having begun, ever wanted to go back to the old world.

To make access to the New World easier, simply keep reading.

My First Manifestation



I was around 10 years old and playing with a friend on his Carrera 124. If you are over 40, you might still remember this toy race track. He was the son of an entrepreneur and, of course, had many, many toys. Every time I beat him in the car race, he would go to his closet and pull out a package with a silver 911 Porsche. This one was not only faster than the other cars; it even had foam tires for better grip in the corners. I didn't stand a chance against that car back then. I swore to myself that someday I would have a similar sports car, but a real one.

30 years later, I did. After leasing my Porsche Boxster for three years, I finally got a real Porsche. It was going to be a 911 Turbo. However, the dealer in Frankfurt told me it had a three-year waiting time, as other customers were buying regular 911s in the meantime.

I thought, "Okay, I'll take the 911 Carrera 4 and order the Aero Package (front spoiler, side skirts, and rear wing) to make it look like a Turbo."

Two weeks later, I got to drive it. What can I say? Not bad, but I still preferred the Porsche Boxster with its convertible top, or with the top down. I also liked the sound better. The mid-engine's road handling was, of course, much more exhilarating.

But who cares? I had ordered my 911 from the universe a long time ago.

This manifestation was my longest one so far. To achieve it, I had to complete my secondary education, finish an apprenticeship as a machine fitter, study mechanical engineering, take a computer science course during my

studies, completely change course, drop out of my studies, and work as a software developer for a few more years.

I would say I owe this manifestation more to my persistence than the universe, but...

Certainly, the universe played a part because, as a secondary school student, who goes on to achieve such a career? I didn't even major in computer science. That C-programming course was only 60 hours at the adult education center.

Today, not only do you have to study computer science for at least 6 years, but you also need strong connections, and even then, you'll only be able to work as an employee. Leasing a Porsche won't be on the table.

Passive Income



If you truly want to be **free**, I recommend manifesting passive income.

A few years ago, I sat in Berlin with a friend, and we tried to manifest passive income for ourselves.

At that time, we both had to rely on unemployment benefits (Harz4) and felt dependent. To maintain our eligibility, we weren't even allowed to leave Berlin, and we

had to comply with every invitation from the job center and appear there.

The other unfortunate people out there had to accept even the most unpleasant jobs, as refusing would result in sanctions of up to 100%. Admittedly, that was against human rights because forced labor is still prohibited. But that doesn't concern the job center employees. If they don't harass the Harz4 recipients, they risk losing their jobs as well.

So, we both wanted our independence.

No, I definitely didn't want to work at that time. Just four years earlier, I had a near-death experience due to my job, which had left me completely burned out. I definitely wanted to avoid something like that.

For our manifestation, we used a video that I had found on YouTube: *How To Manifest Anything! - Very Powerful Tool! (Law Of Attraction)* (see Links at the end of this book)

Of course, passive income didn't arrive immediately. We didn't even have an idea of

where the income would come from. Yes, I am a software developer, and I could write software and sell thousands of licenses. My friend had the idea of writing children's books. I had already written a book by then and had sold it at least five times ;-). It's called *The Art of Living and Loving* (see under Books at the end of this book). The software part didn't work out so well because I write open-source software, which is, of course, free. So, where would the passive income come from?

If you believe you can just sit cross-legged, close your eyes, mumble a few mantras, and voila, open your eyes to find a diamond in front of you, keep dreaming.

It doesn't work that quickly.

But it does work.

It wasn't my first book that brought in money, nor was it my second book. It was my third book: *Python GUI - Create Cross-Platform GUI Applications using Python, Qt, and PyQt5* (see under books at the end of this book). This book is about programming, user interface

programming, to be precise, a topic I had studied in Switzerland before my burnout. Shortly after its release, this book reached **#1 in the Cross-Platform Development category** simply because I used a small but effective marketing trick. I write about this topic in my book *Step Out - A guideline on how you can step out of this system and live a fulfilling life in abundance without the need to work at all* (see under Books at the end of this book). You just have to be persistent and follow through if you have a good idea.

After translating *Camp Eden - How We Have Re-created Our Paradise* (see under Books at the end of this book) into English last year, I was drawn to Portugal to live it out. I had been sanctioned by the job center and had only around 300 euros in my pocket. But I knew I could make it somehow. Normally, 300 euros wouldn't last me a month, and there's no way I could travel 3,000 kilometers in my motorhome with only 300 euros. I would need about 350 euros for diesel to get to Portugal. But, I didn't care; I set off.

In Munich, I stopped at a friend's place whom I had met during a demonstration with Extinction Rebellion in Berlin. She invited me to her place for dinner a few times. Thank you very much again for that <3

Then I was invited to Vienna by a dear Hungarian friend who had read my book *The Art of Living and Loving* (see under books at the end of this book) and wanted to meet me. She paid for the FlixBus from Munich to Vienna, even though I had only sold 5 copies. The money from that book came in through different channels. She had asked me for my bank details beforehand and transferred 100 euros to me, either out of gratitude or to help me. Thanks a lot once again. So, I was in Vienna and stayed with this wonderful woman for a few days. I didn't have to pay for food either, which helped me get by.

