

The Wonders of Meditation

Aegil Santos

Uncopyrighted, 2013-2014

Feel free to distribute, print or keep anywhere.

Feel free to use the ideas here as a starting point for your art.

Freedom Earth Books

www.freedomearth.org

Contents

List of Paradoxes	4
Serial 1: Semantics of Meditation	5
Serial 2: Uses of Meditation	13
Serial 3: Creative (Yang) Meditation	19
Serial 4: Maintenance (Yin) Meditation	21
Serial 5: Acceptance	23
Serial 6: Mirrors	28
Serial 7: Synchronicity	35
Changelog	40

List of Paradoxes

Serial 1

- (P1) If popular meditation is mostly about relaxation, can meditation be expressed via strenuous thinking?

Serial 2

- (P2) When many say there is no limit in our creative potential, why worry about limitations?
- (P3) Can mediation (intuition) and control (logic) work together?

Serial 6

- (P4) I have changed every aspect of myself, why my immediate surroundings hasn't changed much?
- (P5) Can the certainty of death bring meaning to life?

Serial 1: Semantics of Meditation

Meditation is about having a balanced state of mind, that means feeling peaceful and calm. Meditation is about Being itself, that means it is about nurturing intuition. Intuition is about embodying your soul, or your higher self. Almost every guide will start with breathing. The basic workings of the brain is overlooked in meditation circles.

This leads us to the paradox: If popular meditation is mostly about relaxation, can meditation be expressed via strenuous thinking? (P1)

There are two main types of meditation. One is creative meditation, which can be strenuous and the other is maintenance meditation, which is recuperative. Both require focus, if *maximum focus* is required on your train of thought, the **language of silence** needs to be used. A **center** is required, then only **flow** can start. We can lose sense of the clock when we are deep meditation of the two types.

Maintenance mediation is often the center of attention in any meditation circle, because temporary strain is not appreciated as mediation. Only balance is needed between the two types. Thus the yin (maintenance meditation) and yang (creative meditation) is no longer solely mystical.

For us to have a good meditation, it is best to take care of the body by eating whole food, having enough sleep and having regular exercise. The chakras will work well if you take care of the body. Since exercise can help balance the state mind, it can be a meditation in itself.

Due to semantics, we don't even notice meditation is already integral to our daily life. Contemplation is a form of thinking. Besides, to find better ways to use technology, we need to streamline our thinking. This can

require discipline (centering) and can involve solving everyday paradoxes. Self discipline is about willpower. The veil of forgetfulness is when yin and yang are unbalanced, as we can see in today's society.

Train of thought and centering

Meditation is about thinking. Thinking can be expressed in many ways. What is overlooked in meditation circles is that the human thinking is linear and sequential, so can only have one thought at a time. This is why the phrase "train of thought", or "flow" is the best way to describe it. This is responsible for the illusion of linear time. This is also related to the term "workflow", a word which graphic artists use. We can use **reminders** to keep us centered.

Mindfulness is all about streamlining our train of thought. Living in the now can be called **mindfulness**. It is also the power of choice, which requires discipline (centering). A single train of thought can lead to many places, so with the appropriate emotions, we can better program ourselves via habits to make sure we stay centered.

Centering is frequently mentioned in meditation circles. In mathematics and other scientific contexts, centering is called picking your **reference point**, point of departure or point of view. As we pass through the veil of illusion, we can find more centers which can be called perspectives, or reference points with the help of analytical skills. With the flow ongoing, we pass through more centers (point of views).

The view of the summit (middle way) is also a center. If we have remembered our multidimensional personality, we can better remember our center. Under catch-22s, we can at least have balanced yin and yang in thought.

Meditation can be a circle of doing creative (but strenuous work) and resting periods. So it is an upward spiral of strain and rest as we reach the view of the summit (middle way). The strain, anger or complaining associated with creative meditation is only temporary, they can be treated as signposts (center) to something more wonderful.

When we are disturbed, that means are thrown off the train of thought (flow), so we need to find our way back (choose your center). Disturbance simply means that the train of thought is derailed. Art or any creative work we have done can help us stay centered. Willpower is about keeping the flow.

We can multitask in a very limited way, but we have to we have to switch back and forth our attention between the two or more kinds of task we are focusing on. If we have to switch back and forth, strictly speaking, out thinking is still linear and sequential, no matter how fast our minds in switching. This can be strenuous and is ineffective when things require full attention and silence.

When we wake up in the morning, rituals or procedures helps make sure mornings are smooth. An example is the glass of water straight after waking up. A little bit of order and being organized can give room for more spontaneous ideas from your higher self. Thus being organized helps us center.

Basic workings of the brain

Train of thought can also be called the thought stream. The neuronal networks acts like interconnected roads in city, so moving from one thought to another you have to pass some other thoughts (centers). From your house to the city park, you have to pass through some landmarks.

