

THE 7 KEYS TO UNLOCK YOUR ENERGY BLUEPRINT

AWAKENING
BLUEPRINT



THE 7 KEYS TO UNLOCK YOUR ENERGY BLUEPRINT

For An **Abundant
Mindset** & Living Your
True Purpose



Ben Arion



© copyright BenArion

You may not use this for commercial purposes or sell anything from this material, and you may not alter, transform or build upon this work.

[Privacy Policy / Disclaimer](#)

Benefits of Meditation & How to Use It in Your Life

I get many questions on meditation, so I will explain how I practice it and enjoy it in my life because there are a lot of good things to "harvest" within yourself, which will blossom as intuitive knowledge beyond thoughts. This is my personal view on meditation, and I want to share it with you.

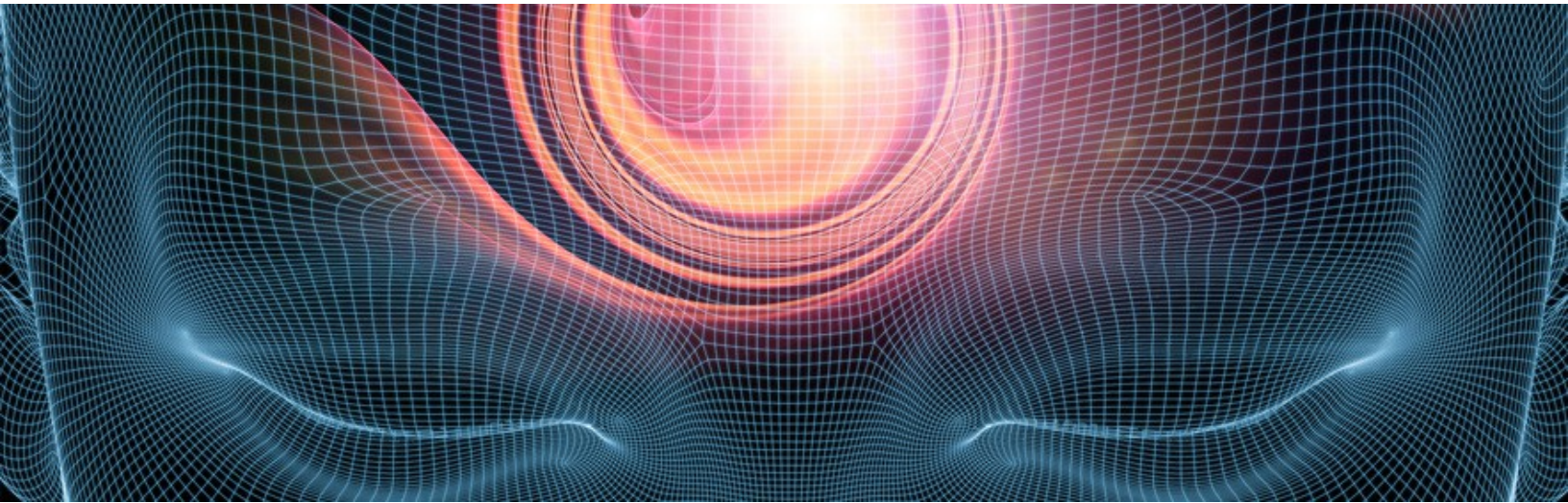
Meditation is like taking an elevator to different levels of yourself. It's a way of exploring the view and getting to know yourself better. Have you explored all that is within you and questioned the daily thoughts that come and go? Some of them may be based on fears.

Have you witnessed your thoughts and emotional patterns?

Notice that you aren't your thoughts, but they come and go, almost as they have a life of their own. Sometimes in life, you explore the top floors of your ego, and sometimes you drop really quickly to the basement. This is the elevator of life; it's like an emotional roller coaster.

KEY 1:

Be the Witness



Meditation is to become "the witness" of your life and know that you aren't a victim of outer circumstances. Meditation is all about going into that stillness, the silence in your core being, which IS who you truly are. You are not the "thinker," you are the awareness of beingness, the "I AM."

