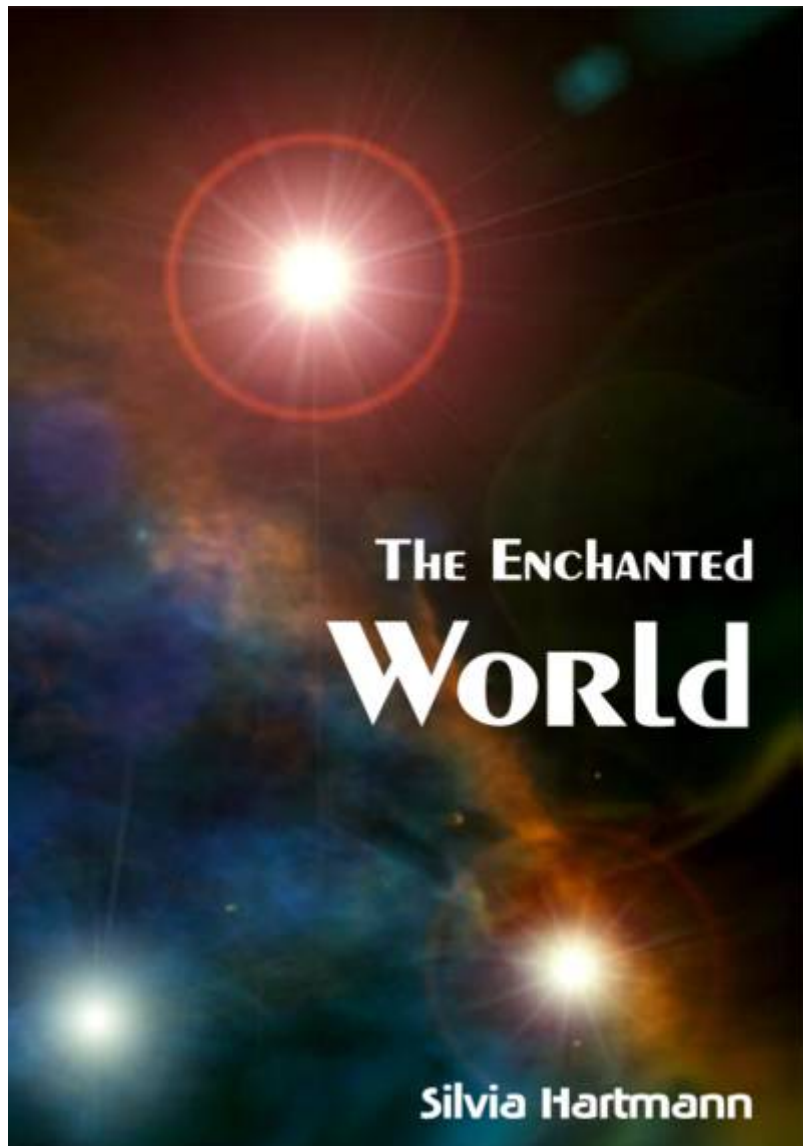


The Enchanted World by Silvia Hartmann

The Enchanted World



The Enchanted World

by Silvia Hartmann

E-Book Edition V 2.0

First Edition 2004

Second Edition 2005

ISBN 1 873483 82 1



**This E-Book Version
Published by
DragonRising Publishing
18 Marlow Avenue
Eastbourne, East Sussex
United Kingdom
www.DragonRising.com**

The Enchanted World by Silvia Hartmann

The Enchanted World ISBN 1 873483 82 1

First Edition Published December 2004

Second Edition December 2005

E-Book Version V 2.0

Published By DragonRising, 18 Marlow Avenue, Eastbourne, East Sussex BN22 8SJ, United Kingdom. www.DragonRising.com

All Text & Images © Silvia Hartmann 2004

All Rights Reserved In All Media & Languages.

For Further Information, Please Visit

www.DragonRising.com

The Enchanted Word

Table Of Contents

1. A Personal Invitation	7
2. Love & Logic	8
3. Liquid Emotions.....	9
4. It's ONLY Energy	10
5. Logical Healing	11
6. Shields Of Protection.....	13
7. The Psychotherapist's Pictures	14
8. EmoTrance In A Traffic Jam.....	16
9. Forgive & Forget	16
10. Visible and Invisible Wounds.....	18
11. The Lady With The Silk Scarf	19
12. Energy Consciousness	21
13. Re-Unification.....	23
14. The Orphans	24
15. Energy Nutrition	25
16. Shells.....	26
17. Human Love.....	27
18. God Energies.....	28
19. Drinking Colours	29
20. Resonance	30
21. All Energy, Only Energy	31
22. Eat, Don't Hate!.....	33
23. Connections	34
24. The Potted Plant	36
25. The Sun	38
26. The Heart Prayer	40
27. The Emperor	41
28. The Lonely Consciousness	41
29. Reunification Please!	42
30. Factor X	43
31. The Third Super System	45
32. Immortality.....	45
33. The Angel Child	46
34. The HEROS Journey	46
35. The Creator Totality	47
36. A Simple Prayer For The Totality	48

37. The Most Fantastic Gift	48
38. Learning To Ask Questions	49
39. Discipline.....	50
40. Attention	51
41. Receiving.....	52
42. An Endless Stream Of Questions	53
43. Poster, Poster On The Wall	54
44. The Energy Universe	55
45. Thoughts Are Unbound	56
46. Comparisons	57
47. The Creative Template.....	58
48. Past The Zero Point.....	59
49. Experiments.....	60
50. One Body, My Body.....	61
51. Innocent Energy	62
52. Energy Dimensions	63
53. The Wonder Of Things	64
54. Canned Energies.....	65
55. Art Solutions	67
56. Magic Words	69
57. The Symbol Thieves	71
58. Learning The Language Of Energy	72
59. Metaphors, Metaphors	74
60. Gifts & Presents.....	75
61. A Piece Of Paper	76
62. To Solve The Gordian Knot	78
63. Life Perspective	80
64. Life Experiences.....	81
65. Prejudices.....	84
66. Planes Confusion	86
67. The Spiral Secret	88
68. A New Beginning	90

1. A Personal Invitation ...

Dear Reader,

My name is Silvia Hartmann, and I would like to welcome you most personally and wholeheartedly to our Enchanted World – and this is a world which does not consist of illusion or fantasy, but of actual experienced REALITY.

In 1993, I experienced the fortune and blessing that a door was opened for me, and I began to see MORE, understand more about the truths of the world we really live in.

Although it is the truth of so many people's experiences that our lives are indeed, hard and difficult, painful often and mostly just bewildering and incomprehensible, there are also other truths about our universe, and about trying to be a real human being, living a real life of endeavour, experience and reward.

I hope that this book will become a key and an incentive to take a new look at our enchanted world, a place where there is so much REAL MAGIC, it takes your breath away.

My own journey into this oldest world of all, and the newest of them all, has been one of truly never-ending excitement and such delightful surprises, I often wonder how it is that it should be that I was allowed to discover these things.

And yet, just like you, I am only at the beginning, for the one true enchanted universe is endless in its beauty and splendour, and even a thousand lifetimes would not be enough to know it all, to see it all, to experience it all.

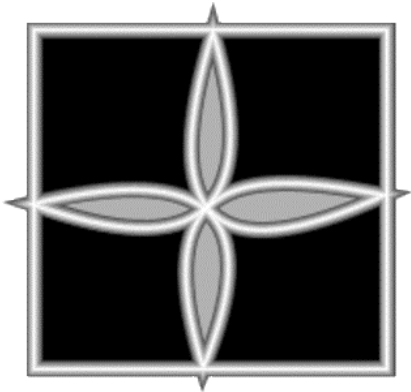
Our world, our universe is BEAUTIFUL.

The true world is logical. It is elegant, dancing lightly in perfection and most of all, totally OTHER than we were taught to believe.

A single human's life is a fantastic journey in truth, and so let us not delay for a moment longer and simply get going.

And I would like to start with a topic that has driven humanity most practically insane, and for more than a hundred thousand years at that ...

2. Love & Logic



What are feelings, what are emotions?

Everyone wants to control them, master them, delete them, make them simply go away – but no-one seems to know where these emotions really come from, or what they really are.

Women cry a lot. Men rage aggressively. Kids scream, and all of that are emotions.

Do animals have emotions?

The only ones who would still deny this are the scientists who have never made it beyond the neon lit confines of their sterile laboratories, because everyone else who has ever taken care of a rabbit, a cat or a dog will absolutely KNOW that an animal can get jealous, sad or angry, deeply depressed or happy and satisfied.

And so there came the day when I asked myself, “If the Creative Order who made the animals and us people too thought it important that we should all experience emotions, what was their purpose?”

The answer was really extremely simple, and as is the case with so many other things that don’t seem to make any sense to the “scientists”, it is simply once more a matter of *energy*.

My girlfriend is on the telephone. She is crying because her man had yelled at her.

“It hurts so bad,” she sobs, “Oh, it hurts, it really hurts!”

“Where does it hurt?” I say, just so I’m saying *something*.

“It hurts in my stomach, my stomach hurts! As though he kicked me in the stomach ...”

You could say that I had a moment of enlightenment right there.

She feels real pain in her stomach. The pain is so bad, she has to cry. And yet, her stomach appears to be entirely untouched.

Is she insane?

Is she “just imagining” all that?

Well, no, actually.

There was REALLY something wrong, something was REALLY injured, and this REAL injury was producing the very REAL pain – but that something was INVISIBLE.

Invisible yet REAL. Invisible, yet talked and written about for at least 12,000 years in the scrolls and tablets of the healers of all civilisations, all ages.

This man did not kick my friend’s physical stomach, but instead, he kicked her *energy body*, caused her a real injury in that moment when he screamed at her – and it

hit her right in the stomach, and right exactly there was where she felt the pain that made her cry.

When I saw that, and when I understood that, all of a sudden the world became a very logical place, and the behaviours and problems of humans of all kinds all of a sudden made perfect sense.