The subconscious mind can make independent decisions from the conscious mind. The subconscious mind is made up the bio-robot part (responsible for habits) and the intuitive part, (responsible for direct communication with the soul). The subconscious mind works closely with the chakras. Habits can be layered, which was mentioned in Serial 2 of *Paradoxes and Ascension*. Paradoxes occur due to semantics and linear thinking.

The left is about logic, abstract thinking and analytical skills. The right brain is about intuition and direct contact with the soul. They work together with the human memory to store knowledge, and making abstract patterns.

The workings of the brain is also dependent on the proper function of the body. What we put in our bodies can influence Being. We can use meditation to support the homeostasis of the body. Homeostasis is the regulation of the internal environment (water and body temperature).

When we are strained, we feel tired. When we are tired, we tend to take any substance to calm us. Calming activities support homeostasis. Fast food can be comfort food, but is a silent killer, so we need to take comfort food that supports meditation.

Emotions create train of thoughts

Emotions (5d) is the vehicle for flow in the world of thoughts (4d), this means memory. One of the functions of the physical brain is to act as a receiver that links to our multidimensional selves. The seven basic chakras are the bridge between the higher realms to our body. The soul expresses it self via emotions. This is how we receive the flow of crystal (light) language.

Those emotions are usually centered on love because we want to break through the veil of illusion. This has been discussed in Serial 1 of *Paradoxes and Ascension*. If you celebrate a spontaneous idea and you think it is powerful enough to change the world, it is likely to be original. Receiving is just as good as giving.

Every thinking you do has an underlying emotion. Thoughts can affect the body. Something causing you to be angry can increase your heart rate. Soothing music can make you relax. You can even circumvent the sleep rhythm, but that can cause stress to the body.

Uncharted territory

Sometimes we don't yet know (unfamiliar) with how something works. This is where we become inquisitive. Being inquisitive allows us to witness or **observe** something. We might consult libraries or mentors to give us a center, only then flow can start, also every gadget comes with an instruction manual.

The effortless state of flow is about letting the higher self lead the way. There is only so much we can control in the moment, and it is futile to control things based on preconceptions.

It can get better with practice as mentioned with the bicycle example from other essays. You try many ways as you get better with the skill. There are no mistakes, only ways that don't work. Though often superficially labeled as negative, dark night of the soul give more centers that you have overlooked. It is worth the temporary discomfort.

Meditation tools

Meditation is more than just observing your breath. We can use tools and technology to streamline meditation. Some tools work best for

creative meditation. Some work well for maintenance mediation. The most common example is pen/paper, paintbrush/canvas, musical instruments, computers and music players. Not only that, a quiet and silent environment is needed. Potted plants as decorations can be used.

The everyday tools we use such as the computer or electrical appliances are centers in themselves. The moment we look at them, we are centering because we already know the procedure on how to properly operate them.

Group meditation: Festive setting

Meditation has social dynamics. Meditation may not be directly considered in sociology, but is tucked underneath semantic tricks. This is why mediation is something frowned upon in today's unbalanced society. Group or community meditation is a higher fractal aspect of personal meditation, and co-operation is key to it.

Several tools are used for group meditation, e.g, forums. They require computers and electronic infrastructure such as the Internet. Something as simple as a forum with sufficient subscribers can use group meditation. Just as everyone goes to sleep at the same time in a given city, some don't even need to set dates if they use maintenance meditation as a habit.

Using tools such as clocks and calendars, group meditations can be set. The group usually meditates on an affirmation or intent. We can use art to spice things up. This is why cultures use music, dance moves and rituals. Usually, in mediation circles, the most popular group meditations are maintenance meditations (yin). Too much yin with little yang.

If the group is very big, festivals can be created. This is where group meditations is combined with artistry. This is one big part of cultures we

see in various races of the world. Some whole days are set for those festivals (public holidays). The group can be so big that they don't need to meet up at a place, a whole city simply celebrates it. In religious settings, meditation is hidden semantically as praying and festivals are used for consumerism (Christmas).

Group meditation: Organizational setting

Creative (yang) meditations are practiced in egalitarian communities. Below are the basic social dynamics in organizations such as nonprofits and corporations. Tools such as some of the regular ones in our household (e.g refrigerators and modems) and tall buildings are used.

Some complex projects such as setting up egalitarian communities requires a lot of planning to balance the yin and yang of the group. This will require people of different talents and specializations. Group creative meditation is called teamwork in organizational circles.

Those who are the best organizers are natural leaders, then only workload can be shared evenly. This is why corporations have management hierarchies. The best organizers are as good as nothing without the other talented people. So there are leaders with different talents. They work just like a single body, made up of organs.

Since today's corporations are focused on the faulty “survival of the fittest” mentality, the type of organizational management is not sustainable. There is a limit on how the lower levels can contribute to the pinnacle managers, so the information exchange is not very open.

The working hours don't give much room for maintenance meditation. Too much yang, so little yin. Instead mindless entertainment is all over the place, they also work well with unhealthy thoughts such as "I am not

enough." This is the cause of dis-ease. This will be discussed in more detail in Serial 2 of this book.