As a human being, you have many layers of beliefs, expectations, and fears. Life isn't a random play; it's a well-orchestrated divine experience.

It is about awakening to the realization that you are so much more than you think you are. The thoughts you have are like a recorded tape that repeats itself until it becomes a personal truth. Your body will respond to this tape until you consciously decide to record a new one, but from your inner truth and not from someone else's.

Meditation is a way of listening to those tapes that repeat themselves and just seeing them as they are without judging

them because it is only by accepting things as they are that we can rewrite our beliefs. You will learn to see and feel your patterns and be able to create a life based on self-love and higher truth.

Your heart intuition will fine-tune like an instrument, and you will understand that you are infinite possibilities. You are expressing a part of "all that is" at this moment, a unique perspective, into which you will dive deeper and deeper.

Meditation is not about trying to think as little as possible; thought is a part of our life, but we can understand where these thoughts come from through meditation. Thoughts have repeated themselves so often that they eventually control your life. We often have reactions out of fear, but by practicing meditation, we can get to know the underlying reasons for our fears and actions. It is in that "split second" where you are about to yell at a loved one that you can choose to react to a loving energy. You can transform one thought at a time.

Deep-rooted thoughts cannot be removed in an instant if you don't want them to be removed, but you can take small steps at a time. Love is the key, and you are not alone in the process of awakening to your heart's true desires. Love isn't a fairytale energy that is for selected people - it's a universal divine force that penetrates everything, and all we have to do is acknowledge the love we already have in our lives, and it will grow. What you focus on will grow. Life is rich and full of things to appreciate.

A good meditation is to go into a state of gratitude. Let this feeling grow within you and continue your day.

KEY 2: A Natural State of Being



Meditation will become a part of your daily life because you will come to know that it's a natural state of being. You have endless knowledge and love within you, and it's always available to everyone, in every moment. This is not just a statement which sounds good, but a reality. Your body will notice and connect with this inner energy of beingness and revitalize itself. Your body isn't just a "meat" package, but it's an advanced spiritual vehicle which processes energy in many ways.

Do you know where you put most of your focus on today or right now, with awareness, or does your mind randomly wander and trap itself in issues that drain your energy? You may feel tired, or you may feel a lot of external pressure from others because you have forgotten to center yourself and speak from your heart.

As you feel more and more at ease with yourself, you will start to honor your body, making choices from a deeper level within

you that come from inner truth. If you choose something from your heart, it will benefit all.


The good thing about meditation is that it's so simple to practice. We can find our individual and unique style. When the mind becomes silent - for example, when you have closed your eyes - thoughts may pop up like never before, layers of thoughts that construct your personality. Have you ever listened to your thoughts as if they were a commentator's voice separated from you, like a separate entity? It's good to see yourself from another perspective sometimes. Thoughts are like a deep-rooted program that is running, but your heart does not want to push you further than you can accept and handle at this moment. It may shock you.

Spiritual awakening or practice is within every person's life, but we don't talk about it so much. People connect spirituality with religions, etc., but there is a spiritual awakening happening on this planet that goes beyond beliefs and religions. We all have a soul or energy that isn't dependent on the physical body, residing in all dimensions at the same time.

We aren't our human bodies; we are the energy of our hearts. We can travel wherever we want to after this so-called physical life, and we choose to be here on Earth by "free will." The energy of the soul, or whatever name we give it, is eternal and is pure consciousness. The soul has self-awareness. Do we live like we know this? Not at all times. We play the 3-D game, and we have different beliefs about a lot of things, which are like smoke and mirrors that cover up the simple truth.

KEY 3:

Change Your Inner Focus



Meditation will help you to clear the "smoke and mirrors" and let the sunshine in - that is pure consciousness and truth. There is nothing outside of yourself that is truth. You are truth in your simple beingness, but this is hard to accept sometimes. We want to feel free and limitless, but we don't want to stand face to face with our fears, which is the key to knowing true freedom. We often turn away from our fears because we do not want to feel them. It hurts, and it awakens a lot of memories. We will walk through situations in our lives that will expand the way we look at things. Not all things are as they seem to be. Everything has its reason for being.

