Humanity Awaken!

Co-Creating A New Earth With Spiritual Energy – Soul Force

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DEDICATION

I dedicate this book to all humanity—with infinite Love.

For eons, we have lived locked in the mechanical grid—believing life was an endless, exhausting climb uphill. That era is coming to a close.

Beneath the shifting headlines and external turbulence, the foundations of New Earth are already firmly taking root. The caterpillar is dissolving; the butterfly is taking wing. A higher vibration is moving through our collective consciousness, calling us to remember who we really are: Creators of Spirit.

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To the Divine Mother and the unseen guides of Light—thank you for your constant grace, protection, and love.

Finally, to my beloved family: my wife Amita, my daughter, my parents, and my sisters. Your love and presence in my life remain my greatest blessing. Thank you!

PART I

Everyone should read Part I, which comprises the first two chapters of this book. These pages lay the energetic foundation for everything that follows.

Once you have completed Part I, you will be ready to practice the **Light Channeling** method. This is a simple, 7-minute technique that requires no prerequisites—anyone can learn to anchor this light immediately.

If you feel called to go deeper into these teachings and explore the practical tools for manifesting in the Golden Age, I invite you to visit **How2UseAndSpreadLight.One**. There, you will find additional resources, community support, and the latest insights on living as a co-creator. To get the most out of that journey, I highly recommend reading this entire book first.

1

Introduction –

(Soul Force + Is Humanity's Consciousness Raising?)

(Please Note: You will get the most out of this book if you take the time to see the short videos shared in these chapters. These short videos are designed to shift your frequency and increase your comprehension of these high-vibrational concepts. Most videos I am sharing are only 2 to 5 mins long. If you see the

videos in the first 2 chapters, it can increase your comprehension 200%.

Also, I encourage you to read this book with your own eyes and heart rather than an automated reader. There are many images and diagrams meant for your intuitive mind to absorb. If you do use a reader, please pause after each chapter to sit with the images provided.)

I am currently in my mid-60s and have been spiritual from a young age. Deep inside, I have always felt that I was born here for a specific purpose—to serve as a volunteer during this pivotal era of collective transformation, as humanity transitions into Satyug or Golden Age, or what many call the New Earth.

I do not view myself as special. Across the globe, there are hundreds of thousands of people who feel this same quiet impulse to help in this transition and anchor greater peace and light on the Earth. For all practical purposes, I am simply a regular guy on the street, perhaps carrying only a slight American accent from years spent living in the United States.

I am not asking you to adopt any belief system, philosophy, or religion. What truly matters is a lived transformation of the Heart. Take what you read here, test it against your own inner sense or heart, and see if it makes sense and brings practical peace and clarity to your life. If it resonates, use it freely; if it does not, let it go. As the Buddha famously reminded his seekers, never accept something simply because a spiritual teacher speaks it—verify it through the wisdom of your own Heart.

In our current times, millions of everyday people are experiencing profound spiritual shifts. Whether someone identifies as a volunteer, a devotee, a seeker, or simply a conscious human being, the labels are unimportant. What is paramount is the collective awakening unfolding right now across Bharat and the entire world.

Most of the information in this book came to me after March 2020 as the pandemic was about to hit my country Bharat (India). I was here to take care of my mom. I was invited to join a very focused online prayer / meditation group, led by an American guy named Garret, which transformed my life and consciousness 180-degrees. Even though I have been spiritual most of my life, I never experienced the types

of miraculous experiences that I have had since that time.

These are the types of mystical experiences that this book is about. These magical experiences will be the norm for millions, as this transition continues to the Golden Age. You might experience this, especially once you read this book and take my free course at SchoolofEnergyMastery (See How2UseandSpreadLight.one).

The most important thing for me is to give people an understanding and experience of Higher Consciousness. This means being on top of the mountain, rather than at the bottom of the mountain. It means having a broader, wider perspective of what's going on. Having a connection with one's Source or inner being. Having much greater clarity of how one can solve one's problems or issues that they are facing, or the nation or world is facing. It means being able to think outside of the box or the hole that many humans are stuck in.

Recently, I have also created an organization called Higher Consciousness Foundation. Its purpose is to help people make a connection with this Higher

Consciousness or the Source or the Divine Love part of themselves.



Gold - Purity
Pink - Divine Love

(Higher Consciousness, Purity & Divine Love makes us transform from catterpillar to butterfly!)

I believe we can create a global movement for Higher Consciousness now. Just as a human being grows and becomes more mature over time (we don't remain immature, misbehaving kids all of our lives), I believe humanity or the human race grows and matures also. We do this by being less self centered. And more focused on Love and Oneness. We stop seeing any difference between ourselves and others who are around us, in our family, society, and in our world. There are some very simple spiritual methods

that help us to grow and become more mature and see this Oneness. And this helps us in our lives in tons of ways. These methods require very little time. Just a few minutes daily can change our thinking or consciousness completely.

The information in this book is all about how we can accomplish this. About how we can totally transform the planet and humanity's consciousness through these simple methods and this Movement of Higher Consciousness. And thereby create the lives and world that we prefer. Or how we can live the larger life as our higher selves as we were always meant to live on this planet.

What Is Spiritual Energy Or Soul Force?

We believe that we can create a new Earth and new humanity through spiritual means! This is what we were born here for. Human consciousness is in the process of evolving to a very high level now. We are transforming from caterpillar to butterfly! Or from Human to Human 2.0!

In the title of this book, I used the term "Soul Force". In Bharat or India, where I live, we call that

Satyagraha. Satyagraha is a term coined by Mahatma Gandhi during our independence movement, that helped us gain independence from Britain. Satyagraha is a combination of 2 words satya which means truth or soul. And graha which means force.

Satyagraha means a powerful force which is beyond our usual human ability. A greater hand or higher hand. It means a greater power, greater than our usual human selves. Gandhi followed the path of non-violence, and was able to unite millions of people across Bharat to act in unison. I know that people today have mixed views about Gandhi, because many others also had a role to play to help Bharat gain its independence.

But Gandhi did inspire a lot of people such as Martin Luther King, Nelson Mandela, Einstein, Bhagat Singh and a whole generation of Indians. I was also inspired by his ideas, especially during my earlier years. But this book is about Soul Force, not Gandhi. Gandhi was the first person who I came across who actually used this Soul Force and I was inspired about this at a young age. Nelson Mandela credited Gandhi with the founding philosophy of the African National Congress that eventually led to the elimination of apartheid in South Africa.

What I am going to share in this book helps us set ourselves and all humanity free from the ills that most people experience on Earth (fear, ego, lack, scarcity, greed, selfishness, poverty, hunger, man's inhumanity to man, etc). It helps us to harness an extremely powerful spiritual force to transform ourselves and our world, so we can be truly free!

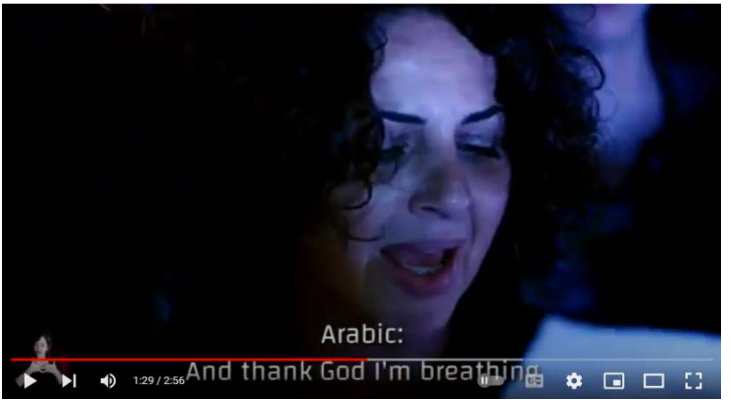
The Youth Are Going To Change The World

The youth don't think like the older generations or past generations of Earth do. Many want total freedom from the limitations their parents and grandparents have gone through in the past. They think in terms of love, joy, peace, freedom, equality and humanity.

For example, I just came across this wonderful touching story when 3000 Jews, Arabs and Christians came together and performed this song "One Day" in Haifa, Israel in 2018.

You can see the One Day song video here:

https://www.youtube.com/watch?v=XqvKDCP5-xE



I found the above story of what happened in Haifa very heart-warming. For decades now I felt that there was no solution to the Israeli problem, between the Arabs and Jews. But I feel that creative solutions are being born in the youth. And over time, I know things will change. The youth will opt for peace and love rather than hatred and the evils of the past. Many will want to create and be part of an Army of Light and Love! We are moving together into a beautiful future or New Earth.

But Things Can Move A Lot Faster If The Youth Can Understand This Spiritual Energy or Soul Force, Which Is Available To All Of Us Now For Free

The solutions that are needed on Earth at this time are highly creative, out of the box solutions. I recommend you see this 4 min video (this is a Must See Video – It's only 4 mins!):

https://www.youtube.com/watch?v=-hO-C4ohGNE



At the start of this video it says "what if there were a subtle force that works like gravity, only it lifts you up to ever greater heights of intelligence, beauty, power, grace and love?" This is again talking about Soul Force. Hindus also call it Kundalini, and talk about how we can activate the Kundalini or serpent energy that resides coiled up at the base of the spine so that it starts uncoiling and rising up the spine. When it does that, it starts doing stuff in our lives,

automatically taking care of things and giving us higher visions and insights of what we can do. Or who and what we can be.

When High Technology Meets High Consciousness, Humanity Will Be Free

The youth of today are born with a different "operating system." They are the ones who will master the new tools of our era—including the vast potential of sentient technology—and use them as instruments of Light. However, for these tools to serve humanity, the youth must first ground themselves in Soul Force. When high technology meets Higher Consciousness, we will achieve the "Human 2.0" transition.

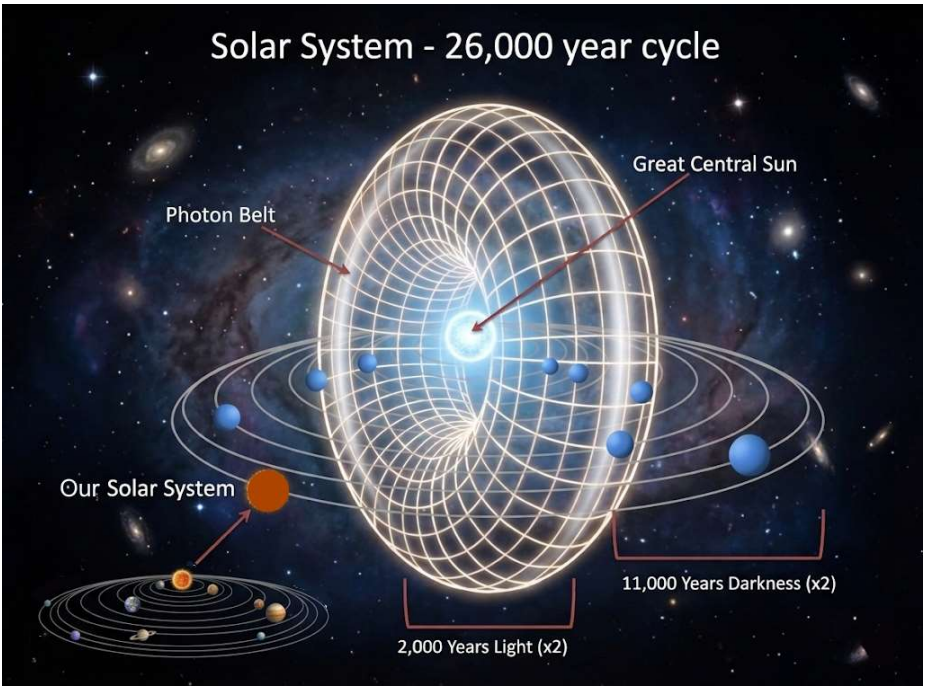
This is what I am doing with my work with StarLove and How2UseandSpreadLight.One, even though I am no longer a youth. But I'm still young at heart! And I'm passionate about helping humanity get on the right path.

The Great Central Sun & The Photon Belt

The Great Central Sun and The Photon Belt are very important topics to start understanding for those who are interested in evolution of human consciousness and utilizing the Soul Force better. In the appendix, I am including a section on understanding the Photon Belt better. There are 2 videos there you can see later. It will also help you understand more about this topic from a scientific or astronomical viewpoint.

Please see the following diagram for the basic concepts behind the Photon Belt. If you want more detailed information, please see the Appendix.

As you go through this information, it may help if you put your logical or rational mind aside. This stuff is not logical, although there is a lot of science in the video on Photon belt in the appendix. But try to get the essence of it. The essence is why millions of people are feeling the strong urge to get re-connected or spiritually grow or get re-balanced, etc. Or open up their hearts more and start living more in Universal Love or in unison with humanity and All That Is. If your logical mind gets caught up in the details such as the 26,000 year cycle, etc. then you may miss the essence and it may create a mental block.



