

Book 1 of 3



AWAKENING
BLUEPRINT

THE HIGHER SELF

How To Embody The Dreams Of
Your Soul And Blueprint Of Mastery



Ben Arion

+ You'll Also Get The 3-Step Manifestation Checklist

AWAKENING
Book 1 of 3
BLUEPRINT

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You Can Be Fully Awake Instead Of Living On Unconscious Autopilot

A lot of what I'm talking about we already know within us, but there are different stages in our lives where we think we know and we really know from our heart, and also feel an **urge of readiness to integrate the change in our lives.**

Change comes when you are open to receive it. **You can't force change from any outside source - you will simply feel ready.**

Knowing evolves and get different meanings depending on your life experiences.

I've noticed that you get a whole new meaning when you have integrated knowledge through what we call, action and experience.

More than 97 percent of our thoughts and behaviour from day to day are almost identical. You think

you're in control of your life, but to a certain extent, you're simply an extension of your past experiences.

We may think we know a lot of things, but we will understand it differently and be able to connect with a deeper understanding when we move through emotionally charged experiences.

It almost transforms into something new that you couldn't grasp before. Now when you can relate to these feelings, you will have a humble understanding of your surroundings and other people who may go through similar things.

The difference between those who manifest their "dream life" and those do not, is that **they don't give up**. They know that eventually, they will reach their goals, but they have to apply physical action and decisions, which is like planting seeds of intention that will be reflected back to you.

They do not resist change and are very open to learning new things



Why The Subconscious Mind Is Your Autopilot & How You Can “Control” It

We interpret this world with our physical senses and filter it through our emotions and beliefs.

When we take that bus ride or walk in town, we take a lot of the information in, on autopilot. We may see something that triggers us to think a thought, or evoke an emotional response. It's like the outside world is playing with our mind on a subconscious level.

You've heard the term "What you focus on will grow," but do you understand the power behind this

sentence? We feel drained when we give our power away to someone or something outside of our self. It is often an unconscious reaction, to give more focus to the problem instead of the solution. Instead of simply STOP feeding the problem, which strengthen your inner power.



I want to give you an analogy.

It is common to give things power that actually has none by itself, or focus on something that isn't really a problem, except within your "mind."

A tree in the forest grows by itself, in harmony with the sun and the earth, it is not dependent on your focus to grow, as it is already provided for by nature. Let's say you gave that tree all of your focus, everyday, to add some energy to this tree, would it be necessary? No, because it's already provided for

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by nature, in its abundance - where you see lack, there may be abundance.

So you are giving energy to something that doesn't need it, or would be fine without it. This is a typical and common pattern in humanity. We give our power to things that don't even matter. **A lot of our problems are illusionary.** Taking the first step and to truly understand ourselves is to "know that we don't know."

We see this a lot in humanity's everyday lives - we feed "trivial" things that have nothing to do with the solution itself. Trying to change people's beliefs or adapt to other people's circumstances is an example of typical subconscious behaviour, which will drain our inner power.

You OWN your thoughts; you can only change your behaviour and be an example of change yourself. We could live more fulfilling lives if we understood the power of our subconscious mind. Take your power back by choosing to focus on what works in your life and what you are thankful for. No one outside of you can decide what is right for you, or what you should believe.

Do you want outer circumstances to be able to push your buttons and make you react in ways that aren't the highest good for you and drain your mental and physical energy, or do you want to react automatically in ways that give you a sense of choice and fuel your mind with positive energy and empowerment? We are where we are due to our limited beliefs about ourselves and the world.

We get stuck in other people's emotional dramas. You are the source of your life experiences, and you can change it, no matter what.

We put labels on things we see, feel and hear, and we do this in a way that is mostly on autopilot... but where do these automatic reactions, feelings, and thoughts come from? Because they come from somewhere.

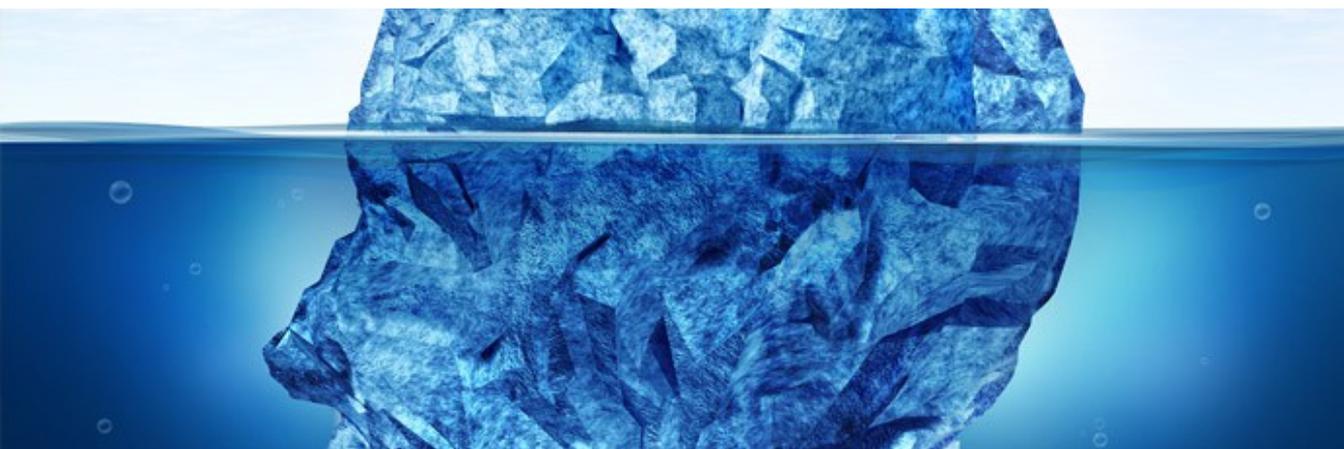
It's all about the subconscious mind. It's like a deep well that will give you whatever you believe is possible, but it may be clogged by limited beliefs that have been there since your early childhood or negative life experiences that come up every time you have the inspiration to change.

You have to understand that your subconscious

mind is like a program running in the background in your life.

You can record a new tape, and your physical senses will start to reflect this.

You've probably heard about the powerful ways of hypnosis, where people change and believe they are someone else.



The subconscious believes and experiences things as **FACT** and gives you impulses that either can give you the life you want, filled with empowered thoughts, freedom, and abundance, or a life of resistance, doubt, and fear.



The Subconscious Mind Is Our Autopilot

The automatic mind is great when you drive your car, or when running out in the street and a car comes towards you and you instinctively know what to do. You don't need to think; it's just automatic...this is due to that it's taken as a "fact." You know this so well you don't need to learn it again - it's a part of your subconscious knowing. What if your thoughts and actions would be this, on all levels, when it comes to HOW YOU SEE YOURSELF?

What if you could believe you were worthy of success, love, and abundance just as you simply know and take for granted how to drive a car?

This is possible. You have, to begin with, your thoughts...this is where your power is...but you need practical tools for this because you can't change overnight with just an attitude of trying to change

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because your beliefs are deeply rooted.

Most of your negative self-talk and emotional unbalance is due to automatic patterns that are activated by all sorts of influences you aren't aware of, and it hinders you to manifest what you truly want. **That's why I want to give you a practical tool to use right away:**

The Manifestation Checklist with 3 Essential Keys for Attracting What You Want ... Without Doubt and Fear.

==> [And you can download it here](#)

You can integrate the same kind of steadfast knowing and automatic response when it comes to choosing positive thoughts, even reacting in a totally different way when something unprepared for happens. I don't say it's easy, but it's possible.

You have to be clear about what you want and why you want it, and you have to be willing to repeat things often, as repetition is the secret to re-programming your subconscious mind. You also want to start using mental imaging, like visualizing an outcome as if it's already yours and be that attitude in your daily life. Even if you don't see any evidence of change, you have to continue.

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That's why it's important to do things in life you're passionate about, as you don't want to continue with things you consider boring. If it's something you truly are passionate about, you will want to continue and work on yourself to reach your desired outcome.

Life will multiply your effort tenfold or even more if you work on yourself.

People and circumstances will come into your life to support you; you can call it luck or you can call it synchronicity, as your inner life is weaved together with the outer world.

What you believe about the world out there is a direct reflection of your deeper beliefs and what you think you are worthy of attracting in your life.

People hear your thoughts and projections and will help you to magnify your state of being and beliefs, no matter what it is, even if it's a positive or a state where you feel drained. You will attract more of the same, as like attracts like.



You Attract What You Subconsciously Believe (Without Exception)

You have to get to know yourself so well that you simply will know what is good for you and what's not, what to focus on and what not to focus on. A perfect example is dramas. **The dramas in the outside world, aren't yours to solve; you can only solve your dramas within yourself. You are the only one that can choose to say no or change your internal drama.**

The world will continue as it is, but you can change the way you look upon it. Your state of being will decide the life you have and what circumstances you attract.

I really love this quote:

"Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality."

—Earl Nightingale

Understand that your closest relationships and world view is based on your beliefs. You can't trick yourself into thinking differently, and it will not change until you decide to be true to yourself and see your relationships as a reflection and extension of you. The act of judging anyone outside of yourself is reinforcing that thing within you; it's like you're projecting your guilt on someone else, and it may feel good for a while, but in the long run it will not help. You have to work on your subconscious projections and make them conscious.



