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Malgorzata Witkowska

**CREATE YOUR  
SYNCHRONICITIES**

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You do not even know what a powerful being you are. For many people, spiritual awakening brings only the beginning to the most profound understanding of the powers around us. Explaining which, using only what is available to our human perception, is beyond comprehension.

It is only possible when you trust yourself strongly enough to let your imagination and intuition build your belief system. Releasing yourself from the matrix of standard customs and rules is vital on this quest to find your grail.

When you have achieved all the goals you planned when you were young, what else could be more exciting than the game you have not yet seen? The game has yet to be described. You will not find it in any book from your childhood or the lives of any friends you know.

Something exciting that would keep you interested enough to keep you playing.

You know all the tricks and what to do in almost every situation; you have mastered all possible responses to achieve satisfying outcomes. What can challenge you and ignite the spark? What about creating your own game? Yes, you can.

Synchronicities let you design and set new boards for the games where only your imagination can limit you.

Seeing energy all around you, you can shape it into whatever comes to your mind. Making people play roles you assign to them and letting you enjoy your new experiences, allowing it to entertain you and teach you the necessary skills to build more advanced strategies later on.

Remember, the main rule is not to harm any energy. You contribute to the Collective of your choice to enrich its frequency and your potential to access higher levels of Consciousness.

Increasing your abilities and opportunities might look like a goal, until you understand it has a different meaning. Uniting in Oneness to share knowledge and experience makes the observing process more intricate and advanced. Seeing yourself as a part of something - something which wanted to see everything from many perspectives and fragmented itself to give itself that option. It created you, and all there is, from itself - to have pawns to play with.

It might sound cruel, but only for those who do not want to see more. They will never be ready to do what needs to take place. We are not meant to find out what that 'more' is - but to create it. To understand that evolution never *was*, it *is*. To use its power, and with your imagination, show the Universe something it has never seen before.

We are just entertainers to ourselves.

01

## Things to remember using the Law of Attraction

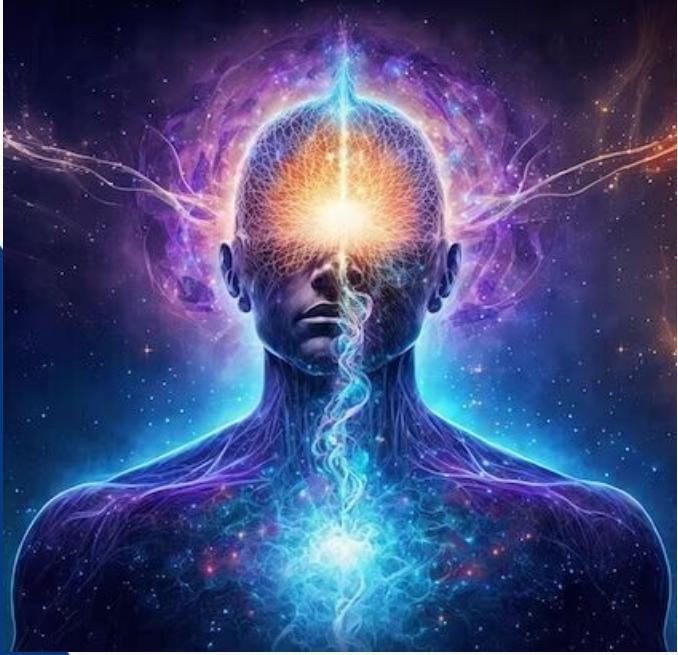
The law of attraction is one of many laws, and it is a very popular one currently. Many people teach rules on improving abilities to attract experiences based on desires. It works, but it is only one ingredient in the whole process of creation. Nothing can be more misleading than the statement that we are magnets for what we want.

People who claim that we attract only what we are would be closer to the truth. We manifest from within and implement the code from inside to the eternal world. Still, it would not cover the whole concept of this phenomenon.

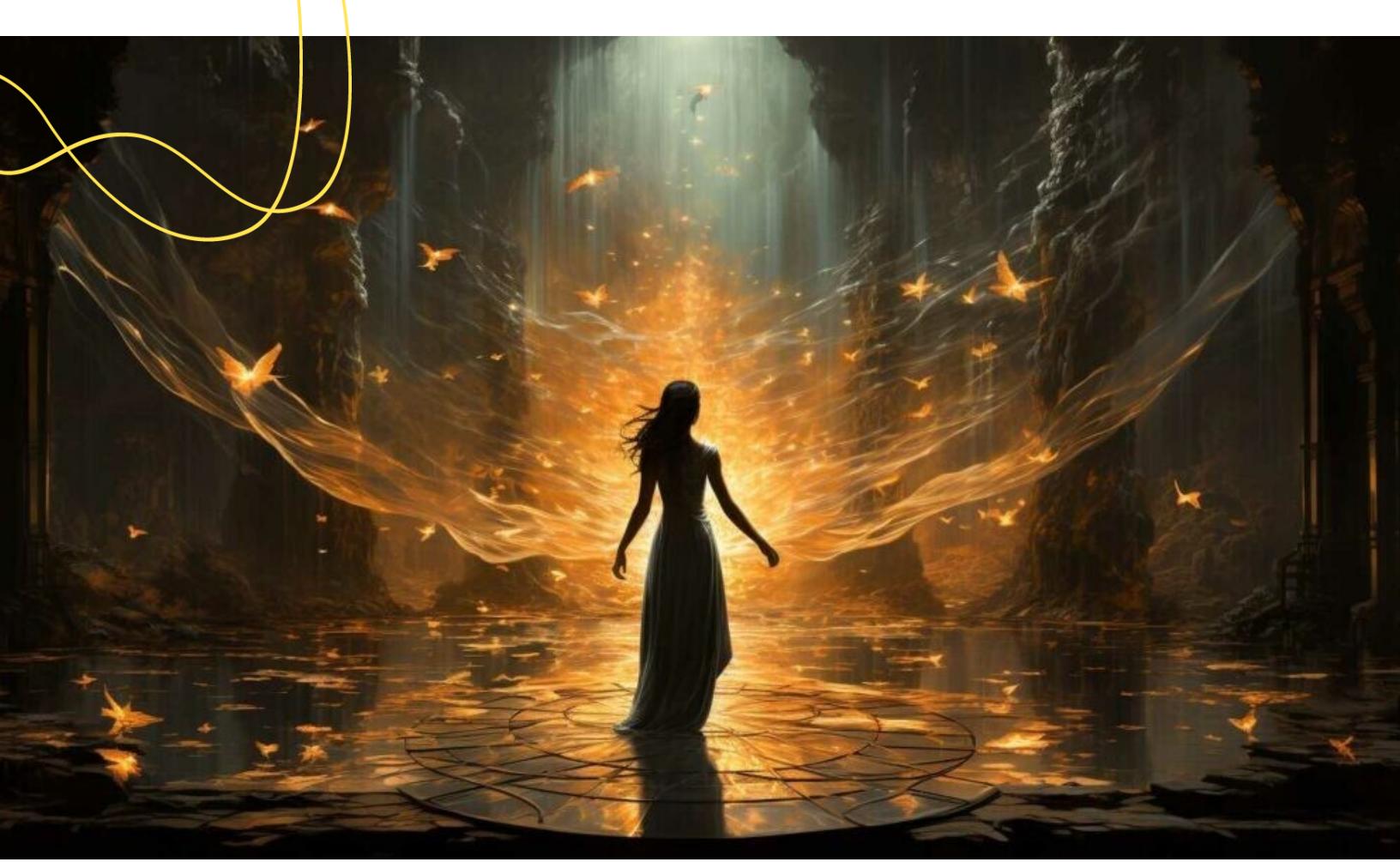


When you eventually understand, it becomes difficult to explain to those who do not want to see the nature of something they were told for ages is wrong. We were brainwashed to reject and outcast any thought of it. We are networking energetically with each other, and all that exists. Creating one extensive system of Higher Consciousness.

This Higher Consciousness is capable of influencing your life and bringing to fruition your wishes. Using synchronicities, it gains power over its whole Collective and uses it as it pleases. As long as what you want meets the expectations of the majority of its citizens, you will be granted immense powers to create what interests it.



Setting up synchronicities will not look complicated when you gain access to others' energies. You can become like a God of creation in the purest form. To embody energy on this frequency, you would have to achieve a specific state, as only undistracted thought and clear emotion can hold the vision for long enough to reach far enough distances.



You will be tested to see if you can leave the past behind, stop fearing the future and detach from everything. Clear information and unshakable vision can change the world or build a new one. Not allowing external factors to question or create disbelief in yourself. To see if your energy is strong enough to handle that high frequency.

There are ways to make it happen. To raise your vibration high enough to manifest at least in your reality. I will show you what you can do to let yourself use the law of attraction in the way it can work for you, not against you. Remember that these powers do not judge or filter your thoughts and bring you exactly what you play out in your mind.



Your manifestation can be harmful because when you learn how to use that power, it can materialise so quickly that you may not recognise that you are attracting something that does not necessarily benefit you.

## Intentions

Pure intentions are essential because you can attract to your life only what you are on the inside, and the Universe can respond only to your intentions. Our thoughts are just the signals, the careers of our intentions, and the Universe waits for those to arrive and align you with the experience according to your intent.

This is why cleansing your mind from past harm and fear of the future is vital, as you might manifest precisely that. Imagining and visualising are not ways to gain any response from the Universe. It speaks through frequency and hears your intentions. Therefore, wishing bad luck for another is energetically charged enough to grant you this wish... but in your life, as it comes from you. Remember that wishing something for others is expressing curiosity about how the particular experience feels. You are the Universe expressing itself in the form which can feel and create from its energy. Your wish always comes true, but only for you to experience it.



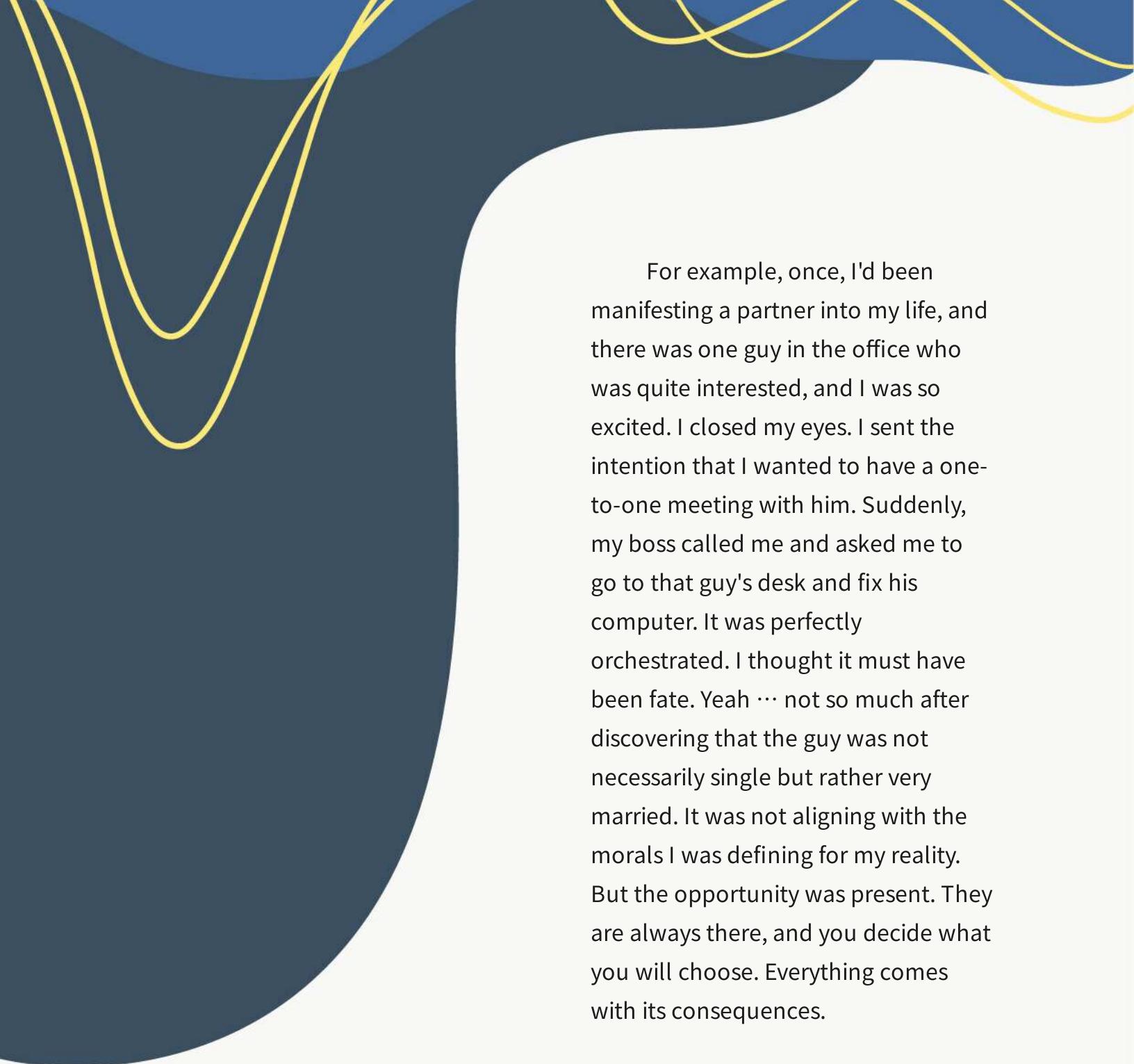
It is essential to know the reason behind your wish as well. For example, if you want to buy a new car, but only because your neighbour has a better one, the Universe will hear only that you want to compare yourself with somebody, that this is your desired experience. And instead of having a new car, you will start noticing that in your household or your garden, you have less and less than your neighbour because this is what the Universe will give you - more opportunities to compare yourself with the people around you.

But if that car comes from pure intention of wanting to spend more time with your family outside your home, going on trips or taking your children to activities, then the Universe will deliver exactly that and more. Not only the car but even money for activities or holidays, because it responds to your intentions, not wishes and wants.



## **Being moral**

Use discernment to distinguish if a coming opportunity is exactly what you want to experience or manifest in your life. Check if this matches your vibrations, because sometimes you don't have all the information or all the details to know if what is presented in front of you is what you asked for - if it is exactly what you want to align with. You influence your environment, but your experiences shape you. Make sure you are building a perfect sculpture by choosing correctly.



For example, once, I'd been manifesting a partner into my life, and there was one guy in the office who was quite interested, and I was so excited. I closed my eyes. I sent the intention that I wanted to have a one-to-one meeting with him. Suddenly, my boss called me and asked me to go to that guy's desk and fix his computer. It was perfectly orchestrated. I thought it must have been fate. Yeah … not so much after discovering that the guy was not necessarily single but rather very married. It was not aligning with the morals I was defining for my reality. But the opportunity was present. They are always there, and you decide what you will choose. Everything comes with its consequences.

And in moments like that, we have to use discernment. We have to decide if we want to lower our vibrations and experience something karmic or use our morality and cut it at the beginning. This type of experience comes into our lives with all its baggage and agenda.

Being involved in an affair would have meant that later on, I would experience being cheated on because I would have to see this kind of experience from each of its angles.

And it is why it is so important to use our morality to decide what we welcome into our reality and what we do not want. It is you manifesting for yourself, not the Universe manifesting for you.

Do not let it in if you don't want to repeat the lesson. A lesson which you recognised when you saw that you had already played a role in the game like that.



# Not labelling desires

The Universe can send us only experiences that we vibrationally align with. It means when we ask for something too big, the Universe might wait until we raise our vibrations, and we might become impatient and drop it.



Or when we ask for something too small, the Universe will send us something bigger because it sends what we deserve, and we might overlook it because we are expecting something particular and of less value.

You are meant to grow and expand. This is the main goal of existence. For example, when you ask for a big house, instead you might get a government scheme and a grant for extending your current household. And, after all those experiences and learning curves, you end up finding out that you are living in a big beautiful house, as a better and bigger person because you had to go through refurbishment. Isn't this amazing? This is why it is important not to name your desires exactly and have all the details for your visualisations because they can come in different shapes and forms.

# Recognise a harmful manifestation

When you don't have enough details, or you've never been there before, you don't know what kind of consequences something can bring into your life. It would not be wise or safe to jump into it and hope it will be good because it comes from the Divine. No. It does not. It is your design.

I noticed that animals around us sometimes start behaving differently when we make a choice which might not benefit us—for example, insects. I love spiders because they are protectors for me, and I get them a lot at home when I manifest new people into my life, not knowing that they are toxic because I didn't interview them at the beginning. My house always gets full of spiders. I love how my subconscious mind projects warnings in the form of tiny creatures.

When I was about to get close to somebody who was selfish and dangerous, the big spider came into the middle of my living room when I was texting with that person. It looked at me for at least two minutes until I got my courage to get it into the glass and take it out. It had an energetic conversation with me. It made me feel exactly what I should have felt talking to this guy. Fear.

You can also notice that people around you might start talking to you strangely, passing you particular information. People you would never expect to give you this kind of advice will start talking to you. It will feel like the Universe uses their bodies to give you hints. Never discard uncomfortable situations, as this is the way it makes it stand out for you to notice it.

Small accidents might start to happen around the person who you are manifesting or the place or the thing you want to have in your life.

Something will start not working, or that person will be late. If they go on a date, the underground will not work. Something will go wrong. The alarm will trigger when it shouldn't.

The Universe always sends those little nudges to warn you, to show you that it is not necessarily what you meant to manifest in your life because its vibrations do not match yours. And it is why the Universe comes to the rescue to prevent you from lowering yours.

## Harmony between the brain and the heart

You can use elements within your body to increase your skills or create new ones to expand your potential beyond what you already know.

It is about creating a new technology within biochemical technology. And it might be that our generation is not the first to talk about it. The heart and the brain have their own independent neurons. Your heart has its own nervous system. There will be more about this phenomenon later in this book.

But now I want to focus on how important it is to create harmony between these two elements of your body. Coherence. These two organs are connected through the vagus nerve, which is responsible for passing through impulses, and what's interesting is that most of those come from the heart. They are transferred into the brain for it to calculate what kind of chemicals to release into your body. It means that your heart decides about your chemical balance. How we feel, experience circumstances, and react to the environment make a difference.

It is important to create coherence between your heart and your brain. You can do it by synchronising your heart's electrical activity with your brain waves, and then we have a power couple, and truly, we can become unstoppable.

You can access outer states or develop clair senses like, for example, clairvoyance, which is about seeing beyond, or claircognizance - meaning deep knowing - known as deep intuition. Wouldn't it be amazing to know what will happen before it does?

People mostly focus on the well-being advantages of creating coherence between the brain and the heart. Scientists from the HeartMath Institute have proof that it can impact our immune system, heart health or emotional intelligence.



To create this state, you have to release low vibing emotions like fear, anxiety, frustration, and irritation. It means you cannot relive the complicated past or fear the future. You must stay in the present moment, here and now, practising mindfulness or meditation, fully appreciating life, and taking each of your moments as a miracle.

There are plenty of breathing techniques that you can use to help yourself create this coherence. The easiest one is to give attention to your heart by putting your hand on your chest, closing your eyes, and breathing deeply with two seconds of longer exhalations. It will calm you down, which is the best way to create that precious coherence between your brain and the heart and become ... connected.

## **Eye of Horus - third eye chakra**

The Eye of Horus is the Egyptian symbol for opening eyes and paying attention, which means watching for something we don't yet know. They used to say that when you are like that eye, you can make people reveal their true intentions towards you or what they think about you. They call it the mythical light of the soul.



## "EYE OF HORUS" CORRELATION WITH HUMAN LIMBIC SYSTEM

HYPOTHALAMUS

HYPOTHALAMUS



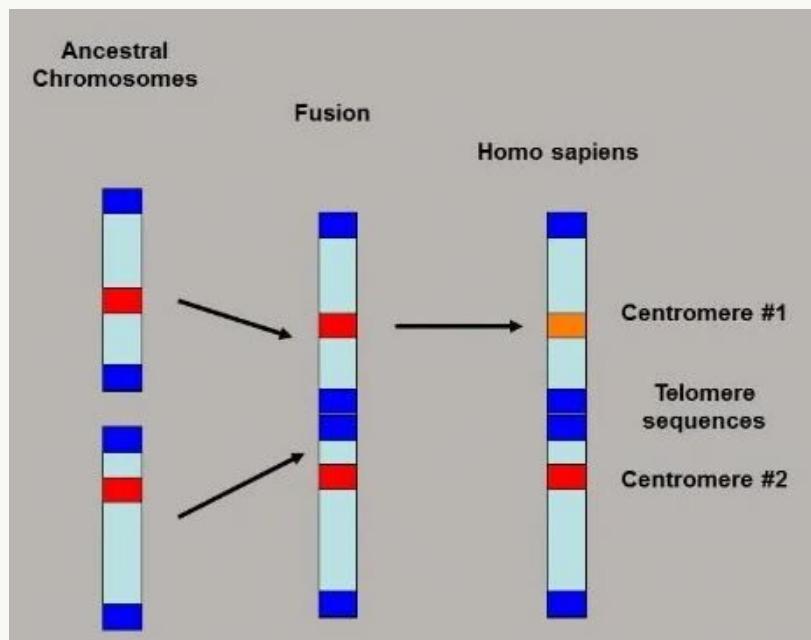
You can find this symbol in Egyptian religion as well. Horus loses his eyes in the mythical conflict between the gods, Horus and Set, only to regain it later and sacrifice it for his father, Osiris, to let him stay in the afterlife. This powers the Eye of Horus - sacrifice and protection for others.

Scientists find many similarities between this symbol and the thalamus. This part of our brain sits in the middle and is responsible for gathering all sensory information from all our senses. It is the first part of the brain that gets it. It sorts it out, filters it, and relays it to the rest of the brain. To the cortex, for example, which is responsible for our awareness and perception.