Feelings and emotions are the cries of pain or joy from our energy bodies.

Nothing more, and nothing less.

3. Liquid Emotions



Energies must flow.

That is their nature, and when they cannot flow, then we have a serious problem on our hands.

That is just the same kind of systemic problem we would encounter if we very physically stepped on a rusty nail.

“Ouw!” cries the energy body, “Ouw! It hurts! I’m hurt! DO SOMETHING so it doesn’t get any worse!”

That’s an “emotion”.

For some unknowable reason, unfortunately now humans respond with doing something that is not just incorrect, but actually harmful.

Instead of taking note what the emotion is trying to point out, and to help it to flow forward towards a

resolution, people decided that having emotions was not a good thing, and they tried *to stop having emotions* altogether!

They try and push these sensations and emotions back, through the medium of *will power*.

But the emotions will still try to flow forward, up and out, and so the pressure gets stronger and stronger, and then it will REALLY hurt now. The more the energy flow becomes compressed, the thicker and more stodgy does it become, and the more it hurts, as the natural channels are designed to flow light, fine and liquid energy.

If one is lucky, then some kind of pressure valve is opened – a person may cry to allow the energy to be able to flow out. But if that is absolutely forbidden, or someone has completely forgotten HOW to cry, or a person has become so detached from their own physical experience that they don't feel anything any longer, then these energies will become harder and harder, and in the end these invisible wounds and injuries become pain, and then physical illness.

That's how simple it all is.

And we have treated this system so wrongfully, a system which was designed in the first place to HELP US, to show us where the problems are, so we can solve them and avoid bigger problems in the future.

So, here's the REAL truth, Mr Spock.

Emotions are absolutely logical, and just the same as the physical sensations and feedback devices of the physical body, they are ESSENTIAL FOR LONG TERM SURVIVAL.

But there's more to it than that.

Without emotions, life is actually not worth living, and emotions are exactly the feedback devices we really need in order *to understand the really big truths about the universe* in a most personal fashion, in our own individual experience as a human being.

4. It's ONLY Energy ...

My friend is still crying on the other end of the telephone. She is a Reiki Master.

So I said to her, "You know, where you have that terrible pain in your stomach, just put your hand on it. I think you've got an injury there in your energy body, and that's why it hurts so much. I'll help from my end, because with energy it doesn't matter where we are and intention is what counts, and we'll see if we can't make it better."

I also placed my own hand on my stomach to get a better feel for what was happening; my hand was warm and pleasant, and I got the sense as though something was beginning to thaw, an old knot beginning to uncurl.

"How do you feel?"

The friend takes a deep breath, and she's not crying anymore. That's a good step in the right direction.

"Better," she says, "It feels much better already. The pressure in my stomach seems to be lessening a bit."

The word "pressure" immediately stands out to me.

Pressure must always be released, there must be a valve somewhere, something must be stuck or blocked somewhere – like a dam in a river.

"Where do you feel the pressure most?" I ask, "Where does that energy want to go, where should it be *flowing out*?"

“It’s upwards, it feels as though it wants to go upwards but it can’t go, like there’s a block beneath my heart.”

A “block” beneath her heart? But – it’s ONLY ENERGY! That isn’t a real block made from granite or wood, it’s an energy, and energy moves and flows when will and intention direct it. I know that for a fact and now I’m getting nervous, I am getting a sense of something impending, something is coming, something amazing is about to happen. The small hairs on the back of arms rise and my skin goosebumps all over.

“Listen up. This block is ONLY AN ENERGY FORM, which got stuck somehow. We can move this with our will, with our intention! Let us try to solve this block, to thaw it and to get the energy moving again.”

Not 30 seconds later and the friend calls out in surprise, “I can feel something! I can feel something moving! Oh my God, that is – unbelievable! It’s coming, it’s coming up, through my chest, into my throat and – it’s coming out of my mouth!”

“Let it go, let it flow where it wants to go!” I call back into the telephone, and then I can hear her shout, “Out, out with you, all of it, out!” and seconds later she starts to laugh, laughs out aloud and I am totally stunned, I can’t believe therapy could be this simple, but it is true.

It has happened, and I know EXACTLY that I now know what emotions really are, and how we have to deal with them to be successful in life and in all things.

5. Logical Healing

Now really, I hardly know where to start with the sheer delight about this basic insight and experience.

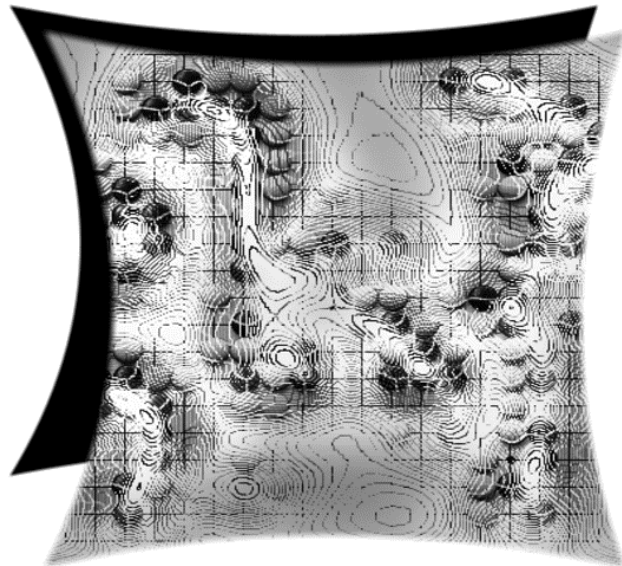
Or what the best thing about this actually is.

Perhaps the fact that it is *so incredibly simple*. So totally natural.

Or perhaps that it feels so good – it isn’t just a question of “no more pain” at all! That would be “only” peace. But we got far, far more than just that. My friend was absolutely delighted, laughing, dancing with joy! And that was something neither of us had ever experienced in energy healing of any kind, ever before.

But there’s even more still. My friend wasn’t “insane”. She wasn’t “overly emotional” or “a cry-baby”, nor did she lack will power, morals or decency.

She had an injury that hurt her, and that was all.



And then, the incredible SPEED of the healing process! No long discussions about the man in question, about all the other men who hurt her in the past, about her parents or whether or not she fell from her pram when she was five months old.

No dramas or Greek tragedies about forgiveness, or “good reasons” as to why it might be better for her to go on being hurt so she can learn something or whatever other nonsense.

Just simple, beautiful, totally LOGICAL healing and repair of a system that requested this, and everything was in order once more.

Hard to believe, isn't it?

It's true, I found it difficult at first to believe it could be that simple too. So once I got my friend to a point where she could sit still and stop laughing, I asked her what it was this man had said to her which had caused all this pain in the first place.

She giggled a little and then said, “He told me that he doesn't love me anymore.”

“And – you think that's funny??”

“No! But as soon as I think it, I feel it in my stomach, then it shoots upwards through my chest, into my throat and out of my mouth – and that tingles and it makes me laugh!”

And what did we do next?

We spent at least two hours on the telephone shouting extreme abuse at one another!

“You stupid cow!” – “Where do you feel that?” – “Here, in my throat, as though it was stuck in my throat.” – “Where does it want to go?” – “Downward, into my stomach, as though I had to digest it properly! And then on, down and out, through my legs and my feet are tingling and they feel as though they want to dance!”

“You fat pig!” – “You are UGLY!” – “I HATE you!!” – “I am sooo disappointed in you ...” – “Shut your stupid mouth!” – “No-one could EVER love anyone like YOU!” ... for two whole hours did we trade the worst insults, the words and the energies *we had feared all our lives*, and ended up laughing so much, you'd thought we were drunk.

Sometimes, we had to stop and repair old injuries. But it was so very simple. All we had to do was to put our hands there and concentrate on the will to heal this, repair this old wound, make it right and make it whole ...

It is only an energy.

Soften and flow ...

With the two of us working together and focussing in turn on what needed to be done it was incredibly easy.

But you can also do this all alone.

Each one of us has their own energy body, and we all have healing energy hands. I personally think that the 95% of our brains we're not using yet are designed exactly for this kind of thing, including the complex repairs of our own energy matrix and that of others.

Consciously, we don't even need to ask HOW our healing energy hands do this – we only have to tell them to START DOING IT, and all the rest happens automatically.

And what's even better still is that we don't have to guess, we don't have to trust any spooky "intuition" and we don't have to wait until some angel comes along and points with their wingtip at the energy wound that needs attention.

We only have to ask the simple question, "Where does it hurt?" You can ask yourself, and you can ask this of another.

And often, you don't even have to ask, because they show you and you can just see it!

People clasp their jaws in their hands, cover their mouth with their hands, their ears, their eyes, their forehead. They rub their own necks and wrap their arms protectively about their shoulders.

The hands know where the pain is, and they go there automatically to help out, to make it better – but we are sitting far away in our conscious heads and don't take any notice, don't actually notice or fail to understand what it is that our own bodies are trying to show us so very eloquently.

6. Shields Of Protection



As we played with the insults, the pains resulting from these and the pathways that had to be restored to let these energies pass through us, it happened that my friend choose a sentence and I felt – nothing.

This was it: "You are beautiful."

"Come on," said my friend, "let's have it, where do you feel THAT in your body?"

"Absolutely nowhere," I answered honestly. "That doesn't even come close. It doesn't touch me at all."

What was that?

My friend repeated the statement a few more times, and eventually I understood that there was something like a wall of energy which very effectively stopped this energy from reaching me – and that's why I couldn't feel anything in my body, because it never got that far.

We were quite surprised by this and at first, didn't know what to do now. In the end, at least one of us had enough good sense to remember that even a large wall of static energy is STILL ONLY AN ENERGY and thus, can be moved with will and intention.

"Try making a small hole into that wall," my friend suggests.

I have to admit that the very thought made me quite nervous, and the hole I made was microscopic. The statement was repeated, a small amount of this energy entered and – oh my God did that HURT!