You can tune into the moment. How do you feel, what are your thoughts? Go into the moment and feel the simplicity of your being. Move your focus from the head down to your heart and the rest of the body. This is where the intelligence of the universe is, within every cell of your body - don't forget to connect with it. We live in a world based on the mind, and meditation gets you more into the flow of the heart and its unlimited divine nature. ***The foundation from which joy can***

blossom into your life comes from within.

KEY 4:

Do You Dare to Let Go and Trust?



Dive into the depths of your heart with the intention of releasing your fears and things that don't resonate with you any longer.

You are not alone in your intention; you get more support than you can imagine.

When your heart and mind begin to accept that there is a divine intelligence within you and around you, you can relax into the joy of being you more fully.

There is more to life than you can see, smell and taste. Meditation will broaden your horizon and connect you through your inner senses, which will make you more aware of the energies that you cannot see, but feel. Trust is a huge part of meditation because you will journey into the unknown. The unknown will benefit you; it's like a door into the "beyond"

knowing." Let go of ideas, of how things should be. This is where all illusion will fade away, and you will only give energy to what is important to you. People will play the game of life until they are tired of it and choose the way of the heart.

There is nothing wrong in being "unconscious," but there will come a time in your life where your heart will tell you to wake up, like an alarm clock in the morning, where you wake up sleepy and almost want to go to sleep again. You may press the "snooze" button a couple of times, but in the end, your heart will show you things that need to be looked at.

These things may not always feel pleasant or gentle, but there is a reason for this. It is for your highest good. Wouldn't you want to wake yourself up if you saw yourself sleeping for too long? This is what is happening.

It is a part of you that loves you and wants you to awaken. When the process of "heavy emotions" or "confusing thoughts" is stirring within, you can practice the simple act of meditation, being the witness.

Don't judge yourself, just let the feelings go through you and feel them as much as you can. It's a process.

KEY 5: Much of What You Want, You Don't Need



Meditation will help you to access what you want in life because much of what you want you don't actually need. Getting to know your eternal inner self will benefit you. Meditation can be as simple as using your imagination more and more in your life. Getting stuck in repetitive patterns of thought and action, which come from resistance, will drain your energy.

Your imagination is like a long-lost friend, the true source of abundance and joy.

Whatever you can imagine, you can tune into and welcome into your life. It's like playing with energies that you cannot see, but you can feel. Imagination is not about running away from reality. In reality, we aren't dependent on any outer reality; we can tap into our inner source of wisdom and imagination, which will uplift all of our beings.

We feel good if we have the freedom to create from our

imagination and follow our joy. Many people have let their heads think too much instead tapping into their endless imagination, which in turn will open their heart to a deeper reality beyond the physical senses. What we believe is what we see in people and around us; that's why we have to transcend our inner fears and limitations - to be able to shatter this state of being. We get hints, one at a time, that slowly open Pandora's box. The truth is, and it will always be, no matter what people believe or think. The truth is there within every being on this planet; it's just a matter of choosing to wake up, and that you are ready for the truth to shine through you.

KEY 6: Understanding Your Fears



We don't always come somewhere with a "strong will." I've experienced this myself. Sometimes we just need to learn to relax and receive what we want. We may distance ourselves from what we want by demanding it into our lives. My will is very strong, and I'm still learning how to use it. I've discovered that what we want comes easier to us if we let go of what we want. That sounds crazy; you may think. Non-attachment is the

key to manifesting.

By going into yourself through meditation, you may notice things you are afraid to lose. I've been there too, and I still have my fears. You will experience feelings of losing what is most loved by the ego, but you will understand that you can't lose life itself or what's important. The essence of who you are does not need anything because it is and has everything.

From this inner knowing, things will manifest into your life, which springs from trust and love, without fear of losing something. We distance ourselves from what we want because we are afraid to lose it. This process is like pulling up the roots of a flower and letting a new seed grow. Flowers are strong - they can grow through the pavement, and so can you.

