

To subject outer intention to your will you have to wipe all negative thought from your mind and establish harmony between the heart and mind in your positive striving

When you express resentment and dissatisfaction you become subject to the impact of balanced forces. Then you become dependent on destructive pendulums and your thought energy becomes focused on negative sectors of the alternatives space.

The Game Script

You will wake up when you come down into the auditorium and rouse your inner Guardian. Once in the auditorium you will continue to play your role, speak the necessary words, carry out the necessary actions following the established rules, only now you will play your role consciously, in a more detached manner assessing what is happening around you with a sober mind.

The level of conscious awareness is higher in waking than it is in dreaming and this is sufficient to direct inner intention. Outer intention requires an even higher level of conscious awareness. In lucid dreaming, as in waking reality in order to work with outer intention you have to wake up

outer intention arises not as a result of will but as a consequence of harmony between the heart and mind. Outer intention acts independently of personal will and so inner intention (personal will) should only be directed towards achieving a harmonious connection between heart and mind. To successfully set outer intention you have to first acknowledge that the script can be controlled. Awareness is also essential if you want outer intention to work in your favour.

To gain control both in dreaming and in real life it is essential to switch from the role of immersed participant to the role of witness. You continue to take part and play your role in the game but your inner Guardian is always vigilant. It is as if you detach yourself, enough to be playing the part of an actor at the same time as observing your role and the theatricals of others from the auditorium. The Guardian is always switched on in the background. It does not get involved; it just follows carefully and soberly assessing all that it observes.

In dreaming the level of awareness is minor and so the dream 'happens'. If however, a person is aware that they are dreaming the situation is under control and they can do whatever they wish.

The individual is prisoner of their own conditioned perceptions of how an event may develop. Despite the fact that the perceptions originate with the individual they dictate their own will reducing their owner to the position of victim

At this stage you have joined in the game, becoming susceptible to outside influence; in other words you have dozed off. You can now be taken by the hand and lead like an obedient child into a room where difficult, exacting work awaits you, ending up on a life line where this is exactly what happens

Now imagine a different version of events. A person comes up to you with a problem. In this moment you shake yourself and tell yourself that you are not sleeping and can decide whether the first prod of the pendulum will become a problem for you or not. This is the first condition to establishing control over the situation. The second condition is to take it into your head to defeat the pendulum. Even before you learn the nature of the problem, program yourself to perceive whatever it is as a mere trifle. The most important thing is not to allow yourself to be lead by the hand. Do not take any assertive steps, refuse to get involved, prevaricate or become irritated. Simply listen to what the

person wants from you. Externally it is best to nod your head, make the right noises and internally remain the witness, not the participant. This is the role of the observer who takes part, like a trainer who sometimes plays as well.

. Do not forget to trust the alternatives flow as well. If the level of unity between heart and mind in the vaudeville attitude to the problem is sufficiently high you will receive mind boggling results that you could only have dreamed of

Sometimes, when a person steps off the stage into the auditorium they are seduced by the desire to change the script by force, imposing their will on the remaining actors. This type of behaviour has nothing in common with Transurfing because it depends exclusively on personal will (inner intention) to push against the current. You have to remind yourself again and again of the need to go with the flow. Conscious awareness lies in observation, not in the ability to control.

Control should only be directed towards imagining an auspicious script, allowing it into your life and embracing it with all your heart, instead of floundering about in negativity. It is not about forcing your own script on the world so much as considering it possible, allowing an alternative to be realized and allowing yourself to receive it. You will only succeed in ceasing to do battle with the world and allowing yourself to choose if the heart and mind are one

Kavish at 27-10-2024 20:35

The more we daydream in everyday life, the more mistakes we make.

You have to develop the habit of constantly listening for the rustle of the morning stars to hear the music of intuition.

You have to remember to ask yourself every minute of the day: "Are you asleep or not?" so that it becomes an attitude.

Pure intention never creates excess potential. Pure intention assumes that everything is already in the bag. You simply decide that it will be so. It is like an almost accomplished fact

The thought pattern described below will help you to cleanse your intention of desire: to start with you consider the goal you want to achieve. As soon as doubts enter your head you know you have desire. If you start worrying about whether you have the necessary qualities and skills to achieve the goal it means you have desire. Even if you believe that you can and will achieve your goal, desire can still be present. You have to want and act without fuelling the emotion of desire. The intention to lift your hand up and scratch the back of your head is an example of intention free of excess potential. There should be the pure intention to act, not the desire to act. This requires reducing the levels of inner and outer importance you associate with the goal. There is a very simple way of reducing importance which is to come to terms with the possibility of defeat at the very beginning. Unless you accept the possibility of defeat you will not eliminate desire.

Once you have consciously accepted the possibility of failure do not think about failure or success, just move in the direction of your goal and set off just as you would if you were going to the

newsagents to buy a paper. Success will be in the bag, and if for some reason it is not, then there is no cause for sorrow or regret.

Kavish at 03-11-2024 17:16

Slides

Slides are created when you attribute too much meaning to other people's opinions of you. If it matters to you what other people think of you and yet you do not know what their opinions are exactly, a slide will take firm root in your mind. The slide is a product of the imagination and so it can be called an illusion and yet it is an illusion that can deeply affect a person's life. Slides are one example of how outer intention can act to your detriment irrespective of your personal will

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All you have to do is insert a positive, coloured slide and you will see that it works just as flawlessly as a negative one. Focus on the most positive sides of your personality and people will perceive you in that light. This is the other positive aspect of slides which can and should be exploited.

Bravery can be represented by resoluteness, beauty by charm, strength by dexterity, the ability to talk by the ability to listen, intellectuality by awareness and physical perfection by confidence. By setting realistically achievable goals you give outer intention the opportunity to fulfil your minimum order more quickly which means it can then set about realizing more complex tasks

The slide does not have to depict a static image. It can be a representation of how gracefully and confidently you move; how elegantly you dress; your aristocratic manners, shining wit and charm, how quickly other people warm to you or what brilliant problem-solving skills you have. Feed the slide into your mind and 'forward'! Just like a negative slide, a positive slide will directly effect your actions and overall behaviour. You will unwittingly, unconsciously, begin to adjust to the slide. The main task though, is for outer intention to fulfil the picture in the slide

You have to recreate the picture in your thoughts until the slide dissolves. What I mean by this is that with time the slide will become an integrated part of your personality, at which point, it will cease to exist. Once you achieve your desire, the slide will cease to be significant. Importance will disappear and the slide will melt away, but not without first fulfilling its mission. When this happens, the heart will be in harmony with the mind. The slide's mission cannot fail to be fulfilled because you desire it with both your heart and your mind. When the mind tries to transform a slide into reality by itself, your heart knows that it is just playing a game of masks. On the other hand, if you systematically and

consecutively consolidate the slide's image in your thoughts the heart will get used to it and agree to integrate the slide into its essence. Remember, that outer intention will not realize the slide immediately. It requires time and the effect is gradual

Positive slides will take effect more rapidly and effectively if you interact with people you have not met before, as they will have no previous conception of you. This could be at an interview, a competition, a party or some other event.

Kavish at 16-11-2024 19:12

Widening Your Comfort Zone:

Give yourself permission to be worthy of the luxury. You genuinely deserve the best. Destructive pendulums only instil the idea that you must "cut your coat according to your cloth" because it is to their advantage to keep you under control. Walk boldly into expensive shops and look at their wares with the manner of an owner and not a servant to a wealthy house.

It is essential to give yourself permission to have. The feeling is similar to riding a bicycle without stabilizers for the first time when suddenly all doubt, hesitation and verbiage disappears leaving nothing but the wordless clarity of knowing. The feeling of clarity without words, knowledge without faith, confidence without hesitation comes from the unity that exists between heart and mind. When you experience this state, you sense your own oneness with the silent force that rules the Universe. This force catches you and carries you into a sector where the subject of agreement between heart and mind can be manifest.

However, positive slides can help include the implausible into your comfort zone. When the idea that any dream is achievable no longer makes you uneasy, doubt will melt away and faith will be transformed into knowledge. The heart will come into harmony with the mind and the will to have appears. It is futile to try and convince the heart of anything. The heart does not reason, it just knows. The heart can be taught however, and it is capable of embracing a new comfort zone. This requires a slide. With the help of slides unity between heart and mind can gradually be achieved. The fortress is taken by lengthy siege. Create the dream slide in your mind and hold it in your awareness constantly. Return to the picture you have created again and again and refine the details constantly adding new elements to it. Do not look at the slide from the standpoint of the objective observer; delve into it, live it, at least virtually. Pinch yourself every time you find yourself picturing the slide like an image from a film on a flat screen, as this is not very effective. You have to mentally play out the scenes experiencing yourself as a direct participant rather than a cinemagoer. Whatever you are doing conjure up the slide in your mind's eye as often as you can. You can think about other things but the picture should always be there in the background. Seeing the slide has to become a habit. A slide will only bring results if it is reproduced systematically over a period of time. Express an active interest in anything that relates to the object of your dream. Absorb all the necessary information allowing it to penetrate the layer of your world. It helps to play your slide out in real life, at least formally. For example, in those expensive shops you can practise how you would like to choose. Do not think about the money and do not look at the price tags because money is not the goal so much as what you can buy with it. It is enough simply to be around expensive items, to feel the taste of them, to spend time choosing calmly looking around and evaluating the items on display. Allow all these things into your personal space. Look at the items as if you were planning to purchase them

soon and not as if they represented an unattainable luxury. Pretend you own the goods already. Let the shop assistants think you are a potential buyer. Play at being a buyer who is discerning in their tastes, (being careful not to be superior). By letting these things into the layer of your world you will gradually attune to a life line in which they can be yours.

Whenever you feel the slightest sense of awe for the world of your dream, drive the feeling out of your mind. Outer and inner importance are obstacles on the path to unity of heart and mind. This is your world and there is nothing in it that is unavailable to you. The world of your dream should be joyful and at the same time commonplace. When something is yours it seems unremarkable and has an everyday quality to it, so in order to attune yourself to a life line that corresponds to your dream you have to feel as if you already had it. You are consciously playing a game not just kidding yourself

Kavish at 16-11-2024 19:55

Visualising the Goal

By playing an active role in the visualised material you set the parameters of your thought energy to the corresponding life line. For example, if your goal is to have a new home there is no point in looking at it in your thoughts as you would at a painting. Create a kind of virtual waking dream. Enter the house, walk through the rooms touching things as you go; sink into an armchair across from the fireplace and feel the cosy warmth and smell of smoke; put a couple of logs on the fire; go into the kitchen, take a look in the fridge to see what you can find. Go to sleep in a comfortable bed. Do you feel relaxed? Sit at the table with your family. Have a house warming party. Move the furniture around. Touch the grass in the garden noticing how green and soft it is. Plant some flowers. What are your favourite? Pick an apple from the tree and eat it. Make yourself at home because it is your home. Do not look at it with the eyes of a suffering dreamer, with awe as if it were something unavailable or some distant prospect. The house is already yours; act as if it were real.

If you do not know yet how your goal might be realized do not worry; just continue visualising your slide calmly and systematically. Once the limits of your comfort zone have been widened enough to embrace the goal, outer intention will offer up a suitable means to achieve it. There is no need to stress over finding the right way of achieving your goal. The slide itself will nudge you to take the necessary actions automatically, even subconsciously. Eliminate importance, remain calm, and trust the alternatives flow.

Kavish at 17-11-2024 17:14

Heart and Mind

Consciousness is a product of human society and emerges from the concepts and definitions that surround us. Whereas the soul (subconscious) is part of man from birth, consciousness is acquired as the surrounding world becomes defined by ideas and definitions in terms of human language.

When you see the Buddha's smile for the first time it evokes a strange mixture of bewilderment and curiosity because it reminds you of a drop of something distant and forgotten – the feeling of oneness with the ocean.

Union between heart and mind is essential. If you can achieve this connection your heart's sail will fill up with the wind of outer intention and carry you directly to your goal

Your heart already has everything you need to know to realize your desires.

You already have everything you need. All you have to do is use it. You are capable of anything, it is just that no-one has told this yet.

Read the wizard within full

It might be difficult to believe that everyone deserves these things and is capable of achieving them, but you can begin to believe it if this is your intention

So how do you find your true sector? There is no need for the mind to worry about this because when left unhindered the heart will find the path of self-expression. The mind's task is to forget about other peoples' experience, to acknowledge the heart's extraordinary nature and to allow it to find its own path

Loving yourself is extremely beneficial and constructive. Loving yourself leads to self-approval and is only punishable by balanced forces if accompanied by disregard for others.

You really are a unique individual and in this sense no-one can compete with you. Just give yourself permission to be yourself. There can be no competitors to your personal uniqueness. Remember that you have a right to your own individuality and you will have a huge advantage over those who try to copy the experience of others. You will not get anywhere by striving to become like a him or a her; become yourself. Allow yourself this luxury. Whilst you wear the mask of an existing star at most you will be a copy and at worst a parody. Stars do not become stars by copying other people.

When you give up on futile attempts to be like someone else, everything will work out. Likewise, when you cease futile attempts to repeat other peoples' scripts everything will work out. When you acknowledge the brilliance of your own individuality other people will have no option but to agree with you. Allow yourself to be presumptuousness enough to have.

You understand the principle. Do not be afraid of breaking the pendulums' stereotypes and find the boldness to direct your mind's attention towards your own unique and inimitable soul

Kavish at 08-12-2024 01:01

Gaurdian Angel

Whatever you do, do not neglect your Angel. Remind your Angel constantly that you love it and are grateful to it. It will become stronger as a result and reward you handsomely

The individual is simply forced to behave in the way the pendulum world demands: to express dissatisfaction, to get irritated, to fear, to compete and to fight. Human thinking and behaviour is determined by reliance on the pendulum world. As you have already understood from previous chapters, this type of conditioning drains a person's energy, sets balanced forces against them and distracts them from their true path sending them out in search of false objectives.

Establish union between the heart and the mind and you will have anything you could wish for, literally and figuratively. All you have to do is free yourself from pendulums and soften the discord that exists between your heart and mind. Allow yourself the luxury of deserving the best

If someone tries to persuade you that you must work for the good of someone or something else do not believe them. If someone tries to prove to you that everything in life comes through hard work alone, do not believe them. If someone is imposing a harsh battle on you to secure your place in the sun, do not believe them. If they try to tell you what your place is, do not believe them. If someone tries to draw you into a religious sect or community because you can make 'an essential contribution to the common goal', do not believe them. If they tell you that you have to live your entire life in poverty because that is how you were born, do not believe them. If they tell you that you have limited options, do not believe them

Keeping importance at zero is what the situation calls for, not massive effort and tenacity.

Remember: if I am empty there is nothing for the pendulum to hook into; if I am aware of the meaning of the game pendulums will not be able to enforce their scripts on me. If they still manage to disappoint you, upset you, or throw you off balance take a good look at where you have attributed inflated importance

Kavish at 13-12-2024 23:20

The soul also has a unique range of parameters which in the context of Transurfing is referred to as fraile. Again, for the sake of the simplicity of the model we will consider the soul's fraile its characteristic frequency. Everyone's fraile is unique like the structure of a snow flake; no two are the same. The fraile characterizes the unique and incomparable essence of a person's soul.

You will come to accept (or not, as you wish) another paradox of the Transurfing view: beauty lies not in the heart or soul but rather in the harmonious connection between heart and mind. What prevents the mind from entering into a relationship with the heart? Once again, importance is the problem along with our old friends, the pendulums that install false aims and values. As we said earlier, it is pendulums that set the standards of our notions of beauty, success and abundance and inner and outer importance that motivate the individual to compare themselves with these standards. Naturally, the mind finds a bundle of shortcomings and starts to hate itself and consequently the heart too. It tries on all sorts of masks trying to make the fraile fit the standards, but as a rule nothing good comes of it. As a result, the rift that exists between heart and mind widens.

No-one can ever reach a life line where they accept themselves and feel fulfilled by expressing fundamental dissatisfaction with the self. The parameters of their energy field will simply correspond to life lines where they have even more reason to feel unfulfilled

How can you attune the mind to the heart's fraile? The only way is to convince the mind that above all the heart is worthy of love. You have to first love yourself and only then pay attention to the virtues of others. Love for the self should not be confused with self-satisfaction, vanity or complacency. Complacent self-satisfaction comes from considering oneself superior to others and creates dangerous excess potential. To love yourself means to understand your own uniqueness and accept yourself the way you are warts and all. The love you have for yourself must be unconditional

otherwise it will turn into excess potential. Surely you are worthy of your own love; for you are the only one there is of you.

Outer importance lies in the fact that I take someone else's standards to be the immutable truth. Perhaps I am valuing the virtues of others too highly? Internal importance lies in the fact that I force myself to follow other people's standards. Who said that I am any less than they are? I am just me. Could my self-esteem be too low? To learn to love yourself, shake outer importance off its pedestal and give up worshipping other peoples' standards. Who is stopping you from creating your own standards? Let others chase after your standards. Release inner importance and let yourself go. You are not obliged to follow or live up to other peoples' standards. You have to remain aware of the fact that the pendulums need importance, not you.

If you like yourself, no matter what, you will succeed in deceiving outer intention and reveal qualities you never suspected having. When your thought energy radiates at the frequency of self acceptance and self-fulfilment outer intention will pick you up and carry you onto life lines where you really do have something to be proud of.

There is no need to set out in search of the Holy Grail somewhere in the depths of the jungle. The Holy Grail is within you. It is the fraile of your soul.

Kavish at 15-12-2024 01:36

All you have to do is allow yourself to have what the heart desires. If you brush away the web of prejudice and limitation the pendulums weave around us and genuinely believe that you deserve your dream and allow yourself to have what you desire, it will come to you. Allowing yourself to have is the most important condition for wishes to come true.