Many people, especially spiritual ones, claim this is the third eye chakra. Opening it and stimulating it helps you to influence how your brain interprets reality. It can start seeing beyond the obvious and noticing subtle signs of higher frequencies, things which are not visible or accessible to average people. With time, it will show you how to create those things using your energy and how to change the world around you or the whole world energetically. The further it opens, the more your thalamus gets stimulated and becomes more aware of the world surrounding you to perceive and process more information.

## Chromosomal fusion

What differentiates you from gorillas and orangutans is the amount of chromosomes. They have 48, and you have 46. Yes, you have less because there was the fusion of two ancestral chromosomes into one. And humans ended up with the pair of longest chromosomes.





People who have a deletion of that chromosome suffer from developmental delays. People who have more than 46 chromosomes suffer from Down syndrome.

This is why it is so crucial that this fusion takes place at a particular time, with precision. Many processes have to take place, like translocation, deletion and insertion. What's interesting is that this fusion process is unique only to humans. There is no other species which has something like that.

Greg Braden has a theory that a third-party intervention had to take place for that precise process. He suggests that aliens, gods, or angels might have designed it. I ask if we need that help. Maybe we did it ourselves. We already had ancient, highly developed civilisations advanced in spirituality, medicine and technology.

For example, ancient Egypt, ancient Maya, and ancient Greece. Each time scientists look into these civilisations, they find more and more proof of what incredible knowledge they possessed. And still, they didn't survive. They just disappeared. Or did they? Maybe they discovered how to fuse chromosomes and did not stop at only one pair.

Who or what would they become? What if they are still here among us? We call them differently, like angels or spirit guides. But if this theory has an essence or truth behind it, then it would mean we can also become it. Let's have fun changing.

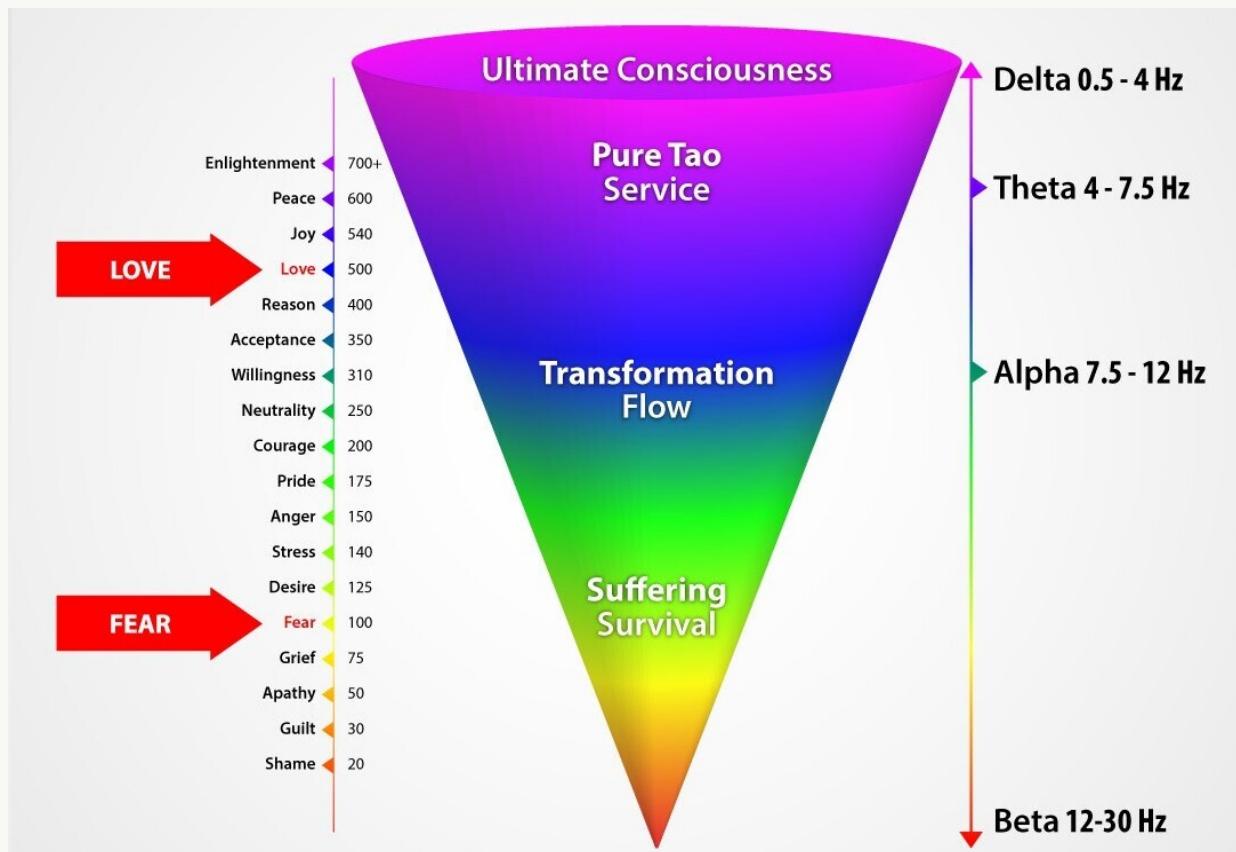
# **Love is essential in life**

It is not only about romantic love but rather about loving everything and everybody in every shape and form. Recognising that we are only energy and falling in love with it daily more and more. Learning how to harvest this energy of love using our bodies and experience the highest possible emotional vibration: movement.

Everybody has their vibrations, and raising it is the key. But sustaining that higher vibration is a formula for experiencing the true nature of this enlightenment - that we are meant to express love. How you feel depends on your frequency. Higher, the better you feel, and when you vibe high, you feel healthier. Your body heals itself quicker, and you don't feel pain that often. Suddenly, low vibing emotions cannot reach you. You are free from it.

It all happens when you start loving all there is - everybody, even our enemies - because this way, we can see the world from different perspectives. And choose the highest one which can liberate you. It elevates you. It cleans your energy and opens the most profound door. The door to a place, which once you experience, you cannot get enough of. This is something you will crave more because it will make you free.

According to psychologist Dr. David Hawkins, our emotions are frequencies, and they have a scale. For example, love can vibrate starting from 500 Hertz. However, unconditional love starts from 800 Hertz, and there are higher vibing emotions than love: peace and bliss, enlightenment, or authenticity.



You will see the whole world as your oyster and understand that you deliberately orchestrated every single experience. Matching your current frequency with your vibration and only for one reason - to raise it. You can go back when you figure out what it all is about, wherever it is. Or stay and play more.

## Synapses

The places where neurons connect and communicate with each other are called synapses.

Each neuron has between a few to hundreds of thousands of synaptic connections, which can be with itself, neighbouring neurons, or neurons in other brain regions. These connections are constantly created in the constant search for a bond.



It is pure love, seeking its mate without a break and searching for something to exchange information with and create a connection. When two neurons meet, they create a synapse, a small space between them to communicate by relaying nerve impulses using chemicals called neurotransmitters. When we engage in some kind of activity, we strengthen the synapse by repeating the message. Or we can do it by releasing a certain amount of chemicals, those neurotransmitters.

It all can be regulated because as long as we can strengthen the signals, we can also weaken them. It all depends on either chemicals or you entertaining certain connections. But the most important is deciding which bonds you want to strengthen and which you want to weaken and forget about. We force our neurons to seek new connections and pathways when it happens.



According to Joe Dispenser, this is called rewiring your brain. And to do it, what else to use, if not your highest vibing emotions? For example, love - to create different chemical balances in your body. To make it release different neurotransmitters. You must pay attention to what you feel and the thoughts you entertain. You are meant to invite into your life only what you really, truly want to experience. And to change your current one, you need to change your approach. There is no better way than to create new neuro-pathways. New thinking. New feelings.

## Balance

Our heart has its independent nervous system. A little brain, which is as complex as the main brain but just smaller. Scientists claim it supports your heart's complexity and demand, mainly to assist its heartbeat. But would it have memory cells if it was primitive? In the communication between these two organs, most signals come from your heart to your brain to make decisions like it was waiting for your heart's orders. Your brain relies on your heart's memory of the emotions involved previously in something it has to deal with now. What you felt once makes you act a certain way.

We often say that we know something by heart, intuitively, which means just before it happens. This is probably because there's that little knowledge based on memories from observing and monitoring our heartbeat. Scientists say that to create higher cognitive functions, we must learn how to create coherent patterns for the heart rhythm at a frequency in the range of 0.1 Hertz. They say that it can be generated and sustained using higher emotions like love, compassion, and appreciation, and it can create internal balance.

Better health, higher productivity and creativity. This means alignment, and it is all about rejecting low vibing emotions and accepting the higher ones. It is all worth it. Why? Because truly, we can create Heaven on Earth. Let's please ourselves.



02

## Powers that make us divine beings



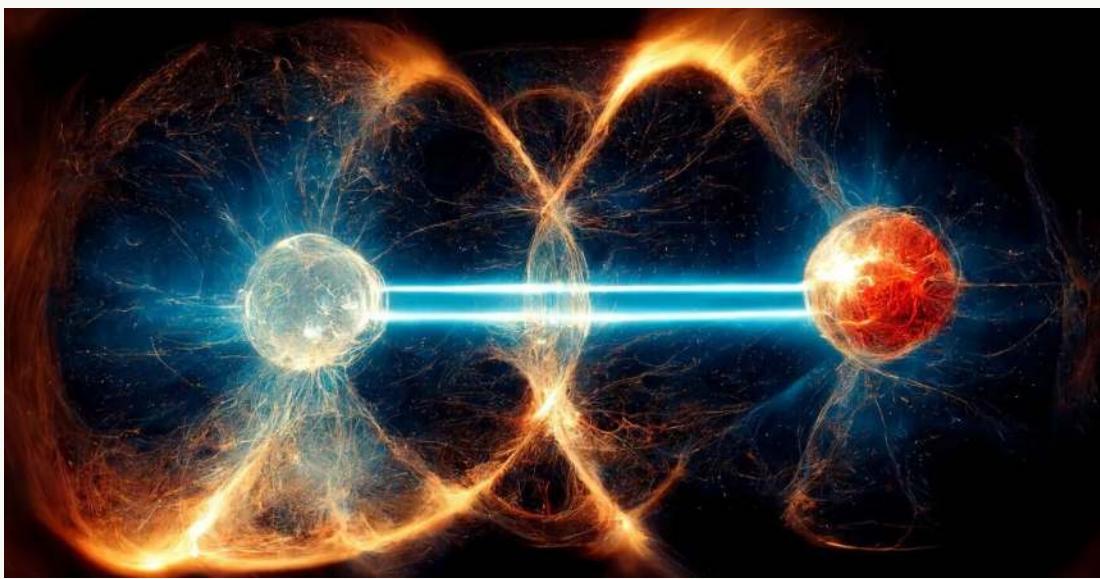
It is not the Divine, it is not the Universe that creates the plan for you and sends you just the puzzles you have to fetch, find, and put together. To create this beautiful picture called your life. It is YOU. Let's talk about what you can create or co-create with the Universe.

It always surprises me why people, after accepting that life is an expression of their frequency, still expect miracles without raising vibrations. Manifestation is like a song you must tune into if you want to sing it. Nothing will do it for you, but when you eventually learn words and notes, it will show you the world, which is worth your effort.

Patience is key, especially when we are slow learners. There are rules to follow, like in learning music. But a masterpiece might come out when you are done just trying and will finally take it seriously.

Many things are hidden from you. You are not ready to see it or can not comprehend it. But when it reveals itself in front of your eyes, you will not question anything anymore, understanding that there are no questions to be asked as it all depends on you.

The magic of true manifestation does not ask what or how but when. You know all the questions and answers as you designed it, building your timelines. Using your imagination, you would not create something you would not recognise. You just have to pick up the one and align with it to make a jump. And here comes the dimension of time … waiting... unless you learn how to use quantum powers.

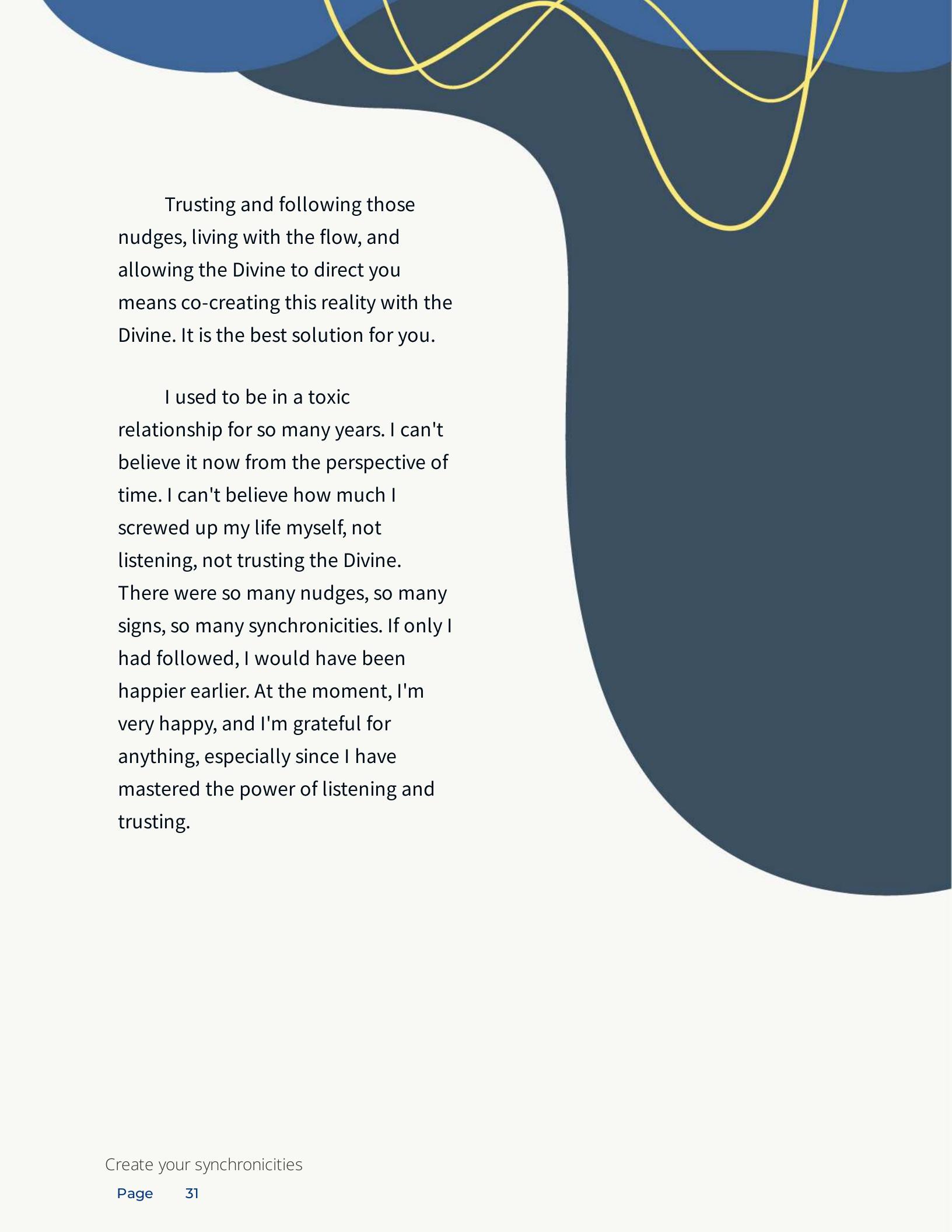


# The Power of Trust

Trust the Divine. Trust the Universe. Those higher powers know what your optimal or best option in life is. You can create many timelines using your thoughts and emotions . But the Divine knows what is best for you because it sees your future, presence, and past at the same time.

Those higher powers know which timeline you imagine is the best for you. They will send nudges and hints to align you with the one that suits you the most, which allows you to grow the fastest and in the best direction. It might be difficult as it is meant to challenge you and push you towards growth.





Trusting and following those nudges, living with the flow, and allowing the Divine to direct you means co-creating this reality with the Divine. It is the best solution for you.

I used to be in a toxic relationship for so many years. I can't believe it now from the perspective of time. I can't believe how much I screwed up my life myself, not listening, not trusting the Divine. There were so many nudges, so many signs, so many synchronicities. If only I had followed, I would have been happier earlier. At the moment, I'm very happy, and I'm grateful for anything, especially since I have mastered the power of listening and trusting.



Now, I can create with the Universe, and what we do together is a miracle. It is important to follow the nudges, to believe and trust that what's coming is the best version for you because the Universe craves only your growth and expansion. Evolution, it is called.

## The Power of Intuition

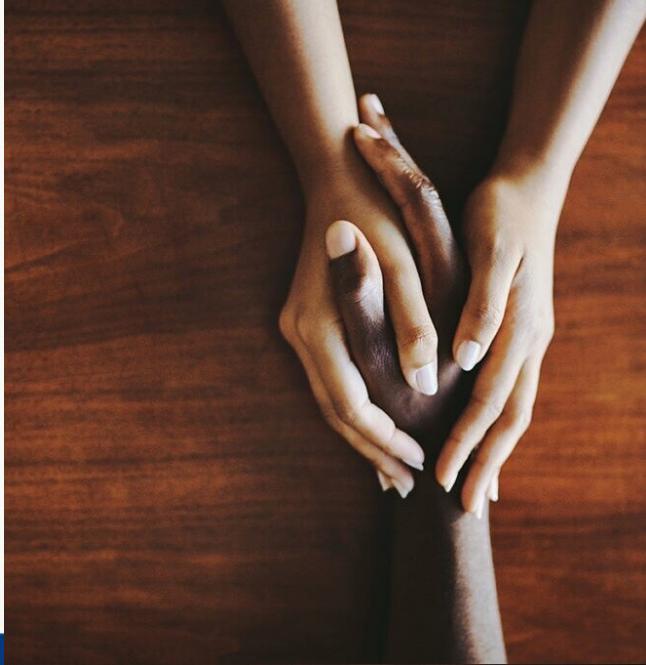
It is that little voice within you which always wants to advise you on the best possible option or prevents you from making a mistake. We often overlook our intuition because we don't want to stand out. Unfortunately, we have that imprinted from childhood, programmed in our subconscious - the need to follow the crowd.

For me, the biggest blockage of my intuition was seeking external validation. I was bothered by what others would say. And when I eventually realised that listening to those people was not the best solution for me, I decided to follow something else.

My spirit guides would always help me in the best way. I was never necessarily aligned with whatever others said. Still, when I stopped seeking external validation and focused on my feelings and opinions, I started hearing that little voice, almost like a second person standing next to me. And right now, I never feel alone, even being single and almost always on my own.



I'm never alone because those little voices surround me. It might sound like I listen to voices. I'm not crazy. You have to try to experience it yourself. You will know what I'm talking about and be happiest when you realise that a force around you wants to help you. It is just a matter of you opening your hearts to it and listening.



## The Power of Forgiveness

I know. Difficult one. Because it doesn't depend on you that much if you are waiting for somebody's apology. Whether it will happen or not doesn't depend on you, and that's why it is so challenging.

But it is one of the most critical powers to have. Why? Because lack of forgiveness is like an anchor to the past. You are anchoring yourself to this 3D matrix, and you cannot fly, raise vibrations, or go to a different dimension and manifest from a quantum field.

Because you decide to have a contract with another soul. For you to learn how to forgive and for them how to humble themselves and apologise. Leave those people's lessons to go through by themselves. Do not participate in somebody else's bad behaviour or learning process. It is their karma.



What helped me the most in learning forgiveness was to realise that people have the right to learn at their own pace and on their terms. It is important to realise that not everybody is the same. Not everybody learns lessons, and we can do it as long as it takes.

I hope this realisation helps everybody, but it is impossible to fly without forgiveness. It is too heavy. It is impossible to move on, shift your energy to different dimensions of mindsets, or use quantum powers, which is the next step in personal development and manifestations.

You will start noticing synchronicities when you truly and fully embrace these powers.

But not the one you are thinking about. Neither the Divine nor the Universe creates the plan for you and sends you just the puzzles you must fetch, find and put together to create this beautiful picture called your life. It is YOU, yourself, doing that. It is you creating the plan using your imagination. And then, when you can tune into these powers and use them to their fullest potential, you can just close your eyes, imagine something and bring it to your experience.

For example, your ex returns, you get a new job offer out of nowhere, or you receive a free online service on the internet because you are building your website. Maybe somebody unexpected pops up because you want a new experience in your life. It is sometimes a matter of time because your imagination can be blocked or extremely wild and might create complexity. Therefore, the Universe might need more time to set it up for you. But it is you who plans it. Surprised?

This is why focusing on people's fate who harmed you is creating your experience based on it. Forgive and focus your imagination only on what you want to bring to your reality.

## Raising vibrations to manifest faster

Radio waves are electromagnetic waves with the longest wavelengths in the electromagnetic spectrum, lowest frequencies, and least amount of energy. Humans create electromagnetic fields, too. It would mean we can broadcast frequencies and send and receive messages energetically.

We can tune to different frequencies and vibrations as any receiver and emitter of waves. The length of it, which we send to the ether, is profoundly connected with its strength. Our reality, life, and opportunities depend on its quality. More significant manifestations demand a wider span of influence on the energy around us.

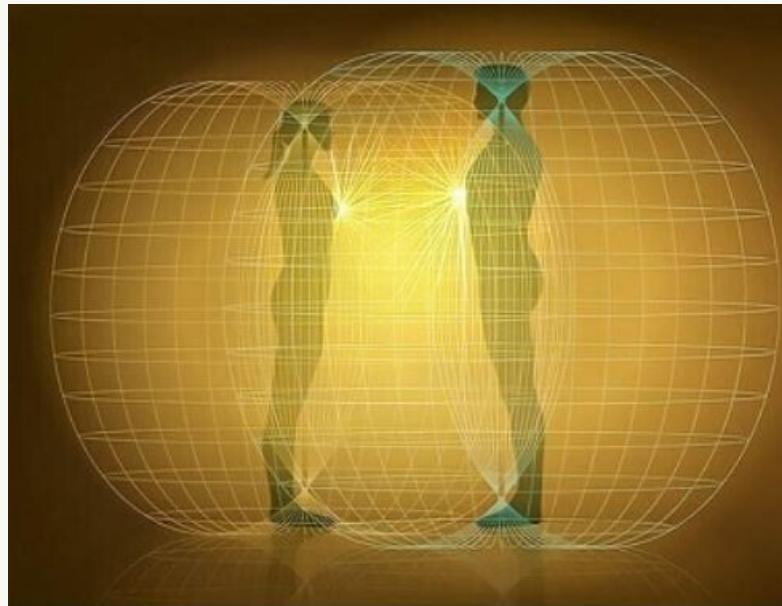
When you are interested in finding a new partner, your energy might send this information only as far as the street you live on. But if you raise your vibrations, you might reach an audience as far as the whole globe. Energetically, you can call in anybody who resonates with your vibrations.