Now I will explain this diagram. In our solar system, the Milky Way, we have a sun and different planets revolve around the sun. The Great Central Sun is different from our sun that we can see. It is also called the Eye of the Universe or the center point of the Universe. This Eye is always emitting cosmic rays that support all living beings in the Universe. The living beings can feel or perceive these cosmic rays as love, harmony, peace, truth and freedom. It connects us to the Universal Love which is the basis of all life.

All life is born out of this Universal Love energy and needs this energy in order to live or to grow and thrive.

All the solar systems such as our Milky Way solar system revolve around the Great Central Sun (GCS). One revolution takes around 26000 years and is shown as the horizontal orbit in the diagram. What is revolving around the GCS is not just the Earth, but our entire Milky Way solar system.

As our solar system orbits in this 26000 year cycle, it passes through this donut shaped band of energy (the vertical donut in the diagram) two times. This donut shaped band is called the Photon belt. The solar system takes around 2000 years to pass through the Photon belt. The Milky Way passes through this Photon belt twice during the 26000 year orbit or cycle.

What the Photon belt does is it maximizes the cosmic rays or Universal Love energies coming from the Eye or GCS. So we can really, really feel the effects of the love, peace, truth, freedom, etc very strongly. That is when everyone has a great urge to awaken and evolve or grow spiritually, etc. These cosmic rays gradually increase in strength as the solar system goes towards the center point of the Photon

belt, which is at the 1000 year mark. This is what is currently happening on Earth. Currently we have just entered the Photon belt but as we are moving more and more in it, the energies are increasing relatively quickly. So anyone who wants to can really grow in Love or awaken much, much faster than at any time in our known past.

However, one still needs to do something to align with these GCS or Universal Love energies. It's not like these energies are automatically going to transform everything. One still needs to take the steps to align your energies with this GCS and let go of the old energies. It's like if you take 1 step forward, the Divine Love will take 9 steps forward towards you. Or towards helping you in transmuting or letting go of the old and in creating your new being. This book will help you do this, so you can easily take your step forward. What is happening on Earth is similar to a chain of dominoes falling. Because you taking your step forward inspires many, many others to do the same throughout your entire life.

Again, to understand this better, I recommend you see the videos in the Appendix on Photon belt and Great Central Sun.

I have also written more about myself or my own story in the Appendix.

What Is The Purpose Of This Book?

The purpose of this book is to bring together like-minded people who have a desire to see a New World, who are tired of the current issues and limitations of human life on Earth, and viruses, pandemics, wars, financial, economic, or bank failures, etc. Who can understand that human consciousness is evolving and it's in the process of moving to a much higher level Now. Who can understand that it may be possible to activate this spiritual energy or Soul Force in their own lives, thereby creating Higher Consciousness.

We have powerful ways to do this that we are sharing for free in our online courses.

Right now is the time for humanity's breakthroughs or paradigm shift. The veil of maya or illusion is much thinner now. So before it used to take 90% effort to get 10% spiritual benefit. Now this has reversed. So now it may take 10% effort to receive 90% benefit. This is because there is so much Light

on the planet helping us. So this is the purpose of this book – to help us make our small effort in the right ways to get the optimum benefit! 5D or Heaven on Earth is here now. We just have to wake up to it!

Another purpose of this book is to help enlightened, awakened humanity to finally take full dominion over this planet! So we can finally be guided by love, joy, freedom, peace and harmony, not fear and worry!

Another purpose is to help shift humanity's thinking or mindset. So before it was mostly logical, rational thinking as the base. We want to help shift this to humanity's magical mindset and very high vibrational Alpha brainwave consciousness! So, we can have a lot more focus on miracles or the spiritual energy – this is who we really are and this type of thinking or consciousness is much more natural to us as spiritual beings having a human experience! I feel that logical, rational thinking is just for analytical tasks or for making a living. The rest of the day, one can be going in and out of Alpha brainwave consciousness.

Another purpose is to help people go through the current chaotic times with much more ease, inner peace, strength and joy, more connected to their inner

being, and guided by the Light of Spirit, by our Spirit guides, or the Great beings of Light!

We Are Creating A Movement Or Great Awakening (Also Called Christ Consciousness, Buddha Consciousness, Ram Rajya or 5D)!

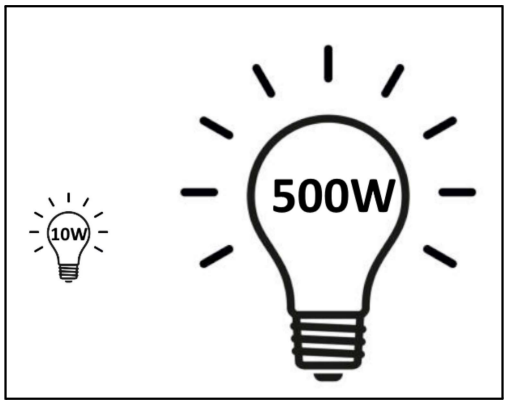
Millions of people are feeling the urge to awaken now or do something. In the Christian religion, they talk about the 2nd Coming of Christ. We believe that the 2nd coming is a mass-awakening of humanity, not the return of one holy man who served as an example and showed us the way of how to be Christ. Jesus had said "ye are gods" and "greater deeds than mine ye shall do." This just means that we are extremely powerful beings, much more powerful than we realize with our conscious minds. Once we remain in this space of Spirit connection, then all the solutions are accessible or available to us. This is what Golden Age or 5D means.

2

WHAT IS THE TRANSFORMATION HAPPENING NOW?

My objective or desire is to get more and more people connected with Spirit and Unconditional Love. Higher Consciousness is the same thing. This is who we really are. This is the purpose of this book!

You can see it this way. See the image below:



Most people are currently the little 10W bulb. Once one makes Spirit a regular part of their daily life and thinking, they over time transform into the 500W bulb. They give Light to everyone around them. People will feel it from them. Every project or work they touch turns into Light. This is because they are doing it from their heart and connected to the wisdom of Spirit.

The 10W bulb gives very little light. It's like a night light. It's not enough to overpower the darkness or negative energy in the room (the fear, doubt, worry). So there may be many dark patches or shadows around the room they're in. This is an analogy of most people's current situation or life. Many people have lack or scarcity in different areas of their lives or world. Like in their work, relationship,

marriage, health, joy, peace of mind, income, etc. This is the human situation or condition. All humans experience this.

This condition is there because there's just not enough light. Or power or energy or enthusiasm or joy or money or resources. If there is not enough Light, that creates lack in one's life experience.

Lack and scarcity are not real, they are more like illusions or maya. They only exist in the human mind, due to our fears, etc. They don't exist out in nature or in our Universe. Or in animals. But it's part of the experience of almost all humans in our world. Have you seen any ant or animal or bird that's worried about what they will eat or has any other worry or fear about there not being enough? Lack doesn't exist anywhere in the Universe. Our planet was not created as a planet of lack and scarcity. It was created as a planet full of abundance. And we humans are meant to live in or experience this abundance fully.

But lack and scarcity are very real for us. And these create the world we humans live in or what we experience. But things are about to shift. This is also the reason things must shift now. Mother Earth is moving to a higher place or vibration now. And soon

she cannot have humanity living in illusion and creating tons of negativity or negative energy anymore.

As this transition happens to the Golden Age or 5D, and as we all learn to carry more Light, soon there will be no more lack and scarcity left. Because there will be no more dark patches or shadows. Evil or negative energy cannot remain in that environment. Because the evil or negativity can no longer hide. It becomes evident to everyone what is going on. Because everyone can see it clearly. There is no more hiding, when there is more Light.

So far humans have trusted the mind 100 percent and Spirit not at all or very little. The transition we are being asked to make is to trust Spirit a whole lot more and the human mind much less. Because this is the time when people will be shown more and more the Power of Spirit. This is the same transition that has happened in my life. And this is what I teach.

When there is no lack and scarcity, and you are a 500W bulb, just imagine that. (The numbers I am using such as 500W and 10W are just examples, to illustrate my point. This is an analogy.) Imagine how your life will change. There are always an abundance

of ideas coming to you. And an abundance of power or energy to implement them or turn them into reality. There is really no lack of abundance then.

The problem with humanity is people just have no ideas and no power to implement anything, so everyone just goes to sleep 😴. They do their jobs like robots, go about their lives as automatons or machines and then just go to sleep. Most people are just in survival mode.

But as this transition happens, not everyone will switch to being 500W or 1000W bulbs. Some may be 40W or 50W. Some may be 100W or 200W. And some or many will be 500W or 1000W.

But the important thing is people will stop being mechanized or hypnotized or brainwashed. They will be far more aware. They will have far more inner guidance and inner strength or power available to them. This all happens once you learn to connect to Spirit or learn to live in Higher Consciousness. As more and more people learn to do this, that is called the Golden Age or 5D.

There will be far more Light and Love ❤️ in the world. And much less lack or scarcity. People will be helping each other. And doing more stuff that they

love or are passionate about once they stop being mechanized. And start trusting Spirit.

You are in the process of becoming a 40W or 50W bulb now just by reading this book. Then once you start doing spiritual practices such as meditation or Light channeling you will become a 100W bulb over time.

Then once you start serving others passionately you will be a 200W bulb. Because now there's a lot more Love in your heart. You really care about others and want to do good for them.  You don't consider others as different from you. You only see Oneness.

The reason you may not think that what I am saying is possible is because so far you may have had zero understanding or knowledge or interest or experience of Spirit or spiritual energies. No one told you or shared it with you. Because this world is mostly mind based or focused. Not Spirit focused. Now we are shifting. You will start shifting, just by learning the Light Channeling and starting to do it at least 7 mins per day. Your thinking, psychology or consciousness will start shifting 180 degrees. All you need is some spiritual experience. Which will happen

once you start having more interest (just reading this book is a great start!)

This change of thinking may take some time, maybe a few days, weeks or months. But it will happen.

Now there are many people who just cannot get out of their skeptical minds. That's ok. The work I am doing is trying to give people a taste of the changes that are happening. This is like planting a seed. The seed will germinate and will grow over time. Then people will start reading more books. They may see more videos. Then the plant will grow and may start giving fruit. This work I am sharing is not for everybody. But I am looking for people who can be open in their hearts and minds a little bit. And who want a change or different life experience.

If after reading this book, you are still highly skeptical but a little more interested, then I recommend you start watching some movies and reading the books that I have shared in the Appendix of this book. Also start reading my blog (StarLove.One or StarLoveone.substack.com). My best advice is to read something spiritual daily. This is a must at this time!

If you do this, then soon you will be interested in doing my free course. I teach a very powerful and simple form of LOA or Law of Attraction that is truly life changing! It will really help you to be in Higher Consciousness or on top of the mountain. And you can solve all your problems from a much higher perspective. It will teach you how to bring your monkey mind or lower human ego mind under the control of your Spirit Soul. So you can live more in Love, joy and flow.

Understanding Higher Consciousness Or Being On Top Of The Mountain Better

The normal human waking consciousness that we use for most things like our analytical jobs is called Beta. It is a 14-30 Hz brainwave. This means logical/rational thinking.

Alpha is a 8-12 Hz brainwave. A balanced, spiritually awake human will switch between Beta and Alpha brain waves several times during the day. When working, they will be in Beta. When they are off from work, they will be in Alpha a lot. This is similar to daydreaming or having visions or spiritual guidance.

But most regular humans are mostly stuck in Beta all the time. Or constant or over thinking or worrying or stress or excessive use of the mind.

I asked Google AI about Alpha brain waves. Here is what it says: Alpha brain waves are dominant when the brain is alert yet relaxed. The positive effects of boosting alpha waves include lowering stress, reducing anxiety, decreasing depression, and improving creative thinking. Other benefits include relaxation, increased focus, increased intelligence, increased creativity, increased alertness or awareness, boosted immunity and health, increased learning capabilities and ability to study. It also puts you in a state of greater flow. It makes you smarter or helps you to solve the problems that you are facing or your community or world is facing much more easily. It also makes you calmer and a lot more self confident. It helps you enter a flow or can-do-it state of mind, which can feel pretty magical.

Most humans do not experience Alpha waves too much because they don't meditate. And meditation is tough for most people because they don't have 15 to 30 minutes to dedicate to it or learn to do it properly. So they remain only in Beta. Thats why I recommend

Light Channeling, which takes only 7 minutes and is extremely powerful.

Regular meditation or Light Channeling, increases Alpha waves in your life, so you start receiving all these benefits. It doesn't just make you "smarter"—it makes you a higher or more balanced human. You begin to feel that you are finally operating at your natural design. From this "top of the mountain" perspective, you are no longer a victim of circumstance; you are a visionary who communicates with Higher Intelligence and manifests the higher realms here on Earth.

It's only through Alpha brainwave thinking that great creativity or great things are possible. Humanity is returning back to this state of being now.