My journey took me to Zurich to meet my wife there. Unfortunately, she didn't have any time for me, so I moved on to Bern. I wanted to say goodbye to a very dear friend because I didn't know if I would ever return to Germany

or Switzerland, so it was a kind of farewell tour. I had met this lovely girl at a tantric massage seminar, and she was the one with whom I could truly open my heart. I still had a lot of love for her. When I met her again by the Aare River, it was clear to me that I could let go of her now because she was five months pregnant. It's not that I didn't like her anymore, but someone else was in her life, and I didn't want to interfere. But since I was already in Bern, I wanted to make good use of my time and went to the university library to have internet access. I believe that's where I started writing my book *Python GUI*. Additionally, another dear friend with a massage practice invited me to her place in Bern. This lovely soul invited me for meals at her home and a beer at a pub on my birthday. I met another wonderful person there who immediately invited me to his farm. He said I should feel at home. He showed me a bed I could sleep in, his kitchen where I could help myself, and even offered me his wine supplies.

He was one of the five readers of my first book and really wanted to meet me. I was overwhelmed with gratitude. At the time, he was going through a tough crisis, and I saw it as my duty to help him in some way. I offered him massages and showed him a technique for deleting beliefs. This technique is called Psych-K and can be used to manifest things, among other purposes. But I'll get to that later. We had a great time together. I spent two weeks there, and as the month came to an end, I could continue traveling. Money started coming in from the job center again, and this friend rewarded me divinely. Among other things, he gave me his fuel card and its secret PIN, inviting me to fill up my motorhome. Thanks again, my brother. Please get well; I love you <3

Now, I could drive almost to Lisbon. However, in Madrid, I was robbed by a scammer who stole my phone, so I had to do without navigation in my phone and ended up going about 240 kilometers in the wrong direction. So, I didn't make it all the way to Lisbon, but I

ended up in Caldas da Rainha. What a divine twist of fate. In this city, I met a young street musician with whom I played music and played the guitar on the street for the very first time. This allowed me to earn between 15 and 20 euros for 1-2 hours of street music.

That was enough to survive.

Once I realized this, it only took a few weeks before the job center also stopped its payments to me because I didn't comply with their requests to appear in person.

Regardless, I'm still getting by, mainly through music.

Hm, and now? Now, because of a pandemic, they're locking people up in their homes, and no one is throwing coins or fruit into my guitar case anymore. The farmers also stopped coming to the market, where I could save vegetables and fruit right before closing.

No more money from the job center, no more money from street music. How can this possibly go on now?

And the answer came promptly—the first check or the first Amazon payment for my books came in. Hallelujah.

Initially, it was just 50 euros. Today, I received about 55 euros from Tolino (a German publisher), and on Tuesday, about 100 euros will come from Amazon.

Yes, these might be peanuts from the perspective of a German worker. And believe me, just ten years ago, before my burnout, I was earning a five-digit salary every month in Switzerland.

But here in Portugal, living in a motor-home, it's sufficient.

And as you can see, I'm already writing a new book. And this book can also become a bestseller because it can help you and others manifest passive income or whatever you desire.

As you can see, I've managed to manifest passive income. It wasn't Simsalabim, but I did it. And the flow of ideas for new books hasn't

stopped. I now have enough time to manifest big things because I'm no longer distracted by existential fears and the need to work for someone else to make them rich.

At the end of this book, you'll find the meditation I have used.

Psych-K



Psych-K is a method for deleting and reprogramming beliefs.

Psych-K is a very effective and quick method for reprogramming your subconscious mind. With this method, you engage both parts of your brain, enter a meditative state, and consider where this belief comes from. Beliefs often come from parents, siblings, friends, school, etc. Not all beliefs are based on solid personal experiences. Even when we have had an experience, our subconscious mind still responds based on beliefs. When I say it

responds, I mean that most of the time we operate on autopilot. Do you remember the first time you rode a bicycle? I had to think about almost every muscle to move at the right time and in the right order. Today, I don't even think about my muscles. I just go somewhere. My subconscious mind does it on its own. The same goes for breathing, heartbeats, nail growth, wound healing, hair growth, and cell division and regeneration. Everything on autopilot. So, when we reprogram ourselves, we can completely change our lives. This also applies to fears. And with this method, it is possible to manifest things.

Muscle Test (Kinesiology)



To perform Psych-K, we need an additional method, the muscle test. You can do this

muscle test with another person, but I will show you how to do it on your own.

To do this, touch the thumb of your left hand with the index finger of your left hand and create a circle. Now do the same with the fingers of your right hand and interlock these two circles.

Now think about the word "YES" and try to pull your fingers, i.e., the two circles, apart. Please remember how much strength you exerted to do that. Now think about a "NO" and try to pull your fingers apart again. This time, you should have needed less strength because your body is more stressed when you think "NO," and your muscles don't have as much strength.

Do this test again right now. Use the same amount of strength in both tests as you did to pull your fingers apart when thinking "NO," but only enough to keep your fingers together when thinking "YES." Play around with it a bit. Say, for example, "My name is..." Replace the dots with your name. The response from

your body in terms of strength should be "YES." Now replace your name with a different one and perform the test again. The fingers should separate this time. So, the response is "NO."

With this method, you can uncover active limiting beliefs in your subconscious mind. For example, if you want to manifest your own house for you and your children, but you have an active limiting belief in your subconscious that prevents it or makes you doubt, you can save the manifestation effort.

First, clean up your programming. First, delete or transform the limiting or inhibiting belief. Say something like, "I can't manifest my own house for me and my children," and then perform the muscle test. But be careful; first, you must adjust the belief you want to test because it's a negation. Please do not think of a pink elephant. And what did you think of? A pink elephant? I said, do NOT think... As you can see, not even your consciousness registers this negation. Your subconscious mind works the same way. So we have to test as follows: "I

can manifest my own house for me and my children."