Serial 2: Uses of Meditation

Paradox: When many say there is no limit in our creative potential, why worry about limitations? (P2)

There is only a set amount of things you can do in a given day. This is very similar to the observation that your house has limited space. So meditation can be used to clean up thoughts that don't serve anymore. This is like editing your train of thought for a given day. Simply put, we have to be **careful** with the trains of thought we choose. This is a key aspect of acceptance, as will be described in Serial 5 of this book.

We can use limitations to change our priorities for the better. If limitations are not respected, we might have short term instant gratification but long term trouble. This is an application of the LRCs of contiguous levels and systems. This is what yin and yang is all about.

Just like we can easily accept the computer limitations (processor speed, storage and memory) to make the best use of it, our mind and body has limitations to be respected. Linear and sequential thinking is the central aspect of this. This can be visualized as the day having **limited slots** because we eventually need to rest after a strenuous creative session.

Resting is maintenance meditation. This why we are compelled to rest after a long day of creativity. Similarly, the body maintains itself through homeostasis. The body also has a built in circadian rhythm for it. Not having enough sleep can lead to trouble. We can always continue exploring the fields of knowledge after a good night's sleep.

Food quality is a very important factor in Being. It can also determine how much you can recuperate at rest time. Whole foods along with the basic noticing of your breath can make a difference in your meditation. Exerting your self at a long term period can lead to disease (yin and yang imbalance). All the fast food readily available adds insult to injury (dis-ease caused by work demands).

We need to accept our limitations to help explore the fields of knowledge in an upward spiral. Cleaning up is integral to the process. The more patterns we come across in the fields of knowledge as we explore it, the closer we can reach axioms. Some blanket statements such as "All-Is-One" are axioms. We shouldn't be afraid of heights if we intend to reach the limit of human thinking (view of the summit).

We just need to achieve yin and yang with our body, so that we better pierce through the veil of illusion. Despite catch-22s, we can reach software ascension by achieving balanced yin and yang. We just have to look our surroundings in a new light. With that balance, there is no limit in the cosmic humor and art we can have. Then there is no limit to the number of parallel realities we can create after hardware Ascension.

Misuse of meditation in the current social environment

The current social environment has sophisticated methods to derail our train of thought (disturb). "They" usually target trains of thought that will center us with our higher self. First you were nurtured with the systems already in place. The social environment acts as a reminder in itself.

Their methods are the top charts in the music and movie industry. Also they advertise products that impede spiritual growth. They report fear based news in the mainstream media. Seduction from the establishment is one tool to keep us off-center. They place all those demands in the

education system and the employment system. It takes the appropriate management and leadership skills to promote them.

This is how "they" derail our creative train of thought and lead us to self-destructive ones. It is so effective in distorting your interpretation that "they" have the audacity to include occult themes in movies and video games at plain sight. The spiritual point of view is nowhere to be found, they simply have to censor straight spiritual talk. They keep us in our base survival instincts. This means only the lower three chakras operate.

The festivals from the religious establishment were designed to keep the train of thought focused (centered) on consumerism. The infamous example is Christmas. When we are fearful of breaking some dogma (blanket statements), it is already just as effective as a meditative mantra. The Christian mass is already one form of group meditation, but is not known as such due to semantic tricks.

The funny thing about those type of festivals is that, it never focuses on the self sustaining natural cycles. If we can easily meditate on basic principles, why is it so difficult? They nurture you under the spell of compartmentalized semantics.

How can you make meditation work for you

As we can see here, our train of thought is just like a musical playlist. Based on the set amount of things we can do on a given day, we have a choice whether we want compartmentalized, prejudiced thinking, or holistic, big picture thinking. As mentioned in the previous serial, we can balance creative and restful meditation. Knowing the picture of meditation, we can create a world that works for everyone.

We can use meditation as sign of gratitude. Some cultures remind themselves of how to give thanks to the land, water and air (natural cycles) after a strenuous work day. Balanced yin and yang has the same meaning as optimization.

Solving paradoxes is one key part of forgiveness. Arranging, organizing and reconnecting perspectives requires cleanup. Meditation is about forgiveness (yin) and the overlooked part is the mental flexibility that can come with it (yang). This type of meditation is self reflection. Insight, forgiveness and mental flexibility go hand in hand.

The goal of this book is to **connect words** that are not considered to be related to meditation. It's goal is not to eliminate words. Precise vocabulary can be used to make distinctions and some words with the same meaning can be redundant, so can be eliminated from the vocabulary. Some words, despite having same meanings, are deeply integrated into culture and ways of living. So, they have the same meaning but reminds you of different cultures.

The control paradox and creative spontaneity

Can mediation (intuition) and control (logic) work together? (P3)

As we progress in the veil of forgetfulness, our thinking becomes more streamlined thus, allowing us to plan the minute details (e.g., engineering). Preconceptions can be dead ends. The other choice is to observe things unfold. Observing things unfold doesn't we should throw away our educated guesses (analytical thinking). Some meditative mantras, allowing easier meditation, are forms of control in themselves, but is not strenuous.