Even this tiny amount of the “beautiful” energy hit me straight in the heart and the pain was like having been targeted and shot with a laser.

Which explained, of course, exactly WHY I should have thought to construct such a thick, strong shield to stop such energies from even getting close to me. If an energy form is experienced as painful, of course one seeks to protect oneself from it.

It seemed that unbeknown to me, I had sustained a severe injury near my heart, and just as would be the case with a physical wound, even the smallest, lightest touch caused me intense agony.

So the next step was clear – if I was to be able to handle the “beautiful” energy, I would have to heal my heart.

That sounds appalling, doesn't it. Surely, it must be a long drawn out process, so much healing, one would need the wisdom of a lifetime's worth of experience to do such a thing ...?

No, actually. It is there we learned that even the biggest, hardest, oldest pains and injuries in the energy body are still ONLY ENERGIES and they will heal just as happily and just as fast as any and all of their kind.

Just as fast, just as profoundly and without any further pain being necessary.

Without any drama or contortion.

That was the first time I or my friend had ever attempted such a thing and it took us five minutes, perhaps ten, and I didn't need the wall any longer. I could let the “beautiful” energy into my heart, and from there it radiated into my entire body. I felt three times as tall and a hundred times more alive than I can remember ever having experienced.

And that was amazing.

Priceless.

And wonder-full.

7. The Psychotherapist's Pictures

Now it is true that I thought that having energy flow into you, through and out and when you do, you feel much, much better, was something that you do IN THE MOMENT - there and then, as it is happening.

So, someone insults you and you just take it in, let it flow through and out, and then you feel much better; and should they do it again, you likewise do the same in direct response.

It's quick, it feels GREAT - what a wonderful method EmoTrance is!

But there was so much more to it than we thought at the time, only we didn't realise this, not until the incident with the psychotherapist's pictures occurred.

There was this lady psychotherapist, around fifty years of age, and just as we were in the middle of the first excitement about EmoTrance, she called me on the phone because she was very upset.

She had just taken receipt of a series of portrait photographs commissioned to support an article about her work in a national magazine, with the task to choose two of these photographs which would be used for publication.

"But I look absolutely IMPOSSIBLE on ALL of them! Old! Wrinkly! TERRIBLE!"

Aha! I thought, this is excellent! I found another volunteer for trying out our new EmoTrance system!

"Listen up," I said. "I've a got a new method, where we find the feelings in your body when you look at the photographs, no talking, just focus on the feelings of blocked energy, and then you let them flow away. Would you like to try that?"

She immediately agreed; I took her through the basic process and then put the phone down to try it out by herself with the "terrible photographs".

About half an hour later, my phone rang.

It was the lady psychotherapist, and she was absolutely delighted!

"Oh but this is wonderful!" she cried, with laughter in her voice, "I fell in love with myself doing this! It was amazing! The pictures aren't terrible at all - they are GREAT! You know if I was a client and I looked at those pictures I would think, yes, she's lived, she can understand me!"

I was truly delighted and celebrated this personal breakthrough with her; but I was also delighted that she had been able to make it work all by herself and with just a minimum of instructions.

That was important to me, because there are so many things that we don't really want to talk about, and of course there are so many people who are the only ones in their family or environment who are interested in energy and healing, and who will have to play alone.

But there was one more aspect about this story which only sunk in some time later.

I had thought that if the pictures evoked a negative response, one would have to keep trancing that energy through and out, every single time.

But something altogether different had happened.

The lady had done the pictures ONLY ONCE - and they STAYED CHANGED.

When she did her energy flowing with the pictures that day, she HEALED SOMETHING by moving the energy in, through the blockages and out - she changed her energy system permanently!

And that was the beginning of an extraordinary time of exploration.

8. EmoTrance In A Traffic Jam

This was a wonderful time. I played all day long with EmoTrance and one of the best side effects of this was that I FINALLY started to become aware of what was happening in my body all the time.

Stuck in a traffic jam? Stressed out? Where do I feel this in my body? In my head, in my neck. Where does this energy want to go? It wants to slide down my back! Oh yes, and when it starts to slide and then rush away, it tingles, it prickles and you can't help but smile!

It was fantastic to all of a sudden have one's ears opened to all those many things that people say and to understand WHY they say that: my stomach turned, he's doing my head in, it's a pain in my neck, my heart is broken, even "I'm so depressed ..."

People say these things all the time, and no-one has been listening!

And neither have we been seeing what people do to show us the invisible realities of energy in their lives.

Once you start paying attention, you can see this EVERYWHERE - people rubbing their heads, their eyes, holding their own mouths shut, brush invisible things off their shoulders, holding unpleasant things away from them.

Hands are SHOWING US where the pains are, where the problems are, where the shields are.

The whole body and including the choice of words we use are showing us CONSTANTLY the truth about the energy body - all the time, every person, every day.

What did we used to think CAUSED those gestures, those body postures?!

Did we think we were all crazy?

And how crazy is THAT?

And WHERE do we feel that sensation of craziness in our bodies ...?

9. Forgive & Forget ...

Even though I've personally never been in therapy, I have spent years in the company of therapists, coaches and counselors.

And it's a fact that they have their ideas, based on what they've been taught, and they can't help themselves, they have to recite the scriptures of their religion:

"You must love yourself more," they used to tell me.

"You must work on your anger issues ..."

"You must learn to forgive and forget ..."

I've heard it a thousand times and each time I would say, "HOW?"

What then happened was that a whole lot of muttering and talking would ensue, so much so, that they often didn't even notice that I had already left the building ...

One day, whilst spring cleaning, I move a cupboard away from the wall.

Behind the cupboard I find an old photo, I don't know what that is, where it came from.

I pick it out of the dust, turn it over.

In the same instance as I recognise his face a red hot fire shoots straight into my chest, I go to my knees and tears are shooting horizontally from my eyes.

It is only an energy.

Goddamn it, it is ONLY an energy. This is all so long ago, this is over, it is in the past, he isn't here now, hasn't been for so many years, he belongs in the past.

And these feelings, this pain, it is ONLY ENERGY, ONLY ENERGY, ONLY ENERGY ...

Slowly I can breathe again, breathe deeply, and I sit down in the dust with the photo in my hand.

I placed it carefully in front of me and put both hands on my heart, just there were that terrible pain still burned as brightly as it had ever done.

These are my healing hands, my hands of energy.

This pain I feel, and that terrible pressure in my head, there is no-one here who stands with their boot on my chest, no giant hands pressing on the sides of my head as though they are trying to crush my brain.

This all over, it was once but now, it is only energy, energy injuries, energy wounds, and I can heal this, can heal this with my own healing hands, I can put to rights what once went wrong.

Whatever has happened, now make it right, make it better, heal this, make me as good as new ...

And slowly but surely, under my warm hands I can feel the first movements of resolution, after all this time, and I'm crying floods but these tears are clean, they are cleansing and they are helping me to let all of that finally flow away.

I let my tears flow and concentrate on the feelings in my heart, where the energy slowly begins to rise, in two slow channels towards my shoulders, then over my shoulders and in V formation down my back and towards the base of my spine.

Flow, flow on. Flow free. It is only energy, and energy must flow. In and out, like breathing, in and out. You hold your breath and your life is over ...

Slowly, slowly the pressure in my head is beginning to ebb away and my thinking is becoming clearer, finer, wider.

I can breathe properly again, I can think again and I feel very calm, very lucid.

There is the picture, and it is just a man, a man who once I knew and with whom I shared many experiences.

I don't know if he is still alive or where he is, but it doesn't matter.

I wish him well, wherever he may be.

And so I'm sitting on the floor in my room, with my hands on my heart, and I can't believe that on this sunny morning a miracle did happen, and I could finally "find it in my heart" to forgive us both.

Here is, how it is.

When you tread on a dog's tail, it will turn around and snap at your foot because that's what hurt it.

It is natural. Absolutely reasonable, absolutely understandable.

Now we took the dog to the vet, and he bandaged the injured tail, and we tell the children, "You've got to be careful with the dog, don't touch his tail. It is injured and it hurts, and if you touch it, he'll bite you."

That's exactly the same with people.

Someone "trod on my tail", but it was never properly bandaged, it was never healed. Someone comes along and touches THAT, or starts stirring in the wound, and I'll snap to defend myself, a simple reflex in response to the pain.

People who are angry or sad have these old wounds somewhere in their energy system.

If they can still feel them and haven't been able or willing to withdraw deep into their own shells where they feel nothing at all anymore, then they will REACT with fury or with tears when someone touches these injuries even by accident.

This is simply a reflex and it simply CANNOT stop until the wound is finally healed.

When the pain is over, blissful peace reigns supreme.

That is the state of true forgiveness.

You can't "do" forgiveness.

You can only reach forgiveness AFTER your wounds have been healed - and then it comes readily, willingly, free of charge and simply as a bye-the-bye.

10. Visible and Invisible Wounds

We have a visible body and an invisible body.

In the invisible energy body, much is amiss and these problems transfer DIRECTLY to the visible body, because they are one and the same in actuality.

One system, one totality.

Just as you can't walk around without your skin, you can't leave your energy body at home.