It's not easy, as I've said, but it's possible if you have the RIGHT tools. I train my mind every day, as I know that what I think about others is a direct reflection of what I think about myself. See it as a blessing if you consciously can see what you project on others, as it's the first step to understanding that you are responsible for your life and your feelings, and how you treat other people.

Don't Wait For It To Happen...

Don't wait for any outside force to change your life. You are the force, which is stemming from you. So what do I mean by that? You have to train your mind and repeat things until they become a habit and have a clear "core why" or else you will be like a seed in the wind - it will never be able to land in the soil and grow.

I've come to understand that what we call the higher dimensions or other worlds, aren't as important as the here and now, which is TANGIBLE and which you can change and affect. There is no world outside of you, as you choose what to focus on, and that focus is almost always automatically projected, and it's a step-by-step process to integrate your vision and apply things consciously in your life. Don't let anyone

tell you that someone else is responsible for your outcome.

The draining drama or negativity is within your life because you in some way approve it on a subconscious level.

It's never about changing someone else; it's about you changing your perspective and choosing to react differently.

How would you like people to treat you if you did something contradictory or something else that you didn't mean, as it was an unconscious reaction? I don't think you would want people to judge you for that, as you have a part of you that is more than they can see...

So you have to let people make their mistakes, just as you know, you can make mistakes.



Are You Living Your Life on Autopilot?

The next time something happens, and you may be fast to judge, see it from their perspective. If you were them, how would you like to be treated? Now you respond from a higher place of knowing, **which will re-program your subconscious**.

As you treat that person, you treat yourself, and you will start to implement this, step by step...in small ways at first, but you will understand more and more that people will treat you the same way. As you see people, that's how they will see you.

What we see around us in the external world isn't the truth; it's just the surface of our beliefs. **Why judge an illusory surface when instead, you can use and invest that inner power that you have, to forgive and fuel yourself with determination and positive feelings...which in turn will inspire those around you?**

Blaming others or projecting that it's someone else's fault will make you feel powerless instead of empowered.

When you go to the Tivoli, you maybe choose to go on board that roller coaster ride because it's thrilling, but remember you did so by your free will...and you know that the steep hill will come where you will get the wind in your hair, and you can't do much about it other than relax and enjoy the ride. It's the same with life - it's a choice you've made on some level. You can't change the physical experience, but you can change your perspective on it.

Some things we continue to do, even if they're not helping us, due to our subconscious beliefs about ourselves.

You need to take your power back, and you do that by OWNING your thoughts and OWNING your experience.

Remember that what you see in the world as events, people's dramas, etc., is your interpretation of it, filtered by your beliefs, and it's only the surface of

things, not the actual truth or how it is.

Nothing is what's it seems to be. You can only work on yourself and be the change you want to see in the world.

This is something that is within reach and that you truly can connect with and KNOW, as **everything outside of yourself is mostly a distraction from taking responsibility for your life.** No one knows what's best for you, except yourself.

The thing is, most of the chaos in the world can't be stopped until we choose to stop and acknowledge our inner chaos, and choose to work on ourselves first.

I want to show you that you are the one that is in charge of your life and no one else.

There are techniques and tools that will help you to unlock your inner power. You already have these skills within you, but they're being suppressed or not being worked on at a conscious level.



You Can Practice The Simple Yet Profound Miracle Of Forgiveness To Change Your Life, By Understanding The Illusion Of Separation



I know that I am responsible for my projections towards people and circumstances, no one else. You can heal the Duality Mind and this is what this "blueprint" will hopefully bring forth—and hopefully some resistance too, because then I am serving my

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fellow brothers and sisters. Love is about forgiveness. With this blueprint I want to broaden your horizons of Belief. I want to dive into what I will call “hardcore spirituality.”

People often just hear what they want to hear. We can only see and hear what we want accept within our frames of perspective, and we tend to reject anything else as untrue or even dark. This is duality. In fact, duality is also just an illusionary idea. We believe that there are right and wrong things within this world, when it’s actually a grand, unconscious mind soap opera. People act and behave as they do because they don't fully understand that we are One Mind playing that we are Different Ego-minds.

People feel threatened because they believe that what they are can be taken away from them, but it cannot: it is an illusion.

I am warning you that this blueprint is going to be hardcore, and some of you will not like it. What you see within this world is an illusion. Yes, we use the word “illusion” because it’s not real, because it’s not truth. A dream is filled with what we call “dream symbols,” and you know that all of these symbols show you what you believe about yourself. We really

think that all the hate and differences are someone else, but it's our unconscious mind projecting itself. Do you feel guilt or feel afraid of your own unconscious mind? This is what makes it so real—because you feel afraid and you feel it can hurt you. But if you know that what you see is within you, you can choose to forgive what you see and feel, because it's not yours. It's your belief that you are separated from GOD that makes you feel guilt and fear.

If you did have a so-called conscious dream at night, would you engage and believe in all the dream symbols appearing in front of you? Within this dream you could think, “Oh no, I'm a victim and I believe in what I see,” but you may realize that what you see is a projection of your own mind, and when you discover that within the dream you would tell yourself, “But wait, I'm not here, I'm at home in my bed and I'm safe...so I will forgive these images within my mind.”

And you may also tell someone within your dream that you are safe because you are not there, and they may look at you and say, “You're crazy.” This is how reality is; it's not more real or less real than a dream. You think you're “here” but you're just a projection of the mind; you are actually with GOD,

always.

In the moment when you realize that you are the dreamer, you know that you are the cause of it and not a victim, so you change focus. But if you're unconscious of the realization that you're dreaming, you will believe in your own projections and feel lost within them. Someone who has awakened from the dream will still be within the dream world but not "of" it, as you say. So wake up from your OWN DREAM!

Freedom is knowing that "Nothing real can be threatened. Nothing unreal exists. Herein lays the peace of God." (From the Teachings of a Course in Miracles)

Everything you see out there in the world is actually a representation of your conscious and unconscious mind in symbols. Those events, people, and circumstances that make you feel horrible or disgusted are actually a part of your inner suppressed unconscious mind, and you think that it's a separate mind outside of yourself, but it's actually a mirror of what is within you. You project your guilt, fear, and judgment towards these outer events because it makes you feel better about it, because

it's not yours. You are only judging yourself, a part of yourself that you don't want to acknowledge within you. Your mind won't be healed through judgment or guilt.

There is no guilt and there is no judgment in truth. That is something we made up.

You think on one level that you would not do what you see your brothers and sisters do to each other, but in truth it's in your unconscious mind revealing itself in events, but you've denied it's there; you think it's separate from you. So instead of you acting these fears out within your life, you see it "outside" yourself as someone else doing it. The only way to be freed from what you don't like, the hatred and so on, is to forgive what you see around you, because this will heal your unconscious mind and it will be taken care of for the highest good of all. This is applicable on every level. Forgiveness is the key. You transmute the collective Mind through forgiveness because the Mind is holographic in nature.

All the wars, all the hatred on this planet, are actually a part of your unconscious mind that you view as another part or "angle" of yourself in the One Mind acting out all of your inner fears, darkest

beliefs, and so on. You can't escape it by blaming the "other." Separation is just an illusion. Even distance, time and space are illusions, but this experience, here and now, is designed this way, to make it feel real. It's not unreal, but it's not real either. Can your mind grasp this, that it is both? It's neither this nor that. This is also a trick of the mind.

Do you think you will be free from the illusion of Duality if you continue to believe in separation?

You see fragmented parts of your own mind within this world; bring them back to yourself through forgiveness. Judgment will only keep you stuck in the illusion of separateness. There are no others; there is only one Mind, fragmented into what seems to be different minds, or souls. These are only symbols or words; people call our individual experience a lot of different things. It's like different companies selling the same products, but they have different logos.

GOD does not promote itself through any advertising agency, but GOD will help you to find yourself within Duality through all of the symbols available. This is why forgiveness helps you to "un-brand" the mind, going back to a naked state of being-ness, beyond labels and concepts. You will be given the symbols

you need to awaken from the dream of separateness. You are here to find that you are YOUR OWN HOME and that what is outside yourself is within you. Duality is just a grand play that we've gotten lost in because we think it's separate from us.

The Ego mind is like the most awesome advertising agency on the planet. It wants to brand everything, with its own motion-picture commercials, logotypes, packages, colors and so on, and make something become what it is not. It's only fancy packaging that we very easily get lured into. People don't want to hear that all of what you see in the world is illusions. There are a lot of companies on Planet Earth today that package their products so that they look great, but in truth they are really empty and shallow, with no value at all; we only give it value due to our inner projections. It's a great trick! The illusions of the separated Ego-mind are no different; the Ego-mind will do everything to keep you stuck in this idea that the world is real and important.

Enlightenment is when you can be in this world but not of it, and you can see your brothers and sisters as another you.

We all are afraid of accepting that the world is just

an illusion, and we all think that the problem is someone else's. People cannot be awakened from the dream too quickly; they would not be ready to accept it, and they would actually want to return to the dream rather than wake up because they are not ready to let go of it. It is as it should be. Ascension is just an experience of evolving into more graceful and harmonious states of being, but it's still just an expression—it's not more real or unreal than any other experience, it's just different levels of awareness. You are like an icebreaker working with spirit within consciousness; you make it easier for other people to access their hearts and awaken. We talk a lot about energies; that's beautiful, but GOD is even beyond energy.