Without help the heart is not able to direct outer intention in a goal-orientated manner and yet when the heart and mind merge outer intention becomes controllable and can be used in pursuit of specific goals

In order to achieve unity between heart and mind first of all one has to determine what exactly there should be agreement on, i.e. identify ones goals. Despite seeming obvious, this question is not as trivial as it might first appear. As a rule, people know exactly what they do not want but find it difficult to express their true desires. This can be explained by the fact that pendulums strive to subdue people enough to impose their own false goals upon them. There can be no question of unity of heart and mind if the mind is chasing after a seductive mirage and the heart longs for something else entirely

When considering your goal, do not think about whether it is prestigious. Shake the goal from the pedestal of unattainability. This will reduce outer importance. Likewise, when you are thinking about your goal do not think about how to achieve it. This will reduce internal importance. Only think about how comfortable you feel. Imagine how you would feel if you had already reached your goal. Do you genuinely feel good about it, or it is like a heavy weight in your heart? Doubting whether your desired goal is realistic or not does not mean that it is not needed. The important thing is that your heart sings when you think about your innermost goal. However attractive something might appear to you, if it evokes a heavy feeling in your heart the goal could be false.

Listen to the dictates of the heart consciously reducing importance as you go; allow yourself to have, and you will receive anything your heart desires.

To bring your heart and mind to unity you have to pay attention more often to your level of inner peace. You feel comfortable, calm and at peace when nothing is worrying you or getting you down. Inner tension signals the opposite: you feel uneasy, oppressed, afraid; you feel down or something is weighing on you. If these are the feelings that arise and you know what is causing them then the tension begins in the mind. As a rule the mind knows what is frightening, worrying or oppressing it and so you can rely on the mind to find a solution.

You now have the reliable criteria of inner tension as a way of determining the truth when you have to make a decision. If the heart says 'no' and the mind says 'yes' boldly refuse, if at all possible. The heart is not capable of desiring anything bad. If, however, the mind still insists that 'we have to', act as best you can in the circumstances. Sometimes in life we do have to accept the inevitable. In any case, the criteria of inner tension will help bring clarity and certainty to situations where the scales fluctuate.

Once you have achieved unity of heart and mind on the issue of your chosen goals the next step is to attain unity in the decision to have and to act. Internal intention of the mind has to merge with outer intention of the heart. If you act within the framework of internal intention at the same time as directing outer intention in the necessary direction, you can consider that the goal is in the bag. If you are uncertain of the internal intention because you cannot see clearly how to achieve the goal, work on the decision to have. Outer intention is much stronger than internal intention and will find a way.

If the goal is chosen correctly the heart and mind will both be satisfied. The feeling of pleasure that arises can only be marred by thoughts of how inaccessible the goal seems, or if the goal is beyond the person's individual comfort zone. Slides can help correct the situation if the mind doubts the potential reality of the goal and the heart feels bashful in the 'director's chair'. You already know how slides work. By widening the limits of your comfort zone you will achieve the passionate joy of unity in which the heart sings and the mind rubs its hands in glee. I repeat: when considering your goal, don't think about how prestigious it is or how achievable it is, or how exactly you might achieve it; the only thing you should pay any attention to is how comfortable it makes you feel. Does thinking about it make you feel good or bad?

Kavish at 16-12-2024 00:20

Affirmations work in the same way as slides but when you use a positive affirmation, you have to take into account the difference between the language of the heart and the language of the mind. Firstly, the heart does not understand words and so mindless repetition will have no effect on it. The heart only understands feeling and thought which go beyond words. Words can be used to simulate thoughts and feelings to a certain degree but they are not as efficient because speech is a secondary medium. It is more effective to feel something once than to repeat it a thousand times in words. Strive to experience the feeling and repeat the affirmation simultaneously

Secondly, each affirmation should have a narrow focus. There is no point in grouping several goals together in the same affirmation. For example, the affirmation cited above would seem to have great content because it includes everything you might need in life, but you will not be able to evoke the whole set of associated sensations when you are repeating the affirmation. Thirdly, avoid humdrum monotony and uniformity. Every new series of repetitions should be accompanied by fresh elements of feeling and experience. For example, if you consistently repeat to yourself: "I am calm and confident" these words will very soon lose their meaning. Desire has to be nurtured and persuaded.

Intention on the other hand acts instantly with confidence appearing in the moment of your intention to be confident. Therefore, if you want to be confident be confident with intent. Finally, there is no point in creating an affirmation that fights against an effect, without first eliminating the cause. For example, there is no point in repeating: "I have nothing to fear and nothing to be worried about" if the cause for concern is still present in your life. Moreover, the affirmation should be designed to have a positive note. Instead of endlessly repeating what you would like to avoid, program yourself to the result you wish to achieve. For example, the negative affirmation: "I am not afraid or concerned" would be more effectively replaced with a positive affirmation such as: "Everything is working out well for me". Be specific about what would have to be going well for you to have no cause for concern as a result.

Affirmations work most effectively when you are in a zero emotion state i.e. when there is no excess potential. The subconscious cannot be persuaded, instructed or ordered to do anything. As soon as you switch on any emotion you destroy the balance.

Kavish at 17-12-2024 00:41

The soul's gaze is directed towards the corresponding sector of the alternatives space, where it sees knowledge related to the mind's current thought content. As soon as the window opens, this knowledge breaks through to consciousness. If on waking the mind pays attention to the impressions of the soul, i.e. remembers the short burst that took place during sleep it will receive what is called intuitive knowledge, information that comes as if from nowhere, as if 'pulled out of a hat'.

The heart actually helps to materialize the misfortune it has foreseen because it is united with the mind over its worst expectations. You can turn outer intention to your advantage by establishing unity of heart and mind on the question of your best expectation.

Transurfing recommends abandoning importance and negativity and consciously directing your thought energy towards the achievement of your goal. As you are already aware, the conscious use of slides can help attune your thought energy and the same technique can be applied when the window opens as long as you can catch the moment.

So, our task is to learn to generate intuitive premonitions intentionally in order to set the heart's sail in the right direction. How is this done? Rather than simply being untuited the premonition must be intentionally induced. You have to seize the moment when the mind is distracted and quickly place a slide in the window. The image must contain the feelings you experience from living inside the slide. When you place a slide in the open window information is deliberately dispatched into the target sector of the alternatives space as opposed to being received randomly from the heart. If you manage to insert the slide in the open window your mind will have touched on outer intention.

Kavish at 19-12-2024 00:45

Choosing goal and doors

If you always want to be able to always find exactly the thing you are looking for you have to learn to distinguish between things that are yours and things that are meant for someone else. So, how is this done? You will not believe how simple it is! Firstly, never torture yourself with the problem of choosing because this destroys the balance. The more stressed you become over it, the worse the result. There is no point spending a long time looking at things analyzing their strong points and weaknesses. The mind should not be involved in the choice because in this case the mind is not you;

it is the build up of plaque from pendulums. Just walk around the shops and observe, as if you were at an exhibition. Do not think. First, make sure you have a general picture of what you would like to buy. There is no need to focus on the details necessarily. It is enough to describe the time of item you want.

I emphasize once again that you should not analyze why you are attracted to any particular item. You just like it and that is all. You can say about it: "This is exactly what I was looking for" and then you should buy it without any further thought.

As you know inner peace does not signify an unequivocal answer. The heart cannot always know what it wants and is also capable of being indecisive. If you love something the moment you set eyes on it and you feel delighted straight away then the soul is saying "yes". Then the mind switches on and begins to analyze and justify its decision. If at the end of the analysis the mind also says "yes" it means the thing is yours. If however, you decide to buy something not because you fell in love with it at first sight but because it is practical then you should pay particular attention to the slightest hint of inner tension. The soul always knows exactly what it does not want.

If you find yourself hesitating, or something about the item is inconvenient or causes you slight concern, if you feel that a slight shadow of doubt or heaviness has been cast you can be sure that the item is meant for someone else. The mind will try to persuade you otherwise and eloquently list the items positive points. If you catch yourself persuading or trying to convince yourself that something is right for you because of the style or size you should immediately put the thing to one side without an ounce of regret because it is not yours.

An unequivocal criterion for personal choice can be expressed in one simple phrase: if you have to persuade yourself to have something, it is not yours. Remember, if a thing is meant for you, you will not have to convince yourself of anything.

If you define the goal that is meant for you and strive towards it, rather than striving for money the resources will come to you of their own accord, in great abundance.

You do not have to make anything too specific. Just walk around the shops and look at what is on display using the method described above. Forget about the current fashion. Pay attention only to what you are feeling when you look at things. Turn off the analysis apparatus; stop thinking, comparing and expostulating. The moment you catch yourself trying to reason and speculate, stop the process immediately because it is futile. Instead, listen to the rustle of the morning stars.

In other words, the mind has to include one simple truth into its list of references: everyone owns a precious treasure – the uniqueness of their soul. Every individual carries the key to success in their pocket and yet leaves off using it. Have your mind take the heart by the hand, take it to the shops and let it choose its own toy. Unity of heart and mind is such a rarity that you can literally sell at a huge profit. All great achievements of art and culture are an expression of this unity. Stars become stars only because people are interested in what is missing from their own lives – unity of heart and mind.

Kavish at 22-12-2024 00:44

There is a life line in the alternatives space that matches every individual's fraile perfectly.

When a person lives out this life line they encounter minimal obstacles and circumstances always work in their favour. The soul's fraile successfully fits into its own true life line and easily reaches its goal in the same way that your own key easily turns in the lock and opens the door.

When a person walks towards the right goal along the path meant for them everything turns out favourably.

When a person is on a life line meant for them and following their own true path, they experience happiness in the present moment even if attainment of the actual goal still lies ahead. Life becomes transformed into an ongoing celebration. When the goal is achieved they will be doubly happy but in the meantime the process of striving makes every day a holiday. Movement towards someone else's goal always places happiness in an illusory future. Achieving a goal that is not truly yours will bring disappointment and depletion but never happiness.

When you work towards your own goal through your own door obstacles are easily overcome and work does not feel like a burden. If you are making maximum effort to achieve your goal, but left feeling uninspired and fatigued either the goal is not meant for you, or you are banging on the wrong door. These are the features of goals that are not your own:

The pendulums demonstrate the pattern of their success and leave you with a choice of either repeating someone else's experience or ending up with nothing, for how could you possibly know how to achieve success? The pendulums clearly know exactly what a person must do to become successful and the results are there to prove it. As we have already demonstrated, stars achieve success precisely because they do not follow the rule "do as I do". They go their own way. Only your soul can know the algorithm of your own individual success.

, when considering your goals drop the importance of the goal and ask yourself: you I really want this with all my heart and soul or do I just enjoy wanting it? If achieving the goal would mean that you could prove something either to yourself or to others then the goal is also misguided. Your goal does not hang around your neck like a lead weight. It gives you genuine pleasure

A foreign goal always serves to better someone else's wellbeing. If a goal does nothing to improve the quality of your life then it certainly is not meant for you. True goals always work for you, for your wellbeing and success. You are the only person that has need of your individual goal. If a goal serves directly to fulfil other people's needs and improve other people's prosperity then it is a foreign goal.

You might ask: "How can I discover what I really want if I do not already know what that is?" I would answer this with another question: have you ever once seriously thought about it? However strange it might seem the majority of people are so preoccupied with the affairs of pendulums, spending all their time running round in circles like the proverbial hamster in the spinning wheel, that they just do not find the down time for their own soul. People think about what they really want in life in random moments when they are under pressure, rushing from one place to another, fleetingly catching ideas in snatches. Determining what your true goal is does not have to involve any deep navel gazing. It is enough to take a time alone to relax and finally, little to the rustle of the morning stars. What if you find there is nothing you really want? If you look inside yourself and have no sense of an innermost desire this suggests that your life force is depleted. Depression and apathy is a clear sign that your current energy levels are only sufficient to support your basic existence. In this case you should focus on increasing your energy reserves. It is not possible for your heart to have no desires but you do have to have the strength to hear it.

Kavish at 22-12-2024 21:16

This is why I so strongly recommend that you turn your back on pendulums and let the heart out of the box. When you learn to love yourself you will find your goal. Once you are securely on the path to your true goal you will commit many good deeds and be better able to help those who are poor

and unfortunate along the way because you will be attracting greater resources and opportunities into your life.

The mind's mistake is that it tries from the very outset to evaluate how realistically achievable the goal is and calculate in advance all the ways and means to achieve it. Everything has to be logical and reasoned. If there is doubt as to whether the goal is realistically achievable then the mind either drops the goal in principle or stores it away in a distant drawer. With this attitude you will never attune your thought energy to your target life line. By thinking about the means to achieve a goal you attune your thought energy to a life line of bad luck because it involves the mind running through all the potential scenarios of defeat.

Why is it that respectable, family men are transformed into beasts when they enter a war? It is because their mind succumbs to the power of a pendulum. Adherents drawn into the battles of pendulums literally know not what they do. This is particularly evident in the cruel, senseless acts sometimes committed by teenagers

All the evil, cruelty and violence in the world, originates not in the darker side of human nature but in the greedy nature of the pendulum. The human heart knows no evil. All evil is concentrated in the mind like a plaque the builds up from the destructive influence of pendulums

Pendulums provoke people into taking risks because the fear, tension and excitement the risk-taker experiences are the pendulum's favourite energy dishes

May your mind awake from its heavy apparition to see that it has a wonderful priceless treasure in the heart. By uniting the heart and mind you acquire true freedom and strength. Do not be afraid to break through stereotypes created by pendulums; if you do, you will discover the true nature of many things in the world. Breaking through stereotypes you open locked doors

No-one and nothing can stop you then because the heart's fraile key fits the lock to your path perfectly. No-can can take anything from you that is truly yours so there will be no problem in achieving your goal. The only issue is how to find your real goal and your real door

Firstly, your goal cannot be determined by a temporary need. Your goal should be the answer to the question: what do you want most out of life? What will make your life happy and joyful? This is all that matters. You can consider anything else to be pendulum husks. Settle on one main goal. Achieve that goal and the fulfilment of all your others desires will follow on behind. If nothing specific comes to mind, you start by defining a general type of general goal such as comfort and wellbeing in life. Ask yourself what comfort and wellbeing mean to you personally. The need for a house, a car, beautiful clothes and other attributes can be replaced with the single goal to have a high-paying job, but as you know this would not be a goal so much as a door, and a fairly vague one at that. A high-paying job can be replaced by a more specific expression of the goal: to become an excellent or even unique specialist in your field. What is your heart drawn to? The question is whether this job alone will bring complete meaning to your life. If it can then you are lucky because your goal matches your door. You may be drawn towards a certain field of science, culture or art and whilst doing the thing you love, make a brilliant discovery or create a masterpiece. On a life line such as this happiness is to be found right here, right now, not somewhere just around the corner. All the attributes of a comfortable life that other people obtain with great effort will come to you seemingly automatically; for you are following your own path

Do not make a wish with your mind. No time spent trying to clarify what your heart really wants is wasted. The expression that something is “after your own heart” speaks for itself. It expresses your relationship to something, not your opinion. An opinion is the result of the mind’s intellectual activity. Your relationship to something comes from deep within your heart, and only this can serve to discern between your personal and foreign goals. When you are defining your goal ask yourself: “How comfortable do I feel in the bubble of the goal now that I have achieved it? Once you have made a wish, in order to check whether it is truly meant for you ask yourself two more questions. Firstly: “Do I really need it?” and secondly: “But seriously now, do I really need it?” Try and measure all aspects of a foreign goal up against this wish.

As soon as you can feel it must stop discussing the goal and listen to the promptings of the heart. Is your immediate reaction negative or positive? If the feeling of pleasure is mixed with fear, a heavy sense of burden, a sense of urgency or obligation then the heart is clearly saying “no”.

If you experience inner tension from the awareness that the goal is difficult to achieve this means that it lies beyond the limits of your current comfort zone or that you have chosen a foreign door.

Do not be tempted to make money your goal as if all your problems would disappear if only you had more money because after all, you know what to spend it on.

Activate your inner Guardian and give yourself a nudge every time you catch your mind trying to evade the question: “What do I want in life?” The stereotype of the unattainable goal is the most deeply ingrained and so you will need to be patient. The mind will be trying to find the answer a different question: “But how do I achieve it? Here your heart needs to tell the mind to “be quiet. That’s not your problem. We are choosing a toy!”

Do not set any particular timescale. Do not pressure yourself with temporal limitations or turn the search into a chore. Simply hold the following statement in mind: I am looking for the thing that will make my life feel like a holiday

Kavish at 23-12-2024 22:27

if you are certain that the activity you love doing is strongly connected to your personal goal you can expect it to bring all the attributes of a comfortable lifestyle. When your goal coincides with the door you no longer have to worry about material prosperity. If a person desires material wellbeing it will come into their life automatically.

The right door is the path that will lead you to your goal. Once you have defined your goal you can ask yourself the following question: How might this goal be achieved? Sooner or later, outer intention will present you with various opportunities.

Do not hurry and never regret the time it takes you to make your choice. You will waste a lot more time and effort if you rush in and make a choice you later regret. Choosing your goal and door can take months. During this time you will have to observe a kind of “fast of impeccability” as strictly as possible following the main principles of Transurfing with which you are now familiar.

Find a safety-net and a substitute for the door. Do not leave your previous door straight away or burn all your bridges in one go. Proceed cautiously. Do not put all your eggs in one basket. Give yourself alternative paths. Continue to picture the slide of your goal. This will enable you to widen the limits of your comfort zone and attune to the frequency of your target line. Outer intention will present you with the information you need.

Take note of the heart's response to any information you perceive. There will be a moment when the heart will zing and exclaim: "That is exactly what I was looking for!"

Let us suppose that you have managed to define your goal and are full of the will essential to achieving it. You are burning with impatience to get going. This is the moment to release the grip. Reduce the importance surrounding your goal and abandon any attachment to reaching it, so that all that is left is intent. All that remains, then, is to act within the context of purified intention i.e. to do everything that is expected of you, without desiring or pushing for the end result.

When you are moving towards your goal through the right door there is no need to apply excessive effort. Nor should you have to force yourself to do anything. If you find the opposite it true you have either chosen the wrong goal or the wrong door. The mind is accustomed to struggle and having to overcome obstacles and yet the mind creates all these problems itself by attributing excessive meaning and fighting against the alternatives flow. Your ideal life line will contain minimal obstacles as long as you do not lean too hard on importance.