The guesses complement observation. Our accumulated knowledge allows us to have better educated guesses. It can help us better solve

problems that may occur while observing things unfold, so it can add more fun. This is why learning is a didactic experience.

So we need not give in to analysis-paralysis (preconceptions), if we need to be courageous. We need the actual event such as traveling the uncharted land. Not knowing what will **come next** is already enough to make you excited, so gives a lot of enjoyment. The actual travel will differ from the travel guide.

We can be thankful for how control can lead to more spontaneity. Having the tools required for writing readily available is easy to control. Just having the tool makes you more spontaneous with your ideas. An idea can give fertile ground for other ideas. This is why we are so eager to learn how to use and control tools.

See if you can meet any demand you set on your self. If things unfold differently, learn from it, this will invite introspection. Do not place demands that will cause breakdown (too much yang) in the long run. The establishment places too much control on us, and is very stubborn to changing their methods. This is why smart activism is beneficial.

If something in this book are difficult to grasp, just continue doing your thing. Come back to it later when your suddenly reminded of what you cannot grasp. You may consult other sources along with this one. You can use any logical contradiction as signposts to something more wonderful, this will be discussed in Serial 7 of this book.

Spiritual readings

This is not to put into disadvantage spiritual healers. This is to give a new light to readings and make sound simple and less mystical. When giving readings, we have to be aware of balance and optimization also. We cannot overwork ourselves on giving spiritual readings.

Readings can only work if the person is taking the initiative to change their way of thinking. Sharing your story is already one form of reading but you have to focus (center) on the point of view of the person you are guiding. Their train of thought will lead you to the solution. So spiritual readings are much less of a mystic phenomenon. Even creating scenarios and plans is already a form of spiritual reading.

It is up to the other person to discover their own crystal (light) language. We don't always have to prove everything to the other person, so we only show ways. Plus we have ourselves to maintain. Which is better doing approximately 400 readings in one year, or finding ways to let people meditate on their own?

This reminds us of the saying: "Do the fishing for someone, he will eat one day. Teach someone to fish he will eat for life." So spiritual readings can be used as starters. Readings don't have to be long sessions. Just think of the person when you can, anywhere. It is all about passionately remembering the person.

Thus the old-fashioned online forum is already a good place to do spiritual readings, but is a very basic form. Once you are authentic one-on-one, you are good to go. However, it is better to meet **in person** when available and set appointments. **Body language** enhances the conversation and makes the reading more effective.

If spirituality is about listening, and if readings are about listening one on one, then the regular forum discussions as simpler versions of readings don't sound not far-fetched anymore. Even a conversation in the park will do. All you need is a heart-to-heart conversation. Spiritual readings are all about finding solutions.

Serial 3: Creative (Yang) Meditation

As mentioned in the previous Serials of this book, creative meditation (yang) is about using tools for creativity. Strenuous thinking or doing is not called meditation in today's esoteric circles. But it is also meditation because the end result is refreshing despite the temporary discomfort.

To keep concentrating we need affirmations, Affirmations have to be applied to a particular problem here, if not, they are only blanket statements. We can center (start) ourselves on a point of departure and lose ourselves in the creative flow.

For maximum focus it requires the language of silence, where disturbances can be eliminated. It involves body strain and mental strain, which requires maintenance meditation as recuperation. When daily tasks become a bit mundane, it can be a combination of creative and maintenance meditation.

You can include just about anything that makes you feel lazy to this list. Even thoughts such as planning are prayers.

List of creative (yang) meditations

- **Household chores.**
- Fixing machines.
- Planning how to diagnose appliances (and other household equipment) and any form of planning.
- **Analytical skills** (explained in Serial 3 of *Analytical Skills Can Unlock Your Hidden Potential*).

- Introspection and outrospection.
- **Practicing any skill.**
- Creating informative essays.
- Writing in your journal without thinking of grammatical errors.
- Editing and correcting grammatical errors in any text.
- Writing poems or other forms of creative writing.
- **Putting art into canvas.**
- **Composing mediation music.**
- Group discussions on planning.
- Developing a new version of your software.
- Books can be treated as strenuous form of guided meditation.
- Organizing your room to make it support maintenance meditation.

Serial 4: Maintenance (Yin) Meditation

As mentioned in the previous Serials of this book, maintenance meditation (yin) is about taking a rest after a long day of creativity. This allows us to focus again when our mind is slow. They seem to be the only type of meditation in today's esoteric circles.

To keep concentrating we need affirmations. We can center ourselves on a point of departure that will help us take a rest and lose ourselves in rested flow. Blanket statement affirmations can be used as effective centers.

For maximum focus it requires the language of silence, where disturbances can be eliminated. After some sufficient moment, it can make you feel relieved and make you ready to take your creativity to the next level. You can feel anxious when you have too much rest.

You can include just about anything that makes you feel rested in this list.

List of maintenance (yin) meditations

- Noticing your breath.
- **Music**: solfeggio tones, meditation audio tracks with instructions.
- Reciting **mantras**.
- Noticing and reflecting on your workflow.
- Guided meditation tracks.