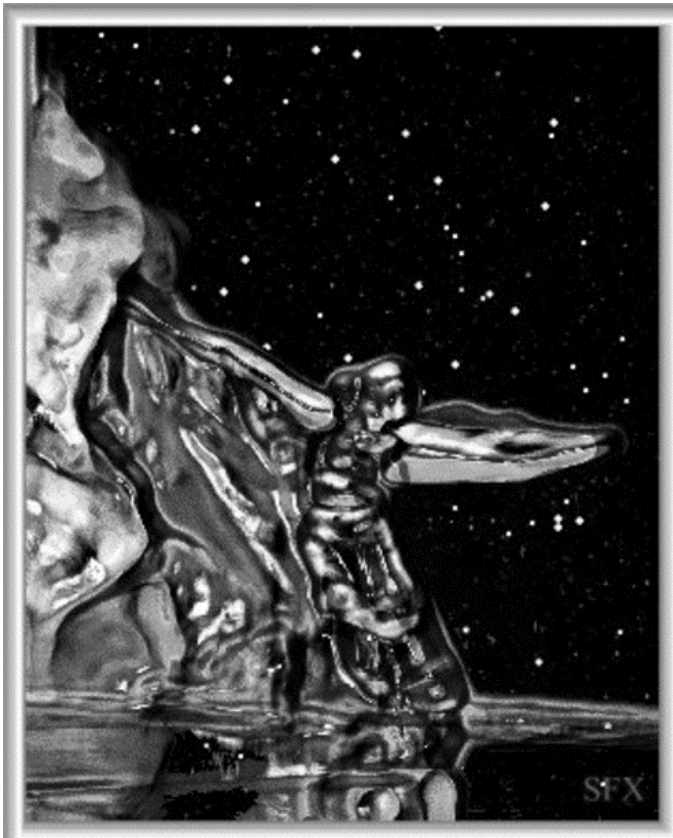
It is a part of us, and it is ALWAYS telling us what's wrong, what's missing, where the most urgent problems are - but we're not listening, not paying proper attention.

That isn't our fault - no-one told us that we even have an energy body, never mind how to look after it properly.

That's like Father Christmas, only the other way around.

The grown ups told us that Father Christmas exists in reality and we believed them, because children don't understand the concept of a lie.

11. The Lady With The Silk Scarf



At an Energy Psychology Conference, I am explaining how EmoTrance works and how simple and elegant it all is. A lady from Canada has agreed to be my demonstration person.

She is in her seventies; the fabric of her dress is printed with many colourful flowers and around her throat there is a turquoise silk scarf. She is a little nervous at the idea to work on a personal problem with me in front of all of these people.

I smile at her reassuringly, stand next to her and ask, “Do you have a feeling or an emotion that you have had for a long time and which you might like to release today?”

She nods earnestly.

I am glad that I don't have to ask her about any of the details, that I don't have to press her for unhappy memories or unfortunate incidents from the past.

This is a good demonstration for the participants; they can see for themselves that you don't need to know anything at all about the “why”, or the “who”, “when”, “what” and all the rest, and so I just ask her the standard question, “And where do you feel that old pain in your body? Please show me with your own hands.”

The lady nods and places both hands around her own neck, just exactly where the turquoise silk scarf is wrapped around. I cast a glance at the spectators – did they notice this too? Some are busy writing in their note books, others are pointing and whispering to their neighbours.

As we are dealing only with energy, I don't have to tell her to remove the scarf. Energy healing works on different planes, you don't have to get undressed and the scarf itself may well assist us in the healing process – both the colour and the material, as well as the way she wrapped it around herself *are not coincidence*, but the work of her

own energy consciousness, which was always trying to help her, whether she knew this or not.

With both mine and her healing hands at work the injury in her throat is repaired easily and swiftly, and the flow of energy through these channels is restored. The energy flows from her head through her throat into her body, and then it enters her legs.

“Oh!” she cries, “I have a pain in my left knee! The energy is flowing out through the right one, straight out of my toes but on the left feels all stuck and painful!”

I explain to her and the other participants that this is most likely an old injury in her energy knee which needs to be healed before everything can flow on that side as well. I kneel down in front of the lady and as she cannot bend down that far, I tell her, “I’ll do this with my hands from the outside, and you do the healing on the inside with your will and your intention to make it better, make it right.”

A few short minutes later and all is well.

And we get to test whether the original old pain has now really been healed.

I ask the lady to think of that old pain which sat in her throat for all that time. She smiles and sighs happily, rubs her hands together and takes a few small dance steps on the spot, then she says, “No, no pain at all. It is – electric! This feels so wonderful, I can tell you I feel twenty years younger!”

“You know what?” she adds in a rush, “The knee, that was so interesting. I hurt my knee when I was ten years old and I fell from my pony. I have had problems with it ever since – and that’s over 60 years ago! I don’t know how many times that knee has been x-rayed, or how many doctors have told me that there’s nothing there and it’s all in my mind!”

Well, this is the thing, isn’t it.

When the lady fell from her pony, her visible knee was repaired by the doctors back then but her invisible one was forgotten. And so the invisible knee remained unhealed and in pain ever since.

I couldn’t help but think about mothers who blow on a small child’s injury and say, “There, now it’s better, now it’ll heal, you’ll see ...” Totally uneducated people do this quite naturally - because it is NATURAL, correct and extremely important!

If this doesn’t happen, the wound hasn’t been healed properly, and only the half of the total body which can be seen, cut open with a knife and sewn back up again has been “repaired”.

Well, that is NOT enough!

This lady had pains in her knee for over 60 YEARS!

That is simply disgraceful, unacceptable even.

I do sincerely hope that slowly more people who work in hospitals re-learn these basic facts about human healing, really re-learn to understand how important this is for a person and their long term fate and happiness.

Thankfully, there are now many nurses and carers who are learning to restore the energy body too, via Therapeutic Touch and other forms of energy healing.

Perhaps the day will come when absolutely EVERYONE who enters a hospital will receive these invisible treatments too. It doesn't cost a thing, it is so fast, it feels good and natural and it HELPS PEOPLE TO HEAL properly and completely.

Half an hour after the demonstration was over I noticed the lady from Canada taking off her turquoise silk scarf, and watched as she folded it with great care, then she placed it into her bag.

12. Energy Consciousness

When our eyes are beginning to open and we begin to see the *absolutely visible effects* of these invisible energies for ourselves again, the world becomes a world of enchantment.

Hands paint shields and barriers into the air for all to see; they show us where someone hurts, where they keep the memories of their old pain in their energy field.

The energy body doesn't stop at the skin barrier, of course.

It is much bigger than that, but the further away something is from the physical body, the more subtle the sensations and feeling it produces do become.

The *physical sensations*, that is.

We have energy antennae only we haven't really learned properly how to use these to our advantage. We don't just have energy hands which can heal, but we also have an energy head.

The scientists used to call the energy head the "unconscious" or "subconscious" mind and thought that it was insane, totally illogical, unreliable and full of mad monsters that would drive us all into never ending delusion and misery.

The poor energy head!

So many misunderstandings, and so many prejudices. It is really a very sad thing indeed.

There are even people and entire religions who actually believe that the energy head is stupid because *it doesn't know how to lie!*

But that is not stupidity, but in the contrary, it is a sign of the purity and wisdom inherent in our energy consciousness.

The thing is that our energy head has its own version of energy eyes, which can see the truth about energetic realities immediately. It also has energy ears which can hear things you have never dreamed of, and other senses we don't even know as yet.

This is why it doesn't understand the concept of a lie.

For example, take such an energy consciousness and show it a place where a week ago someone was killed.

Now there are many people there, standing about and lying to each other with their respective "consciousnesses", some are crawling about in the grass with combs in order

to find a single hair which will then become a “piece of hard evidence” as to what happened here.

But the energy consciousness can SEE immediately where everything is and where everything was – there are the tracks, burned into the fabric of the landscape where the victim tried to run, and there, by that tree, there it was that they died. The energy consciousness can see the murderer and it knows where to find this person as time and space are not important to its functioning, and every single piece of evidence is right there, day-glow bright amidst the patterns of the grass and the land below.

The best detectives don't really work by logic or by evidence. They have a bit of contact with their energy heads, and they get a sort of “gut instinct”, an “intuition”, “a sense” – or in other words, ***they are receiving their information from invisible sources.*** Such highly esteemed and decorated law enforcement officers will be able to rely on the fact that they might just be wandering around “randomly” in the woods and, as they bend to pick a little flower, will amazingly “discover” the bloody knife which would have escaped detection by other means forever.

The best policemen also know if someone is lying to them.

That is because it really IS ALL THERE for someone to see who knows how to really look – every deed and every thought is literally engraved into the energy matrix of an individual, an incredible book of the most complex and accurate data imaginable. It is all there and best of all, any other who uses their energy eyes and their energy head can read this and understand it.

Our problem is that we have detached ourselves from our “energy person” because our thinking consciousness got in the way. And the further away we are getting, the more difficult and the harder every little things becomes, and the harder we have to work to try and compensate somehow.

Our energy person knows exactly what is poisonous and what is good to eat. They don't have to learn this the hard way by studying lists of plants in books because they can simply SEE it.

And as you can't hide anything at all from a system that can see EVERYTHING that is there, you can't keep secrets and of course, there is no more use for lies.

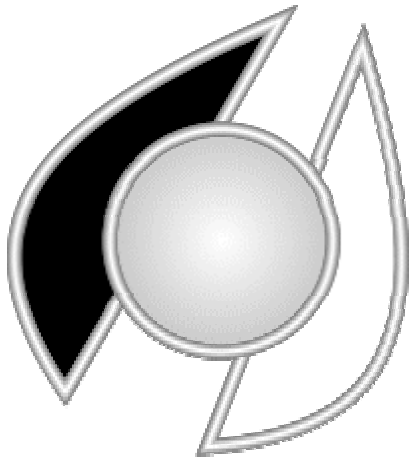
Lies, like the attempt to hide the fact that someone's skin is unhealthy by covering it in concealing paint.

Lies, like buying a big car and a young girlfriend to create an illusion of personal power and success.

For humans there are as many lies as there are stars in the skies above - and as many liars who can't get to sleep at night for fear that one day, people will re-discover their energy bodies and in doing so, rediscover their ability to see straight through them.

Then the days of the lies are over.

13. Re-Unification



We read it in the newspapers every day, and every day we see it on TV.

The people of the Western World are sick. They are either too fat or dying of anorexia and bulimia, or of cancer and strange mutated infections that are entirely unknown to poorer and less developed civilisations.

They have all this wonderful food yet they suffer from malnutrition and heart attacks.

Many kill themselves, especially the young ones amongst them, and there are more mental diseases than ever before.

That's how it is.