Do not think about the problem; act, create momentum, irrespective of how things might turn out, and then the problem will be resolved in the process

All the time that you are insisting on something, pressuring for something to happen, you are preventing outer intention from realizing your goal in harmony with the alternatives flow; for how can the mind know exactly how the goal should be realized?

There is one more false stereotype to be aware of. This stereotype encourages you to think positively and only examine successful potential outcomes. However strange it sounds, this is indeed a false stereotype and there are so many! Do you think you could manage to limit your thinking exclusively to successful outcomes? Hardly. If you strive to exclude negative potential outcomes from your script it will not work because it is almost impossible to convince the mind that everything could go so smoothly. The mind is perfectly capable of acting the part, pretending that it believes the scenario you are presenting, but deep in your heart you will still have doubts because the mind is doubting. The heart will unquestionably come across the negative alternative where the mind has chucked in the closet.

You do not need to include any scenarios in your target slide that depict you in the act of achieving your goal. The target slide must simply depict a final picture of what life looks like to you once the goal has already been achieved as if you already have it. All that is required is that you take pleasure in watching the slide and that you put one foot in front of the other with the help of purified inner intention. Visualisation of the process involves working on the scenery but in a completely different way. You convince the mind not that everything will go smoothly but that everything is already going smoothly. Visualisation of the current link in the transfer chain should keep pace with what you are doing now and what you will be doing just one step ahead of that. In convincing yourself that everything will come to favourable fruition you continue to hold the deadly grip of control. Relax the grip. Do not think about problems that have not happened yet; just go calmly with the alternatives flow

Firstly, abandon the desire to achieve the goal for if the goal is truly yours you will not succeed in getting rid of it for long anyway. Sooner or later, the goal will be fulfilled. The will to have and the complete absence of insistence and determination on your part play the key role. Take what is yours calmly and without pressurising the situation just as you would take the post from your letterbox. All inner intention should do is place one foot in front of the other on the way to the letterbox. Secondly, forget about specially preparing for the “mystery”. Any preparation for inspiration to come to you, in whatever form, creates excess potential because all the time that you are busy getting ready for it you are signalling that you wish to attract something you do not currently have. The more carefully you carry out the preparatory ritual, the worse the outcome will be. If you think back, you can probably recall situations when you conscientiously prepared for an action, event or meeting but things did not work out, the meeting did not happen and the plan fell apart. If balanced forces are capable of disturbing the interaction between material objects, they can blow away a barely discernible whiff of inspiration as lightly as a feather.

Thirdly, abandon the habit of waiting for inspiration. Is not it right that inspiration comes when you least expect it? So, why wait for it and negate the condition required for it to appear?

Kavish at 02-01-2025 00:42

Remind yourself: by reducing importance you free yourself of the pendulum and can act effectively. You have to be aware of the fact that attributing something inflated meaning will always work against you

To eliminate stress from your life you have to wake up and reduce importance.

To become immune to stress you have to replace the old habit of stressing out over any small thing with the new habit of maintaining a relaxed state. Being in a relaxed state does not mean being listless or apathetic. It is a state of harmonious interaction with the outside world: balance. Balance presupposes the absence of internal and outer importance: I am neither good nor bad and the world is neither bad nor good; I am not pathetic and insignificant and the world is not pathetic and insignificant either.

Focus your attention on the surface of your body. Imagine this stage in any way you like: your skin is warming up, covered in a tingling sensation or electrical discharge.

Do the exercise as if in passing but decisively nonetheless. The integral feeling you experience when you feel the entire surface of your body overflowing with energy is equivalent to a state of relaxation, balance and oneness with the world. After you have practiced the exercise a few times you will begin to achieve this state instantly and soon, inducing a relaxed state will be as easy as folding your arm

When something is worrying you or bringing you down your energy levels are weakened and other people and animals can intuit this on an energetic level. When your awareness and self-confidence are at a low point of all the other people walking along the street the dog will choose to bark furiously at you and the gypsy will choose you to pester and pressure into giving her your money.

Energy moves in a slow wave from the centre of your body and then spills over onto the surface forming a ball. Imagine being surrounded by the ball of your energy body. It does not matter that you cannot physically touch it. With your imagination alone you have taken the first step towards managing your energy body and with time you will begin to get a physical sense of it

You can develop and maintain healthy energy levels by regularly performing the following exercise. It is very simple and does not up much time. First stand in a comfortable, relaxed position. Breathe in and imagine a flow of energy coming out of the ground, entering the perineal region and moving up the spine (roughly at the distance indicated above) exiting the head and extending upwards into the sky. Now breathe out and imagine that a flow of energy is descending from the sky. The flow of energy enters the head, moves along the spine and passes out and down into the ground. You do not necessarily have to have a sense of the physical flow of the energy. It is enough just to imagine it. With time your sensitivity will develop and you will learn to feel the energy moving. Next imagine both currents moving towards each other simultaneously without crossing, each in its own meridian. At first practice on the in-breath and out breath but after a while, try to let go of tying the flows of energy to the rhythm of your breathing. You can quicken the flow imbuing it with power using the strength of your imagination (intention). Now imagine that the ascending flow exits the body and pours downwards over the head in a fountain shape. Similarly, the descending flow exits the body and passes in the opposite direction directly under the feet. You now have two fountains, one above you and one below you. Mentally unite the spray of both fountains so that you are enveloped inside a sphere of energy. Then draw your attention to the surface of your body. Feel the surface of your skin and extend this same feeling out into the sphere like a balloon that gets bigger when you blow into it. When you mentally inflate the surface of your skin the sphere created by the meeting fountains of energy becomes firmly established. You should remain relaxed throughout the exercise and avoid creating tension by trying too hard to feel the energy physically.

Conscious awareness is essential if you are to develop control in moments when you involuntarily lose your inner balance.

Do not try to accumulate energy; just allow it to pass freely through you in the form of two counter directional currents. It can be helpful to imagine these two currents joining in counter directional fountains, but that is all you need to do. Do not strive to become a bundle of energy; rather, imagine yourself to be a drop in the ocean. Allow your consciousness to feel that it is an integral part of the Universe, in oneness with it and then its entire energy will be at your disposal. Rather than accumulating energy in your body, merge with the energy of the universe. Expand your sphere of energy and dissolve it into the space around retaining the awareness that in form you are a separate particle. Then, by just touching on outer intention with your little finger you will achieve in a short period of time things that would never have been possible to achieve with the power of inner intention.

The positive effect will be compounded the more that you tune in to the feeling of your central energy currents and subtle body. This condition has a number of advantages. It helps induce a feeling of balance and harmony with the world; it increases your sensitivity to changes in the environment and enables you to easily go with the flow; it plugs you into the information field, an unlimited source of creativity; it gives you access to the energy of the cosmos; you radiate harmonious energy, which creates an oasis of prosperity and success around you. Most importantly, it keeps you functioning at the meeting point between heart and mind, bringing you closer to outer intention. Your ability to direct outer intention develops which means that your desires are met more quickly and more easily

Kavish at 02-01-2025 16:20

Energy levels can be increased by training the central meridians and cleansing the body. Transurfing also recommends another excellent technique to widen the channels – visualising the process

You need to have some initial intention to increase the energy of intention. The technique involves the following affirmation: my channels are widening and my intention energy is increasing. During the energy exercise visualise the affirmation as a process.

Performing the exercises with maximum effort is a waste of time and energy if the mind is busy dreaming of something else whilst you are doing them. Loosen the grip of diligence and focus on action.

The pendulum's game begins with you willingly accepting the symptoms of the illness, in other words, gripping the end of the spiral of an induced transition. The pendulum's first push can be defeated if you do not take the symptoms seriously, quietly turn away and there and then forget about them. If that does not work you can still the pendulum's sway by taking basic preventive measures. If you do get sick, play the Treatment game, not the Illness game. To play the Illness game means to suffer passively, to take part in conversations about various maladies, to whinge, complain and capriciously demand care and sympathy from those around you; to consider your malaise an indispensable attribute; to flaunt your ill-health like a child that must be constantly fussed over; and to eagerly seek out information connected with various ailments. To play the healing game means to take active interest in possible cures, to make efforts to live a healthy lifestyle, to treat your illness with humour and to focus your attention on improving how you feel, striving towards health and communicating with like-minded individuals.

The question is: can outer intention be applied to relationships? The trouble is that outer intention is elusive, difficult to control or subject to personal will. However, there are techniques you can use to activate its function implicitly. With a certain approach, outer intention can be set in motion so that it works independently, irrespective of your will, but nonetheless, in your favour. Instead of working with personal inner intention you can learn to work with the inner intention that motivates others. If you let go of your own inner intention, outer intention will activate the workings of inner intention in others. Outer intention can give you what you want in life with the simple waive of a hand because it does not want anything for itself, and it does not particularly have to do anything. It simply allows inner intention which is attuned to the frequencies of the external world to work unhindered. Use other people's inner intention to achieve your goals.

To activate the power of outer intention in human relationships you have to first break down one more false belief. You may often hear what would appear to be very appropriate advice: "if trying to change others does not work, start by changing yourself." This saying immediately evokes a feeling of inner discomfort and protest: so I am imperfect and need to change, but I so do not want to! And quite right that you do not want to! Do not try to change others, but do not try to change yourself either. Whatever you do to try and change yourself or others will be the ineffective and harmful work of inner intention. Problems can be better solved using a different approach. Allow others to realise their inner intention. The act of allowing will stir outer intention which will cause your inner intention to be realised seemingly of its own accord.

As a rule people are so consumed with what they want to get from others that they do not bother to find out what those other people want. By shifting your attention to the desires and motivations of others you will easily find your own needs met. All it takes is for you to ask yourself what the focus is of your partner's inner intention. This is effectively like flying backwards from the pane of glass and

finally spotting the open window. Next, all that remains is to refocus your inner intention on realising your partner's inner intention. By doing this you transform your personal inner intention into outer intention

When someone is talking to you what they need most is for you to give them your attention and show an interest in them as a person. You can be quite certain that people are exclusively interested in themselves, so be interested in them too. Shift your attention from yourself to others. Activate your Guardian and stop playing the game of enhancing your own self-worth. Play the game of increasing the significance of others. Show an interest in other people, listen to what they have to say and observe. You do not need to curry their favour, just go with the flow. As soon as you shift your attention from self to others the excess potential of your own importance will fade automatically. Then you will succeed in behaving naturally.

All the time that you are trying to attract attention you are thinking solely of yourself. When you show interest in another person, you fulfil their inner intention. Where does their feeling of fulfilment come from if not from you, and having realised that, who else would that person then be interested in if not you? People are interested in other people when they are well-known personalities, like the stars of show business and the cinema. But this is a different kind of interest. Unless you are a film star, people look at you as a potential partner for business, friendship or love. Fanatics are extreme in their fascination with the stars, swooning over them, gobbling up every tiny detail of their lives, but it would never enter their mind to consider the celebrity as a potential partner in a personal relationship. In everyday communication it does not matter how interesting you are. What matters is how well the other person thinks you would suit them in a relationship and this is what they are evaluating whilst communicating with you. When a person is with you they are generally thinking of their own interests and consciously and unconsciously evaluating how well you would fit a relationship script in which they feel personally fulfilled. A person feels fulfilled when their sense of self-worth is confirmed: they feel liked, interesting, respected, as worthy as anyone else and valued

People who present themselves as an interesting conversationalist try to show themselves in the best possible light by proving how clever they are, and dropping names to show how much they have seen and experienced in life. This way of acting is inner intention directed, and this is how the majority of people behave when they want to appear interesting to others. Take a step back from the uniformity and take a different stance. Set yourself the task of giving your partner the opportunity to appear interesting rather than trying to be an entertaining conversant. Adjust to their frequency and listen attentively, asking questions and showing interest in your partner's chosen topic of conversation and their life.

Outer intention works by allowing the inner intention of others to be fulfilled. You sacrifice putting you own personality in the spot light to allow the personality of another to shine; and as a result you receive the very thing you sacrificed.

Generally speaking, when you want something from someone you should bear one universal principle in mind: let go of the inner intention to receive and substitute it with the intention to give. It is very easy to do.

outer intention offers the most effective method: arrange things in such a way that the person wants to help you. Agree things so that it corresponds to their goals and aspirations. Ask yourself how you can connect what you want with another person's needs. Start by defining the other person's needs,

what they strive for, what they lack, be it money power, the respect of others, a sense of fulfilment from work well done, care for their children, prestige, a leading role in their team, social recognition, etc. All these things are variations on the theme of self-worth. Everyone feels bad about themselves when they feel they are of little significance to the world. When a person does not feel needed or worth anything they naturally try and increase their sense of self-worth. When a person achieves a result they feel more confident and ready to set new tasks as the bar of their self-worth is raised. There is nothing wrong with this. No-one should be judged for their desire to feel more worthy. Everyone is trying to increase their sense of self-worth, they just go about it in different ways. On the contrary, it is much worse when a person stops developing and does not want anything at all although this happens very rarely. Usually, people are in some way dissatisfied with their current position in life and so strive for something however modest. So, work out how the task that is important to you might improve that person's sense of self-worth. Then, present the task to them in the context of how it would increase their stature. Allow a person to feel more valued and they will experience greater faith in themselves. When they do, be generously appreciative of them.

Every time you need something from someone or need to have them do something, let go of inner intention. Ask yourself what the other person's inner intention might be. Act in a way that assists that person in fulfilling inner intention. Once you are already helping someone else to fulfil their inner intention consider casually what you need from that person. Whilst you are busy realising the other person's intention, make your request in passing. You might find that you do not even have to hint at your own need and everything unfolds of its own accord. This is the magical power of outer intention.

Kavish at 03-01-2025 14:33

Criticism makes the heart an enemy of the mind encouragement makes it an ally.

People who argue are usually oblivious to anything else but the game. They are in such a deep sleep that they cannot be awakened. To protect yourself from being drawn into the game you have to wake up and switch on your inner Guardian. If several people are taking part in a debate come down into the auditorium and watch the performance from there.

If you win the argument, you can consider yourself defeated. Even if your opponents have formally acknowledged that you are right you can be sure that in their minds they will have found numerous informal arguments in their own favour. Whatever the case, the one who loses the argument takes a knock to their self-esteem and who delivered the blow? The one who succeeded in proving their own point of view.

"Do not make idols for yourselves and do not create enemies" is the most important slogan you could have for creating relationships that go with the flow. Avoid injuring other peoples' sense of self esteem like the plague. Make it a kind of taboo. In so doing, you will save yourself from endless problems and niggling unpleasanties you will never know the reason for because of the hidden nature of the blow to self-worth.

Can you just imagine how many allies you could find?! All it takes is to ditch importance and not hold back in acknowledging other people when you know that they are proven right. Your advantage is that you act with conscious awareness whereas other people are asleep and will therefore never thank you in return. If they could wake up and express their opinion or attitudes mindfully you would hear them say something along the lines of: "Yes, this person is far from stupid. They are nice. I would like to get to know them better. What a sweetie."

Ask yourself this question every time you need someone to do something for you. If you can find an answer to the question they will do what you need them to do. Listening attentively to what a person is trying to tell you is essential to attuning to their frequency unless of course your intent is to dominate the conversation with your own themes of interest and opinions. In large groups everyone talks at the same time, but it does not really matter because no-one is listening anyway. Of course, some people will pretend to be listening but ninety percent of their attention is aligned with their own thoughts. You do not have to shine with wit and erudition to stand out as an interesting conversationalist. It is enough just to listen to your conversation partner.

A person's name is the simplest key to their frequency. You cannot get away from the fact that since birth a person has been appealed to by name. Use their name in the course of the conversation more often and it will have an effect. Calling someone by their name is like a password indicating that you come as a friend with good intentions and acknowledge that person's worth.

. If you show that you are not trying to hold up a field of protection around your self-worth and have no intention of pouncing, the other person will be encouraged to let down their screen of protection. The most effective way of dissolving a barrier of separation is to demonstrate your genuine liking for that person

In dealing with people, if you want to inspire a sense of fellow-feeling in someone, show them how happy you are to see them. You do not have to go as far as expressing canine delight but you can smile and greet them enthusiastically, call them by their name and listen attentively. If you behave with the warmth of an aquarium fish you can expect the relationship to develop accordingly

Criticism in any form knocks a person's self-worth. Criticism is a kind of anti frailing. Never tell anyone to their face that they are wrong. Even if you are confident that you are in the right it is much more beneficial to remain a position of neutrality. That way you will avoid undermining the other person's sense of self-worth and protect yourself from the action of balanced forces.

Being in love is of course the most perfect way of attuning to another's fraile. It is difficult if not impossible to explain how and why love happens and so much has been written on this theme already. Mutual love demands that we let go of the right to possess and simply give our love unconditionally. As long as it is not turned into a dependent relationship love can be preserved once it has already flowered, but there is nothing you can do to make yourself fall in love. That is all I can say on the subject of love

Kavish at 04-01-2025 22:00

Let us suppose that someone is causing you a problem, annoying you or even attacking you. Or perhaps the situation is the opposite and you need something from someone. If this is the case, you need to roughly determine what is driving that person; what is eating at them and what they are lacking: health, confidence, inner calm? Everyone has something that eats away at them, even if it is something relatively small and niggling, especially if that person is causing you problems or it may be you causing them a problem! Now imagine a situation in which that person receives exactly what they need. For example, imagine that person doing what they love most, the thing that gives them a feeling of pleasure, fulfilment and peace. There is no need to think too hard about the details of the favourable scenario. Just visualise the first picture that comes to mind. They might be sitting at home by the fire with a glass of beer, swimming happily in the sea, wandering through a valley of wild flowers, riding a bicycle or jumping for joy. If you manage to "please" this person with the picture in your mind they will become well-disposed towards you seemingly for no reason, and will do what you ask of them, or ease the problematic situation.

Beneficial visualisation also creates this feeling on an energetic level. If you have been able to successfully attune to a person's frailty and guess what their needs are, they will feel as if a comforting wave has suddenly come over them.

Free energy is programmed by thought. The closer the strivings of the heart and mind the purer the programming will be. It is no coincidence that strong personalities come across as having strong integrity and wholeness.

