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Magic
Wood

The
SIMPLICITY
of **LIFE**

MAYA SAMARINAC

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THE SIMPLICITY OF LIFE

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The book was channeled in the forest of the Sljeme, Zagreb, along with the Magic Wood cards in 2005/2006. It comprises a series of texts that you can read separately.

It talks about the courage it takes to live and the happiness that comes from it. It talks about smiles and joy, about sadness and tears, and about all the fears that can come up as you sail through life.

It is not a signpost; it is a companion, something which can give you hope and faith. And the paths are then created by yourself - you make them, by your decisions, thoughts, and feelings. And that is why it is essential to allow yourself happiness, maximum carefreeness, and relaxation, as this enables you to create optimal paths and make wise decisions. The messages from the forest can help you remember that you are free beings who deserve nothing less than complete surrender to a life bathed in happiness, prosperity, and harmony, with yourself and with everyone around you.

The beginning of beginnings

The beginning of all beings starts at the end of their path. That's where they decide on their future/present, and that's the point from which they move on. That's why that point—the end of the road—should not be neglected or taken lightly. You need to prepare for it and prepare for it all your life. Every day, you prepare for your end without even realizing it. That's not something which should particularly burden you; rather, it should encourage your continued growth, the evolution of your being to the heights which it deserves—the very greatest.

And all of you, on your way to the top, are unaware of yourselves and your paths. The speed with which you expand your consciousness depends on you alone—your passion, your willingness, your struggles against your fears, and your absolute faith in yourself because faith has been, and will remain, your most powerful weapon—your guide down your path.

What you shouldn't do on your path is give up. Whether you have just a single bad day or face some greater hardship, your duty to yourself is to take yet another powerful step forward because what you cannot do is remove yourself from your path and give up. Giving up would be like sitting down somewhere along the path and waiting, only to realize that you have no choice but to continue because the path isn't going anywhere, and you won't disappear from it by some stroke of magic. That's because the path is magic, a magical way for you to learn how to grow into the greatest version of yourself. And that's the reward for all your struggles along the way.

Eternity

Magic hidden in one word... even though you're not sure what it really means. The moment you come to understand it, you'll see that you're in it, regardless of all the ends which you've had, and which are yet to come. There's no end to eternity, there's only a transition across a bridge to another point.

Sit down somewhere in a forest, close your eyes, relax your body, and you'll experience eternity. Your soul will reach its natural state and send your body instructions to become still, to surrender, and to blend in. There's no better or more natural way to unwind.

But why, then, so few people do it? Why aren't forests full of areas where people come, sit, and connect with eternity? Because you believe that everything that's good must also be complicated, and you disregard the simple things around you to such a degree that you don't even notice them. Any tree or grove is able to offer you a piece of eternity, if only you let it. That's if you allow yourself to let go and surrender.

Look for beauty, knowledge, and inspiration in the little things. Every simple thing is a microcosm, hiding a universe inside it, the same universe that you're in now, and as such, it's able to offer you all that you need.

The stillness it will bring you will increase your ability to meet all the challenges you've set up for yourself. And the satisfaction will bring a new sense of calm as a reward. That way, you'll see that you don't actually need anything but stillness—that state which is so similar to eternity, to peace—that inner tone which fills up every corner of your body, soul, and mind and feeds them with energy, which allows them to live in all dimensions.

The meaning of life

Everything has a meaning by virtue of its existence because existence itself is the meaning of life. But, when it comes to your life, if you don't give it a meaning/purpose, it will lose its value in your eyes. You need that; you need to know why you exist because that's what you say "keeps you alive".

Okay then, seek out the meaning of your life but look for it in everything. Don't let the little joys in life pass you by just because you're looking for some "great meaning of life". This entire present life of yours could pass you by as you search for it. And then comes regret—regret at the end of the journey of your life because you didn't find it—"the meaning of your life".

And all the while, it was right in front of you; the whole time, you were passing right by it. You were passing by your meaning of life—your actual life.

Your very existence here is the meaning you seek, and every day brings you an abundance of small events which are here just for you, to fill up your life and give it meaning. Go through life with eyes which are open to everything life brings; do not allow it to rush by you on another train. Every morning, promise yourself that you'll find at least five reasons why that day has meaning in your life. At the end of the day, write them down, write down five reasons why this day in your life has been meaningful. And do that until that routine search becomes a good habit.

You'll see that you'll start to look forward to each new day and each new challenge it brings you, and with that, you'll realize that the meaning of your life is just that—your life, the fact that you exist.

Birth

With your birth into this world, you only get a ticket for it and a pass inside. That's it. But that doesn't mean that your birth ends there. You're born every day. Your actions, your thoughts, and your decisions give birth to a new person within you, a person who's ready to take over the helm. Even though you might not feel it in the moment, with your new inner birth, you're given a fresh foundation upon which to build your personality.

What you must do is to recognize that moment and move forward. Moving on regardless of all the circumstances around you is one of the hallmarks of freedom. If you're unable to do so physically, set out with an inner walk. Putting internal energy in motion will put outer energy in motion too. What matters is that you've decided to make use of a rebirth.

That way, you allow yourself the freedom of choice, which was given to you upon entry into this world. And regardless of what your choices are, they're yours; they're here to bring you a new understanding and new ideas which give birth to a new person within you.

Be happy and move forward.

Love

The word itself says a lot. But its meaning extends to areas which are like the foundation of a home. Nothing, not even this world, would exist without it. You think about it every day; it's essential for your life, but you mostly look for it only in certain things and certain people. Because of that, you fail to see its essence, not understanding its basic significance.

Love is an energy just like any other, but it's an energy seasoned with delicate little particles which lead to a quivering at all levels of your being. And you then call that quivering 'love'. That quivering rouses emotions and physical needs within you and sometimes puts your thoughts in disarray. And all of that is great; it's just as it should be. But in addition to that quivering, you should also pay attention to the pure energy itself, with all its seasonings—the energy which runs through all things around you and through all beings you encounter. That same energy is found in all of them. As soon as you focus your attention on it, you'll feel that familiar quivering, and the love that you know will wash over your body and your mind.

Imagine the happiness, imagine the joy of living when everything around you is surrounded by love, and you notice it. The world around you will take on more vibrant colors, and your thoughts will flow like a river, without any fears or blockages.

Try to feel it, try to recognize that seasoned energy all around you. It's absolutely the same everywhere; there are no differences. There can only be differences if you create them. Try not to create them.

Awareness

Being aware of everything around you makes you attentive to opportunities. And that's one of the reasons why you're here: to have opportunities that allow you to choose whether you want to try new experiences and whether you want to give yourself the possibility to grow and develop.

Your response to a single challenge can take your life in an entirely different direction. That path might not seem appealing from where you're standing now, and you might even ask yourself if you even need it, but that path will enable you to see that you're not stuck in a trap with no way out, but that you're the master of your own destiny. The moment you decide to take the opportunity afforded to you, your awareness of your life and the world around you sharpens. Your senses, your soul, and your body look for the best answers which will enable you to decide what to do next, what to choose, which way to go. The answers will appear on their own; all you have to do is follow them and enjoy the ride. Regardless of what is going on around you, enjoy every second of this life. Be happy that you've been given the opportunity to play this game called 'life'. Your awareness of it will grow with the number of opportunities you seize. So, get moving and play.

Resources

The resources you use to reach your goals are the same ones you were given at birth. That's why you can't go wrong with any choice you make. What you need is to listen to your inner self that tells you what feels right to do, and what it might feel like if you're doing something wrong.

Hurting other people, intentionally or unintentionally, only has the job of teaching them a new lesson. That's why you're all here. The only question is how good you feel in doing so. If you feel even the slightest bit of discomfort during an event, stop everything, regardless of whether it has good or bad consequences. Understand that, at that moment, the entire school of life is watching you, watching to see what you'll decide to do in that instance. Your entire future trajectory can change because of one single event. So, think carefully before you say or do something to someone else. You cannot do them any harm—they're here to learn and to grow, like you. But you're

writing your own destiny and mapping out the rest of your own journey. That's why you cannot blame anyone but yourself for anything that happens to you, not in this life, nor in others. If you drive carefully, your journey will be interesting and comfortable. Try to do it that way; it's all about you.

Shine

Your light radiates all the way up to the sky, only you don't see it. Like a magnet, your radiance attracts and makes new moments possible, moments which turn you into a new person, the person you're striving to be. The more light you gather around yourself, the shorter the road to your goal, until you come to realize that you shine for yourself, and that you're both moving and standing still...all at once.

What you need in order to shine, above all, is willpower. Without that, you can achieve nothing, get nowhere. It's your willpower which makes it possible for you to attain happiness and knowledge; your willpower is what leads you to new worlds, shows you new ways, and reveals new paths. Without it, you're lost, and with it, it's as though you were holding up a light in the deepest darkness.

Every new step you take that is fueled with your desire to live, your desire for happiness, increases your radiance. It enables you to shine as brightly as you can, and there are no limits.

Your wishes emanate from your light and guide you to the moment where you'll be able to make them come true. Your radiance attracts people you can offer something to and who can offer something to you.

Everything your light sends comes from the depths of your soul, from a need for understanding and learning, all that you've come here for.

Never ignore your radiance; do not ever neglect it. Let it light up everything around you and rejoice in all the changes. Your life here is passing by, whether you like it or not. Isn't it better to spend it shining? Do it; shine and stay that way.

Happiness takes...

Happiness takes two: you and you. And that's the only way your soul can sing with joy. People around you can boost your mood or make a day, or a year, seem exceptionally joyful or successful in your eyes. But when you're left alone, or when you look in the mirror, you'll only see yourself: the other you, who makes you happy or unhappy—the you who doesn't put on an act for anyone, and who is your very image. When that you becomes genuinely happy, that's when you're filled with happiness, with inner joy that

fills up all your cells, at first slowly, then with increasing speed. When that happens, your happiness will spread to everyone around you, like the most intoxicating scent. You'll be like a new engine pushing forward a worn-out car. All situations, all people, and all occurrences around you will reflect in your eyes and take on your strength. Even bad things will take on the role of a teacher and help you to understand them.

What is the most important thing for you? What is it that makes you happy? You! Yourself! When you find yourself and seek out your happiness hand in hand, everything around you will align itself with you.

That way, everything else, too, will pick up a piece of happiness, which will then travel on and awaken others.

Help yourself first, find yourself and your happiness; then go forth and spread your joyous energy around. Let it do its work, and then watch the results.

Suffering

Smiles are therapeutic, but so is suffering. It's like a release valve for all the events around you. It helps bring you down to a level which your mind and body can accept. It takes away excess energy you don't need, and which could hinder your progress. That's why it's therapeutic. It enables you to heal. And it's just as important as laughter.

Without it, you'd be deprived of the feeling of release when it's over and leaves.

Suffering is like being reborn again and again in this lifetime, each time seeing events with a fresh pair of eyes. Without it, you'd be too empty because laughter alone can't offer you all the emotions which you have come to experience. And that's why they alternate, suffering and joy.

What you can do to make things easier on yourself is to embrace both suffering and joy with equal passion, to give them equal value. In doing so, you see just how important they are, and you accept both with ease.

One thought before the onset of suffering can change and speed up the entire process. Just one thought, and that's "Welcome my teacher!"

That's what suffering is—a teacher. It shows you how to release your emotions, how to empty yourself and fill up again, and how to move on.

You say that there's always sunshine after the rain. That's how it is with them—suffering, joy, suffering, joy... they create this life of yours, giving it significance, putting it in the context you chose at the start. They enable you to live life with all its obstacles, stronger than ever.

Forgiveness

There's always someone you must forgive: yourself, others, the world... There's always someone to blame for everything, or you yourself are to blame. It's time to forgive everyone and move on. It's time to open the door to the garden of creation that awaits you in this life, to go inside and taste all the love and prosperity it offers you: your life. Until you forgive yourself, others, and the world for everything that has happened to you in your life and for everything that's still happening to you, you'll pass by that door without even noticing it, constantly searching for it. And it's here, right in front of you, just waiting for a sign from you, a sign which will show it that there's no more anger, rage, disappointment, or unhappiness inside you... that all which remains is love, beauty, warmth, and a passion to live and a desire for all that life offers.

When you realize you've achieved that, that you've forgiven everyone, including yourself, the door will appear to you in all its radiance, and you'll see what miracles you have been passing by every day.

You'll smell fragrances you've never before smelled in this world; you'll see colors you've never before seen in this life; you'll feel emotions that will take you to the greatest heights of your desires and leave you there. You'll feel so light that you'll think you're no longer here, that you've left this life behind and gone to a place which has been waiting just for you, which has been created just for you. And you'll be right because you'll experience the best version of your life, which has been created just for you.

Passion

A word which can rouse the energy inside you and help it flow more quickly. But the word itself, or what it does, is irrelevant. What matters is what it leaves you with—your thoughts, your dreams... They all gain significance when passion is included in them. The emotions that it leaves you with put you in the limelight in your own performance: your life. They help you become the star of the show, and that's why you're here. Every step that's taken with passion brings into the dance of your life many other small steps which spill into your life like dominos. Every action inspired by passion moves you a few squares forward. You then know that you're doing something your soul wants and needs for sure, whether it's eating your lunch with passion or observing life unfolding around you. Without passion, your life amounts to just going through the motions of yet another life—something which comes, happens, and passes by, like a mediocre movie you forget the very next day. Passion enables you to play the starring role in a movie which will not be easily forgotten, one which brings with it a wealth of

meaning, which brings out the best in you and forces you to stay that way: the best version of yourself.