Some things may feel like hell, and you want to say, "Take me out of here, quick!" Yes, we want to get away from our fears quickly, and we almost never want to look them in the eyes again - who would want to do that? That's why life sometimes forces us into a state of fear which we can't leave. We have to understand it, become it and be it to understand it. I've been there, and meditation is the last thing you think about when you are in your worst fears. You just want to go to sleep and stop thinking. But your heart knows what is best for you.

KEY 7: Acceptance and Allowing



Breathe

The ego will fight the fight, thought against thought and so on, but the heart will feel the reason for this beyond the drama.

It is the witness. You will feel so vulnerable and naked sometimes that the only way out is to give up. The mind is built to try to stay alive and analyze. In this energy of surrendering to life and your fears, your heart will release a vast ocean of acceptance and allowing. You will feel as if you are reborn.

It is through experience that we will understand the inner eternal nature, not through thoughts or beliefs. We often get stuck in thoughts of how we want things to be, instead of seeing and being in life right now as it is. Simply by allowing things, as they are, will transform the energy of the future. You cannot manifest what you don't want if you allow life as it is because life will create through you and it isn't dependent on thoughts or needs.

Life simply knows your soul and gives you experiences you couldn't even have imagined yourself.

You experience what you don't want because you resist the now moment. This is why you sometimes feel stuck - because you can't trust life as it is, you think you have to do or add something to it. Life is magic, and meditation will help you to embrace this intuitive knowingness.

What you go through as an inner transformation will spread like wildfire, because you are interconnected with all human beings like in a spider web. What you understand will emanate through your heart and eyes, and it will comfort many people who are going through the same thing.

Shine, shine, shine and know that you are so much more than your 9-5 workdays and temporary dramas. You who read these words have a choice to take care of yourself and honor your life.

Why do you stay at a job you don't like? Why do you repeat all those things you know aren't good for you? It's good to ask yourself these questions sometimes. I do that daily. What can I do today that brings me joy? What do I really like to do?

The Spiritual Body, Higher Self, Monad, Soul, Energy, who you are shines within you and will become more connected to your physical self.

Life isn't a random happening; it is a choice and a grand experience. Remember Your True Nature. Live Your Dream and Discover Your Eternal Heart!

Assertions are created to help us to begin to turn our negative

thoughts into positive ones. The longer a particular pattern of energy becomes accustomed to a set pattern, then it will become easier for the energy to stay in that pattern.

An example of this is when we have a tendency to judge or criticize others, this is a brain pattern that we have created and energy will flow into that pattern easily. If we want to change that particular habit, we will have to begin to create a new pattern consciously that the energy can flow into. When you begin to keep the energy from the critical and negative pattern and begin to create and send it into a new pattern, we will be able to change that particular habit.

As we begin to notice our behavior and its responses, we tended to feel overwhelmed and shocked at the petty and nasty patterns we are used to and will feel as if we will never be able to overcome that habit. Although, when we begin to start to control our feelings, actions, thoughts, and words, the changes will begin to quickly happen faster than you thought it would. Once you have fully developed a healthy habit of positive thinking, all the negative and petty things that easily appear in our minds, will not even be considered a part of our consciousness.

Positive affirmations will allow us to create new patterns in our thinking. Because of this, it is imperative to read your affirmations when you first wake up and before you go to bed. When you do this in the morning, you are beginning a healthy energy flow in your brain and will help to set a positive attitude for your new day.

When you do this at night, it will help by creating and developing all the positive affirmations into the subconscious of your mind. This will allow you to reprogram your brain while you

are sleeping. Research has proven that what you are thinking about before you go to sleep is imprinted into your subconscious mind, so it is always best to give attention to something constructive and positive before bed.

Do Not Wait For Someone Else To Take The First Step

It's hard to say, "Now I will be happy all the time," because it's about cleansing and meeting all sides of yourself and others. It's about loving ourselves as it becomes a gift to give and spreading the love to one's surroundings. We will simply have to start by "choosing" joy, love, and freedom in everything that we do. Step by step we can change our thoughts. We have been programmed almost always to concentrate on something negative. An example is thinking, "I will not pass this exam," when instead we can think, "I will do my best and aim to the highest degree."