When talking to a person one to one you can mentally launch a beneficial visualisation for them. If your energy fountains are working at the same time you will create a most favourable impression. This technique will grant you a huge advantage in situations that require your personal charm or strength making you successful in negotiations, exams, job interviews and personal relationships.

Pardon If you know you have shortcomings that could hinder you from achieving your goal or think that you lack the necessary knowledge and skills accept it. Accept yourself just the way you are. Allow yourself the luxury of having shortcomings and lacking the necessary qualities. This will help and give you a sense of relief and inner calm. If you try to hide the fact that you lack the necessary qualities and conceal your shortcomings they will undoubtedly show themselves at a critical moment. Lack of self-acceptance will always manifest in the form of obstacles. We create the obstacles in our lives ourselves: firstly, feeling guilty or inadequate creates excess potential and balanced forces then exacerbate the situation; secondly, outer intention inevitably realises your fears. Anything you try to block out will become part of the script.

Take off your cloak of inner importance. Give yourself pardon (in the sense of absolution) for your shortcomings and you will feel as if a huge weight has been lifted from your shoulders as the excess potential disappears and the energy of intention is released.

First you have to decide which job is right for you. In making your decision you can rely totally on the method of choosing goals and doors so there is no need for me to repeat the details of those steps here. You must just keep in mind that you genuinely do have the right to choose and that your potential is only limited by your intention and the level of importance you attribute to it. In the process of coming to a decision about the kind of job that would most suit you, do not think about prestige, the means to achieving it or your shortcomings. Focus on whether the job is really for you or not

It would be a mistake to make being offered the job the focus of your goal. The goal should sit in your thoughts as a slide featuring you, already having been offered the job with the application process behind you. By wondering whether you will be chosen or not you inevitably create scenarios of defeat. Remember the transfer chains. The first link is writing your cv. This is where you must focus inner intention

When you are writing your resume inner intention will be intent on showing what a brilliant specialist you are but outer intention focuses on what the employer is looking for.

Often an order is fulfilled just as all hope has been lost. The greater your indifference to your order the sooner it will be completed. The absence of desire grants a freedom that allows you to concentrate on the intention to act rather than on worrying about the possibility of failing.

Eventually you will be invited to an interview. At this point you must be extremely careful of your intention. The narrow-mindedness of inner intention will prompt thoughts such as how working for that particular company would benefit you. Inner intention will concentrate your thoughts on what you can bring to the company. This is the moment to clear the target slide from your mind, forget about yourself and focus totally on the needs of the employer. You should now be solely interested in the employer's inner intention.

I do not want or hope – I intend.

No-one and no thing can prevent you from reaching your goal once you have taken the path through the right door except yourself. In other words, only lack of faith and lack of confidence can hinder your progress. Lack of self-belief and lack of confidence are basically one and the same thing. Both undermine the effectiveness of inner intention and make outer intention practically impossible.

So, how can you acquire true self-confidence? Fighting feelings of insecurity is futile and neither can insecurity be hidden behind a screen of false courage. You cannot hide the insecurity anyway and the energy spent on trying to create it will turn against you. Trying to force confidence is also pointless. Any efforts made to artificially instigate courage and determination when they are not already present will also be wasted. Force yourself to keep it together when you are actually falling apart is totally impossible. As we said above, the energy of intention cannot be grasped or clenched; it just ends up being spent on maintaining the grip of control, leaving nothing behind to motivate action. It is ridiculous to try and develop confidence in any way at all. You might think that confidence grows by taking decisive action but in reality when a person stops fighting and starts taking action the energy of intention releases its grip and switches from excess potentials to the implementation of action. In the end "the hands do what the eyes fear" and everything turns out well. Confidence is not developed through action – it is the energy of intention released. You cannot develop confidence. Confidence is like energy – it is either present or not present.

So how can you free yourself from the intricate labyrinth? You cannot actually because there is no exit. The secret to the labyrinth is that its walls will crumble when you give up looking for the exit and abandon importance. The reasons for insecurity can be separated into two groups. The first group consists of internal causes such as obsessive concern with one's personal qualities. This gives rise to feelings like dissatisfaction with self on account of one's shortcomings and lack of certain strengths, feelings of inferiority in comparison to others, bashfulness, fear of failure, looking stupid, etc. The second group consists of external factors linked with unrealistic overestimation of external factors. As a result unfounded fears arise in relation to the gap between one's meagre inner qualities and the high demands of the external world, feeling very small in a big city, and finally, fear of reality. The paradox lies in the fact that to acquire self-confidence you have to let go of wanting to acquire it. The labyrinth's walls are made out of importance. You are waking round the labyrinth trying to get rid of your insecurity and acquire self-confidence. Confidence is a wild goose chase, another pendulum invention, a deceptive mirage, a trap for importance. Confidence is a pendulum game in which they always win. Where there is belief there is always room for doubt. Likewise, where there is confidence, there is always room for hesitation and indecisiveness. Confidence is a kind of belief in success. A negative adjustment can be made to any scenario and one small adjustment is more than enough to bring down the walls of confidence

Kavish at 05-01-2025 14:06

Where does the feeling of peace come from? The feeling of inner calm comes from not creating inner importance and so having nothing to prove. When you carry the belief that you are an

important person the desire arises to prove it to others and excess potential is created. Then, balanced forces will do all they can to demystify the myth of your importance, repeatedly creating conditions designed to test your confidence to the limit.

It is true, that the opinion others have of us is directly proportional to our own opinion of ourselves as long as it does not border on arrogance.

. My advice would be to abandon the struggle for worth altogether. Do not try to believe or convince yourself of your own value. Simply let go of the battle and observe what happens: the people around you will start treating you with more respect as if they valued you more highly. As soon as you appreciate the fact of their attitude the need to convince yourself or try to believe in something will fall away and you will simply know. It is a paradox but it works every time. The battle for self-worth drains your free energy and channels it into the battle with the alternatives flow and the creation of excess potentials that drums up the winds of balanced forces. Together all these circumstances create a tangled ball of problems fraught with all sorts of negative consequences. You cannot untangle the ball. Just abandon the struggle for self-worth and you will be surprised and delighted with the result. Your sense of self-worth will grow before your very eyes and your self esteem will be enhanced, and in turn, the people around you will affirm your new sense of self

If you have a disposition to feel guilt you will never be able to stifle or banish the feelings of guilt you experience. So what can do you? The same thing as with low self-esteem: stop justifying yourself to others. Only ever justify yourself when it is absolutely necessary to explain your actions. Remember, no-one has the right to judge you, whatever you have done, as long as you have not harmed anyone else. Do not take the blame publicly and do not justify your actions.

Insecurity like confidence requires energy. In the case of insecurity the energy mainly goes into panic and anxiety and in the case of confidence the energy goes into overcoming obstacles.

. Do you really think you would need confidence? No, all you need now is good coordination to move with the flow and consciously control, not the script, but your importance levels. Energy that was previously channelled into maintaining all sorts of excess potential now goes on supporting the balance and just slightly helping the flow along with the oar of purified intention

do not fight to negate importance; just release the grip and transform the energy of anxiety into the energy of action. Begin the process of doing in any way you can, without insistence or pressure. The energy of excess potential will disperse through action releasing the energy of intention and with that, complex problems will be transformed into minor ones.

Coordination means: taking pleasure in thinking about the goal as if it had already been reached; letting go of the grip of control over the script and going with the alternatives flow, helping it along with the oar of pure intention

Finally, absolute coordination is achieved as a result of harmony between heart and mind.

Harmony of heart and mind is achieved by listening to the whisperings of the heart and living true to your own credo.

All I will add here is that living according to your own credo means loving yourself, accepting yourself the way you are, not suffering from pangs of conscience or guilt and firmly acting according to the dictates of the heart and mind.

This kind of balance is achieved when there is unity of heart and mind; when there is no feeling of guilt, dependency, superiority, obligation, fear or stress; in other words, when you do not disturb the balance inside yourself or in the world around you. Live in harmony with the outside world, yourself and your credo. This is the ideal we should strive towards in order to have complete confidence, that is, coordination.

Practice visualising your target slide without thinking about the means and wait for outer intention to open the door to you.

It is quite evident that the pendulums's goal is not to entertain its adherents but to subject them to its power. The expansion and intricate elaboration of the information network has enabled the pendulum to attract a phenomenal number of adherents simultaneously. The greater the percentage of the population that watches the same program the more energy the pendulum can harvest. The stronger the pendulum becomes, the greater its influence and the more easily adherents are persuaded to follow the rule "Do as I do".

The most important principle in the battle with the pendulum is to refuse to fight them.

You take the bait, lose your sense of balance, get very upset and feed you energy to the pendulum. You start off calm, happy and balanced but it does not last long before the pendulum provokes you. You get involved in a dodgy situation or receive bad news. In accordance with the script you should get stressed, become afraid, despair, feel dejected, and express your irritation or dissatisfaction. All you have to do when this happens is wake up and remember what the game is and then instantly reduce importance. If you do this with conscious awareness the pendulum will fall through into emptiness

When you give your energy to a pendulum you become weaker, but when a pendulum tries to provoke you and you resist you become the receiver of the energy the pendulum channelled into the provocation, making you stronger. This additional strength is experienced as a pleasant feeling. Now you can imagine how great the pendulum feels when it feeds on your energy. Do not give the pendulum the opportunity. It will pursue you time and again, but do not weaken. Let it spend its energy on you.

Do not fight your reaction to being provoked. Look at it from a different perspective. The emotions you experience are the effect, the cause of which is your relationship to what is happening. You have to consciously change your response to the negative factor. It is not difficult to display an inadequate attitude because you are aware that it is just a game. Let the jester jump. It is as if you are fighting an invisible opponent in a room of mirrors. It seems as if the pendulum is right next to you but in reality what you are seeing is not the pendulum or even the pendulum's reflection. The reflection in the mirror is your importance. All the time that something has exaggeratedly important meaning you have an opponent that constantly looms at you in the mirrors. Whilst importance is kept at zero there is nothing to fear, nothing to protect and no-one to attack. Then the mirrors of importance will splinter into tiny pieces and you will see that the golem has crumbled.

If the pendulum wins a round, do not be stubborn; accept that you lost that game. There is nothing wrong with losing your inner balance and getting upset. Do not give yourself a hard time over it; the next game will be yours. And do not promise yourself that this time will be the last, or set an ultimatum or trap to fall into. You think you are setting an ultimatum for yourself but actually, you

are setting it for the pendulum which is exactly what it is waiting for. Ultimatums are nothing but a powerful wall of protection. By putting up a protective wall you turn the game into a battle in which you will inevitably suffer defeat. Be prepared for pendulums to provoke you gently and softly. Many people look for a prop in cigarettes, alcohol and drugs when they are flagging under the weight of their problems. The next time you give up a harmful habit and tell yourself: "That is it. This is the last one" this is not you talking. A pendulum can so capture your thought wave that it can literally impose thoughts on you. Every time you swear to yourself "just one last time and then that is it", wake up and shake off the delusion. This is the pendulum speaking. Being consciously aware of this fact will help you to indifferently 'split' with the bad habit; not decisively but indifferently

Kavish at 06-01-2025 14:03

"But how can that be, after all, they were born with their millions whereas I have to earn my money! Where would I get the money?" How many times have we already said, that you do not have to think about the money. When you end the battle and give yourself permission to have outer intention will a way of giving you what you need. I cannot prove this to you right here and now but you can test the principle for yourself and do not try it, just do it and not tomorrow but today. Allow yourself to have from this moment onwards, unconditionally and unreservedly and not occasionally but all the time. If you do not expect instant results and continue to allow yourself to have one fine day something will happen that others will want to call a miracle. Those who are born with millions are already imbued with the will to have. They do not even have to think about it whereas you will have to work with slides. The mind will worry about how realistic the goal is and the means to achieve it, but this is the path of battle that leads nowhere. If you take this path you will never earn enough money. Earn the will to have, not the money.

If you concentrate on the goal as if you had already achieved it your doors will open and the means will take care of themselves. The freedom of it all is enough to make your head spin. You may choose not to accept this freedom. It is your choice. Nothing would be easier than to say that this is all rubbish and continue toiling away the rest of your life. Everyone makes their choice and receives what they are willing to have. Your choice is immutable law and with it you shape your own reality.

You might fall into the trap of battling with yourself for the will to have. Whatever you do, do not force yourself to allow yourself to have. Do not force yourself to picture the target slide. You should not need to push yourself. Do not pressure yourself or tense up over it for that again makes it a battle. Simply take pleasure in having exciting thoughts. Abandon importance and end the battle. Nothing is achieved by battling. The reason you continue battling is because everything around you has been elevated in importance. You cannot allow yourself to have at the same time as fighting ardently for your place in the sun. You may be resolute and full of confidence that you will have what is yours and are enthusiastically convincing yourself that it is all down to your personal choice. Yet to act forcefully entails creating excess potential. What is required is more like a carefree, light-hearted resolve. Relax, let go your grip of control and just be aware of the fact that you are taking what is yours. You do not need to drum up momentum and enthusiasm to go to buy a paper. If they do not have the paper you want you just walk to other newsagents. Release your deadly grip

When importance disappears the need to push for your goals transforms into the will to have and then outer intention sets in.

You do not have to win the right to choose. You already have it. If you feel filled with decisiveness to win your right to choose, prepare to be disappointed. If you are filled with decisiveness and vigour

you again hold the deadly grip. Balanced forces will quickly cool your smouldering coals. And pendulums, having sensed your importance will immediately try to provoke you. You will see for yourself that this is how it works.

The will to have is the dispassionate, unemotional intention to take what is unquestionably yours. Does not it sound weird to say: "I am absolutely full of decisiveness to get the post from the letter box"? You must exercise your right to choose just as calmly and uninsistently as you would retrieve your post from the letter box.

You might desperately wish to acquire the will to have but nonetheless, abandon desire. Enough of desiring; you are going to get what you need anyway. Just think about taking what already belongs to you. Take it calmly without demanding or insisting with the thought of: If want it, what is the problem? I will have it"

The will to have is created by the free energy of intention. Two things get in the way of allowing yourself to have. The first is conflict between the heart and mind. The second is the excess potential of inner and outer importance, which use up free energy. One would be mistaken to think that the will to have is equal to banal thinking that sounds "I want and I will". In reality, such thoughts must be filled with the energy of intention otherwise they are just be the mumbling of the mind and nothing more. Thoughts must flow from the unity of heart and mind. Otherwise, the programming of the energy of intention will not be pure. If a large portion of free energy is consumed by excess potential intention will have no power to it.

The conflict between heart and mind arises because the mind doubts the goal can be realistically achieved. As soon as the grip of control weakens the limiting conditions of the mind fall away to reveal unity between heart and mind. The mind is surprised by the fact that its control is not necessary and that everything works of its own accord. However, this fact is enough for the mind to accept, even if it does not totally understand what happened. The rider can balance and so the mind accepts it. The mind gives up enforcing its control because it is now convinced that it is not necessary. After a little practice, the other excess potentials disappear as well and the energy of intention is released at which point riding the bicycle goes from being a challenge to a pleasure.

In order to drop importance you need to take action consciously. You need to be aware of what you are attributing excess meaning to and the consequences of doing so. Unfortunately, our attempts to consciously abandon importance on an intellectual level are not always successful. The answer then is to take action because the power behind excess potential dissipates in the process of doing. The action you take can be turning the target slide round in your mind; visualising the process and calmly placing one foot in front of the other in the direction of your goal.

How not to be afraid? – Get a safety net. The hardest excess potential to overcome is fear. You cannot force yourself to be unafraid. If something that has excessively important meaning in your life is threatened, something that you cannot let go of, such as your life, career or home, the only way to stop fuelling the potential is to find cover, a plan B or alternative route.

How not to worry or get anxious? – Act. The potential of anxiety and panic is dispersed through action. Idle worrying will continue to plague you until you take proactive action. The type of activity you turn to does not necessarily have to be related to the cause of your stress. As long as you do something your anxiety will be reduced. How not to desire? – Accept the possibility of defeat and act. It is just as difficult to eradicate the potential of desire as the potential of fear because letting go

totally of your desire to reach your goals is almost impossible. However, if you accept the possibility of defeat beforehand and find alternatives, the potential of desire will at least become more balanced. Desire can always be transformed into action. Desire is what comes before intention. When desire is translated into the determination to act, the energy channelled into the potential disperses. The energy of desire then goes towards shaping your intention. How not to wait? – Act. The potential of waiting is dispersed through action by definition. Dissolve desire and expectation in action. How to let go of self-worth? If you have understood this book thus far, this question ought to sound a little out of keeping with what has been said before. Of course, Transurfing encourages you to stand up and accept your worth as an axiom rather than resigning yourself to feelings of personal worthlessness. The difficulty with this is that the mind only senses its worth when other people treat you accordingly. Taking this into consideration, the secret to increasing your standing is as simple as it is effectual. All it requires is for you to abandon the tendency to take action aimed at increasing your sense of self-worth. Examine your behaviour. How do you respond when you feel the need to protect your sense of self-worth? Whatever your knee-jerk reaction is, be it demanding attention and respect, feeling you have to prove that you are right, taking offense, being defensive and justifying your actions, getting drawn into conflict, acting superior and arrogant, insisting on being the leader, belittling someone else and pointing out their shortcomings or showing off your strengths; whatever it is, other people will subconsciously pick up on it. If you do not automatically rush to protect your sense of self-esteem it suggests that you have a healthy sense of your own worth. People will start to treat you differently. When the mind sees that it is being treated with more respect it starts to acknowledge its own worth. When you start to realise your own value, other people around you will see it too, without exception. By letting go, you receive the very thing you gave up. How to not get irritated so easily? Play the pendulum's game and break the rules. This is the only way to ditch the habit of reacting negatively to unpleasant information. You already know how this is done; you just have to remember quickly enough, that it is just a game, and then humorously break the rules by reacting inadequately. When you hear a piece of good news rather than reacting limply, respond happily with overt enthusiasm so that you radiate energy at the vibration of the wave of good fortune. Pendulums will cause you problems to make you lose your sense of inner balance and generate negative energy. By reacting in an inadequate manner, you disturb the pendulum's rhythm, leaving it with nothing. Have a go at playing the game in this way. It is quite entertaining. How to get over feeling guilty? Stop trying to justify yourself. As I have already said, only you keep yourself in the courtroom to be judged. You are the one playing all the roles of prosecutor, lawyer and defendant and the manipulators exploit that. Leave the courthouse. No-one can detain you. Those who gather to listen will sit there for a while and then go their own way once they realise there is no defendant. With time, your case will be closed. This is the only way you can get rid of your guilty feel.