When I was a small child, and that's about forty years ago now, they said in the year 2000 we would all live in beautiful houses in perfect, green landscapes. They said we would have flying cars, would never get sick and hardly ever age.

Forty years of unbridled science, full steam ahead, and I think that I have a right to say that the results of these approaches are not just not convincing, but actually speak for themselves – very loudly and VERY clearly, at that.

Science as it stands can not help us.

Not only can't it help us, but it actually destroys us and through us, the world around us too.

The scientists keep saying, "Give us more time! More money! Then we'll make that dream come true!"

But I am very sorry, I cannot allow for example plastic surgery to stand for "progress towards eternal beauty and youth".

That is a lie. Nothing more, and nothing less.

We need MORE than that, and we need something OTHER than that.

It has now become critical to take that which was broken apart and to re-unite it at last.

The body and the spirit, the Hard and the Invisible.

And it is now absolutely critical that we should finally behave really logically, and properly scientifically, and instead of crawling away and hiding in the illusions of sterile, reality-reduced laboratories, to come out into the open and to start exploring the world for REAL.

When we do that, we find a reality in which invisible influences exist, and further, where it is these very real influences which actually determine and rule our entire lives, from the moment of conception to the very last breath we will ever take.

14. The Orphans

It is said that people cannot live on bread alone.

But what else might there be?

Many years ago, scientists came to an orphanage in order to conduct an experiment.

Newly born babies were fed and changed, but the nurses had to wear gloves whilst doing this, were forbidden to hold the children or to play with them, or to smile or give them eye contact.

The babies cried insanely for a couple of days, then they became paler, and quiet.

Then they ceased feeding, and then, they started to die.

To this day, “science” cannot explain what happened there.

Words like “Stimulus Deprivation” used in exhaustive dissertations and even more exhaustive books are nothing but a secret language to keep people from discovering that absolutely nobody has a real answer at all.

Such things simply make no sense in a dead universe, where everything is made of granite and if we can't measure it, then we pretend it isn't there at all and we can go on as though everything was quite alright like that.

In a living universe, on the other hand, one in which a small child has an energy system that is starvingly hungry, just the same as its little physical body; in a world where it is understood that this energy system needs tremendous quantities of rich nourishment in order to not just survive, but to thrive and become a powerful, fully functioning adult organism in the end, it is immediately completely LOGICAL that if you cut off one of the main supplies of these energies the baby cannot help but starve to death.

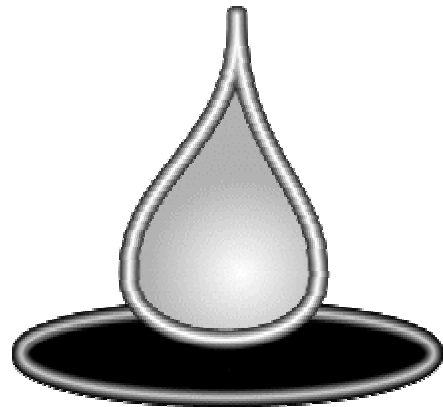
The child MUST starve to death, regardless of how much physical milk is being pumped into its stomach.

Well, this experiment with the orphans happened a long time ago, but even though it was such a long time ago, the nurses back then went on strike and told the scientists that they would not participate any longer.

Feelings, you see.

These ladies had these unscientific FEELINGS about what was happening to these children, they had the sense that something UNNATURAL was taking place, something UNHOLY, a sin, you could say.

These feelings became so strong, so overriding that the nurses could do no other and had to revolt against the authorities of the day.



15. Energy Nutrition

Now let us, dear reader, you and me, just take a break and a moment to consider *what our own energy bodies might be needing*, or lacking, right here, right now.

What kind of types of energy food could we use, right now, to feel much, much better, more satisfied and more “fulfilled”, if you will?

What kind of nutrients are missing which, if we added them to our diets, would produce fine, soft skin, vibrant glossy hair from the inside out, and not because we have covered all the blemishes with all sorts of stuff to make us look AS THOUGH WE WERE HEALTHY?

Some people really “blossom” when they are allowed to step into nature.

A blue, wide sky, an ocean shore when the sun goes down, the fresh, moist air, that tastes a little of salt and sea; the fine old Sand beneath your bare feet which once was stone and mountains strong ...

Or perhaps to stand in that incredible clarity and purity you find in the high mountains where you can see so far, you could think you touch eternity?

Or an old, deep dark green forest, like a living cathedral, with shafts of golden columns made of dancing light?

Endless grasslands over which the wind whispers and hushes, and they move in soft, slow waves like the most beautiful of living oceans?

Can you feel this?

Can you feel this power, this clarity, this strength – even when we just THINK of such things?



These are HEALING ENERGIES.

These nature-environment energies are a base nourishment that people really NEED – and not just for a couple of weeks on holiday per year, but all the time, every day.

Two weeks of holidays may be just enough to keep someone barely alive and functioning until they can be “retired”, but that CAN NOT be anywhere near enough to allow someone to live a full life, a vibrant life from the cradle to the grave.

But nature energies are just the beginning. There are so many other forms of energy, so many tastes, so many flavours – we are living in a veritable OCEAN OF ENERGY, and this is so for everyone, whether they know this, or not.

For many people, animals are a life saver.

Animals don't have the capacity to withdraw into snail shell shieldings of their own making, because you need a consciousness to do that awful thing, and so any animal at all, even if it is just a goldfish in a bowl or a hamster in a cage, is a pure reactor of clear, living, original creative energy.

In old folk's homes, animals and pets cause humans to become happier, more active and to complain less of pain and symptoms.

But animals alone cannot provide all the energy a human needs. That would be the equivalent of eating nothing but Vitamin A.

The proverbial "old lady with the 500 cats" is a good example of this. There comes a time when other energies are required for sheer survival and the situation becomes critical. Adding even more cats cannot then solve the problem any longer.

16. Shells



The first, foremost and most important energy source of them all for human beings is of course – OTHER HUMAN BEINGS.

That is good news indeed, because there are *billions* of them.

Billions of potential energy sources for you, for me and for each other.

One should really expect that with such an incredible abundance of energy we would all just roll about in it all day, so full of joy and happiness that you can't sit still but must dance and celebrate from dusk to dawn!

So many people – so much love, so much attention!

But – wait a minute ...

Did I just hear someone say that this is not at all THEIR experience?

That they feel totally unloved, neglected, always alone, and the more people are around, the worse it actually becomes?

That they feel BETTER when they sit all by themselves on a mountain top, and there isn't a single soul anywhere to be seen, heard or felt?

HOW is that possible?

It is simple, really.

We all have too many unhealed wounds and disturbances in our energy bodies. Way, way too many. And we have had them for a long, long time. People energies kick into these old wounds because they were originally **MADE BY PEOPLE**, of course. So, in order to being able to even exist in the same room with other people without going insane with the pain of it, we have made shells to protect ourselves from these energies, veritable snail shells into which we have withdrawn.

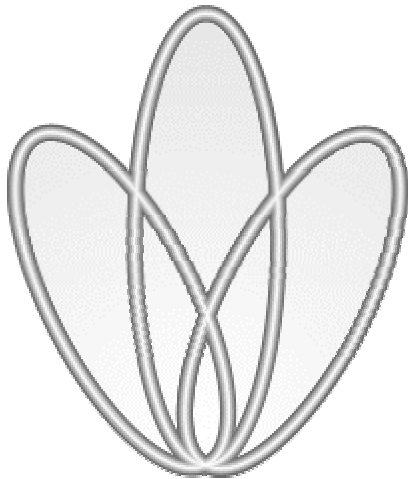
One shell over the next, one shield after the other, layer upon layer, like an oyster grows around a pearl.

And now we sit inside our shells, and all these energies that hurt us, yet are the very same energies that we need so desperately if we don't want to sink into lethal depression just as the starving orphans did, are on the **OUTSIDE** and they cannot reach us any longer.

When no other people are near who can threaten us with their energies, we can extend our feelers very cautiously and that way, get to suck in a little energy from nature, from pets or from our gardens, from stones and minerals even.

And when we do, we feel a little better, a little less sad and desperate, and for a time, we can function again. But that is no life, but only an endless starvation diet which shortens our days and makes us sad, angry, and hopeless.

17. Human Love



And still we know, orphans that we are, that *there are other states of being*.

When we are in love, then the world changes overnight and in an instant.

Everything becomes – enchanted.

Our feet have wings and our steps dance with lightness.

Everything around us is simply beautiful, and the most boring, hardest labour simply flies from our hands. No matter how old we are, we feel ourselves to be young and beautiful, our hearts beat strong and powerfully and our backs are straight and strong.

Our eyes are wide open, and we smile.

So, we met someone by accident. We extended our feelers beyond our shells and human energy cascaded into our starving systems.

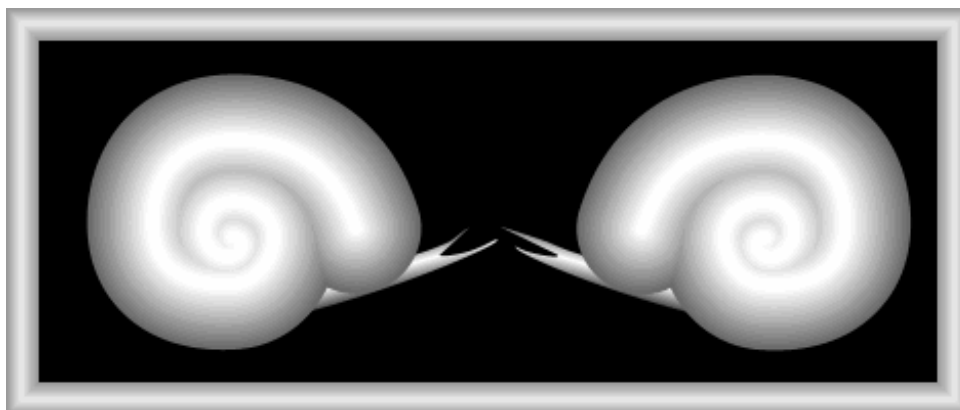
That, ladies and gentlemen, is the healing power of **LOVE**.