Everything around you is here for you, for you to live and to learn. Add passion to that learning, and you'll see beauty, accelerated growth, and the joy of being here, living a life filled with passion.

Driving force

The driving force behind everything you are and everything that surrounds you is you, both the big events and the small ones. You've been a driving force behind the big ones together with other souls by the very virtue of being in this world, in this form, and in this "time". You also influence the small events put into the mold of your unique life here every day. You bring all events to you; you choose your emotions. And because of that, you should be at peace.

When a moment of sadness comes, you've chosen it, and you should welcome it because you need it at that moment. You need to grow sad, sit with it, and cry it out with a clear conscience...so that you can move on. It's like a moment of rest to take in what has been done. When you realize you've had enough, your sadness moves on, leaving you clean and ready.

And you, the driving force, you decide what will happen next. Maybe you'll experience a moment of joy which will release excess energy and take you to the pinnacle of laughter. Or you may choose to just walk around and observe. What is most important is that you understand that, as the driving force, you can change what is currently bothering you. How? By first trying to understand what the current events are teaching you and whether you've learned what you were supposed to...and then by making your decision to set the next moment into the motion you choose.

Maybe the next moment won't feel the best, but trust that it's the best for you. Your soul would never choose something you cannot cope with, something that does not teach you something new and give you answers. Trust your soul—trust yourself.

The image of the world around you is just as it should be for you. The sooner you realize and accept that you're the creator—the driving force, the sooner the world around you will change its image into something new, something different, something just for you.

Realize, accept, decide, get moving.

When you understand and accept that, you'll see how simple things are.

Silence

Your senses perceive the world around them, and all the noise passes through them. The noise can be deafening, like a backhoe digging up earth; it can be irritating, like a fly which won't stop buzzing around you; or it can be catchy, like your favorite melody. But regardless, it's still just noise to your senses. When you add to that everything that your eyes see, everything that your nose smells and your mouth tastes, you get an enormous heap of all sorts of things crammed into a small space—your body. On top of all that, there's your mind, which is like a radio that cannot stop tuning into multiple stations at once. It collects information, sorts it, sends it out, and then collects some more. And all of that is going on inside you.

That's why silence is the remedy to save you from all that noise, a purifier which collects all the excess and carries it away. It opens up your horizons and expands your perspective.

But most importantly: it brings you peace because without that inner peace, your body risks overheating.

Relax every day for at least a few moments and enjoy the silence, total silence. Allow your soul, your mind, and every cell in your body to sink into the expanse which silence brings. Allow it to be your greatest teacher, then walk with it and see what it brings you, what it shows you, what direction it points you in. Your soul follows silence naturally; your body needs to learn it.

Then use the wisdom, stillness, and relaxation that silence gives you to understand the noise around you. But you'll then be looking through different eyes, ones that are well-rested and fresh. You'll be able to differentiate between noise that's desirable for you and noise that you might want to stay away from.

And that's all you need: to alternate between moments of silence and noise, allowing silence to teach you about noise because every further step will then be easier for you.

Mortality

Mortality makes you vulnerable. It awakens in you the fear of the end and the unknown. Each moment which is closer to the end reminds you of all that you're not and that you still want to achieve.

And that's what's good about that fear because in those moments, your desire to live grows stronger, regardless of possibly having just thought "I've had enough of this life". It's like taking away from a child a toy which has been sitting next to him, but which he hasn't played with until now. He suddenly wants to play with just that toy.

Some things must be taken away from you for them to become important to you, for

you to see their value. In this case, to see the value of your life.

It's ephemeral, your life, and you shouldn't grow too attached to it...but at the same time, no matter what it's currently like, it's exceptionally valuable to you. You chose it, you chose to learn something in it. And all learning is valuable, no matter how difficult it is; it's valuable because of the knowledge it leaves you with.

Your life is made up of hours, days, months...regardless of the fact that time doesn't actually exist as such, your life is made up of it. You calculate it and break it down according to those days, months and years; you relate to time in everything you do. And that's why you should understand just one thing: each of those years, each day, and each month, they're important to you because of everything they bring you, because of the opportunities for learning. And it would be a real shame to miss them. It would be a shame to wait for the moment of mortality to think about them because that moment might be the last one in this life.

Breathe in the air which has been given to you, stretch out the body which has been given to you, clear your mind and listen to what your soul is telling you. Allow it to take you down the path you've chosen—it's your path, and you can't go wrong.

As long as all you feel is peace and inner joy, you'll know it's that path—your path, whatever it may be like.

Poverty

It's delightful to have pretty, high-quality material things in your life. They all bring a smile of satisfaction to your face. The smile lasts for a while, but it very quickly fades, like a candle which lights up a room as long as its wick is new. After it burns out, the light disappears.

That's how it is with you too. Your smile shines upon all your material possessions as long as they can be shown to your friends and neighbors, as long as everyone you know and everyone you don't know looks to see what new things you have. After that, the light goes out, and it comes back again only when an entirely new object pulls you in with its shine and stirs within you the desire to own it.

And that's when you experience poverty; that's where emptiness appears to you, and real happiness is lost because you only really need a few of the things which surround you—only a few of them really awaken within you true and profound happiness.

Everything else is just transient, things which you will only occasionally think of in the years to come.

The only true riches are the ones you always have with you; they cannot disappear no matter what, and nobody can take them away from you. Your soul, your happiness which arises from it, peace, warmth...those are the only real riches you have. These are the only riches you're born with, and it is with them that you die, in this life and in all

others.

To really grow rich in this lifetime would be to work on that one true treasure: to work on yourself, on everything you are and everything you want to be.

And that doesn't mean that you shouldn't own material things too, even a multitude of them if opportunities to do so present themselves in this lifetime. It means you shouldn't guide your soul towards material possessions, but rather wait to see if they'll enter your life. If they do, they're part of the game in this lifetime and among your teachers along the way. In that case, you should accept the material possessions and see what they've come to teach you. But if they're not there, pining for them would be the ultimate mistake because material possessions are not meant to be your teachers in this life; you don't need them, and so why would you forcefully change the path you mapped out for yourself long ago?

The more relaxed, happy, and at peace you are with that one treasure you have, the more everything around you—your life—will evolve in the direction it needs to go. That way, you can be sure that everything that comes into your life comes with a purpose, and everything that isn't there is missing because that's how it's supposed to be, for reasons which only you can ever know—if you try hard enough to find your path, the way which you and your life are unfolding.

Cage

That's what you do with your life. You put it in a cage, imposing limits on it at every level. And in doing so, you stifle the freedom you've been given at your birth. You suppress your freedom and that of others, you impose rules upon everything, putting everything into little boxes.

The only thing you can't put in a cage is this planet you currently live on. And that angers you terribly because you, the human race, you like to be in control of everything, and that includes yourself.

Even the anger which might surface as you read these lines "because you believe you're not like that" shows just how badly you want to be in control.

Look around you and see how much freedom you have, how much freedom those around you have, including all living beings.

Your thoughts on what you're like and what you're doing are not bringing you any results—your actions are what can bring freedom to your life and to the lives of others. And it doesn't matter that you, as an individual, may not be able to do much; what matters is that you take action. If many of you form a group, which is still composed of individuals who each take action, together you can move the walls that surround you. Open up to new ideas, allow your soul to dance around you, let it stir up that energy which has been sitting and waiting for better times for years.

You'll do that by making the decision to be happy. In a way, you'll command yourself to do so because that way, you'll wake up that dormant knowledge you came with—the knowledge of freedom.

And here, we're not talking about freedom as a lack of physical barriers. We're talking about inner, primal freedom... the type which dissolves all negativity, the type which brings with it the intoxicating scent of happiness, wellbeing, peace, and understanding. That's what you all need.

But you must first decide to be happy, invite in freedom and dance with your soul. After that, nobody and nothing will stand in your way. There'll be nothing and nobody stronger than you to even try to stop you. You'll be like the torrent of a river which no dam can hold back anymore.

When you venture out alone with your freedom, you'll meet others along the way. Greet them, accept them, and continue along your way together. After a while, you'll be like a magnet for others who are similar to you, and your energy will grow beyond the limits set on this world.

That way, you'll reach the world you deserve.

That may or may not happen. It depends on you, your passion, and your faith. If you don't try, you'll never know and never see what that world might look like.

The decision is yours.

Cleansing

The moment of cleansing begins primarily with your decision to do so. Regardless of whether you decide to clean the apartment you live in or to clear out accumulated and outworn emotions. First and foremost, it's important that you make a decision about it. After that, everything comes easily; half the job is already done.

If you decide to cleanse yourself from within, not only will you make room for new thoughts and emotions which are already waiting for you, but you will also empty your being out completely and in doing so find your core, the essence of your being.

That moment is invaluable because it allows you to look at yourself and maybe understand and become familiar with all the tasks you've taken on.

That way, you can make use of your current state, shaping it into an initial state ...and only then movie on.

Everything inside you that you no longer need—all those thoughts, all the positive and negative energy—surrender them to the universe around you, release them. Prepare yourself and get ready for new ones; don't even think of the old ones anymore. Tell yourself that this is a new beginning which requires your total attention and focus.

That way, the cleansing will bring you much more than the word alone indicates. Not only will you be cleansed, but you'll also start being you, as you are, natural and without

any additions from outside that have never been yours, those that you'll have picked up along the way and carried them around with you.

The only thing you need is yourself; all other things are burdens which have piled up on top of you.

If you don't have too many burdens, and if you know how to deal with them—excellent. But if you've ended up with a whole pile of them, there's a good chance that you'll topple over like a wobbly tower, and that everything will collapse on top of you.

That's why it's wise to get rid of the extra weight intime and not allow yourself to carry around too many burdens in your life, especially if they're not yours.

So, take the burdens in your hands, carry them around a bit, learn everything you can from them, and release them. Allow yourself freedom, and freedom will be given to you.

Eternity / growing up

Eternity is here and now because nothing exists but now. Everything is in one giant spot, in one place; only everything is developing, so it seems to you that time is passing by.

Time is going nowhere; it's just that you're growing up.

And we're not referring to your earthly years and your earthly growth—that's just something that happens in cycles. We're talking about your inner growth, your real growth: that which has brought you to where you're now, and which will take you further forward.

And do you know who is in charge of your growing up? Who it is behind the wheel? You! And only you! Even if you wanted it to be different, it couldn't be anyone but you. You're the one who has the first word and the final say in everything. It's you who decides which direction your growth will take, and it's you who later collects the fruits of your decisions.

As you walk through life, you encounter numerous situations and numerous souls who have come here for the same reason as you: to grow. Those people and those situations are here to help you make decisions which will later lead to new experiences and knowledge for you.

And the only thing you need to bear in mind is that there are no decisions which would not be right and good for you.

Everything you decide will teach you something you need to know at that moment.

There's only one way to make things easier on yourself. Make decisions with your soul, from the bottom of your heart. Then, they'll be what is best for you and that route might be a little easier for you.

Listen to yourself and your inner feelings. Allow that inner feeling of joy to spread

throughout your body, and then decide.

Regret nothing that's behind you in your present life, face forward and promise yourself you'll walk around with your heart full of love, with a smile on your face, and a desire to live your life to the end in the best possible way. And allow no-one, not even yourself, to stand in your way. You're an exceptional being; the moment you realize that, you'll see your beauty and the great fortune which you have. And after that, there will be no more limits for you. You then become what you've come from and what you return to: eternity, in all its beauty.

Flow of thought

Like a train, your thoughts fly through you. They leave as quickly as they come, and only occasionally linger. There are times when that's good, when you're "overheating" from the busy life you're leading, and that storm of thoughts clears your mind. But most of the time, the endless train of thoughts coming and going is entirely unnecessary and holds you back at every level because it distracts you from the present moment, the only moment which truly matters for you.

It's like looking at a painting in a gallery overflowing with people. Just when you think you're about to capture all its beauty, a new group of people passes by in front of you. It makes you lose the true value of your moment, of your present life. And you become nothing more than just a stop along the way for your thoughts, which do not bring you or take away from you anything good or anything bad; they only distract you.

That's why it's important for you to focus on the present moment and focus your attention on yourself. That way, you'll notice around you only those things which will have real significance for you.

Feel how peace permeates your entire body when you do that. How your head grows empty and the buzzing is replaced by silence, but a silence filled with insight.

After you succeed in silencing the noise inside your head and becoming still in the present moment, fill yourself up with that insight and set out into the day. That's how you'll avoid wasting energy on things that are not important for you in that moment. If, at times, the silence disappears and the useless clamor inside your head begins again, retreat within yourself for a few seconds and allow yourself to grow still in the silence. Bathe your essence in knowledge and awareness, in the joy, love, and wellbeing which are emanating from you, and move on.

That way, all the doors you need that day will open for you while you simply won't notice the rest.

Changes

All things go through their phases of change, including you. You discard the old to make room for the new. It's not because the old is bad but because you've already learned everything you needed from it and are ready to accept new insights, experiences, and events.