How to deal with resentment and indignation? You will not experience these feelings of anger if you rid yourself of guilt and acknowledge your worth. End the battle and go with the flow.

The will to have has three stages. The first stage is inhibition caused by an unfamiliar situation: "Surely this cannot all be for me?" When you run the target slide in your mind, you will not quite be able to take in the fact that it might all be possible. The second stage is delight, a feeling close to weightlessness. There will come a point when you accept the goal into your comfort zone and feel the sense of restriction fall away. The realisation that the goal is actually quite realistic evokes a feeling of elation. The feeling of weightlessness is also quite real, being caused by the release of the energy of intention from excess potential. This is what you will feel. With time, the will to have shifts into its third stage of ordinariness. Because you are constantly turning the target slide around in your

mind you think yourself into its content and gradually, everything in the slide starts to become ordinary. The slide is based on the film roll of importance. All the time that you desire, doubt and puzzle over the means, the will to have is standing on a shaky foundation. As soon as importance dissolves the will to have gains power. At the same time, it is important not to let go of the will to act, i.e. the intention to place one foot in front of the other in the direction of your goal. If you have moved through all three stages of the will to have you are undoubtedly on the right road. And finally, how not to give way under the weight of your problems? There is always something that will get us down to one degree or another. It is extremely difficult to just up and let go of all importance but there is one very interesting and powerful method in Transurfing that can help – coordinating intention.

You can make use of the mind's inclination to control everything and offer it a new game. The idea of the game is, every time something bad happens, the mind has to wake up, consciously evaluate the level of importance being attributed and then change its relationship to the problem. Your mind is sure to like it. We have already looked at the principles of the game. They are the same as the humorous battle with the golem; but that is not all. Here we come to the main principle of coordination. If you allow yourself to be guided by this principle you will achieve the same level of success in realising the positive as negativists do in realising their worst expectations. It goes like this: If you choose to perceive seemingly negative changes in the script as positive, that is what their outcome will be

If you choose to perceive the event as something positive you position yourself on a favourable branch of the life line. A predisposition for negativity however, causes a person to express their discontent and choose an unfavourable branch on the life line.

How the pattern is formed depends on the choice you make when you are standing at the fork in the road. It might only be a minor irritation that has shaken you out of sorts but irrespective of the magnitude of the irritation, you are already radiating energy at the frequency of the unfavourable branch in your life line. Moreover, a negative attitude creates tension potential which drains your intention energy. Your actions become ineffective and you stumble upon the next bigger irritation. You can imagine where you will end up in life if you keep following the map of negative branches. Essentially this is what facilitates the generation shift. Now imagine a different scenario. Something happens that irritates you. Take a moment before rushing in with a negative attitude and responding in the primitive manner of the oyster. Say to yourself: "Stop! It is just a game with a golem. Ok, golem, let's play!" Whatever is happening, stay positive and pretend that you are pleased. There is a reason why we have the phrases "a blessing in disguise" and "every cloud has a silver lining".

Kavish at 07-01-2025 21:31

You only ever receive as much as you are willing to receive. Whatever this is, outer intention will fulfil your orders impeccably. You have what you have because it corresponds to the template of your worldview and vision of your place in the world. Now that you are acquainted with all the main principles of Transurfing you can manage your fate according to your own free will. Your fate will be shaped to reflect your personal choices and beliefs.

That just leaves the question of how to believe in it all. As I have said before, you cannot convince the mind of anything until it is confronted with fact. The mind however, is capable of pretending. It is also capable of blind, fanatic belief, but usually a false belief based on intense excess potential created when inflated meaning is attributed to conviction. When the mind is absorbed with false belief it becomes so deafened by its own fanaticism that it is incapable of seeing or hearing anything else.

When the mind climbs into the box where it has stuffed the heart, belief is blind. The sail of false belief will never fill with the wind of outer intention. False belief is a trap that the pendulum sets in the labyrinth of insecurity. When you buy into a false belief you might think that you have escaped the labyrinth but this is an illusion. Deep down inside you will be plagued with doubt, but you will not acknowledge them because you have put up a protective wall of faith that blocks them out.

True belief is more than belief; it is knowledge. A belief is false if you have to persuade or convince yourself of it, no matter what approach you take, enthusiasm or duress. Knowledge is shaped by facts, not conviction. When the mind is faced with a fact it simply knows, whereas false belief is maintained by the mind's control. The mind makes absolutely certain that no trace of doubt can slip into its illusory room inside the labyrinth. When the mind wants to hope it refuses to listen. When you try and convince yourself, or try to believe in something, you run the risk of adopting false beliefs. And yet, when you begin to listen to the rustle of the morning stars the illusions are revealed. Relax the mind's control and shift your attention towards being more attentive to the slightest signs of inner discomfort. If you reveal a pang of discomfort step back from trying to convince yourself of the idea you want to adopt. When you achieve a state of unity of heart and mind you will not have to convince yourself of anything.

If you ask the heart: "Will I reach my goal?", it will answer either "yes" or "no" but never "maybe" or "probably". If the heart feels the slightest shadow of a doubt the answer will also be "no". When the heart has doubts there is absolutely nothing you can say to persuade it otherwise. So what should you do? The answer lies in the statement above: the heart does not work with half tones. Doubt is what you experience when you believe in something to a certain extent, but not totally. The heart turns "not exactly" into "absolutely not". It neither believes nor doubts; it simply knows what will happen and whether the answer is "yes" or "no". You have to take the radical step of removing the word 'believe' from your worldview template and replacing it with 'know'. If the mind knows that such and such a thing is going to happen the heart will agree without question. Do you believe that are holding this book? No, because belief does not come into it. You just know that you are holding it. Where there is belief there is always room for doubt

allow yourself to have the knowing that your desire will be fulfilled; for the law has it that: the goal will be reached if there is will to have and if there is the will to act by moving through the right door. It is your choice. You are in charge. If the decision is truly yours any thoughts along the lines of: "what if it does not happen", will become irrelevant.

Apply the slide technique. Harbour knowledge in your mind and look after it until outer intention makes it fact. Remember, the task is not to convince yourself but to remind yourself of the knowledge that you will achieve your goal. Whenever you think about your goal you will catch yourself being involuntarily drawn back into doubt and thoughts about how the goal might be achieved will inevitably creep back in. Doubts will naturally creep up on you but you have to fish them out of your mind and put them in their proper place straight away with thoughts that sound: "I know success depends on my choice and I have made my choice so why hesitate?" If you do this the doubts will gradually fade. Where there is knowledge without belief, doubt cannot exist. There is no need to set about eliminating them or battle against their presence for this is a guarantee of defeat. You can however, console yourself with the knowledge that doubts do not necessarily guarantee failure, although the road might just get a little bit bumpy at times.

I want to emphasize that the most important thing is to remember that you alone decide whether you will achieve your goal or not. Remind yourself of this fact every time the doubts set in. I also draw your attention once again to the habit of forgetting and living a semiconscious existence. New

knowledge is easily forgotten and old habits run deep. Never forget that you are in charge of your own fate.

The question needs to be put differently: "Will it happen or not?" should be replaced by "What do I choose, success or failure?" It can be difficult to get used to posing the question in this manner. Your entire life you have been convinced that apples fall to the ground and could hardly fall to the sky. However, if you can regularly catch yourself in the moment that you succumb to doubt, and remind yourself that success is just a question of choice, you will soon get used to it. Imagine to yourself that as of today, apples have started falling to the sky. It feels quite strange initially but then you get used to the idea and accept it. What can you say? That is just what apples do. Is anyone surprised when balloons fly off and upwards into the sky?

Do not believe; verify and prove and when you see that Transurfing really works you will then simply know.

It is easy to say: "According to your faith be it unto you", but you cannot help wondering where this faith and strength of conviction is to be found, and how doubts can be eradicated. In reality you cannot avoid doubt and it is futile to try and acquire faith. If a shadow of doubt has crept into your heart no act of persuasion will ever drive it out. You can only deceive the mind. The mind will pretend that it has forgotten all about its previous doubts, but they will continue to live in the heart as before. Abandon fruitless attempts to acquire absolute faith. There is another more realistic way of dealing with doubt. Do not think about the means; run the target slide in your mind and place one foot in front of the other in the direction of your goal

The mind looks for faith to help it confirm that the goal is realistic. Nonetheless, do not think about the means. Brush faith aside. Live out the slide that pictures your life as it would be were the goal already achieved. By practicing this exercise you work on the quality of your energy without fuelling it with conviction.

outer intention begins to direct your actions in a way that brings you closer to your goal.

This is how outer intention works. If right now you are walking to a job you hate through the mud and rain but with a sense of the celebration of life in your heart all the difficulties you were experiencing will soon disappear. Quite simply, the quality of your energy will no longer correspond to the frequency of the scene

. You now understand what is really happening and you can consciously smile to yourself and say: "No, pendulum, you will not get your hands on my energy. I know what you are after and how you are trying to get your claws into me. It will not work. You will not get me to buy into the importance of the problem. I have the right to choose and I choose to be free of you"

The mistakes of the past serve as your capital. If you take this position you will achieve shining success. Everyone who has achieved success has passed through a whole forest of setbacks and failures. There is a grain of truth in the saying that 'one man caned is worth two that were not' and 'failure breeds success

Now that you know that the open window exists, and it is just close by, even if you cannot see it yet, you will have hope and where there is hope, the energy of intention is released. We need hope to begin taking action. Begin taking action and you will see that apples fall to the sky. When hope has

done its work, you will become conscious of the freedom of choice. Then you will say to yourself: I do not want and I do not hope. I intend.

FORWARD TO THE PAST

The moment has now come for you to see your movement through the alternatives space with your own eyes. You will see that you are capable of moving through time, both forwards and backwards. It will not be like the time travel they depict in science fiction movies for we are only concerned with the shape of reality. This time you will not have to wait for the results of outer intention. You will see the results straight away with your own eyes. It is no trick; neither does it involve experiments with moving into the astral plane or the dream space. For a few moments you will really feel movement in time and space. In practice the process comes down to a simple, single action transaction, which consists of three elements. To carry out the first element you must remember your central meridians. If you have already been doing the energy exercises you should be familiar with the feel of the meridians. You start by running scanning your body relaxing any tension in the muscles. Then picture your energy moving in the rising and descending currents along your spine. A useful method to activate your energy fountains quickly is to imagine that two arrows run horizontally from the centre of your body extending in opposite directions. One points forward and the other backwards. The arrows extend twenty to thirty centimetres or more from the body. Now picture both arrows turning at the same time, the front arrow turns upwards and the arrow at the back turns downwards until they are in a vertical position to the spine. You will immediately feel a boost in the flow of energy. You can practice this exercise either standing still or when you are walking. It is as if you are turning a key that switches on the central energy currents. There is no need to turn the arrows into fountains or to bring them together into a sphere. The important thing is to imagine being permeated by the flow of energy. It does not matter if you cannot actually feel the energy moving through you. A real sense of this will come with practice. Do this exercise when you are going somewhere, or simply out on a walk. It will give you a feeling of lightness and relaxation. Turning the key is the first element of transaction. You can apply this exercise at any time that you need to quickly enter a more relaxed state. Try turning the key many times during the day, particularly when something is troubling you. You will notice straight away how the key releases tension. We are constantly carrying problems around with us, some small some large and the weight of our problems is automatically reflected in our muscles. When you are walking along and catch yourself thinking about something unpleasant, troublesome or worrying remember the key and turn it. You will feel a wave of relief as your muscles relax. It is good to get into the habit of turning the key as many times as possible during the course of your day, then you will always have a way of releasing and cleansing the energy of intention from the excess potential that brings you down. Consider the exercise the key to the conditioning box that oppressive circumstances like to lock you up in. It will not free you of importance but it will considerably ease the process of release on an energetic and a physical level. The second element of transaction is to visualise the target slide. Once you have turned the key, picture your target slide. Do not forget to imagine yourself inside the slide rather than watching it like a scene in a film. See yourself in a situation where the goal has already been achieved. To connect yourself with the slide imagine what you would be feeling if you were living it in reality. Touch the scene with your hands, imagine the sounds, smells or any other sensations that easily come to you. Turn the slide in your thoughts for a minute or more. The transaction process is most effective if you practice it when you are relaxed and walking in a familiar place. You can look to the side but in order to focus more clearly on the slide it is better to lightly hold your gaze somewhere on the ground just in front of you. Once you can more or less clearly see yourself in the slide gaze ahead of you with a look of conscious awareness. Do not think or analyze anything; just take in with clear sight whatever you see ahead of you and further into the distance. Clear sight is the third and final element of

transaction. For a few seconds there will appear to be a change in nuances of the scenery. When you look at a familiar view with clear sight you will notice that although the picture is basically the same, there is something new about it as if some new yet barely perceptible hue had been added. It will be as if you had seen it before somewhere, not the specific details of the scene but a certain feeling, mood or after-taste – a hue.

Kavish at 08-01-2025 22:51

Freedom is yours when you end the battle

The battle will continue but without your participation and you will be free to go wherever you wish and choose anything you desire. The world is a mirror that reflects your relationship to it. When you are discontent with the world, it turns away from you. When you fight the world it fights you back. When you end the battle the world meets you halfway.

No-one can force you to take part in the battle but they can instil the belief in our minds that no other choice exists. In a sense they are right: there can be no other choice until you stop clinging to the strings of importance

Is not trying to change your relationship to something just another part of the same battle? No. You battle with yourself when you try to control your emotions. Now that you know the nature of the pendulum's game you can consciously change your relationship to it without being hard on yourself. In this way you make a choice for freedom from the battle. Now you can decide the rules of the game yourself. Your game with the pendulum revolves around breaking the pendulum's game rules. Then the battle is transformed into a ridiculous fight with a golem. It is as if you realize that it is all a daydream. By distancing yourself from the stage and watching from the auditorium, you suddenly understand that it is entirely up to you to decide whether you want to continue participating in the battle or simply take what is yours

There is no guarantee that everything will go smoothly at the outset. You can expect to be provoked by pendulums, obstacles and disappointment. The main thing is not to lose heart or sink into despair. Everything will work out with time, for now you have a powerful technique at your fingertips for managing your own destiny

Ideally, the awareness that every individual is the master of their own fate should be quite obvious. Imagine that you were given a document that certified your right to purchase a newspaper at any stall across the city. The document would hardly fill you with excitement because you have this right anyway, irrespective of any document. Would you get upset if you could not buy a paper at one particular newsstand? No, you would simply go to the next or forget about buying a paper after all. Your attitude towards your new ability to control the events of your life should be no different to your attitude towards buying a newspaper

You should also be particularly wary of boasting to your friends and family. If you make claims aloud that you will get what is rightfully yours, your chances of success will decrease significantly

Kavish at 09-01-2025 21:49

the world is a mirror of your relationship to it. The difference between the former and the latter only lies in the fact that a mirror reflects change instantly whereas the world's response may take a few days or even several months.

The thing is, that the run of bad luck that followed the run of good luck, was not a run of bad luck at all. You just decided to paint it in dark colours. Nothing bad can follow from something good. In

reality, after something good, something better always follows but you did not see it this way. You could not accept the changes that were underway and so put your negative relationship to the world out there. The world gave you a mirror reflection of it and transformed your choice into physical reality.

So, where does the answer lie? The answer lies in the world that is your mirror! Transurfing offers the most amazing discovery. All you have to do is make a choice and then get out of the way of its material realisation.

The mind's task is to avoid hindering the alternatives flow, the natural course of events, with its tendency for control. The alternatives flow always runs in the direction of your choice. This is why, once you have made a choice you can boldly depend on the coordination of intention principle: my intention is being realised; everything is working towards its realisation and everything is unfolding as it should

Do not be upset at the thought of opportunities lost. If you define your goal and hold fast to the principle of coordination, a wonderful discovery will await you. You will see that all the mistakes you made previously served towards this goal. You would never have achieved it if you had not encountered the previous setbacks. On the other hand, if you had not made those mistakes you would still have reached your goal it is just that it would have taken a different shape. You do not have to limit yourself to the potential of one goal only. There are infinite goals at your disposal. This is how mysterious, magnificent and generous the world really is.

You may have noticed that sometimes your partner seems to do things deliberately to annoy you. Be aware that in the majority of cases they are not conscious of what they are doing. Their actions are influenced by a pendulum that wants to annoy you even more so that it can then feed on the energy of your irritation. You illustrate how polarisation works in your letter when you write: "Sometimes when I get angry and feel prepared to end it all there and then, whatever the circumstances and consequences, the relationship seems to improve for no apparent reason." When you agree, "whatever the circumstances" you let go your grip as if saying: "Let it burn!" In this moment, the effect of polarisation is weakened; the wind of balanced forces quietens and the pendulum leaves you alone. As a result, the relationship temporarily improves. It would be more accurate to say that people who are similar in character are more incompatible than people who are very different. Translated into the language of fact, when people say "we are not compatible" or "our personalities clash" what they really mean is "we could not accept each other the way we are". In reality, people with opposite characters can and should be able to live happily together in harmony. There is a reason why balanced forces bring opposites together thereby supporting the status quo. You may know, as I do, of couples who have split up many times during the course of a long-term relationship, each time believing the split was serious, packing suitcases, smashing plates, burning family photographs, tearing up certificates of marriage and carrying out other equally as inflammatory rituals. Each act of drama is likewise accompanied by terrible oaths that this time it is for real and there is no going back. Yet the storm subsides and both warriors calm down and go back to living together again

Accept as fact that all knowledge is accessible to you. Look to yourself for the answers. Walk your own path. Exercise your right to individuality. Use your access to knowledge. Knowledge will become accessible to you as soon as you manage to change the focus of the power of your intention from others to self. You must just tell yourself that you are a unique individual and know everything. Ask yourself a question and wait for the answer. The answer will come to you, perhaps instantly, perhaps

a few days later or perhaps even months later, depending on the complexity of the question, but the answer will definitely come!