- Decorations on your house and desk.
- **Looking at nature.**
- **Cultural rituals** based on gratitude.
- Enjoying someone else's work.
- Reflecting on what happened during the day.
- **Ancient practices** such as qigong and tai chi.

Serial 5: Acceptance

Acceptance and mental flexibility

When you lose yourself in creative flow, non-attachment or mental flexibility is a key tool. Acceptance is about observing something new. We know that to give room for something new, we have to first let go of the old. When we are tired of any creative meditation, we can try another one, but that doesn't always mean goodbye.

So that means we have to detach from the old, then attach ourselves to something new that dissolves the veil of illusion. This means we have to say goodbye to things that are no longer functional. This is about changing our train of thought for a given day. Acceptance leads to new worlds or uncharted territory, this means mental flexibility will help. Acceptance is also about not only about replacing trains of thought, but improving on those also.

Attaching and detaching is a part of habits. Mental flexibility itself is a habit. We can detach from a train of thought for a while, and then attach to another. Also, we can permanently detach from old practices. We can look at old practices from a humor perspective, and nothing undesired will manifest. Mental flexibility is about mental degree of freedom. When we integrate fields of knowledge, we can have mental degree of freedom, or mental flexibility.

Attachment is when something occupies your train of thought. When we are obsessed about something, it can be too much attachment, so it may come at the cost of an opportunity. Looking at the small picture limits degree of freedom. All those dogma and the stuff that seem mystical limits degree of freedom. The mysticism of some concepts can

be too exaggerated that it can cause obsession, as will be discussed below.

Surrender has a very similar meaning to acceptance, but it is more about giving in to something that doesn't align with your soul contract. Both words are about replacing parts of your train of thought. Trading a problem for another problem is an example of replacing a train of thought with another one. This is like trading sugared cola for one with artificial sweeteners that can ruin your nervous system. So if we want to look at the bright side, we can use the word "acceptance".

Detachment is about replacing or removing, this is helpful when in resolving analysis-paralysis, which is observing without being too attached to anything that will happen. That doesn't mean we can stop making predictions to help make sense of the events.

Though predicting here has to be taken lightly, though shouldn't dominate the observation. When we observe, we should be willing to detach, this is acceptance. Acceptance is when you integrate beneficial trains of thought. We have might have preconceptions about how egalitarian living will be like, before we go to the actual site of egalitarian living.

Being able to zoom in and out of the big picture allows us to attach and detach trains of thought in a flexible way. Being too attached causes mental rigidity. Detachment is a tool for flexibility. So mental flexibility is about attaching or detaching at the proper moments.

This is why some meditative mantras (affirmation) can be use for stimulating mental flexibility. It takes some energy to detach to a habit and attach to a habit. Still, we can be exposed to everyday drama as long as we are out of any room we have created for maintenance meditation. We also can attach to a center that supports maintenance

meditation, if we are tired after a long day of any creation that requires mental flexibility.

Acceptance, intention and planning

No matter how you wish to make instant changes to your reality, you are where you need to be. So that you won't get lost, accept your current position, but find solutions and the appropriate information. Find the path via trial and error to support your intentions.

Be patient, the most challenging intentions doesn't happen overnight, unless switches have been blindly tripped. Difficult solutions require challenging methods. Acceptance is a key tool for planning. We might plan, but things can always go better or fall short than what you have planned. A little plan goes a long way.

There are two elements of the law of attraction: The support of the higher realms via synchronicity and the current state of participation of the masses (non-local mirrors). Demystifying half of the law of attraction concept, the law of attraction can now work well with planning. The law of attraction will be discussed in the last two serials of this book.

Spontaneity is about changing patterns or finding new combinations of train of thought, this is where acceptance is a key role. An insight can be made us feel ecstatic that we immediately accept it. Planning projects is about creating a combination of steps that will lead to the desired goal. As mentioned earlier with the travel analogy, a little bit of control can give rise to more creative spontaneity.

Demystifying sacred experiences

With the proper thought patterns, you can attract more *satori* in your life. Sacred experiences (OBEs and lucid dreams) is just a U-subset of

satori, so *satori* can mean any enlightening experience. You can connect *satori* to your other experiences in life, and find meaning in any *satori* when you get more abstract by connecting your sacred experience to other fields of knowledge.

When we treat things as sacred, we can be scared (frightened) to change anything. For example for any sacred texts, we don't feel like deviating slightly or expanding on the meaning. Nor do we feel like connecting it to the other fields of knowledge. Religions teach this unhealthy habit, it goes unnoticed in some lightworker circles.

Logic is often kept away from sacred experiences. We can be too attached to mystical experiences and forget to change our mind, which can defeat the purpose of the mystical experience. Things we consider as sacred can cause unhealthy obsessions. Any mystical experience like OBEs should have a practical side to your life, as mentioned in a previous article, *Life in the Dream*.