Are your muscles strong during this test? If they are, we can skip the next step. If your fingers give in, then we need to delete or transform this belief.

Erasing Beliefs with Psych-K For this, please sit on a chair, the edge of a bed, or on the floor.

Cross your legs or your feet. Check with the muscle test to see if your feet are properly crossed. If the test is negative, cross your feet differently.

Interlock your hands and turn them towards your chest.



Now ask yourself if your hands are properly crossed. In the case of "YES," your body tends to tip forward, and in the case of "NO," your body tends to tip backward.

Correct your hands if necessary.

Close your eyes and take three deep breaths down into your pelvis. Watch your breath for a while and contemplate the belief you want to delete.

What thoughts come up about it? Where does this belief come from? When did this belief enter your system?

Look closely at the images that may come up. Feel into what it does to you.

A few years ago, I still had the following belief actively: "I'm too small." Believe me, this belief is powerful, and many of us carry it, or "I'm too big." For me, it was school that implanted this belief in my subconscious mind. One of my teachers, or rather the school doctor, asked my parents to take me, I was only 12 years old, to a doctor to do something about my height. I wasn't the tallest in my class, for sure.

Now I was standing there, and my mother said, "Doctor, Olaf is too small for his age, can't anything be done about it?" Can you imagine what this did to little Olaf? From that day on, I was teased by other students because of my height. It's not really the other students' fault. No, I transmitted it from that day on and

dressed accordingly because I was too short. Everyone out there could confirm that for me.

So, I deleted this belief with Psych-K at the age of 53, I think. In my session, I had an image of being surrounded by larger students in school, all looking down at me and teasing me. I don't think I ever really experienced it like this, but in that session, I saw it that way. It made me really sad. I suffered through it again.

After I had gone through the suffering, I told myself: "You are capable of changing reality; just manifest only short people into your life in the future." I thought it was a great idea. And yes, at that point, I already knew from a Buddhist monk that we create our reality ourselves.

Three years after that session, I arrived in Portugal, and here, people are actually somewhat shorter than in Germany. Manifestation completed.

But let's get back to the topic. Try to grab all the details of your belief and release and purge

them if necessary. Then think about the new belief or the right belief for you. Is it really what you consciously believe? How does it feel now? Does it feel right now? Are there some shivers down your spine or do you have goosebumps? Now, say the new belief softly and let it sink into your subconscious mind. By crossing your arms and legs, you activate both hemispheres of your brain. The left hemisphere controls the right side of the body, and the right hemisphere controls the left side. By crossing them, both are now active, and everything you think and, above all, feel in your meditative state goes directly into your subconscious mind.

After you've anchored your belief, undo the crossing and try to think about something completely different or, even better, nothing, or just focus on your breathing.

Finally, check with the muscle test if the process is complete and slowly open your eyes.

Manifestation Using Psych-K The process for manifesting things or situations is similar to reprogramming beliefs. In this way, you're adding a new belief to your subconscious. In the case of your own house, you're adding a program to your subconscious that ensures you get your own house. It's like placebos. If you firmly believe that this sugar pill (placebo) helps you get healthy, you will get healthy. They say faith can move mountains in an old book. I've never read the Bible, but I'm familiar with that saying.

So, you cross your legs and arms again and enter a meditative state. You can best start the meditation by consciously starting to breathe deeply into your pelvis. Now, visualize your desire in your mind's eye. Try to pick up or visualize every detail. Feel how it all feels. Dream your dream. If your desire is truly in line with your heart, you will be able to feel it. Then your heart will smile. Then tears will roll. Then you'll feel your aura expanding more and more. Then you'll feel more and

more like a god or goddess. Then you'll get closer to your higher self.

There are indeed some book authors out there who also write about manifestation and the law of attraction. They also write about how you can attract a lot of money and wealth into your life. But is that really important?

Do we have to become rich first to become aware of our power?

I was actually about to manifest a passive income of 30,000 euros a few days ago. I just wanted to test if I am already something like a god. And as a side effect, I'd have money again for a sports car and a house on the beach. All these ideas came to me when I read "Zero Limits" and later "The Attractor Factor," both by Joe Vitale. In the book "Zero Limits," the focus is still on healing, which I find extremely important when I can heal another person and heal myself at the same time. But Joe explains it the other way around. He heals himself with the described method. I use the method (Self-Identity through Ho'oponopono)

more for others, and if it heals me as well, all the better.

In the second book, "The Attractor Factor," Joe says that he wanted to become the world's first trillionaire. Joe also appeared in the movie "The Secret." When I heard that, it became clear to me that this can't be MY goal. He also mentioned his book about marketing. He already has enough money; why does he want more?

Okay, I don't want to complain or judge. I just want to tell you that manifesting money should not be the goal. Even wealth in the form of a big house and a fancy car cannot be the goal.

I can't imagine that it feels good during the imagination. And if I can't feel it, I'm not in alignment with my heart, and it won't happen. And if it does happen, it won't feel good either.

So, rethink your desires before manifesting.

But I should finish explaining the Psych-K method.

So now you are visually and emotionally in your dream. You imagine your new life in every detail and start feeling it. If you've been in this state long enough, slowly undo the crossing of your legs and arms and sit up straight. Now, think about something entirely different or just follow your breath.

After a few minutes, you can check with the muscle test if the process is complete and slowly open your eyes and let the external world come out of you.