Human love is a form of energy, absolutely real and incredibly powerful, which does not just heal, but it **RAISES US UP**.

It shows us who we can be and what we can become when we function as we were designed to function.

And this is why it is so essential that we should heal our oldest injuries so that we can drop our shells, leave our self made prisons and emerge into the true reality of the world.

It is only then we get to live real lives, experience what it is REALLY like to be a human being in the true enchanted universe.



18. God Energies

One of the most beautiful, powerful and purest forms of energy is what I call “god energy”.

It is so amazing and feels so fantastic, it is like heroin.

And to a desperately unhappy person, just like heroin, god energies can be dangerously addictive.

But in the same way as heroin cannot be a replacement for a real life or real healing, god energies cannot replace people energies. It is on a totally different frequency altogether and serves very different purposes.

It's a fact that just anyone at all can sit in a monastery, or on a nice mountain top in Tibet with their eyes on god energy, and fall prey to the delusion that they have reached enlightenment.

There is nothing there that could trigger the pain from the old wounds,



and one doesn't need to invest energy to keep all the old shields and shells in place.

You can sit there thus on a mountain top and get to be 100 years old – but is that a real life?

Did the creator make us for the purposes of sitting cross-legged in a corner and saying farewell to life?

I don't think so.

I think that it was just simply too difficult to live correctly without being consciously aware of the existence of the energy world and that people thus made a choice – either to move in with god and become a non-human or semi-angel, or to live like a human amongst humans.

I do believe this to be a tragedy of unknowable proportions, and that in order to work as we are designed to function we should be doing BOTH and AT THE SAME TIME.

We need god energy AND people energy.

And not just those two, but also animal energy, plant energy, stone energy – we were MADE to swim in the oceans of energy and to breathe in and out, deeply and profoundly, all our lives long.

We are a part of the universal energy ecology simply by being here, just as well as we are a part of the air ecology, each one of us, absolutely, and by default.

19. Drinking Colours

To step right out of our snail shells, naked and shivering, that is a birth into a whole new life, into *a totally different way of living*.

That's a little radical, I grant you, and also not necessary.

Let us instead begin with something very simple, so we get to learn how to eat and drink energies again.

Here is an example.

Different colours have different energies, and even the old scientists have allowed themselves to notice that different colours produce different effects on different people.

It is not the case, you see, that EVERYONE gets predictably depressed by living in a room painted black from floor to ceiling. This is so for many people, or even *most* people (not all but more than half), but not for everyone. In a hospital for the chronically ill someone decided to paint all the rooms pink in order to make the atmosphere more friendly, and the result was that the patients became very distressed and some even suicidal.

This tends to happen when there is a disturbance, shields and injuries between a person and the energy of a colour.

Colours are in principle absolutely pure. *Everything in the universe is absolutely pure and absolutely innocent* – the only time this goes wrong is in the consciousness of people, a species who is in the process of developing a consciousness and hasn't got a clue as what to do with it.

There are many men who are terrified of pink.

It seems insane but it's true – pink represents being a sissy, weakling, even homosexuality. And that is BAD.

But only for men. For women, and that's the same species (we know that because men and women can mate and produce live offspring) pink represents beauty, sexuality, and softness. And that is GOOD!

Now let us simply play a game and presume that pink is the equivalent of Vitamin C for the energy body. Women may consume this, but men must stay away from it at all times.

Whose hair and teeth would fall out first?

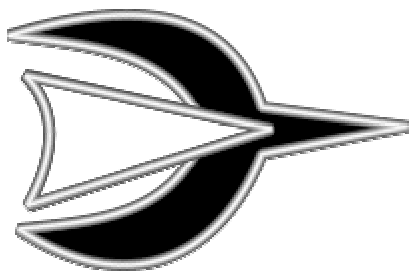
That's a good question and just in case there's something in this observation, let us now slowly cycle through the colours of the rainbow, one after the other, and ask the question, "Where do you feel this pink in your body?"

If it doesn't come in at all, make a hole in your shell so it can reach you. If it hurts or causes discomfort, use your will and your healing energy hands to repair your wounds and get rid of blockages and contortions.

Just have a go. Black, Grey, White, Pink, Red, Orange, Yellow, Green, Turquoise, Blue, Violet, Ultraviolet.

Each one is a brand new feeling, an amazing experience, and apart from that, an excellent training device for the reality of our enchanted world.

20. Resonance



Not long ago, I bought a new microphone for my computer. At first, I only wanted to record my voice but then I began to notice interesting things about *sounds*.

I was fascinated.

I played all afternoon, deeply immersed and oblivious to all else, just as a child would play, with sounds. I threw rice into a wooden bowl, then salt, water, frozen peas, nails. I drummed on steel pans and on an unpainted linen canvas, and brought every piece of glass, plastic, porcelain from around the house to find out *how it would sound*.

It was fantastic.

Every single thing has its own resonance, its own voice, makes its own music, speaks to you and tells you of its nature, who it is.

And when you combine more than one, one can create the most amazing experiences and learnings, and such *feelings*!

I have learned more about the nature of sound, music, resonance and energy in that one afternoon than I did in ten years of studying music at school.

Music is a most wondrous source of living energy for us human beings, and more than that, we can learn directly through the transmission of energy in sound.

People say something “goes into one ear, and out the other”, and when they say that, they mean that it passes through and nothing is retained, nothing was learned.

But that is only the case for “words” and such human constructions which have no consequence because they are meaningless or irrelevant.

When energies enter our energy body and flow through it, they RE-WRITE THE MATRIX.

The matrix has become DIFFERENT after the energy has passed through it, and that is the meaning of learning something.

This is no surface learning, make no mistake.

As the matrix itself has become changed, like a clay tablet that was changed forever after the writing hand passed over it, this kind of learning cannot ever be forgotten. In this way, our entire LIFE EXPERIENCE is stored and written in our energy bodies. Our energy consciousness can look at any time directly into the matrix and read back what THERE IS, no matter how long ago this change experience took place.

This is a truly amazing and incredibly useful function of the energy system, and it works a treat. Everything we need in order to keep all our life experiences always within our reach, always at our fingertips is then to re-learn how we can contact our energy consciousness, how to ask for the data we need, and *how to interpret that data correctly through symbols and metaphors* when it is being delivered.

And that is only a matter of deciding to do this, and then to practise it, every day.

21. All Energy, Only Energy ...

At the very first EmoTrance seminar I ever conducted we had talked about energy nutrition and the concept that ALL energies one might encounter in any environment have natural channels and pathways for us to experience them, and to use them.

Of course, many of the participants got scared at that and began to wonder immediately if there weren't bad energies, citing many examples of energies of people they found painful or disturbing, but I did not want them to go to lunch whilst still believing in a divided world of good and bad.

There simply are NO bad clouds, no good ones either; there are no good stars or bad ones, you cannot stand in the rain and go, “Hey look, there goes another bad one!” as the drops pass by, and in the same vein, there really are no good or bad energies.

There is ONLY energy. To divide things up with judgement is another one of these fatal operating errors of our consciousness, trained into a black-white delusion when even the small screen of my laptop computer here manages 12 million colours with ease.

One person asked, “But what of energies that hurt me, that make me sick?”

My take on this subject is that of course a person can be ALLERGIC to energies, but that this only happens when there were painful experiences with that type of energy that caused wounds we still carry around with us to this day.

I told them that salt water is great for your skin – but if you have an open wound, it HURTS like hell. That’s the same with energies, and it isn’t a bad thing, but a very USEFUL one instead – look! Now we know where there is an injury, now we can heal it, so I can get on with my life and have it work as well as it should.

When the group returned from lunch, excited, laughing and chatting, one told the following story.

He had entered a pub and ordered a snack lunch, sat down with some people from the course to wait when all of a sudden, music was blasted into the room, very loud and a kind of music the gentleman had truly hated all his life. Normally he would have left immediately and without even looking back, but on this occasion he knew that if he did, he would not be able to get any lunch at all because it was already too late to start again somewhere else.

One of his fellow participants laughed and said, “Where do you feel that music in your body? Well, that’s ONLY AN ENERGY! Soften and flow!” which is the catch phrase of EmoTrance, and so they got together for a practise exercise, right there in the pub, with the “awful music” as the constant reminder as to what they were working on. The gentleman said, “It was really amazing! I have been running from this kind of music, this kind of culture for many years, it made my head hurt, badly. There was something stuck in my forehead, but when we got it to move and the music flowed right in, through and out, it was as though I was being charged with electricity, so much so I thought I’d explode with it! I couldn’t sit still, I had to get up and dance – right there, in front of everyone, in that pub! Me! It’s – inconceivable!”

Now, that may not sound particularly earth shattering, but it really is a very good example to illustrate our motto – “But it really is ... ONLY AN ENERGY!”

Since that day, I have personally used this music-flowing dozens of times. It really is a fine thing to be able to watch TV, be at a party, in a pub or club, in a restaurant or just have the radio turned on – and all the music has become simply AN ENERGY that can fill me with excitement and new experiences each and every time.

No-one can frighten me with jungle, opera, country, heavy metal, hard house, experimental jazz any longer, and even folk songs make me laugh and clap my hands in delight now.

It is really and truly, only a form of energy – and let us not forget that aspect of *learning through the flow of energy* as well. I have had experiences where by opening to a particular form of music I found myself far less estranged and more understanding of the cultures from which they came, and that is a particularly valuable enhancement and addition to my life.

22. Eat, Don't Hate!

There are so many things we don't like, we reject or even hate outright.

Whenever we do that, we automatically create further shields and barriers between us and that which we don't like – yet often the very things we most reject are the exact energies we need the most.

A wonderful story comes from a lady author, who was most bitter and disappointed because she could not find a publisher for her works, no matter how hard and long she'd tried, for many, many years.