The word sacred is often infused with determinism. Any changes or experiments with it will cause a lot problems, from how society interprets the word "sacred". There is no harm connecting it to other places, and observing how it will unfold. Acceptance with mental flexibility is key here.

The sacred things should empower you, not make you mentally rigid. *Satori* should be used as signposts to something more wonderful. The sacred things should bring more meaning to your life, when used properly. There is more meaning to it than what you can interpret at present.

Sacred texts and definitions like *satori* can be changed only when necessary. It is true that *satori* cannot be described to the current empirical science that uses only the five senses. That doesn't mean to

attract more *satori*, you need to discard intellectuality, true intellectuality can only work when you add extrasensory perception. You can have light language as a *satori*, which is purely abstract.

Having connected several fields of knowledge is already a *satori*. *Satori* needs not happen in only a few days. It can go on for life. Experiences like that can be difficult to relay in words. No matter how much you describe it, only a few may understand. That few are the like minded people.

Serial 6: Mirrors

The mirror phenomenon or law of attraction has two main characteristics: In this serial, non-local or collective (people) aspect will be discussed. Serial 7 of this book will discuss the second aspect, synchronicity with like minded people.

The law of attraction has been frequently discussed in esoteric and personal development circles, but only a few can find the connection between collective participation and synchronicity. The field (attractive) effect of thoughts can be called the law of attraction.

This brings us to the paradox: I have changed every aspect of myself, why my immediate surroundings hasn't changed much? (P4) Lag-time or manifestation lag due to collective participation is a key aspect to that paradox.

Intention won't make you instantly switch to your preferred reality instantly. Many things first have to be considered. The current situation has to be taken into heart first, only then we can see clearly the many pathways to the solution. You are where you need to be. The collective participation is the key challenging factor.

It is not like immediately pondering on something can make your reality switch instantly. The most challenging things don't happen overnight. Some things are easy to do and some are not. It is very easy to ponder ambitious changes, while most neglect even the smallest habits like simply avoiding fast food.

Changing the social establishment is a very broad goal. It has sub-projects. Simpler ones you can easily control such as emptying your cellar to break a persistent habit of hoarding is much easier than that.

Intention, mirrors and switches

Intentions are not a switch you can just flip - the most ambitious projects are challenging, so they don't happen overnight. An example is the project to end the normality bias. A project like that involves the participation of the masses. The mirror can be slow due to the lag-time, depending on how many participate. In the end, you can only set yourself as an example.

Neither you immediately see what is in the mirror. The outside environment acts like a mirror, so you might unknowingly be flipping switches, no matter what you resent or how embedded is the normality bias. So it is better to match your knowledge on how the mirror works by removing the veil of forgetfulness. Below, we will focus on what you can control, the personal mirror.

The mirror pays attention to any resentments that have played a role to any of your decisions. From the worldwide point of view, the collective resentments are considered. All-that-Is works in optimized conditions. The optimized conditions act as a mirror. Mirrors have fractal aspects.

Local mirrors

Having amnesia (veil of forgetfulness), we forgot how the mirror (outside environment) works. We are only talking about local mirrors here, this is the health of your body. Based on fractals and set theory, we will look later at non-local and the very interactive mirror phenomenon. It is simply a very big mirror that includes not only you but the collective (that

means billions more). Many look at mirrors only at a street point of view, not worldwide point of view.

From the local point of view, complications of dis-eases are the result of switches being tripped blindly. Only when it is too late, it is the time of reckoning, or climax. The climax of smoking is lung cancer, for eating fast food, it is heart disease. Climaxes can lead to catharsis (personal clearing).

Now why do things fail? You simply took the wrong path in the maze, or there is something you have **overlooked**. It is the mirror giving its feedback, you might need to go back and patch up something. Being in the veil of forgetfulness needing to practice skills, you need the proper information to solve the problem. No need to go the beaten path, instead you can solve paradoxes in an upward spiral to find the Ariadne thread.

Manifestation and readiness of the social environment

Manifestation in this 3d/4d reality has lag-time. Lag-time is not only dependent on the effectiveness of the tools, but the participation of the people, if people are a significant part of the creation. Usually like-minded ones contribute best to your ambition. For something to manifest, it requires the (readily) available energetic conditions. It is much easier to change yourself, but groups people are more difficult to change.

Depending on the level of participation, it takes a lot of energy to manipulate, so it can be a challenging path ahead. For the level of collective participation, the collective health can be treated as an LRC, just like personal health. As we will discuss in Serial 7 this book, to best attract information from higher self and like minded souls/people, we have to take creative initiatives. Without emotional intent, you cannot plan a lofty project.

This is why engineering projects on building shopping malls are successful. They were not only carefully planned, but participation of the people keeps them alive. People play a bigger role in success than the managers behind the project.

The managers can only plan to how make people participate. People playing a big role often sound mysterious to managers, because some managers are deterministic. Just like how spiritual healers need your participation, the pinnacle managers need your participation. They take participation for granted due to the dominance of the money system and the broken education system. Thus the conditions for building shopping malls are readily available.