I need to clarify the last sentence a bit more, I think. I heard something similar during a Lomi Lomi massage course some time ago, but it didn't make sense to me back then. Today, I know, or rather, I'm almost sure I know, that we create our reality ourselves. So I think, and I agree with all the gurus out there, that we project our reality outward.

Therefore, Psych-K works too. We simply change our programming, and something in the external world changes. These changes, of course, do not happen immediately. That

would be disastrous. Just imagine, you think of a pink elephant, and poof, it's sitting next to you ;-)

Everything takes time. The external world doesn't change fundamentally; you just change your perception.

Just imagine that the light we can see is just a fraction of what's really there. We can't see, for example, infrared light. But it exists.

So it could also be that we're simply dropping various filters with our reprogramming and can now focus on other things.

So please, try an experiment and count all the green cars in your town tomorrow. You'll be surprised at how many there can be. This is called selective perception. Since you're focusing on green cars, you'll also see more of them. I did this experiment, and it worked for me, at least on the second try. In the first attempt, I was in a rural area, and I only saw about 10 cars a day, and none of them were green.

I also did the following experiment, which I recommend you try too. Take two wires, each about 40 cm long, and bend them into an L shape. Hold the short end of the wires in your hands and extend your hands. Now think about something positive and observe the wires. Do the wire ends come together or apart? Now, think about something negative and observe the wires again.

For me, the direction of the wires changed based on my thoughts!

For me, this is evidence that I can influence reality with my thoughts.

Thus, reality can change once we reprogram our subconscious. In this way, we can attract everything we dream of into our lives. But one more thing, if you think you can manifest a million euros, be warned. It can only work if you believe it 100%. I personally have difficulty with this because I don't need that much money. I get no sign from my heart that it could work since my heart wants to go in a different, more important direction.

Eo, a friend of mine, wrote a little story about how the world could look for us. You can find it at the end of this book under "Inspiration." My heart resonates with this life. I can attract and make this life my reality.

But whatever you want, it can come true. Perhaps you have an idea of how to provide housing for homeless people with a million euros or buy land for a million and start a community where people can grow their own food.

Money isn't bad, but we should focus on what we want to achieve with it during manifestation. That way, we can better imagine and feel it.

Regnose



A "Regnose" is essentially the opposite of a "Prognose." When you make a prognosis, you predict how the future might look. In other words, you attempt to foresee the future.

With a "Regnose," on the other hand, you do not predict the future; instead, you create the future and report from the future about how things have unfolded from today. While writing a "Regnose," you can feel how it is there, visualize how it looks, and outline every step of how you've achieved it. You work backward from your goal, your desire, and highlight every point necessary to reach or that was necessary to reach it.

You should read my book, "Camp Eden - How We Recreated Paradise," to understand what a "Regnose" means. In this book, I tell my grandchildren in the year 2039 how we achieved what we find there. In Camp Eden, we all live in paradise. We live in a community where there is no money, no barter, and no trade. Instead, everyone gives what they can or what they are talented in, without expecting anything in return.

The book was published in early 2019 in the German language. In November 2019, I translated it into English and changed the location from Venezuela to Algarve in Portugal.

To be honest, at that time, I had never been to Portugal, let alone the Algarve. However, today, eight months after I translated and rewrote the book, I am sitting in a camper on the mountain of Camp Eden. It's a mountain covering approximately 60 hectares, with its own water source, an old ruin down in the valley, and a garden that I cultivate with three friends. We are creating our paradise here. One

of my friends, whom I won't name, inherited the land from his grandfather and hadn't been able to utilize it effectively over the years. He lived in South Africa for 17 years and also owns land with a house near the coast, which is where his focus primarily lies. We didn't even have to purchase this land.

Another friend just texted me, asking what I presumed to say when I claimed that "I manifested the land for us." He has a point; it does sound somewhat strange when I say I manifested it. After all, it was there before. I hadn't seen it before. I didn't know the owner previously. What I did manifest was the coming together with this friend. I sent it out into the world, created the intention, and my call reached him, and we are now using his land together. This is where the law of attraction worked.

I did not invent this method of manifestation myself; rather, I found it after reading the book "2020 - Die neue Erde" (2020 - The New Earth) by Jesus' Brother Bauchi, a friend of mine. Bauchi uses precisely this technique. He

published his book in 2015, five years before the time travel that the protagonist in the book undertakes.

When I read the book, I immediately resonated with it. I had a strong sense that everything described in the book would come to pass. Today, it's the year 2020, and we are facing a global crisis due to the coronavirus. I'll leave it open whether this virus truly exists, is more of a mild flu, and is being used by governments to conceal other things or other possibilities. The fact remains that there is currently a lot happening in the world.

In the book, the authority Bauchi poses the following question to an antagonist: "How did you get rid of the rich and the governments?" The response is as follows: "We no longer gave them their power and no longer used their money."

I see the current situation in much the same way. If we no longer give those at the top their power and take away their authority, for example, by practicing civil disobedience and

not wearing masks, they will realize that we no longer submit to them. If a police officer in London asks you, "Do you understand me?" and you respond, "No, I don't understand you, but I can hear you," then the sheriff knows that he has no authority over you. You no longer obey him.

Economy

We can change the economy in the same way. First and foremost, we should no longer take out loans, which would eventually bankrupt the banks. Then they would have no play money to use in the stock and derivative markets.

If we no longer subject ourselves to advertising and refrain from buying all these unnecessary products and services, entire economic empires will crumble.

By not purchasing these things, we can reduce the amount we work. And when we work less, we earn less money and pay less in taxes.