We don't want to hear that our lives are an illusion, because we have invested so much belief in our body and this world, and even beyond this world. We should put our trust and hearts in GOD within us. That is eternal.

It's not wrong to be physical, but you will become more “lightened up” as you say and play with it, as it should be. Because you know that GOD is your true state and your physical state is just a play expressing itself as symbols. What you see as someone else

doing something you don't like and can't agree with is actually another you, projected from what looks like a different perspective. So all the blame-fear projections you make towards these people's actions are actually towards yourself.

You are that part of yourself that you don't like out there. Your only way to become free is to forgive. Would you ever judge your brothers and sisters that are you? There are no exceptions to this truth. All hate within this world is actually a call for love, so you can love what you "think" you see by forgiving it.

This reality is like a movie being filmed from many different angles, where each mind is a unique camera angle. The mind is like an advanced movie projector.

Would you judge yourself if you knew that every angle was a part of you within this movie called life? It doesn't really matter who is right and who is wrong, it's all illusionary costumes to trick the mind.

Some people aren't ready right now to hear that this world is made up and an illusion, and that we have to change the dream to correct it. It will still be a dream, but what if you decided to wake up from the

dream and understand that you are the dreamer of this universe and even beyond? What if you could forgive everyone, no matter what they had done?

This is not something you learn in one day; it's something you practice until it becomes a habit, and eventually you don't have to forgive anymore because you ARE forgiveness and love. Through forgiveness you change the whole world. One little event of forgiving someone will cause ripples in the eternal NOW moment throughout all timelines. Your spiritual awakening is about stepping out of time by choosing forgiveness and realizing that there is no one out there that has done anything wrong that you should judge.

Judgment holds you here like glue, it makes it even more real, but by forgiving you will be free and you will come home to the ONE heart of GOD. You will not find truth in the world of forms, gurus, or ascended masters. The masters know that they are simply way-showers to GOD; they speak to your heart as One, not to the Ego. There are many symbols for your own awakening. You have to forgive everyone and therefore "heal" the illusion of separation. Either you choose to see everyone and everything as separate or you choose to look through the eyes of

Christ. Christ isn't a religious statement that is owned by Christianity.

Christ is just a symbolic word for Our oneness in GOD. The illusion works that way; it will always do its best to lure your mind into being occupied by Duality and into thinking that good and bad is the true nature of GOD. GOD cannot be anything other than Whole, Complete, Love, One. But the Ego projects its own guilt and fears onto others, because it's not willing to forgive its own illusions of separation. It feels a lot better to blame someone else, which you will think is freedom. As long as you continue to blame anyone for anything, you will not be free—you will be glued to Duality and separation.

Forgive yourself every time you run into what we call "obstacles." These so-called obstacles are merely a symbol for your unconscious mind. An obstacle is a mirror and it will show you what you need to forgive to feel whole.

It's like healing your unconscious fragmented mind... it is done through forgiveness.

Yes, everything in the world that we see as moving images are just symbols for our conscious and

unconscious collective mind. Just like a dream, when we dream of things we fear, we will see them as symbols in our dreams, but it's just a dream. Would you really consider what you experience in a dream to be real? You would know it was your mind that projected itself into a dream, and within a dream, you don't see with your eyes, you see with your mind, because you are in your bed sleeping. If you could become aware that you are in a dream (conscious dreaming), you would forgive everyone because you would know that what they do is not real. It feels real because it was designed this way, but this reality is mostly empty. We give meaning to the symbols by projecting our inner values onto them and calling it real. It's just a projection of our mind.

We perceive dimensions as higher or lower, but really there are no higher or lower dimensions, just different states of awareness. Cosmic beings in the fifth dimensional consciousness are more aware that we are all one, and know that the body is also not real, only spirit is real.

We are great storytellers and yes, the earth has a plan, but it's up to each and every person what dream they choose to manifest, so there will be as many dreams as there are "minds." The goal is to

remind the minds that we are all the same Mind, and that we are One, and to wake up from the dream and LIVE WITH GOD beyond time and illusion. But we may project ourselves into this world to support our brothers and sisters, because we love to play. Life is a play—some take it very seriously and some take it very lightly. What matters is your relation to GOD, and not the relation to the physical world.

The ascension of this earth is a wonderful event, but it's just like any other dream, a more aware dream. You can totally wake up from this dream as you would wake up in your bed, and realize that it was just something you temporarily engaged in...And realize you never left GOD, because you are not in this world, as it would seem. You think you are within this world and that you are doing things, but in fact you are IN GOD, and projecting yourself into this world, just as you dream something at night, but you're truly in your bed.

You can't find IT-THE TRUTH in the world of Duality. It's just a mind-distraction, a never-ending rabbit hole that will keep you busy with all kinds of illusions.

What you see and experience within this world as

divided is your golden opportunity to forgive and move beyond the illusion of effect and start to understand that you are the cause of it. Your mind cannot hold on to things within this world that have been forgiven. It will simply be undone. You engage in something you think is real, but it's just a symbol of your divided mind. How you look upon others is how you will look upon yourself. There is no other self, there is just I AM.

You will become so humble that you understand you know nothing about anything, and let go of what you see as True or Untrue in the world because you know that LOVE IS WITHIN YOU and this is what you will be sharing, no matter what people may think or think. You're living in an illusion, trying to teach people what truth is with illusionary symbols, and it is quite funny. But a teacher always gives hints and points towards the Self, where everything stems from.

Imagine that you wear two pairs of glasses at the same time. Do you see through the clear glasses of spirit or do you choose to look through the illusionary splintered mind?

Whatever we want to escape from cannot be accomplished if we are not ready to truly forgive. It's

your judgment and blame that makes it real.
Forgiveness is a miracle that will enter your life.

All things I'm speaking about are metaphoric symbols as written text, and are not representing truth in any way. Images and words cannot mirror truth, they can just point the way towards what is already within you. Words are Duality, words are limited, so understand that I'm humble towards you as a reader —you are the Way and you are the Light and I know you.

The word “dream” can be interpreted in many ways. To dream can feel real or unreal; it all depends on your perspective. When you are aware of your GOD nature, it will not matter anymore, you will be in the WORLD but NOT OF IT, as you say. You will only be love and heal the world by your simple presence, because GOD will shine through you. You aren't afraid that nothing is real or unreal because you will be so “in the moment,” like an innocent child traveling through eternity. You are a CHRIST, a Child of God. Yes this sounds really biblical, but I can't put it any other way, so don't misinterpret it.

You will truly start to see other people for who they are by listening from your heart without your Ego

trying to gain attention by being in the spotlight to feel important.

You will care for people and they will feel that. Your "self" is unimportant. You will give from a space of unconditional love, not from a limited Ego idea of love.

You can only find true peace within yourself, not in the world, therefore always forgive. People who don't feel good are too attached to the Ego and the world. I have gone through it and I won't go into details, but I've received my part of forgiveness lessons and what it taught me was simply: Only Love Is Real.

We think life is about energy and different dimensions, but energy is illusion, just as this world is an illusion. It's a part of this universal dream. There is an even greater dream beyond this universe. People are afraid of the idea that this world is not real, because it seems so real. When you have a dream at night, and when you wake up, you just say to yourself, "Everything is fine"; it was just a dream and you go about your day. You may reflect on the symbols within your dream and interpret the symbols depending on your state of consciousness.

Yes, we will have brighter and more aware experiences of our GOD nature throughout myriads of worlds and experiences, but the only TRUTH that IS cannot be found in symbols within the world. Only if you can forgive the world, will you be free and not limited to projections within a dream world.

Ascension is not about going somewhere else or changing anything, it's about waking up from the dream and helping others to wake up from the dream, and helping them realize that we are ONE, playing that we are many. It's so simple, because in Oneness there is nothing to change. It doesn't matter what you work with, because it's not real, it's just you who wants it to be real. You can wake up from the dream of judgment and separation. No matter how much you even want to change people and get them to understand, they will reject and even deny your help. It's called unconditional love to accept this, to Be LOVE, but to not force it onto others. People will get all they need from Spirit when they are ready, through their guides, etc.

For in fact it is we who actually help ourselves. We think we get help from someone out there, like a guide or a friend, but it is you who is giving yourself

help. Separation is the biggest illusion there is; it's like the biggest trick you can think of, but it's also a beautiful gift as long as you live within it consciously through your heart. The Duality mind will always create extraordinary things to make you believe that the world is truth.

All the levels of reality are really spectacular but they are just symbols for Truth.

You can't go anywhere else, because there is nowhere else. It's the space-time illusion that creates our so-called reality. There is no "out there"; there is no Other one...

You are already there, and this can be realized through the practice of forgiveness. Forgiveness will help you to release the glue between you and your ego and connect you with the Truth of the I AM. So it's actually a gift for me, if you judge me, because then I AM something that you can forgive, and we can be ONE. I won't judge you for judging me, I forgive you.