If you didn't do that, you would be stuck in one place, and you'd never move from there again. And that's not natural for you; it can lead to illnesses and major blockages in your body. It's as if, at that moment, your soul encourages you to move on by imposing problems on you, which you then have to somehow resolve. And the resolving of anything leads to change. That way, you can see how important change is for you. You'll experience it one way or another.

Every change has its time and place in this world. It's as if a sort of code has been recorded in it. When it happens, listen carefully with your inner senses; you might even hear that "click" of everything "falling into place".

If you're at peace with yourself, if you walk down your path exactly as you have set out to do, your life will unfold without interruption, with the occasional weak or strong "click".

But if you're full of contradictions, if you experience your inner and outer world as something you find hard to follow, then that "click" will come after some more difficult periods in your life—after emotional, spiritual, or physical challenges and setbacks. Perhaps, it's then best to listen to yourself the whole time and introduce the changes in time because you cannot run away from them. But what you may experience are those challenges. You won't need them if you experience yourself and listen with full attention, love, and faith.

Nobody knows better than you what is good for you and what it is that's motivating you now. And when you need to change something, nobody can know that but you yourself.

So, since you already know the person who knows which way you need to go—spend time with her, befriend her, listen to her...and trust her.

That way, you'll never lose the map which guides your way, you'll only sometimes hear a "click" or two along the way, which will remind you how fortunate you are and how much you're growing and progressing.

Accept that and enjoy your journey because you've chosen it.

Cycles

You've created time for yourself. You mold it into a year, a day, a month. You experience all events and your entire life according to it. As people, you would be completely lost on this Planet if someone were to take away all your clocks.

You've created it because you need it, because you've come from eternity, and now, in this experience, you need something which will tell you how long this experience of yours has lasted and how much still awaits you. Oh, if only you could know that too: how much still awaits you. Most of you would then, dissatisfied with your experience, take the first seat you find and wait for that experience—your life—to end.

Since you don't know, you can hope that the next step maybe be better, and you try to take it, curious to discover what the view is like from there, what kingdom you'll see. And it's always the same kingdom—your kingdom, your life. It waits for you readily; it's up to you whether you'll live it or remain an eternal observer.

The cycles that come and move through your life help you focus your energy in one place so you can gather enough energy to take your next step.

They don't actually exist, just like the time that you measure doesn't exist, but they're of great assistance to you.

Every New Year, every spring, fall, and winter awakens within you dormant energy for a new beginning. They help you get going and promise yourself that you'll make an effort to see what awaits you next. And that's why you're here. Otherwise, you'd be like a child in an ice-cream shop full of various flavors who always eats the same one, not paying heed to the beauty of the other flavors. Don't be that child!

You've come here with the intention of living this life as best you can. And although it can at times be beautiful and full of joy and happiness, and at other times, difficult, dark, and full of pain, it's still your life. Allow it to unfold and walk through it with your head held up high, with confidence in yourself, and with happiness. You're capable of achieving everything you planned for yourself before coming, absolutely all of it.

Your energy is boundless; your power is limitless. All pain and suffering, all smiles, all sorrow, they're all only your experiences for this life, for this body.

You're energy and an infinitely great form of love. Try to remember that and bring at least a bit of that love into your present life. You'll see how, when you do, everything around you will begin to shift.

Begin a new cycle with that thought, that you're love, the magnificence of existence, and that everything around you is here because of you. Allow your life to live itself, and live with it, without fear, with only peace, happiness and love in your heart, body, and soul. And trust!

Karmic freedom

Karma is a concept that you, on this Planet, use in various ways and put into different boxes. The concept is used by many as an excuse for everything that happens to them or everything they do, when perhaps it should not be.

It's a concept which, in a way, has moved you furthest away from freedom, imposing upon you things you don't even remember, and which now that you've been made artificially aware of it, impose limitations on your actions. You live under the burden of your own responsibilities which you've accepted because you've read or heard that it's how it's supposed to be, but which you don't at all understand with your heart and soul. There are few individuals who look with complete awareness and entirely naturally at all that they've been and all that they've created and have now become. And we're not talking about material things, but rather emotions, thoughts, desires, joys, sorrows, illnesses, situations...

The feeling of freedom should be natural to you and a top priority, regardless of what situation you might be in now because that way, you allow yourself to open up and connect with everything that enters your life. In that way, you allow yourself a primal understanding of everything you come across. You don't limit yourself with karma and events which you, on the most part, don't remember.

That's because everything you were and everything you did is woven into you; not as a memory, but as part of what you are now. "That" is an integral part of what you are now.

Becoming aware of what might have been past events leads you to an entirely new layer which has been imposed on you. When you look at past events from here, you create new emotions which have nothing to do with the state that you were in then because the original emotion/state is already inside you.

If you accept that you're everything you once were, and that freedom is something that's first and foremost natural to everyone— including you— then you'll be able to release all your energy and connect with the universe and "be".

In this way, you allow trust and love to radiate through you so that all the events that come into your life have a whole new meaning— because you're receiving them with understanding.

The responsibility is yours insofar as all that you are now is what you once were and what you'll one day be. So at all times, just like this one, your thoughts should be filled with happiness and love primarily for yourself. Because if you learn to love yourself as you are, it will be much easier for you to love and accept others.

Allow yourself a moment of peace, sink into yourself, connecting with all your parts, both physical and spiritual; feel even the tiniest part of your being. When you do, look at yourself, inside and out. Then accept yourself and continue along the path you're on. It's here just for you, to take you exactly where you need to go. Nobody knows that better than you. Be happy with yourself and the love which you give yourself.

The view forward

The point you should always keep your focus on is the one inside you. That's your "view forward" because what you are now is what you once were, and all of that is what you'll become. Try to see in that point all that you are; see yourself as you are and then adjust yourself. Give yourself the traits you'd like to have, spend time with the emotions you'd like to feel because what you are in that point, within you, that's your "view forward". That way, you'll always see a bright future, and you'll always go forward with your head held up high. Then you cannot see anything but the beauty of all that surrounds you. And that view then brings a sense of happiness which moves through your body in waves and brings a joyful sigh. You've then closed your circle and stayed inside that point, the point which shows you who you really are—who you want to be.

The planet you're currently on is experiencing its greatest crisis to date. You're part of that crisis because if you were not, you simply wouldn't be here. Seeing the crisis and understanding its problems, and then heading into battle and fixing things will achieve nothing, not for the planet and not for yourself. That's because you yourself make up the planet; by existing on it, you've become part of it. And how can a planet begin to change? By its cells deciding to change. By changing the cells, you can change the entire organism. And regardless of what you currently think of the planet and others, start by changing yourself. That way, you'll be the proud cell of a large organism, a single cell which has decided to take action.

Once you begin, you'll see and meet other proud cells, and then a small number of you will be able to do a lot.

Think of a large stone and a lever. Even a small lever can move a large stone. That's how even your smallest thought can help you to become aware and understand.

When you get going, your energy will open up a path and show you the way—that "view forward"—your point, you.

Presence

Be present. In every second of your life, be present because that's why you've come here. You haven't come here to watch other people's lives or to form opinions, nor to allow others to peer into yours. You've here to live your life, whatever it may be like. The only way for you to do that is to be present in it, through play, laughter, tears, or sorrow. The same energy that existed before this life, and which will exist after it, runs through all of that. It's the same energy which shapes your every thought, every look, every observation of this world or another. That energy is you. And as long as you're

aware of it, you're walking down a path where you can see the arrows that lead you to hidden places filled with knowledge, wisdom, and all other things that can take you to the highest level of understanding.

You can then use all the understanding and insights which this brings you to build new obstacles for yourself so that you can feel victorious after each one, victorious in the sense of joy and gratitude for having been given the opportunity to grow.

And don't have expectations, either of yourself or of others. Don't even think about those obstacles. Simply act from deep within. Allow the energy you're made up of to lead you, because that energy is you. That's your essence, the meaning of your existence.

When you feel a smile on your face, thank it for appearing. When you feel a teardrop on your face, greet it warmly from your heart. The greatest of teachers come when you least expect them.

Try to peer inside and see what's hiding within you. Take a good look because if you look carefully, you'll see the universe.

The effect this life has on you is simultaneously full of both love and pain. And you'd love the pain not to exist, for it to one day disappear entirely. But all your opportunities would disappear with it too. Your happiness would remain with you, and the days and years would go by like that...and at one point, you'd realize you've reached the end of a happy journey. But you'd also realize that that's it: the end of a happy journey and nothing more. You'd have missed out on the moments of pain and the moments of awareness. You'd have missed out on wisdom and the happiness which you'd be feeling then would be empty for you.

That's because where you come from, happiness is something which is the foundation of your existence, the essence of your being. You don't need to come to this Planet to enjoy happiness.

You come for new experiences, and they come with situations that shake your being to its core. And in those moments, when you're still trembling and wondering about the whys and the hows, your world begins to take on a completely different form, and for a split second, a flash runs through your being, bringing a moment of growth, understanding, insight.

And that moment then produces the type of happiness you've come here for, the happiness that arrives after growth and insight have filled up your mind, body, and soul. This is what drives you to repeatedly push forward and grow.

So, the next time you feel a tear slide down your face or a sorrowful sigh approach, give them a smile and thank them; how else could you greet such powerful teachers but with a smile and gratitude?

Messages

The messages of your soul arrive at all levels, from big ones which are impossible to miss, and which happen very rarely and in exceptionally significant situations to small, everyday ones which appear from one hour to the next, and which you regularly bypass and ignore.

Large and entirely visible messages come when you're so ready for the next step that your feet are already heading in that direction while your mind is still standing there waiting for something to get you moving. At that moment, something happens to you that pushes you forward, something which forces you to do what you should have done long ago. And that's a message which is easy to feel and experience, and which probably doesn't contain any great or specific significance or wisdom which would cloak you in a veil of knowledge. Those messages are important, but not nearly as important as the smaller ones which you keep ignoring.

And every day, you pray for help and for an understanding of yourself and the world around you.

Every day, you try to live how this world tells you to, according to its rules. And of course, you're not happy because the message usually lies in something so small and insignificant for this world that it seemingly has no value to you as an observer.

But it's a matter of how much effort you put into recognizing the small messages, just like the effort you make almost every day to create new desires and needs and to keep up with the pace of life in this world.

Messages are here for you to live them. They're not lifesaving formulas which will give you the solutions you so desperately seek at a certain point in time.

They're indicators of a smaller part of the road at the end of which lies the light you're looking for. They're here for you to embrace them and feel them. Allow them to meld with your being and send you knowledge from within, to light up the way for you from within.

That's where all the paths you walk down are headed: to you. You're the only destination that is worthy in this world, each person to himself.

All other things are just external circumstances which force you to feel what you've come for, what you've chosen to experience along your way.

The infinity you come from is within you, and the only way back is via the door you came in through. It's here for you, always open, even though you sometimes don't see it. It can't be closed, nor can anybody else close it until after you've gone through it again, back to where you came from.

When you see and understand that, it'll become clear to you how close you are to your goal and that you are always already there. Maybe then you'll begin to truly enjoy your life. Maybe then you'll embrace it as it is and express gratitude for all the experiences it brings you. Your life is like a quiet wise old man who nobody pays attention to anymore even though he's the one with all the answers.

So, allow yourself freedom and time, and live, dance, laugh, cry, scream, play, and jump. Rejoice at each new moment of your life. It's so easy because you're always next to the wise old man with all the answers and next to the way out. What else could possibly stop you from choosing for your life only joy, in any shape or form?

Consequences

There are no consequences. They don't exist. That's a made-up form of something which comes after you've done something else. And then you bear the consequences for that.

But that would mean that you aren't truly in control of your life because you bear the consequences of your actions. It sounds more like a punishment.

With that way of looking at things, you're again relieving yourself of responsibility because you're not to blame, you're just experiencing your own "consequences", just enough to forget what brought you to them. And that's no longer important because you're in those "consequences" and now you're probably moaning about them at the top of your lungs.

That would be too easy and too unnatural for someone who has freedom at the core of their being and who is in control of their path.

That's because everything, absolutely everything in your life, was chosen by you. And regardless of that fact possibly giving rise to some inner rage towards that statement, that's the one and only absolute truth.

Look at the world around you, and you'll see your own reflection in it.

How great your power is, what a sublime and gifted being you are to have put yourself onto such a complicated path. But that's the only way you can feel that moment of joy and that urge to have challenges in life.

The excitement of looking danger in the eye drives you to action without much deliberation. It forces you to truly get moving and remove yourself from that danger.

Few are those who will stand before a speeding train until the last second.

That's how it is with life too. It's full of mental, spiritual, emotional, and physical obstacles which force you to move in order to avoid them. And then, right there, when making that move, you might catch sight of a beautiful flower, something you certainly wouldn't have seen if you had remained standing in front of the obstacle.

Just one look at your life can restore faith in yourself, but a look which is full of understanding towards the creator of that creation—towards yourself.

Everything you have, all the laughter and all the sorrow—you created them. So, use your potential and move forward, not towards freedom because you already have it, but rather "forward".

Moving forward, you're able to see new wonders; it would be a shame to miss them.

And it would also be fairly impossible. You'd only be waiting in some safe place for a while until you realized you needed to move on anyway.

Wisdom is seen in all its beauty the moment you embrace your life and acknowledge its value. Then you meld into it and gently glide on. Ask it what it's brought you, what it's teaching you, and it will tell you, through people, things, and events.