Shopping malls only survive because consumerism and the money system are dominant. They were also able to survive because the masses cannot comprehend the big picture of spirituality. Shopping malls were erected, and continue operating due to the precautionary measures and other personal insecurities. Yes, there may be many practical things found in shopping malls, but the advertisements that focus on personal insecurity are more dominant.

Envisioning and intent

Some say if you think of utopia, you will see utopia. But we still see consumerism, no matter how that intent occupies your train of thought for the day. The vision of the utopia is only the center, then a flow called the plan is needed.

Accepting the current situation of the collective is needed. As you can see patience is key here. When we consider the collective, utopia is not a single switch you can just flip, there are hundreds of them. The conditions for utopia are not yet readily available.

For the current conditions, ponder of war, you see war. The conditions are already switched on, the technology is (readily) available, we have the masses nurtured under destructive world views such as consumerism, or racial slurs. If you ponder more deeply of war, you will think of nothing but to improve those needless technologies. For war to be successful, you truly need a lot of blind supporters, thus it just like using people. But a person pondering war from a humour perspective, war will not manifest.

Similarly, if you think of *iPhone* you will see *iPhone*. It has already been fully developed as to be popular. The company behind it has a lot of fanatics to begin with, not only that, gadgets are often mistaken to define the identity of the person. Again, the conditions for manifestation are readily available here.

But on the other side, they say if you think of healthy spiritual living, you will see healthy living. Manifestation here is not as instant as it looks. You are easy to change, but others are difficult to change. Not many see the bright side of it, nor have experienced it deeply.

Unlike consumerism, there are only a few who are devoted to spiritual principles. This utopian idea will require a lot more ambition. The conditions for manifestation will require a lot of patience to make it readily available. So the paradoxes contained in manifestation topics can be cleared if we first consider the current conditions.

The manipulation of the "dark ones" can be noticed, but the only significance they give is the management skills they use. Having integrated the management skills and social dynamics (current situation) to your plan, they become insignificant. Politicians or the juridical system can become insignificant, if you have found a solution that will render the current authorities useless.

Also, the masses don't know they are being used, so they all play a part to the diabolic plans. Politicians cannot work without their support. Ignoring climaxes only for this sentence, it takes a lot of energy to break that spell, one person at a time, it is possible, and may be easier said (planned) than done (haphazardly).

Non-local effect of mirrors

What is we have just explained here is the local mirror. The local mirror is the thing you can control, but for the non-local mirror with the shopping mall example above, is an ambitious thing to control, you might need devious methods. Synchronicity can help make things less harsh, as will be discussed in Serial 7. The non-local mirror will remind you of the saying: "We are in the same boat."

You can only change yourself and your immediate environment. You are healthy. You can terminate relationships that no longer work. You might have developed something sustainable in your immediate personal or group environment (egalitarian communities).

Despite all the condition you have set for yourself above, you are still doomed to a reckoning cataclysm if there are not enough people living like you or thinking like you. You will see in the non-local mirror the **sum** of the collective thoughts. For your lofty vision to be significant, many will have to participate, otherwise you won't see your vision in the non-local mirror. Your thoughts will look blurred in the non-local mirror, like needles in the haystack if many still support consumerism.

Due to the effects of the non-local mirror, the interdimensional split after the climax (cataclysm, mass catharsis) occurs sounds like a plausible solution. That means going to different boats, so you can execute your visions (e.g., egalitarian living) with less resistance.

We have yet to see a climax, only some natural events never expected in a long time, say hundred years. So all we can do is improve ourselves as a like minded person group. A little bit of synchronicity goes a long way. The many warnings that a climax about to occur is no excuse for not changing your habits. Take the many warnings as a different perspective to push you in planning to make your vision successful. At least use the local mirrors discussed here.

If those warnings exist for a reason, then use them as motivation, instead of dismissing them as doom and gloom. There is more to life than business as usual. The fact that you will eventually die is enough to help you envision a more meaningful life, instead of giving in to vices or esoteric fluff. Can the certainty of death bring meaning to life? (P5) This is not about the angst to die, but this is about how death can remind us to be thankful of the talents we have.

That may sound like the victim mentality to some, but that is the everyday truth of challenging goals. We still have to bear that we cannot prove everything to everyone and can only describe our experiences. We cannot manifest our lofty goals without the participation of the collective.

Despite all the problems stated in this serial, like minded people are not only mentally connected to us, but astrally connected to us. This is why lightworkers often talk of the hundredth monkey, it is a true phenomenon, but a hundred people first need to practice effective strategies and plans, not esoteric fluff.

Serial 7: Synchronicity

In the previous serial, we have only discussed non-local mirrors on a worldwide scale. That serial is more focused on what we can observe with our five senses. Now this serial will describe how the astral realms help maintain the cohesiveness of like-minded people, which is beyond the five senses. Synchronicity is the key reason we practice group meditation, whether creative or maintenance.

Synchronicity is an umbrella term used to describe some phenomenon beyond the five senses. Thus synchronicity is a key part on the law of attraction, because you attract events that you least expect. So synchronicity can breed opportunity.