Remember that a lot of what we hear in channelings, etc. are just symbols that we are ready to hear and can act from. It's either true or untrue; it's just a

mirror for our minds, so we can confirm what we believe in. But I think it's time for you to believe in yourself and do what a master would do. Right now, it does not have to be anything fancy, just something you Love. You cannot fail in your mission; that's also an Ego idea, that we can fail and do something wrong.

We are sleeping Christ beings, all of us. But we have put a lot of layers onto it, like, you are a "starseed," you are an "indigo," and so on, but we need some kind of symbolic language to communicate with, and the Different Councils within this universe know this. They have to give us symbols, because they cannot give us truth that we will understand.

You will come to understand that forgiveness will make you wake up from the collective dream and that there are multitudes of worlds dreaming themselves into being through eternity.

So which dream are you dreaming, and what dream do you choose to participate in? Or will you even choose to awaken from the dream completely? Through forgiveness we unwrap the layers of denial and judgment. LOVE is your TRUE home; all else is illusion.

People are frightened and love to have labels given to them, but that's also an illusion. Labels aren't real; they are only a costume worn by Christ. Dreams don't limit themselves; dreams are eternal and there are as many ways as we have imagination.

I'm actually voting for open contact with our galactic brothers and sisters, as they are a reflection of us. They ARE US. And they also know that we are the voters, and we vote through our hearts. Galactic Civilizations throughout all dimensional planes know that they are an eternal spark of the ONE. They also know that there are as many realities as there are Divided Minds or Souls. You will find peace in knowing that there isn't just one way to experience.

We are here on earth to dream what we want into reality. And people will continue to dream and create separation until they are ready to FACE THEMSELVES and wake up. Reality is just a definition and an agreement, and we will create new agreements of what Life is in a higher expression, and therefore experience a broader perspective of WHAT IS.

This is what is happening now on earth. As a collective Mind we will rise to the occasion and

express our self within another tune or level of all that is. But remember that what we experience is still projections and isn't where you will find truth. It's just that we co-create in Oneness instead of Duality.

Some really think that there is only ONE way and that all else is wrong. You will even wake up from the dream we call the Universe and move beyond ALL dimensions, TIME AND SPACE, and be aware of the dream we call you and me and all the others. Some people really enjoy living in Duality and all its dramas; they love it and wouldn't want to leave it no matter what, and there is nothing wrong in that. Others will feel that they don't need it anymore and want to create and experience other things. So ascension is for those who are ready; it's nothing super special that will be forced on anyone. It's just a natural thing.

Yes, the mind is caught in Duality and through judgment we make it real and we stay focused in this world. Forgive yourself and forgive the world, I mean true forgiveness. This will loosen the glue of the Ego and you will KNOW GOD. I will repeat myself, because it's needed—the mind needs to hear things many times to get it, as you say. People believe that

there is a good way and a bad way to live life, but none of these are real, only LOVE IS REAL. GOD IS, and is even beyond the concept of energy and this temporary universe.

Just because this life is like a dream world does not mean it's better to live in a higher dimension than here and now. Higher and lower are also Illusions. All the tools, like meditation, crystals, and mantras, are only tools towards self-realization, that GOD IS. You will find your way home through forgiveness.

But we have to realize things step by step from the level we are at now, creating from our hearts. I'm just pointing to the "GOD THAT IS" as a reminder. I'm not saying don't care about this world, I'm just saying that there are many levels of truth. I know within my heart that there are no ultimate truths, and GOD IS.

Everything you believe about others, everything you project at others, comes from your mind and has nothing to do with the world. People will play their roles in this dream until they are tired of it and understand that it's not real, that Duality is just an unending game projected by the Ego-mind. Don't wait for any revolutionary changes, BE the

revolutionary change yourself and forgive the world and yourself and return to GOD. You won't stop existing, but you will not be glued to Duality any longer and become lost within it. You will BE IN THIS WORLD BUT NOT OF IT. This is ascension.

If you become angry when reading this, forgive yourself and start from there. Whatever comes to you when reading these words has nothing to do with the words; it's a projection from your mind. Forgive yourself and you will become aware of the illusion. It doesn't matter if I'm right or wrong, what matters is that you can forgive it and know that truth isn't found in words or physical symbols, IT IS within YOU.

You will become like Jesus. He lived and knew about this world as it truly was. He knew the "secret of secrets," that there is NO separation. That we are reminding parts of ourself to come home, as you say. Jesus even stated that this world is just like a dream, and he did know that everything within this dream was not real or important—he pointed towards GOD within us as truth.

For me personally, I understand that this reality can be compared to a dreamlike state, and that we can be conscious within this dream called life. I can

actually feel that matter is very empty; it does not have value in itself—we give it value through our projections. We dream a collective dream, and we think of the people around us as someone else. We can wake up from this dream through forgiveness.

You have to become forgiveness and live it. This is coming to you in many lessons, where you may feel ready to throw in the towel, as you say, but it's not anyone else's fault. You feel this way because it's a lesson in forgiving yourself. Everyone is innocent on this planet but people will continue to blame until they understand that what they see within the world is within our unconscious mind, but it looks like someone else is acting on it. We need to heal it, through forgiveness.

There is no separation. I can repeat myself many times concerning this. Darkness is an illusion. Darkness is only a projection of your deepest fears on this movie screen called life. We make it real, because it's in our unconscious mind-script. And this is not a movie where we are separate; it's a movie where we are all one. What you hate and deny in others, you hate and deny within yourself, but your ego will never agree with this. Every person is a symbol of what you need to forgive, to be free of

your unconscious mind.

Through forgiveness we release it and even undo it. It's like we cut it from the film roll.

I'm feeling that everything I have written throughout the years are only like carrots luring people into their own heart's truth, where my words don't matter anymore. I'm just like the carrot in front of you that you try to grab, but you will realize that this is only a part of the game. We all give each other hints.

I'm very humble in my role because I know that there is nothing to learn or teach other than to wake up from this Duality Ego dream to GOD realization. GOD is so much more than a word, it's a complete state of BLISS and you will feel things you cannot describe. You will not feel that living in illusions is boring; you will feel that GOD IS TRUTH and that illusion is just like a dream. And you will feel it's natural to be a light and way-shower for your brothers and sisters in humble gratitude, as you are only helping yourself...

All these ideas about ascension into the fifth dimension are absolutely beautiful, but it does not matter. What matters is that you look at yourself and

forgive yourself and every human being that is different than you and does not agree with you. Don't get stuck in the "waiting" scenarios, accept that your life will unfold as it should.

If you forgive and ask your GOD HEART to show you only truth and highest wisdom, it will be given, but it will come to you when you least expect it. LET GO, LET GOD! If you felt the sensation of total Oneness you would just feel as if time had stopped, and you wouldn't have to change anyone. You are GOD and you shine through everyone's heart; it's even beyond Joy. It's beyond the beyond. Instead of getting lost in worlds within worlds within worlds, and dreams within dreams and so on, you can focus on your relationship with GOD, because this is WHO YOU ARE.

The higher dimensions are just a more aware state of being-ness; it's not better than being here. When you are WITHIN THE HEART OF GOD you will feel complete, whole, peace, love, bliss, and you will feel at home everywhere, no matter where you are, no matter what happens in the world. You will know that what you see and what you are cannot be separated. Would you judge yourself? It's like splintered minds within GOD that are on their path of remembering. Embrace those parts of yourself

within the world that feel lost. You will be a traveler within dreams, but you will always be at home within GOD.

You cannot be better than anyone or higher than anyone. It may seem like that, but that's because the illusion is structured this way.

The more you judge the state of this world, the more you will feel trapped by it....

Forgive it and you will feel it isn't real, but you give it fuel, due to the fear of letting go of it. Everything, including all the terrible experiences in this world, is a projection of the unconscious mind that belongs to all of us, but we want to blame others rather than forgive the world and ourselves. As I've said, people could be terrified if they understood the truth directly. They would not understand it; they would close their minds even more and become even more confused. That's why it's being presented with all of these carrots of spiritual paths or techniques that feel comfortable, but it's only a tool to get to the next tool and so on.

Some truths have to be given in portions. We even have to forgive ourselves for what we believe is true,

because we cannot know truth—truth is always expanding. We learn and remember through practice, but our Ego thinks it can practice later and that we first have to learn.

If you can accept and embrace that you don't know anything about something, you are free. There is nothing to KNOW within illusion of form, but our egos really want to believe that there is something of importance here to achieve. We aren't here to save anyone or to desperately convert anyone into their hearts, just as you cannot force a flower to grow.

You are here to be a conscious dreamer and put it into practice; everything else will come as fruits of that.

SPIRIT knows itself already and wants you to come home, but you are given symbols that you can understand within this world, to bring you back to self- and GOD-realization.

We have all heard that we should just accept our feelings and be with them, but we all have an unconscious mind that needs to be healed. The only way to heal it is to forgive the judgments you project

onto others. The world is within you, so you hold the illusion of Duality by projecting blame. By forgiveness you heal the unconscious mind.

So see every external happening as an opportunity of forgiveness, because it's a symbol for what is within you. It will set you free. To be honest I feel it's really hard to forgive some of the madness on this earth, but the more I practice forgiveness, the more I understand that it frees me from the illusion, and it also heals the collective unconscious Mind. We all affect each other; the Mind is holographic. Even the Law of Attraction is illusion at one level; people will not like me now... just kidding.