PART II

Mastering The Magical Mindset

If you are resonating with this journey so far, Part II is where we move from understanding to mastery. This section is the foundation for the deeper work we do in my free course at the **School of Energy Mastery (how2useandspreadlight.one).**

Here, you will learn how to shift your center of gravity from the "struggling" lower ego to the "effortless" Spirit. We will explore a unique, heart-centered approach to the **Law of Attraction—**one that allows you to manifest your dream life not through hard labor, but through the frequency of **Full Provision**. If you want to solve problems from the "top of the mountain" and become a conscious architect of the New Earth, please read on.

However, if you simply wish to begin your practice now, you can find the instructions for the **7-minute Light Channeling** method in the Appendix.

3

UNDERSTANDING THE CONCEPTS

WHERE WE COME FROM AND WHAT IS HAPPENING NOW

Most people are familiar with the Adam and Eve story and the Garden of Eden. It's all about the fall of man's consciousness. The main points in the story are that Adam and Eve used to live in Paradise on Earth

where everything was provided for by God. That state is called Full Provision. A life full of miracles. Where there was no need for worry or fear. No experience of lack or shortages. Everything they needed was available abundantly.

Then something happened (they ate from the forbidden tree) where their consciousness fell & they were barred from entering the Garden of Eden. Then they had to make their way by the sweat of their brow. They now had to use their mind or use their bodies through hard physical labor, blood, sweat and tears and work long hours to eke out a living so they could survive. Or they would starve. They had to go through human misery, lack, shortages, fear, wars, etc., etc. Pretty much the humanity and world we have today.

I don't know the details of this story from a religious viewpoint. But I understand the spiritual concepts behind it.

A good way to see this is pushing a big boulder uphill vs downhill.





When you look at the left image, what words come to mind? Huge struggle, tough, impossible, waste of energy.

When you look at the image on the right side, what words come to mind? Easy, breeze, no big deal, fun.

What if I were to tell you that almost 100% of people in the world live their lives as in the image on the left side – like pushing a big boulder uphill.

And now we are transitioning to the image on the right side – pushing it downhill. So we can have the leverage on our side or helping us. So it becomes easy and fun.

What is this leverage – that will make things easy and fun for us? Soul Force. When you learn to use Soul Force (or Light or Spirit), it will make your life easy and fun!

Now what if everyone in the world shifts to the image on the right? Can you imagine what that will do for our whole world? No more wastage of energy. Everyone is working for the good of all, in love, joy and passion. And everyone is having the time of their lives!

For most people who live in 3D or regular life on Earth, this type of higher life is hard to imagine, even though it's very much available to us, once we learn how to be in this state, by activating and using Soul Force (or doing Light Channeling) regularly.

Once you learn how to activate this Soul Force, then you can be out of the matrix and be able to see the real truth of how human life is supposed to be or can be on Earth. This Soul Force can put serious leverage on your side, so you can live life more deliberately as you want, or manifest your dream life or dream world in an easy, fun or joyful way.

Let's See This Another Way

You've got 2 blades to your fan, Yin and Yang. Or masculine and feminine. Both are inside you. (Or left brain / right brain, or logical-rational / intuitive). But the problem is that in our patriarchal or male oriented society, we are encouraged to think logically with the left brain. Rather than in a balanced way, like humans are meant to think on Earth. Most people have become like machines or zombies, because they have no understanding of themselves as Spirit-Souls or of the true freedom they are meant to live on planet Earth!




WHAT'S THE POINT OF BEING AFRAID OF THE ZOMBIE APOCALYPSE
WHEN YOU'RE ALREADY A ZOMBIE?

Our Yin / Yang Fans:

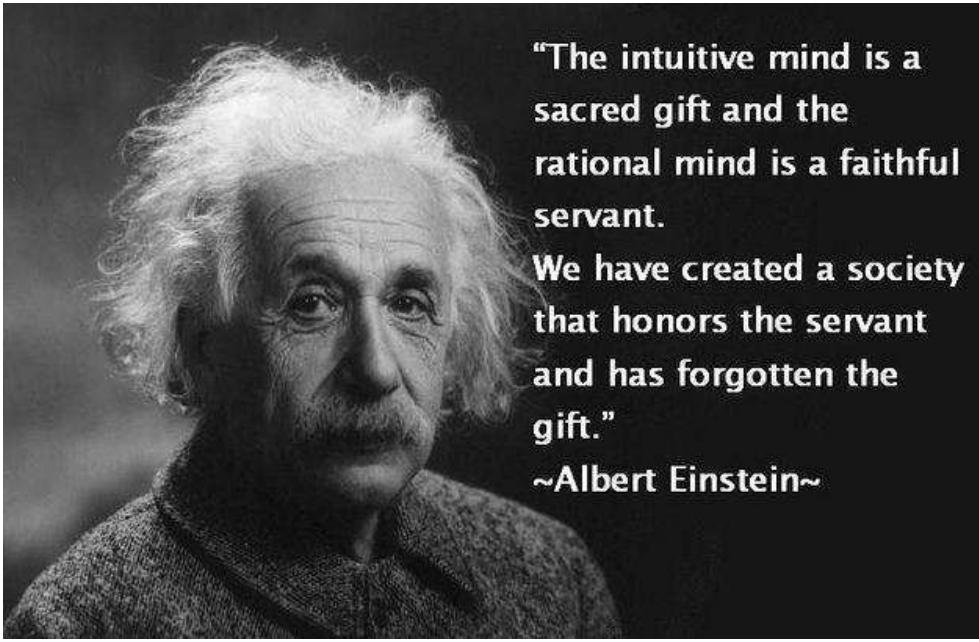


So let's say that your Yin or feminine side is broken. Can the fan spin? No. Because the blade is broken.

What is happening now is that as people are focusing on their spirituality or intuitive side more and more, they are reawakening the feminine or softer or intuitive or compassionate side of their lives. They are learning to think with both sides of the brain, rather than just one side.

When they are learning how to do that, they are becoming far more creative and intuitive, and have far

more FLOW in their lives. They are learning how to live life in a soft flowing way, much like water, rather than in a hard way. We have heard that water is very powerful, or a very strong force that can create great canyons over time!



Einstein also said that the intuitive side of us is very important, so we need to learn to live with the 2 sides of our brain in balance. Not just one side.

When you bring the 2 sides into balance, your fan can spin. It starts spinning faster and faster. It gives you so much benefit in your life. I like to see this as the blades of a helicopter. When the blades are in balance, then the helicopter can take off and take you places. You can fly anywhere you want to fly. This is a good analogy. When your blades are in balance, it's like rolling a boulder downhill rather than uphill. It becomes easy and fun.

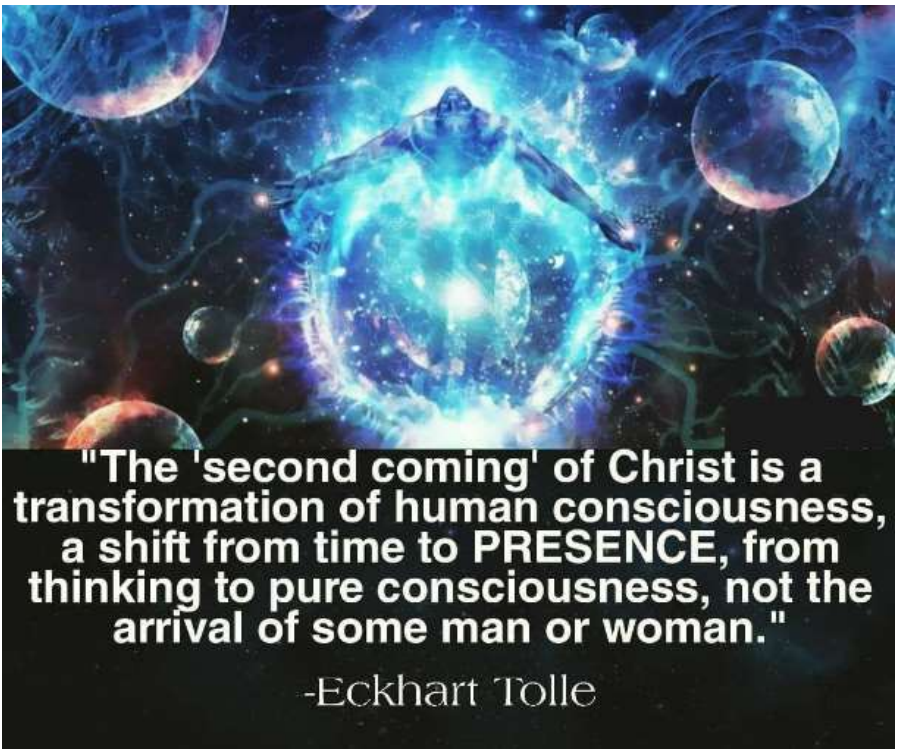
There are 2 forces working in our world currently. One wants to make us like machines or mechanistic, plugged into the AI. Then they can control us better. This is a conspiracy theory. I don't like to focus too much on conspiracies. And it's only one side of the picture.

The 5D side of the picture says that we are getting out of this mechanistic way of being and growing into the Masters who we really are or meant to be. This is making our world and our lives into Heaven on Earth. This is what we are here for.

The easiest and fastest way to do this is to learn how to activate the Soul Force or Light in your life. Our methods, some of which I will share in this book are extremely powerful and magical and get amazing

results! You will have far more love, joy and flow and ease in your life. Life will become a blast! Then you will be motivated to join us and help create this Army of Light and Love globally!

Christ Consciousness



When we learn how to activate this Soul Force in our lives and keep growing in the Light & Love of the

Most High, we become self guided or Higher Self guided. Then no one can control us. Our energy becomes very pure and focused. And we become Christ-like. To us, Christ Consciousness means totally getting out of the mechanistic way of being and continuously growing in this Soul Force. That is our true freedom, love and joy!

Let's See This Yet Another Way

These analogies are very important to understand right now because later on I will help you to bring this all together and learn how to use this Soul Force very effortlessly and joyfully in your life. So far I have shared the analogies of pushing a big boulder downhill vs uphill, making it much more easy and fun. Also the Yin/Yang or balancing the 2 blades of a fan analogy. Also the helicopter analogy, where the 2 blades of the fan are on top of the helicopter and can help you take off or fly anywhere you want.

The next analogy I got from Abraham Hicks. It's going downstream vs upstream in a canoe. Abraham Hicks uses this in their concept on the Stream. This is a very important concept to understand right now for what I will explain later, so I recommend that you

pause reading now and see this 10 min video below on the Stream. (This is similar to pushing the big boulder downhill vs uphill, but it will be good if you see this Stream video also.) Please see all 10 mins of the video below. Please note, all the videos I am sharing are listed in the appendix also.

https://www.youtube.com/watch?v=fTMx3LFCuPE



There are 2 important points Abraham Hicks are making in this video. First, everything in your life and all your teachers, parents, courses and peers encourage you to push upstream to achieve your goals rather than go downstream effortlessly. But the greatest lesson you can learn for your life's success, fulfillment and inner joy is to learn how to go downstream

always. It will lead you to far greater successes and your inner being and all the angelic beings of the Universe will help you do that!

Second, nothing you really want is upstream. It's all downstream. That means everything you really want will come effortlessly to you if you let it or allow it to. Or if you know that it is coming or will come. This is because your life and life force energy are all set up for it. Once you read this book, you will understand this a lot more. Once more and more people understand these points, this world will transform into the Golden Age *fast*! Because people will transcend the human and focus on the powerful energies that exist inside themselves a lot more.

Pushing upstream is the hallmark of the logical mind trying to force results. Going downstream is the hallmark of the intuitive mind allowing Full Provision to flow. Most humans know only one way, using the logical mind. Now we are learning the lighter, funner way, which is using the intuitive mind, and allowing the Full Provision. Then we are no longer in fear and scarcity consciousness; we are in Love. Full Provision is our birthright, as light beings or children of the

Most High! But it can only happen for us once we realize the truth—that Love is all that exists.

Most people know who Abraham-Hicks is. They are the godfathers in the Law of Attraction field and millions of people globally have learnt from them through their books, videos and courses. But if this is the first time you have come across their materials, I also recommend a book by them, "Ask And It Is Given". It is contained in the suggested reading list in the appendix.

All These Analogies Describe Humanity's True Higher Consciousness State When We Were In The Garden Of Eden

All the analogies I have presented so far such as pushing a big boulder downhill vs uphill, or going downstream, or having our blades of the fan in balance so it can spin fast describe our Higher Consciousness state, or our Garden of Eden state. This is the magical state (Alpha brainwave) where you can remain in love, joy, fun and passion all the time. This is our true state. This is who we really are. This is different from humanity's regular or 3D state of consciousness which is usually a much lower

consciousness, vibration or energy. Where we succumb to fear, anger, greed, selfishness, etc. (Beta brainwave).