With reduced tax revenues, governments will eventually have to declare bankruptcy, as Venezuela has already done. Politicians will then seek new fields of employment, and wars will no longer be waged. There will be no more squandering money on arms.

We all have the power to make this change.

What I want to say is that I believe Bauchi achieved exactly that with his book, "2020 - The New Earth." People are waking up.

If you want to write a "Regnose" as well, don't hesitate to put it down in the form of a book and publish it. You will surely find like-minded people who resonate with it, and together you can create this dream. At least, that's how it's happening to me right now.

If you're not sure how to write or publish a book, I can certainly and gladly assist you with that.

Just send me an email:
artanidos@crowdware.at

Fear



Fear is a not entirely unimportant topic. When we are afraid of something, we become very focused on what troubles us in our thoughts. And when we focus on something, we draw it into our reality.

Do you remember playing the game of counting green cars?

For example, if we are afraid of failing an exam, then we are more likely to fail it. If we are afraid of getting caught for fare evasion, then we are more likely to get caught.

This is the law of attraction!

How about using this law to our advantage? A few years ago, we did this at a Rainbow Gathering. It was raining, and a dear friend and I were sitting in a tent, feeling bored.

We both wanted to cuddle with a few women.

So, I started saying, "I'm really afraid that two women will come into our tent, take off their wet clothes, and join us." My friend immediately caught on to what I was doing and followed along, saying, "I'm also really scared that two beautiful women will come into our tent, and we'll have a great time together."

You won't believe it, but it took less than 10 minutes, and...

I find it somewhat unfortunate that I can't use names, as it takes away from the authenticity of this book, but I want to protect the privacy of those involved.

Ten minutes later, another friend joined us in the tent, and I gave her a tantric massage. Afterward, we all cuddled together. About 20

minutes later, I heard someone outside saying, "Art Connection." They were looking for me. It was a dear friend I had met at the gathering. She wanted to say goodbye.

The manifestation was complete.

To be honest, I don't particularly like this kind of manifestation, as I don't enjoy creating fear.

I've included this chapter here because we are unfortunately very easily influenced by external factors and tend to believe everything we are told.

We are deliberately filled with fear, and when we believe in these things, we draw them into our lives.

Personally, I had to die once to become free from fear. Yes, I had a near-death experience in 2014 after my burnout. It was only after that experience that I became free from fear.

But if I were to live in the city again and be confronted with everything that happens there, I might relapse. At the very least, I would be

exposed to things that could potentially make me afraid more often than I'd like.

Additionally, it's hard to witness the people around me living in fear. Those are not pleasant reflections.

Fortunately, we can choose where and how we want to live.

Meditation for Manifestation



Here is the meditation that personally helped me manifest my passive income. It would be best if you downloaded the meditation and listened to it while sitting or lying comfortably. Please send me an email at artanidos@crowdware.at requesting the manifestation meditation from this book.

In this meditation, I will guide you to manifest everything you can imagine. You should do this session when you are alone in a quiet

room and not while driving or doing something else. Concentrate only on my voice. First, I want you to choose an intention. What do you want to achieve? What do you want to manifest? For now, pick just one thing.

You can repeat this manifestation process as many times as you want, but every time you do it, choose only one thing to focus on. What's your intention right now? Do you have it? OK, then let's begin. Please make yourself as comfortable as possible. In the next moments, we will center our mind and body, concentrate our energy, and manifest our innermost desires. Breathe deeply and start to relax. Simply let your body go.

Let your mind and body let go. The external sounds you hear during this session will help you stay in the present moment. Even though we want to do this and achieve it, it is created in this present moment, not in the past, not in the future. Let go of the world around you as you currently know it for the next moments. And when you return, the world around you will have changed for the better.

Continue to breathe deeply and slowly. Picture a beam of radiant light entering through your crown and opening the energy center in your head at this very moment.

Imagine a brilliant, bright beam filling your mind with positive energy. Can you see, feel, and sense this bright light of positive energy flowing through your spine? Open all your energy centers in your spine. Just see and feel it. The beam doesn't cause any pain. Now, let's expand the beam. Increase the flow of positive energy. Imagine this bright light of positive energy shining from the center of your chest, your heart center. Just expand it, radiate it out, and send this energy to everything and everyone.

Remember that any external noises you hear during the session only serve to remind you to stay in the present moment. You are now realizing your full potential in this moment and becoming everything you can and want to be. Your power comes from your belief. If you believe it, you create it. Realize this now, in this moment, not in the future, but here and

now. Whatever you want will be created with the positive energy you emit and brought to you in the quickest and most loving way.

The positive energy you send out will return to you in the best and most loving way. For everything we send out, we create an experience. Understand and believe that the circumstances and the state of people in the world around you have already changed. In this moment.

Believe that it is happening now. No need to look for evidence. We know that this has already happened in the present and in the future simultaneously. In this moment, you can fully tap into your potential. Send positive energy into the world, to all spaces and times, and it will return to you in the best and most loving way. Everything you create, everything you need, and everything you want to experience in this life has already been created. Just let it go and let it be. Breathe deeply and continue to relax. Recognize that every thought you think has its own energetic vibrational frequency. Everything is created

through energetic vibration. Now, send the energetic vibration of your intention out into the world because you know what you want. Nothing is more important than focusing on what you want. You're concentrating on what you want. You're taking the path of least resistance.