Kavish at 10-01-2025 22:46

Success only smiles on those who are convinced they walk their true path. Move towards your goal with indomitable spirit and remember: whatever happens, the alternatives flow unfolds in the direction it should. No-one can know when or how the goal will be achieved

If you walk in the footsteps of stereotypes you are certain to be successful but the level of your success will be mediocre and require immense effort. To achieve huge success you must define your goal and move towards it unfalteringly irrespective of what anyone else might try and tell you. There is no harm in taking other people's advice into account but ultimately decision must be made with the heart. Only then will you stop beating your wings up against the light bulb like a moth in the dark

The appropriate decision is always born from unity of heart and mind. A categorically inappropriate decision is a decision that is based on a feeling of inner discomfort. If a decision causes you the slightest feeling of unease in your gut similar to feelings of obligation your heart is saying "no". If on the other hand the decision you have made does not cause you any inner discomfort the heart is saying "yes" or "I do not know". In this case your mind makes the final choice. If the decision is right for you the heart will sing and the mind will rub its hands in glee.

On the other hand, if you cannot define your goal do not torment yourself with trying. It is not like you cannot live without a goal. Why not just live without striving towards something, if that is what you want. If this is the case then there is only one piece of advice I can give which is to move with the flow, and not just be carried along by the flow. In other words, you need to observe the principle of coordination and then life will take a calm, comfortable course. Your goal will no doubt reveal itself when you cease fitful attempts to find it.

You are the one who says that no man is lucky in everything. That is your personal choice. If this is what you think, this will be true for you. The world always manifests the choice you make for yourself. You write: "Most people want everything to be wonderful in both." Here the world also manifests your choice. It impeccably reflects the fact that you want everything to be wonderful but nothing more than that. You want it do you not, so what you will receive is exactly that, your wanting self

When you stop simply wanting and intend to have then you will receive. Take note of the Transurfing motto: "I do not want or hope, I intend".

For example, if you are nervous before making a presentation, go for it. Be nervous naturally and with pleasure. Give yourself completely to this wonderful feeling. Allow yourself to lose your mind in the way that it pleases you most to do so. As soon as you allow yourself this freedom all the anxiety will magically dissipate eventually vanishing into thin air. This happens because a significant part of your energy was otherwise spent fighting the anxiety. Anxiety and worry are less powerful manifestations of fear. Importance here is generated by anticipation of the unknown. In this case it is possible to reduce the bar of importance. If something is worrying you tell yourself that it is self defeating to worry about it for as a rule, our suspicions and worst expectations become reality.

One way to eliminate anxiety is through action, whatever the kind. The potential created by anxiety and worry is dissipated in action. Idle worry will hang in the air around you until you take action. The form of action you take may not even necessarily have any connection to the object of your anxiety.

It is enough to busy yourself with something and you will see straight away that the intensity of your anxiety has subsided.

You can achieve any goal if it is truly yours. If the goal has been set by someone else you can expect to experience a feeling of inner discomfort when you run the mental image of the goal as it would look had it already been achieved.

As far as the choice of your goal and how to achieve it is concerned, here you can take into account what other people say to you, but their words should be given no more meaning than that. You should take instruction from the dictates of the heart and not the advice of others, particularly relatives who “only wish the best for you”.

Why is life like this? Because your excess potential of inner importance creates an instance of powerful polarisation. People with the opposite traits will be attracted to you like iron chips to a magnet. This is how balanced forces work in their aim to eliminate potential. The world you experience is your mirror. But if you create the excess potential of inner or outer importance the mirror curves and the distortion of reality manifests in the fact of being surrounded by pendulums that get in your way

You have to find your true goal and door. When you are moving towards your own goal you do not have to persuade or force yourself to act. The soul will skip towards its goal through its own door. To others your door might seem a burdensome task but to you it will be a pleasure

Kavish at 11-01-2025 22:25

The primary need is to be able to independently manage our own lives. This is the fundamental principle underlying the behaviour of all living beings. Everything else, including survival and reproductive instincts are a consequence of this main principle. In other words, the goal and purpose of all living beings is to control their reality

As a result of this stubborn kind of ‘creativity’ the person’s individual layer is created in which nothing is “the way I want it to be”. Reality seems strange, capricious and hard-line. Sometimes you get the feeling that the world is doing it on purpose, to spite you. It is as if problems and unwanted events are drawn to you by some inexplicable force. Our fears are realised and our worst expectations justified. We are relentlessly pursued by the things we are adverse to and wish to avoid.

Life should be free of problems. That is the norm. If you do not disturb the balance and go with the alternatives flow everything should unfold very smoothly.

Unwanted circumstances and events occur as a result of the distortion that excess potential creates in the surrounding energy field, while dependent relationships exacerbate the situation even further. Excess potential appears when excessive meaning is attributed to a particular quality. Dependent relationships are created when people begin to compare and contrast themselves with others and place conditions upon a relationship such as “if you are going to be like that, then I am going to be like this”.

Let us suppose that your neighbours are annoying you. Do you annoy them too? Probably not but why? “Because they are this and they are that, bad basically, and we are like we are”, you will say. And yet there are no good and bad people. Any judgement is relative because it is generated by comparison and contradistinction. So why is it then, that you do not annoy your neighbours? My answer may surprise you: The reason you do not annoy your neighbours is because they could not care less about you. “Exactly”, you will say, “because they are bad people and have no shame.” With

this attitude to your neighbours you switch on polarisation, like an electromagnet which will draw to you ever more problems related to your neighbours. To them it will all be water off a duck's back because you are of no interest to them whatsoever. It does not occur to them to look at you and make comparative discriminations, i.e. enter into a dependent relationship with you. It is in this sense that they could not care less about you. They do not attach any importance to you or allow you to enter the layer of their world and as a result they have no suffering they connect with you

In any other situation this kind of law of bad luck works in the same way. An object or characteristic that is attributed particular meaning attracts objects with the opposite qualities. Meaning as we know is intensified via comparison and contradistinction. Where there is one magnetic pole the other will not be far away. Polarisation creates a magnet for problems and attracts everything that you feel an aversion to. Everything you find irritating will follow you. Everything that is highly undesirable happens. There is no mysticism in this. It is quite natural.

All you have to do is follow the main rule of Transurfing: be yourself and let others be themselves. You have to loosen your grip and give the world free reign.

consciously change your relationship to the situation in accordance with the Transurfing rule. For example, try at least for a while to forget about your neighbours, stop judging them and pretend they simply do not exist. Say to yourself: "to hell with them!" Rid the layer of your world of neighbours. As soon as you are able to pull off the suction pad of your relationship, your neighbours' polarisation will disappear and they will gradually cease to bother you. And if you manage to completely break the dependent relationship you might make room for something incomprehensible to happen; your toxic neighbours may just end up becoming your best friends

So how can you free yourself from their negative influence? Wake up and be aware of how pendulums are trying to manipulate now. Understanding what is happening is half the battle. The power of the pendulums' influence is inversely proportionate to awareness. They only have power over you whilst your consciousness is asleep in waking life

Ask yourself: "Why am I here? What am I doing here? Am I aware of what is happening?"

Waking up from sleeping in waking life must be articulated very precisely as above: "In this moment I am awake and I am perfectly aware of what I am doing and why I am doing it specifically in this way." If you have this kind of awareness then all will be well. If you do not then even in the smallest, most insignificant conflict situation you are still a puppet.

Kavish at 18-01-2025 14:34

The challenge is to remain the captain of your fate whilst you are within the structure. Is it possible for example to acquire the self-confidence a child so needs without submitting to the pendulum's rule or becoming a social outcast? Easily. All you have to do is wake up and observe the scene through the eyes of an observer whilst you are still on the stage. Then it immediately becomes evident who are the pendulums favourites, the slackers and the pranksters and adherents who follow the rule. You must not judge or disdain people for following the rule. If as a result of your awareness of the way of things you start comparing yourself to those who are 'asleep' dependent relationship arise, polarisation occurs and the "awakened" one inevitably becomes an outcast. It is very important to remember that it is not enough to simply reject the pendulum's rule. You have to replace it with the Transurfing rule: "Be yourself and allow others to do the same." Then you will be able to find your source of strength and security within. Once you understand what is happening around you, you are already half way home. This knowledge alone brings a reliable, calm belief in

oneself because lack of self-confidence comes from fear of the unknown. When a person is unfamiliar with the rules of the game the world seems scary and hostile. Then feelings of loneliness and depression take over sending you to sleep and making you submit to the pendulum's rule. Knowing all this you are now capable of turning life into a conscious waking dream which means having control over a situation. Either you become a shepherd or at the very least you stop being a sheep.

As far as strengthening your position goes, we have talked about this in quite a lot of detail in the theory of Transurfing. Firstly you have to be rid of feelings of guilt which means you have to stop justifying yourself and explaining your actions to others who have the outright audacity to judge you. Secondly, stop protecting or proving your worth. If you follow the Transurfing rule at the same time then these two things will be more than enough to acquire a sense of strength and security within i.e. to begin living in accordance with your own beliefs. Bear in mind that you cannot simply thoughtlessly oppose a given structure desperately trying to be rid of its influence. I should repeat that we are not talking about freeing yourself from pendulums entirely but about how to avoid being a puppet on a string. Once you are awake you will feel and see how the structure weighs on you (do you want to live?) when it tries to impose its own rules. Then you will be able to decide for yourself whether you want to refuse to follow their rules or whether you want to observe them. The important thing is to make a conscious decision whilst others are you are asleep. This is the strategy of the person who is master of the situation.

Awareness is heightened when the focus of attention is directed inwards and not outwards. When a person is totally immersed in the cares imposed on them by the outside world their mind dives into the game subconsciously.

However, if you do end up doing so it is essential that you stick to the following rule: When you are dangling on a pendulum's hook think only of the positive

For example, whilst you are watching a television series or show, in one way or another you are exchanging energy with a pendulum. Whilst observing the action, keep your target slide ready i.e. the picture of what you wish to receive. You will always be able to spot some kind of connection with your goal in the flow of information, however small. For example, when the heroes of the series set off in a fabulously flash car express the fact that you intend to buy something similar for yourself.

Never ever think of anything negative in the moment that you receive a credit. Worrying thoughts, pressing problems, despair, fear, as all these emotions will be amplified by the boost of energy you are receiving.

Judging from the above it might seem that the declaration of intention can be used in the games of cunning pendulums like the stock market, casino or betting on the races. In principle, why not? The chances of success will be increased if in the moment of placing your money and likewise during the game you visualise a slide of inevitable winnings. It is not easy to do but it is possible. As a rule the player's thoughts run along the lines of: "If only I could win!"; "What if I lose? But no, I have to win!"; "This time I will be lucky!

This is no good for in these thoughts there is everything from desire, considering how to win and fear of losing to hopes of success. You have to put all thoughts and emotions including hope for success to one side. You must eliminate all this until all you have left is the unconditional and dispassionate will to win. Your declaration of intent should be: "I am a winner!" and your declaration should sound without need for explanation, conditions or exclamation marks. If you manage to achieve this state of dispassionate and unconditional will to have your chances of success will be rapidly increased

You could say that there is only one way of avoiding having to pay interest on credit: know when to leave the game. Do not just leave the game but free yourself entirely from the slightest connection with the pendulum and extinguish any thoughts that resonate at the pendulum's frequency. In other words, for a certain period of time you have to switch your attention to something else so that the game does not even enter your head for a moment. This is the only way you can save yourself from being drawn into the vortex of the induced transition. Stop swaying with the pendulum. Once the tie has been totally cut you can begin a new game session

In trying to beat a pendulum you are just chasing your own shadow. Any effort you make to win and all the emotional concerns that go with those aspirations are the subject of inner intention and inner intention always leads blindly to what is right in front of your nose failing to see anything else at all. To put an end to the mindless chasing you have to stop, look around you and begin moving in your own direction independently. Then the roles are swapped. The pendulum will have to keep up with the individual rather than the individual struggling to keep up with the pendulum. Anyone who abandons narrow inner intention becomes the master of the game, the producer in the dances with shadows. In order to initiate your own game you have to be yourself. Your personal game is the shaping of your own reality at your own discretion. You can do it. You just have to claim the privilege. Only you can give away or deprive yourself of your own privileges. This has to be understood.

Kavish at 21-01-2025 21:15 Awareness can be divided into two levels: the first is attention and the second is perception. In the initial period after birth perception has not been clouded by anything external and so the child's ability for intuition and clairvoyance are wide open. In other words, the child has direct access to information from the alternatives space and perceives the world just as it is. However, "dream-seeing" adults take the newborn in hand and immediately squeeze it into the narrow dream-framework they take to be conscious existence. This is achieved by limiting the child's freedom and holding its attention on certain things. The child is forced to concentrate its attention on the attributes of reality: "Look here! Listen to me! Do not do that! Do this!" Once the attention span is captured the child's perspective is sharply narrowed; awareness is lost and the individual sinks into a condition differing little from unconscious dreaming

In reality, when your attention is focused on a narrow range of objects you walk as if your gaze was glued to your shoes and so naturally, you do not look around you. The worldview template in turn places you in the Procrustean bed of false stereotypes which define "how everything should be". In subconscious dreaming the programming of attention and perception reaches its maximum level. The dreamer accepts the situation for what it is suspecting that they are impotent to affect the course of events. As a result, the dreamer finds themselves utterly in the hands of circumstance. The dream "happens" to them and there is nothing they can do about it. The script develops spontaneously in accordance with one's fears and expectations which continue with one's thoughts in an uncontrollable flow

Imagine that you are walking along a street, talking to someone or going about your day to day chores. Wake up! Look around and with a sober mind observe what is happening. You are capable of setting your world in the right direction with the power of intention. The result will not be like a dream in which the storyline changes fluidly submitting to the slightest movement of your will. Material realisation is inert like tar but it can be manipulated nonetheless through the principles of Transurfing. The first thing you have to do is wake up. Be aware that reality is like a dream. Only in lucid dreaming can you fully control the situation. When you are daydreaming you are not in control of the situation, you are battling with pendulums. Come down into the auditorium and observe. Behave dispassionately, rent yourself out and remain the observer. In order to retain your level of awareness it is essential to keep consistent control of the flow of your thoughts. When this becomes a habit it is automatic and requires no effort. For once you have woken up in your dream you no longer have to make any effort to maintain the awareness that it is all a dream. You can learn to control the flow of your thoughts in the same way. At first though you have to systematically call yourself to "wake up" before it becomes a habit. When in waking you remember that you are supposed to be acting dispassionately you become conscious, i.e. you come down from the stage into the auditorium or you remain on stage as a participating spectator. This is the half rung of awareness that is enough to carry out the other Transurfing principles the most important of which are: to reduce your importance level, to go with the alternatives flow and coordination. These principles enable you to move confidently through the labyrinth of life avoiding all sorts of problems even with your eyes closed.

Kavish at 22-01-2025 22:49

There are people who believe that they are striving towards God with all their soul, but this is an illusion. What they are really doing is trying to escape their own ego. There is nothing wrong with having an ego and generally it does not bother you unless it is offended. The ego is generated by dependent relationships in which a person compares themselves to others and discovers that they are far from perfect. The ego's only goal is to assert its own significance. If it does not receive this confirmation it is insulted. When this happens a person begins to experience a sense of inner discomfort which they try to be rid of. How can this be done? If increasing your sense of importance does not work out then there are only two things you can do: either let go of the reigns and let the ego gallop off or suffocate it entirely. Those who choose the first method become egoists whilst those who choose the second method become altruists.

Striving towards God with the purpose of ridding oneself of the ego is the path of inner importance. Inner importance is always present when you give yourself up to be judged by others. Returning to self without looking round at others is the true path to God. If I eliminate the necessity to check the opinion of others around me then I am self-sufficient and my ego will cease to exist leaving nothing but my integral personality. Do not listen to others who call you to change and sculpt of yourself something that will match a certain set of standards. They pressure you to change, to turn away from your soul and to follow the pendulum rule: "Do as I do!" Turn to face yourself, accept yourself the way you are, be yourself. Assert your right to be right. To dedicate yourself to serving an abstract God means to abandon your soul. And this is nothing more than adherence to the pendulum of religion.

If you put all speculation to one side what is God's real Intention? To answer this question we will not guess or philosophize but simply state the fact that the intention of every living being one way or another is to control their reality; not judging, dealing out justice, fulfilling wishes and requests, not rewarding according to merit or punishing, not ruling over people or looking after them. The control of reality is what it is all really about.

There is just one significant conclusion we can draw from all that has been said above: God has given every living being the freedom and power to shape their own reality in accordance with their consciousness.

Why else would the process of evolution extend over such a long period of time if intention is capable of realising necessary sectors of the alternatives space? Hardly any living beings make use of the power of intention consciously and constructively. In unconscious dreaming it is as if they vaguely desire something but are not aware of what exactly. Intention becomes blurred, indefinite and unaccountable.

A person with a relatively high level of awareness is capable of escaping the circle and transforming their life into a lucid dream in which reality is subject not only to direct influence but to their will also. If there is a particle of God in each and every one of us it means that our intention is also the intention of God. By shaping our reality with the power of intention we fulfil the Will of God. When you express an intention consider it to be God's intention. How then could you have any doubt that it will be fulfilled? And all you have to do for this to be is simply claim your right to it. Do not ask, do not demand, do not struggle, just create. Shape your own reality with the help of conscious intention. Would God really ask himself for something to be given him. Is there anyone alive from whom God would demand something for himself? God just takes whatever he wants

Kavish at 25-01-2025 21:42

The whole world can be seen as a gigantic dual mirror. On one side of the mirror lies the physical Universe and on the other side of the mirror lies the metaphysical alternatives space. In the dual mirror, unlike in an ordinary mirror, the material world serves as a reflection of the intention and thoughts of God, as well as all the living beings that are an embodiment of Him.