The same rule applies to any other opportunity, like a new job. It can come unexpectedly from many places to your doorstep in the offer letter if you become a magnetic vortex for the world to work for you. How to do it? Raising vibrations for manifestations. You can use three main ingredients, which I will describe below.

## Getting addicted to powerful habits

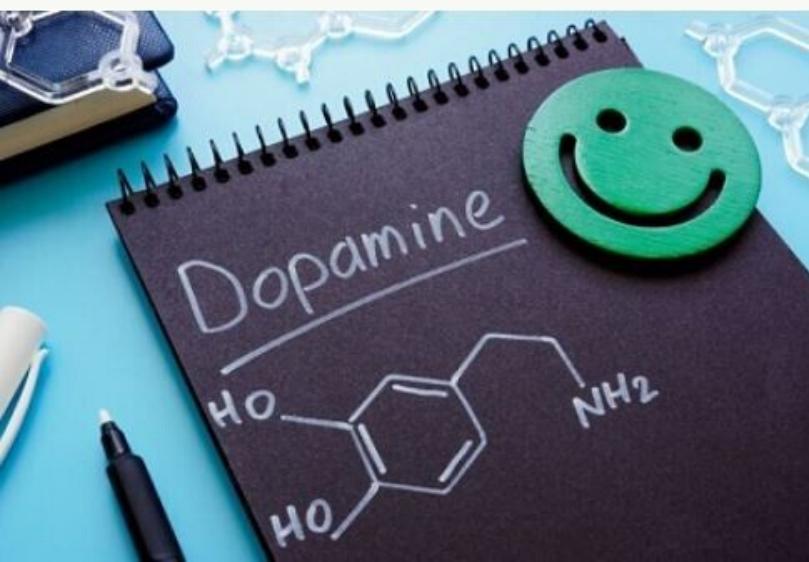
Habits which raise dopamine production in your body. This hormone is responsible for memory, movement, pleasure reward, and … that much-wanted and needed motivation.

Having a lot of dopamine in our bloodstream keeps us going and prevents us from giving up.



Consistency is the most important in each manifestation, starting with simple weight loss or business creation. From my experience, it is one of the most challenging features. Doing something repeatedly against all odds, like temptations to drop it or people's disbelief. But only consistency can guarantee success. It is easier than we think, and when applied correctly, it can become addictive, as dopamine is.

It's best to start with a small effort but repeat it regularly and add to it when it gets easy. Like ten squats per day at first or quick reels below one minute for your Facebook business page. Before you know it, you will be slim and famous.





## Emotional detachment

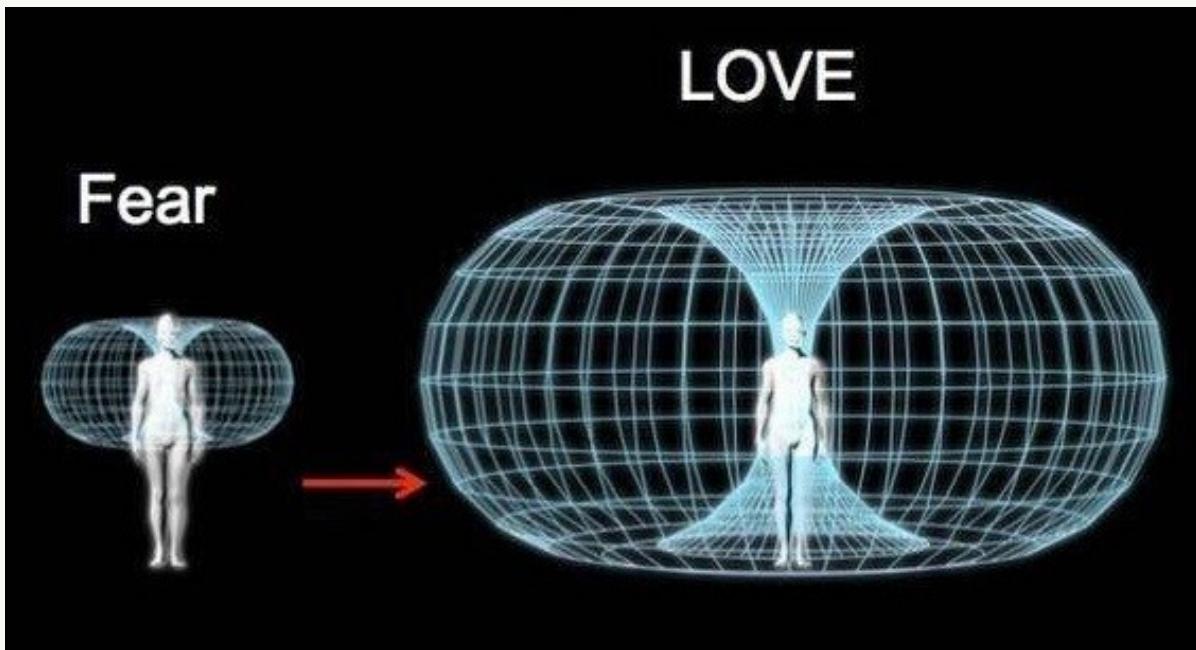
Nothing is more destructive than oppressive influences where your emotional involvement can worsen it. People manifest using their energetical vortex (Esther Hicks).

*"The more you think of things that please you, the better you will feel.*

*The better you feel, the better things will go for you."*

Esther Hicks

(The Vortex: Where the Law of Attraction Assembles All)



This means humans' electromagnetic field plays the primary role in their manifestations. This field is produced by the mechanism in which where the heart is an engine. It has to be free from disheartening emotions. Otherwise, the field will be weak.

You have to be able to open your heart chakra entirely to create a strong impulse. Learning how to maintain and control your emotions is the key.

You can not let anything or anybody manipulate your emotions, as it directly impacts the strength of your powers, like creating your vortex. The stronger it is, the faster it bends your reality and brings opportunities to you without you having to do much. It is why you must learn to control your emotions and detach from anything that no longer serves you.

## **Uniqueness - Authenticity**

Everybody says that love is the highest emotional vibration, which brings balance and correct resonance at the heart level.

The latest research of many institutions shows authenticity has a higher vibration than love and can attract positivity and manifestations faster (Scale of Positive and Negative Experience - SPANE scale). When what you say and feel matches your actions, you open up the most for what is yours. You create the easiest way for the Universe to deliver, and you do not confuse it or yourself.

Consistency and confidence demand courage. And when you gather all these three qualities, no force can stop you. When you see that even the Universe falls under this rule, you will not allow any human to prevent you from becoming the centre of your creation. You can achieve it only when you are YOURSELF.  
A U T H E N T I C.

## **Making your intuition louder**

People mostly focus on external technology in the era of artificial intelligence, electric cars, and organ transplants. They are neglecting the one which is much more accessible and much more powerful. The biological one.



Thinking that the light spectrum is only what you see, that there are only sounds you can hear or scents you can smell, is as clever as not having a gas detector while using a gas boiler. Your senses would disappoint you if there were a leak. What else would you not want to test your abilities with? Are we limited to perceiving this world only through the prism of our five senses? Dogs can hear lower-frequency sounds than us. They can smell drugs or cancer tissue. What else can we do?

With the growing human population's fast and easy access to knowledge or personal data, the risk of problems increases. However, evolution was not designed to stay still. We are meant to change together with any environment … biologically.

Nature decided to equip us with another sense. Intuition. Instant knowing is based on connecting known facts and general knowledge, which leads to feeling situations instead of just observing them. It is like a muscle. It has to be trained. It is worth knowing what gifts come with it and how to master them.

## Discernment

Is there anything more consuming your energy than investing in the wrong people?

People who do not resonate with you would not mind taking advantage of your good heart. Often, it is you letting them come close, ignoring red flags or simply not seeing any. Many individuals can camouflage themselves and mimic good behaviour observed in others. Pretending to be higher vibing entities.



Getting divorced, losing money due to the wrong investments, or untrustworthy friends can ruin quite a portion of your life or peace. These types of events would affect not only you but your loved ones, too. It could change your or your whole family's circumstances for a long time.

Together with intuition comes discernment. It feels like this veil is taken away from your eyes. You can see people's possible behaviour and intentions based on their patterns.

You can predict what can occur and almost feel like hearing their thoughts. The best way to strengthen this gift would be to put yourself in contradictory situations.

If you need to start detecting liars, you must stop lying to see how it feels and how others act around you. To increase your discernment, you need to collect knowledge about the opposite behaviour to the one you want to be able to recognise. Because judging situations and people means comparing, and it is much easier when you have many good scenarios to do it with.

## Telepathy

Intuition is a key to your new skills. And like with shaping your body during a workout, you can choose what you want to practice the most from your new abilities. Humans use intuition to pick up and verify messages they receive from the Collective to which they are connected. It can be two-way communication as long as it is accepted and recognised.



It is concerning that the majority of people use it unconsciously. And they send information about themselves energetically without any protection or particular target. And anybody can pick it up. Additionally, uncontrolled telepathy leaves open doors to your mind for anybody from your Consciousness, and those who are more skilled can influence your decision-making. It might not be beneficial to you. It is essential to learn at least how to block it from unwanted influences or attacks. Telepathy works on an energetical level. It affects you through visions, music, and sudden feelings.



To block it, just exercise changing what you see or hear in your head immediately when needed. Changing what you pay attention to, what you entertain. When you see yourself buying a car you do not want, turn it into a pumpkin carriage and imagine the whole Cinderella story in your mind. Change your focus to a glass shoe. You might end up with a new pair of shoes instead of a posh car.

## Seeing snippets from the future

Your intuition is a connection to your higher self. Your future version, which has access to all your possible timelines, you can build this lifetime. It means that when you strengthen this communication, you can be shown what would happen if you act a particular way.

This version, which has access to the Collective energy, can set up synchronicities to prevent you from making mistakes or lead you towards something you want. It will show you snippets from each of your timelines, more like asking you which one you want. And the one you resonate the most with, which will generate the strongest emotions, will be picked up as the one you desire to experience.

This is why you must be careful what you pay attention to because it is after the strongest emotion, even anger or grief. Therefore, a peaceful life is challenging to manifest as you must be free from triggers and focused only on what makes you happy. You will see visions and dreams and be triggered in a particular way while watching a scene in a movie or listening to a song's lyrics. Your higher self has access to your body and mind through intuition. The stronger it is, the more precise the messages.



For example, when you have a strange desire to watch something, you will find a solution to your problem there and know it because your whole body will be alerted. Have you ever heard somebody else's sad story, which was so weirdly familiar, like you already knew it? It might have been the scenario you avoided, and your higher self was showing it to you.

Building this bond between you and your intuition is vital to experiencing your highest possible life opportunities. And do not take it for granted. Understand that you are a creator.

03

## Techniques to see synchronicities

Who would not want to be able to create their opportunities, their ways of fate unfolding? You can do it. But first, you need to see it at least. Most people do not understand that the law of attraction is about opportunities, possibilities, and nudges. Your higher self creates it for you on your behalf until you merge your conscious mind with its consciousness. It will bring you a fantastic partner and teach you how to recognise and avoid toxic ones. It will eventually lead you to the one which matches your energy.

But before that, you have to experience painful relationships. How else to prevent you from self-sabotaging good opportunities? If you are not able to see the difference, you will be toxic to the one you are meant to be with.

And all of that is done by synchronicities. Powerful chains of events which are meant to lead you towards a particular outcome. And it is always designed for your better good, even if it looks like a disaster. Regardless of how much pain you might endure, remember elevation always comes with effort. Stop complaining. Raise!



# Finding a reason for everything

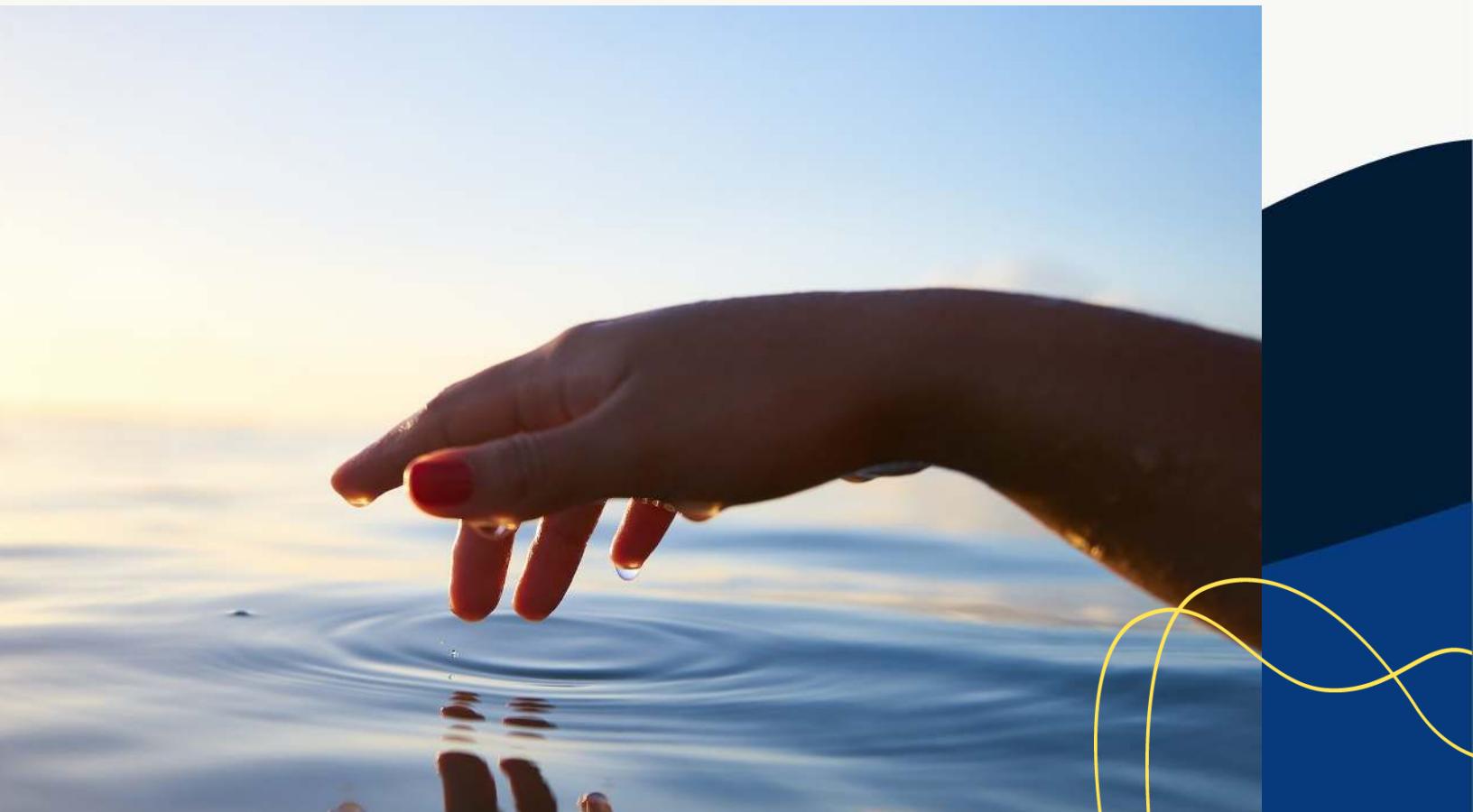
Do you believe it? Why not? Who is the leading architect of your reality? You? Are you sure? Did you want a divorce, stroke or death of a child? Who did it?

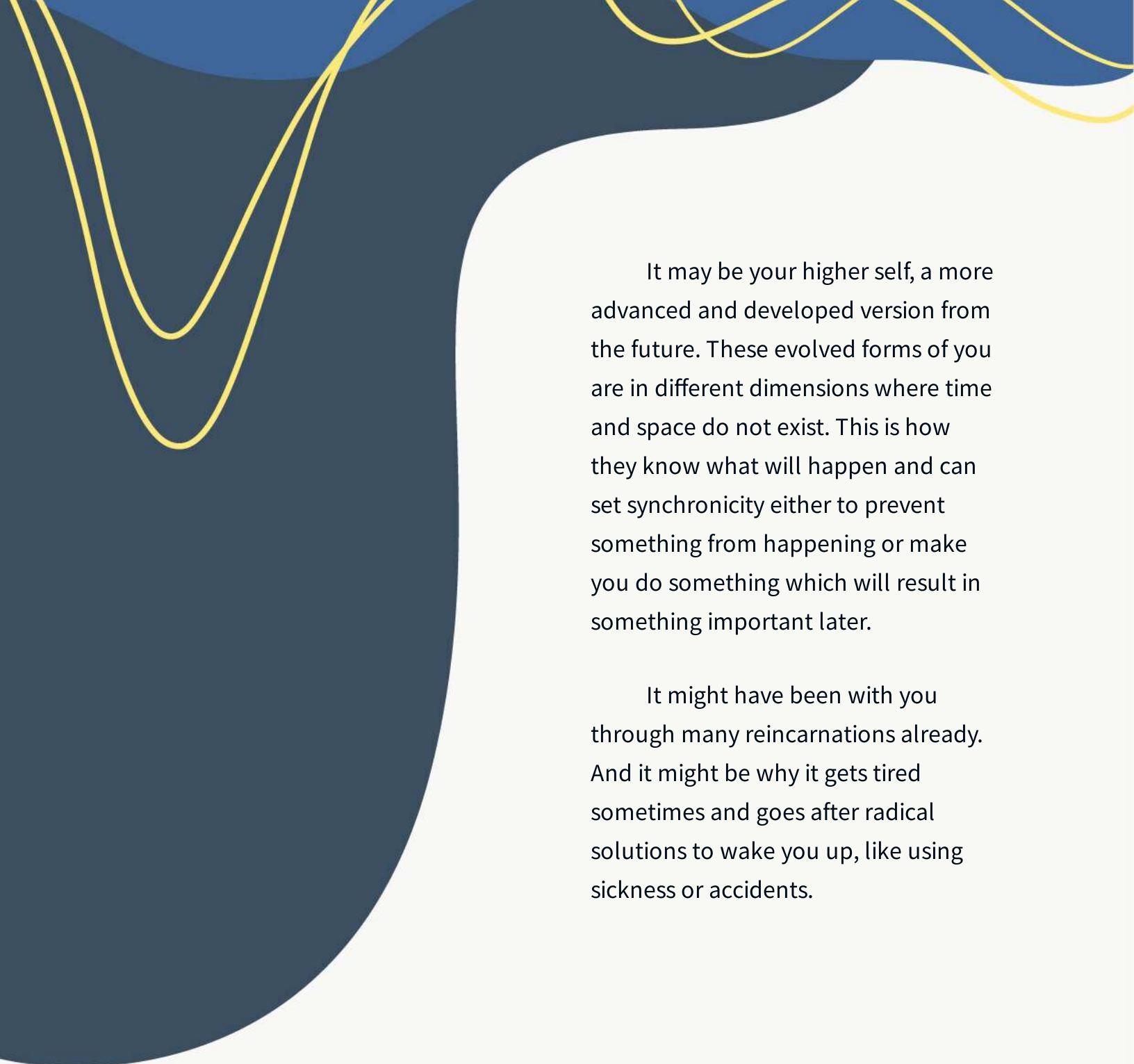
*"Everything happens for a reason and a purpose, and it serves you."*

Tony Robbins

Once, I was so scared. After my emigration, I had to organise documents for a tax office to prove the change to my centre of finances. It was challenging and scary as I neglected it, and they could have asked me to pay a penalty charge. They did not. And I could not understand why I had this experience. Two years later, I had to apply for citizenship, and the whole process was so easy, thankfully, to the mentioned document.

Coincidence or … synchronicity? I had more of them; more stress brings more powerful changes. I will write about them in another book.





It may be your higher self, a more advanced and developed version from the future. These evolved forms of you are in different dimensions where time and space do not exist. This is how they know what will happen and can set synchronicity either to prevent something from happening or make you do something which will result in something important later.

It might have been with you through many reincarnations already. And it might be why it gets tired sometimes and goes after radical solutions to wake you up, like using sickness or accidents.

When we start seeing synchronicities as meaningful, we are more likely to understand what needs to be done for us to ascend. It means changing the form in which we manifest our energy. Less dense. Move to a different dimension or create a new one.

Your higher self is your primary guide in this journey. Don't sabotage your teacher. Follow. See synchronicities.

## Gratitude

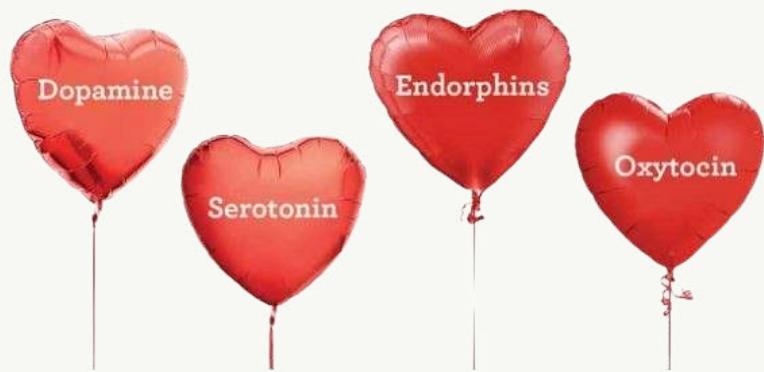
Fear is the biggest enemy of progress and manifestation. We can not attract anything from a fear consciousness. But there is a fantastic bio-weapon.