It's not difficult to recognize the signs when you're ready to experience recognition. It's then a game which rouses the young child you used to be in you, the child who didn't know fear until others taught it to her, and the child who didn't know of a hopeless life until she saw it around him.

Awaken again as that child in this lifetime and allow all your thoughts to mold into just one—and that's happiness. A thought of happiness, safety, and progress will turn you into someone who proudly marches down their path, looking towards what's coming their way with total faith and marveling at what they've gone through so far.

If you think you can't do it, think of yourself, think of that child, and give her back the freedom which belongs to her and which you've taken away from her during this life. And live!

Crossroads

Imagine you find yourself at a crossroads every morning and that you must decide where to go next, without knowing what exactly is at the end of each road.

Most likely, after a while, when you come to realize you don't have any particular signposts telling you where to go, you'll start to use your intuition. You'll look around in all directions for a moment and head down the path which attracts you the most. And you'll most likely do that with total faith because what else could motivate you to choose that particular path?

That's how it is with your entire life. Everything you do and everywhere you go requires some decisions to be made. And it doesn't matter what those decisions are tied to, they're all equally important for further progress because even the little things you make decisions about can have an impact on a lot of big things in your life.

And there are never any major signs based on which you can make a decision. There are never any certain signs because just when you become certain you've made the right choice, a new piece of information which can make you grow doubtful jumps out at you around the corner.

You can spend days or years waiting to make the right decision that way. And it will never even come. Do you know why? Because there is no right decision, because every decision you make is yours and that's what makes it significant. Nothing wrong can enter your life because it's your life, with all the things you've chosen for it.

And it's precisely for that reason that you shouldn't ask if you've made the right

decision, you should have faith in the creator of everything in your life—in yourself. And the best way to make decisions is when you ask yourself what to decide. The answers might even come immediately; you'll realize that something is starting to attract you more, or that you see something as making more sense. It doesn't matter what it is, which path it is that has a greater shine for you, that has a greater energy and has started to attract you like a magnet. That's not important for now. What is important is that you trust yourself, that you build a relationship with yourself that's full of trust, that you don't allow external circumstances to throw you off or fill you with fear.

The first thing you decide is what is best for you, everything else is a product of your mind, which has begun calculating and recalculating what would be best for you. When the soul gets involved, there's no room for intellect.

The two are not, and can't be, related. That's because intellect was given oblivion to forget the soul so that an awareness of something greater wouldn't hinder it in its search for, and acceptance of, new experiences in this world.

Intellect is what can give you the most amazing answers, but it can also shut you down when you need answers most.

It's up to you to learn the art of joining intellect together with the soul, merging the material with the non-material in order to get a picture of and insight into the entirety of existence.

So, the next time you're standing at a crossroads and waiting for the right moment to get moving, free your mind of all thoughts and let your soul lead the way. And only after you've set out on that path, should you allow your intellect to take in and absorb everything that's surrounding you, in order to one day understand and connect all into a whole.

Then you'll be able to stand at any crossroads without any doubt as to your choice of path because you'll know that there are no wrong answers, and you'll believe in the magnificence of all your choices—all those which have enabled you to be what you are.

Opening up

Opening up what is inside you brings an understanding of your current state. Everything you collect within your being is waiting for you to let it out and face it. It can also be called the beginning of a new beginning that should move you forward. Along with very painful experiences in your life come moments which open up a new path before you and within you. You could consider pain to be a sort of magic key which appears when the door is ready to be unlocked, and which disappears once the door has opened, and you're no longer able to close it—even though you might desperately wish to do so at that moment.

And all the things which await you behind that door are both old and new. They're old because they might have been waiting for you for years; maybe you put them there as long ago as in early childhood, and new because, regardless of how old they are, you're now seeing them with new eyes.

That problem, that knot or that blockage you might have been carrying around for years, only begins to make sense at that moment, and only to you.

Attempting to rationally understand the whole new situation is only good if you allow access to your soul as well. It will be difficult to understand all the messages which are supposed to arrive at that moment by rational thought alone.

That's why you need to allow your inner wisdom to deal with them, and your mind to only assist.

The emotions which begin to surface at that moment are the best indicators of all the messages which await you there. Those emotions can fill up your whole being and move it into an entirely new vibrational frequency, a place where insights will come on their own—if only you allow them to.

At that moment, solutions come on their own, and you recognize them with every single cell of your being. Nobody can give you more precise solutions to the current situation than the insights you see yourself.

They can come like images or even like a movie which can “play out” in front of your eyes.

But they can also come as words, as sentences which cross your mind or as a strong feeling that something is just as you feel it. You recognize the truth at that moment no matter what others might be saying. And that's how it should remain. You shouldn't allow anybody or anything to make you doubt yourself or your new insights. It's something your soul has given you; hold onto that image, word, or emotion tightly. Repeat it as often as you can until you feel it has entered every pore of your being. Only then, can you be sure you've taken it in, and that it will now vibrate within you, helping you move forward and choose your next path.

That's why they—those insights—are so important because they can't be bought or picked up or learned anywhere. They can only appear within you, and after that, you need to understand and accept them.

The abundance which then enters the cells of your being is invaluable; it's a map for your journey onwards, so guard it carefully.

Coming down

Imagine you're standing at the top of a beautiful mountain. You're looking around after having put a lot of effort into the climb up, and you're marveling at the beauty you see around you. You're happy you've succeeded and feel peaceful after accomplishing the

task you'd set for yourself—you've climbed to the top.

After a while, your eye catches another beautiful mountain, maybe even more beautiful than this one. Even though you might not want this to happen, your mind begins to wonder what beauty you might find there. You try to shake these thoughts off, but you don't succeed, your entire being, with all its intention, has already headed towards it. That mountain is persistent in calling to you, and you're left with no choice but to head in its direction.

You're aware of what that journey means. To reach that mountain, you must first make it down to the foothills and then climb up again. That's the only possible way to reach the next peak of the mountain. At that moment, it seems possible to you, you don't even know what sorts of obstacles await you along that journey, but even if you did, you still wouldn't give up because your desire is strong, your self-confidence at its fullest.

And those feelings should be held onto as long as possible because they'll help you; that strength and that faith in yourself can push you forward when you head out on that journey.

Your mountains, your challenges in life, your dreams—all of them motivate you to keep on walking down the path of your life. They don't allow you to stand still and admire the beauty around you for too long because otherwise, you wouldn't have the experiences you've come here for. Everyone would stop atop their mountain and marvel at the beauty until the end of their lives, not giving themselves the chance to get to know all the other mountain peaks which await them.

Even though this might seem tiresome and difficult for you now, trust us—it is not. You're made for it. Your strength is far greater than what you're even capable of imagining. And that strength is moving you forward. Don't underestimate yourself and don't pity yourself, don't put yourself into boxes. You don't belong to anybody but yourself. Everything else is rules that you've imposed on yourself.

And if all your "earthly rules" were to disappear now, pure love would awaken immediately in most parts of you, and you'd realize how great and powerful you are. Try then to do that immediately—awaken your love, your strength, your power, and with faith in yourself, go forth towards your next peak.

Emotions

What are emotions? Things that complicate your life or things that enrich it? The answer is: both.

If you didn't have them—emotions—your current bodies would float around this dimension without any meaning or direction; you'd collide with each other during some life lessons and move on, without collecting any knowledge.

That's what emotions are for: to connect you to your source, your immortality. And that's why there are no good or bad emotions because even days filled with the greatest sorrow can be so stimulating that they somehow catapult you into total happiness.

But many of you don't value too greatly the riches that they possess—their emotions. They don't see them as anything but a bother. They think they're a burden and they pass them by without as much as a glance. Then they repeat the same mistakes, one after another.

Until you realize that you already have the abundance you're looking for, your life will fly by you without any lessons being learned. The only lesson you'll learn along the way is that there are emotions, and that they're inside you, whether or not you want them to be.

And if you allow them, they can show you the direction because they're a link to your soul, they're messengers, a pure channel connecting you with "yourself". You can hear yourself best when you listen to your own emotions.

And therefore, don't ignore them as though they didn't exist; the sooner you discover them, the more easily you'll understand them, the more easily you'll receive their messages.

Even if you don't want them, they won't disappear; they'll just go on and on through the maze of your life and accumulate. And then, when you one day realize that you don't have a choice and that you must encounter them, you'll have a lot more work to do than if you had acknowledged them from the start.

So, go forth through this life paying attention to your emotions. Give yourself some time every day to look at them, think about what they want to tell you, and learn. You're your own best teacher when you allow yourself to be.

Breaking

When you break a vase, it disappears; it shatters into tiny pieces and ceases to exist in the shape it previously had. With time, its parts become dust, and after a while, some of its parts might come back as another object, or they simply remain in nature. The memory of it remains only while the people who owned it remember it.

The vase didn't contain life as you know it, and therefore you try to forget it as soon as you can. Why should you remember something like a vase?

But you do remember all the events in this life and in all your other lives. They remain recorded in each of your cells and are a reminder of all you have survived through.

And when you, one day, break and turn into dust, your memories and your consciousness will remain. You return to a new life and bring with you all your parts, like a good handyman who never goes anywhere without his tools.

You think you wouldn't be you if you didn't carry with you all your little things. And by "little things" we mean all the events, all the memories, all that you once were. And in doing so, you take away some of your freedom. You're constantly struggling to live the life that you expect of yourself, the life that all the people you once were expect.

These expectations stop you from living life; instead, you play a game which you imposed upon yourself where most of you doesn't feel entirely good and free.

When you add to that all the expectations of your close and distant family members, your friends, your entire surroundings, you cramp up, and it becomes impossible to clearly see and experience what is natural to you—freedom.

You've lost it somewhere along the way, and most of you spend all your life looking for something, and what most of you are actually looking for is freedom.

Taking care of your day-to-day obligations, you go from one day to the next, like some sort of machine that you constructed, and you live a kind of life that your imagination doesn't see, the kind that your heart and soul don't want to feel. This is not written down for you anywhere. The one thing you have is freedom, and that's what you keep on taking away from yourself.

Try to turn yourself into a vase. Imagine yourself as a beautiful vase with beautiful colors, full of flowers. You're adorning a large, extravagant table, and your beauty is attracting looks from everyone. And then you break. Watch yourself rolling onto the ground and shattering into thousands of pieces, knowing your pieces will never again be what they had been.

Then close your eyes and relax. Surrender to a moment of nothingness, a moment of being in the moment. Let go and be. When you feel you're ready, open your eyes. Look, feel yourself, welcome your new birth. Allow yourself freedom.

You'll gain so much new space, which you'll be able to use for all of the new and wonderful things you want in your life. Allow your emotions to wash over you and congratulate yourself. You have reason to. You've just given yourself freedom.

And then live. Take a step forward and get moving, towards everything that awaits you, towards the life that you want. And don't worry if changes don't come suddenly; live and rejoice.

You possess that which is most important—freedom, and everything else will come on its own.

When you realize that you're the one who creates obstacles, you'll be able to remove them. If you can't, break yourself again, again, and again. Do that until you realize that by breaking yourself, you're not destroying yourself because you are indestructible; you're removing everything you don't need, all the things you're carrying with you on your journey, all the things that limit you.

What remains is freedom, and you within it, as a life which lives and is happy.

Liberation

The shackles you put on yourself and the chains with which you attach yourself to all things on this Planet are keeping you in a personal prison. The forced labor you've imposed upon yourself goes on throughout all your life. And when you think you have set up your life just the way you want it to be, inner turmoil begins to surge through your body.

That's because there's no freedom until you find your inner freedom. And as long as you're looking around for things that will make you happy or unhappy for a moment, your freedom is still tied up in chains.

You can't take something so natural and sublime, something which knows no limits, and attach it to something with an expiry date, and everything, every event, and every person has an expiry date in this life. Regardless of how long you exist in this lifetime, it will all come to some apparent end, but an end in the present form.

With freedom, however, there's no end, no beginning; there's nothing. Freedom is a state of being which stirs true joy, love, and satisfaction within you because no smile is more beautiful and blissful than the one on the face of someone who has just found their inner freedom. There's also no greater love you can receive than that from a person who has found their inner freedom because that smile and that love seek nothing, they only give, and they don't care if they get anything in return because they already have everything.

If everyone on this Planet were to suddenly find their freedom, there would no longer be any need for institutions, marriage, states. You'd become a steady form of existence in a society which has found itself within itself, and in doing so, has found itself within each person.

That's because the same energy that runs through you runs through everybody else. And only your mind can keep you from seeing that, and a knot inside you from feeling and accepting that.

That energy is love, universal freedom, something you're born with and die with, but you have difficulty recognizing it while living.

By looking around for yourself in things, people and events, you're moving farther and farther away from your center and from what it is you're seeking.

Sit down somewhere and quiet your mind, give your whole body some time to wind down.

Breathe deeply until your very last cell has relaxed. And then ask yourself: what am I looking for, and where can I find it?

If you allow yourself honesty, and if you allow your intuition to guide you, you'll see that your inner senses will lead you to the center of your being, to the very core of your body, to your chest area. If you allow yourself to relax, you'll feel yourself dive within, and a gentle feeling will start to fill you up. And then observe; be a silent observer and allow yourself to see and feel whatever arises.