Everything is illusion but at what seems like different levels. Through forgiveness and healing your unconscious mind you will attract whatever you need, without even thinking about what you need and why you need it. Attracting things because you "think" you want them is not always necessary; it's just a form of denying who you truly are. You don't need to attract GOD to yourself; you just need to awaken from the dream. It's always our unconscious mind that decides what we attract to us. So we can try to attract whatever we want, but it will never come, until we forgive.

We all have a conscious and an unconscious mind. We all have unconscious reactions, which include Dualistic beliefs systems. This is no one's fault; we are equally innocent and the mind can be healed by practicing the habit of forgiveness. Your projections into the worldly events are not truth; they're just an unconscious projection of your mind that feels guilt and separation. You will understand more and more that the world is not what you think it is. There is not even a world out there that is real—it's just a repetitive Ego-mind script. It repeats itself over and over again, but comes in different expressions and forms.

To heal your unconscious guilt and separation, forgiveness is the key, because everything you label as "their fault," "their problem," or the blaming of others isn't coming from someone out there—it's a projection from your unconscious mind, but it will disguise itself as symbols in the world so this illusion can continue. The Ego-mind is a talented storyteller and wouldn't reveal itself to you. The Ego identifies itself with the body and the story. What you truly are is ETERNAL SPIRIT. It's your choice to engage with the Ego-mind or the inner guidance of Spirit. The truth is that even the higher dimensions are merely

symbols for GOD. GOD is beyond symbols, but it projects itself into this universe at a level we can understand it.

New Age teachings have many symbols. These are not truth in themselves; they're just symbols for what you are able to accept in the moment and understand. That's why it's called illusion, because you're not seeing GOD in physical reality, you're just seeing an empty projection. Love is not out there, it's within you, never separated from you. God can be felt if you fully understand that you are innocent and that everyone else is innocent too, for indeed no one has ever done anything wrong, it's just the Ego-mind that keeps this wheel of illusionary evolution spinning.

Love is the only truth and that's why forgiveness is like a shortcut to awaken from the dream of Duality.

You may say, "But I believe in the horrible things out there in the world and I want to heal the world." That's also an illusion, because you cannot heal anyone outside yourself. You can only heal the world by forgiving it. You believe that all the madness out there is truth and is a part of the learning process,

and a part of this Duality experiment, but it's just the Ego-mind doing its thing, just as it has always has done, but in different ways and forms.

You can't stop it, because you are the only one that can UNDO it by going beyond it. Forgive what you see, because it will eventually reach everyone when they are ready to let go of the madness of their own story and trust in Spirit instead of their Ego.

And your forgiveness process will also heal the minds that you think are out there, because this universe is holographic, it's ALL NOW. You affect future and even past outcomes through your commitment of forgiveness.

I hope I've pulled up the roots of the most common spirituality and New Age beliefs, because that's what I want. I want you to step out of your comfort zone of the "me" and the "others" and understand that there is no one else, and that the Ego-mind is like a crazy carousel that we believe in and that we think we can change. The carousel of the Ego-mind makes us feel disorientated and we cling to the ride as if our life depended on it. But in truth your life cannot die, so depend on eternal Spirit and let go.

The Ego-mind will just create larger and even more extraordinary stories of spirituality and enlightenment that you can feel secure in. But all comfort zones, all fears, all beliefs will surrender to the eternal Spirit within us; not until then will you find true peace. The Ego will feel hurt and it will feel as if everything is falling apart, but it's just a decision to choose to view life through Spirit, and you will come home to GOD-Realization in your own unique way.

It can be compared to taking a toy from a little child. The child will cry because it feels the toy is important, but from your perspective you know that it's just a projection of importance that this child has placed on the toy. Only from your perspective this is easy to understand. Sometimes from our perspectives and beliefs, it is the same as the child. We will feel a separation if someone says that what we experience or place value on is not important, but from a higher vantage point we could see that what we hold on to is not truly important, even though we won't acknowledge that at all times.

Every teaching, word, image, etc. on this earth is a symbol for the Christ within us, and no symbol is more true than the other. It's just a way for your

mind to reflect itself within the illusion of diversity. The interpretation of the symbols is dependent on which glasses you wear and look through, either through the Ego-mind or the eternal Christ-Spirit. There is only ONE eternal Christ within us. Meditate on the LOVE of Christ and you will be guided.

Don't let yourself be distracted by the everyday loop of the collective Ego-mind; it will keep on spinning with its own agenda, which is the idea of Separation & Duality.

God or Christ isn't out there for you to find—God is silently waiting for you to let go of the struggle and return home. What is seemingly out there is just a confused Ego-mind trying to mimic truth, creating levels within levels, worlds within worlds and so on, when in truth you don't need that.

It's not wrong to experience this world and all its levels of mind-states, but it's not truth. It's all a matter of choosing to be the core or choosing to experience the layers. If you know the core, you will know that nothing is really important, because what you truly are cannot be removed. IT IS! The layers are symbols of the eternal core of LOVE. If you would choose to be awake within this dream called life, you

would not fear the world and believe in Duality, because it's you who creates Duality, by seeing everything as separated from your true self.

Train your mind; it's like daily meditation to forgive everything and look through the Eyes of Christ.

When it becomes a habit, you will simply heal the world because you see it as whole. You will be at peace because you are the cause of peace. People will fight and start wars until they find peace within themselves and understand the illusion of separation. So don't expect anyone else to change just because you've chosen to awaken.

It does not matter if you speak of what peace is with someone who is in fear; it has to play itself out. Everything you see within this world is there because we believe in it as some level. But you can step out of it and BE A CHRIST within this world and it has nothing to do with the Ego of Duality. You will see everyone as Christ and see the true light within all people, no matter what they have done. You are only forgiving another part of your unconscious self.

So be aware of yourself when you see something you

want to judge, and when someone tells you that you're wrong, forgive them and know that this is not important. No matter what level of Duality presents itself, it's not truth, it's just a symbol. It's better to feel at peace, more than being right. You can't have the right answer within the illusion.

People will not understand what Christ is until they open their hearts to unconditional love and accept that separation is an illusion. So the next time you see a drama, know that no one of them is right. They are just stuck in the Ego-unconscious-mind and yes, it feels very real. If both parties were conscious of the truth they would be at peace, because they would KNOW that what they were doing was just a Duality projection.

So let people play that they don't know, that they are not worthy. You can only let them KNOW truth, they whom are truly ready to receive, and that will usually come from within them as some kind of surrender because they don't want to fight the fight anymore. And this is good, because within this "surrender" from within, you allow Spirit to show you truth. You as a person can be a symbol for truth, but you should never force it on anyone else. So BE THE TRUTH OF THE WORLD SILENTLY IN YOUR HEART.

People will think that what they are holding on to is important, but you will know that it's just a temporary symbol for the Mind to awaken from its own dream. People will be offended if you tell them that what they believe in is not truth, and I don't encourage you do that either; it's not necessary because it's a part of the dream. You can't teach love to someone by giving them symbolic truths, but you can point the way to the heart, and one step at a time, you will WALK WITH CHRIST.

There is nothing wrong with teaching people about the different levels within Illusion and so on, but the core of who you truly are is LOVE and you will feel the love within your life when you start to forgive. You will heal, you will teach, and you will create your own unique symbols for truth, from your experiences.

Your projection of words and actions within this world will be a symbol for others to awaken from the dream of Duality and Separation. It does not matter what you do exactly—what matters is LOVE.

To clarify the word “illusion”: illusion serves its purpose where you are right now. Everything feels

real and you will never be forced to awaken from what you think is truth. What is real and what is not real is all about perspective. Christ will awaken you from your sleep, and what you think is reality or truth will not be what you thought it to be. Some would actually (as I mentioned before) not be ready to know or hear truth because it would frighten them, which is also an illusion. The ultimate fear we have is death, and it's a part of the unconscious Ego-mind.

Forgive the fear in the world; the death and destruction is a part of your unconscious mind. There is no separation between you and the world. Through forgiveness you will walk with Christ and you will bring understanding into this world with clarity, instead of running around in desperation and fear of fixing the problem. People will feel the love and you will heal the collective unconscious mind through you.

Remember the Ego-mind will always want to evolve. It wants to be complex, it wants to learn and learn even more; it will never get enough. The Christ within you knows that knowledge is illusion and that knowledge is made up. LOVE is the true knowledge, because LOVE IS and will never be replaced or

upgraded. GOD is eternal, I AM, and you always know that this light is there for you, no matter what. Forgiveness will undo the patterns of resistance and you will be more and more calibrated with the Christ energies.

Love is even beyond energy, but within this universe, it's interpreted as LOVE energy. Meditate on Christ each morning and before you go to sleep and you will start to notice, subtly at first, but you will come to insights just by this simple way of connecting.

It is when we have surrendered and forgiven all of our illusionary projections and beliefs of separation that we can truly operate within this world in a less attached way with the understanding that nothing is important, and actually feel and understand that everything is equally important.

There is nothing to win or lose within this game of duality. Your service will matter even more when your service comes from a place of unconditional love.