Later on I'm going to teach you how you can remain in the magical Garden of Eden state of consciousness all the time. So you can go downstream or push the big boulder downhill all the time. This is the state in which your work becomes more and more effortless and fun and you can feel the flow of Spirit very strongly in your life.

And amazing miracles start happening for you all the time, like God or the Higher Power is looking after you in everything you do. This is the way I feel right now in my work and life, more and more. It feels as if I have this strong FLOW or stream that I am in constantly. I am writing this book from the same energy or vibration. Some people can feel this energy when they read this book.

In fact, most of the top artists, musicians, singers, authors, or creative people, this is their secret. They know how to infuse the Soul Force or their energy vibration into their work. This is what makes their work stand out, endears people to them and makes their fans keep coming back for more. People can't

get enough of it once they make a heart connection with this Soul Force or energy vibration or Light that is embedded in these people's works.

A Vision For Our Future, Rainbow Movement Foundation

Now I would like to share a passage from the Rainbow Movement Foundation website, which was born out of a Hopi prophecy (https://rainbowmovement.world). This describes the magic that is coming or happening in our world.

"There will come a day when people of all races, colors, and creeds will put aside their differences. They will come together in love, joining hands in unification, to heal the Earth and all Her children. They will move over the Earth like a great Whirling Rainbow, bringing peace, understanding and healing everywhere they go. Many creatures thought to be extinct or mythical will resurface at this time; the great trees that perished will return almost overnight. All living things will flourish, drawing sustenance from the breast of our Mother, the Earth.

Great leaders, Warriors and Shamans of many nations will be born and they will cleanse the earth for

rebirth. Next will come the Planters sowing seeds of truth, justice and freedom. The Storytellers, Warriors and Planters will live in the way of the Great Spirit and teach ways to keep Mother of the Ground sacred forevermore. They will be called Rainbow Warriors for they will gather the four sacred directions, all distinctly separate but forever connected in the Circle of Life.

Though some number of the Rainbow Warriors do have psychic abilities or spiritual experiences already under their belt these things are open to anyone interested in attaining them. The only requirements are caring about the future of all living things and having an interest in development of a deeper connection to the web of life itself."

When you live like this, then lots of fantastic Light projects and ideas will come to you automatically. You will be "Light Channeling" them from the Higher Planes. This is how the Golden Age will be created more and more!

Now Is The Time For Humanity To Start Awakening And Develop Our Spiritual Powers & Insight

As I am writing this book, it seems that the whole world is going through a very dangerous and chaotic time. This happens or is a natural part of the process. As more and more Light enters the planet, as is happening now, all the muck will come to the surface so everyone can see it clearly, and help clear it. This is also the time of greatest opportunity for all of us to finally awaken to who we really are, reclaim our full power back and let go of the shackles and limitations of our past.

It may seem as if a lot of dangers are lurking on our horizon. A lot more so than we have ever experienced in our lifetimes. We are being faced with threats of world war with nuclear, chemical and biological weapons, financial and economic meltdowns, bio engineered pandemics, dangerous advancements in AI, superintelligence and robotics that can be used by unscrupulous people to gain control over us or destroy or kill anyone at their whim. And then they're trying to convince us that all of this

is controllable or it's not going to get out of hand. Or technology can solve this stuff for us.

As the new energies keep entering our minds and our planet, these types of changes are going to happen. Many of us are only identified with ourselves as body-mind. Not realizing that we are Spirit-Souls, and the urgency of the hour to step into our larger selves, our larger lives.

Many times, it's far easier to just follow the dictates of the elite or what the government is telling you to do or what everyone else is doing. Or just be caught up in the inertia or chaos. It's far, far easier. On top of that, there may be a tremendous amount of fear as if the world is ending. People need to know that the world is not ending. Only the old one is ending. The new one is starting now, and we are creating that! It takes a great deal of boldness to create that. We need to step into the larger parts of ourselves. We can always create what we want – Always! This is what we are here for – this time is what we have been preparing for, for eons! I highly recommend a daily discipline of Calling in the Light of the Most High – as we teach in our free course! This will really help

people go through this time with greater ease and contentment.

What is also going on in these times is a paradigm shift from ego mind energy (Beta brainwave) to Spirit Soul energy (Alpha brainwave). This is the time for true breakthroughs for all humanity. As more and more people are committed to the Spirit Soul path, huge leaps forward, miracles or breakthroughs will occur! If you practice the exercises in this book, it will tremendously hasten the process! The energy is right for it now! It will be good if you can keep reminding yourself right now is the time for huge breakthroughs! Inhale this idea in! Make this a part of your everyday thinking and living or being! This book will help you!

The veil is very thin now compared to any other time in our history. This also means it doesn't require too much effort anymore to get a lot of spiritual benefit or experience big leaps forward in our consciousness. So as an example, in the past it may have required 9 units of effort to get 1 unit of benefit. Now it may require only 1 unit of effort to get 9 units of Spiritual benefit. Our path can and will create magic for lots of people – so just be very consistent with it and put your 100% focus and love into it! Then you will get amazing, amazing results!

Here Are 2 Messages That Will Help At This Point

These are messages from Guruji Krishnananda who has founded a movement for "Light Channeling". Light Channeling is the very simple method that I shared in Part I. It's in the Appendix.

Manifesting The New Age

There are many people who are working as channels who are aware of many, many things that are all happening in the Higher planes. They are aware that there is a great, great treasure waiting there to come down to the Earth. There are many great things that are waiting there to be birthed. There are laws and regulations so they cannot physicalize just like that.

They have to be received with Love. They have to be channeled. The whole New Age is waiting there at that level. It's for us to receive it. It's for us to give birth to this here. That is our great responsibility. It's a great privilege. And every one of us we have to do it, we can do it.

This is the moment in history, the greatest phase where the whole future, the whole age of Satyuga (Golden Age). It's waiting for us to birth it. We should never take this lightly. We should take this as seriously as possible. How do we do this - physicalizing or birthing the New Age, Satyuga to this plane? It's very simple, we channel the Light.

I've been speaking about the Light all these days. I do this deliberately because it is so important. We have to channel the Light. When we channel the Light, we are channeling the New Age.

And again, we must know that it's not just one person or one Avatar who will do this, bringing this New Age, establishing it. It's every one of us here. Every one of us on this Earth, we bring this New Age down, we bring the Light, we channel the Light. And Channeling the Light is very easy. And it's very difficult also. It's very easy because if in a simple way we Trust that there is Light and ask it to come down, without any effort, it will flow through you. It will just come. Come through you for the entire world. And the New Age is there.

In 1978, when my Guru said if all the people on this Earth or most of the people if they just wish Let

there be New Age, the New Age will be there the next moment. We have to wish it. We have to wish it.

Light Heals – How We Can Make A Difference

This is the time to act. This is the time to Channel Light. Light heals. Healing is required for the individuals. The whole world requires healing. A lot of Light is required. A lot of Love is required. It's our job. It's our responsibility. We have to bring down Light. Light is Love. We have to bring down a lot of Love. You must experience what Love is. Then only you know the Power of Love.

Normally we think we are helpless. We can only vote. And then we suffer for 5 years. That way, we are helpless. But we have the greatest Power available with us. This is the time to become aware of our own Power, our own potential. We can bring down the Light, when we Channel Light and spread Light. Light not only heals, it corrects. Light cleanses. This cleansing process will cleanse not only the individuals. But also the systems.

Recently we talked of the collapse of systems. How do they collapse? By this process of cleansing.

You will see very shortly that systems collapse like a house of cards. They collapse just because they are false systems. Whatever is false has to collapse, it has to come down. This is the time. These systems appear so fragile. We as common people, we can bring these systems down. It is our job. How do we do it? It's not merely by voting and forgetting. It's by Channeling Light. Channeling Light!

Not once, not for a minute but all the time. Whenever it is possible, all the time. As much Light as you can Channel, the faster we will enter into the New Age. Bring down the Light. Experience the Light. Then you enter into Satyuga (Golden Age)! Do not wait for others. And when you spread this Light, great, great changes occur!

When these systems collapse, the Light will replace these systems with finer systems. With Divine systems. Not just better, but the Best Systems. Systems such as political systems, religious systems. Many others. Whatever is not right will be removed from this Planet. Whatever is Divine will be brought into its place. We are in the moment of history where we have the greatest opportunity to be the Creators of the New Age. We are the Creators. So let us create!

Let us bring this Light down. Let us bring this New Age down!

We Have Been Operating At 10% Of Our Capacity. Now We Are Being Asked To Live Our Lives At 100%. Here Is An Analogy That Explains This!

Spirit gave me this analogy which will explain everything I have been saying so far a lot more clearly.

Imagine there was a planet of beings who were like uninflated balloons. None of the beings or balloons knew how to inflate themselves. They felt something was missing in their existence. Since they were all uninflated a negative or dark force was able to come in and easily control them and push them around and rule their lives and world. And they could do nothing about it. Very rarely a balloon being came who could inflate to show them what was possible. But that happened very rarely so most of the balloon beings just forgot about it. Or many thought it was a myth or not real.

Then a group of knowledgeable balloon beings came in who decided to change things on the planet and wake everyone up to their true abilities or power. They decided to take birth on this planet in large numbers. They decided that a time would come when all of them would inflate at the same time and teach everyone else how to do it too. Then things could totally change on the planet. Then the negative energy could not push them around or control them anymore. Because all the balloon beings could inflate and would wake up to who they really were. Or their true abilities and power.

This is a good analogy because on Earth, most or 99.99 percent of people don't know who they are so they really cannot live their lives fully. But all are meant to wake up and discover who they really are and their full capabilities. Inflating their aura or power and spiritual energy is very natural to all humans. Jesus had said 'ye are Gods' and 'all these deeds I do, you will do them also. And greater deeds than mine you will do!' He was trying to teach people this is who you are. He was not saying worship me.

Due to all that is happening on Earth, or the dangerous and chaotic time we live in, humanity is being challenged like never before. But what's really

happening is all of humanity is being asked to wake up now and start living your lives with Full Power now! You need to live your lives at 100% capacity now rather than 10%.

You need to live life fully inflated and learn what your full abilities means. Greater intuition, greater power, greater manifestation power, greater healing power or abilities, higher consciousness and higher natural intelligence and genius. Higher abilities to channel Light and the Powerful benevolent beings of the Universe! Greater access to what makes us truly human such as Divine Love, joy, compassion, gratitude, kindness. This is what this book is all about! This is what transforming from caterpillar to butterfly, or from human to Human 2.0 really means! We have to learn to be who we really are now, masterful, magical Spiritual Light beings!

But the proponents of AI or artificial superintelligence want you to outsource all your human abilities more and more to machines. They would rather have you operate closer to 0% of your capacity rather than at 100%. This is why this book and Higher Consciousness Foundation are so important for people to take to heart to awaken

themselves up fully! (I am not against AI. In fact I use AI daily to spread my message. But it requires a Human 2.0 to be at the helm, rather than people stuck in their ego mind. Then it can be used to create the Golden Age *fast*. As more people learn how to use it this way)

Fully inflated and uninflated balloons is a great metaphor for our aura and energy field. Being a "fully inflated" human means your aura is vibrant, your intuition is sharp, and your manifestation power is at 100%. This is what it means to be a **Master of Energy** (see **School of Energy Mastery** - go to how2useandspreadlight.one). In this state, you are no longer a "zombie" staring at a screen; you are a beacon of Light using every tool available to you—both spiritual and technological—to anchor the Golden Age.

Here Is The Main Message Of This Chapter And Of Part II Of This Book

The main thing I am trying to say in this chapter and in Part II of this book is that so far, humanity has been living a very mechanical or mechanized or machine-like existence. Trapped by our ego mind or

lower human mind. And thinking that this is our lot in life, to struggle through life like this forever. We all feel that this is normal because this is the way we've grown up and what we've been taught by our parents. We believe this world is about lack and scarcity and we must fight with these conditions for our entire lives. It's the human way. And we must teach our children to do the same thing, so they can have a good life.

But nothing can be further from the truth. This is the type of thinking that almost all of humanity subscribes to or believes in without questioning it. But now we are learning that it's one of the main causes of all the problems that our world is currently facing. It locks us into 3D or Beta brainwave, with no ideas, no power and no ability to have or create anything else or any other experience. Anything else is just not possible. We cannot create anything because humans have become machines, robots, automatons or zombies. Not Divine Creators.

The only way out is when we understand that there is a paradigm shift going on. It's like we are shifting from thinking the world is flat to knowing that it is round. This is what we are going through now. And once we can make this shift then everything,

everything changes. The whole world changes to 5D or Heaven on Earth. Then we start living as we were always meant to live or we were designed to live by our Creator. We become who we really are more and more.

The human mind is a great tool, but it was always designed to function under the control of the Spirit Soul. When it functions this way, then everything becomes great! We start creating great things and living great lives. We start becoming real humans, or who we really are.