The mirror therefore separates the world into two halves, the actual and the imaginary. Everything that has acquired material form lies in the real half and develops in accordance with the laws of natural science. Science as well as the conventional worldview is only applicable to what happens in "reality". Reality is usually understood to mean everything that is subject to observation or direct impact

On that side of mirror there is an abundance of everything and there is no competition. The goods are not physically present but the great thing is, you can choose anything as if from a catalogue and then place an order. Sooner or later the order will be fulfilled and you will not even have to pay for it. You have to observe certain manageable conditions, but that is all

Naturally, the environment in which a person is born plays an important role, but how their life will develop later largely depends on their attitude towards themselves and the world around them. Subsequent changes in lifestyle are largely determined by that person's mental outlook. The sector of the alternatives space that becomes embodied, will correspond in script and scenery to the nature and direction of that person's thoughts

So two factors take part in the creation of a individual layer of reality: inner intention on one side of the mirror and outer intention on the other. A person affects objects within the material world via direct action whereas with their thoughts they embody in physical reality things that are not yet present. If a person is convinced that all the best things in this world have already sold out then in reality, the shelves for them will remain empty. If they think that they will have to wait in a huge queue for hours and then pay a large sum of money that is what will happen. If your expectations are

pessimistic and filled with doubt they will instantly be confirmed. If you expect to encounter a hostile environment your premonition will be realised. However, if a person allows the innocent thought to permeate their being that the world has saved the cream for them this too is what will become manifest.

This is how the individual creates the layer of their world with their thoughts. The process can be explained using just a few simple principles. The first mirror principle is this: the world is like a mirror that reflects your relationship to it.

why it is that our worst expectations are generally confirmed whilst our hopes and dreams do not come true? There are reasons for this and they are expressed in the second mirror principle: reflection is formed in the unity of heart and mind.

Unlike fear, desires are not as easily fulfilled because in this case of our desires unity is rarely achieved. The heart resists the mind because, having succumbed to the influence of pendulums it strives towards other peoples' goals. The mind in turn either fails to have any awareness of its innermost desires, or it does not believe in the possibility of their fulfilment

This leads us to the third mirror principle: there is a delay in the reaction of the dual mirror. If you cannot fulfil the second principle the fortress must be taken by lengthy siege. Try to imagine this rather unusual scenario. You stand in front of a mirror but here is nothing there except emptiness. Only after a little time does the image of your reflection begin to appear, like in a photograph. At a certain point you smile but the reflection still shows the same serious expression. You lift up your arms but the mirror image remains the same. You put your arms down straight away and again, nothing in the mirror has changed. In order to see your reflection with raised arms you have to hold them up for a longer period of time. The dual mirror works in exactly the same way except that the time delay is much longer and so the changes taking place in the mirror are practically imperceptible. Material realisation is inert like tar. Nonetheless, a thought form, or slide as it is referred to in Transurfing can be materialised. All it requires is one basic condition: you have to run the slide in your mind systematically for a significant period of time.

How much time is needed to realise the slide depends on the complexity of the goal you set. Whilst the mind is in doubt that the goal can be realistically embodied the image will remain hazy but sooner or later some kind of representation will begin to appear in the mirror. Then you will begin to see for yourself how outer intention opens the necessary doors and provides the necessary opportunities for you to reach the goal. This will assure the mind that the technique is bearing fruit and that the goal is in fact realistically achievable. Gradually heart and mind will come to a position of unity focusing the radiation of thought energy into a sharper image. As a result a reflection will be formed creating what is normally considered a miracle: the dream that seemed impossible is transformed into reality.

However, you can bring it all back very simply; the feeling of calm serenity, the taste of ice-cream as it was in your childhood, the feeling of newness, hope for something better and the joy of life. You will not believe how easy it is. But you do not have to believe it. Try it! It does not occur to anyone

that they can renew the layer of their world by taking control of their relationship to reality. Whatever you make of your perception of the world is what your world will become. This should not be interpreted as some wishy-washy challenge to look at life more optimistically but as genuine steps to shaping your own reality. From this moment onwards, whatever happens, make it a rule to consciously control your outlook on life. It does not matter that right at this very moment things are not as good as you would like them to be. Things are not actually that bad and they certainly could be a lot worse. There are no stones dropping from the sky; the earth is not in flames under your feet, and there are no wild animals chasing you. Indeed the world has changed considerably since you cooled your relationship to it. Do you remember how it used to cradle you in its arms, feed you with grandma's cakes and tell you stories? Then you grew up and a wall of estrangement appeared between you and the outside world. Warm spontaneity grew into estrangement; trust was replaced with fear and friendship turned into cold calculation. Yet the world did not get angry and turn its back on you. It simply went quiet and walked beside you deep in thought like an old friend offended by a cold welcome.

When something fortunate happens do not forget to tell yourself that the world really is taking care of you. Cite this confirmation at every minor detail of life. When you come up against something that might disappoint you make sure that even so you tell yourself that everything is unfolding as it should according to the principle of the coordination of intention.

Every time you face a problem, even if it is relatively minor, say to yourself: "I let my world take care of me". This does not mean that you should do absolutely nothing and sit there with your arms folded. It is a matter of adopting the thought that everything will turn out well of its own accord by default. The mirror will reflect your perception flawlessly: "If that is how you perceive it to be, then let it be so".

You can rely on the world for all sorts of things if you allow it to take care of you. People are not capable of solving all their own problems. Give them to the world to deal with for the world has immeasurably greater capacity to solve them than you do

"My world chooses the best for me. When I go with the alternatives flow the world meets me halfway. I create the layer of my world with intention. My world protects me. My world eliminates my problems. My world takes care of things so that my life is easy and comfortable. I place an order and my world fulfils it. I might not know how to take care of myself for the best but my world does know. Everything that happens contributes towards the realisation of my intention and everything happens as it should".

You can even create a new, unique amalgam or several for that matter. I should emphasize though that the most important thing is to be patient and not tire of stating the amalgam formula at every convenient instance. Persistent effort is only required initially until it becomes habit. From there onwards it is all plane sailing

Kavish at 26-01-2025 21:05

To some extent reality is created, as is commonly thought, as a result of a person's direct actions. Thought forms are no less powerful however, it is just that their impact is less evident. In either case the majority of problems are caused by a negative attitude to life. The mess that is created on the metaphysical layer then has to be sorted through on the physical level, which complicates the issue

We think about the things we do not want and we do not want the things we think about. That is the paradox. The mirror does not take into account a person's willingness or reluctance. It simply conveys an exact reproduction of the content of the image, no less and no more. It is quite absurd. People voluntarily lug around with them the things they cannot stand. The saying should be not "my tongue is my enemy" but "my thoughts are my enemy". Despite its absurdity, this is how things are.

What happens when a person feels hate? They pour their entire heart and mind into the feeling. The sharp image is perfectly reflected in the mirror filling the layer of that person's world. Whatever you hate you will encounter in your life in abundance. This causes one to be even more irritable which in turn embellishes the intensity of the feeling

the fourth mirror principle: The mirror cites the content of the relationship but ignores its orientation.

What should people do and where are people going wrong? The mistake we make is that we stare at our reflection. This is whole problem. This is what we should be doing: first of all we have to end the chase after our own reflection and stop for a moment. This means dragging our gaze away from the mirror and letting go of the inner intention to shift the world in the direction you want it to go.

You think you are at the power of circumstances you are incapable of changing. Yet this is an illusion, a sham that you can easily destroy if you want to. The thing is that we are all subconsciously walking around in a closed circle: we observe reality – we express our attitude towards it – the mirror consolidates the content of our attitude in reality. In order to transform reality all we have to do is break the circle. You look at the reality of your world and you feel as if change is impossible. And in some ways it is, because you try to influence your reflection with inner intention which does not have the power to significantly change anything. There are too few opportunities this side of this mirror. On the other hand you do have the capacity to control your relationship to reality and then outer intention can take things into its hands. There is nothing outer intention cannot do. There are alternatives to the development of events on the other side of the mirror of which the human mind could not even conceive. In order to launch the mechanism of outer intention the fifth mirror principle has to be fulfilled: switch your attention from the reflection to the image. In other words, you have to take control of your thoughts. Think about what you want and are striving to achieve rather than the things you do not want or try to avoid

I simply form a deliberate and desired image in my mind and the dual mirror realises the corresponding sector of the alternatives space into reality. The only difficulty lies in the fact that the situation will appear strange. It is strange that the element "We observe reality" is placed at the very end of the circle. People are more accustomed to behaving according to the rule of: "What I see is

what I bang on about". They send their attitude out into the world and the world returns a watered down version like an echo: "I really hope it is not going to rain" – "Rain, rain..."; "I do not want to study!" – "Study, study..."; "I do not want to work!" – "Work, work..." As a result the purified content of an attitude is what is materialised as physical reality

You do not want to do what you are doing now. Perhaps then you could deign to explain to me what you do want? You do not like what you have now. Then tell me, dear, what do you want?" It is very simple. You have to change the negative attitude to a positive one. Make an inventory of your thoughts and remove all the "not" particles. Dissatisfaction, reluctance, disapproval, hate, lack of belief in success etc all these emotions have to be shoved into a rubbish sack and disposed of at the dump. Your thoughts should be attuned to the things you do want and like. Then only pleasant things will be reflected in the mirror.

Irrespective of the circumstances in my life I do what I need to do to feel upbeat. I do this consciously instead of reacting in a primitive manner to external irritants. This has to become a habit. Slides, visual or musical, whatever you prefer can help to create the right mood. Ideally, it should be a picture in which your goal is reached and you feel marvellous. However, be prepared for there to be a period of time in which you do not notice any change in the layer of your world. Or the opposite might happen. There will be change but problems will creep out from under the floorboards just to spite you. Why? These are just temporary inconveniences related to the "move" to a new level of relationship with reality. You will recall that the mirror works with a delay factor. You just have to stick to your guns no matter what and quietly hold the pause whilst nothing is happening. It should literally be like in the fairytale: "If you look round you will turn to stone!" I let whatever is going on in the mirror in the meantime be, for I know that the mirror does not have any choice; sooner or later it will have to start reflecting the image I create in my thoughts. If I do not succumb to temptation of looking round and am resolute my reality will be created in the mirror. Everything will be the way I want it to be.

Make it a new rule not to look into the mirror of the world but to glance or peep into it. Ignore the negative stuff and search for the good and let everything you perceive pass through this filter. Concentrate your attention on what you want. What did you do previously? You made a statement of fact: "I am fat and ugly". "I do not like myself like this". The mirror consolidates this fact: "It is true, you are those things". Now you have a different task: to search only for the wanted traits in yourself and simultaneously create a picture in your thoughts of your desired image. From this moment this is all you do. You just look for constant confirmation of positive change: things get better every day. If you practice this technique regularly you will soon be left with your jaw dropping from surprise. Basically, you have to create the relationship first and only then glance in the mirror and not the other way around. Naturally it takes a little time to get used to it but the game is worth the candle and a job worth doing is worth doing well.

In order for a thought form to become established as physical reality you have to produce it methodically. In other words you have to regularly run the target slide round in your mind. Unlike impractical dreaming that enters your mind randomly, this is a specific task

in order to see the reality you desire in the mirror of the world you have to take certain elementary steps: intentionally shape the corresponding image in your mind's eye paying no attention to the delayed reflection and peeking at it only in search of any new manifestation of the emerging reality.

What does the mind think when it perceives no visible result? It thinks that the action taken is ineffective or wrong. So what then does the mirror reflect? Exactly, it reflects the same. The process ends up being slowed or taking a different direction.

You have to get a sense of this feeling. Let the world go, allow it to be a comfortable place for you to be right now. It is a subtle, fleeting feeling that passes quickly but it must be caught hold of. Imagine for a second something incredible. Imagine that the hostile, problematic, difficult and inconvenient world has become joyful and comfortable. You can allow the world to be so; whether you do so or not is up to you. It is not a matter of being happy by default. It is about allowing happiness to enter your life. We are only as happy as we allow ourselves to conceive of the possibility of unbelievable luck. You do not have to force yourself to be happy you just have to allow yourself the luxury of being so. Trust the world. It knows best how to reach the goal and will take care of everything. You do not usually concern yourself with the question of how a normal mirror can produce such a perfect reflection, do you? When you stand in front of a mirror you only think about what you would like to see in the reflection. The mirror of the world works just at precisely just with a delay.

Your attention must be focused on the end goal as if it had already been reached. The world comes to you whilst you are focused on the image. As soon as you turn to the reflection in the mirror where God knows what (or nothing at all) is happening the world stops and you resume the exhausting and fruitless run around the mirror circle.

You should only turn round to look in the mirror, i.e. express your attitude towards what is happening to note positive shifts and to allow yourself to experience a pleasant feeling of surprise. In other words, your eyes must be wide open to anything that gives evidence of the world moving towards your goal and firmly shut to accompanying (and inevitable) negative phenomena. If you have the tenacity "not to look back" then as a rule the results will exceed your highest expectations. You will not only be given a toy; they will spin you on the merry go-round and treat you to an ice-cream.

The sixth mirror principle sounds: release your grip and allow the world to move with the alternatives flow. Inner intention will then turn round and move in the opposite direction which brings us to the following paradox: by abandoning the position of control you acquire real control over a situation.

you will always end up winning even in the most unfavourable of circumstances if you observe the seventh mirror principle: embrace any reflection as positive. Whatever you see in the mirror you can

never know for certain whether it is for your good or to your detriment but you can decide to choose the best for yourself!

Moreover, when things do turn out well, do not take it for granted or remain indifferent. Be glad, express your pleasure and sharpen your awareness of the fact that everything is going so well. Whatever happens, everything is unfolding as it should. This is none other than the principle of coordinating intention which was described in detail earlier in Transurfing.

This approach goes beyond just relying on the good will of the world to take care of you because it loves you. The entire world is one dispassionate mirror and if it takes care of something it is only because you are looking at it in that way. Neither is it a case of confidence which circumstances could shake at any moment. Nor is it self-assuredness that comes from blind faith in success. It is not even a matter of being optimistic by nature. It is the intention of the Maker. You create the layer of your world; you are the maker of your own reality

Kavish at 27-01-2025 23:02

Therefore, by active position we take to mean the ability not to splash your hands about in the water or row against the current and the intention to control your thoughts in accordance with the mirror principles.

Kavish at 29-01-2025 01:06

Energy is ignited when you create dynamic action. It is like a feedback loop: dynamic action generates intention, intention ignites life force. If you remain apathetic and sit with your arms folded doing nothing try to set about doing something, anything and then energy will come to you. Sometimes all it takes is some kind of initial push to get you going. You might think that you are low on energy and that you need to get some from somewhere. However, this is not the case. In reality you have mountains of energy because it comes from the cosmos and you can take as much as you can carry. The fact of the matter is that you have probably already taken as much as you could. Energy does not disappear so it is probably already being put to use. All its titanic power is spent on maintaining two kinds of burden. First and foremost the burden is the limitations and obligations you have taken upon yourself.

The second type of burden consists of the load of excess potential. Ascribing excessive significance to various objects you encumber yourself with an immense burden.

A lot of people live like this, weighed down on all sides by all sorts of obligations, unfinished business, harsh conditions, plans and numerous goals. The goal will activate the energy of intention but only on the condition that it is realised and does not just hang at the project stage. There is nothing easier than planning a job, placing conditions on it and making promises. Take into account though that by pinning even the smallest obligation to yourself you hang a weight around your neck which draws on part of the energy of intention and you will have to go forward carrying this weight.

So all your free energy is employed in a whole range of unrealised, potential intentions (plans), which only weigh you down. In order to free up resources you have to either get rid of a portion of the potential intentions or bring them into being. Ask yourself, what is oppressing you? If you give it

some thought you should be able to drop many weights without regret. You may feel that you really need many of these weighty trinkets and could not possibly get rid of them. Yet what is the point if you are continually carrying them around with you but cannot ever realise them? For example: I have to be better than everyone else; I must always be at my best; I will prove to others and myself what I am worth; I do not have any other choice than to continue walking the path I have chosen; only winning is an option otherwise I will not be able to respect myself any more; I cannot make a mistake, and so on and so forth, like giving up smoking, learning a foreign language and generally beginning a new life as of this Monday. It is true, that everything that is endlessly put off until later is a useless load to carry. These things should either be eliminated from your list of brought into being, because they take up energy which it is just stupid to waste.

In order to find your own goal you have to have a certain level of freedom above all from obligations to others and yourself. And to be successful you have to be able to free yourself from one final weight. You have to allow yourself not to have a personal goal for the time being. The search requires a certain amount of free energy and so achieving it should be your first priority

There are three methods you can use to increase your energy levels: free up resources, exercise your energy channels and widen your meridians. When you free up resources you get a tangible influx of strength. Whereas previously you gave energy to pendulums related for example to alcohol or tobacco, this energy will now be at your disposal. Previously you spent energy on stress and anxiety. Now this energy can be transformed into the resolve to act. Previously you spent energy on doubt and hesitation, tortured by the question of whether what you were doing was right or not. Now you decide what 'right' means for you. Previously energy went on worry and obligations related to a sense of guilt. Now this energy is free. Previously you were tormented by the need to confirm your significance. Now you allow yourself to live according to your own beliefs and you feel more at ease. Your previous outgoings have been transformed into income, into the energy of intention which will help you to create your own reality.

If only that were the case! On the contrary, you will be broken. If you restart physical exercise after a long break from training all your muscles ache the following day. It is the same when you exercise the energy of intention except that the next day it is not pain you feel but tiredness and a feeling of being downcast. This is nothing to worry about. It will soon pass and things will return to normal again. The important thing is to take a methodical approach. Tell yourself every day: My intention energy increases with every passing day". After a few sessions you will feel such a boost that you literally want to jump up and down and fly

The relationship between a person and the layer of their world is much more difficult. People feel isolated from their surrounding reality. They feel as if the layer is somewhere outside of them, as if it too makes uncontrolled movements and the person can do nothing about it. Once a person begins to feel a sense of oneness with their world they acquire the ability to control it, just as they control their body. This ability has totally atrophied but it can be restored. To do so you have to constantly pay attention to the circumstances that surround you, feel yourself to be part of this world, to be in

context with it and look for what connects you with it. In other words, to be a separate particle of the world at the same time as dissolved within it.