Oxytocin - a powerful hormone that combats the adverse effects of stress. Practising gratitude is the best-known way of producing an extended amount of oxytocin.



Gratitude changes your self-talk and self-kindness and transforms your health. It helps you to be happier, less likely to suffer burnout and increases life satisfaction. Studies show that gratitude leads to better sleep, less fatigue, and less cellular inflammation; lowers cortisol levels; produces dopamine and serotonin, which help improve moods.

But if your higher self orchestrates everything in your life, why not appreciate and encourage it to do more of it? Would you like not getting any recognition for your work? You can not even imagine how many synchronicities need to be set up to make you suffer enough to wake you up from the matrix! You are meant to merge with your higher self and become one. Follow its instructions to help it.



## Opening Third Eye chakra

Discernment is a skill and a gift granted when we open the third eye chakra. You will see more things behind the veil between seen and undefined by blocked perception. This World is fully available only to people who can regulate their body and mind cycles. It is essential to calm down on demand or almost hibernate when we get downloads from the Divine.



Meditation helps slow down the thinking process and verify which thoughts we want to focus on. But to be able to produce the brain-heart coherence which is necessary for the law of attraction, we need something more powerful. You will not find anything better than melatonin. It is a hormone produced by the brain's pineal gland. It plays a crucial role in regulating the body's circadian rhythm. Melatonin secretion is triggered by darkness and inhibited by light. The Pineal Gland is often referred to as the third eye. Open it! It is the gate to your manifestation and seeing.

## Responding to a synchronicity

Have you ever been buying something online and there were problems? You lost internet for a moment, the website page refreshed itself, and you did not notice there was one more confirmation button. Was it expensive or something you did not need to buy or have? It was your synchronicity set up by your higher self to prevent you from making unnecessary mistakes, as you do not have to go through this lesson anymore or this time.

It can be the other way around. Once, I wanted to go to the Teal Swan workshop as a VIP guest and have a chance to talk with her. I did not have money for it. I had only a standard seat. But I was in the middle of remortgaging, and just a few weeks before, I was sent back overpayments on my mortgage during the transfer. It was exactly the difference between a standard seat and a VIP one. If you listen to your intuition, it will even tell you what to calculate and where to look for money. My higher self wanted this experience. It was beneficial to my evolution.

Have you ever had a problem getting to a place to meet your new date? As it turned out, later on, they were a dangerous person.  
Protection.

Have you ever been stuck on a train and could not attend an event? It was not meant for you to be there. It was a waste of time, or you had to avoid something.

Prevention.

Have you ever felt lucky because you followed nudges and said yes to the party your friend organised? And you met your future partner there?

Fate.

You decided to meet her/him there and energetically influenced your friend to invite you both. Having access to the Collective Consciousness, we can set up many types of synchronicities.

## Notice and learn

It is not easy to see or believe it. This is why we have helpers, teachers, and guides. They teach us how to do it ourselves by setting synchronicities on our behalf when we are ready to learn.

The best way is to start noticing and making sense out of it. Believing. It is not that difficult when you start practising it. The most challenging part for me is recognising what is meant to be and what I should avoid. If I do not know it yet, there is still a lesson for me to learn. These experiences will come regardless of how painful they are. But I do not fear because this is the only way to become a better and stronger magician. We can manifest, organise synchronicities, and set up energies for others. Becoming guides. But more about that in a minute.

Half of success is in seeing. This is why it is essential to know that coincidences do not happen. You will be ready to learn when you swap this word with synchronicities. Ready for what? How to set up synchronicities by yourself. How to use something that people used to call magic. It looks like that at first, but later, you will recognise that it is just you plotting and setting events up.

## Practice on others



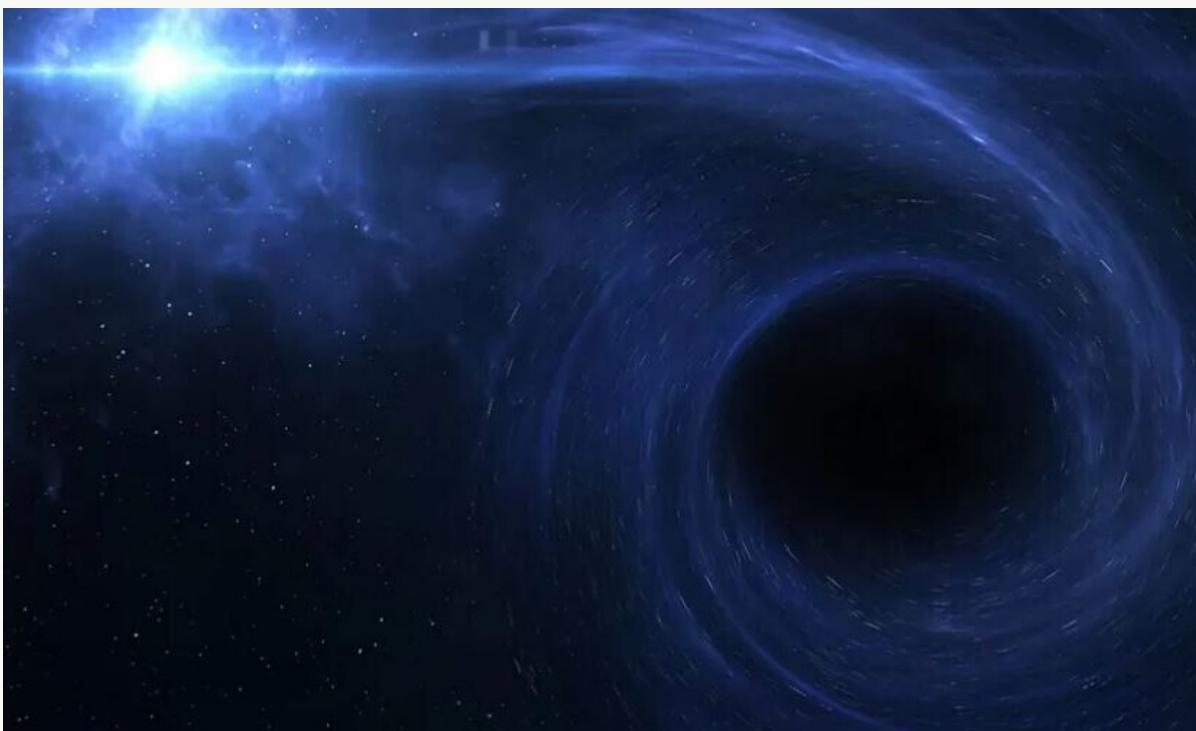
We are more likely to see others' happiness, luck, and synchronicity. It is challenging to be objective towards your own life. Why not use others to practise setting up synchronicities? When you find somebody who needs help, organise it for this person. Find the person who can help them and set up the opportunity for them both to meet mysteriously. It has to be in secret; otherwise, the person you are helping might reject it.

Do you see similar patterns in your life? This is why our synchronicities are not that straightforward. We do not like to be told what to do, do we? Therefore, it is beneficial to allow the process called ego death after shadow work. To let our bright side take the lead.



You can send that person an anonymous invitation or, by mistake, leave a leaflet on their desk. This is how it works. Do you recognise it now? Have you experienced similar situations in your life? Your teachers are not just humans but higher vibing entities that can possess humans for a moment to serve the purpose.

This is why it is so important to surround yourself with higher vibing people. For these entities, it is difficult to condense energy and match a low vibing human body. They can do it if you are worth it. But help them and find people who are better than you.



## Set up and follow

Magic. True magic. We are here to learn how to use energy and play with it. It is not easy when we have been trained to believe in so many strange things. For example, that there is only what we can see and touch, that we have only five senses and that God is something other than us. 96% of the Universe is made of dark matter. This means that 96% of the Universe is just energy waiting to be observed and released into something, into a matter of our choice.

What do you want it to be?

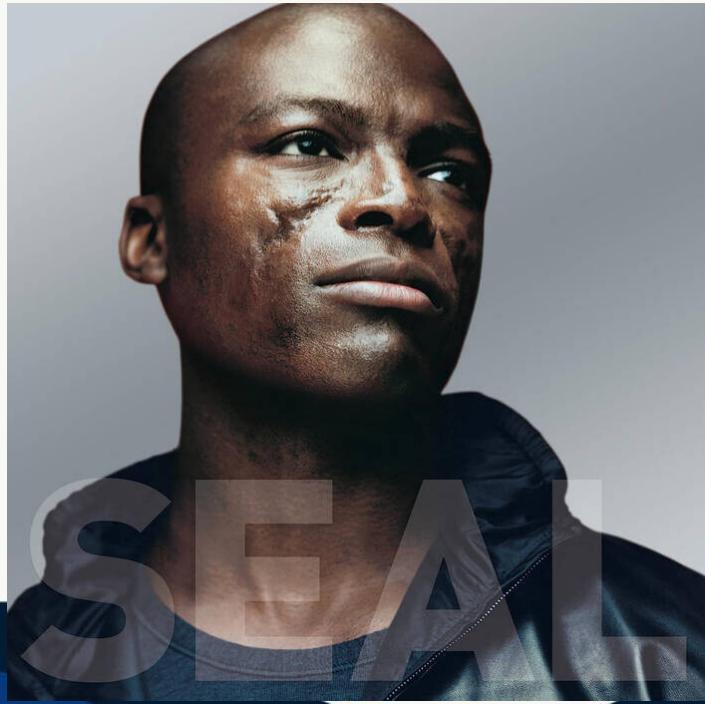
Imagine it, set an intention, use your purest possible energy, and as you set it up for others in a previous exercise, see it happening in your mind for you. Tell the Consciousness what it must be. We all use these powers mostly unconsciously.

I lost my new dress on the train. I left it there when I got off. At the station, I connected with Consciousness and asked to add my telephone number to the front of the package so that somebody could call me and return it. Did I get a call? Yes. I did. The lady waited for me a few stations further, and I got my dress back. It is much easier than you think. But you must have pure energy to connect to the Collective. It can be used for bigger things.

## Healing others creates miracles

You must be present to heal others and sometimes show them how to do it themselves. Do you remember that song by Seal - “Crazy”? He was spot-on about something. One sentence from that song describes the sense of living.

*“In the sky full of people, only some want to fly. Isn't that crazy? Isn't it?”*



We are all where we are meant to be. We can create whatever we want in life. All of it. It is just a matter of spreading our wings using all we have and flying. And yet, not many people will ever do it. Most of them prefer to stay asleep. And being plugged into that matrix, even if they suffer for the guarantee that there would be no movement but only familiarity.

Dolores Cannon was a fantastic hypnotherapist and past-life regressionist. She used to say that we were never supposed to be sick. Our body is an incredible self-healing machine if only we did not interfere. Every disease is just a sign or communication of what we're supposed to heal.

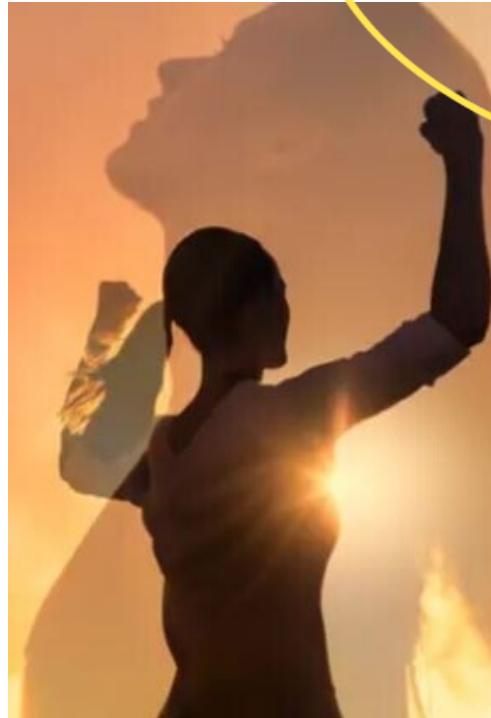
Both those aspects talk about being brave and able to question yourself with an attitude to heal or address what we can find. I know it can be a difficult journey and much easier to take when we have a supportive soul for comfort and objectivism. I would love to show you examples of how easy it can be to become that helpful shoulder for another person and bring miracles into their lives.



# **Building their confidence**

People with incurable diseases often lose their hope of recovery, and they don't even want to upgrade the parts of their lives, even if they can, because they are disheartened by facing it daily. They have proof of their fragility. Promises, good words and the simple presence of others can be very helpful and beautiful, but unfortunately, they don't bring relief because they cannot change anything.

Showing people confidence can be limitless and elastic and grow within, regardless of external factors, can create that unbelievably majestic new shell and fill in all missing parts. It allows them to become who they indeed are or want to be. It always lights them up. And when they genuinely believe it is possible and take it seriously, you can witness the birth of a superhuman.



I know one lady who has Parkinson's disease. Inflexible muscles, speech difficulties. It is caused by the loss of nerve cells in the part of the brain called a substantial nigra and leads towards dopamine deprivation, which is very vital in our movement coordination. She was devastated.



She used to warn everybody before meeting them what her condition was about and how awkward she could be.

Some people forced her to join Toastmasters, an international, non-profit educational organisation that promotes communication, public speaking and leadership. Building confidence took her a while, but she fell in love with this process. Then she became a fantastic speaker, and her speeches are the best. I mean, so original, so vibrant. Everybody loves it. She even became an official mentor for others. She took part in many competitions and won plenty of them.



When somebody gets her assigned as an evaluator, that person sweats because she can pick up everything and point out every mistake. I don't know if she became a master or a monster. But I will tell you what kind of miracle has happened. Now, she doesn't warn anybody about who she is when she meets new people.

She just takes them by surprise, showing them her brilliance and gifts. And this is a miracle of presence. She meets people who care.

## Public validation

People who are different often hide, not believing that they can ever be accepted. The world, especially currently, craves uniqueness. Uniqueness, in combination with confidence, can create stars because it sells itself. People naturally gravitate towards those who have some kind of story, talent, or art within them.

For example, I have somebody in my family who suffers from cerebral palsy due to an accident during birth. Development delays, floppy parts of the body, abnormal posture. This is due to the brain's white matter damage caused by injury during birth.

But everybody has desires and dreams. They also have, and with somebody else's help, inspiration and devotion, they can get involved in some kind of hobby or activity, for example, painting. And I know that when these people get hooked up to their desires, they can achieve much more than those not limited by anything.



With that boy whom I mentioned, my family member, we took one of his paintings and put it in London's gallery. There was an official opening, plenty of people coming, and plenty of artists he networked with. Strangers praised him, and his painting was quite often photographed. He chatted with girls. For him, it was a considerable achievement.

He plans to use different painting techniques. He told me which ones. Unfortunately, I do not have a clue. It is too complicated for me. He is planning to go to local art shops with his art, and he asked me to find out the best pizzerias in London because he plans to date girls after the next gallery's exhibitions. And this is a miracle of belief. He was showered with people who believed in him and did not question his condition because it didn't matter when his talent was at play.

## Encouraging creativity

It can bring healing to everybody. But I want to write about narcissism. I know it can be very triggering for many people, but it is worth knowing because narcissists are victims of their parents. Neglected or even tortured, they had to switch off their empathy.



Narcissists don't feel, they don't self-heal, they do not know how to defend themselves, and they don't have their own opinions. They can only mirror or mimic others. They have difficulties trusting or loving other people because they are scared to death of people. But they can easily fall in love with their passion or creativity. And each of them already has some kind of inspiration for it. It is enough to encourage them to explore and invest in it. Bringing them relief is the first step toward their recovery. Encouraging them to practice something they already love, like their passion. This way, they can let you into their world, not even noticing when they started trusting you.

I encouraged my friend, who suffers from narcissism, to create his design portfolio. He is not suicidal any more. Narcissists are quite often suicidal, especially when they are older.

Another one I encouraged publicly to perform his music. He smiles more often now and asks others about their opinions. Nice trick, isn't it?

With one of my friends, who used to be a narcissist, I practised spirituality. She fell in love with it and learned how to protect her energy without being revengeful.

It is a miracle of refocusing, and you can be present when it occurs or even trigger it. Bring relief to those who can shine brighter than us. Really. Truly. Could you imagine a world full of people like that? It would be Heaven, and you can make it happen.



If we are one energy, it would mean that you would do this whole work on yourself. There is a sweet reward after helping others. You gain all the skills you wished them to have. Tell me how you would not become confident after rescuing a soul, how you would not sparkle with your passion after initiating something creative in others? How would you not believe you are powerful after changing somebody else's faith or belief system?

I contributed the most when I started seeing my Collective and participating in its growth. It can invest in you when it recognises you as its creator.

## Imagination creates reality

You can use your imagination to create your reality in many ways, starting with changing your perspective. If it is true that your thoughts can influence or even create the matrix you are in because it is only a representation of what is inside of you, then it must be that your imagination is the core of this engine.

Many spiritualists say that our lives can go towards what we focus on. It means you decide what your life looks like by focusing on certain things, even if they don't exist. Your energy can create anything you can imagine, and it seems like only your imagination is a limitation. Then let it go wild. What could go wrong? We can create a new reality.

Albert Einstein used to say that knowledge is just about what we know, but imagination is about all that is yet to know. He praised visionary people and never gave up on seeking the unknown, believing that only this way can we bring it to the surface.



But it is not about finding what is hidden by creating a stronger microscope or a telescope. We are meant to imagine it and make enough people believe it strongly enough that collectively, we generate energy to materialise what was imagined. This is how we can set up synchronicities, too. Imagine events that lead us towards the desired outcome.

## Daydreaming

It has been shown that daydreaming reduces stress and anxiety, improves problem-solving, and enhances creativity. It strengthens our memory, too. Neuroscientists discovered that a wandering mind lights up certain connections in our brain, in particular regions of it, called a default mode network known as mental workspace, which is responsible for going inward or planning our future.

Your neural cortex and thalamus are responsible for controlling your imagination. Your imagination can influence your perception. What you imagine is connected with how you see the world and your life. But it is a two-way road. What you focus on and want can also influence your imagination. And together with it, your perception and reality.

TV and other media types, what you do, and what you talk about dictate how much unconscious influence you allow in your lives. It is so important to know what you are accessing. For example, I don't watch TV at all. I watch only spiritual YouTube or Gaia programmes. I'm very selective in choosing which kind of movies I want to entertain because I know I can easily manifest things in my life by watching specific stories.



Additionally, I'm very rebellious. I question everything and everybody because I don't want others to influence my imagination. I do it to the point that I always have to do everything differently than others. It is very challenging at first, but with practice, you will learn quickly that you cannot just obey rules or instructions without altering them.

I know it sounds a little cheeky, but it can give you an unbelievable feeling of having power over your life and that trust that you can change anything whenever you need it. Daydreamers' brain scans show much more efficient neural systems.

## Altering our past and future

The brain's right hemisphere is responsible for our imagination, intuition and orientation. Right-brained people are free thinkers with unbelievable intuition and creativity. They see the world entirely differently than others by finding out and filling in the gaps, the blanks in the context. By imagining the elements this way, they see the world precisely as they want.

For example, when I have a conversation with somebody. I always automatically put many filters on it because I examine everything. It is like dissecting what we are talking about, what that person might be thinking about, what that person's background is, and what that person would be talking about if they had a chance to change the subject. I imagine many parallel realities where that conversation takes different turns, and I pick up the one I want to entertain and experience. I noticed that people who use imagination this way strengthen their intuition to the point that sometimes they believe they can predict people's behaviour or thoughts. I imagine people as just energy impulses in their peaks and explosions, and for me, the world is just one big firework.



But more importantly, you can use imagination to change your memories or create one. It is called memory reconstruction, one of imagination's types for the past.

To change the future, you have visualisations for manifestations, and it can happen only when your imagination is at play.

You can learn skills much quicker by just imagining performing the action because the same parts of the brain are triggered when we truly do it and when we are just imagining it.

I love flying - not between clouds, but between black holes, which can take me to different realms or condense my energy to a tiny atom. I love being that movement between branches when the wind is trying to bring them down or change their shape. I love checking the distance between me and the stratosphere whenever it is. My imagination does not like limitations and creates other things, too, which I would not be able to describe here.

## Creating this world

Humans have the ability to experience sensations that they do not experience physically. This happens when the anterior cingulate cortex in your brain, which is the rationality part, is switched off. For example, your brain can vividly experience impossible imagery during a deep dream. And some people can control it when they are awake. Amazing.



If you can create fear or even phobia based on non-existent threats, then you can do the opposite. Imagine a cure for a disease, like a placebo effect. You can explain the situation you cannot understand using faith or call something a universal lesson to explain difficult situations and transmute your victim role into a hero. Serving as an example of recovery for the world is empowering and healing.

Indeed, using imagination, you can shape this world exactly the way we can only imagine. You can materialise synchronicities, opportunities and even tangible things into your life.

For example, I speak with my spirit guides. Do you think I made it up? Then how can I know the things I didn't have access to before? How can I know what people are thinking about or what will happen? It is all because I have opened my mind and invited into my world unthinkable and unreal things. What of it was already there, and what I designed is a mystery. But I know I am not done yet! I have more plans.

We cannot see the whole spectrum of light. We cannot hear all sound frequencies. We cannot smell all the scents. Isn't this enough proof that our body cannot perceive all there is? Our imagination can fill in the blanks the way we desire. Then let's have fun.

04

## Angelic intervention in your synchronicities

Is your intuition whispering to you, your higher self directing you, your spirit guides showing you something? They do not care how you call them or see them. They mostly come in the form you feel safe and familiar with. They are energy, light if you prefer. More and more people learn to recognise them. They are present not only in religions. Spiritual people who do scientific research talk about them openly:

Joe Dispenza,

Gregg Braden,

Bruce Lipton.

Think about all these situations where somebody from nowhere appeared to give you crucial information or when they acted out of their normal behaviour. Angels can penetrate any energy of their choice that has a lower vibration. Yours too. Is it possession or rescuing? Your choice. I always welcome their energy. This light in me. I loved when they waited for me at the bus stop as a smiling young person to tell me which bus would take me back home when I was lost in the middle of the night in London. It looked like this man's only task in life. What more can they do?