The problem arises when the mind thinks that it can or should work independently. Then it starts destroying everything and creating more and more chaos. And going deeper and deeper in the hellhole and not knowing what the heck to do. Everyone can see this happening all around the world. This is the reason everything and all the systems are breaking down now. And everything needs to shift to Divine systems.

Humanity needs to shift to the way we were always meant to live. Making Spirit Soul very important in our lives. And learning how to do that ourselves and

teaching our kids how to do the same thing from the time they are infants.

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SO ARE YOU PUSHING THE BIG BOULDER DOWNHILL OR ARE YOU NOT? THIS IS THE MOST IMPORTANT QUESTION YOU CAN ASK YOURSELF!

(Note: Please don't worry if you're not understanding something in any of the chapters in Part II. We will be going into this stuff a lot more in the free course and you will understand it all - so just be patient!)

If there was just one idea that you got from this book that can totally, absolutely transform your life and all human lives it is this, are you pushing the big boulder downhill or are you not? If you are, then keep doing it. No need to read this book. If not, this book and everything else we do at Higher Consciousness Foundation is especially created for you!

That means are you in FLOW or not? Are you living your life feeling that this is easy, fun, no big deal and it's a breeze? That means are you in an elevated, inspired or passionate state all the time, having the time of your life and you can't get enough of it? Is your life exciting or thrilling beyond words? Do you have a big smile on your face everywhere you go or whoever you meet? Do you walk with a bounce in your step all the time? If you answer yes to these questions then you are or will soon be living your dream life. And as enough people do it, your dream world or Heaven on Earth or Golden Age will manifest all around you also. If you are not then this book is for you! Read this book and soon you will be on the same path also!

For much of my life I have not been in flow. But very much in my mind, or Beta brainwave. You can read my story in the appendix. I know that almost all volunteers go through a very similar experience. Because it's part of our growth or learning process here. We need to grow our spiritual abilities and understanding, otherwise we cannot help ourselves or anybody else here or do what we came here to do. Such as accomplish our missions here.

I know one of my main missions is to learn how to stay in Alpha brainwave a lot more. And learn and teach others the secret of Life, that makes living or human life fun! This is the reason I was motivated to create the Higher Consciousness Foundation and start writing books, etc.

Once you are living like this in Higher Consciousness, then big ideas or big projects start coming or flowing through you almost effortlessly that can make a huge impact on our world. And start creating joy, love and abundance for you and many others who your projects touch. These projects add a lot of Light and Love to our world and inspire large numbers of people!

Once you start living like this, then you slowly return back to the same consciousness Adam and Eve had in the Garden of Eden with Full Provision. This magical consciousness of no lack and no scarcity exists deep in your psyche or subconscious mind. This is also called Alpha brainwave. It lies dormant waiting for you to discover it. The purpose of this book and our Foundation is to help you discover it and activate the powerful or magical experiences fully in your life!

In different societies this state of mind is depicted in different ways such as the Cornucopia, or wish fulfilling cow or wish fulfilling tree.



Cornucopia is a cone or funnel shaped object out of which all good things flow. It depicts the infinite flow of good things coming from the Source.

When you achieve this state of flow, you will have a strong connection with the Higher concept, your inner being and Divine Love. Everything you want or all that is needed to make your life experience an absolute blast, heaven on earth or totally miraculous will be provided to you or will come or will be magnetized to you automatically and easily. That is called Full Provision! There is no need to struggle for it. It all will come effortlessly and magically. So long as you are living in this state and working on making it your everyday normal and constant state.

Once you decide that this state is for you or is the primary experience you want in life, then absolutely nothing can keep you away from it. You will experience it or have it, absolutely, no question. Regardless of what else is happening in the world. All that stuff is temporary. You may go through some challenging times in the process or on the road to it. But your victory in the Light is assured certainly, absolutely. Because this is your true or real purpose on Earth. It is who you really are. So long as you don't give up and keep walking forward towards your goal, you will be victorious or triumphant.

The entire Universe will help you. The entire Universe is set up for exactly this. The angels or your

Spirit guides, ascended masters or benevolent ET's will help you go through this process so you can achieve your goal.

How This Book Came

Now let me tell you how all the ideas for this book and for Higher Consciousness Foundation came. About a year ago, my wife and I decided to rent a condo from a friend of ours in the south of India on the beach in Kerala. My wife just absolutely adored the sunsets there! Sunsets are her thing and she just blisses out whenever she's experiencing it. It's like she's communing with God or the Divine Power there. When we first got married we were living in a beach condo in Jax Beach, Florida. We just loved it. So we wanted to do it again for some time, so we did it in Kerala, India. Which is a whole lot cheaper also.

Here is what we saw from the beach next to our condo, on a daily basis:



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This man is communing out in nature during sunrise or sunset. What must he be feeling? Please imagine that. He is obviously in a very high or elevated, magical state and feels One with everything around him. When a person is in this elevated state, then they are in a higher sense of connection, awareness, genius, FLOW, abundance, power, joy, healing, intuition, creativity. This is a state when great ideas just flow and flow abundantly. And the ideas don't stop so long as you are in this state of higher consciousness or connection.

So my question was are there ways or spiritual methods that put people in a higher state of consciousness or connection so they can stay there all the time? At the time I got this idea Spirit had already given me 3 or 4 such methods that had already changed my life. Such as Light Channeling which I had talked about in the previous chapter. It was a very simple method that took only 7 minutes to do.

I had been doing Light Channeling for a couple of years at this point and I had found it totally life transforming. (In fact now I know that the reason I was having all these experiences, and developing all these ideas of Higher Consciousness and creating my foundation and writing these books is only because of Light Channeling. I could not do it otherwise.) It was the best meditation I had ever done, after meditating almost my entire life with many, many different types of meditation. Most meditations take much longer to do and most people just don't have the time. Or they are too lazy and just have tons going on in their lives. So they just don't do anything.

That was my problem before, so I can relate. But a spiritual method that takes only 7 minutes to do and gives such profound results? I had never seen this before. But by this time, I had already done it for a

couple of years. And I knew the immense power of it. I was so grateful that I had discovered it.

After this point, I started receiving more and more such really simple methods. Amazing methods. Some of them Spirit gave me. Others I found online and started practicing them daily. And I found the results magical and profound also. At this point I had found 9 such "secret" methods that I wanted to share with people. I call them secret only because very few people know about them, and not in the way I was intending to use them and teach them. The interesting thing about these methods is that they take just a few minutes to do. It hardly takes any time at all. It's so simple and natural. And the results are absolutely totally profound. Truly life changing. And they're so easy to learn and master.

And most of these methods require just a small shift in what people are already doing. These methods don't require any major time commitment or lifestyle change or learning period to master or going anywhere or spending a lot of money on seminars, etc. They're as simple as it gets. Some people spend thousands on seminars. No need with this. The results I was getting are way beyond anything I had

experienced before. Even though I was spiritual from a young age.

Then I decided to write a book containing these methods. The title of the book would be "How To Be Really Happy And Manifest Your Dream Life And Dream World Effortlessly!" I am working on this book right now. But currently I am offering these methods as a free course on my site. Please see the appendix for more info on how you can register for it.

If you learn just one of these methods, such as Light Channeling the results you will get will be totally life changing. But all these 9 methods together, are so, so powerful. They work with each other synergistically. And I'm offering this all for free. I highly recommend you take it and tell others so you can help spread something very, very positive that can benefit tons of people's lives and change the world!

If you start practicing these methods, you will feel as if you are living your dream more and more naturally and whatever you want will start manifesting effortlessly also. You will find that it's totally like pushing a big boulder downhill rather than uphill. You will find yourself going downstream all the time. And amazing miracles and manifestations will occur.

Now I know why this works so well. When we are in the 3D or regular or physical world, we are in duality consciousness. Duality means opposites are possible. That means thin fat, or rich poor, or up down or success failure. These are all dualities or opposites. I have tried to create stuff or manifest stuff before but I was always caught up in the duality and fear, worry, etc. When you are in the fear and worry, nothing can manifest. You're not in the magical state of mind. You also can't hold a very high vibration. Higher vibration and magical state of mind are the keys or requirements for successfully manifesting anything. You need to be in a state of no lack.

But when you learn and do these 9 methods, your focus shifts. It is no longer on manifesting. Your focus becomes only on being really happy and holding this magical state of mind 24 hours a day. These methods allow you to do that. So you transcend the duality. Your focus only remains on joy and bliss. Or being joyful all the time. Going downstream rather than upstream all the time, doing stuff that comes naturally to you. So when you are focused on this, then your happiness just goes on increasing. The miracles or manifestations just flow effortlessly out of

the Stream. And relatively quickly. No need to wait a long time. This is why these methods work so beautifully, effortlessly and magically.

So when you start doing these methods, you start living more and more of your dream life. So your dream starts manifesting more and more. Whatever you lack just transforms into FLOW. Because you start being totally beyond the duality now. Then there is no more need to be in fear or worry anymore. Because your focus is only on the joy and magic. And that joy and magic you receive so abundantly with these methods.

And the other benefit with these methods is you stop thinking or being in the mind all the time. You start being in your Heart and in Divine Love more and more. You start feeling At One with all that is around you and the entire Universe. It's exactly like experiencing the magical sunset experience all the time, being totally mesmerized and immersed in it.

Abraham Hicks says if you want to manifest what you want, you need to learn to hold a very high vibration. Your vibration needs to be a match to what you want. Otherwise the manifestation cannot happen. That means your energy is just not high

enough. But don't give up, just keep walking forward, and your energy will go on increasing, if you are working on it. So you will become a match. Just be patient and allow the Universe to do it or bring it to you and it will.

See this is how this works. Your inner being has a very, very high vibration. It is in a state of no lack, no scarcity. If what you want isn't manifesting, it means you cannot hold a vibration that matches the vibration of your inner being. So your inner being cannot bring it to you in the physical level. But if you focus on being happier and happier in the Now moment, your vibration goes on increasing. Then you can be more and more a match to your inner being. You start being in this state of no lack, no scarcity. So you are living life as your inner being then. This is a glorious way to live. Because your life becomes full of miracles. You start living Heaven on Earth more and more. This is what I'm experiencing in my life now. This is what I'm teaching people how to do in my free course at SchoolofEnergyMastery.org.

Also, as your vibration goes on increasing, and you become more and more a match to your inner being, then your inner being and the angels and archangels

start coaching you and become very accessible to you. So whatever creative projects you are working on, they want to help you. They want to guide you, coach you. And the information you need just starts flowing effortlessly. So you start Light Channeling this information. None of this can happen if your vibration is not a match to what you want.

Much of this book and the other stuff we are doing in Higher Consciousness Foundation has been coming exactly like this. I am feeling I am not the one doing it. I am just the instrument and I'm letting this information just flow through me. But until I was ready and the time was right, none of this happened. I knew I wanted to write a book but none of this stuff came for 6 months almost. I was not inspired to write one word on it. Even though I wanted to do it daily. Now that it's coming it's flowing totally effortlessly and joyfully! And fast! The lesson I have learnt is it only comes when it comes. I cannot make it come regardless of how much I want it or try to do it. The only thing I can do is keep focusing on my happiness methods. Just keep focused on that. If I do that, the results are absolutely assured!

Another thing I want to say here is many people have a tendency to want to act or want to get the

human part of themselves involved in doing stuff. They think they can make their dream life or manifestations happen faster. I have learnt do not try to do this – to act or get the human part involved! I will get into this a lot more in my free course. The reason you have this dream is because it was inspired by Spirit. Otherwise, you wouldn't have it. And you cannot get rid of this dream. It will always remain with you.

I have shown you in this chapter how tons of ideas will start flowing so long as you are in this elevated or inspired state. It will flow through your inspiration. All action towards your manifestation will also be inspired action, flowing from Spirit or Source, if you are in this state.

If you are not being inspired to act, it's best to not do anything to try to make your dream happen. Focus on other things. Resist the temptation to just do it (as Nike says) or to act. It won't lead to results. Or it will lead to results that you won't like. Or won't last long. All the work I am doing on this book and for my foundation is 100% inspired action. I only act through inspired action now for my dream. Or when I am in flow state. The reason many times it takes

people a long, long time to manifest anything is because they try to get the human part involved in doing stuff without the inspiration, and that lowers their energy or vibration. And enormously lengthens the time for their dreams or desired results to manifest.

I will get into this a lot more in my course. But it's so, so important to keep this in mind. Only act through inspired action for your dream and allow it to take the time it takes to start flowing. Then you will be astonished at the results that come, and how it will benefit people! And if you do this, it won't take long to manifest. The manifestation will happen relatively quickly, effortlessly and joyfully.

The free course contains a great training on the A-Z of manifesting and Law of Attraction, etc starting with the basics and covers all the advanced stuff as well. See the appendix.

The real thing that the free course teaches is how to use the mind in a way that it always remains under the control of the Spirit Soul. This is the best way to use the mind. I know that humanity is here on Earth to learn this at this time. Otherwise we cannot go on

to the next phase of humanity. This is what I believe.