There is no "me" that wants to be seen and loved; you will be here to love the One. We will be able to see the world as it truly is. I know from my own

experiences that going through all of these layers of illusion is really painful to the Ego, and in the end it is not “my” will, but “thy” will be done.

The more you understand and feel your Christ nature, the more you will be able to interact within this world, as peace, as love, and go about your day-to-day no matter what is seemingly happening out there. The mission is to bring all home to ourselves instead of distracting ourselves with the changing “Outer Chaos.” As a whole being we will be able to help where it truly matters...we will engage with the illusions in a way that exposes them without effort, just by BEING truth.

You can't lose something that is whole, that is complete, that is already Love.

I'm not trying to offend your belief system of this Universe and all its levels. I'm humble and want to share that truth isn't out there, as you say, it is within you. The way we feel and think about others is actually how we feel and think about ourselves. So be aware of your thoughts and feelings, forgive them and give them to GOD. And in the end you will think, act, and be as GOD.

How you personally interpret my symbolic words in this "blueprint" is totally up to you, I'm just a symbol of your conscious and unconscious mind. The words are holographic in nature and will be translated differently, depending on your perspective.

JUDGE ME OR LOVE ME, IT DOESN'T MATTER,
BECAUSE WE ARE ONE.



You Can Change Your Lifestyle & Integrate Your Highest Vision Now - No Matter Where You Are Right Now, And How You Feel

Everything moves in cycles within this universe. One of these cycles is now coming to an end, and this planet is in a process or event which can be compared to an upgrade of an old computer: a new software is being downloaded into the consciousness of humanity and Earth has known about this for a long time.

As every cell in our body communicates with the rest of the body, the earth communicates with every human being on earth, but also with other planets and vast star systems.

We are a part of an even larger cycle within this universe, which unfolds on many planes of existence. Everything is switching or adapting itself to a higher frequency, and just as we would switch channels on the radio, there is noise disturbance in between the existing planes. Change is a process; our minds need space to adapt and calibrate within these higher frequency bands. It's a very real thing, as everything is vibration, sound, and light. We are transitioning into a new higher perspective of what life IS—the truth can no longer be hidden. Don't wait for anyone else to manifest your dreams!

Act and know that you are the source of your creations. I've notice that many people wait for things or their dreams to happen. We can't wait for heaven on earth, as it is we who have to attune to that lifestyle. Of course, we get a lot of support.

Don't wait for any channeled messages to tell you the latest news about what's happening, as you are the news itself and you decide what you want to happen.

Instead of trying to change other people's behaviours, focus on your behaviour and feelings, as this is within your power to transmute and heal.

See yourself as a cell within a body, and your vibration will affect the other cells, as frequency affects matter. When your "instrument" is in harmony, other cells will listen to that and adapt. There is no external reality as it may seem—there are as many realities as there are people!

There is enough for everyone. There is a higher field of love that many people listen to at this moment in time, and some people will hear and others will not. You can't blame any politicians, any sources outside yourself for what is happening, as everyone is connected.

This is why most people get stuck—because **they believe in what's outside of themselves instead of acting for their highest joy NOW**, no matter what the world is like.

The system is designed to keep people in the limited mind-state and repeat the same things over and over again. What will happen or what will not happen

doesn't matter. Change is like a flower—it has everything stored within our DNA, and we can struggle not to experience it, but it's much easier if we can embrace and choose the highest joy for ourselves in each moment and let life unfold.

Don't wait any longer for anything to happen outside of yourself before you act on your dreams!

Be the one that now boldly sets sail with joy, as what we call "the veil" between our world and the higher spheres is gradually shifting. Manifestation will follow your thoughts and intent, so it's all about receiving and focusing on what you want in life rather than what you don't want.

There is no one outside yourself that creates reality, as you are the creator of your life experience. Not all people will want to follow the path of Truth, Love, and Peace, but you do. So be the change! That's why you are here—to live and be an example of the change we call ascension.

Wait for no one and nothing as you are the One who is LOVE IN ACTION. You are here to empower people to see that what we call external reality is a reflection of your mental attitude and beliefs. The

core of empowerment that I want to remind you about is to KNOW that you create life from what you speak, do and believe, which has nothing to do with what is outside yourself.

Don't compare yourself with others or worldly circumstances—choose to create from your heart instead of being a victim because you believe you have no power.

Reality will not change until you choose to BE the change. Act from your willpower with love and intent, and life cannot do anything else than change. Life may seem disconnected and random, but it is connected and every choice you make, everything you radiate, will have an effect on the overall consciousness, as empowered thoughts and feelings transmute lower thought forms.

One part of our role here on earth is to ground the higher frequency into the earth and its consciousness, or we can also say that we are conduits or antennas for Mother Earth so she can receive this energy.

You don't need to know the truth outside of yourselves which is mirrored to you in symbols; truth

cannot be found in the world. The truth isn't a thing or a certain belief—truth is the symphony of love that you can feel when you are centered and fulfilled by your Inner space. It's an energy beyond concepts, ideas, and Duality.

So stop looking for truth outside yourself, in people, and in events. Instead, give yourself the time to slow down and reflect on the Inner peace, which is who you truly are. Due to unconscious programming people tend to think and focus more on what they don't want instead of what they want to be, do or have within their lives. The unconscious mind attaches itself to the problem instead of focusing on a solution.

To give you an example, if someone read a negative post on a particular subject and this person is wasting all their energy on trying to defend or change anyone's belief, then they are just feeding their unconscious mind with more fire, instead of with the solution that would give them more energy and inspiration.

You cannot create a solution on the same frequency level as the problem.

You have to raise your vibration by choosing more harmonious and conscious thought patterns and let your feelings be your guidance system. When you feel good, you know you think thoughts that serve you. If you feel very drained, it's an indication that you aren't in harmony with your highest vision and intent.

True freedom is to know that you are the creator of your experiences and that no one else can impose themselves onto you, but many times we let people impose their reality onto ours, again due to the unconscious programming that we have no power.

What we call reality is much of a distraction, as it will give you more of the same over and over again, **until you change your mind**. If you truly want to live a life without addictions, without a struggle, you slowly lighten up that bulb of awareness within you, tune into feelings of gratitude, happiness, or whatever makes you feel lighter, and hold this state as long you are capable. It's like training your muscles, because if you repeat something often enough it will be what we call a habit, and your habits will become your lifestyle.

Don't let the state of the world show you the way to

your joy, but create your joy from within! Life does not "happen" to you, life is created by you. **When you start to take responsibility for your Inner peace and always act without getting stuck in what we call outer reality, you become a magnet for a change.** You cannot change this world if you are encapsulated in a sphere of fear, believing in everything you see around you.

You have to break yourself free by raising your frequency, and this will also help you to feel everything and see everything with a higher understanding.

It's better to broadcast thoughts of love, which will raise the collective thought patterns, instead of clinging to your fears of the external world. This is what media does best: create fear and hopelessness in the minds of people. You are more capable of assisting or helping people when you are grounded in knowing that all people have the power to create worlds within them.

You have to be a living example of this lifestyle, and your life will touch many people's hearts, as everything is connected. Your focus on raising your frequency, so it's a match with higher thought forms

like joy, etc., will affect this world and its collective consciousness, so people who may be "unknowing" will be guided to their destination.

You are here to live your truth and anchor this knowing, and live it in every moment. If someone judges people they don't know in real life; it is like guessing how a fruit will taste before you have actually tasted it. You don't have a clue... It is very comical that people give most of their energy trying to change other people or convince them of something, instead of living their DREAM and passion. This is what matters! Never judge anyone outside yourself; this is mastery, as you KNOW that they are just a reflection of your inner fears and beliefs. Many people are not aware of this, so be an inspiration and do not respond to their limited projections.

Love them as they are. We have all been there. My simple advice is to KNOW THYSELF, as everything you project from your mind is about you. No matter what other people do, say or believe, you are the creator of your life experience. People say that some are wrong, and some are right, but they are equally correct. As we all create our perspectives, we are creating self-fulfilling prophecies.

If you ask for it, believe, project it, vibrate it, you will receive it! It's that simple.

Stop looking outside of yourself for answers. As you progress to mastery of self, you will KNOW that you are responsible for your life; this is what the Planet Earth School is teaching us with patience and love. If anyone judges you, it's not about the other person in truth, as it's only a limited spectrum of thoughts and beliefs that create separation instead of understanding.

We have been unconsciously programmed throughout this lifetime to depend on external things, letting these decide for us how to feel instead of choosing a state we prefer just simply because it's a part of us, and letting it blossom.

People will ride the cycle of Duality until we choose to take responsibility for our projections (everything we say, think and do). Then you are free. But it doesn't matter what I say here as many people will try to find other people to be responsible for their lives.

So ask yourself....

WHAT DO I WANT TO CREATE IN MY LIFE?

You always get the core of what you believe. Some may believe that they have to struggle to get the results they want, and some believe that it's very simple to get what you want. Both are very correct, as it's all about their relationship with self. As you start to vibrate your inner beliefs truly, they will start to manifest; initiations will come to see if you have truly mastered unconditional love, no matter what people think or believe.

To raise your vibration is an inner choice and something you focus on in every moment. It's not a part-time thing. To raise your frequency is a very real and physical process; it's not a NEW AGE belief. It's a science in itself—frequency is what matters. People can deny this as long as they want to, but those who know this truth will take charge of their lives, let go of their victimhood and create good in their lives because they know they are worthy and whole. You aren't separated from humanity; you are humanity individualized.