Meditation is something that is good to do daily, for approximately 15 minutes.

Control is about not being able to make our decisions, and it restricts us in our development. We start to realize that the real strength is not physical but deep inside our hearts. That is where the well of real strength and the force of creation is; it is there quiet and still and is a part of you. If you find yourself, everyday problems can easily give you a deeper insight without you having to give them all your power and energy, which only makes you tired in vain.

The endless power of love which penetrates the infinity demands nothing from you. You are here on Planet Earth on an experienced course where opposites meet, and that gives you

more understanding of who you are and who you want to be. Your task is to be yourself. The real joy here on Planet Earth is to recall who you are and to be an aware creator.

This can be very easy or very hard depending on how much baggage you carry with you. We all have our inner structures, which we have learned since our birth, and our habits. We often react without thinking when we end up in a tight situation. There are people on this planet who love drama and like to make big scenes out of all situations... We really can say that we are making an enormous theater production where we all have our roles. We can choose to play this role consciously or unconsciously.

The ego plays a big part in our everyday life. It has its own voice and is afraid of changes. To be conscious of the ego and its voice in different situations can be a good way to understand what you think about yourself. The ego is not a negative thing, but if one gives it too much influence things can easily be chaotic. The ego likes itself and likes to ask why, when, where and so on. It is much more joyful to create one's daily theatre play consciously, to be knowing of one's thoughts and words. To be conscious that you create your life with thoughts and words.

To be conscious that All is One and that you are not your ego... you are Love. To live life fully and experience every moment of joy is the goal for every soul. How does one reach joy? We must ask ourselves what joy is. Joy is nothing you can grab on to. Even if a physical joy can give us joy for a moment, it is not eternal.

True joy is reached by trusting yourself, through trusting everything that is, and to live the present for what it is, not to

wander around in what has been and to not to worry about what will come. The truth is that there only is now. Many people live with the worry of the future, worry about what it will be like and what they want to do.

This does not give anyone joy. We have this unique gift of feelings that give us the experience of many energies in the body. When we are nervous the heart beats fast, the breath becomes irregular, and the brain starts to think to find peace and understanding. One could jokingly say, "I think. Thus I am confused," like a good friend spoke.

You might experience this as uncomfortable or as tickling. Feelings are a language which can not be spoken. We often project the past into the future, because we can compare the past with what's upcoming. Then we easily make the conclusion that things must go as they did before. Our thoughts can be a prison which we hardly dare get out of. We see limitations and thus create limits.

If you open the door and understand that you are what you think, then you probably are on your way to being a conscious creator. In the now, there is nothing to worry about. Try to be in the now—listen to all of the sounds and feel every movement without any thoughts. Do you feel yourself free?

We can get rid of old baggage by silent meditation. Negative thought structures are best dissolved by sitting still and by quietly accepting that they are there without attaching to them and by letting them melt away like snow, through visualizing this in your inner self.

Look in front of you at how you are being washed by white light

from every direction. You see in your inner eye how this light transforms heavy vibrations in your body to a lighter energy.

When you master the power of the now, many things will change. Same things attract each other; it is a universal truth. The definition of reality and dream is the same. It is what you choose that will be the reality and what you focus on. Right now we people are spiritual beings who experience human matters. We have a focus here and now at this time and therefore call it a reality. On the physical plane the vibrations are very slow and of high density. In the higher spheres, where our light bodies visit during the nights, the structure is more floating, vibrations are faster and are not affected by the illusion of time. We directly create with the power of our thoughts what we wish for.

The physical plane can be described as a conscious dream which you have chosen to experience. The difference is that here in the lower vibrations it takes a longer time to create what you wish for, but it is completely possible. What is needed is to hold the focus on what you want to create and then wait for it to come, without any doubts or negative thoughts.

Our thoughts are moving energy, which creates feelings. E-motion stands for energy in motion. Every thought together with our feelings becomes a unique wave of energy which, by focusing, takes a physical form.