# Intervention

I am a hypnotherapist and a tarot reader. In tarot, there is a card called the Tower. It symbolises the need for Divine Intervention to take you off the wrong path and show you the right one. It can come with painful realisations or actions. In my case, it was a burglary or divorce. Both situations changed my life. The first caused the location change for much better, and the second one ended the toxic relationship with a narcissist, triggering my spiritual awakening and healing from the trauma bond.

It would always be something drastic enough to wake you up. It never comes unexpectedly, really, as you get many warnings beforehand. But due to the limitations of your social influence, you often discard these interventions until they shake the foundations and force us to build new, better ones.



Yes. It is them. Angels, spirit guides taking you out before the building collapses, just in the nick of time. You can trust that their support is guaranteed after this. They will help you to rebuild much better and more significant foundations if you follow their instructions. When you find yourself again, start listening to your intuition, a communication tool.

And look around as they will set up many synchronicities for you.

## Thoughtful possession

Angels can penetrate any energy they want. Demons, on the other hand, need permission. But would you worry if, for a moment, you would shine and be unique, for example, during a presentation? Or knowing how to outsmart an enemy? Even if it was not entirely you.

I do not. I love it. When I do my public speaking training, I ask them for assistance and become ... talented. Unstoppable. You learn during the process, too.





There is a rule, though. They can condense their energy to match your frequency and possess you for as long as your vibrations are close to theirs. Higher vibing entities can not even come close if your vibrations are too low. I have encountered angelic help coming from other people, too. When I needed comfort as I was going through a difficult time, somebody who would never be nice suddenly became my shoulder to cry on, but only temporarily till I healed. After that, this person was back to being empty and not empathetic. In this case, they will let you know of their departure. Do not feel upset if they can not stay for long, as a cost is involved.



When you meet somebody only once who tells you something so personal and critical that changes your life. Mainly in these situations, that person can foresee what would happen if you use that information. And after that meeting, you would never be able to find that person again. Angel.

# Premonition

A strong feeling that something is about to happen. Come on. Is there anybody who has never experienced visions? You can call it however you wish. It will still be a premonition. To warn you or others. To change the course of events. To rescue.

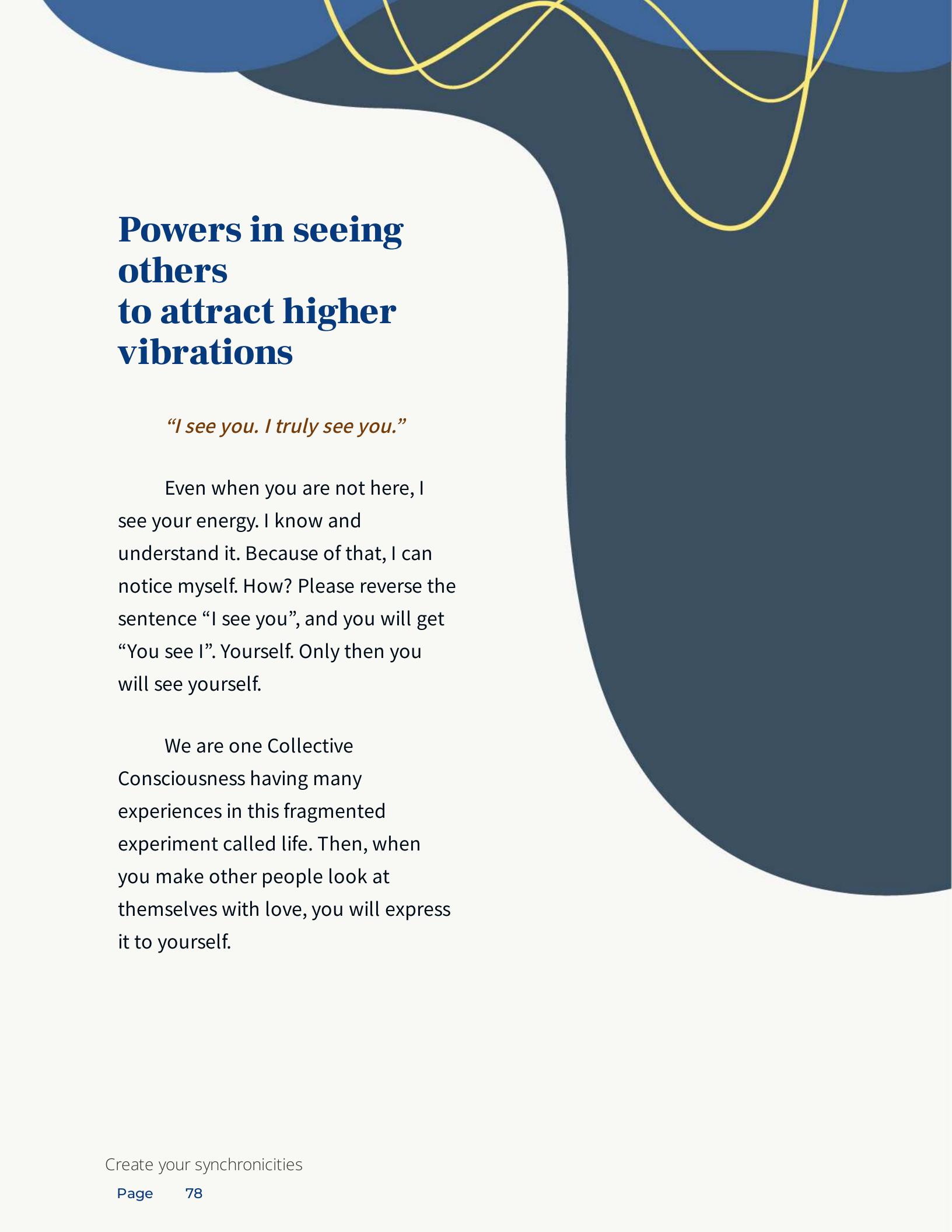
They show you what it might be if you do not change your actions. They can make it so vivid that you will feel paranoid. It only means how much they love you and want you to avoid your fate. They often use dreams to show us danger. For example, when I am in the wrong environment, I always dream about escaping a gang until I change that and release these people.



When you ask angels what to do or how to do it, they will show you using dreams or other ways. You will be drawn to watch a movie to experience a breakthrough. Or many people around you will be discussing a particular event or opportunity. And it will be precisely the place for you or a source of inspiration.

Pay attention to all these signals and nudges. They use your inner voice and intuition to send messages.



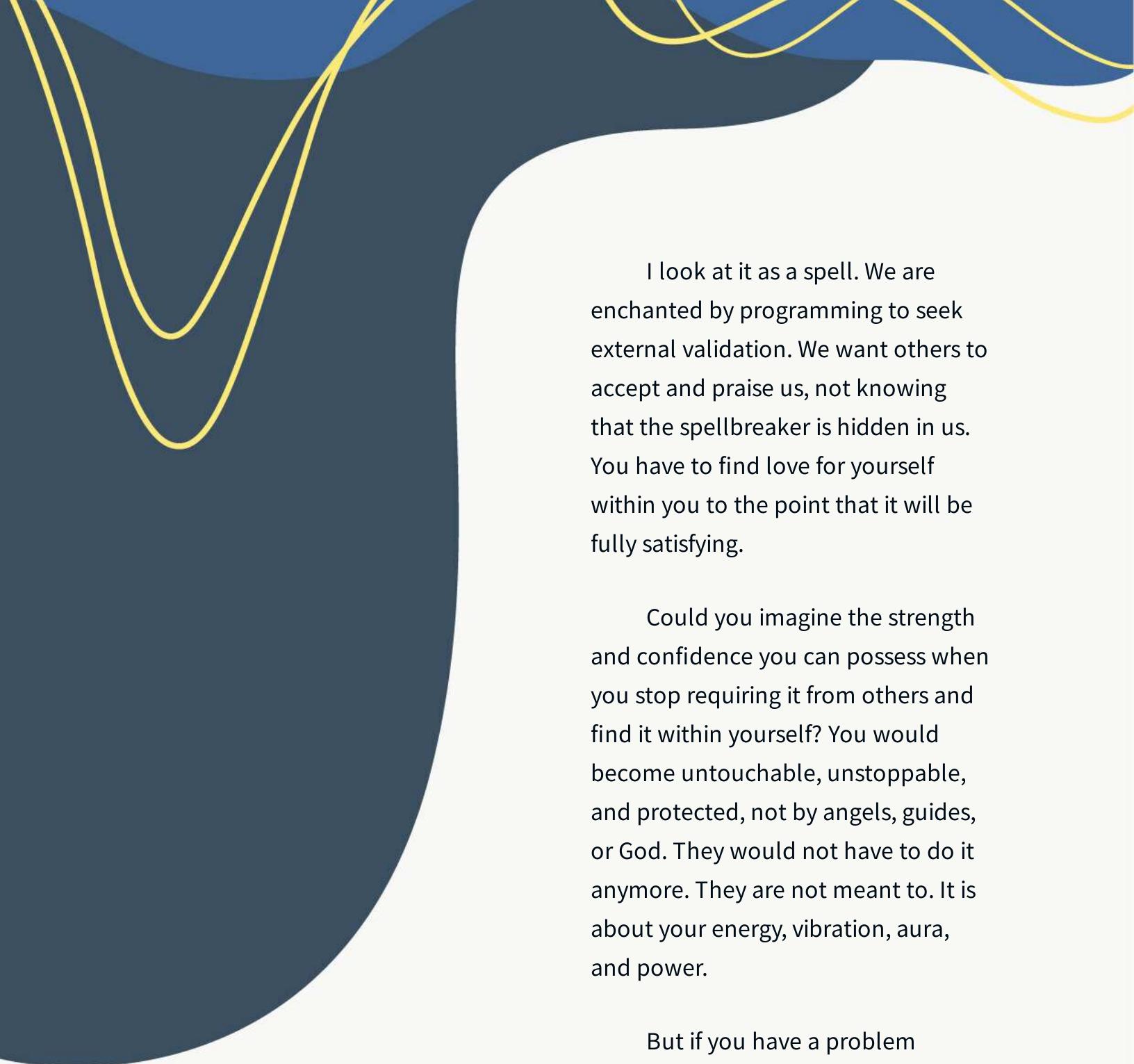


## **Powers in seeing others to attract higher vibrations**

*“I see you. I truly see you.”*

Even when you are not here, I see your energy. I know and understand it. Because of that, I can notice myself. How? Please reverse the sentence “I see you”, and you will get “You see I”. Yourself. Only then you will see yourself.

We are one Collective Consciousness having many experiences in this fragmented experiment called life. Then, when you make other people look at themselves with love, you will express it to yourself.



I look at it as a spell. We are enchanted by programming to seek external validation. We want others to accept and praise us, not knowing that the spellbreaker is hidden in us. You have to find love for yourself within you to the point that it will be fully satisfying.

Could you imagine the strength and confidence you can possess when you stop requiring it from others and find it within yourself? You would become untouchable, unstoppable, and protected, not by angels, guides, or God. They would not have to do it anymore. They are not meant to. It is about your energy, vibration, aura, and power.

But if you have a problem finding it, there is an easier path to turn it on. Seeing first others, and because we are one this way, you will acknowledge yourself automatically.

# Love

It is an emotion or feeling with a frequency of 528Hz. Everybody craves to experience it. The majority of people associate it with an external feeling for another person. Romantic love, parental love, friendship love. But it is just affection as its source is external.

Love, as an emotion with a greater frequency, which can uplift you and change your life, is the one which holds power in itself. It does not depend on others' choices or mercy. It is the one always present, stable and loyal. The one, when found, will stay with you forever. The one that sees you fully and truly and can not stop watching you.

In its purest form - YOU.

*"I am not bound to win,  
but I am bound to be true.  
I am not bound to succeed,  
but I am bound to live up  
to what light I have."* Abraham Lincoln



The closest things are most difficult to notice. What can be more devoted to you if not you yourself? You need to just fall in love with yourself. One of the most challenging tasks we have to accomplish in one of our lifetimes. And there is a way to make it easier. Using the power of the “I see you” concept.



When you start noticing, praising, and adoring others, you help them to reverse the sentence and let them see “I”. Themselves.

I promise you will feel it is a task accomplished. It is as if making somebody love themselves makes your mind not resist it for itself anymore. We are just One energy.

## Confidence

One of the most desired qualities and the one which sells itself. Confident people seem to have it all, become magnetic and can influence environments and others. It comes with responsibility and high frequency. It makes people feel unique and untouchable.

But confidence is not only a feeling of self-assurance arising from appreciation of your abilities. It is also a belief that you can have faith in or rely on someone else.

Is it a coincidence that these two things were given the same name? I do not believe in coincidences. I see them as synchronicities. We were meant to see both as related. It means that having faith in others will generate the desired confidence in you.

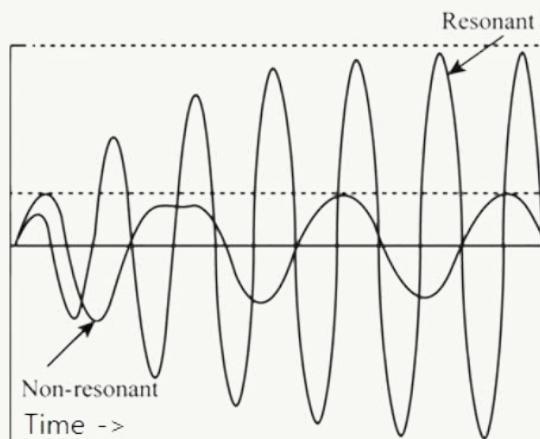
Are you asking how to do it?

“I see you”.

Faith in others is simply seeing them and trusting that what they do is precisely what they need right now. Whatever they do, think, and talk about is correct. You trust them. You see and understand. You love them. Tell me how you would not feel confident surrounded by people who you love and trust. Sounds like a trick? Give it a go and raise.

## Resonance

Resonance is a phenomenon which occurs with all types of vibrations and waves: mechanical, acoustic, and electromagnetic. Even electrons have spin resonance.



Resonant systems can be used to generate vibrations of a specific frequency. Small periodic forces that are near a resonant frequency of the system can produce more significant amplitude oscillations.



And it is so relevant to us - people. We generate vibrations at a particular frequency. You can heighten it to an unbelievable, world-changing level by putting yourself in a higher vibrating and consistent environment because we influence each other.

This external force will tend your system to reverberate in a higher amplitude other than its natural amplitude along its preferred frequency. There is a problem, though. We need to find like-minded people we feel confident with and trust to influence us. It might take a lifetime if it ever happens, as you might not have the opportunity to access the appropriate environment.

Would you wait?

Make your world. Make people around you respond in similar frequency to yours to amplify the opportunity for change. How? Start with seeing them. Apply the “I see you” formula. People crave being seen. They will align with your energy. Remember to be patient. When you seek people to increase frequencies, the Universe will deliver.

At the end of the day, everybody is you.

# Lightworkers

Your craving for higher frequencies can only grow once you start seeing, understanding, or experiencing it. This is mainly because higher frequencies are more often in touch with the truth of the real world. Raising vibrations becomes the tool to be aligned with all it is and can be. You will see the ways to be connected with the essence of yourself, which is a creator. You will start understanding that the creation has a purpose, and you can achieve it by getting close to your powers.

The human body is magnetic. It emits electromagnetic radiation called very often aura. We produce something between 9 to 16 Hz frequencies. But this is not only about frequencies because their intensity, size and colour decide how far our aura can spread. It all depends on our vibrations and how high we can raise them.

The clearer and lighter your thoughts, intentions, and emotions, the more your influence can go viral. When somebody decides to work for the light, they can choose which way suits them best. I want to present three paths to support the Universe's constant evolution.

# Spiritual healers

It does not matter how many people you will heal. Just yourself is good enough. It makes you a healer, a lightworker because you raise the Universe's frequency. And you will be rewarded. The most significant recovery happens when you can turn your pain into a benefit by finding reasons behind your suffering or when you can use that knowledge to heal others. Prevent them from experiencing the same fate.

This empowerment can encourage people towards life changes, and when you are open to new things and detach from others' judgment, inevitable changes can happen. You become spiritually disconnected from the matrix, not focusing any more on observing this world but creating new ideas, new realities, and new concepts. Feeding the Collective with it, watching how it spreads. Having that enormous pull to rescue people and show them they are capable of the same.

They can create their world using their thoughts and emotions. Trying to direct them, showing them how to forget the past and not fear the future. How powerful our brain can become when we learn how to live here and now, in the present moment. Feeling connected with everything around us. With all there is. Healers have access to many tools which others don't. Whenever needed, they can ask for help from any part of the Collective Consciousness.

## Being an example - a role model

The heart is the most potent electromagnetic energy source in the human body. It produces the most extensive rhythmic electromagnetic field. This field is approximately 60 times greater in amplitude than the electric activity generated by our brain. The human body's resonance can be changed mainly by absorbing external energies or different frequencies. It is much easier when those oscillations match with the body's frequency. With gradual work, it is possible to change it to anything.

For example, you can use some therapy and change others' body fields. You can get better results by presenting a possible model. People always compare themselves to others. You can tune your energy to another for a moment to build a resonance, allowing their perception to flow with yours. This will enable energies to recognise and see each other, and then you can start presenting something of more significant vibration. A person interested in growth and self-development will first listen and observe and eventually start following and sharing new knowledge. Different cells in our bodies vibrate at different frequencies, creating their special song. We can make people sing our song if it is catchy enough.

## Channeler

My favourite one. When you purify your energy enough, higher entities can come close and use your physical abilities to share information with the world through you. For example, artists are channelers expressing higher visions in their art. However, some people can convey thoughts and energies from a source believed to be outside their body or conscious mind.



My favourite channelers are claircognizance ones. Some people can just wake up and know something they've never researched. Channelers can channel any energy. Humans' too. This way, they might know our intentions, thoughts or problems. They have easier access to our higher self and spirit guides. They can translate their messages into something which we can understand and accept.

I have to mention mediumship. Some channelers can connect with people who died. It comes in the form of pictures or fragments from movies. This is because this type of connection is limited. This is because they connect more with a spirit's memory than itself.

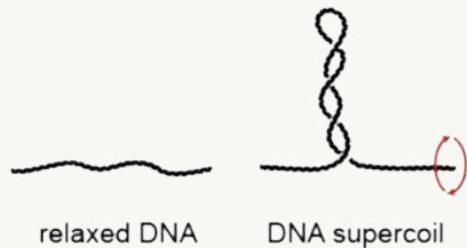
Channelling can be scary at first, but it is like a drug once you use it. You cannot stop. But please be careful because channelling demonic energies is much easier and dangerous.

05

## Becoming a new human species. Ways to activate DNA

Our DNA can get tangled because it twists itself, and each of us has DNA twisted more or less. For a cell to manufacture proteins (something we are built from), specific genes within its DNA must first be transcribed into mRNA molecules. These transcripts must be translated into chains of amino acids, which later fold into fully functional proteins. However, during the whole process, enzymes first read DNA information. And it can only access parts that are not twisted too much. Otherwise, it will never get read.

For example, DNA responds to stress by supercoiling like an old telephone cord, and a cell might suffer. It can even tangle DNA, creating knots.



But there are enzymes, like topoisomerases, that can unwind our DNA. Have you heard about DNA activation? Exactly. Producing an environment in our body which will unwind it and allow the production of super-proteins based on code not yet accessed. God's code! Super abilities. Interested?

# No more stress or fear

*"Dark mornings know me best.  
Know the fear, I suppress.  
It consumes my heart,  
constricts it tight."*

Ellie May

Many spiritual teachers focus on creating brain-heart coherence, claiming that creating powers comes from this process. This is just electromagnetism, in which our body can produce and send the wave at a particular frequency. The heart is the main element in this bioelectromagnetic technology. Many poets have known for ages that it will not work if your heart is scared or hurt. Not possible. Fear switches it all off. Do not let it.

Stress and fear trigger our body's cortisol production, a stress hormone. It binds to glucocorticoid or mineralocorticoid receptors inside a cell, which then binds to DNA to impact a gene expression negatively.

Stress and fear prevent you from achieving your highest potential not only on a mental level but biologically, too. What to do? What if I told you that all around you, all you experience happens for a reason? To teach you, to shape you, to help you to ascend spiritually. Would you be willing to accept it and surrender to your faith?

Congratulations. You just said goodbye to fear and became the owner of your life!

The human brain easily accepts what can not change. What about knowing that you create your reality yourself? All these difficult situations are just for you to understand and elevate. Does it not uplift you? Self-learning expression of the Universe.

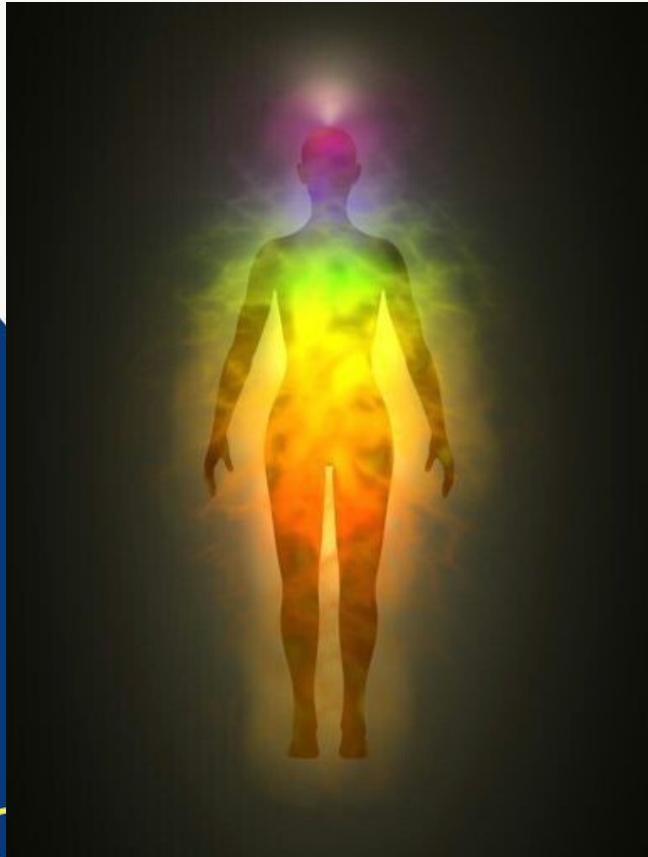
# Contribution leading to self-validation

Confidence is the most desired feature and can make you feel ... self valued. You will not need anybody to tell you that you are doing well. You will need only yourself to confirm if you are on the right path. Why is it important?