Regardless of what you see, what you'll certainly feel if you allow yourself that surrender is love—that satisfying feeling you've been looking for. And the more you return to that place, the more it will grow and spread through your body. You'll begin to live your truth, and afterwards everything around you will take on an entirely new meaning. You'll understand what we're telling you and you'll see yourself as we do, as love which has just become aware of itself. We congratulate you on that.

Questions

How many questions do you think you ask in a day, to yourself and to others? And do you think they get you anywhere? Probably not because it's not the answer—which might be hiding in that other person you posed the question to—that matters; what matters to you is to voice what is bothering you at that moment.

Every answer is inside you, and by asking the question, you help it find its way to the surface, where it will reveal itself to you in all its clarity.

What is left then is for you to recognize it because most often, you don't like the answers which appear. Sometimes, you may even think you can do better...yes, you can, you can "come up with" an answer which "suits" you at that moment...but don't be surprised if you're not satisfied with it later. Its initial beauty will fade when you realize, in the light of reality, that it's not the truth but rather self-deception. It doesn't pay off to walk through brushwood if you have a beautiful path in front of you; perhaps you don't like it, perhaps you prefer it were different, but it's here for you and you for it, and that's the only way you can get to what you're looking for, to the answer...which resides within you.

Imagine you were a flower standing in a beautiful field surrounded by a forest. As the days go by, this flower says to itself: "If only I knew what lies behind that forest, if only I could take a look just for a moment". And as the days go by, its yearning grows stronger and stronger. It no longer sees the beauty around it, the beauty of the life it's chosen for itself. It just hopes that for one moment it would be able to see what is behind that forest...

And then one day, its wish comes true...a girl passing by plucks it and carries it through the forest in her little hand. While she's still carrying it, the joy it feels is endless, its wish is coming true, all it's the answers will be revealed just as it had hoped.

And then it sees...the other field...a beautiful field full of flowers. And as it dries out and dies, discarded on the side of the path, it takes in all the beauty surrounding it...it sees beautiful grass, beautiful clouds, the sun, and the birds...it sees beauty. And while its entire being swells up with a feeling of happiness, it thinks how familiar it all looks. It's seen this somewhere else. And as the final rays of life leave its delicate body, it remembers its home, its old field and all its beauty. The last thought it has is: "How

beautiful was everything that surrounded me, how beautiful, just like this; I am happy.” You don’t need to die to find the beauty you’re seeking. It’s right here in front of you. And don’t allow yourself to only find it when it’s too late for you in this lifetime. You’ve come here as seekers, but you must begin the search with yourself and your life. You’ll see that the search will end soon, and you’ll be able to use the fruits of your quest for the rest of your life.

There’s only one energy, only one truth, only one love, only one joy, only one...Everything you’re looking for, there’s only one of it, and it’s entirely the same...everywhere.

When you realize that and accept it, your life will take on the meaning you want it to. And after that, everything unfolds by itself, just as it’s supposed to, and you’ll be aware of that.

Efforts

Endeavors to become what you’re not, what you think you should be, take you down paths that aren’t always well-lit. Those dark places within you hide a multitude of little traps which you don’t notice in your efforts to reach the goal you have set yourself. And if you do notice them, you think you’ll deal with them when you arrive where you so desperately yearn to reach.

And then those things take you back to the beginning. Why? Because when you reach the end of the road, you’ll see that you didn’t cover the entire path; you skipped over the dark parts by just ignoring them, not looking at what they were hiding. That’s why you haven’t gone down the whole path, and therefore, you’re not able to understand what is awaiting you at the finish line.

You then think you must have made a wrong turn and go back, trying every way possible to get to what you had set out to reach. You can spend your whole life waiting to reach your goal and to find what you expect at the finish line.

Some of you who reach your goal feel disappointed, because “that” isn’t what you imagined; you imagined “something” entirely different. And then you turn around and keep on looking.

The only right way to do this is to head down your path, through all its dark and light parts, without expecting anything at the end. It’s best to think that there is no end because there isn’t, and with that, you stop waiting for the end. That way, you won’t find anything, and you’ll realize what your path is: your life. As you travel it, you’ll understand it, and that’s the greatest blessing you can give yourself because nobody else can show you that, nobody can explain your life to you, but you.

Sometimes, joy is the only expectation at the end of that road. You travel, and the only thing you want is to feel the joy of existence, of being alive. If, on your journey, you were to take just a brief look out of the window, you’d find at least three things which could

make you joyful.

Try, right now, to look around you and find at least three things in your life which can bring a smile to your face this very moment. It might seem hard at first but take a better look. Maybe you see your neighbor's cat clumsily climbing the rooftop, and maybe it makes you smile with how tenacious and cool it is. That cat, too, is part of your life at that moment—you're looking at it, you're thinking about it, and what is life but a collection of your thoughts.... A chronology of your existence.

By trying to reach the goal you've set yourself, you're missing life and all its beauty. In doing so, you're saying that your current life is not good, that it will only become good when this or that happens. You're denying your own existence. Why? Because of made-up things which you've chosen for yourself.

How do you know what is best for you? Where does that faith come from? If you know for sure that you have that faith, then use it now. Have it show you the beauty of your life today. Help it reveal to you all the charms that your life is hiding from you. Then even painful moments become meaningful because you'll have created them.

The moment you create your own meaning in your present-day life, all doors will open for you because you'll rise to the throne when you take control of your own existence and when you yourself give it meaning. After that, it's just up to you how much meaning you'll give it.

Surrender

Imagine that you're a giant wave barreling towards the shore. Rushing like that, you realize that only a few moments separate you from destruction. But this currently feels so good that you don't think about it at all; you just go, flow, and surrender.

And then, that moment arrives. You break onto the shore, causing an enormous bang. A nearby flock of seagulls, which were calmly sitting on the shore, take flight. And a group of people get drenched in thousands of your droplets which scattered about. But still, they all have smiles on their faces and a flash of happiness in their eyes at the intensity of the force they've just encountered. Happiness wells up in you, too, and while your droplets, your pieces, are completely distancing themselves from your core, you don't regret it; you know that you did what you were meant to do. You created energy, you showed your strength and your force. Your existence brought happiness to many, and, at the same time, it confirmed an order which has to be.

What do you think would happen if you gave up at the last minute; what consequences would that have for all the waves behind you? Big ones perhaps, or maybe none. Maybe nothing significant would happen, maybe just a comment or two would be heard from the shore, about how "the sea calmed down".

Yes, that's right. Absolutely nothing significant would happen if you didn't crash onto the shore, but you did. And that was your choice then. And after that, the great ocean

awaited you and took you back into its embrace. It again connected you with all of your cells and cloaked you in its deep blue warmth. It showed you that you're not alone. No matter what decision you make, your life will take you back, as will the entire universe and all of its galaxies. You can't do anything so wrong or so bad that you'll end up suffering for it.

It all comes down to choice and to surrender, regardless of what it is that you surrender to. Whether you crash onto the shore or not, in the end, you'll still be a wave, part of the great ocean.

Solution / The moment

When you think you know, you know the least because you can't know. You can only assume, hope or expect. As none of these is entirely good for you, it's best not to think you know anything, not to hope, not to expect.

'That's hard', many of you will now say because you believe that hope brings salvation. And why live at all if you live without hoping for anything...

Well, that's exactly why: to live. Because if you're always hoping and expecting, then you're not living, at least not in the present moment. All your thoughts become focused on the moment when your hope becomes reality.

The present moment is everything you have in your life and it's all you've ever needed or will ever need. Without the present moment, you don't exist; it's what you are. You are this moment.

When you clap your hands, you're in this moment; when you jump up, you're in this moment; every bite you take is your moment; every breath you take shows you that you're still physically alive in your moment.

This moment is so precious, so full of tiny and delicate textures that you simply go through it without even noticing it. And by ignoring it, you destroy it because it's all here now, and it's not interesting enough for you. Right now, you want something you don't have and you want to go there.

And so you do, but only in your thoughts. Your body stays in this moment like an abandoned ship at the bottom of the sea which is just waiting for a stray diver to discover it.

In this manner, not only do you lose the moment, but you also lose yourself. And then, after a while, you start to wonder why dissatisfaction has started to crawl inside you, why your thoughts have taken on the shape and speed of laundry in the spin cycle, and why the desire to be outside it all is beginning to move through you. If it were that easy to go in and out of lives, it would be unlikely anyone would even make it to adulthood. So, that's why the system is the way it is, to show you everything you wanted to be shown, to reveal to you all the secrets you wanted revealed.

Tears, pain, or maybe even laughter might come with the revelations, but all of that is what you wanted, although it might not seem that way at present. You're fighters, but you forget that when you surrender to sorrow. Sorrow is not bad, but only for a certain time. It's a companion you have to say goodbye to at one point. Stand in front of yourself and look at yourself. But look at yourself honestly. Discard all those flimsy covers you pull over yourself to protect you from the world. Beneath those covers is a powerful person, full of happiness and self-confidence, full of desire for the life that she's chosen to live. Let her come out and let her move about, and then follow her and connect. After that, go within for a moment and stay there. Live one moment at a time and rejoice in that moment. That way, you'll always have joy within you because a moment is an uninterrupted piece of existence. The moment is all that remains of existence when you enter it with love and with an open heart. Then you see only the magnificence of yourself and the magnificence of the moment you're in. Nothing is important anymore, or necessary. Everything else will come on its own. So, live your moment. Live yourself.

Footprints

Footprints begin where you once were and are connected to where you'll arrive. And thus, they form a whole, a circle. That's how they bring you into harmony, into balance, if you are in them.

At times of the greatest sorrow and unhappiness, you're still following the path, but you're walking beside it. Those experiences teach you what you've come here for. Every time you leave your footprints, you're being brought news which the universe has sent you.

When you feel happiness and feel touched by bliss, it's a sign that your feet have perfectly settled back into your footprints because happiness and joy are your natural state. They're what you never lose, you only sometimes forget.

What you'd love to know is where those footprints are going. You're sometimes so curious about that that it becomes more important to you than where those footprints are now.

There's no answer to that, it doesn't exist, and nobody can give it to you. It's buried deep in all the things you can but don't have to do, in all the things you can but don't have to become.

That circle of your connected footsteps, you yourself, moves along your current reality and all other realities the way you command it to, the way your inner and outer senses command it. This means that you're in charge of the movement of that circle. But even you don't know the answer to the question of where that circle is going.

Sometimes, your footsteps match perfectly with another circle you encounter, another person. You then walk on together and marvel at the life you have fallen into.

Sometimes, your footsteps perfectly intersect those of another circle, and then you try to understand why that person “got in your way”. They didn’t. Nobody can stand in your way, they can only hold you back a bit in order to give you a new message which the universe has for you, a new experience. It’s up to you how much you want to learn from it.

Thus, your circles dance the dance of life with others. Sometimes it’s sad, sometimes it’s happy, but still, it’s just a dance. The sooner you realize you’re dancing, the sooner the dance hall, your life, your stage, will take on more brilliant colors. You’ll see that on your stage, there’s only what you’ve brought to it.

So dance, dance, dance.

And don’t stop.

Dance the dance you were given—the dance of your life.

Eternal life

Do not think that your children are “your” children just because you “created” and raised them.

Nobody belongs to anybody. That’s the first rule you must remember upon coming into this world. Nobody is even able to belong to anybody. Belonging is something you came up with on this Planet in order to make it easier to fit into the molds you found when you arrived here.

Your children, just like yourselves—the children of your parents—are only here because they wanted it that way, because you wanted it that way. Nobody is born here without first wanting and needing it. Absolutely nobody. And it’s impossible for anybody to be born into life circumstances which they didn’t want or need.

Everything you have encountered by coming into your life has been set up for you with great precision to teach you exactly what you need at this time, as part of your age-old journey. For you, this is just one of the roles you play in your infinite existence outside of this one. Understand that, and you’ll more easily deal with all the trials and tribulations, you’ll await them with a smile knowing that, in a way, you have “ordered” them so you could master another lesson.

Look at yourself and your life, look at your willingness and desire for progress. If they exist, then everything is perfectly okay, exactly as it should be. If there is no willingness or desire for progress in your life, you should take a good look around you and find them. Otherwise, you’ll stay eternally stuck where you are, and come back into a very similar life after this one. That just shows you how perfect you are as beings, how great and powerful, wise, how brave and fearless. Live with those words in your mind and allow that being to manifest itself. Willingness and desire will then break to the surface, and you’ll move on to precisely where you’ve chosen to go, precisely towards what you’ve chosen to learn. You, only you, and no-one else.

Things

Do you know that in this reality, you don't really need anything? Neither clothing nor shoes from the latest collection, nor a house in a particular neighborhood, nor a car to go to work in, nor the latest book by your favorite author.

You don't need any of these, but you want them. You want to see these things as yours, to touch them, feel them, smell them, consider them your own. In doing so, you consider yourselves to be more alive; you live life looking forward to each new thing you'll receive or buy, knowing in advance that your joy will be short-lived.

If you were to close your eyes and go within completely, you'd understand your existence in this reality, and you'd no longer need a single book, nor a single letter; you'd remember all that is; you'd know everything.

And with that knowledge, you'd no longer need a single material thing, you would no longer want anything.

And that's why you had to forget everything that you are—in order to understand, through your awakening, the world in which you currently live. That means that you can, but don't need to, possess things; you can but don't need to want them. It's your choice. But if you've decided that you want things, don't grow attached to them.