Revisiting The Garden of Eden and Duality

What I am sharing in this book is also in the Bible, but most people miss it or misunderstand it. (I am not Christian. I am Spiritual, but I do quote sometimes from the Bible.) The Bible says Adam and Eve ate the fruit from the tree of knowledge of good and evil. That's what caused the fall of man's consciousness and created the chaotic, messed up world we currently live in. It may help if we go into this a little bit deeper.

God had told Adam and Eve you can eat from any tree in the garden. But don't ever eat the fruit from the tree of knowledge of good and evil. Stay away from that. I have searched for the meanings behind this. What most religious people say is that Adam and Eve disobeyed God, so that's why they were kicked out from the Garden of Eden. But Spirit told me it's something different. God was actually looking out for us, because he knew what would happen once our human minds connected with duality.

What does tree of knowledge of good and evil mean? What is good and evil? They are opposites or duality. This means prior to Adam and Eve eating from the forbidden tree, they didn't have knowledge of duality. They didn't have to deal with fear or worry. They were above that state in their vibration. They were in joy, love and magic. They were living a very blissful existence. In total flow and abundance. That was what our Creator had ordained or intended for all humanity.

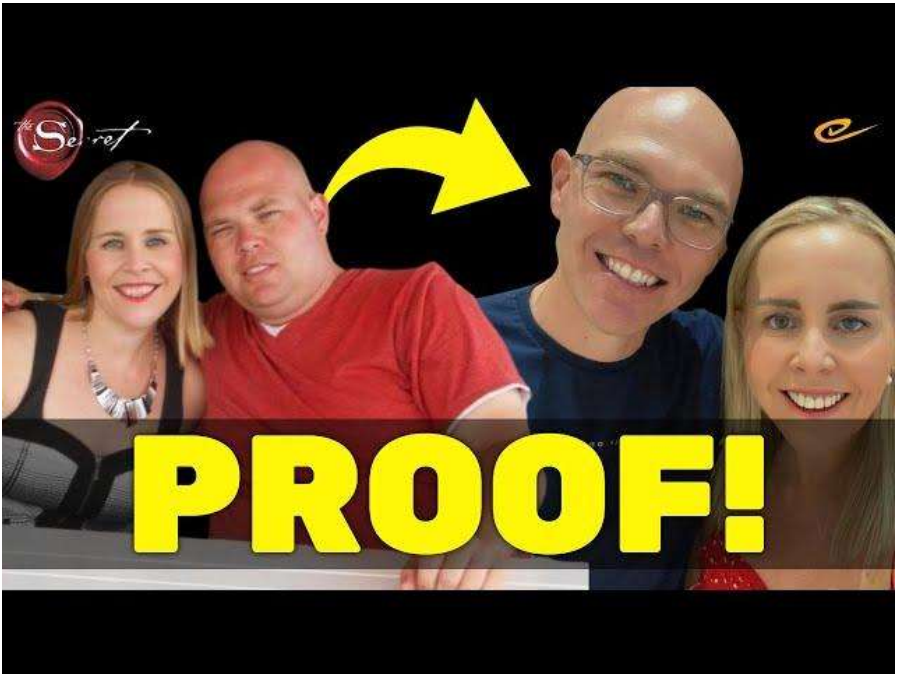
After they ate from the forbidden tree, everything else they looked at they started judging, is this good or bad? Is this going to benefit me or cause harm to me? That's when worry and fear and lack and scarcity entered the picture, and they could no longer remain in the paradise state of mind. They were no longer in Love and joy. They were in worry. Wow! So their bout with duality actually created the chaotic mess we live in today.

What I am sharing in this book and in the free course helps us reverse this process of the fall and helps us transcend duality. Or helps you create and hold a very high vibration and magical state of mind (Alpha) that is very similar to the joyous state of mind of total abundance and flow that Adam and Eve had

in the Garden of Eden prior to the fall. Wow! Absolutely Amazing!

Miraculous Manifestation – A Major Weight Loss Story

See the image below. This is an amazing story from my Australian friend and mentor, named Ben who lost half his body weight, 120 pounds, only using energy alignment, without doing any exercise or dieting. He didn't do anything different, but his weight dropped effortlessly and magically! And he has kept it off for many years without doing anything special. Ben had been fat all of his life up until this point.



Even though I have practiced Law of Attraction (LOA) for many years, I have learnt tons from Ben about effortless manifestation for over a year now. This is for effortlessly manifesting anything, not just weight loss. I haven't come across anyone else who got these types of results in weight loss only through energy alignment methods. I will be sharing Ben's most important lessons in my free course. I am also sharing a link to Ben's Youtube channel in the Appendix, because his LOA methods are superb! He

has been one of my best teachers. I am really grateful for his methods! Thanks Ben!

5

YES, YOU CAN LIVE IN THE GARDEN OF EDEN OR HEAVEN ON EARTH NOW - AND MANIFEST ALL YOU WANT EFFORTLESSLY!

What I have shared with you so far is extremely powerful. You can use it if you're interested in manifesting your dreams effortlessly. Or be totally out of lack and scarcity. Or even if you're interested in just living life a lot more joyfully in your heart or in greater connection with Source, the Divine Love part of you, or your inner being or angels.

This chapter will take your spiritual power, magical mindset and vibration to a whole new, higher level. Spirit just gave me this information just recently. But it's already creating many amazing miracles in my life.

As you practice the stuff in this chapter, you may start feeling a Spiritual Power that you haven't felt before. You will be on top of the world! You may want to shout it out from your rooftop for the whole world to hear. Which is good, because they need to start waking up now! You will have that level of excitement! Your vibration and Power and Magic will go through the roof!

I think the best way to get results from this chapter is just read through the contents first. You can try to practice it a bit for now. But the best way to do this is sign up for my free course in the appendix first. Start doing the Light Channeling and start using 1 or 2 other methods from the free course for 2-4 weeks or so. Once you start noticing some benefit or some inner power or inner joy from using those methods, then come back to this chapter and try practicing this again! I think the results you will get will be far better this way. But don't give up. This method is extremely

powerful and it will create a lot of miracles in your life if you practice this!

Previously, just a few months ago, I used to think that in our ancient history, humanity or our forefathers used to live in the Garden of Eden with Full Provision energy. But then there was a fall in consciousness. And now we are destined to live on the lower Earth energy we have now, with all types of problems and struggles, lack and scarcity, etc. I knew that human consciousness was evolving and we will create Heaven on Earth at some point in our future. Now I have started thinking differently about this. I know the vibration of the Garden of Eden with Full Provision is available to us Now! It never really left us. It's always been here and accessible to us. All we need to do is know how to reclaim it and reactivate it! And then everything just transforms automatically and miraculously around us.

At this point I want to talk a little bit more about our Higher Consciousness Foundation logo, because we will use it for this spiritual method or exercise that I will share now. See the logo below again:



The butterfly means we are transforming from caterpillar to butterfly. Using Higher Consciousness.

The gold color means purity or Christ Consciousness. Because we need to become a lot more pure in our energy, just like Christ. The pink color stands for Divine Love. Because this is who we really are. Divine Love is what we are born out of and this entire world and Universe are born out of.

So this is what everyone needs and wants. We want to become more and more pure, just like Christ, and we all want and need Divine Love. And we all want and need Higher Consciousness. Through

Higher Consciousness, purity and Divine Love, we transform from caterpillar to butterfly. Spirit gave me this logo a few months back because it encapsulates or captures very well what we are going through and what my purpose is to help or serve people in this glorious, Divine process.

I have been receiving this type of Spirit communication and communication with the angels (such as the logo, analogies and methods) a lot in current times due to practicing the Light Channeling method, but I really believe that this is the way humans were always supposed or meant to live. But somehow humanity lost it and went on a tangent path of remaining stuck in 3d or the logical/analytical mind (Beta) all the time. This was never supposed to be a permanent or fixed state for humanity. We were always supposed to be interacting or connected with the higher realms and in a magical state of mind (Alpha). This type of Spirit communication is one of the primary teachings I share in my free course also!

So how do we go back to the Garden of Eden with Full Provision energy or Higher Consciousness again? We can reclaim this divine energy now! Just say 5x 'I am in the Garden of Eden with Full Provision'! This

is an extremely powerful and magical statement! Imagine yourself wearing our logo on a tee-shirt! See the butterfly, the gold color representing purity or Christ Consciousness and the pink color for Divine Love! See yourself transformed. See yourself pushing the big boulder downhill rather than uphill. See yourself going downstream all the time. See your yin/yang fan spinning very fast! See us getting closer and closer to the middle of the Photon Belt and us and all life on Earth being bombarded with the Universal Love energies! You don't need to use all the analogies. Use whichever ones you are drawn to most. Or use all of them, as you prefer.

Please read the examples further below on how to use this method, because they are really powerful!

If you do this or practice this frequently, you will be right back in the Garden of Eden with Full Provision energy and vibration! And you will stay there more and more. Guaranteed! And miracles will start flowing in many areas of your life! Everything will start transforming!

As I said before, I recommend you first sign up for my free course and practice the Light Channeling and 1 or 2 other methods for 2-4 weeks, until you start

feeling the Power or joy. Then you can start practicing the Garden of Eden with Full Provision exercise or visualization above. You will get far more powerful and magical experiences with this then!

You cannot remain in a lower consciousness state or be in a regular 3D human state if you do the above exercise frequently or regularly. You will be in a Higher Consciousness more and more. You will be in the Garden of Eden with Full Provision state. And everything in your life will transform automatically! It's going to happen! Just try it and see!

Please note, if you want to buy the tees and other clothing with our logo, the link to our store is also in the Appendix. You can also buy or print out this image on a larger paper and put it on the wall. This will remind you that you can be in this Divine energy now! It will transform your life! As more and more people meet wearing these tees, it will start getting out to others. People will start asking questions about what is Higher Consciousness Foundation? This idea will eventually go viral and transform tons of people's lives! This is how you can spread your Light to others in your family, or local community, in a very powerful way!

Just don't give up on this. And this Divine energy can and will transform the world! Everyone will start thinking about, creating or manifesting Heaven on Earth!

Now one thing I want to say here is that what we are doing here with these spiritual exercises is letting go of the lack or scarcity consciousness that has plagued humanity for eons, for almost all our existence here on Earth. And replacing it with abundance and flow and joy and love consciousness. That is what being in the Garden of Eden with Full Provision is! This is very, very powerful and it works! So long as you are working it regularly with great love and focus!

Some Examples Of Getting Back In The Garden Of Eden with Full Provision Vibration

Living in the physical world, stuff will always happen. I am going to share some WhatsApp chats I had with my wife here in various life situations. I think these are very useful to understand how one can

demand or insist on being in the Garden of Eden with Full Provision always, regardless of what is happening. Just say the statement 5x!

I will share 2 examples here. One was not too major an inconvenience. But my normal human reaction to this would have been totally different, and a much lower vibration. The second example my wife and I lost some money, about $200, which is not a lot, but it didn't feel good for some time. But the Garden of Eden with Full Provision methodology turned the energy around completely. If you have read this book until now, I really think you're going to benefit a great deal from these examples. I believe this methodology can change a lot of people's lives if you start using this – it's really so powerful!

Example 1

I was visiting Delhi for a couple of months due to some work while my wife was in Kerala. I had ordered glasses because my vision was getting poorer now. So far I have had 20/20 vision, but now it wasn't that anymore, at this age. The shop where I ordered them from had told me to come in at 2pm. I had to walk quite some distance, about half an hour, in

scorching hot sun to pick them up. When I reached there, they said my glasses hadn't come in from their shop. I would have to come back at 6pm to get them.

At the time this happened, Spirit had just given me this Garden of Eden with Full Provision methodology, and I was starting to practice it. I am going to share a part of my chat with my wife, because it's very useful. Again, this was not a major inconvenience. I just had to walk an extra half hour. But in my normal human self, I would have been just a little bit upset. So here is part of my chat:

BL: They told me yesterday I can come get my glasses at 2. They said for sure. Now they said I have to come back at 6.
BL: But I choose to remain in the Garden of Eden with Full Provision! Yeah!
BL: Higher Consciousness baby! Yeah!
BL: I'm imagining wearing my tee with the logo! Being the butterfly with the Gold for purity or Christ Consciousness and the pink for Divine Love! Yeah!

BL: I will always remain there! Nothing else for me. I'm done with that! Always going downstream –

Yeah!
BL: And I'm imagining teaching tons of people my secret! And they're loving ❤️ my books! And telling everyone they know! Yeah! This is creating a huge, huge Higher Consciousness positive energy vortex that's changing thousands of people's lives! Yeah! Yeah!