You must know, believe, and understand that you are creating what you call your future in this moment. It's already here. It's already formed around you; you see it right now. Feel it, sense it. Visualize it right now. Now, in the past, in the future, in this moment, right now. Understand that the law of attraction has been activated. In this moment, it magnetizes your desire and brings it to you.

Have faith in the law of attraction. It works with mathematical precision. No variation.

The law works perfectly every time. Whatever you send out will find the vibrational match and be attracted to you. Right now. You don't have to wait for it. It's already here. It's happening right now. We cannot emphasize

how important this is in this moment. It's already here. You don't need to search for it. You don't need to hope or wish for it to happen. You just have to feel, sense, and know it.

Again, any external sounds you hear are helping you stay in this moment. For the next moments, just enjoy the absolute realization of your intention. Yes, continue. Enjoy the now.

It feels wonderful, doesn't it? Isn't it great to know you can have what you want? Now, I want you to release your intention. Let it go directly from your mind; just release it. That's right. Perfect. Allow yourself some freedom now and open your mind to the possibility of receiving a message from your higher self. Create an open space for your higher self to bring you a message. Right now. Whatever it may be.

We know every action, every idea that contains inspiration is guided and accompanied by your higher self, this larger part of you that is one with the universe.

You are the larger part of yourself. You cannot be separated from it. Has your higher self led you to your desire? What do I need to do next or what actions must I take to bring about my desire?

I'll repeat it. What do I need to do next or what actions must I take to bring about my desire?

Continue to ask yourself this question: What do I need to do next or what actions must I take to awaken my desire?

Whether you receive the answer immediately or at another time, be sure to follow it. Trust and know that you are being guided. The guidance will come in many ways. But you must follow it and take action. Even the smallest step can be the turning point. Let the universe, which connects everything, take care of the process or details. As you focus on the end result, you will be led to the specific people, circumstances, or conditions that can manifest your desire.

The universe knows the essence of what you're reaching for and will give you what you truly want in this very moment.

Allow yourself to be open to the possibility that you will be led to something even better. This can happen; simply follow your intuition. You are in no way limited. Know that what you desire is not lacking in any way. If you miss one opportunity, be open to another, then another, and another. Your flow of opportunities will never run out. Realize that the universe, acting through the law of attraction, is bringing forth everything you desire, and nothing is being withheld from you.

All things are right here at this moment.

Take a moment now to imagine that you have already achieved your intention or desire. Not in the future. It is here now. Picture what it feels like to know that you already have what you wanted. Feel that feeling now. The positive vibrational energy you have sent has already created it. But be excited about it; be

excited. Now, open your eyes and look around. Walk around your room, hear the sounds, feel the temperature. You are still radiating that positive energy right now, knowing that you have manifested your desire.

Listen to these words and repeat them often. That which you are seeking is seeking you. Let go of how it will come to you. Your focus and your heart's desire. Your higher self inside you knows how it can happen. Just relax and let go. Everything necessary to fulfill your desires will lovingly and harmoniously attract you. You accept that or something better. Ready, receptive, and grateful. So be it.

Affirmation

I was recently reminded of a manifestation technique based on affirmation. While I personally don't use this method as it appears too long and elaborate for me, I asked ChatGPT to explain the concept.

However, I mention this method because I know people who don't believe in the previous methods due to lack of experience with them. And when you don't believe in something, it won't work.

Explanation by the AI

Affirmation refers to a positive statement or action aimed at promoting self-confidence, self-esteem, and self-acceptance. It is a form of self-suggestion that aims to introduce and solidify positive thoughts and beliefs into one's consciousness.

Affirmations are often used in self-help and personal development to positively influence one's thinking and behavior. They can be

applied to various areas of life, such as health, career, relationships, and personal growth.

Typically, affirmations are formulated as short, positive statements that are repeated to oneself, either aloud or silently. The goal is to anchor positive beliefs and thoughts in the subconscious, thus bringing about long-term changes and improvements in one's thinking and behavior.

Method

Now, here is the method that I haven't personally used but still believe that it can help other people. Here's an example of an affirmation that might not work since it could be rejected by our mind (EGO):

"I am rich and swimming in money."

Our mind might respond, "Hey, you're crazy. You're neither rich nor swimming in money." And for this reason, such an affirmation might not be transmitted to our subconscious as truth.

Here's a better version:

"I am becoming richer and wealthier day by day."

With this version, our ego cannot detect any lies, and the affirmation will be transmitted to our subconscious.

So, it's important to choose affirmations in a way that our ego can believe in them, while still allowing for progress.

Here's the method:

It has been shown that affirmations can become ingrained in our subconscious within 21 to 30 days if we repeat them daily.

So, it's best to create a plan where you can check your progress every day.

If you have the opportunity, perform a brief relaxation exercise in the morning before getting up.

Close your eyes, command your body parts (head, neck, chest, arms, abdomen, legs, and feet) to relax gradually. Instead of using the word "relax," use a positively charged term like "calm down" or "let go" since the word

"tension" may carry a negative connotation for your subconscious.

Do the same for your mind afterward.

In this context, I would like to introduce you to the Silva Method. With it, I can achieve complete relaxation within seconds and enter the so-called alpha mode of the brain. In this mode, you have a direct connection to your subconscious and can share your affirmation. You can also visualize your goal. Imagine how it will feel when you have achieved your goal.

What would you do with the money if you wished for wealth? How would you spend time with your dream partner once you've met them? What does it feel like to open the door to your dream house? What colors are the walls? What furniture is there?

Your desire, as felt during visualization, will manifest in your reality after a certain period.