Despite the harshest conditions, we can use synchronicity to our advantage. The speed of how things will manifest depends on the collective. Even synchronicity may be found in unexpected places like advertisements. Sometimes number combinations will appear.

The more like minded the person, the more we attract desired art. Astral and soul links also have to be taken into account. It is also possible we astrally arrange events via night dreams. All have experienced meaningful synchronicity in the forum, no matter how much we think it all just happened by luck or coincidence.

This is why everything seems to be ordered when you expect disorder. The arrangement of events from the higher realms are precisely coordinated. Synchronicity cannot happen without personal **initiative**, when you see the opportunity knocking, you have to take part in it.

Support of like-minded people

Synchronicity complement plans. More impulses from higher self while doing work can be treated as synchronicity. This has happened in the forums. Sometimes other articles or channelings complement what you are doing. You just need to be at the right place (state of mind) and you will attract.

Mental flexibility is knowing when to attach or detach. Non-attachment as frequently mentioned in esoteric circles can be called mental flexibility instead. A set of thoughts for maintenance meditation can be treated as a **hub** to other thoughts.

To see where the center will flow, you need to plan it yourself or with like minded people. Synchronicity with like minded people complement the plan. You have similar thoughts with another when you least expect it. Synchronicity can enhance further development of ideas. So it only strengthen the morale of like minded people.

Developing our thoughts can lead to more synchronicity. This is good news if you look back at the non local mirrors previously discussed, where lofty plans can manifest slowly. One step at a time, no work is too small, better yet, good works can come in small packages.

Bits of telepathy

Lets face it, despite all the terminology associated with the law of attraction, some types of synchronicity can be called telepathy. Telepathy is more likely to happen in like minded people. It is the interactions between the higher realms and the realms we are now.

The higher realms works like an **amplifier** you see in sound systems. This is why they call it morphogenetic fields, also this is the reason for group meditation. If you think of a question, then someone asks the

same question the next day, and the other person's question is answered.

This way the higher realms do help, but it has to follow key energy optimization principles. That means keeping the game fair. The key principle is that anything too difficult will suffocate the person. They use the principle of one step at a time, at the right pace, they cannot overload you. Just like spiritual healers, the help can only work if you are willing to take the initiative to change yourself.

It is like didactic explanations. So any logical contradiction is already a *good sign* of progress in the upward spiral than no progress at all. It is already a sign you have taken the initiative, so do not berate yourself when someone has identified a logical contradiction. Still you have to work on opportunities to solve paradoxes. A bit of discipline will go a long way in achieving clear thinking.

When we talk about telepathy here, that doesn't mean the other person will fully read your mind and every move. You might have passed through different ways, but lead to the same conclusion. It is just a matter of resonance (like minded people).

Things happen for a reason

Esoteric circles look at the law of attraction in a deterministic way. Determinism is based on this notion: "It just works that way, let's not find meaning in it, or go deeper into it". They usually get mixed up with the astral part and the empirical part of the non-local mirror. Synchronicity can happen more quickly than the non-local mirror described in the previous serial.

Finding meaning in anything can help connect fields of knowledge. You may not notice you attract synchronicity in your life. It can be treated as

random chance, or luck, from a deterministic point of view. This is why some things are called lucky charms. They remind you of a constructive thought, so you attract more experiences like that.

Telepathy can help you better attract events. How do catharsis or dark nights of the soul occur? Some things happen for a reason and this is the wobbly side of synchronicity. When things seem to strike unexpectedly, there is a good chance you have attracted that event. You don't know if it will bring you benefits. Even some meditation forums observe this effect.

We can always find meaning in every unexpected event. Some beneficial events also happen unexpectedly, often in a package you don't understand yet. Some climax events caused by local (personal health) or non-local mirrors (environmental health) can be cathartic events.

Conclusion

The only thing we can focus now is what we can control, no matter what climaxes are about to take place. No initiative is ever too small, because every small step taken, can lead to big steps. Your work might be difficult to start, but as you reach the end, it becomes easier.

It is a chain reaction, it is like how Internet memes go viral: a person passes a meme to their friends, then it spreads like wildfire. The hundredth monkey notion in esoteric circles works like that. It is a chain reaction. Mathematically, how the meme spreads worldwide over time can be modeled as an exponential curve.

The only difference is that personal change takes more effort than a short peek at a meme. Also, personal takes more effort. Many would look at memes rather than resolve downward spirals in their life. So one

person awakened is never too small, they need more examples of personal change like you. Even if any climax approaches before a significant number wakes up, you still have to take the initiative to change yourself.

For some, synchronicity may happen every day that we can take for granted, and stop being thankful for the little things. The best you can do now is to live your example and be thankful for any synchronicity you may take for granted.

Changelog

Version 2.0 - 1/6/14

Minor edits were done to Serials 1 and 2. Also, reference to chakras were added.

Added serials about the law of attraction. These are Serials 5,6 and 7.

Version 1.0 - 12/31/13

First release with four serials.