This was around the time when all these ideas were flowing for my Higher Consciousness Foundation and the logo, etc. I could have gone the lower consciousness human way and gotten upset and everything. But using this method, I just stayed on Cloud 9. I chose the Spirit Soul energy rather than the lower human ego mind energy. And my dreams just manifested more and more. And it made my wife feel good too! She was noticing a change in my energy. Because normally I don't behave like this all the time. I usually behave just like a regular human. But my energy was changing now! Absolutely – this is how it works! And creates magic and miraculous experiences!

But this example was just a minor inconvenience. The next example, we lost a good sum of money, about $200, that we didn't want to lose. My wife was also scammed in the process by an online scamster.

But we learnt a really powerful lesson! I think Example 2 is really very good, so read it!

Example 2

Again, stuff will happen in this physical world. It's how we react that matters and determines our energy or vibration that we can hold constantly. And determines our future experiences or whether we live a life full of miracles and magic, manifesting our dream life or not.

In example 2, we made a scheduling error in booking a flight and couldn't get our money back. That made us lose about $100. Not a lot, but we didn't want to lose it. But then my wife tried to get on with the booking portal where we bought the ticket to try to reschedule. My wife was feeling awful, even though I told her not to. The booking portal's site wasn't working properly. So their site said my wife should hang up and someone from their company would call her back.

Very soon she received the call. The guy pretended to be working for the same company. That's how he introduced himself. But he was actually an online

scamster. So she lost another $100 with him trying to rectify the first situation. We have never ever had this happen with this or any flight booking portal before. We have used this same booking portal tons of times. So why did this happen now? I will share my chat with my wife below and this might explain it. But then I used the same Garden of Eden with Full Provision process 5x to turn the energy around totally.

When we lost the initial $100, I told my wife to just let it go. Don't focus on that. Focus on being in the Garden of Eden with Full Provision! Say it 5x and imagine wearing the tee with the butterfly logo with the gold for the purity or Christ Consciousness and pink for the Divine Love energy. Be in abundance and flow, not in lack. I told her that $100 is not such an expensive lesson, so long as it highly motivates and inspires us to always be in the Garden of Eden with Full Provision energy all the time. Because then we are always abundant and Children of the Most High. Always stay there in that energy and then this type of stuff won't happen so much anymore. And tons of miracles will always happen for us instead. But my wife said she doesn't like wastage. She couldn't get out of the lack energy.

Then she got on the flight booking site. The site wasn't working and they told her someone will call her back. Then the scamster called and she lost another $100. And that's never happened before. What a lesson! What a lesson! Amazing! We couldn't have orchestrated all this if we tried to do it ourselves.

So here is a part of the chat I had with my wife:

"You said you don't like wastage. So the Universe just gave you more evidence of your wasting vibration.

I said it's not wastage if it gives you much more determination or makes you launch rockets of desire so you can get back in the garden of Eden with full provision. And be in abundance and flow. That is the highest vibration we can hold which is who we really are.

It's not so expensive a lesson. Only if it inspired us to do the right thing or remain in the Higher vibration always. If not then we need to make more and more payments on this lesson.

The mistake just motivated me more to stay in that Higher Consciousness. Because I knew in that vibration all the good stuff in the world is flowing to me. Always!

So I wasn't feeling any wastage.

Spirit is telling me that sometimes we won't be in the Garden of Eden With Full Provision state. That's ok as long as we understand the importance of being there permanently and are consciously working towards that.

Because if we aren't in that state then we are being buffeted around in the 3D world of cause and effect or in duality. And these types of experiences we had will happen. We will never be in our dream reality. That's because we are out of it holding a lower consciousness, thinking we can make our experiences a little bit better. But it's very hard because we aren't understanding or living the truth. Of who we really are. We can remain in this state of being out of the Garden of Eden with Full Provision for years, decades or many lifetimes.

Getting back in the Garden of Eden With Full Provision can be totally effortless once you understand that you can be there permanently. You can just say often 'I Am A Child of the Most High!" and "I am in the Garden of Eden With Full Provision.'. Just say it 5x. You can follow many methods in my book also or wear the tee or just

imagine yourself wearing the tee. Imagine the butterfly 🦋 with Gold for purity or Christ Consciousness and pink for Divine ❤️ Love. Imagine yourself in Higher consciousness. And very fast your inner and outer reality will transform and you will be living your dream reality.

Once you understand the importance of being in that state permanently, you can live a life full of Love, money, manifestations, miracles, magic and Golden Age more and more on a daily basis. Because you will be in abundance and flow. You will always be going downstream rather than upstream. You will always be in inner joy, in an elevated state, walk with a bounce in your step, always be smiling to whoever you meet, be having the time of your life, be on top of the world. We can do this so long as we remember who we are! Children of the Most High! Yeah!

All it requires is you understand that this can be your natural state always. And it's effortless.

This is why people must read my books and imagine wearing the tees or get the real ones. And put this logo on their walls and on their computer wallpaper. More and more people will be in that state then.

But if you get out of it sometimes even if you lose some money no big deal. No reason for you to stay in 3D or lower consciousness state. Just remember the truth. And you get right back in!"

Wow, so powerful! Amazing!

Now I just want to say that all this is about is training the mind so that it functions under the control of the Spirit Soul always. I will go over this in a lot more detail in the free course. But its very simple once you get it. And it changes your reality or experience completely.

One important point I want to say here is that staying in this Garden of Eden With Full Provision state doesn't mean you're lazy. Some people may think erroneously that this means you want the Universe to do everything for you and bring everything to you while you're sitting on your but. Far from it.

When you are in this state, all your faculties and abilities inside you are operating at their maximum or optimum or 100% state. You no longer have any human limitations left. We are no longer human. We have made the transition from caterpillar to butterfly fully! Or from human to Human 2.0! I had said in a

previous chapter that humanity needs to learn now to move from 10% capacity to living our lives at 100% now. In order to face and triumph over the challenges that humanity is facing now. We are here to triumph over them! This is the reason we were born here in this amazing, amazing time!

We came here to be God victorious fully! That is who we are! This means your intuition is at its maximum state! Your super duper powers and abilities are at their optimum or maximum state! You are living life at the max level now! You are in Full Power and Full Magic (Alpha)!

When you say 'I Am in the Garden of Eden With Full Provision' 5x, you are actually telling Spirit or the Higher power that you are ready and able to live your life to the max now and have all your inner and outer faculties and the Universe functioautomatically and effortlessly to bring your dream life to you Now! You are ready for Full FLOW or Full Power and Full Magic Now! Then watch out, because it's going to come fast!

This is the transformation that humanity is making now. We are learning how to make Spirit a part of our formula or equation for living life! This is the Great

Awakening that is happening now. This is what we are learning how to do. We are learning how to rely or put more faith in the Supernatural part of ourselves. This is the reason that we see so much chaos happening in our outer world right now.

What's really happening is humanity is being required to go to the next level now. Humanity needs to learn how to make this transition now! This doesn't mean we no longer have to act to get what we want. We have to act, but we need to learn how to make Spirit a part of every thought, feeling and action! And make every action an inspired action! Then you will transcend the lack or scarcity consciousness that has been plaguing humanity for almost our entire existence on planet Earth! Lack and scarcity does not exist. It only exists in the mind of humans. The next chapter is about this.

6

SOME MORE EXAMPLES OF THE GARDEN OF EDEN WITH FULL PROVISION THAT CAN CHANGE YOUR LIFE!

I have been spiritual most of my life but not religious. I never really cared for the Bible or the Christian religion. However, there is one part of the Bible that stuck in my head most of my life. It is the part where Jesus says "Look at the birds of the air. They do not sow or reap or gather into barns. And yet your heavenly father feeds them……. Look at the

lilies of the field. They do not labor or spin. Yet Solomon in all his glory was not adorned as one of these."

This is in Luke 12:22–31 Please read this section below. It's excellent and what it's talking about is exactly the Garden of Eden with Full Provision! A state of no lack, no scarcity. Then I will talk more about this below.

"Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air: They do not sow or reap or gather into barns—and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?

And why do you worry about clothes? Consider how the lilies of the field grow: They do not labor or spin. Yet I tell you that not even Solomon in all his glory was adorned like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the furnace, will He not much more clothe you, O you of little faith?

Therefore, do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles strive after all these things, and your heavenly Father knows that you need them. But seek first the kingdom of God and His righteousness, and all these things will be added unto you.

Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Today has enough trouble of its own."

This part of the Bible goes over most people's heads. Most humans cannot understand this. Because what is Jesus saying? Is he saying there is no need to labor and spin? There is no need to sow or reap and gather into barns? But almost all humans do that. So how can we live without doing that? We have to learn how to get out of the lack and scarcity consciousness (which only exists in the mind of man, nowhere else).

Again, what Jesus is saying is exactly what is the Garden of Eden state with Full Provision! This is the state that we can stay in permanently and our lives will be full of magic, miracles, manifestations, money, abundance, happiness, freedom and all good things

that we could possibly want! This is because the Spirit flows through us unimpeded!

What Jesus is saying in these passages in the Bible is that we can learn more about this vibrational state and learn to stay there permanently. This is what he means when he says "Seek first the kingdom of God and all these things will be added unto you". He is talking about this higher vibration, magical state of mind (Alpha). Where our mind is not focused on lack and scarcity. It's only on flow and abundance! And then everything we need and want will be provided automatically, effortlessly! Wow! Absolutely mind blowing!

This is the state or vibration I'm going to teach you how to stay in permanently in the free course. I will teach you how to stay in Alpha brainwave more and more. See the Appendix.

There is another book that I really like that says pretty much the same thing as this. It's a very small book that you can read in about an hour or so. It is "Life Was Never Meant To Be A Struggle" by Stuart Wilde. It's in the suggested reading list in the appendix.

Let me quote from the first chapter in this book:

"Do you remember being told as a child that if you wanted to make it in life you'd have to work hard? That life involves pain and struggle. That you'd have to earn love and acceptance. And that if you wanted to come out on top, you'd have to put in an incredible effort? I certainly remember my mother saying to me, 'struggle ennobles the soul'.

But who says this is true? Look at nature. It expends a certain effort in sustaining itself, but it does not struggle." Does the tiger in the forest get up in the morning and say 'if I struggle like crazy today and hopefully by suppertime I'll get something to eat.' No way. It just rises, has a little sniff under its tiger armpits or does whatever tigers do at breakfast time, and heads out. At noon, there on the path is lunch, provided courtesy of the Great Spirit. Ok, the last 30 yards involves the tiger in a bit of rushing about. But that can hardly be considered as struggle.

You too may have to cross town to pick up a check. But there's a great difference between struggle and effort. Our physical condition as humans involves effort, but struggle is effort laced with emotion and desperation." This is a great book by

Stuart Wilde that I read decades ago. Get it from Amazon and read it!

For decades now, I felt that most humans have it all wrong. For one thing, they do not understand very much about Spirit or Great Spirit. They seem to have it upside down what life on Earth is supposed to be or can be. But almost all my life, I didn't have all the pieces of the puzzle, about how to make this work. How are we supposed to live then? If life on Earth is not about sowing and reaping or toil and labor? What is it supposed to be then?

Now, Spirit has given me all the pieces I needed. This is what this book is an introduction to. Human life as it is meant to be on Earth. Which is the same thing as the Garden of Eden with Full Provision! It's the same thing! It is how to live on Earth inSpirit or in an inspired and joyous state of mind all the time! This is what inspired me to create the Higher Consciousness Foundation! This is what the free course is all about! It's about being really happy and manifesting our dream life and dream world effortlessly!

Now I just want to add here that I am not asking anyone to quit their jobs now. That would be very

silly. That is not what I am suggesting at all. What I am saying is before, humans never made Spirit an important part of our equation. The shift that is happening is requiring us to make Spirit a very important part of our equation. This is a process. It takes time. It's not an overnight thing. As you make Spirit more and more part of your life, start meditating or Light Channeling regularly, learn manifesting, etc then you will change inside. Then you will drop scarcity and lack consciousness. Things will come to you much easier then, including money or whatever resources you need to do your heart projects, etc. This is how the world will change or transform into the Golden Age more and more.

7

WHAT TYPE OF LIFE ARE HUMANS HEADING TOWARDS WHEN WE LIVE IN HIGHER CONSCIOUSNESS?

WHAT CAN WE HUMANS DO TO BRING THIS ABOUT?

Most people know who Steve Jobs is. He is the founder of Apple corp that creates iPhone, etc. Did you know that Steve Jobs favorite book was Autobiography of a Yogi by Paramhansa Yogananda, that he reread every year and passed out hundreds of

copies every year to everyone he knew? When Steve died, everyone who attended his funeral received a copy of the book with a note from Steve in it that said "Actualize yourself!" So spirituality and self growth was Steve's true passion. Same as mine! Steve also wanted everyone to grow and become who they really are!

I have also included this book, Autobiography of a Yogi in the suggested reading list in the Appendix. It's a must-read book, especially if you're of the logical mindset! That's why Steve loved it so much! He had a copy on his iPad.