I will state once again that your thoughts, feelings, and intent will create your so-called reality, so learn to master these inner qualities as they are the core foundation for your life.

You always have a choice to create from love or fear, no matter what happens in the world, and it's good to practice meditation and to understand that you are the bearer of peace and love. Every day, in every moment, I live through my heart. I know that my heart guides me, even when I'm not conscious about it.

I am not writing to convince, and I am not writing to change anyone. I walk the talk in everyday life, like anyone else, and it's important for people to understand that you have to change your thoughts and practice on becoming consciously aware of your inner energy and emotional frequency. Take responsibility as you create what we call reality; no one else will create it for you.

People get stuck in other people's lives and think that they have to adapt to them or any certain rules. LOVE is not a rule—love is what matters. People who think and believe that they are victims will continue to attract that until they understand that they created it all.

The universe is not judgmental—it gives everyone what they believe in and thinks about. Doubt and

fear are the only blockages, and these are becoming more and more obvious as they cannot hide from you anymore. You have to stare them in the face and release them. It's a process, and it's different for everyone.

I live a life in joy, in what we can call abundance, and it's not about money. It's actually about feeling good and knowing that you created it, to begin with. This is true FREEDOM. I do not know anything except myself. For those who don't know me personally, I am very focused and determined when it comes to creating within physical reality, as it's my specialty. The ego is no longer a threat to me, as it is more a part of who I am.

You can have an ego and be spiritual, it is not a problem, as long as you are aware and present. Don't deny that you are a human being here on earth and don't try to remove such a divine gift. Play with it, and if people don't like you, it's not a problem either, because you cannot hide forever—you know that personality of yours is a part of you.

This is why people do not always feel good—because they adapt to things and people they truly do not prefer, instead of creating consciously what they do

like.

If you suppress your joy and Inner spark, you will feel drained, but if you encourage and take small steps towards your vision, you will thrive.

Where I am at the moment is about fine-tuning the inner sensations of frequencies, as truth is found within. Let your focus simply be to feel as good as you can NOW, and if you don't feel that good, act and behave to the best of your ability as if you already are what you are seeking. What you are seeking is seeking you, as frequencies are magnetic and it's a law within this physical universe that what you focus on and think about most of the time will make itself known to you in some way.

There is no outer reality that affects us. The reality is a mirror of our inner state of mind or thoughts. If you feel stuck in life, something as simple as giving yourself the time to stop whatever you are doing and do something that changes your focus could get you closer to what you do want.

Every thought is like a seed, and your vision can be, in every now, to plant thoughts that give you energy and a habit of trusting instead of uncertainty. Your

lifestyle is what you want it to be.

You can blame someone else for a while, but your understanding will hit you in the face as you become more aware of the unlimited universe that is within you. It will feel impossible at first, taking those small steps in trust, if everything is the opposite of what you want.

Begin to acknowledge that you've created everything that you experience right now and accept it, and tell yourself in any way you know that it's time for a change. Be and follow your heart's vision. You may not know how, but you know it will be possible. This is the leap that we all make at some time. When the wheels start to spin, it will be easier and easier to trust that what you think and feel is what will manifest. It is all very simple.

You have everything in your life because it's a match of your frequency. Your brain is a frequency transmitter of great magnitude, and you are broadcasting 24/7. Don't be afraid of your thoughts. They are a program, or like a tape recorder that has repeated itself so many times and you feel safe hearing that same show.

To reprogram this unconscious tape, begin to do things differently. This is where the wheat is sorted from the chaff, as making things different is not always for everyone. You have to break these cycles of habit through conscious choice. The universe will work with you, always. You create all of it; this is why outer events within this world will not affect you if you're not in some way indulged in them.

This is not ignorance, this is mastery, because if you train your mind to be in a frequency of love for longer and longer times, this is your mission. You will notice that much of Duality will become an illusion, as you know, everyone is the creator of their lives. You become the gateway for people to access another way of living their lives. I will give you an example: if someone would here "noise" instead of music on a radio channel, and did know how the radio switch worked, that person would immediately switch frequencies to something that was in harmony with his/her higher vision. Without effort. Everyone is where they should be, or else they wouldn't be there.

So don't let yourself believe that what you see within this world is about saving anyone; you are here to consciously tune into another higher love frequency,

and those who are likened in frequency will follow. It's a natural evolution.

It will come in waves; this is also called ascension, in a cool word. The world is truly within you—as you look at it, what do you see? Because everything you see is yourself, mirrored.

People who are focused on the lack of things will create more lack, as this is a universal law. This is why it's important to slowly work with yourself towards a more harmonious range of feelings. Feelings are the language of the soul. You know what is good for you and the right way when you feel good.

I want to be more practical in my techniques and ways of integrating a lifestyle that makes you feel good, and that inspires you to create your dreams. This is not always easy, but it's possible. There is a structure; there is universal law within this universe; just as the law of gravity, there is the law of attraction.

Your brain is a frequency transmitter, and your feelings can be compared to an inner GPS guidance system. When you feel good, you are in what we call

a higher frequency band, and this means you are in tune with the Universe. So the simplest tip I can give you now is to feel as good as you are capable of at this moment. It may not always be a feeling of bliss, but you can begin with an appreciation of everything you have within your life, as this is a good start. Instead of trying to change what is outside you, that you aren't satisfied with, understand that it is so because you are in tune with it, or else it wouldn't be there.

You cannot experience what you aren't a match to in frequency. The world isn't happening to you—you make it happen. People who criticize others and don't feel good about themselves actually create this reality themselves, mostly unconsciously. They cannot see or understand that what they think and project creates their entire life. People who are skeptics and judge others will attract more that strengthens their beliefs of this perspective, as you always receive a reflection. You can only be in charge of your feelings and thoughts, and this is very important to understand as you aren't a victim of anything outside yourself. You are where you are right now because you created it.

This is empowerment and the first step towards

being a conscious creator, what we call an Ascended Master—to take responsibility for EVERYTHING that is projected within this reality. Do you think a Master from the higher dimensions would ever come here and criticize and engage in what is wrong within this world? Or do you think the Master would point people in the direction that they can choose exactly what they want, as everyone is living their creations in full 3-D experience?

People are confused and depressed due to that their energy bodies are clearing, and it's depressing for a while to let go of the old self and its limiting beliefs because it was a part of your identity. It's not wrong to feel as you feel; it's very good. So what do you choose to be, do or have? There are no right or wrong answers, as there are no external forces that tell you what to do. People are ready when they are ready to understand this. When I see what we call negative people, I just see a part of myself that is confused and cannot see or understand what they are projecting.

The mind can become so confused and programmed that it is actually responding like a robot, so it's not his or her fault. This is what many people go through: they let go of their robotic side and become

humble and loving towards one another, through forgiveness. People who are aware of their actions and words do things with intent and never project hate towards any other living being.

This is self-mastery. No one outside yourself can control you. You only let people control you, and this is hard to understand. Your job isn't to behave as others want you to behave. Your life is about defining you and what you want to experience within this life.

Some people feel offended by others on the street or the Internet, but if you truly know who you are and what you stand for, you won't let anyone hinder you. There isn't even need to defend yourself against negative people, as the simple act of defense makes the negativity even more real. There isn't any external negativity; all negativity is within you and you are the one in charge.

Focus daily to hold a high vibration, and I promise you that your feelings will go up and down like an elevator and it'll feel like everything is just happening to you, but the longer you focus on keeping this loving feeling, you will notice that you are in charge and the best thing you can give

someone is your joy.

Don't let people make you feel responsible for how they feel. People who feel that you have a responsibility towards them to act and behave in a certain way, to make them feel happy, really have to find this within themselves. This isn't always an easy lesson. You can, of course, be a guiding light of hope, because you create happiness from within, rather than depending on something else.

Ascension isn't always a simple path, as it's all about understanding your responsibilities, and some don't want to take responsibility of EVERYTHING within. As we create our realities, sometimes people get stuck in others' creations. There are wars and conflict on this planet due to limited awareness and understanding. Your simple act of taking care of yourself and stopping the war within your mind is a huge step for humanity, as we are all like interconnected cells on Mother Earth.



You Can Be & Live The Highest Vision & Expression Of Yourself

Everything is synchronized and interwoven. Focus on your spiritual path and awakening. Give less energy to negative propaganda that is outside of yourself. Everything that is happening on the so-called outside is just a fading drama.

It's a 3-D world falling apart. This is confusing to the mind. So be the TRUTH and ground yourself. The mindset on earth has been, "Be afraid and be suspicious." Compare that to the new mindset, which is BE LOVE, BE JOY and TRUST. Of course, some will feel it's naive if someone states that. People are not used to being happy and in total joy. This is how it's going to be on earth, so you can change your focus starting today. It's up to you. Why wait?

Some will hold on to the fear, even when change is happening, because of old programmed beliefs. It's like a deep trance state that is now melting like snow in springtime. People fear that they will be deceived, but now is the time to BE THE HIGHEST VISION OF YOURSELF.