To prevent your mind from interfering with doubts, repeat this method in the morning and before bedtime for 21 to 30 days.

Believe me, your mind will give in during this time and start believing in your success.

As mentioned earlier, I haven't personally tried this method since I've found a shorter path.

Our mind is the biggest obstacle. If we want to manifest something, we need to believe in it unconditionally.

Currently, I live for free with a friend and rely on unemployment benefits. I was once asked why I live in such humble conditions when I can manifest everything I want. There are a few reasons for this:

First, I only manifest things I truly need and always follow my heart. Right now, I'm not entirely sure what my heart desires, so I can't channel my energy into anything.

But isn't it fantastic not having to work and having plenty of time to do whatever you feel like? That's what I'm doing now. Since my burnout and the time I spent homeless, I've lived in a motorhome, essentially on the road

for eight years. Now, I have my own room and enough electricity for computer games.

Sure, my ego is telling me I could also have a big house by the sea, a fancy car, and a wonderful partner by my side, but that's more the world's ideal sold to us through movies, advertising, and society. It's not my soul's desire. Discovering your soul's desire is not easy. However, when our soul wants something, we feel it through moments of ecstasy (a slight tingling or goosebumps) when we think about it.

I know, for example, that I want to liberate humanity from slavery, which is not easy because few people recognize that they are enslaved by advertising and the system, condemned to work their entire lives.

With this book, I'm trying to show you a way to find your own path.

Predictive Programming

In the future, only what we have collectively or individually created subconsciously or consciously can come to pass. Future predictions by the media are also known as predictive programming. A kind of vision is proclaimed, and then the collective's creative power is harnessed to energize this vision, making it a reality. Why is this done? Quite simply, because the elites of this world cannot carry out their plans on this planet without us, as a collective, having manifested them. They require our energy and our consent to even push forward with their schemes and agenda. This works, too, because most people are not yet aware of their own creative power. If they were, they would no longer manifest things they don't want. They would direct their thoughts and feelings to create a paradise instead.

This is also true for conspiracy theories.
Someone who wants these theories to happen
puts it into the world, everybody is talking
about it and then these theories become
manifest.

This is also true for dystopies like 1984 and
science fictions.

We are able to steer into a different direction.
Let's assume that everyone of us wants to live
in paradise.

Nobody of us wants to work 40 hours a week
to make someone else rich.

Nobody of us wants to create weapons that kill
other people, animals and the environment.

Nobody of us wants to be commanded by
greedy psychopaths anymore.

If we found out what we all need and how we
want to live together, we will be able to think
and feel that and then we are able to manifest
it collectively.

What is it that we have got in common?

Here I make some assumptions:

- Everybody wants to live in peace.
- Everybody wants to be healthy.
- Everybody wants to be free to decide things on its own.
- Everybody wants to choose a partner on its own.
- Everybody wants shelter and a roof above their head.
- Everybody wants food.
- Everybody wants a live without violence.
- Everybody wants to be useful and helpful.

Now I want you to continue this list for yourself and find a place to discuss this with some friends or neighbors.

Then you are already starting to manifest it together.

Inspiration

from Eo



I wake up in the morning when the first rays of sun touch my face. In silence, I walk to a tree, approaching it slowly and gently. After an inner greeting, I softly place my hand on the trunk and feel the contact. I let the connection affect me. I am aware of the wisdom of the tree, its serenity, and strength. The tree reminds me. Every day, it helps me remember.

We are created to live in love. For many years of my life, as well as most of my fellow human beings, we lived in distraction. We

constantly distracted ourselves from the nature of all being. In doing so, we fell into a multitude of illusions about dependencies, all because we had forgotten the nature of all being. I am deeply touched and grateful that a few years ago, a shift in consciousness occurred in all people, reminding us of the truth of our existence: nature. We are all part of nature. Nature is like a great mother and provides for all of us. More accurately, we now say she gifts us all, for there is no longer any need for worry. We live in harmony with nature. We can rejoice when she gifts us with sweet fruits. Joy is our true state. We need nothing. This feeling overwhelms me every time. I look out at the world surrounding me at this moment, with love from within me through my eyes, and I want nothing more than to breathe deeply.

I express my gratitude to the tree and release my hand. I turn to the sun (whether I can see it or if it's covered by clouds) and fill myself with light. I feel my feet on the ground. This

feeling reassures my trust. I am here; I belong here; I am supported.

The pure joy of life that comes over me makes me walk lightly, almost as if I'm dancing across the meadow. In some places, the grass is tall, and I feel it gently tickling my skin. I enjoy the tingling sensation and take pleasure in it. Another human child jumps across the meadow, further away, someone is playing with the animals who are in the mood for it. I stroll through the colorful meadow and let myself be carried.

I enjoy the gradually increasing warmth of the morning sun on my bare skin. I see a person leaning against a tree and feel something very loving and tender when I look at them. I'm drawn to this person's belly as if by magic, and I give it a very affectionate stroke. The person breathes in the touch, savoring it, and smiles gently. I move on because I am full of energy. I swim through the river and play on the other bank with a few others, like playful puppies.

From time to time, I find some beautiful wild herbs and berries, which I nibble on a little. My walk today takes me to another meadow, which I still remember as a park. This park still exists, but its borders are no longer recognizable. In the past, there were streets in the city, mainly for cars and buses, and occasionally bicycles used the roads. These streets surrounded the park, and many houses bordered the street. The houses still exist, but since there are no longer any streets, greenery now surrounds them. The boundary between the park and the residential area has completely blurred. The houses are partially covered with greenery. Unlike before, they now look very natural in the overall picture of the eternal park. Eternal because one could say that the whole world is a park, extending everywhere without any boundaries.