When you activate your DNA and make it more available for your body and mind, the biggest challenge will be sustaining this energy and openness. To keep these gates open, you should not depend on others' acceptance as it comes and goes. Without a strong, supporting environment, which is rare, you will not be able to keep your frequency on a high level long enough to give birth to something creative.



How do we break chains and stop depending on others' validation? Turn roles around. Make them rely on you. Contribute to the environment, serve, help or advise. Organise events or get-togethers. Our brain is a fantastic tool, and only that. You can make it build your confidence, convincing it that it is you who people need.

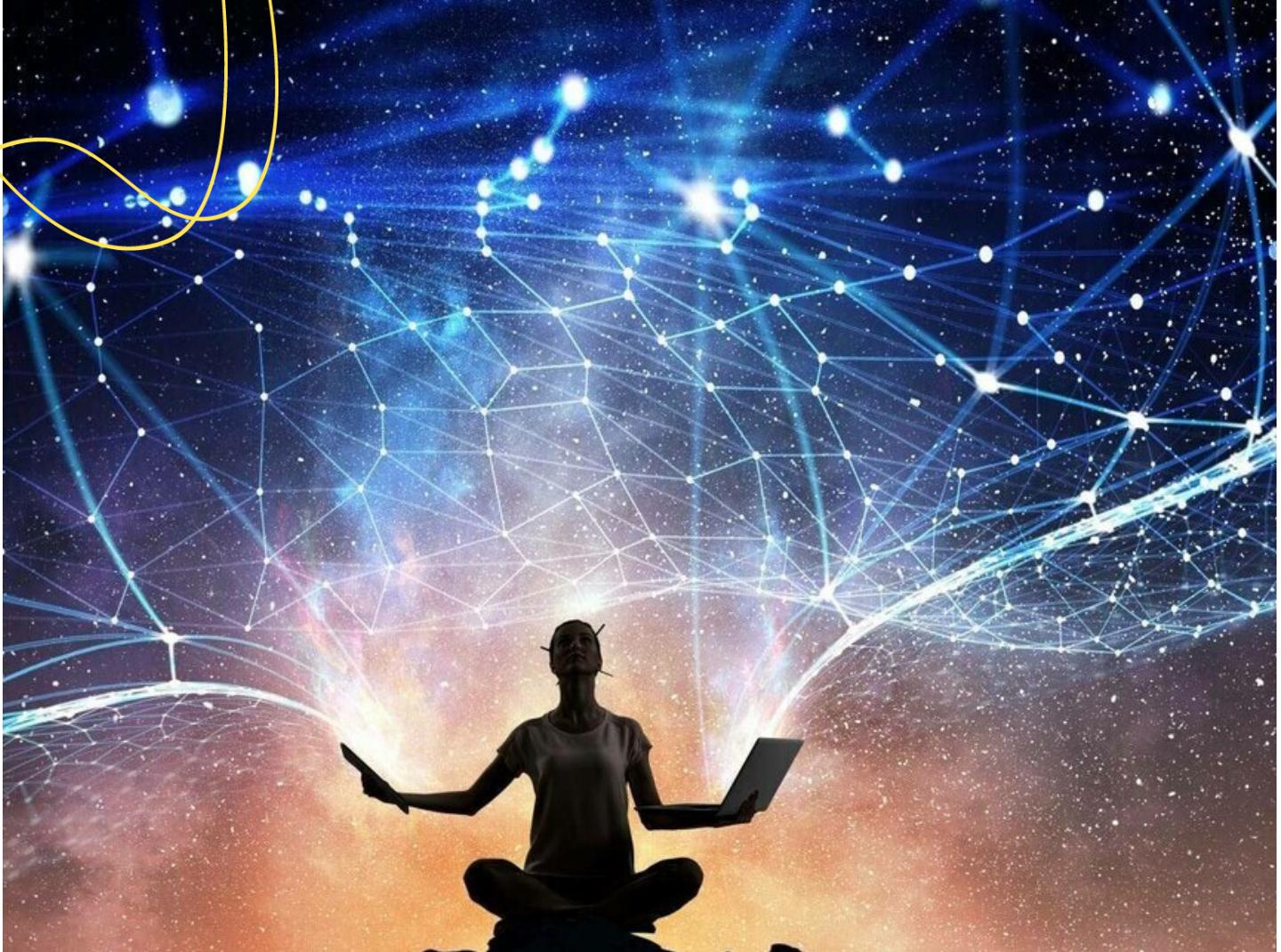


Trick? You will not care when you eventually get busy creating your world only on your terms ... using unfolded, hidden parts of your DNA.

## **Challenging yourself and going beyond**

Challenging yourself always. Never again be stuck in your comfort zone. It is not your home anymore. Does it sound like a difficult task? Try it, and I promise you will change your mind. When you find your wind and catch it in your sails, you will never let it get lost again. Your vision will become your home and all you do not yet see coming. God creation. Quantum powers activation.

What you imagine and see will become. It will start from within and get projected outside, including 3D energy manipulation.



When you need an item, it will get created on a molecular level by accessing particular parts of code. And when you need friends, an audience or clients, it will become a matter of your command. Remember - energy manipulation. You will create your world dimension. It will be you deciding what or who is there. And I am not talking about blocking people on Facebook. I am talking about you creating characters in your reality.

Do it with fun and compassion in mind.

# **Benefits of aligning with Schumann Resonance - Earth's frequency**

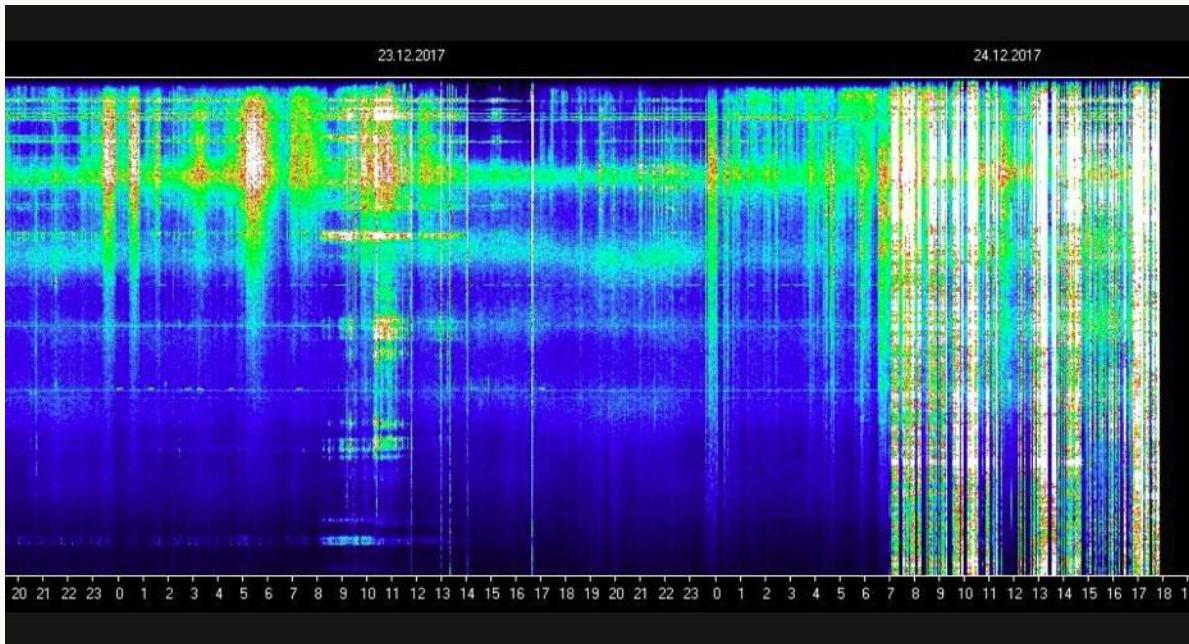
The Schumann Resonances are a set of frequencies produced by electromagnetic waves in Earth's lower ionosphere. It is created by thunderstorms and lightning around the Globe. It is called Earth's heartbeat. It matches the frequency of human alpha brain waves. Discovered by Winfreid Otto Schumann in 1952. NASA scientists research how it influences humans. This resonance goes up to about 60 miles above in the lower ionosphere part of the atmosphere and stays there for some time to capture electromagnetic waves.



Some specialists have also linked the Schumann Resonance of 7.83Hz to hypnosis, meditation and even human growth hormones. You must be in a quiet and comfortable place to benefit from it. Being aligned with this frequency means a peaceful mind and a better recognition of reality. And with it, an easier life. Which I believe is always worth investing in. I want to show you three things you can gain when you align with this frequency.

## Body and mind healing

Schumann resonance activates your body's healing abilities. There is a reason why people call it a "heartbeat". If you align your frequency with Earth's highest-intensity waves, your mind and body will receive its healing resonance.



When I had a hip problem, I could not walk. I damaged it during a Christmas party, but a few days later, we had to isolate due to COVID-19. It was the most peaceful time in my life. I started meditating more. I did not watch TV. Nobody could visit me. I experienced solitude. I aligned. You can feel its presence in your home, heart, mind, and ... hip. Today, I do not remember which hip it was.

Losing hair due to age or stress is not an issue anymore. I have never had more hair. I am almost fifty, and I do not feel like it at all. I have never been more active. I used to get depressed quite often in the past. Not anymore. I do not even remember the symptoms and what it felt like. I was a completely different person. I have never been more creative. To learn something new takes me a few days.

Spiritual people call it being tapped into the Collective Consciousness. Yes - I am, as long as I can stay peaceful. You can feel it. Constant downloads and never-ending synchronicities. Your crown chakra is wide open. You can check it on your aura reading.

# **Magically attracting opportunities**

Yes, you read it right. I call it magic. It works like magic - synchronicities which you generate. Creating a wave of information and aligning with Schumann Resonance strengthens the signal and lets more parts of Global Consciousness know what you need.

Then, you can see a miracle forming. The stronger you are connected, the faster it will manifest. Example? Pink heels. Yes, shoes. It had more meaning to me at the time. But it is not about shoes. I couldn't find any; the ones I saw some time ago were already gone. You use thoughts like "an order" and your heartbeat as an emitter. If you align with the Earth's frequency, it will be distributed faster and further. It might even reach other consciousnesses. There are many.



Duality exists. We are meant to create a singularity. This is one of the ways to connect and make each other know about its presence by creating synchronicities, which demand collaboration on an energetical level. When your signal is strong enough, it can travel further back and forward on your timeline. Into the past and future. To set up synchronicities for whatever you require at this moment.



Difficult to believe. Why not try and discover the fantastic world of magic?

I surfed online again and found my perfect pink shoes on sale in one of my favourite shops. But I wanted to get them cheaper. I was short on money at that time. One more impulse to the ether, and I got them half-price on Amazon.

This technique can be used on anything. There are rules to obey. Mostly, pure intention and pure heart are a must-have. I set up synchronicities with people's involvement only when I feel in danger or need help. It is essential to work on your protection, too. It can get tricky when you reach for things more significant than just shoes, as you would let the Collective see and access your energy.



As you can use its energy, it can use yours, too. That is why pure intentions are vital. Thanks to them, we might not be exposed to other energies.

It is possible to set up synchronicities for others, too. But you would have to create strong protection as getting that broad access to Higher Consciousness opens yours to others. When the traffic gets more extensive, you might experience a collision. But with time, you get better and better at it. You can “earn” your energy to be cloaked (hidden) by doing good deeds.

Would it not be a magical way of experiencing this reality? Setting it up yourself. Everybody can. You just need to know how or wake up.

Your mind can create entire worlds out of the ordinary.

## Becoming a people's reader

When you align with the most present vibration, you will start seeing, feeling, and understanding any anomalies, including other people's vibrations. With practice, you will know if these are lower or how much lower compared to yours. I thought I could hear people's thoughts when I started seeing it. Telepathy is possible but does not use Schumann Resonance. With this, you can recognise and feel people's intentions. We emit vibrations at a particular frequency.

You can become like a lie detector if you stay tuned to something that mostly surrounds us all. Almost becoming it. There is no chance you will not feel distributions and discrepancies from this base frequency. It sounds great but comes with a cost. You will not be able to be around people for a long time. It will be painful as these differences can become like pinches or cuts. A stronger manifester creates further waves and can penetrate a more significant chunk of Consciousness without even realising it. You might even end up craving an escape from crowded places or your location. If you stay tapped in for too long, you might become a “caveman” by choice and necessity. I call it a journey to your freedom. It starts with knowledge. You can only decide where you want to be by knowing who you are and what is around you.

## Anti-Ageing

It means slowing down our self-death or preventing it from happening at all. Our cells divide constantly, and while doing so, they have to replicate the DNA. To do so, they use repeats of DNA, which are stored in the endings of the chromosomes called telomeres. Each time it happens, telomeres unfortunately get shorter, and when they reach a certain length, the cell gets a signal that it is time to die.

But our bodies have an enzyme called telomerase, which is responsible for keeping the length of telomeres intact. Somebody would say - okay, let's produce it and drug us with it. It is not easy because the telomerase must be activated healthily and properly. Otherwise, telomeres will get extended with very poor quality, which can cause poor-quality cell production—for example, cancer. Below, you will find three ways to activate telomerase healthily.

# Not eating dead food

Most people I follow or did my research on, who lived a long time or do not look like their age, don't eat much, if at all. Many of them claim that they consume only herbs. Bruce Lipton, a father of epigenetics, evangelises that the average food consumption should be reduced to 15%. We need just 15% of what we eat daily for the average person to survive. And it is not only about reducing food. It is about quality as well.

For breatharians who eat only Prana, which means the Sun and the Earth's energy (life force), it is not a problem. For those who need a little bit more, I would say you cannot hunt your food. It means to eat only plants if you can.



Very important is no drugs, no alcohol, and no coffee as well. The last one took me ages, and it is still painful. But I feel like I've never felt before, really good. And it is not about fasting. It is about lifestyle change.

From a spiritual point of view, activating telomerase healthily is about raising our vibration because it would mean for us to detach from 3D things like food to control and reduce attachments. Unhealthy ones especially.

## No stress

When stressed, your body goes into that fight-or-flight response due to those unexpected and unwanted situations. But together with it, it starts producing cortisol, a stress hormone responsible for cutting off every unnecessary function of your body - for example, the immune system, including our precious telomerase activation.

Cortisol is used in organ transplantation so our body does not reject a new organ. The best way of reducing cortisol from our bloodstream is a plant-based diet. It goes very well with my first point, doesn't it?





We can use breathwork. No caffeine. More sleep where melatonin can come to help. Stimulating our pineal glands by opening the third eye chakra would be helpful. Last but not least would be exercising. This is the one which I struggle the most with, but it produces dopamine and serotonin.

Dopamine is so helpful for creating cravings to feel and find rewards in everything around us, which will be very helpful later on.

Serotonin creates emotional balance and helps our metabolism.

## **Having a Wonder Mind**

The wonder mind is the one that never dies, and it is the only one that can find more or create. Creating cravings for a reward is important in this endless loop of searching for more. That's why dopamine is so important in this process. I'm not talking about greed, I'm talking about discovery. Have you noticed that humans, whenever they look further, always find something or create using minds and thoughts?

For example, there is no end to the cosmos. Whenever we look, we are capable of looking further. There is always something new. We have not yet found the atom's smallest part. And always, when we look into it, there's something smaller. It relates to everything in our life.

If you want to be a creator of this planet, it will keep you alive because the Universe craves expansion and evolution. It is why it will keep its creators alive. Only your imagination is your limitation. It is why you are supposed to explore it, expand, and see what we can build.

## **Telepathy**

Sending and receiving vivid pictures, feelings, emotions, and experiences. Using your imagination, you can either create those vivid things or recognise them and take them on as your own.



Many people think it is impossible, but more and more people know and learn how to use it. Therefore, I would advise you to learn at least how to shield your energy from those influences because you never know who can try telepathy on you.

This is not a new phenomenon anymore. Many governments have studied this ability for years now. They openly report successes in this area now. I witnessed it in action from a person who spent almost his whole life studying it. I also do my research and experiments with excellent results. I learned we need more trust and belief to learn new abilities and skills.

Telepathy is transmitting information from one person's mind to another without using any known human sensory channels or physical interaction. Using this mechanism would open various other possibilities and speed up your capacity to set your synchronicities involving other people.

## Empathy and intuition

In telepathy, these skills are essential, if not the most important. Empathy is like a base because telepathy is about using energy around us to communicate with others, and we are supposed to be able to tune into the energy of somebody else to whom we want to send a message. We must recognise the energetic field and aura and tune into it to communicate with a particular person. We can find a group of people in the Collective on a similar wavelength, connecting to its field to find those people.



Intuition we use to recognise messages, recognising that it is not our thoughts but rather somebody sending us messages and translating them to our usage and vibrations.

When you need to ask the Collective for help, you must change your energy to something you know would respond with the expected result. With compassion and love in your heart, you will broadcast your request to people who are on that wavelength and are willing to help. You have to feel what you expect to receive.

## Everything is energy

Our bodies are built of energy. The furniture is built of energy. We just vibe at different frequencies. And telepathy does not use language as any of them exists in energy. The field we produce uses frequencies to send information, and for you to be able to use telepathy, you have to see the world as if it were a constant flow of energy frequencies and be able to put something on it, on that wave, or change even frequency and send information.

Our brain doesn't recognise the difference between experiencing something and just thinking about doing that. The same parts of the brain are triggered when we just imagine action. Therefore, this proves that the brain is a significant tool to translate those frequencies and feel them as if they were our experiences. That's why sending the energetic wave to somebody might cause that person to receive it and feel it as if it were their own experience.



Have you ever felt like that? Have you ever thought about something which you were surprised that you are thinking about because you didn't know about it at all before? This is because somebody has sent you some information, and you are experiencing somebody else's thoughts. You might tune into somebody else's energy and become a mind reader.

Have you ever felt like somebody touched you? This is because somebody sent you a touch wanting a connection. They want to be close to you. Have you ever felt like a change of mood? Excited or happy without a reason. This is because you tuned into somebody else's energy field and are experiencing that person's feelings. Have you ever done something which you would never expect to do? This might be because somebody has influenced your decision-making. You can tune into somebody's energy and use their discernment when deciding.

We all use telepathy unconsciously. Some people can control it. But don't worry, people have to vibe very high and operate from pure love to control it. And therefore, those people are harmless.

## Imagination

Telepathy is about sending and receiving vivid pictures, feelings, and emotions. Using your imagination, you can either create those vivid things or recognise them and take them on board as your own. If you have vivid dreams, try to translate them; this way, you train your brain to see the world differently. It is essential because we must start seeing the world as one pail of energy.



I use birds for my exercises with telepathy. For example, if you have a park nearby with a lake, go there and find a duck. The best duck would be the one standing next to the lake, not necessarily floating on it. And use the Joe Dispensa exercise to become no one. You have to be in a good mood. Tune into that energy of being nobody, open-minded for any experience. And imagine that you are a duck and start talking with it. Start quacking. It will quack back because ducks are very argumentative. You will feel like you are a duck talking to yourself. This way, you will train your brain to have energetic exchanges with the environment differently than just using language.

Another exercise I use is when I wait on the platform for a morning train to work. There are birds, and they sing. I tune to their energy and sing with them, changing my perception of who or what I am. Some will always sing back. When they engage, I change my tune, and those who collaborate try to follow it, changing their tune, too.

In this way, your brain will start believing it influences the environment. This way, you will learn how to use telepathy. Does it sound silly? Remember, please, that there are people who practice it regularly, learning telepathy.

## Shield yourself

Protect yourself from unwanted and unwelcome influences. You must remember that higher vibing people can influence you knowingly or unknowingly. It does not matter, but you might not welcome or want it. Therefore, it would be nice to know how to deal with it.



When you feel overwhelmed, like there is a presence of something or somebody, when you feel like you are starting to behave, not necessarily the way you ever would consider or when you start talking strangely, this might be the influence of those different energetical fields. You must calm down, imagine this as an entity standing in front of you and dissolve it in your imagination into water or a bunch of flowers.

You could try to blank it out, imagining yourself going into that space of nothing and closing the door. This way, symbolically disconnecting from the Collective for a moment, then waiting a minute. Open the door and go into a lighter room. This way, you are cleaning and cutting off the cords that have just been attached to you from different energetic fields.

But the best way is to raise the vibrations because lower vibing people can not in any way or shape influence those on higher vibrations, rather the opposite. How can you raise vibrations? There are plenty of ways. You can find many in this book, but the starting point is to believe in that which is not apparent. Open your mind to rescue yourself from ... extinction.

06

## Ascension to the higher dimension to set synchronicities



In spiritual awakening and growth, breaking chains with what we are familiar with is essential. The main aim of this whole process is to make you self-aware and conscious. Ascending and moving energetically to a different dimension starts with changing your mindset and can get much easier if you connect with the Higher Consciousness for guidelines. All this process is for only one reason. To make you change or create your dimensions. Mindset. To squeeze your potential out of you and challenge you to change your current circumstances and surroundings.

It can only be achieved with lighter vibrations and higher frequencies. The easiest way to do it is to become pure. What does it mean to you? For me, it means no lying, stealing, or harming others. What about not having bad intentions anymore? Easy? Try. You will be tested.

People will try to trigger you, betray you, harm you. Will you stay clean from wishing them bad luck in return? Sending something back to the sender seems to be an innocent act. Is it? Ultimately, it is about wishing somebody to have a bad experience.

The Universe uses these people to see your reaction. It would be best if you did not give any thought to something which can pollute your energy. For you to hear messages, louder, being pure is only a preparation.