She had attended an EmoTrance seminar and learned about energy, how that relates to our emotions and one day, on a visit to a bookshop in her home town, she became aware just how deeply that bitter pain of envy, jealousy and disappointment had taken hold of her as she passed the shelves with the “Top Ten Bestsellers” and really FELT that pain in her body.

“I realised that I would have tried to deny these feelings, try and push them back because to be so jealous of other people's successes is a serious character flaw and I don't want to be someone who is like that.

“But this time, I faced the truth of it, let myself really feel it and admitted to myself, yes, I'm so bitterly envious, I could scream and cry and tear the whole shelf off the wall!

“I stood there for at least ten minutes, my hands on my heart, and thought over and over again, it's only an energy, that's only my old wounds, I want to heal that, I want to be free of all that pain and jealousy and hatred and envy, I am better than that!

“Slowly, slowly the knot in my chest began to soften up and I could feel the energy starting to move. And as it did, I could see the books on the shelf more clearly, it was as though the colours on a TV had been turned up, they were just books and I thought, wait for it, my friends, my colleagues, my fellow authors – one day I will stand here, and one of MY books will be on this shelf, right next to yours!

“And that felt so fantastic, I let the energy of the bestsellers run into me, get a taste of that, that's what I want to write, that's who I want to be, and I couldn't get wait to get home to start writing something fresh, something new. I know already and with all my heart, this time, I am going to make it, I'm going to find a publisher and I WILL be successful!”

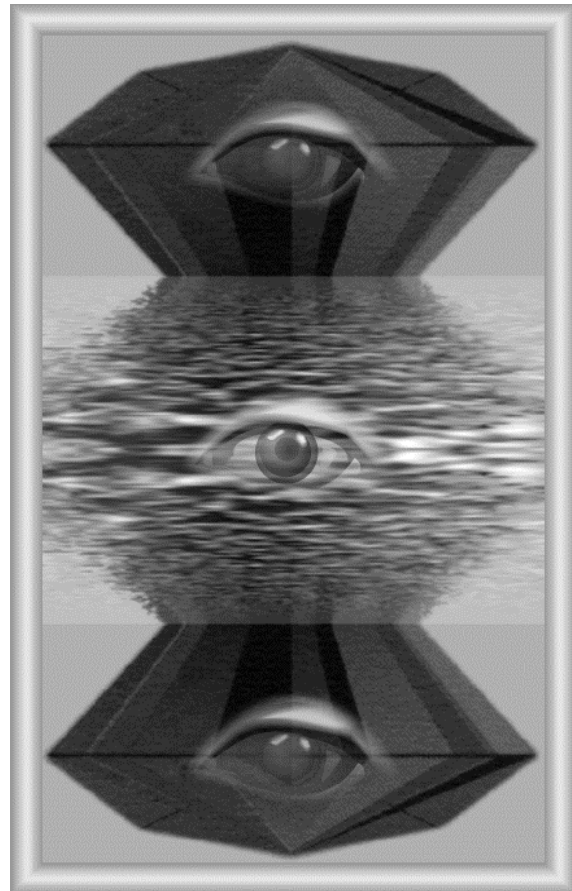
23. Connections

In order to reconnect our energy body to the incredible network of universal energies, we need to make *connections*.

Through these connections, energy can travel to us, into us, through us and we get to experience and learn many things which simply can't be known in any other way.

Imagine for a moment a sorcerer's apprentice sitting at a table, and it is her task to make contact with a small crystal, to let the energy of the crystal flow right through her, so that she learns something about the processes of connection and so that she learns as well to understand something about the nature of the crystal.

The master has told the apprentice that this isn't something which can be done with the head, and that in order to understand the essence and existence of the crystal properly, she would have to have a special experience, that she would have to *FEEL the crystal*.



Now, she is sitting at the table, looking at the crystal before her.

HOW does she make this contact?

How can she create a connection that will allow her to let herself flow into the crystal on the one hand, and on the other, let the crystal flow into her so she may learn?

Perhaps it is easier if we point out how it would ABSOLUTELY NEVER work.

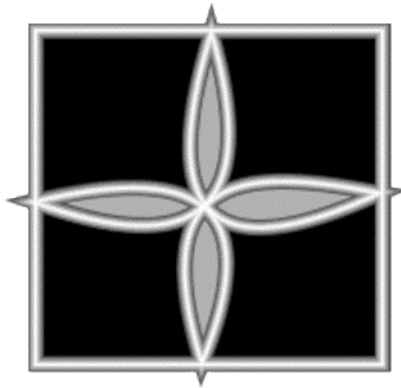
If the girl just sits there, angry and fed up at such a stupid task, or looks at the crystal and thinks, "What a stupid lump of inert dirt!" then NOTHING can or will happen.

Should she start to contemplate all she knows about this type of crystal, its scientific name, the meanings assigned to it, about its colour, about the class of minerals from which it derives, nothing will happen either.

What she needs to learn to do is to PAY ATTENTION to the crystal, and the easiest way for a beginner to achieve this is *to ADMIRE the crystal*.

Let the entire world, the tower and table and the chairs, the walls, the master and all the rest just simply drop away, and now the crystal simply grows, becomes more and more. The more it becomes and the more it becomes the ONLY focus of attention, the more we can see about it – and *the more we see, the more beautiful it becomes*, the

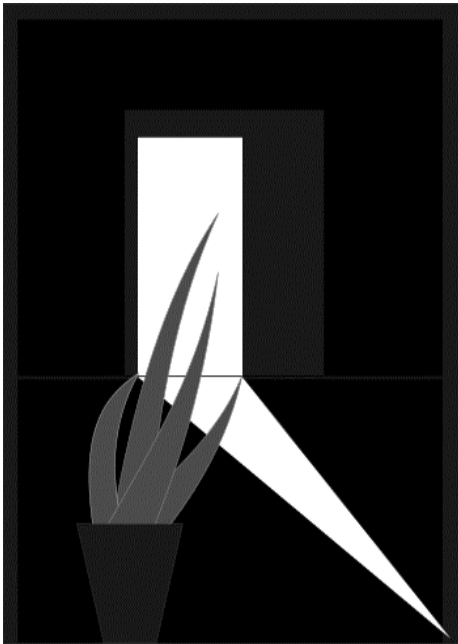
greater the mystery and complexity of such an existence, such a structure. So old, and yet still growing – the crystal is alive, it is stretching and reaching, it breathes and when we begin to LOVE THE CRYSTAL, then the connection is complete, and energy begins to flow both ways, and when it has reached a moment when we can no longer know the difference between us and the crystal because we share everything, know everything and ARE everything – then we have truly learned something important.



We only have true power over that which we love.

And how great our power is to change, or heal, is directly proportional to how great our power to love is.

24. The Potted Plant



We only have power over that which we love.

This first basic principle of the enchanted worlds of energy, namely that we can only understand, change or control that which we love is in direct conflict with most everything we have ever learned.

In the old dusty books of the ages, folk keep telling us that we need to destroy things, fight things, battle things, beat up on things with pain and punishment, to force things with brutality and to act with extreme prejudice against everything one hates and despises.

And that is a terrible lie, a cruel lie, a lie which has turned our original enchanted worlds into a living hell.

In the enchanted world, if you hate a thing, if you reject it, deny it, turn your back on it or judge it, you CUT YOURSELF OFF from it in an instant.

Then there is no connection any longer, and no matter how much screaming ensues, nothing happens in response, for there is no pathway through which intent can travel and all real, meaningful, lasting influence, power and control over the system has been irretrievably lost.

The only form of power left is *physical* – to beat up on the physicality is the only option left.

So people say to their bodies with which they've lost connection and over which they've lost control as a direct result, "You're ugly, you are weak, you are always nagging me with pain and discomfort, you get in between me and god, and now I'll punish you. You don't deserve to feel anything nice, you don't deserve decent care or food. FIRST YOU LEARN TO OBEY ME! And IF you do as you're told, perhaps, just perhaps, I'll reward you if I feel like it ..."

If one was to take this approach to a potted plant, the total raving insanity of such an attitude would become apparent immediately.

There is a little potted plant. It is wilting because it's not getting nearly enough water. The pot is way too small, the soil long devoid of nutrients and on top of all of that, it's standing in a dark and drafty corner.

"Damn you, plant! Look, just LOOK at the STATE of you! You are a disgrace! You call yourself a plant? Disgusting! All the other plants are three times your size, you should be ashamed of yourself! You make me SICK! I'm gonna teach you, once and for all. You're not going to get a single drop of water until you bloody well learn to grow

properly, stand up proud and straight, have decent green leaves and at least three flowers!”

And that, ladies and gentlemen all, is the attitude of humanity to – *everything*.

With that insane, pathological attitude we simply cannot go on any longer.

This attitude make us sick, drives us crazy and turns us into dangerous criminals to ourselves and all we touch in turn.

We really desperately need to learn, if we want to save ourselves, to think differently, to act differently, but most importantly, *to FEEL differently*.

It is nonsensical and absolutely counter-productive to sit down in front of the mistreated potted plant and to burst into tears of sympathy. Or, like so many do most practical, to glance at the plant briefly, to not be able to stand the pain and then to take off in a holy crusade, a vendetta and lynch party against the gardener, to beat him to death for his cruelty and neglect, and preferably with his own shovel, at that!

“You BASTARD! You psychopath! I’m going to teach you to treat that poor plant like that! How DARE YOU! Now say you’re sorry, you miserable excuse for a gardener, and you better bloody well mean it because if you don’t, I’m going to beat you till you bleed!”

But that’s just the same system all over again which caused the problem in the first place, and this cannot ever HEAL anything at all.

Let me present an alternative approach – the only one which can still help us in the circumstances.

Let us return to the potted plant and look at it most closely.

When we do that and flow away our own injury responses of rage and compassion both, we will see that the plant is indeed in a critical condition. Yet, right at the centre, there is still new growth as the plant struggles to survive, as it directs what little energy it has left into pure survival and nothing more. We can observe that it stretched desperately to the left, to make the most of what little light there was.