They're not you, they're not part of you, you exist above everything. And you can't even take them with you when you leave this Planet one day.

It's like craving ice cream and then suffering because you don't have it anymore after eating it. You don't grow attached to ice-cream, it's not part of you, it's only here temporarily because you wanted it to be.

That's how it should be with absolutely everything in your life. Have it, but don't grow attached to it. That way, you won't suffer if you lose it, and it will be easier to open your path to new things.

This is all to do with transience because in this reality, everything around you is transient, everything but you—you're eternal.

Survival

If you were to meet a person who intended to take their own life, and if you, suddenly and without any warning, were to push them off a boat, they would, without any hesitation, begin to swim and save themselves. That's survival, the desire to live which has been given to every being that has arrived in this dimension.

Difficult moments and dramatic events in your life are your learning experiences, and in them, there might appear moments of doubt as to whether anything around you makes any sense. The moment all your hopes and dreams shatter, you start to think that everything is gone, that there's nothing left, not even the slightest hope that you will resolve the situation and get out of it.

Things will start to unravel for you the moment you allow yourself the freedom to accept happiness. That's because even in the most difficult of moments, you can be happy, let your heart sing, and look forward to life. That's something completely natural, but at the same time, so stifled by life on this planet.

You've created the rules, and one of those rules is a particular set of emotions—sorrow, pain, and suffering—at times of great change in your life. So, when there's no real sadness in you, you very often create it by thinking sad thoughts or overdramatizing events. And then, you declare yourself to be a victim and surround yourself with suffering, and you try to adjust as well as you can to the new situation where you're left without a choice, but only because you've decided it to be that way.

One new decision and the suffering ends; the sun begins to break through the clouds of your gloomy attitude and your clouded surrender to yourself and to your suffering. If you could only look around yourself for a moment then, you'd see something entirely different because life, your life, doesn't end or fall behind just because you're currently suffering. You get on with it, and the suffering is your choice. You're not stopping anything; you're only suffering.

Now breathe in and breathe out. And then again, and again...Try to imagine that with each new inhale, you're taking in the primordial joy which is surrounds us, and from which we've been created, and with each new exhale, you're releasing your suffering. As you do that, thank it for showing you everything you needed to be shown.

Breathe like that to change your state; do it entirely consciously. And do it until you feel a smile appear on your face, until you want to jump out of your chair and scream or hug the first person you see.

After that, you're ready to move on because you're living and your "survival instinct" is propelling you on. Why then live in sorrow? Live in joy regardless of everything in your life. Allow yourself joy, just as you allowed yourself sorrow. Your life is like a train and you are riding in it. You can walk backwards on it until you reach the end. Then you've achieved nothing other than being the last to ride in your own life. Or you can walk up to the front, sit in the conductor's seat, and drive because who can control your life better than you yourself?

And if you're not sure how to do it, relax, because the train, your life, is going down its preassigned path anyway. All you have to do is fill yourself with joy and enjoy the ride, a ride which you yourself have chosen.

Learned

Do you think you're learning? And how much and in what way? Do you think that everything is a learning experience; that your life is here just to teach you something, for you to get new information which will later help you in choosing your growth path, growth within yourself?

If so, you're very close to the truth, very close to your own source, to yourself. Coming to this dimension is something you chose on your own. You wrote your own invitation as well as everything that would await you here. And while you're now chained to your own lives, reading this text, you're wondering how you could have chosen that; how you could have chosen that when there are so many other things you would prefer now, so many changes you would make if you could. We ask you: Why wouldn't you? Why wouldn't you change? If you have the desire within, all you need to do is to set it free and follow its steps; it will take you exactly where you've chosen to be, even before you've discovered that desire.

That's because you created the desire, precisely when you were creating and preparing everything else for your own life. But then most of you, when you meet it—your own desire in your life—become afraid and hide, waiting for it to pass. And then you're surprised at the dismay and suffering you feel within, you're surprised at the despondency and sorrow... and all of that comes when you don't respect your own wishes, when you don't respect your own life.

Courage is something you like to see in movies, it's something you possess but don't like to reveal; you'd rather store it away in your drawers. That's because once you let it out, there's a chance it may take you somewhere far away, and that you may end up facing changes, which you resist so persistently. Change is so natural but also so difficult that just the thought of its "consequences" can make you afraid... of losing something, of gaining something... of everything which would distance you from where you are now, regardless of how things are for you at present.

And now combine desire and courage. And what do you see? If you want to see. You don't need any kind of map then; those two things plot the way as you go, showing you the already chosen direction, everything you wanted, even before you arrived here.

And regardless of what you find at the end of the road—happiness, sorrow, joy, pain... —that's your new experience. That's exactly what you need for your further growth and understanding of yourself and the world around you. The outcomes of those small games of yours don't matter; what matters is that you play them because even the saddest results are less sad than the absence of the games themselves. Not playing those games would be going against the natural order of life.

So, move and play. There are no winners, there's only you in the game, all other players you meet are in their own game, so there's no opportunity for competition. It's all about movement, passion, and courage for all the things you've already chosen and for all the things you want to realize in this lifetime—so easy and so simple.

Letting go

You have so much inside of you, so many feelings, memories, and emotions. Too many. You're walking around like a bag full of things, carrying all of that with you, thinking you need them, and that without them, you wouldn't be you. But without them, you'd become even more you. You'd become free, exactly as you are, exactly as your natural state is, your being in its entirety.

The part you see in this dimension is just one imprint which you've left in this age. All that you see in the mirror and all that you see in other people's eyes is just part of the whole so immense that even your wildest imagination is unable to grasp it—the vastness of existence.

So, let go of all those burdens, all those feelings and events which have crowded together and move on; make room for new ones. That doesn't mean you'll forget everything that was, that you'll go on as though none of that had happened; it just means that all of it is already imprinted within you, and that it has become a part of you with its existence; there's no need for you to dwell on it. That's because every day you live becomes one with the next day, with all the events that it brings.

When you realize that principle, your steps will grow lighter, you'll cease to be burdened with things that have already happened, and which you can no longer change even if you want to. You'll understand that the past is over and written in all parts of your being, and that your mind and your body need room for new discoveries and life lessons because there's so much of it around you.

The beauty which surrounds you will only come into its own if you notice it. You can walk beside a statue on the road every day, and you'll only notice its beauty when you turn to face it and look at it. You may then regret all the times you've walked past it without as much as a glance; maybe this example will help you to understand a lot of things.

Everything that surrounds you is waiting for you to look at it, waiting for you to notice it, everything that is here for you, everything you requested and invited into your life. Why, then, give up on something you've not even begun yet. Even the tiniest thing in your life can grow into something grand, significant, and important if you only give it a chance.

When you realize that life is beautiful, and that all that exists in it is beauty, you'll discover the truth which has been here for ages, but which is also difficult to recognize. You'll join the few beings that have walked these lands with that knowledge. The moment you're living in is the natural order of everything which has led to it, and it's where all of you have the chance to grow, regardless of your circumstances. You all have the opportunity to develop an inner smile and never lose it... a moment of existence which connects you to everything you are.

Vessel – your body

Suppose somebody gave you a small boat and told you it was the precious heirloom of the king of some great country, and that it had spent years in the basement of a museum and was now being given to you for safekeeping. And suppose they said that it was so valuable that only a handful of people on earth could afford to pay for it.

What would you do with it? Most likely, you would protect it well; make sure it doesn't fall into ruin and constantly varnish it so that the passage of time would not destroy it. It would be very important to you.

So, why then don't you do that with your own vessel, the only boat you own, your body? Why do you treat it as if it were not yours, as if you could replace it as soon as it broke down? You don't give it the value it deserves; you sometimes think it's just a body, you believe or know it's just a small part of you, you believe or know that you're immortal, and that this body just accompanies you through this life. And precisely because you sometimes give it the role of "only" a companion, you don't put it in the first place, which is what it deserves.

What good does it do that you're eternal, that you're great, that you're energy, if your body breaks down and ceases to work? You can spend an eternity moving around this dimension as energy, as mere existence, but nobody will take any notice of you, perhaps just sense you. And you cannot receive experiences that way and live life in this dimension, which is the reason you've come here.

That's why you were given this body: to take you where you want to go and be the carrier of everything you want to feel, see, hear, and experience. That's why it's so valuable, even though it's "just" a body.

The instructions and rules which come with each body you get are unique to that body. They're found deep within you, and the only way to read them is to go within and listen. If you quiet down enough, you'll feel the instructions which tell you how to take care of your current body. And that's the only way because everything else is just copying other people's instructions, which might coincide with yours, but most often cause confusion and make it impossible for you to see what is within you.

Looking at yourself, your body, and the instructions for it is very simple. It's enough to grow still, close your eyes, inhale and exhale deeply and ask "Is this good for me?" That first answer that appears, that first emotion that surges through your being is the most accurate answer which you can receive at that moment, in the whole universe, and in all dimensions.

Accept it and go forth according to those instructions. After a while, you'll see you're coming into alignment with your own body and with your own life. You'll feel peace and harmony, you'll feel like a clock which is ticking to its own beat regardless of what's going on around it. Accept that harmony and live. That way, you won't have to worry about the vessel which was given to you in this dimension, but rather the dimension itself, everything you've come here for, your life lessons.

Action

Understanding yourself first and foremost means accepting yourself, with all your “shortcomings”. That’s perhaps the most difficult task set before you, set by you yourself.

Accepting yourself means acknowledging everything to yourself, and that’s why most of you keep your eyes shut because it’s easier not to know something than to live with knowledge but not take action. Then, you begin to get a “guilty conscience”, as you say, and you start going around in circles of your failures and suffer because of them, because of inaction and because of self-doubt.

Put an end to all of that now. Stop all the thoughts that came up in your mind as you were reading those sentences and saw yourself in them. Try to pause the moment, and yourself in it, and ask yourself, “Can I really not do anything about that? Can I really not act for my highest good?” Of course you can! There’s nothing you can’t do.

Taking action is a component of your life. You take action every day; action is what moves you, it’s your engine. And maybe you don’t always like the way you act, but what matters is that you do. Even when you’re sleeping, you’re taking action, you’re allowing your body to rest. You’re taking action and producing rest.

Try to compose yourself and become still in one place. Allow your body to relax and surrender to the deepest silence possible. Look at all the thoughts which come to you and let them go; that’s all you can do with them anyway. Allow time to pass that way and just be present in your body.

When you feel you’ve attained a kind of peace, imagine yourself walking through a beautiful field. You’re surrounded by a multitude of scents and colors, and your emotions are mixing with them. You can feel that field more and more and you feel freedom entering your whole body. You give into it. You walk and enter freedom, and freedom enters you.

After a while, you begin to approach a white canvas. It’s stretched out in the middle of the field and is entirely empty. After you get close enough to it, you see there are letters written out on it, spelling the sentence: “What is your next course of action?”

After that, after you’ve read that sentence, you give in, you surrender to yourself because each thought, each image, each memory, each vision or emotion is part of your response. They’re part of your inner wisdom as to which direction to focus your action. It’s precisely the direction of action that matters. You’re constantly taking action, you’re like an engine which can’t be stopped and can only change direction.

And don’t question, don’t analyze the answer you receive in terms of its validity. It “came out of you” and can’t be anything but correct. You must just accept the answer as advice from someone who knows you best, someone who can best direct you towards your future, who has your map with the directions. And surrender. The rapids which will carry you away know you best, and they know which shore you need to wash up on. They know which shore you’ll be able to reach the next field and the next signpost

from. Surrender to the journey and allow it to guide you. Those are your signposts, your road signs, it's you who placed them there, and it's you who can understand them best. The moment you begin to have faith in yourself in the face of the greatest disbelief, all the fields, all the canvases, all those signs will move through you with the ease of the existence you deserve.

Resolving

If every solution were simple and if it were served to you in an obvious way, you'd simply skip over it. That's because you've come into this life to learn something new, and that approach would somehow "insult" your cosmic intelligence, your being, what you are.

It's like doing a crossword puzzle which already has half the answers written out; you'd quickly give up.

Because of that, the universe almost never grants you your wishes and makes your life entirely easy as in doing so, it would be taking away the game you yourself have chosen to play.

When you turn around and look at your life, you'll most likely see many large and small problems. If you were to give them certain names and arrange them in a certain way, you'd see the puzzle—the meaning of your life, everything that you've been looking for. That's why problems are such that you need to put some effort into them, discover their secrets and fit them perfectly into your puzzle, so that you could feel rewarded after solving them. Otherwise, what use would they be? What would be the point of them?

If you were to take a good look at your past and all the events in it, you'd be able to read, or at least catch a glimpse of, your future too. But that's so complicated for this simple dimension you live in that you were given the ability to only occasionally, under rare circumstances, be able to see just the contours of your future, and even then, not be sure. It's like a sort of brake you set for yourself when you arrived here. And that's why you don't want anyone to reveal the end of the game to you because its whole meaning would then be lost.

Life in this dimension brings with it many advantages; it brings with it knowledge and understanding of yourself at a far lower level than you really are. Looking at it from that perspective, you make it possible for yourself to have experiences which lead you to situations of survival, self-preservation, of facing and overcoming fears—all the things that you in the fullness of your being know so well. That's why you've come down to this dimension, to temporarily forget yourself and the truth and see, for at least a moment, what it means to face fear. If, in doing so, you overcome it, there will be no-one happier than you.