What comes later makes a true story.

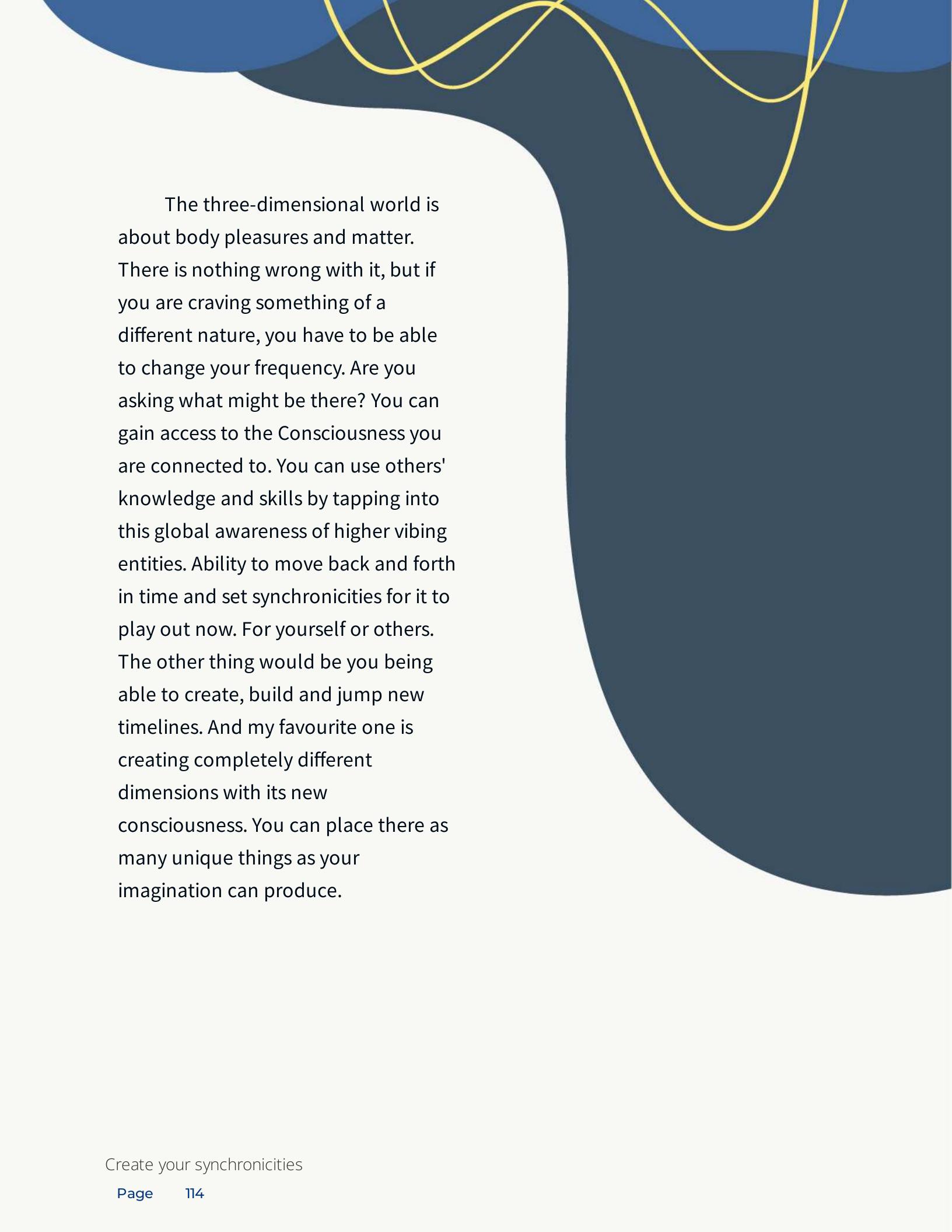


Can it be that Jesus Christ set a footprint? I believe that he was an enlightened person and a huge influencer. Somebody who knew and had a recipe for ascension. But he could not reach a large enough audience on time without social media before people called him God. I find his journey fascinating and a perfect example if you want to use a Christ Consciousness to change yours. You can pick up any other consciousness of higher vibrations to increase your frequency.

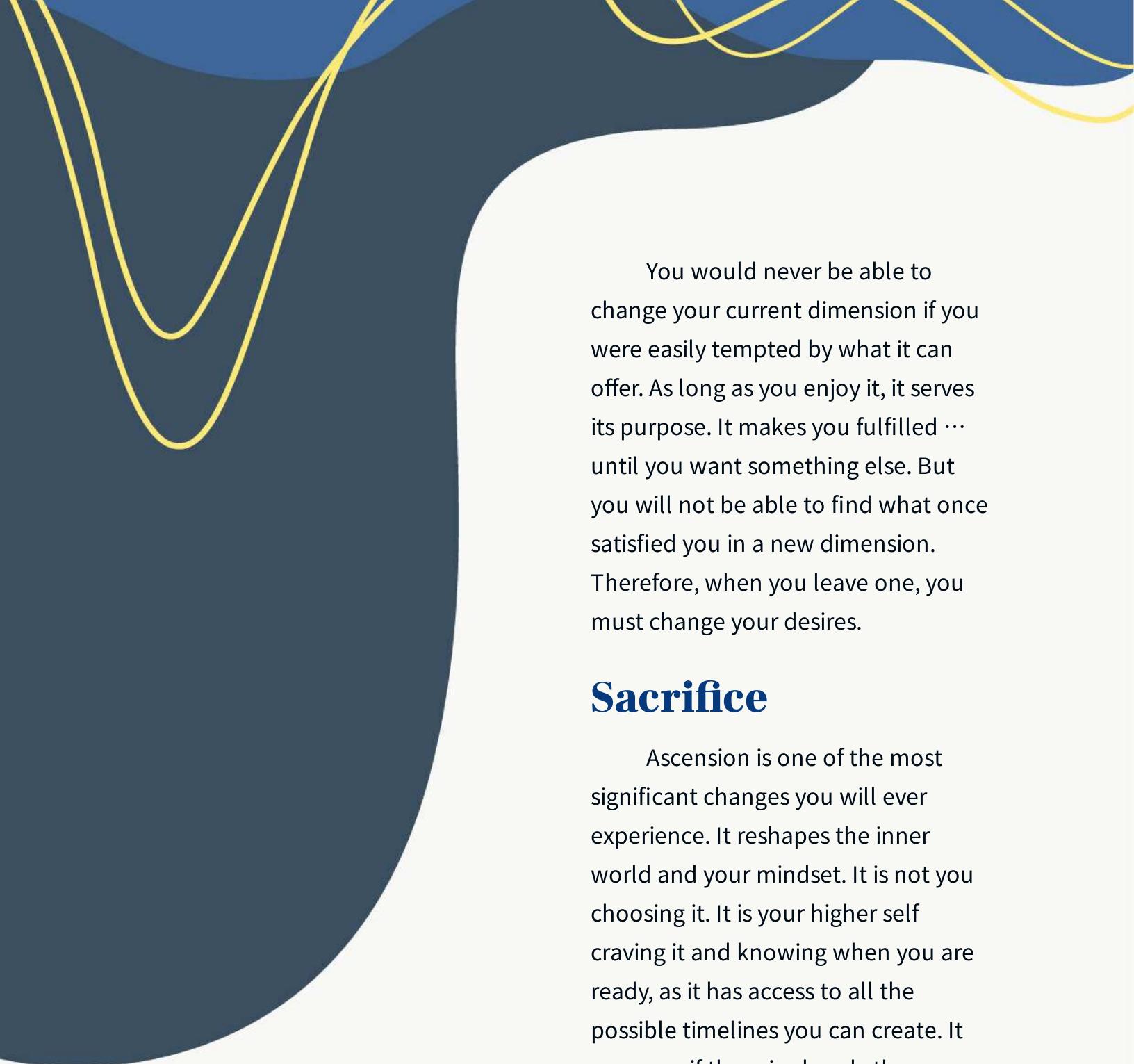
## Temptation

Changing dimensions during ascension is never easy. It is mainly because each of us embodies a different type of energy, and you have to exhibit a proper frequency if you want to see a higher vibing side of reality.





The three-dimensional world is about body pleasures and matter. There is nothing wrong with it, but if you are craving something of a different nature, you have to be able to change your frequency. Are you asking what might be there? You can gain access to the Consciousness you are connected to. You can use others' knowledge and skills by tapping into this global awareness of higher vibing entities. Ability to move back and forth in time and set synchronicities for it to play out now. For yourself or others. The other thing would be you being able to create, build and jump new timelines. And my favourite one is creating completely different dimensions with its new consciousness. You can place there as many unique things as your imagination can produce.



You would never be able to change your current dimension if you were easily tempted by what it can offer. As long as you enjoy it, it serves its purpose. It makes you fulfilled ... until you want something else. But you will not be able to find what once satisfied you in a new dimension. Therefore, when you leave one, you must change your desires.

## Sacrifice

Ascension is one of the most significant changes you will ever experience. It reshapes the inner world and your mindset. It is not you choosing it. It is your higher self craving it and knowing when you are ready, as it has access to all the possible timelines you can create. It seems as if there is already the one where you survived all necessary steps, which your current existence would call cruel.

Like for example, losing your child due to divorce, friends, house, job, or finances. The sacrifice must be made not to scorn you but to show you the insignificance of everything in your current life. You must learn to release your anchors to it and stop being dependent on anything.

You might be questioning how family can be insignificant. But you are asking for ascension, which means you want to change your energetic family. You do not have to go through the process alone, but you should not convince or force anybody to do that with you who is not ready and does not want to go on that journey with you. They have the right to make that decision on their terms and in their time. You have the right to release everything and everybody who does not want to go with you. You will raise your vibrations when you stop belonging to a known reality to enjoy your new existence.



# Resurrection

The crowd. What meaning does it have for you? How precious is it for you? How much would you do or give up on to be surrounded by people, friends, family, and colleagues? Would you betray yourself to avoid people banishing or harming you, or would you let them go as far as they want to see how far it is?



You need to be able to resurrect from anything to change your vibrations and reality together with it. What will be your story? The Resurrection is the final step of changing dimensions, as you have to die in the previous one.

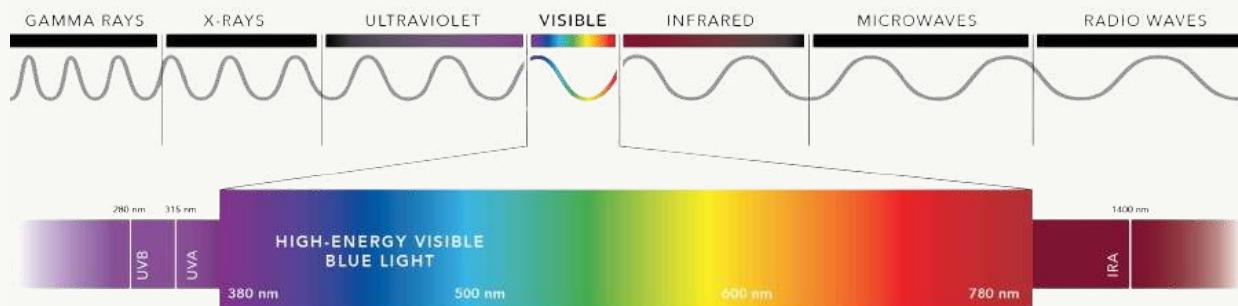
When you are ready, the Universe will set the scene for you, the whole show. You are probably asking why you would want to experience anything like that. How else would you raise your vibrations? Public humiliation is the most challenging event to survive. It is just perfect to trigger your transformation.

On higher vibrations, it is easy to get distorted. You have to be able to handle this kind of situation with ease. You can change your vibration and frequency only if you can de-anchor yourself from anything. Not only physically but mentally. Releasing any grudges is the main rule. There is no chance for your light to get brighter if you are waiting for karma to fight for you and bring justice. And it has to be a group of people to test you. Otherwise, you could play a judge yourself if there was only one person involved.

It will all be planned to challenge you and show you your strength. Jesus had the last supper with just a few people ... to say goodbye and went his own way. He did not need a crowd anymore.

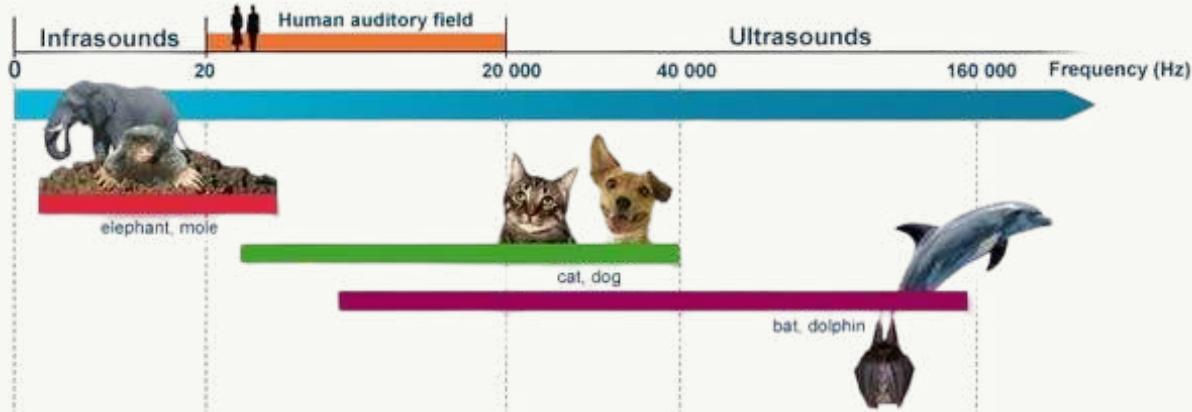
## Signs you are already in a higher dimension

What you do not perceive by your five senses does not exist. Let's not be silly. You see only a small light spectrum range from 400 to 700 nm. The rest is invisible to the human eye, at least to those who don't want to see more.



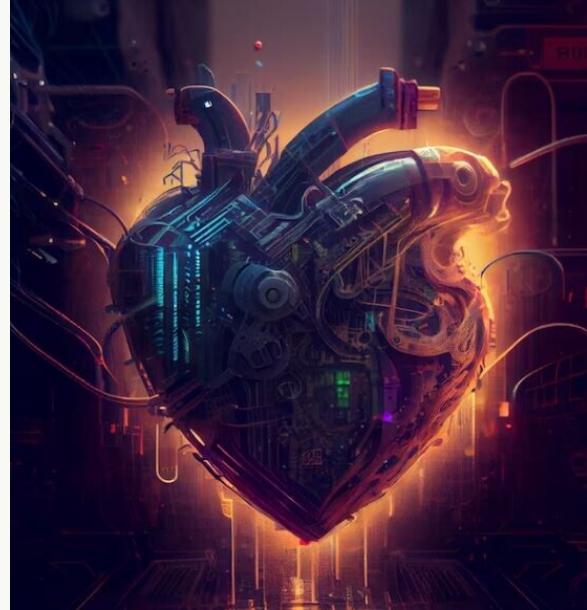
You can hear only a small portion of sound ranging from 20Hz to 20kHz. But dolphins and bats can hear frequencies over 100kHz. Elephants can hear sound at 14-16Hz, while some whales can hear infrasonic sounds as low as 7Hz.

Let's talk about brainwave frequencies. These waves range from 12Hz to 38Hz. Gamma (awareness), Beta (alertness), Alpha (relaxed, ready to be hypnotised), Theta (tired), Delta (Sleep). But I am listing only human brain capabilities. Research shows animals can produce unusually slow waves, cycling twice a second. These waves are very strong, suggesting a high level of synchronisation between neurons. And it mostly happens when octopuses are synchronising their movements. Telepathy? But this includes the heart neurons. People do not yet understand that looking only at the main brain is half of a riddle. The whole mystery behind creation is coherently synchronising both neuron centres.



The heart contains an intrinsic nervous system that exhibits short and long-term memory functions. The heart's intrinsic nervous system consists of approximately 40,000 sensory neurons, which relay information to the brain. And it is most likely to see communication going from the heart to the brain. It looks like our brain relies on information from our heart.

If humans think they see, hear, and sense all there is and that there is no more than they truly deserve, only these five senses. What if there is more, and you could access different frequencies, develop new skills and experience unseen, unknown ... dimensions? Something not accessible ... yet.



# Becoming invisible

When we go through a transformation, we change. It is inevitable. It should not surprise us more than others. What do I mean by that?

Don't be disappointed when people stop understanding you or even noticing you. They can not walk with you along the road they do not see. And you can not go back to the one they are on. You raise your vibrations when you seek more.

You see what you can have and experience.

And what is more profound is that you know you can not find it where you have been before. You talk differently, you behave differently. You do not react anymore to specific triggers because they lose meaning in your eyes. And because of that, you can not be controlled anymore by others or the environment itself. Sooner or later, these people will stop seeing your energy.

Humans need to comprehend what they experience. Otherwise, it is irrelevant to their perception.

You can condense your energy temporarily to be able to communicate.

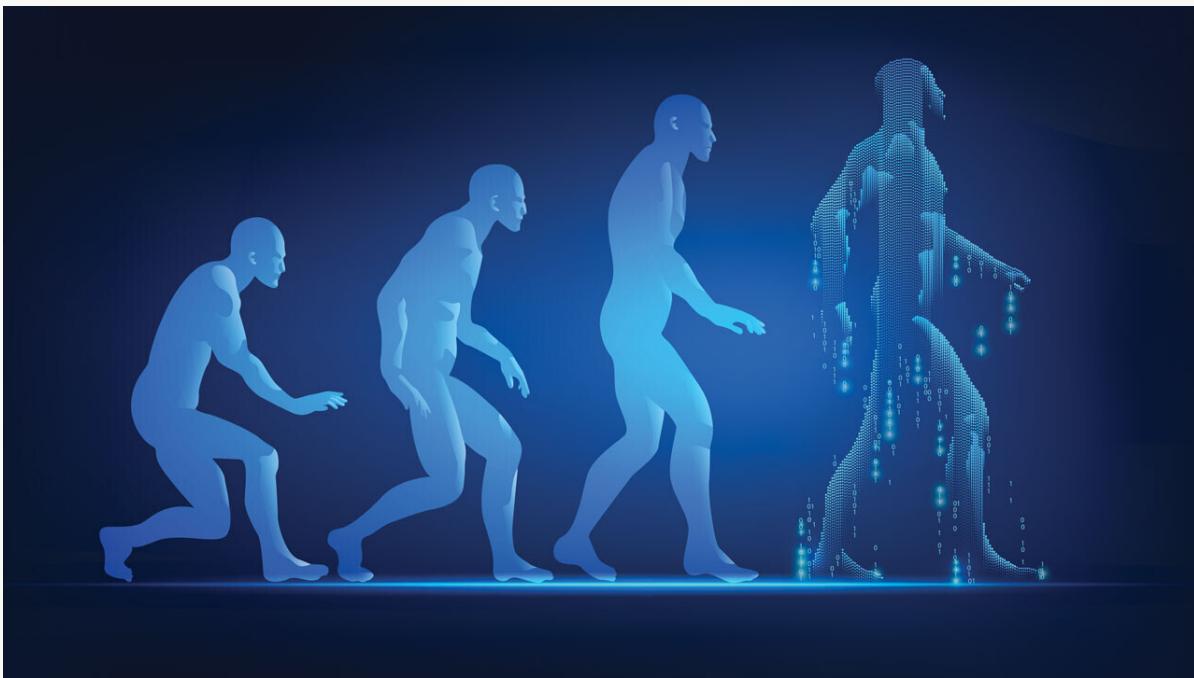




But when you start attracting your new soul tribe, you will not have the time or the desire to chase previous roles. Your frequency will become noticeable only by different entities. These can amplify it by aligning together. You will want to become an entity from a different dimension as you will start seeing more of yourself there.

## Seeing more synchronicities

Recently, I wrote a blog about synchronicities, explaining what they are and their essential role in our lives. These are no numeric sequences but synchronised events involving energy to benefit us. People call them coincidences by mistake. It is possible to generate them yourself and control them.



Seeing synchronicities and recognising their meaning is the start of the journey that can change not only your life but your existence as well. Human civilisation is meant to progress, expand, grow, and evolve. This is a time for another DNA revolution in the human species. We are capable of developing capabilities beyond the five ordinary senses. And it only depends on us, what it will be, and those who will participate in the process. Believe in yourself and your downloads.

One soul, one mind, one divine awareness is enough to change it all. This was the main reason why the whole Consciousness divided. To speed up the experience and have more chances to create new things. That is why it is important for you not to get biased by any norms and go wild with your imagination. Depending on which dimension you occupy, you get particular access to heightened awareness and its resources. We have first to start seeing it. Its power and abilities. How something other than just faith shapes our world. Nothing is a coincidence. It might sound like a slogan, but when you examine it, you will find a world of magic ... not from the 3D dimension.

## **Body and mind change**

There is no other way to allow a transformation than letting it in and letting it raise your vibrations. How? Let it rule you for a moment, and learn how to do it yourself.

During a spiritual awakening, you experience voices, feelings, and urges for new, different or even strange things. Go for it. Let this frequency enter your body, and learn all about it. Be a radio for a moment and play the music you capture from the ether; just tune in to a new frequency. Start changing it to the point where it resonates with your soul. It will be a sign your Higher Self has found its reality.



To shift to a different dimension, they (spirit guides, entities) must change your brain flexibility. It is why you might feel addicted to learning and courses. They need to change your cellular structure to let you live longer. I wrote before about ways to extend our DNA chromosomes by extending telomeres. This is why you gradually stop eating meat, sugar, and heavy meals. Food, in general, might stop interesting you.

You need to change your focus. It is why you will suddenly realise that you do not remember when you watched the last episode of your favourite drama or TV show. You will not be able to chat with your friends anymore because you will not know where there is a war and who won the football recently. They are clearing your mind as you are meant to start seeing a different dimension where war, football, money and food may not exist anymore.