To be self-conscious is the goal for us all. It is not egoistic to feel good and choose the highest good for yourself; rather, by doing that you give room for love and show your fellow people that there is a way to freedom. We live in a time when everyone asks what one can do for their fellow people to wake them up out of their slumber and separation. Give them your love, your compassion, and your study, but do not try to convince them.

To help your fellow people, it is good to have a balanced relationship with yourself. Some of us learn to know ourselves through love affairs, where the partner, like a mirror, shows you what you neglect inside of you and what needs to be balanced. Self-acknowledgement means to become one's true self.

Do not wait for someone else to take the first step. Express what you stand for and what you feel, no matter if it may raise the eyebrows of many. Have integrity and show every side of yourself. Have you been stuck in a structure where everyone wants something from you, or are you dependent on what other people think about you?

It is now that you can choose to think and act with your heart or continue to do what you have always done and let the ego control you. To “think” with your heart is not hard. Deep inside, you know what the truth is. Tune your heart and feel what you want to say and who you really are. Be not afraid to show it and say it to others, as that is why you are here.

When fear arises in you, see it and love it. To become free from illusion we must love and forgive, not judge, which keeps us in duality and separation. To try to fix something outside only gives a temporary solution. When you love every part of yourself, no resistance can arise inside. Then conflicts can be understood to be the real illusions they are. Fear and separation arise when you have something to defend and something to compare to. To defend yourself has its grounds in the belief that what is outside oneself is something else, but in reality, it is a mirror of what you have inside.

Dare to speak your truth, dare to speak of love, dare to speak

your heart's desires to everyone you meet. It is a blessed gift. You can change everyone you meet if your intent is LOVE and TRUTH. Know that truth is like shattering glass: it will make people feel insecure and uncomfortable, but it is of LOVE. Behind the glass is FREEDOM.

Now relax and feel as much joy you are capable of. Be still and feel this calm joy to the best of your ability.

Now understand that you are this energy; this is where you came from. You are whole, you are divine, You can't be anything else than that.

Go now in our truth and to speak our truth beyond the drama and the collective illusion that so many live in and have gotten stuck in. When you accelerate in your shift and the perspective of how you look at the world, you are at the same time helping many other humans. You become like a lightship on open waters that sends out a signal to others who are ready to hear and integrate a more conscious presence. It can be compared to rings on the water—they grow bigger and bigger from the center.

Remember that you are spiritual no matter what you do, so do not think too much about whether you are spiritual or not. The highest form of enlightenment is to live NOW and to be conscious about it without analyzing it. Freedom is a part of our development to full awareness. Dare to let go of ownership, dare to try new things, and give yourself a moment of total freedom no matter the circumstances.

When we give ourselves the gift of joy and surrender to that experience, we open up channels far beyond the understanding of thought. The universe can now become through you.

It is when you shine of well-being in this now and feel space and love in your heart when everything will come to you in miraculous ways. It is your belief that you should change something that takes away power from you.

When you release energy, you choose to love yourself as you are. Your higher self can give you more, and then you are open to taking in. The journey never ends, so learn to be satisfied with what you experience now; it is the journey that is the gift, not the goal.

Dare to go into yourself in meditation and feel the presence of the joy, eternity, gift and adventure that life is. Feel every cell in your body; let a feeling of safety and trust in the creation enclose you.

Have you integrated love in yourself and accepted it, become it? Do you still believe or do you know? Everything starts inside you. When you change yourself, you can see how your surroundings change. If you want others to smile for you, smile for them. To raise one's vibration, light quota, and physical energy makes you, as a human being, get a broader perspective of your environment. You no longer need to ask your friends for guidance—you have the trust and a strong connection with your higher self. Your navigator is in your heart.

When you are on the right path, there is always a floating and bubbling joy in your breast and solar plexus. When you rebel against it and do not follow your heart and the joy, you become depressed. Then it is hard to see meaning in anything. All feelings are vibrations of the same loving energy; it goes through you and you become more aware that you can choose who you want to be and what you want to feel in every moment regardless of outer happenings. You are all that exists; you look

at yourself. You know deep inside that you have everything already and that you create everything. Remember that even the sun has its stains and that the truth is, has always been and will always be with you.