It's all, in fact, a very safe game you're in now, which can sound strange at this level. But

believe it, or at least try to—nothing is as foreign, as dangerous, or as lost as it might seem to you at present. All the solutions are there, deep inside you know them all. You're just playing the game of finding those same solutions, so that your being can gain experience, experience which will most likely thrust it into a new understanding of existence, a new light, a new movement.

Enjoy all your aspects and relax; you'll more easily go through everything, everything that surrounds you.

Understanding

What a beautiful feeling, to understand something, at least for one moment when you feel you're amazingly smart, one moment when all worries disappear from your life and your life takes on the colors of a rainbow.

And then, it gets swallowed up by the day-to-day, it gets turned into a moment you quickly forget and even more quickly get used to. But that's what your life is made up of. That's what creates your ups and downs, and that's something which is characteristic of you, something entirely natural.

You yearn for that understanding. You remain curious like a child all your life, even though many of you won't want to admit to it, feeling you need to play the role everyone expects of you, the role of an adult. But there's no such thing, at least not in "cosmic terms".

Every understanding of yours is just a grain of sand on a large beach, a beach which is endless, and which grows larger with every new discovery you make with each of your expansions.

In that way, you leave yourself enough room and freedom to see that your growth doesn't have any boundaries except those you impose on yourself.

So why then "grow up" in that inner sense? Why not allow yourself the freedom of wonder and curiosity all your life? Even if those around you look at you with bewilderment, why not allow yourself all that, why not be an example of you're a free being, of what you truly are. If you understand that, you're on your way to understanding, too, that you're not expected to know all the answers regardless of what school you went to. Knowledge is inexhaustible, and that's what should motivate you to go on.

So, the next time you find yourself facing something you don't understand, be brave enough to tell the first person you find at your side: "I don't understand what this is, what it's about, how it works." Regardless of what it is you are curious about, regardless of it being something you as an "adult" should know.

If you allow yourself that, you'll see, for at least a moment, that most of the people around you don't understand it either. Only, they're inside boxes that are labeled "I'm supposed to know".

Be the first to awaken those who are slumbering around you and force them to think about their lives. Force them to see that there are still many beautiful things around them. That way, you'll force yourself to get moving too, to understand all the possibilities which have been given to you and accept them.

It's easy to laugh at children and their answers; answering them is much harder.

Reawaken that slumbering child inside of you and go play. Your playground is large; you have the whole Planet and sufficient wonder upon it, starting from your nearest neighbor.

So, get moving and play.

Loneliness

Loneliness is the state you're in, but in your world, it's recognized as a flash of sorrow, as something, which by its very existence, brings unease and causes fear. But, if you could see it in its entirety, loneliness would seem to you like a beautiful painting someone unjustly put in some obscure corner of a museum.

If you were to spend your entire life in loneliness, you'd learn that loneliness doesn't exist as long as you have at least one friend—yourself, and as long as your friend wants to be with you. Real loneliness only begins when you lose that friendship; only then, can you say you've experienced loneliness with all its fear and sorrow.

The unjustly accused loneliness is a feeling that exists in all of you; only sometimes, it's clearer, and sometimes, due to the circumstances surrounding you, it's hiding, waiting for the perfect moment to surface victoriously and cause a storm to brew inside you—a storm which will wash away everything that has long been accumulating inside you, waiting for a release.

You might need hours, perhaps days, maybe even years, to understand how much you gained from that storm, how much freedom and what crystal-clear vision—vision that you can direct at everything around you, seeing your life out of all that surrounds you.

Clarity of vision is what you gain with loneliness, and that's why you should thank it.

The beginning and the end of each life start in what you call loneliness. You come with it and you leave with it. It's only in between that you have the constant need to prove your existence through others; to prove to yourself that you're alive by seeing it in the eyes of others, hearing it in the words of others, and feeling it in the emotions of others.

And because that's something which can't bring you the comfort you desire, you constantly seek more and more powerful experiences of yourself in others.

If you could accept that you're the only one who needs to show yourself to you, you'd realize how easy it is to live this life exactly the way you wish to—without loneliness, with a lasting friend who's always at your side, ready to offer you support whenever you need it—with yourself. You'd be living with someone who feels what he *is* so strongly and in all his fullness, and in that way, makes it possible for you to experience

everything you want.

Life is here for you to live it; you'd already chosen your company before you arrived, and everyone else is just another being like you, who is here so you can spend time together, love each other, and help each other. Everything else is just a form of coexistence which distances you from yourself, from what it is you've come here with. Look at your loved ones as others who are here just like you, with their own burdens of existence, with everything they have and everything that awaits them. Watch and observe, and then act according to your own discretion, in a way that's best for those beside you and for yourself. That's the only way for you to understand that what you're running away from most is what will purify you the best and bring the greatest lessons, chances for growth and triumphs.

So, spend time with each other and with yourself; enjoy life.

Acceptance

Eternity and its meaning are topics that have always preoccupied you. From where you stand, your life in eternity sometimes seems so small, so insignificant to you. We know that many of you have lost "the ground beneath your feet" in certain periods in your life and have fallen into "dark holes" only known to you. We call that surrendering, surrendering to being broken apart so that you can be put back together again, this time as someone entirely new, someone with knowledge and skills entirely foreign to that part which broke into pieces. And then you move on to some new breaking apart. And where is the meaning in that, many of you are now wondering. The meaning is in existence, in existing eternally because the only things that are certain are existence itself, and that you exist in eternity.

If you were to live life without any breaking points, you'd live all of eternity in one life; it would seem so long and so exhausting to you. After a while, "time" would lose all meaning to you, and you'd, at one point, begin to feel you were moving backwards, not forwards. That's why there are these breaking points, to snap you out of your everyday routine, to shatter you so that you can be put back together again, with new knowledge and new experiences, each time wiser and happier, until the next time you break, when your soul has decided it's time to fall apart again.

And reject fear, reject that emotion which you can only be a slave to. Allow it to give you a push at a certain point in time, but don't surrender to it. Reject it by interrupting all activities with some sudden movement, a change of direction, a change of action, with dance, a loud scream, going out into nature, reading a book, meditating or watching a movie. Do anything, just don't allow yourself to fall into a state of fear. That's what you can all certainly do, sense oncoming fear and intercept it, not give into it. Fear fogs up your mind and tears down your defenses, it brings you to an unexplored territory and leaves you there alone. There's perhaps nowhere where you are as lonely

as in the emotion of fear. So don't give into it, you're stronger than it is, far stronger, if only you want to be.

When you accept your existence, you've accepted your life too. And that's what is so difficult for most of you, to accept your life. Begin, therefore, with the little things. Begin by keeping your own "diary of acceptance". Try to accept at least four things every day and write them down in your diary. Accept them by thinking about them, by visualizing them, by becoming what you're accepting at that moment. Start with little things, then move on to big ones. Start with objects which are dear to you or which you often use, then accept people, events, parts of yourself.

That puts you in the present moment and makes it possible for you to stop wandering around the past and the future, and instead puts you in the only place which exists right now—your life in this very moment. That way, when you accept life and yourself in it, the door to its understanding will open for you; you'll be closer to understanding your life than you've ever been. Try and play the game of acceptance, don't give up on yourself and your life.

Simplicity

If there were a place with a library full of instructions for your life, you probably wouldn't dare to go there. You'd find a bunch of reasons why you're not able to visit that place and read what that library holds. But because you know it doesn't exist, you crave it in some hidden way, thinking you'd be better off with it because you'd have a "signpost". But if you were to discover such a place, you'd simply go into fear; you wouldn't dare read what is in it for fear of being disappointed.

Life is simple until the moment you complicate it. That's a challenge for you, and in a way, that's a good thing. The challenges you create for yourself help you stumble and rise and push yourself forward, learning new things along the way.

But there are two different types of challenge: those which are "meaningful" and those which are "pointless". Imagine a life full of meaningful challenges. It would be like a lively amusement park, full of strange machines that generate delight, adrenaline, and a certain dose of fear in you. Most people leave that amusement park with a smile on their face, most think they'll come back again.

That's what a life full of "meaningful" challenges looks like.

And a life full of "pointless" challenges is an attack on you and everything that you are, an attack by you on yourself. It's a form of abuse you'd immediately resent someone for if they were to inflict it on you, but you don't even acknowledge it when you do it to yourself, or even worse, you don't even realize it.

It's in those moments when, out of a sort of anger towards your life and yourself, you try to complicate things to the point where they become virtually unbearable. And then you suffer.

You place yourself in a circle of suffering and expect the whole universe to support you in that. Under the guise of a new lesson to learn, you walk your path in life carrying a burden nobody has asked you to carry, carrying a burden which is entirely pointless to everybody, and most of all to yourself, pointless and unnecessary.

That's because lessons come when you're ready for them and they can come in various shapes—difficult ones, less difficult ones, and ones which are light and happy.

Life is simple. Think about that sentence and everything that's implied by it. Think about yourself and your life and everything it contains. Try to make a list of all the things in it which are simple. When you start to make a list, you'll see that there are enough simple things, surprisingly so. And then focus on them, try to see what those simple things are made up of, what makes them so simple.

Then take that "formula" you discover in your simple things and apply it to those things which are a little less simple. With time, as you move into that "code of simplicity", everything around you will take on a different meaning. When you begin experiencing things differently, they'll become different. And the new things which are yet to enter your life will immediately receive the "label" of simplicity, by the very virtue of your recognizing them and attracting them.

Try. Surrender to simplicity and live. And as you do, try to bring into your life some simple exercises which will help your life's rhythm to take on the "simplicity" you deserve.

Exist / breathe / feel / speak:

- **Exist** – *Imagine that you're a flower in a field and that you exist, that's your only task. And now carry that task out every day, for at least half an hour. Sit or lie down and just exist. The only thing you need to do is think about you and your existence. Be aware of your body, of every outer and inner region, go through all your parts, greet them, and exist.*

- **Breathe** – *Try to be maximally aware of your breathing throughout the day. It's here, whether you think about it or not. But if you become aware of it, you'll become aware of your life in this body because without breathing, this body wouldn't function. Breathing, in a way, connects you with this body. So, throughout the day, in various situations, think about your breathing, be your breathing.*

- **Feel** – *Feel yourself, your emotions, your thoughts. Throughout the day, in various situations, just feel yourself. Regardless of what state you're in, feel that state. Hold still in the moment, as if you were to press the pause button on a movie, and feel yourself in that scene, feel everything that you are. That way, you'll better understand what you are and shed light on why you're doing what you're doing.*

- **Speak** – *At least once a day, tell yourself the truth in silence. The truth about anything, find a topic and tell yourself the truth about it. Don't stop presenting the truth until you've stated even your slightest thought on the matter. You can do it in writing or out loud, in front of the mirror or in front of a tree. All that matters is that you say everything, absolutely everything on the matter – the truth and nothing else.*

Inner light

You live, and in your life, you create, you progress. If you stop out of fear, you'll never discover what could have been, be it good or bad. Every experience helps you with the next part of your journey, regardless of what the journey is like, regardless of whether it's through darkness or through light.

That inner spark, your inner light, can never be lost, and your events are just stones along the way, bearers of messages. Don't grow attached to results, only to the moment.

Every attempt to escape yourself brings trouble in some regard. So, don't try to run from yourself and what has been placed on your path. Instead, enjoy the new experiences; become the experience itself.

You learn who you are through people and situations. If someone told you the truth all at once, you'd have difficulty accepting it, understanding it. This way, you slowly release all the layers which you don't need and accept what is inside you, what you truly are. That journey has its lows, but you shouldn't focus on them; they're just life lessons. The more attached you grow to them, the more they become part of you. In a way, you make them part of your records and make it possible for something similar to come around another time. If you look at them and see them, but not take them with you, you'll allow your wisdom to grow and give yourself the freedom to exist without unnecessary burdens.

Look at your being every day, bit by bit, allow it to live with all its aspects, with all the events which are found around it. Don't judge that being or the events; allow everything to pass through you. In essence, you're a form of existence that is sufficient unto itself, and which carries within itself the inner light of its existence. Everything which is external is just a material depiction of your life, and all the thoughts which come up, all the fears and doubts, are just passing instructions that you can follow to make your next move and obtain new experiences.

So, go further, knowing that you've always given your best. That's the only thing you should respect in relation to yourself: always give your best. That way, the results you achieve won't be something you're unable to understand or something you're unable to accept with love and gratitude. That way, it won't matter to you what your results are, but rather, you'll feel peace and joy because of yourself and your life. That's the

moment when you'll know you've succeeded because success is nothing more than an inner peace, peace with yourself and with everything that surrounds you. It's less important what that success is wrapped in; the wrapping paper is just a collection of earthly values that are unrelated to the settings of your being and all that is primal within and around you.

So, live and allow your life to unfold; allow yourself the freedom of joy and sorrow, of everything you're capable of creating, and enjoy it. Surrender to it entirely, nothing more, nothing less.