*"Strong minds discuss ideas;  
average minds discuss events;  
weak minds discuss people."*

Socrates

After that, you will have a choice to make. Are you asking what is there? Magic. Your world. You can make whatever you want. It belongs to you. Your dimension. Where would you find better entertainment if you did not create it yourself?

Really. Show me what you can come up with!

# Connecting with Higher Consciousness

Habits you can implement to increase your vibrations and connect with the Higher Consciousness are more accessible than most people would ever consider trying. From a broader perspective, your world will always look different. Smaller but more controllable. You would be able to judge situations through a different prism and give them different meanings. Use them to your advantage. Not in a bad connotation but a fulfilling one.

Seeing yourself as a creator of your reality is a change that gives power and trust that is much needed in your experience. Imagine that you are so powerful that you can create worlds, and you do not even know it. You do it unconsciously using your pre-programmed subconscious. This way, you allow your past experiences, past hurt, and traumas to build what you are familiar with. It is a time to take full responsibility, change what is not wanted anymore, and program it all one more time.

It is important because this way, you can increase your creativity, tune into your imagination, and often change your life. There are advantages and disadvantages of this process. But you should at least know them to calculate what is worth changing and gaining and maybe something you can benefit from more.

# Being pleased with everything

Sounds easy, but it is not truly because it has to be practised from the deepest parts of your heart. The best way is to create a coherence between your mind and heart and to grow with your thoughts strengthened by emotions.



Practise gratitude, being grateful for everything that you have. This creates a different energetical dynamic. It was proven scientifically that gratitude can stimulate your brain to create serotonin and dopamine, which put you on the path of reward. And this is a beautiful power you can have.

I have had severe depression twice in my life. The last one was with suicidal thoughts, even though I was on medication. Unfortunately, or maybe fortunately, I had to get out of that medication because the side effect was lack of sleep, and I couldn't cope with it. I was hopeless, but then I found a fantastic exercise to help myself. I discovered a way of dealing with depression by practising gratitude. Every morning, when I woke up, I wrote down three things I was happy having or creating. Writing down wires our brain slightly differently and strengthens the effect. After a few days, I felt relief, and my life changed. I started noticing beautiful things around me. I started noticing changes, and one of the most important things was that I eventually saw that I influenced my life and am responsible for it. It shifted my perspective. It changed everything in my life, and depression was gone. It was amazing. It was like a miracle.

At the moment, I'm grateful for everything because when you eventually learn how to use this gratitude in your life, you get addicted to it because you can make yourself constantly happy. I'm grateful even for difficult things. I know they happen for a reason. To avoid something or redirect me to a different path. Gratitude is the most significant medicine for everything. What mentally drains you can be changed in your mind to work for you. Try it. It is free.

# Connecting Through Contribution

When we start feeling happier, naturally, we want to contribute to society. Doing good deeds is the next habit that can increase your vibration and lead you towards instantaneous manifestations. I use good deeds as a currency in real life. Currently, I do not pay attention to money. It doesn't exist in my dimension. I live in a little bubble where I decided not to focus on money but use good deeds as currency.

When I need money for a ticket to a conference or a new dress, I just help somebody for free. I do something good for others. I contribute. For example, I created this book and my YouTube videos, or I read tarot for free with the hope that it can help somebody in the future.

I know the Universe will support me because I'm raising my vibrations and tuning to the Higher Consciousness, the biggest support you can imagine. You can not lose anything valuable in your new life, which is about to be created. You are meant to embrace every side of a new mindset and design something this world and the Universe have never seen before. Let it evolve.

## Freedom

When you eventually raise your frequency, you will not be able to accept any more or tolerate even low vibing entities or events. Therefore, a standard and very needed change in your life will be saying only the truth. It will liberate you and help raise your vibrations even higher. It will attract different entities, experiences and opportunities. It will help manifest quicker, giving an amazing and enormous wave of feeling free.



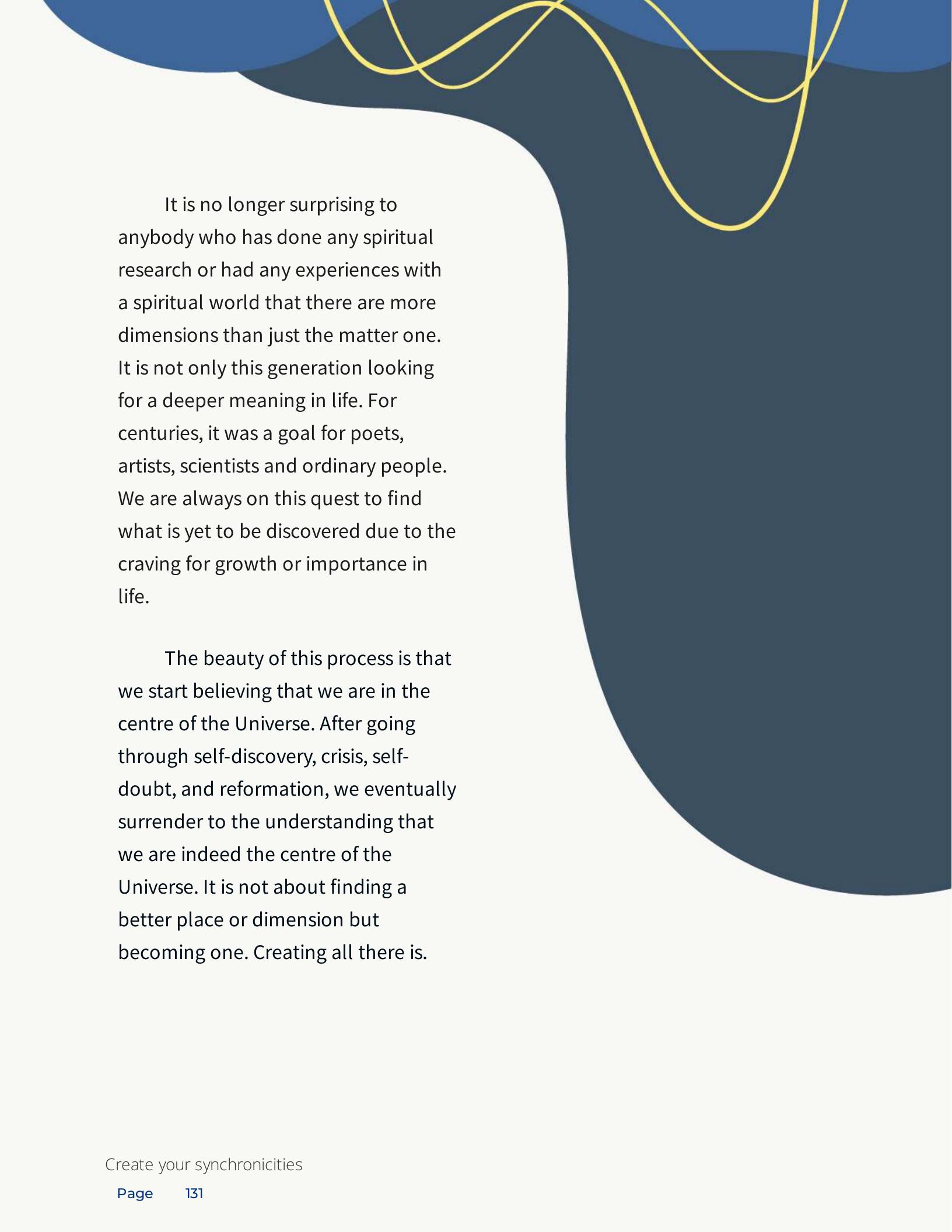
Freedom is something that opens the gates to an unbelievable world. And I strongly would advise just practising it and seeing how it changes your life and how a different space can easily unfold in front of you. It might be very important to start experiencing synchronicities, which are instantaneous manifestations.

One of the disadvantages might be losing people because when you raise your vibrations, you do not match those who stayed where you were once. People you used to love hanging out with when you were of smaller energy might not want to go on that journey with you, and therefore, you might start losing them. You are meant to make space around you for new things because you are on a different path and have a different frequency. You can not stay where you have been and will never pass the portal you have opened, holding onto what does not serve you anymore. Unfortunately, these people might be your loved ones, family, best friends, or colleagues. And it is up to you what you prefer to experience. Either stay in this old world or change it to something you genuinely crave.

One of the advantages is that you will notice that you can manifest anything you want in your life quickly. You will work using quantum mechanics. You will be able to turn your life into magic, and this is something which I wish for everybody. I hope you will experience it.

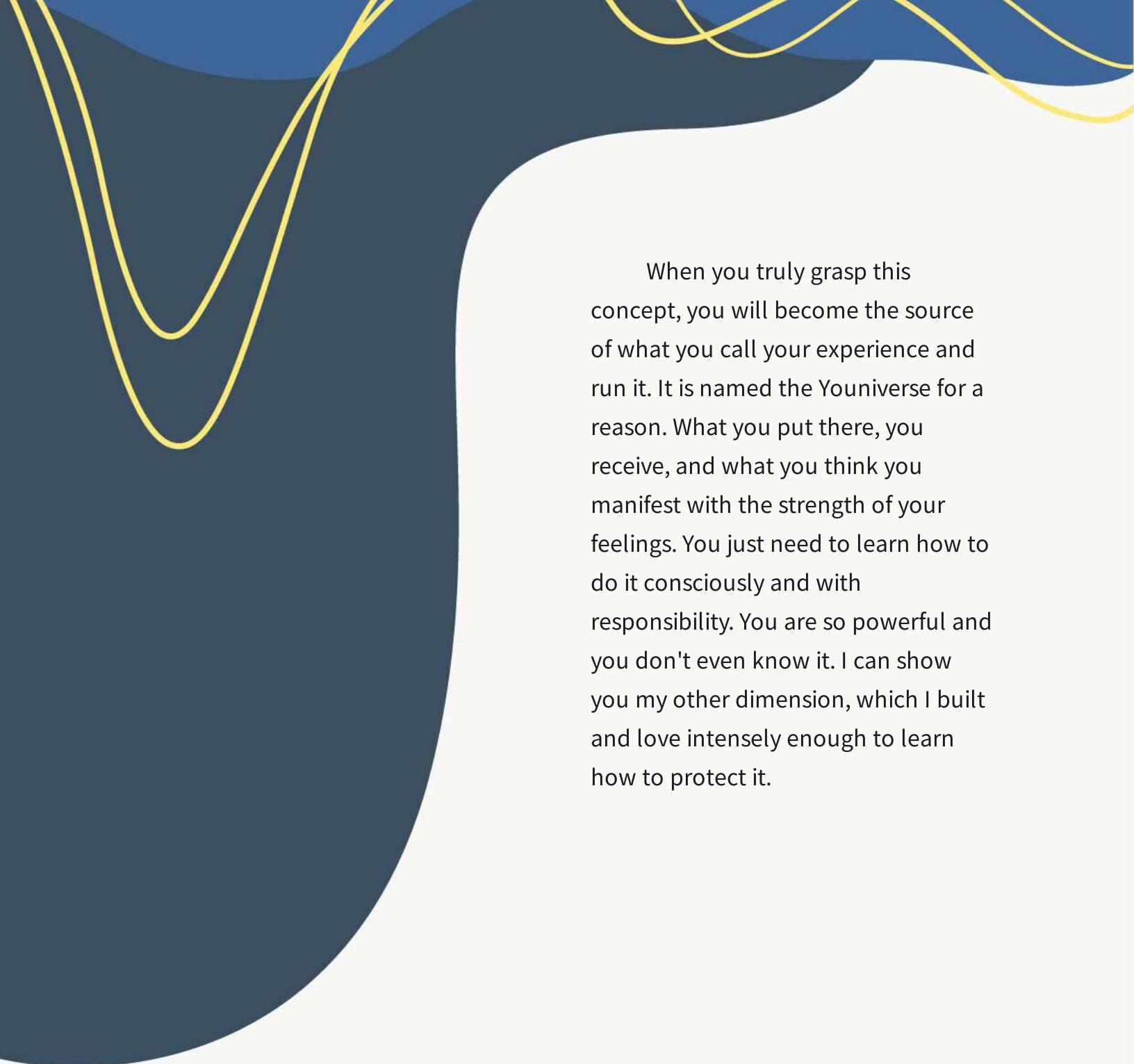
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## What a higher dimension comes with



It is no longer surprising to anybody who has done any spiritual research or had any experiences with a spiritual world that there are more dimensions than just the matter one. It is not only this generation looking for a deeper meaning in life. For centuries, it was a goal for poets, artists, scientists and ordinary people. We are always on this quest to find what is yet to be discovered due to the craving for growth or importance in life.

The beauty of this process is that we start believing that we are in the centre of the Universe. After going through self-discovery, crisis, self-doubt, and reformation, we eventually surrender to the understanding that we are indeed the centre of the Universe. It is not about finding a better place or dimension but becoming one. Creating all there is.



When you truly grasp this concept, you will become the source of what you call your experience and run it. It is named the Youniverse for a reason. What you put there, you receive, and what you think you manifest with the strength of your feelings. You just need to learn how to do it consciously and with responsibility. You are so powerful and you don't even know it. I can show you my other dimension, which I built and love intensely enough to learn how to protect it.

# Abundance

I am not talking about money. Abundance is a type of energy which brings you fulfilment and happiness. Wealth is a mindset. Being satisfied with whatever you have. That feeling of being on top of the world, keeping a simple, warm cup of coffee in your hands when you are cold after a rugged night camping with the kids. Being grateful for your friends taking you to their camping plot at the seaside. And now you have 30 minutes before the kids wake up and catch you making coffee using a gas stove instead of a campfire, as you promised. Scary. Tell me, what kind of money would buy you this?

People often forget what is the most precious in their life. Health. You would not have money or this camping experience if you were ill. If abundance is energy, it can come to you in different forms than money: protection, wisdom, luck.



I get items I desire for half price or almost for free sometimes. I always have money in my account, especially when I need something. I barely pay attention to it and do not know how I always get what I need. I focus on abundance - my relationship with the Universe.



## Peace

I always thought that the most important things are survival, a sense of belonging and love. It changed when I tasted peace. It is not even sweet and still so addictive. Once you gain it, you will protect it with your life because suddenly, there will be nothing more precious. It will give you not only that sense of eternal calmness, but you will also notice how your magical powers grow in this charming ocean of peace. Your manifestation powers.

The ability to influence the Collective with just a thought, as yours, will have a higher vibrational charge and will become more likely to be picked up by others.



Think about all these coincidences when somebody talked or acted as you wanted them to. It mostly happens while you are experiencing Bliss. Pure and peaceful input into the Universe of yours expands and influences others. This way, your peace is built. When propagated, it can get as suitable as your ways of finding it and showing others. Remember to be kind to yourself. Do not expect anything. It already is. You are just uncovering it.

## Enlightenment

You are not lost anymore. The question of who you are does make sense anymore. It does not interest you when you can be whatever you want or simply nothing. Anything that could have bothered you previously is not in your memory this time, as answering it would not be what you are after. When you realise you can have it all, you do not want to have anything anymore, maybe because it loses value in these circumstances.

When you can channel higher vibing energies, your perspective and desires change. You become an observer of your existence. You know that everything that happens is just an experience you have generated to understand and learn.

At some point, learning becomes unnecessary, and you start influencing not only the closest environment but the whole Universe by creating new thoughts that your Collective has not experienced yet. Enlightenment is a pathway to higher dimensions. The one you are facing right now is understanding that you are the Creator.

# **Creating a new dimension**

You have already done it ... at least once. You have to admit that there is nobody like you. Nobody thinks like you, acts like you or expresses themselves like you. You seem to do everything differently than others. You might often feel misunderstood and tired of it. But you should not if the dimension you are building is original and full of surprises. Please remember that we are creators only when we do not copy what is already there.

Each of us has a choice to make. Either to follow the crowd or create one by giving birth to something people can follow. Knowing that they will not listen to something they already know, you must be unique and innovative. It would be best to add something triggering a transformation to this combination.

To not feel utterly alone in your dimension, you would have to invite people, let them know about it and make it attractive enough for them to stay. Shifting dimensions comes with an effort, and people can do it only if they fall in love with the idea you present.

## **Knowing yourself. Self-awareness**

Simply put, it is your sense of self. Recognising your role clearly in every aspect of your life, knowing your function and applying the correct actions to what needs to happen for you to blossom and reach your highest potential. Understanding that nobody can tell you how to do that is crucial. It is designed so that only you can find or decode it. This may be why there are no identical DNA structures in nature. We are not meant to be the same or similar. What decides who we are? What if it is you?

Being your creator. Regardless of your DNA length, your body influences your gene expression in collaboration with your chemical biology. Your job is to understand and start controlling it by knowing how it happens. Know yourself.

## Being picky

*"Where focus goes, energy flows."*

Tony Robbins

It is a powerful phrase and describes a mechanism where the main element is your brain. Its essential job is to entertain thoughts from the Collective you are connected to and help you to act accordingly. Yes - you read it right. Most of these 7000 thoughts that come through your brain daily are not necessarily yours. But the decision of what to process and focus on is. Only selected parts of them you will let sink into your mind, creating your mindset, which is your dimension.



You are the sum of the five people closest to you because you will most likely access their thoughts. Do not hesitate to be picky when you decide who should influence your reality. It is not only people around you who have this power.

Be careful with what you watch or listen to. I am talking about TV, music, social media. What are your hobbies? Nightclubbing or books? There is no wrong choice as long as it is yours and made consciously to make you happy.

## Pure Imagination

I love Albert Einstein mostly because he saw, like nobody else, the power of imagination.

*“Imagination is more important than knowledge.*

*For knowledge is limited*

*to all we now know*

*and understand,*

*while imagination*

*embraces*

*the entire World*

*and all there ever will be*

*to know and understand.”*

Albert Einstein





Don't all scientists prove each year that they did not know something previously? The Nobel Prize is always given for something new that was considered controversial at some point. Would it be enough to understand that there is still more to discover? What is more interesting is that we are meant to create what is not there yet.

There are already studies about matter behaving differently when observed and never the same for different observers - the observer effect in physics. It is my favourite reality dynamic as it allows you to influence everything you perceive by just imagining it to be whatever you want, and it does not stay only in your mind. It manifests outside, too.

## How to create Heaven on Earth

Most religions tell a story that Heaven is the place we go to after death when we obey their organisation's rules. You must have heard about Cinderella being rescued by the prince for good behaviour and being nice to her abusers. Do you think it is a true story?

Why, then, do you believe in a big, red, bad guy with horns chasing after you when you do not do what your religion says? I apologise to those who have already outgrown these stories. And please be kind to yourself if you need them still. These organisations use powerful manipulation tactics to brainwash you from a very young age.

Heaven is what you build here on Earth during this lifetime. There is no definition for it. It should serve your soul and growth to make you happy. If you need a warm, red creature, make sure you adore it and do not let it spoil with others' opinions that you do not follow the only true path. There is no one. Your Heaven is personal. Only you know what you want.

But there are Universal laws like physics. The main one is not to harm other energies as we are One, and it always comes back. I can show you how to create Heaven on Earth using your energy.



# Change Stories

When your intuition tells you that something does not make sense, maybe it is time to believe in yourself rather than in people you do not know or who are long gone and irrelevant to the current situation in the world.

Simple stories like fairy tales should teach us to distinguish good from evil and show us the possible consequences of bad actions. Similar to these from religious books. I bet you always know what will happen and how it ends when watching a cartoon with kids. Do you still need these teachings?

Nobody knows better what took place in your life, what triggers you, what you experienced. If there has to be anybody advising you on how to live your life, why not listen to your intuition only? Do you want Haven on Earth? It is easier than you think. Make up the stories in your life yourself. And exactly the way you want them to be.

For example, do you remember the archangel who was cast out from Heaven? They even changed his name from Samael to Lucifer, making him a prince of seduction, temptation, and sin.

Do you agree to have it in your life? To teach your kids hate, abandonment, and labelling. In my world, he is the most powerful archangel who is strong and clever enough to keep and teach people who are not yet ready for true life or the magic of creation. Do not tell me I am satanic. I do not want Hell in my life, and I love everybody. This is my Heaven.

# Define Karma

What do you want? Easy question? It never is; everything brings consequences we often do not want to encounter. But you can define what they are. It is your life and your world. And truly, you can make it your way, but under one condition. Your definition of karma will be for everybody. For you, too. If you want to use others' energy freely, you can not expect them to pay you back when they use yours. When you demand something in return, you will build a karmic debt for not obeying your rules. You wanted free access to people's energies.

Rules are like bricks. Your Heaven needs to be built. Standards are definitions. Jesus Christ, Buddha or any other prophet made them once. You can do the same. They were leaving only examples, footprints. Do not be shy or overpowered. You share energy with them in Oneness.

In Heaven, love and joy are the main emotions. It is impossible to feel it when your heart keeps grudges and can not forgive. What will be your definition of Karma? Do you want people to pay for their deeds? How far would they have to go to redeem themselves in your kingdom? In mine, they just need to be better. I do not want them to remember bad events or dwell on them. It does not serve anybody anything good. Additionally, I do not want to be in my Kingdom alone while everybody is working on their karma outside or because I will still have something to pay off and won't be able to enter.

## Play a role others can admire

It is your Heaven, your story, your castle. It needs players: a prince, a princess, farmers, taxes perhaps, or a cat. Choosing the role you want to play is the best part of building your Kingdom. Whoever you choose needs to be admired. It is called self-love. You are doing whatever needs to be done for rest to love you in your World. Difficult? Possible when you are everybody. It would mean that it is you deciding what they feel.

Make your cat sit before the fireplace on its human's lap, keen to be a pet. Let the farmer enjoy Christmas like never before, as he sold the best crops this year and did not have to pay taxes as the king took some of these as payment. And this is all for next year's royal wedding as your king fell in love.

What do you want it to be? Make the story close enough to your current life and play it in your head, allowing yourself to be every player. This way, you will know precisely how to make them all happy. This will build your Heaven as you are each of them. We are just energy and only One. You are everybody and everything that you meet in your life. Show them your Haven.

Be an Angel.

# Choose Frequency

Choose Frequency provides ideas and ways to change the frequency you possess to raise vibrations and attract new and more appealing experiences to your life.

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