By the way, it occurs to me that there used to be national borders. They no longer exist. I can wander in any direction I want. People, as well as all beings here, are very free. Anything else would be unnatural and therefore strange.

But let's stay a little longer with my memories of the streets. Wow, I derive so much joy from seeing all this greenery, meadows, and plants everywhere. Yes, the streets were no longer needed. Initially, small flying capsules were invented for the fast transport of everyone from A to B. However, this was almost superfluous and they existed only briefly, as the shift in consciousness had already begun, and people were learning to teleport themselves. Alongside the development of this ability, the new consciousness brought an all-encompassing contentment, and we humans (as well as all other beings) no longer felt any needs, so there was no longer any need for travel. Since we began to use our intuition and the "seventh," the telepathic sense more and more, we could visit any person, place, or time at any time.

I might compare it somewhat to past telephones when I now visit my grandmother and speak to her through telepathy. The internet helped us make this great leap, as it improved in conveying the illusion as

realistically as possible in many facets. I remember, first there was the telephone, where you only heard the other person, then there was one with a picture, then with video, with multiple people from different places simultaneously, and so on. Until we could perceive and send these waves with which the devices transmitted everything. We could always do this, but we forgot to use it and were not skilled at it.

We no longer use electricity today because there are no longer devices that require electricity.

I feel an embrace. Someone came from behind me, also crossing the meadow and was delighted to see me. Mmmhhh, I feel the warmth of this other body and smell their scent. I turn around and feel very sensual. We both feel very charged, and, as I was just thinking about electricity, we let the electricity flow through us. I surrender to my pleasure and ecstasy. Ah, it is so refreshing, so liberating! This person gives me a kiss, gently strokes my hair and shoulders, then continues

on their way. I enjoy my in-and-out breathing and smile. I stay like this for a while.

Our language has become much simpler; we don't speak much. We feel much more. We also use feeling as communication.

I hear music and stroll in the direction from which I hear it. Behind the house that was once a parking lot, there is now a beautiful garden where a group is playing music and dancing. The musicians inspire the dancers with their movements, and the dancers, in turn, motivate the musicians to create stronger and gentler rhythms and sounds. There is no longer any distinction between those who make music and those who dance. Beauty flows through everyone, and I enjoy watching it and soon find myself in the middle of the music and dancing.

In the meantime, it's almost evening, and I look into the eyes of a being from the dance group. For many minutes, seconds, hours (I don't know; we don't keep time anymore), we look at each other continuously, and in this

gaze, we look into each other. I receive this gaze, and it opens my heart. Our two hearts open, and we gaze into the universe. We lie in the grass and gaze into the universe until it becomes so dark that the stars twinkle above us. The earth now smells like rain, so I prefer to go indoors to sleep.

The houses are the same as before. They are hardly inhabited now, but they are very well maintained. All people are very loving and, therefore, also caring and considerate of everything in the world. I take the empty apartment in the attic. Apart from my intuition, I can tell from a marking that this apartment is not currently being used by anyone else. There are practically no fixed residences anymore. People are where they are. In the morning, there is usually no plan for the day, so it's convenient that we can be anywhere and sleep anywhere. I've already forgotten what it was like to live with authorities, rent, and such. That was very complicated.

I love how simple everything is now, and we are just being!

And while I am just being, there is also this beautiful being next to me. And as we gaze into the universe with our hearts, we fall into a sleep that carries us into the next day.

Afterwords

I'm glad you've read this far. I hope this book has been able to introduce you to some new possibilities of manifestation. I wish you much success on your continued journey. If you liked the book, I would greatly appreciate it if you could leave a brief review so that others can also find this book.

Try to connect to others with the same mindset and wishes to manifest things together.

Don't try to manifest money. Try to manifest the things you want to buy with that money instead. Money is just the energy which we have in abundance, that only shows up when we really need it.

Try to manifest real small things first to become used to it and to cultivate your manifesting powers. If you start too big doubts may bubble up and will stop your manifestation.

About the Author



Adam Art Ananda was born in Hamburg, Germany, in 1963, and he worked as a software developer for over 30 years. Art has worked for several top 500 companies such as Dupont, Dresdner Bank, Commerzbank, and Zürcher Kantonalbank, to name just a few. After experiencing a burnout and a near-death experience, he decided not to work for profit anymore. Since 2016, he has been writing open-source software. He has also authored the following books: "Camp Eden - How We

Recreated Our Paradise" and "Step Out - Guideline to Step Out of the System." Since 2016, he has been living in his motorhome, currently in Portugal, and playing the guitar on the street for a few coins. It's a simple life.

Links

How To Manifest Anything! - Very Powerful Tool! (Law Of Attraction)

<https://youtu.be/hQqdr2BCSyg?si=j0adYECdrkqhJkbw>

Books

The Art of Living and Loving

<https://www.amazon.com/dp/B08R7T9FND>

Python GUI - Create Cross-Platform GUI Applications using Python, Qt, and PyQt5

<https://www.amazon.com/dp/B0891YRMJT>

Step Out - A guideline on how you can step out of this system and live a fulfilling life in abundance without the need to work at all.

<https://www.amazon.com/dp/B086C8Z9MY>

Camp Eden - How We Have Re-created Our Paradise

<https://www.amazon.com/dp/B086C8MTP3>