Stillness

Most of you run around in your lives. You act like you're at a train station where, for reasons unknown, the trains are always late, and you run around bewildered, trying to perform all the duties which you impose upon yourself along the way "on time". And then, when you catch the train, you sit down comfortably in your seat, you look out the window at the sunny day and realize you still have enough time, and maybe you can now get some rest. But this break is short because, through the window, you soon see something new, something which rouses inside you a new desire, and you quickly start working out which train you should get on now to make it "on time" to that place where there's just that thing which you simply cannot do without in your life. Or, if you're aware that you can manage without it, you tell yourself that you still feel an irresistible urge to have it, and that there's no point in living this life without treating yourself to that thing. While chasing around your life like that, you forget the basics. One of the most important things you forget is your life, and you.

The happiness you want and the stillness you desire don't come from the things which are around you. They come from within you, from your depths, so well-hidden and beautiful that if you were to come across them, you'd stand before them for a very long time, as you would with a painting in a museum. The human hand will never be able to create anything as beautiful as you. But still, you look at yourself so briefly, just long enough to fix your hair and check out your new clothes. By not looking at the beauty which lies beneath everything, by looking for it in things around you, you walk past each other, you walk past genuine beauty. Do you really believe that a car or a house, a shirt or a pair of shoes, a TV or a cell phone... do you really think that they can be more beautiful than something that carries within itself all that you seek—wisdom, memory, knowledge, and love?

You look at each other and see faces, but not what is hidden behind those faces. When you look at yourself, you don't see yourself, you see what you want to see, which is most often all your flaws, all your shortcomings that are bothering you at the time. Even when you look into your own eyes, the windows to what lies within, you see the color or the wrinkles around them, remembering with regret the years which have passed by

and dreading the years lying ahead.

Try now to stop and think about what you've just read. We'd like you to fully understand what we've just told you, not just to understand it mentally, but to feel it with all your being. We want you to feel that prison you've put yourself in willingly, to feel all the limitations you've set yourself just because it's easier for you to travel like the majority of people in your world—even though you've never asked yourself if that's the right direction.

When you're sure you've understood what you've just read, and when you've felt a restlessness in your body, maybe pain and a sort of heaviness, read on—you're ready for a new beginning.

Every being has the right to live. Even though you're currently in a world with rules, you have the right to your life. That's because life is within you; it's within you where its creation begins, and then, it manifests itself in the material form of things, people, and phenomena which surround you. And that's why you're the creator of your life, your thoughts, and your actions. Even though many of you know that, at the same time, many of you don't quite understand it. You believe that it's difficult and impossible to master your life, you continue along a path you neither understand nor enjoy.

Life is simple, and you make it complicated. Even when you hear there's a solution, you may reject it if you think it's too simple. But that's exactly what solutions are like—simple, like life itself, they can't be anything else.

Only you can decide that you want a change, and only you can bring that change into your life.

Here's an exercise that can help you in your daily life:

“Inhaling light and exhaling darkness”

Imagine that with every inhale, you're breathing in light, not just through your nose and mouth, but through every pore of your body; every single part of your body “sucks in” light with each inhale. Then, with every exhale, you release darkness from all your being; you let everything that has accumulated and that is dark to leave every part of your body.

*It doesn't matter where you are when you do this, because you're not breathing in external light from your material world but rather light from the source, from the place you come from, from a dimension which doesn't know darkness. Your very intention to breathe in energy from the source and release darkness will connect you with your being, with that which you are, and it will allow you to regenerate. As you do this, you can say silently to yourself **“I'm releasing fear”** when exhaling, and **“I'm taking in joy”** when inhaling, or **“I'm releasing pain”** when exhaling and **“I'm taking in strength”** when inhaling...*

After only a few minutes, you'll begin to feel better, lighter, and more optimistic.

All your roads lead in only one direction, and you can only make it out of this life one way. The sooner you realize that this game you call “your life” has been prepared for you, the sooner you'll see all the signs which you've set up along your path, and which

can make your journey easier, guide you in the best direction, and bring you messages. All of that can only be seen in the light, because in darkness, everything looks the same and it's easier to get lost along the way. So, try to bring into yourself as much light as possible and release as much darkness as you can so that everything can become clearer to you, and so that you can see the beauty which surrounds you. Don't allow yourself to spend your entire life in a room full of darkness only to see in the end that there was a lamp right beside you the whole time, and that all you had to do was turn it on to realize that all those frightening shapes which surrounded and threatened you all your life were not all so frightening or insurmountable, that they were merely things which you had created with your own fear.

So, get up and turn that light on, look around you and head down the path which you most feel belongs to you, the one where you'll see the most light. Your willingness is what drives you, your strength is your engine; you were given all of that when you arrived in this body. Now, turn on the light and go; don't allow yourself to stand in your own way.

Liberation

The emergence of each of your inner attitudes built on your experience frees you from your mental projections on "What's life?"

That's why experiences are good for you, exceptionally good, because they force you to knock down the barriers and walls that you build inside you with your excessive thinking and overanalyzing.

And then, gradually, a sense of liberation begins to grow in you. This sort of liberation never comes in its entirety, but in waves, in flashes of wisdom, which, like the sun, pierce through after the rain and light up all your fears, all your destructive thoughts, showing them in a light which is sometimes hard to accept, but which leads to a denouement.

What should liberation be like? How do you imagine it? Is it a comfortable life that you want, a life which can bring you happiness through material things, people, and places? If that's what you consider "liberation", you still have a long time to wait, and beyond certain happy moments, the liberation will most likely never come.

Liberation, in its fullest sense, means being unattached, unattached to anything, not even to yourself. Allow everything to distance itself from you to a point where it can be seen from afar, from an entirely different angle. And that doesn't mean you now have to pick up your things, say goodbye to everyone, including yourself, and go off to live in a forest. It means you have to agree to free yourself from the chords that tie you to the people and events which surround you; remove yourself with an inner distance that allows you to observe yourself as if you were observing someone else—to give yourself space, to give your life space, to breathe, to live.

The next exercise is easy, even though it doesn't appear so at first glance. Try to do it for a while with everything you do, and monitor your progress:

Think of a challenging situation, and when you feel a knot beginning to grow inside you, imagine it to be a solid substance growing harder and harder...monitor your whole body with your "inner" vision and with a feeling that you're collecting into a pile that knot, that pain which that particular situation has brought you.

After you've gathered everything into a pile, look at it and express your gratitude. That's you, that's what you've become while going through your experiences. So, thank it joyfully. And then begin breathing in light and breathing out darkness, allowing part of that rigid pile you've amassed to make its way out of you, out of your entire body, all your pores, with every exhale. Inhale and exhale until you get the feeling that you've expelled all those piled up emotions, all the pain, all the experiences you've collected. Then express your gratitude once more and move on.

In the beginning, you'll need to do the exercise more often and for longer periods of time because there's a lot of pain and a lot of accumulated emotions inside you. But as time goes on, you'll feel relief as soon as you begin collecting pain and emotions from around your body. They'll come out of you with joy and speed. This exercise can also help you disidentify with those emotions because by gathering them from around your body and releasing them, you'll come to see more easily that you're not them, you're not your emotions. They're transient in your life and should be accepted as such. So, collect them, release them, live. Allow the freedom which you deserve to flow through you.

Inner silence

"Just imagine how far I could go if I could get all that money/love/respect/health..." is just one of the sentences you say or think on a daily basis, consciously or otherwise. We say to you: "Just imagine how far you could go if you could hear silence". You'd be exactly where you are now. And then we ask: "But why don't you hear the silence?" The answer is: "Because of the noise within you, the noise around you, because of everything surrounding you". And then you could think that it's impossible to hear the silence because you live in the here and now, and you can't isolate yourself from what surrounds you, least of all from yourself, the one making the most noise, the noise which shatters your inner silence.

The point is that you don't need to isolate yourself, you don't even need to consciously stop talking, be it an internal or an external dialogue. You just need to begin listening. And when you begin to do that, the chatter and the noise will cease on their own because nothing can survive beside something as beautiful as silence. The silence

you're made of, the one you come from and return to, the silence you never actually leave, you just stop noticing it. You'll know for sure that you've managed to notice it again when you feel a wave of joy and exuberance come over you—that inner bliss which brings tears to one's eyes. Then you can be sure that you've rediscovered it, and that it's difficult to abandon it entirely—perhaps leave it and forget it at times, but never entirely abandon it. The silence will stay with you as a memory of something which reminds you of home, of your being—which you've been looking for—and of everything which embodies you and makes you what you are.

The prayers which you direct towards everyone, even towards yourself, never work and never give you the satisfaction you expect. That's because you pray and then you listen for something, expecting your prayers to be answered through things, events, and people. But if you were to go into silence and stay there for a while, you'd reach a blissful state that would be beyond comparison to anything you could possibly feel. You'd briefly, once again, be you, with the understanding that you already have everything, and that nothing which surrounds you in this material world can give you what you're looking for—the sense of yourself and of that which you are. That's what you long for. And that's why you should not beg anyone for anything; it's enough to reach that silence and just stay there for a moment, and then move. After that, things will resolve themselves on their own, both simply and efficiently.

All you need to do now is to reach that silence, discover the door that leads to it and surrender to it. The easiest way to do that is through your own heart, that part of your energy body, to the front, which can lead you to your own center—to silence.

Relax, close your eyes, and pay attention to your breathing. Stay like that for a while and allow everything to flow naturally—your breathing and the thoughts that cross your mind. After a few minutes, first place your right hand on the middle of your chest and then your left hand on top of it. Stay in that position for a few moments, allowing everything to flow naturally. Then focus your attention on that place, concentrate on the middle part of your chest and think about it, give it your full attention. If you can, visualize it, look at yourself through it. And breathe. Whenever a thought crosses your mind, reject it by focusing more intently on that point. That's you, that's the center of your being and the only thing that you want at this moment is to enter your silence.

The exercise might seem difficult to you at first, but if you remain persistent and do it for a few minutes at least twice a day, you'll see a big difference in just a few days. You'll see that focusing just a little on your center can bring you closer to your silence. And when you reach it, when you “hear” that silence, when you become it, nobody will ever again need to explain anything to you.

After that, it can become the place you go to “recharge your batteries” and rest from this hurried life you live. Once you reach that silence, it will be enough to pay just a moment of attention to the core of your being for the silence to start to wash over you, and for you to understand that all the challenges around you are here for you to accept

and resolve, not to worry about.

The life you're leading is something you chose yourself, no matter how difficult and unacceptable that might sound to you now. You're the creator of your own destiny. You have two choices now: to cry for yourself and your life, waiting for someone to come along and fix all your problems, or to take matters into your own hands. We honestly hope that there will be more and more of you who will decide to take matters into their own hands and understand that it's you who is in control of your life. Nobody ever said you needed to be a perfect driver. What matters is that you're a driver who is aware of herself, aware of her path and her life, someone who is aware of the silence, which is what shows you that this vehicle you're driving is not you, that it's just your projection in this time and in this place. When you become silent, you'll hear things better, more clearly; you'll be what you are—someone who is full of strength and has the energy required for everything that surrounds you, someone who wants to be what he is, the best version of himself.

Relationships

What your relationships with others will be like depends solely on you. Even when the relationship others have with you is not the way you think it should be, your relationship with every individual nonetheless depends solely on you.

That's because it's up to you whether you'll continue that relationship, deepen it, understand it and elevate it, or bring it down; thus, everyone has the right to make that decision on their part.

It's difficult to understand everyone around you and get along with each of them, but you don't even need to. That's why people come into and go out of your life, bringing with them or taking away with them something that you need or don't need at the time. And in return, you give them your own gifts. Everything you give each other is a gift, which, after the initial surprise once you've opened it, takes you down a new path you otherwise wouldn't have found yourself on. And that's where you continue your growth through life.

Not all the relationships you have in your life are of equal value. Some are stronger and stay with you for years, perhaps even for an entire lifetime, while others are fleeting like a gentle breeze which softly scatters leaves around the yard, and then leaves, without anyone in that yard perhaps ever remembering it again. But at the time, it did exactly what the yard needed—it blew through it and invigorated it, bringing in a freshness, a new outlook, and new colours.

Don't regret the loss of any single relationship in your life. All of them were here and will be here only because you need them. When you're happy, allow the joy to come over you and give you wings to continue. When you're sad, allow the sorrow to fill you

up and show you those things you need to pay attention to right now. Both are equally valuable.

In each of you, there's that same thread which connects you with that which you've come from, with the energy you were created with. Through that thread, you can communicate at a higher level, through that thread, you can understand others in a way you can never understand through mental and verbal communication. That's the same thread with which you understand yourself and which gives you a sense of "home".

So, try to look at people "with your eyes closed", meaning: Don't look at them, don't listen to them, just feel them. What you feel then is "the real state of things"; it's what binds you or doesn't bind you in any given moment; it's what brings you sorrow or brings you joy. When you feel that, you'll more easily see all the other ties to that person, and you'll understand why your relationship with them is the way it is, why it exists, and what it is that you're supposed to learn from it.

If all of you could communicate in that way, after a while, there would be no need for verbal communication. You'd be the perfect beings that you are, in an imperfect world which is only here to show you your perfection.

The next time you communicate with someone, try to feel that person's energy, what they're radiating, and what it is you're feeling while they're radiating it. Allow your being to explore, to understand the fundamental values of the relationship, to build castles where they need to be built and to keep going when paths open up. Allow your feelings to understand what the mind can't, and you'll then live the way your soul expects of you—with stillness and passion, simultaneously.