In order to control reality you have to strive to keep your thoughts under control. It might feel a little awkward at first but with time it becomes a habit. In order to develop this as a habit it is sufficient to follow one simple rule: teach yourself to think about the thing you are doing in the moment. Do not do anything just for the hell of it, swimming in an amorphous juice of uncontrollable thoughts. Proclaim a declaration of intention. This does not mean that you always have to be on your toes. You can let your mind drift as much as you want to but make it intentional, by principle: if my mind wanders it is only because I allow it to do so. In this way you can deliberately return to a state of concentration when it is required

All negative thoughts must be decisively and sharply driven out so that they do not have time to ruin your world. Away with them! It is just the same as having to take the rubbish out or do the cleaning. You have to get rid of old junk, otherwise, however hard you try things will always go badly. However, there is a certain kind of junk that is not that easy to eliminate from your world. This junk is feelings of guilt, inferiority complex, doubt, stress, fear, dissatisfaction, hostility and negative expectations. These are like our aches and pains that we would only be too glad to be rid of but we do not know how to. So you have to treat them. A remedy is available. Image this scene: a person and their world set off in a magic bus to a place where dreams are transformed into reality. "So, my dear, here we are then, off to get you a toy". "That is great world!" The happy journey seems most promising. Everything is going brilliantly. What else could you ask for? Yet the anxious mind is not used to it. The mind is always glancing to one side hoping to spot a problem. It is not possible for everything to be ok! "Hey! Stop the bus! Over there, the righteous that judge me, we should give them a lift so that I can make amends." "No, my sweet. That is nonsense!" "Please, we must, otherwise I will not have any peace". The bus stops, and a group of dubious looking types climb aboard and start complaining and making demands. "We are your judges!" they say. Nothing can be done about them and so the bus drives onwards. Overall, the situation is not too bad but the person keeps fidgeting. "Look!", he tells the world, "look at those lovely people. Let us take them with us. They will set a good example for us". "I ask you, what would we want of extra passengers?" The world makes weak attempts to protest but is forced to agree and the bus is filled with haughty individuals who make it quite plain in their manner that everyone else is below them. "We are your ideal!" Along the way Fear, Stress, Doubt and Negative expectations are all hitching a ride and of course, the person tries to rationalise the situation wisely: "Perhaps these are wise travellers who will give us direction and save us from getting lost?" "As you wish, my dear!" The world agrees and welcomes the clamouring public aboard. "We are your common sense!" they claim and continue with their common sense moaning to turn the journey into hell. In addition to everything else the road is blocked by Displeasure, Blame and Aversion. The person really does not want to meet with them but the world is so accustomed to taking with it everything the mind gives it attention to. "We are your nightmare!" scream the unsavoury types as they burst through the doors. By now the person would only be too pleased to get rid of his annoying companions but it is too late. The bus is overloaded and can drive no further. The manipulators, cardboard idols, hysterics, advisors and other vermin have ruined everything. But who is to blame? Why did they have to come along in the first place?

Even if you are genuinely guilty of something you have the right only to have to ask for forgiveness once. The feeling of guilt generates punishment in the most varied form, from tiny inconveniences to

huge problems. You might just cut your finger or you might end up in some kind of accident. Outer intention will undoubtedly include some kind of punishment in the script. This is how the template worldview works: a misdeed is followed by retribution and the heart and mind are quite unanimous. In addition, the feeling of guilt puts serious strain on polarisation. As a result, balanced forces bring all kinds of misfortune onto the head of the one who has recanted. The worst of these misfortunes is the manipulator, who will stick to you like a persistent fly. Manipulators have made of a fine art of inducing a feeling of guilt in their “clients”. If a person has a tendency to absorb guilt and take it readily upon themselves, the manipulator will do everything it can to dump even more guilt on them

You cannot suppress guilt, neither can it be got rid of just like that because it is too deeply instilled. The heart and mind have lived like this for a long time, eternally obliged to someone. Only a concrete course of action can draw a person out of this condition. Specifically, they have to stop justifying themselves. This is a case where treating the illness eliminates the cause. You do not have to try and convince yourself that you do not owe anyone anything. Simply be mindful of your actions. This requires awareness. If previously you had the habit of apologising for the slightest reason now try to adopt a different habit: only explain your actions when it is absolutely necessary

if you feel bad at the moment, so bad that you have no strength to follow some set of principles, what should you start with? How can you straighten things out and get your reality back on track? Sometimes life does become unbearable. It is like when an alcoholic sobers up and discovers that their life is bleak and harsh. We will take as a typical example how gloomy morning arrives after a great party the night before and you have to drag yourself to work. There are all sorts of problems after work parties. The fact that people find it difficult to get back into the rhythm of work is obvious but strangely, a similar thing happens to technical equipment too. Statistics show that more cars, computers and other appliances break down on a Monday than any other day in the week. So what is happening to reality? This aspect of reality is created by people when their layers lie one on top of the other. During the hangover period people have to pay back the pendulum the “interest on the loan”. When there is a deficit of free energy the thought form contains a large portion of negativity. This creates a collective tension at the workplace and nothing comes together. The mirror responds accordingly and reality is warped. If at home electrical appliances get out of sink it is not so tangible but in companies the combined warp effect leads to more noticeable consequences: accidents happen, machinery breaks down and complex and particularly precise technology works irregularly. The thing is that if a person is suffering from depression or is in an altered state of awareness, the layer of their world is drawn into muddy areas of the alternatives space. Reality appears to be veiled in a haze. Everything about the surrounding environment remains in place; the conditions are the same as they were previously; the weather may even be fine and yet something oppressive hangs in the air. If you have not paid attention to the hues of reality on days like this before observe them in the future. You will feel as if the material world is staring at you with cold hostility. The quality of its layer has changed: “everything is going badly today”. This quality is the cloudy haze and it has a very tangible impact on everything including technical equipment. The onset of a bad patch in life comes either with physical ailments brought about by a deficit of free energy or from negative emotions that are experienced when our expectations are not fulfilled. To avoid letting cloudy areas into your reality it is essential that you increase your energy levels. When your vitality reaches the necessary level you no longer feel irritated. You must also do everything mentioned above about keeping the layer of your world clean. But for now, if you are depressed you have to first straighten out your reality and lead the layer of your world out of the cloudy haze into a clear area of the alternatives

space. How is this done? There is one recipe for this and like all things of genius, it is very simple. What do you do when a child is crying? How do you comfort it? Words do not have any effect. You have to walk with it, show some care and attention. When you feel down it is the child in you crying. Take care of it. Despite the fact that many of you appear to be serious, respectable, imposing or cool etc we are essentially remain the child. "Push yourself on the merry-go" meaning, do a little of what you like doing most. Take some special time out to relax without thinking about problems that distress you. "My world and I am going for a walk". It will be time well spent because it is essential to clean your layer out. Much depends on this. Buy your favourite treat: "Eat, eat my love, get better". Devote the entire day to yourself and to your pleasures. Look after yourself and put yourself carefully to bed: "Go to sleep now, my dear. Your world will take care of everything".

Kavish at 29-01-2025 17:57

The target slide is the central instrument of Transurfing, visualising a picture in which the goal has already been achieved. I will not repeat here all the ideas that were described in detail earlier on in the book. I will just remind you of a few key elements. The slide should not be seen as an external moving picture. You have to be inside the events of your imagination: what you are doing, when the goal was achieved, what you are feeling, your immediate environment and anything else that is happening. When you place yourself at the centre of the slide you can imagine yourself with everything you strive for. This is not a technique. There are no strict rules that must be followed. Practice the slide approach in your own way. There is just one principle to keep in mind: you are standing in front of the mirror of the world and you are shaping an image in your thoughts of what you would like to have streamed into physical reality

Kavish at 29-01-2025 18:00

The next technique is called the frame. Think about what you would like to be doing when your goal is achieved and what would represent an integral part of the target slide, its indispensable attribute. You might be sitting by a fireplace in a rocking chair, standing at the helm of your personal yacht, planting roses in your garden or shaking hands with a business partner having sealed a successful deal. Imagine any characteristic fragment of the slide. Turn the picture in your thoughts several times. It should create a kind of integral impression, an instant mold of the slide, containing a flash image and accompanying feeling. This is the frame. For the sake of convenience you could give it a short heading. From time to time turn it on in your memory for an instant as you would turn on a light. Do this whenever it naturally occurs to you to do so, again, without applying too much effort. The frame represents another thread that connects you with the target sector of the alternatives space. The effectiveness of the frame can be embellished with the help of the so-called explosion wave

Another technique is the outer sphere. You may never have experienced your energy membrane or felt it expanding as it becomes subject to your imagination. This will be because your actions are motivated by inner intention. Now imagine a sphere surrounds you that does not belong to you. Imagine that the sphere draws you. You can feel that something outside of you is trying to stretch out your body. Somewhere within a radius of five to seven metres lies an invisible front. If you try and stretch it or squash it slightly it will show a springy resistance. Now you will have felt the sphere more clearly. This is the borderline that connects you with the outside world. What is inside the sphere is yours and what is outside, the external, is not yours. At the same time you could say that

the sphere belongs to you to the extent that you can feel it pulling you. Intention has been redirected. The proactive essence now lies on the outside rather than inside of you. By way of analogy if you try and control an object with the power of inner intention such as by moving a pencil with your willpower it will not work. Instead try and imagine that the pencil draws you with invisible threads. It is by means of this connecting link that you can move the pencil. Likewise if you try and rise up into the air you will not take off and fly. Instead imagine the opposite happening as if the world itself is lifting you up into the air. You might have some success, if you manage to transform inner intention into outer intention. The point is to try and go beyond the point where “your will tries to make the world obey it” to “allowing the world to do it itself”.

These are the main techniques for actively influencing reality. If you practice them you will come across a very curious phenomenon. Let us say that today you are inspired and practising visualisation with intense enthusiasm. The next day you notice that something unusual is happening to your reality. For example, throughout the day you meet several individuals with a very unusual appearance. They are either too tall, strangely dressed or ugly. You might notice that people are inexplicably irritable and that conflict are arising where there is no need, or that there is something strange about the day as if you were in dream. This phenomenon can be explained in the following way. In the ordinary state of consciousness the layer of your world moves with the alternatives flow that is, in the stream of least energy expenditure. Intense visualisation causes the stream to be straightened so that it takes the most direct route to your goal. Narrowly focused thought energy carries your individual reality into intermediate areas of the alternatives space which lie to the side of the normal flow and where everything functions at an optimal level. These are transit zones which we usually come across in dreams but which are rarely realised in reality because they involve unnatural scripts and scenery and require heightened energy expenditure. The energy of your thoughts has amore forceful influence on your reality causing it to become deformed like the surface of water when the stillness is disturbed. You are no longer surprised by ripples in the water. Now you can expect to see something amazing – ripples in reality. This does not mean that the anomaly you observe is pure coincidence and that the fact that people are more irritable on these days is connected to magnetic storms or that sometimes you do just so happen to see characters with a strange appearance. An unusual reality bursts into the layer of your world when it passes transit zones. Ripples appear specifically after an intense visualisation practice. When you observe it you will understand. It makes quite an impression.

Kavish Toraskar at 01-02-2025 00:41

How can you transform your existence from a subconscious into a conscious dream that you can control? You need to understand one simple thing. In this world there is you and there is the mirror. Whilst your attention is focused on the reflection you are inside the mirror. Everything that happens inside the mirror happens independently of you. Your life is like a computer game in which someone else makes up the rules. Of course, you are granted attempts to influence what is happening there but you are deprived of what is essential: you cannot leave the game. There is only one thing keeping you locked up and that is your attention. You are capable of quitting the mirror. Inside the mirror there is non-lucid dreaming. Outside the mirror there is lucid dreaming. It is the same reality on both sides of the mirror, for it is a dual mirror. But there in Mirror land you do not control reality; it controls you. Inside the mirror you are in the hands of illusion that the reflection can be altered by touching it; but that is only possible from this side of the mirror where inner intention becomes outer intention. To escape from the inside of the mirror to the outside you have to switch your

attention from the reflection to the image. Once you are conscious of the fact that you are standing in front of a mirror you acquire the ability to shape reality to a mental image.

Having freed yourself from the illusion you have to observe the fifth principle and redirect your chain of thoughts from “do not want” to “what you want”; from “do not like” to “what you like”, from illness to health, from means to end goal. If you were to observe your life for a while you would soon notice that at almost every step you end up having to accept circumstances and obey things you assume to be inevitable. You are used to perceiving the dream passively, as it is. At best you try to resist events, insisting on your own scripts and battling with the alternatives flow. All you really have to do though is change your relationship i.e. the image in front of the mirror. At this point you will cease to be prisoner to the game. It will start unfolding outside of you and in accordance with your will. Instead of being a chip you will become the one throwing the dice

if you face what you consider to be an unlucky combination you have to accept it and declare it successful. If you do not want to remain inside the mirror you have no choice other than to follow this rule. It is not enough just to redirect your train of thought. You have to switch the mind’s control from script development to dynamic, ongoing adjustment.

Create the desired image – goal in your mind and then just place one foot in front of the other in the direction of your goal. Everything that happens to you is all for the sake of reaching the goal. Adopt the intention of the Maker: everything is going as it should because that is what I have decided. I manage my world in the way I see fit. I am no longer at the mercy of circumstance but neither do I try and control everything. By playing the target slide in my mind’s eye it is not the circumstances I am shaping but an ultimate picture of the world I intend to live in. Attempts to influence events are the work of the mind’s inner intention which tries to push for its own scenario. The mind has no way of knowing what awaits it on the path to the goal. Circumstances are created by outer intention and the alternatives flow. My task is to determine the vector of the flow, but what channel it takes does not concern me.

Imagine that you are woken up from your mirror daydream because something is happening. The events and scenery are all as they should be but you are seeing things differently as if you had escaped the flow of events and come to your senses in the middle of a huge spherical mirror. A gigantic kaleidoscope spins around you sparkling with the many facets of reality. You are a part of this reality and at the same time you exist separately and independently of it. It is the same kind of realisation of one’s “separateness” that a person experiences when they wake up in a dream and understand that the dream now depends on them and not the other way around. In the mirror daydream everything is just the same, the only minor difference being that reality reacts more slowly. Once you get used to its slower gear you discover something quite wonderful. Reality is quite pliable and changes adapting to the image in your thoughts. What does this mean? Where are you? You are now outside of this world. You have exited the mirror.

The alternative space holds three truly invaluable gifts: your future which you are capable of materialising, sacred Knowledge which can transform you into a genius and something else that takes your breath away

In the same way, humanity is constantly discovering something new. The flow of knowledge is inexhaustible. However, those who do the inventing and the creating are very few; the rest watch

with surprise. What made them think of it? They must be one of the chosen ones. So what makes a person “chosen”? Their goals and doors are unique inherent to their unique path. When you walk your own path the treasures of the world are revealed to you.

In any project the idea serves as the starting point. This is the most important thing. The alternatives flow will complete everything else. You do not have to come up with an idea either. So where does the idea come from? It all comes from the same place. All brilliant conjectures exist in Eternity and come to the mind via the route of the soul. The mind’s task is not to come up with an idea but to recognize it when it hits you. And it definitely will if you step away from the crowd and walk your own path obeying the dictates of the heart. The heart has direct access to the alternatives space whereas the mind detects subtle notions and insights and works on interpreting them. Reason does not know – the heart knows. All you have to do is listen to it. You can totally rely on this seemingly superficial statement. The problem here once again is that people have a vague understanding of this rather than a clear awareness of the principle.

Ask yourself a question. Express it clearly and then forget about it for a while. Within a few days the answer will come to you. If it does not, ask the question again from time to time. The answer may come to you over the next few months but it will definitely come to you.

Assert your right to be a chosen one. From this moment onwards I have chosen myself. You do not have this right because you are worthy or capable. You have this right, because it is your birthright. The alternatives space contains everything including the most important thing intended for you personally – the verdict that you have this right. This is your ticket to Eternity and sanction for your privilege to be Maker of your own reality. Your entire life you have been taught how you are expected to be, how you should behave, what you should revere and strive for. Now claim your lawful right to establish your own cannons. It is for you to decide what is right for you and what is not because only you can shape the layer of your world. You are quite justified in considering something to be correct that others consider false if it does not harm anyone else. When you use your privilege in life to deliver your own verdict, you can remain true to your own credo

Now you can determine your own truth: I have decided this to be true because I am the Maker of my own reality. And it will work because you have the alternatives space and the dual mirror at your disposal, everything you need to stream your plans into physical reality

It is really that’s simple, is not it? The only condition is that you absolutely must have the temerity to assert your right. If you experience doubt or pangs of conscience your verdict loses its power and you go from being the lawmaker to the accused. When you doubt you do the wrong thing regardless. It is not a matter of how appropriate your thinking and actions are, but the extent to which you are confident you are right. This needs to be integrated fully into your awareness so that the heart and mind merge into one. You already have the explanation. All that remains is to turn familiarity into true knowledge. How? Through experience; act and become convinced of it

The third gift offers many advantages. The right to declare your own verdict represents freedom from oppressive circumstances and everything that places a shadow over your life or creates obstacles on your path. It will help you acquire a quiet confidence. My world takes care of me and I am strong enough to allow myself the weakness of accepting the attention.

From the moment you claim the right to declare your own verdict on what is good and bad, or right and wrong for your world you can eliminate any judgement imposed on you from the outside including anything connected with Transurfing itself, as long as you do not give in to guilt, indecision or pangs of conscience, and as long as your verdict does not cause anyone any harm. That brings me to my final point. The alternatives space contains everything and everything that you wish for with heart and mind is yours. You should be aware however, that a Gatekeeper stands at the threshold to Eternity, an absolute law that guards access to everything to be found there. This implacable guard only permits access to those who have the boldness to assert their right as Maker. Your verdict is your entrance pass: I am capable and worthy because I have decided it is so. I do not want or hope, I intend. Claim your right and the Gatekeeper will open the gates of Eternity before you.