Understand that you are a miracle. You are a part of an adventure, and you chose to be part of it. There is no outer threat to be afraid of; you can go beyond this by following your heart. I doubt that people love to believe in negative things. There is NO WAY OUT—THERE IS ONLY ONE WAY IN, and that's through your heart.

This earth society has been built on distorted ideas and beliefs. What matters in all of this is the truth of each human being. A lot of people are suffering. I will not go into why they are where they are because it's different for each soul. Everything isn't what it seems to be, which I've said before.

We get caught up in what we see with our physical senses, but when we start to feel and see with the heart, and it is not a match with what we see in the physical world around us, it's really important to stay firm and trust your heart.

The 3-D frequency is very dense, and illusions are frozen on the surface, and sometimes we get stuck. Melt this frozen river with your heart and let your feelings tell you the truth. The heart is intelligent and needs no evidence. Truth IS, no matter what beliefs we have in the end.

Some people believe in their own "knowledge" so strongly that they really think it's truth. To practice detachment and know that your knowledge is temporary is good. It will be replaced with higher and higher truths. Our heart has no need of knowing; it's more into being truth in the now. To say that I KNOW NOTHING isn't popular from an ego standpoint—it's more popular to say, "I KNOW so much—look at me." Everything we think we know, we have to let go of.

You will intuitively feel very simply if something is positive or negative. There is no need to be in fear. It's just a simple, "No, thank you—I can see it for what it is." See these attempts of negative powers as a desperate effort to try to lure us into illusion. Do you fall for that? Sooner or later these things will be obvious to everyone. Teachers of LIGHT focus only on the positive and don't feed the negative. I don't care one bit about the negative forces out there because they aren't important.

They have helped us to understand what we don't want, and that is enough. (This is out of love, not ignorance.) They will find their way of LOVE when it's time for them, so I only focus on what I can do to

raise my vibration. It's not ego; it's your mission. We came to this planet TO BE THE CHANGE, and how can we be the change? YOU LIVE IT AS IF IT EXISTS RIGHT NOW!

There is not one bit of time to give focus to any negative force outside yourself. Some may translate this as "Nothing will happen if we just sit still and do nothing." I want to say to you that by raising your vibration or frequency you will affect everything and do things you couldn't even imagine you could or would do.

The light frequencies totally change your being and the way you look at and perceive things, it's like you get a higher perspective on things. We don't always have that higher perspective, and this makes us confused because we don't understand why certain things happen. Instead of running around blindfolded and doing things, which won't get you far, it's better to move slowly and love yourself more and more every day. Eventually, you won't even care to look at negativity anymore because it's not available to your mindset anymore. It's like it's non-existent.

You have switched channel frequencies, and this is by choice. Some people may want to remain in the

channel of violence, etc., but we will do all we can to help them simply by being our highest vision, without force, only through inspiration. We will see negativity in a higher light and instead of being dragged down by it, we will transform it. You can only be manipulated when you are in a state of fear.

Outer forces want to make you feel this way in every way possible. And they only succeed if you are out of balance and if you don't know who you truly are.

Ground yourself and practice the art of being your highest vision in every moment. No one knows the whole picture. The loving support we get would shock us if we felt it fully. We get stuck in beliefs or the all-knowing Messiah complex, and we forget to feel that we are indeed under loving guidance. Be strong and choose love. You are protected!
BE THE HIGHEST VISION OF YOURSELF!



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Trust

Love doesn't need to be defended or proven, so I recommend not to engage in other peoples' dramas. You can be an observer of the drama and see it for what it is. It's a temporary movement that has to play itself out. There will come a time when we will just have to give up everything that we've known to be true, or known how to do.

Beliefs are layers upon layers on THE IS-NESS OF TRUTH.

Being honest is natural for the soul; it is pure and has no agenda. Being honest with other people means to open up your heart to others, which can be felt as leaving your comfort/security zone. But we will feel a pull within us to BE HONEST AND TRUE TO OURSELVES AND OTHERS IN EVERY MOMENT, even if it doesn't please everyone.

To BE love does not mean to GIVE FROM EGO BELIEFS. It means to know and give from a loving integrity, from a part of you that loves yourself. We can feel bad or drained because we sometimes do things we don't like to do. It is the ego that thinks we have to do things for others or they may be

disappointed or won't love us. This concept is based on fear. We have no obligations because we are free beings with spontaneous creativity.

It is a huge step to SAY NO from your heart with integrity rather than saying YES from your EGO because you feel obligated. Integrity is good to practice because it teaches you about your energy field. Remind yourself when you make a choice: "I will act with loving integrity." People may want you to come back to their reality or feel discomfort because you awaken a deeper choice within them, beyond the logical mind, that connects them with their hearts.

Just as you have to learn to drive a car, taking basic driving lessons, you are learning to be the driver of your experience.

To harmonize your heart, mind and ego is a process that comes *in waves of integration* and self-realization.

Depression is so common in today's world, and that's because we don't care to feel anymore because we can't see the full meaning of life. It may feel like a repeating dance.

In the deepest depressions, there is the greatest light because we feel so alone and so helpless that we just give up. This is where we begin to KNOW who we truly are.

We doubt, we are afraid, we choose to become strong through emotional stretching. I would call it that because it awakens a higher dimension within that is not possible through external experience.

We integrate and become compassion; we grow like sensitive flowers in the middle of chaos. We have to learn to trust our own INNER KNOWINGNESS and taking the so-called leap of faith is a hardcore choice. There aren't many people who by free will jump straight into the unknown with a smile on their face. The ego becomes paralyzed and does everything it can to hold on to the past by creating a secure future.

I must personally say that the times of security are gone because we don't need to protect ourselves. We need to step into our LOVE and be who we truly are. Layers of Identification and beliefs are being peeled off.

The comfort zone of our ego is being stretched, beyond the ME and MINE. This is threatening to the ego. And we become depressed because it feels like we are losing ourselves, a very loved part of ourselves.

Every moment is filled with LOVE, and you can be IN LOVE now. Know that you are loved, and through this energy, a loving integrity will be born, which will and can say no to things it couldn't before.

Love is, knowing yourself and your energy.

You know yourself so well, but layers and more layers are cluttered together, so you've forgotten about self-love, which is not egoic, it's loving integrity, which will mirror and make people remember that we have a self-responsibility to love ourselves first, and then we can give from that, or else we will feel drained.

When egos speak to each other, it's mostly about, "Listen to me because I need attention." When hearts speak to each other, it's unconditional love, in silence and pure knowingness, without adding anything.

People who connect through their hearts do not need to convince or prove to anyone about who they are. It will simply shine through effortlessly. You will be guiding people with the silence of your heart and the energy you are emanating. It is all about "Vibrational Attitude."

We see a lot of arguing or egos smashing together. It's all a part of the integration of loving integrity and self-love.

Don't take it personally. It's when we think we are the "little me" or personal that we easily get dragged into the drama and want to feed it. Our emotional body loves drama; it's like fuel. The transition from an Ego-reactive mind to a non-attached-active-clear mind is a process, and it cannot come all at once. It would make people crazy. We get as much as we can handle.

The spiritual heart is like a muscle; it is being trained and stretched in ways we couldn't even imagine. What is being done on this planet hasn't been experienced anywhere else. When the heart is so stretched, and we think we can't handle anything more because it's too much, we will notice we can LOVE even more. There is no limit.

I understand the ego. It feels like it wants to have control over these "higher" dimensional frequencies. It wants to figure it out, but it never can, so it will surrender as a servant of the heart, instead of being a controlling leader.

We are moving beyond boundaries, where no one has gone before. Predictions aren't the way; it's all about TRUST and LETTING GO of everything you know, and receiving what is yours to receive. The ego would call this foolish or say, "Be careful, it may be dangerous." Your heart will say, "I AM READY!" When the emotional tidal waves are hitting your nervous system, it's good to meditate.

Dwell in the ZERO point and unconditional non-attached neutral energy. Being neutral is not ignorant; it is a state of Being-ness that harmonizes and revitalizes your body and mind. It is the center of YIN and YANG.

It's our ego that is afraid of being ignorant. Our hearts don't know ignorance; it's allowing ALL LOVING and forgiving.

You are becoming a NEW YOU. You will look back at yourself, the self you are now, and smile because you

will understand that you had layers upon layers of Idea-beliefs that you thought were you. Our thoughts are like programs in a computer, but the actual programmer is YOU!

Instead of incarnating in a new body, you are Incarnating your HEART and light-consciousness right here and now. You don't have to leave your body to experience WHO YOU ARE.

Balance and harmony are keywords you should focus on. The ego Loves to be in LOVE and doesn't like to be negative. That's why we are thrown back and forth; it's the Law of Duality.

It's the rubber band effect. Find your center, dwell in the trust and integrate it into every cell, knowing that you are the path, that there is no separation between you and your highest joy. All of this may seem like mere words, but I'm sharing these words on a carpet of LOVING INTENT which will be understood by the heart.

You are bringing the TRUE NATURE OF LOVE into the world, just by being who you are.

Taking small steps at a time, you are a like a flower growing. You can't force anything from the ground; it

will grow slowly and with grace.

The sensitivity of your body energy will rise, so take time for yourself and listen to what it needs.
Simplicity, Love, and Truth.

Be The Highest Vision Of Yourself,
BenArion

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