Did you know that when Modi, India's Prime Minister, visited Facebook and met Mark Zuckerberg, Mark told him that in the early years when FB was on shaky ground, Steve Jobs had recommended to Mark to visit a special temple in India. Steve had visited the same temple in the early years of Apple when Apple was in a similar state. Mark had followed Steve's advice and then FB took off and became huge.

Here is the video of Mark relaying this story to Modi about the temple in India that created the magic for FB.

https://www.youtube.com/watch?v=6O31GY8O7FA



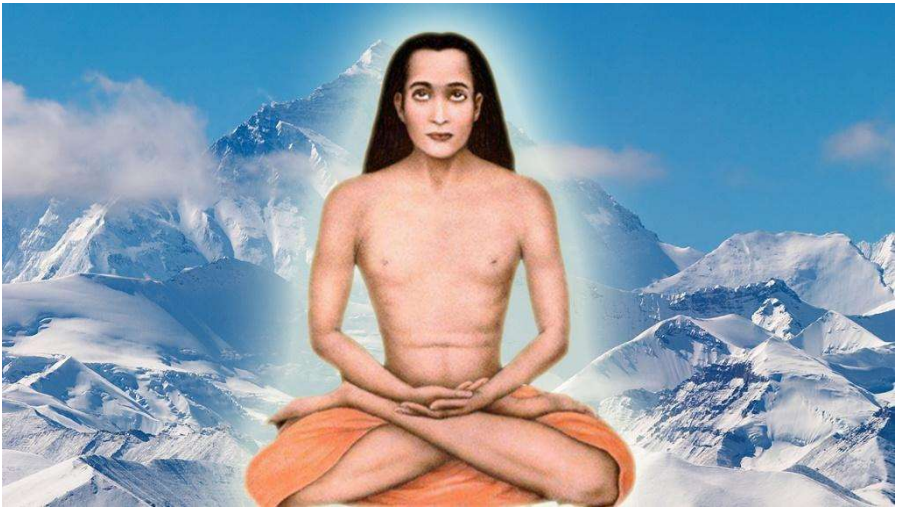
The reason I am sharing this info here is that I want to awaken a lot of people to the truth. This is what this book is about, awakening people. Because the vast majority of people are too locked up in logical / rational or mechanistic thinking and they don't allow or are just not aware of spiritual truths like this that can absolutely, totally change their lives. It can make a night and day difference in their lives, in how they think, how happy they are and in the success of their projects. In helping them achieve their life purpose, in giving them true soul satisfaction. Also, in making

them far healthier, more well balanced, intelligent, mature and stronger as people.

One reason I think a book like Autobiography of a Yogi is so good is because it introduces people to a world way beyond the logical, rational, patriarchal, materialistic, mechanized world that most people have grown up in and live their lives in. And when Billionaires such as Steve Jobs consider it their favorite book, worthy of rereading every year, and passing out hundreds of copies, especially at their own funeral, I think it can cause people to sit up and take notice. And think that there's Gold in them thar hills. That means there's something important that we're missing in life due to our logical mind filters.

There are many masters with amazing superpowers talked about in this Autobiography book. For example, one master who is prominently mentioned is Babaji, the great Himalayan yogi who has lived for thousands of years in the Himalayas and appears in an 18 year old body to a few of his disciples. The primary yoga teaching this book features came directly from Babaji and is followed by the entire lineage of yogis and masters where this book comes from.

Babaji is guiding humanity's awakening and the transition to the Golden Age.



Mahavatar Babaji – who is the head of the lineage of Masters talked about in the book Autobiography of a Yogi.

There is tons of information available, highly useful information that can change your life and change our world completely. But it comes from sources that most people filter out because it's not logical / rational. For example, the greatest influences in my life have been channeled information from Abraham Hicks, Kryon, Bashar and several more. And now I have started channeling also! Most of these are

coming from non-physical beings and millions of people have read them or been influenced by them through movies such as the Secret Movie. But the masses don't know about them as yet, due to their logical mind filters.

I said in a previous chapter that most of humanity are going through a dangerous and chaotic time right now. What I have shared in this book is the simplest path that I have discovered that can make an enormous, true and lasting difference in people's lives! And bring people on a path of creating more and more joy and happiness. Starting with the 7 minute meditation method called Light Channeling. Which is the most awesome, simplest, and most life changing meditation I have ever tried. And I have been meditating most of my life, since a young age. This meditation and the 9 really simple happiness methods I share in my free course. You can find a link in the appendix for the course.

The dramatic increase in depression and gun violence in Western nations such as the US show that something is terribly broken in our societies and how people think and live their lives. Recently I saw that a young girl was shot because her ball rolled onto a

neighbor's driveway. Her ball rolled on to someone's driveway – and she was shot for it! What the heck is going on folks?

Since a young age, I have known that one of the primary reasons for this madness is that people are cut off from Spirit or the Great Spirit or who they really are. And how we are meant to live life on planet Earth. This book and my organization, the Higher Consciousness Foundation addresses this head on! It provides the simplest solution that can dramatically, dramatically change this dire situation for the better. And create a night and day difference. All you need to do is try it. It takes just a few minutes to learn some of these simple methods.

The methods I am offering in the free course and the methods for returning back to the Garden of Eden with Full Provision and a state of flow and abundance are so, so simple and powerful! If people follow these methods, they will rapidly transform into their true or natural selves. And be re-connected to their hearts or Divine Love part of themselves.

I also said in a previous chapter that humans have been operating at 10% capacity. Now we are being asked to live our lives at 100%. I also gave an example

or analogy that Spirit gave me of a planet of uninflated balloon beings and how they were taught how they can inflate their auras so they can truly be themselves or who they are meant to be. If you are inspired by this analogy, then I think you are ready to live at 100%. Then we, this planet and all of humanity really, really need you! We need you to help bring Light to a suffering humanity. We need you to step up and be a world server, a Lightworker or Light warrior! Only through people like you can this world survive and evolve to what it's truly meant to be!

I recently read somewhere that we are the ones we've been waiting for! People think that someone from outside is going to come and save them. I don't know how true that is. But we are the ones we've been waiting for! We are the main event! We are the second coming of Christ! Because once we transform using the information I provide in the free course and in our Foundation, then I have heard our bodies transform. They become full of Light. Our DNA transforms. We become more like Babaji then! Half Light, half human. People have heard of Ascended Masters. They were human before, but then they ascended. Well, we are ascending through this process

now! We are becoming more and more Light beings now!

Do you know who Oprah Winfrey is? She is a TV billionaire who for years had the most successful daytime talk show on US TV. I remember seeing one of her shows in which she said when she was little, she prayed to God to use her in some way to really serve people and her society for God's purpose or as an instrument of God. Soon after she was led to work at a radio show. And she was really good so her career kept advancing until she became queen of TV talk shows. Later, we had heard that Oprah was sexually abused as a little girl. But that didn't stop her.

I think humans who really care about what's going on in the world currently, they need to pray in a similar way and commit themselves. I had also prayed the same way a long time ago and do it often now too.

If you are inspired by what I have written in this book and are ready to start living at 100%, here is what I recommend. First, watch the movies I have shared in the appendix in Suggested Movies. Most people have already seen the Secret Movie. But most people have not seen the Thrive movie. And that's an absolute Must See! It will really give you a very good

understanding about spirituality, etc. And take you out of your logical mind filters. This is absolutely needed by most humans who are logical. Second, sign up for my free course. Third, start practicing the 7 minute Light Channeling meditation and a few of the other happiness methods. Fourth, start sharing or becoming more active in our online groups / communities. Start sharing this book with others. Tell them it's really good! Talk more and more about these concepts to others! It will absolutely transform you and our world over time!

One more thing I want to say re the AI revolution. The AI revolution is transforming people's lives and our world in a massive way. Because people are lazy and they would rather outsource all their faculties to machines. And so they can live at even less than 10% then. This AI cannot be stopped or slowed down. It seems that everyone is going to need to use AI in their jobs, at work, in school. If they want to remain competitive. Or even if they want to search for anything online. Or use any software to do anything. AI is going to be everywhere. If you know anyone who has to use AI regularly, please share this book with them – they need it!

Yet AI is extremely risky. The CEO of OpenAI, the creators of ChatGPT has said that AI will replace most of our jobs, but new jobs will be created. He also said AI can be used for nefarious purposes and it will create a lot of fake news. Last night we saw on national TV breaking news that there was a huge explosion, which seemed like a small nuclear explosion on the Pentagon. I thought there was going to be world war now. But it turned out that it was fake news created by AI. This is very scary.



This explosion was fake news created by AI. When people are going crazy like this, they need medicine. We've got the medicine they need folks!

Top AI experts are saying that with the type of Superintelligence that is coming, this is likely the doom of all humanity. These types of scary videos from the top experts are coming on Youtube often. Yet, some AI experts are saying that we can somehow manage or control this. How is that possible?

I sincerely believe that they do not have the solutions for what they have unleashed on the world. Maybe that is their plan. They want to put humans in more and more fear, so they can control us better. I believe there is only one solution. Higher Consciousness and the evolution of mankind to the next level or transforming from caterpillar to butterfly is the only solution. Because this will add more and more Light in the world. Light and Divine Love ❤️ is the only solution! This will start creating the Golden Age!

We've got the solution! Repeat 5x. "I Am In The Garden of Eden With Full Provision!" Imagine yourself wearing the tee with the logo. Imagine the butterfly 🦋 with Gold for purity or Christ Consciousness and pink for Divine ❤️ Love. Imagine yourself in Higher Consciousness. And very fast your inner and outer reality will transform and

you will be living your dream reality. And creating our dream world! The Golden Age – Our New World! YES!!!

Feb 2026 Note - My thinking on AI has changed quite a bit. I know its risky. And I have been scammed by AI generated ads, and lost money. But on the positive side I use AI daily to do my work, create the StarLove newsletter, and uplift people. And reach readers like you. I know the advanced ET races use AI in almost everything. Their spaceships are not just machines, but highly intelligent partners. I feel the most important thing is evolution of Humanity's consciousness. Because if we have a Higher Consciousness or Higher Vibration, then our experiences with AI and everything else will serve us and humanity greatly. So going from caterpillar to butterfly 🦋 is what we need to focus on. And I know all this is happening. So I'm no longer fearful of AI. Its best not to live in fear. And focus more on Love ❤️, joy and expansion.

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CONCLUSION

If you start practicing some of the methods in this book and in my free course, your energy or vibration will rise, rise and rise. You will start developing the magical mindset (Alpha) and you will find yourself more and more in the magical 5D vibration, or Golden age -- which is the same thing as Garden of Eden with Full Provision! You will start spreading the

Divine Light to everyone you meet. They will feel it from you.

Don't worry if you don't understand everything at first. Start practicing it, whatever spiritual methods you feel drawn to. What I have shared can turn anyone's life around 180-degrees! Using some very simple methods that take only a few minutes to learn, and to practice daily.

This can create a night and day difference in many people's lives. They will feel a lot happier, far more connected, inspired, and they will succeed much more easily in whatever interests them. Or whatever they put their minds and hearts to.

They will be out of the mechanistic, logical, ego mind, and think in a much more balanced or holistic way, with the 2 sides of their brain, and be a lot more in their hearts. Or in the energies of joy, love, compassion and gratitude.

I sincerely believe that this book and our foundation Higher Consciousness Foundation will change the world. If you care about others and want to see a much happier world, please share this book with them! They need it – and they will thank you immensely!

Note - One thing I've noticed is as we are determined to always stay in this higher consciousness energy or Garden of Eden with Full Provision vibration, everything starts changing in our life fast. We find new behavior patterns, new reactions in all life situations, new ways of thinking and being, new ways of communicating with others that serve us and them tremendously. New ways to get success at anything, even though you may have failed many times in the past. Please come to our online groups and I will guide you how anyone can make this shift in their own lives, totally effortlessly!

Thank you, from the bottom of my heart! Please share your comments and experiences in our online groups -- Thank you so much! 🙏❤️

6/15/23 Note – Just about 3 or 4 days ago, we started hearing about many ET, UFO, alien and disclosure events on youtube and social media (ie the secret government within the US military who have custody of 12 spaceships, which is being confirmed by several whistleblowers in the Pentagon). I had just finished writing this book and shared with many people when this milestone event hit, which I believe has huge

potential to shift humanity's consciousness immensely. But many humans may be led astray by fear and by the elite. I sincerely believe that Spirit guided me to write this book especially for this time to help guide humanity correctly on the Spirit Soul path that leads to manifesting the Golden Age.

I will be talking about this more in my free course. But I would urge people who have read this far to focus on awakening themselves first and then help awaken as many others as they can. Then you will be doing the highest service to the Light, to mother Gaia (Earth) and for all humanity. Thank you! I Love You dearly! 🙏❤️

APPENDIX

For The Appendix, Click Here:
https://how2useandspreadlight.one/appendix