This plant is a system made by the creative order, and when one sees what that is and what it does, one cannot help to admire it, regardless of how “unpretty” it may appear to others who don’t yet know how to really LOOK at the reality of things.

We need light. We need warmth. We need water, and we need room to stretch our roots so we can draw nourishment from the soil.

To obtain these things is nothing more and nothing less than to do exactly that for which the creator itself designed us in the first place.

Us, you , me, the potted plant, the gardener and all the others who share this life in the enchanted world.

25. The Sun

So now, are we wilting pot plants, orphans who are sitting inside shells of their own making, sad, angry, lonely, slowly starving and dehydrating for the lack of love amidst the oceans of energy?

Sounds pretty terrible, doesn't it.

Well, I could say, oh, it isn't so bad, but frankly, it's probably a great deal worse than that in actuality.

Yet we can't begin to build a new house from the ruins of the old one as long as we're still desperately clinging on to the illusion that the earthquake never happened.

There must come a time when we take a deep breath, gather our courage, open our eyes wide and say, alright then.

The catastrophe has happened, everything is a right mess, and now, let's see where we can start to clear this up. What can we do? Where can we target our energies in such a way that a small amount of care and attention will make the greatest difference?

It has been said that if the heart is in the right place, all is well.

And even at the purely physical level, when the heart stops beating, then we know it is all over and nothing else can be done.

So let us move straight through the many contortions and injuries and let us concentrate directly on the core, the most important part of the system – our *hearts of energy*, the nuclear reactor at the very centre of our energy bodies, the most important and vital system of them all.

The heart of energy is not just the power source for our entire energy matrix, but also the central connector, a kind of main station where all paths cross and all levels come together.

From the heart of energy all layers of the energy system can be reached, because it radiates on all frequencies, and we don't need to know whether these are meridians which are being powered, or the psychic circuitry, or the wider energy fields in all their complexity and beauty – when the heart of energy begins to glow as brightly as the sun it is supposed to be, then all things awaken, all things begin to blossom and unfold.

And not only does the heart of energy power all the many different systems of the energy body directly and makes them all work, but it has another function which is just as important.

The radiation from the heart of energy, just like that of a sun, keeps the entire energy system CLEAN.

It is the most powerful *active defence device*. Like a sun, it will burn up all stray nonsense and debris that enters the system – and thus makes shields, shells and barriers structurally superfluous.

This active defence system is exactly designed to protect us from outside influences and all forms of energies that don't belong in our systems so that they cannot take hold on us.

And there is one more thing. The radiant glow of the heart of energy attracts others to us, like moths to the light, because this energy is beautiful and nourishing, and in fact exactly what other people need in order to catalyse their own hearts to function to its highest potential – especially if they are young, weak, or ill.

A woman or a man whose heart of energy shines like the sun is a POWERFUL person, someone who can inspire others, someone who will be listened to and who can be trusted. This is a person who doesn't have to withdraw to hide who they are behind their barriers and shells. This is a person whose attention and presence others can feel inside their very own bodies.

It doesn't matter if such a person is a great king, or a little old lady.

When the heart of energy shines like the sun, there can be no sadness left.



26. The Heart Prayer



We have our own healing hands. We have our will and our intention can move our hands, place them on our own chest and we can use our voice to speak out aloud:

*I wish to heal
my heart of energy.
What ever happened
in the past,
it is over,
and all the power,
all the love
I have to give,
I give it now
to my own heart of energy,
so that it will grow
strong and mighty,
so that it will
shine like the sun,
the star I truly am.*

27. The Emperor



The old Chinese energy specialists called the heart of energy “the emperor of the energy system”. And they called our thinking consciousness “the general”.

When our hearts speak, we obey.

That has nothing to do with obedience, with discipline or with will power, because we have no choice and no control over this.

When the heart speaks, we can’t do any other than obey.

And so the well bred, well trained housewife and mother packs a small bundle and runs away with a gypsy in the night.

So the honourable family father leaves his wife, his 14 children and his aged mother and moves into the monastery on the hill, regardless of how much wailing this entails.

So the endlessly conditioned and brainwashed soldier throws down his gun, even though he knows that he will cause his OWN DEATH by his actions, and so it is that obedient, fearful nurses stood up and said, “NO MORE” to the scientists and doctors in the orphanage.

When the heart speaks, the conscious objections crumble in an instant and there is nothing left to decide. There are no doubts and there is no insecurity. As long as there is doubt and insecurity, the heart has simply not spoken yet.

28. The Lonely Consciousness

The heart commands the consciousness.

Now somehow the consciousness has to work out how these orders are to be fulfilled.

But it cannot do it all by its lonesome self.

The real world is way, WAY too complicated.

A consciousness cannot deal with the world, cannot ever understand it, and it is terrified, because it is absolutely aware of the fact that it cannot understand the world.

A lonely consciousness thinks things like

- I am not intelligent enough.
- I am not strong enough.
- I don’t have enough will power.
- I don’t have enough knowledge, experience, wisdom.

- I don't know what the future holds.
- I am NOT ENOUGH to keep myself safe, to survive.
- I don't know what to do.
- I am alone and I am afraid ...

And all these things are ABSOLUTELY CORRECT.

By itself, a human consciousness cannot function, cannot survive.

It desperately needs support, it needs help, and it needs it NOW.

But where is the cavalry?

29. Reunification Please!



Many consciousnesses think in their desperation that they can complete themselves by pairing up with other lonely consciousnesses.

The need and drive for REUNIFICATION is so profound and so powerful, so incessant and impressive that it really shows us how incredibly IMPORTANT this is for every human being.

But here is the problem.

You cannot complete yourself through others. Not through children, not through a lover, not through a huge family, not by joining the liberal party. This only produces AN ILLUSION OF UNITY which tears apart the instant real reality interferes – the child gets run over in the street, the eternal soul mate runs off with their secretary, the family feuds and the liberal party throws you out because they don't like your views.

And as soon as this happens, there we are again – the same lonely consciousness as before, as helpless and incapable as it always was to answer the questions of existence, to find solutions to life's problems or to save itself somehow.

The consciousness needs help, and it KNOWS that it needs help. No angelic host of psychologists can convince it otherwise, because the need for COMPLETION is a structural component of the consciousness, built right into its very fabric of existence.

The consciousness NEEDS some one to tell it what to do.

This should be the heart of energy; but if this lies silent, or the consciousness has become so detached that it can't hear the heart any longer, then any old politician,

emperor, Hitler, pop star, general, salesman, priest, prophet or guru can march right in and fill that dreadful silence with their own voices and their own commands.

And then the consciousness thinks itself not to be alone any longer, and it isn't so scared anymore and it thinks it doesn't have to worry any longer about the big questions which troubled it so profoundly – Who am I? Where do I come from? What am I doing here? What is my purpose? What should I do? What should I think?

The reunification the consciousness has been seeking all its life in such desperation *is the reunification to the totality* – to come home to the individual self, to become a complete individual human being.

If the consciousness becomes aware of the messages from the heart, it has a chance to finally come home and experience the reunification it has sought for so long. When these messages are received, then the consciousness knows again what it needs to do.

HOW to do what it needs to is the next question, and this is another question that is way beyond the realms of the conscious mind to calculate. And this is another thing which structurally was never supposed to be amongst its tasks.

The conscious mind is supposed to pass on the HOW questions to another – to the mind of energy, formerly and wrongfully known as the “unconscious mind”.

The mind of energy can perceive the complexities of the living universe, and it has the computing power to deal with the ever changing, ever flowing realities of the true enchanted world – and to come up with a plan of action that will succeed.

With the heart and the energy mind on its side, the consciousness is no longer alone and it has the support of immensely powerful systems that have so much more force, intelligence and wisdom than it could ever have believed to have right there for it to call on.

And we are nearly there, with a complete human being who is easily well enough equipped to deal with REAL REALITY and to thrive within it.

Nearly there.

But there is one more super system to complete the equation, and some hold it to be the most important of them all.

30. Factor X

If the heart of energy is the emperor who gives the orders, then where does this emperor get THEIR orders from?

From where do they come, and HOW does the heart know what we should do next?

One day I got my big white board out at home and on it, I drew the energy system.

I started with the two super systems, the heart of energy and the energy mind. I drew them as large spirals on the board, and then I had a flash of inspiration – or you could say that my energy mind, who knows such things of course, simply because it can perceive them directly, TOLD me in that instance.

There is no better way to proceed than just to come out with it and say it – the human energy system CANNOT function without a third essential energy system, another super system which bridges between the heart system and the energy mind.

And this third super system is ...

... the soul.

Ladies and Gentleman, and all others, it is a fact that we actually really do have a soul.

This isn't some mystical thing, some tale for the kiddies or some illusion, but a FACT.

The soul is an energy system that HAS TO BE THERE structurally in order to catalyse the other two, in order to balance the logical, mathematical equations of the human energy system, in order to make it work.

And when you put in the soul as the third super system, the equation resolves and the circuits light up.

And then we have a real human totality.



31. The Third Super System

This third super system has some very, VERY interesting qualities.

The most important of these is that it has NO EQUIVALENT IN THE HUMAN PHYSIOLOGY OR ANATOMY.

For example, the heart of energy is roughly comparable to the physical heart; it has roughly comparable functions, only in a different dimension.

The energy mind is comparable to the physical head and brain; it has its own eyes, ears and feelers and functions roughly similarly, only on a different plane.

The soul, on the other hand, does not have an ORGAN in the physical body to which it is related AT ALL – it ONLY exists on the other planes and NOT at the physical level.

And this means that *the soul is not dependent on the physical body for survival.*

It means that the soul does not need to die when the systems of the physicality go down, and those systems which are tied to physical systems.

The soul can exist INDEPENDENT of the physicality.

As a functional energy system, the soul is our practical, and absolutely REAL ticket to personal, individual, functional, structural IMMORTALITY.

32. Immortality

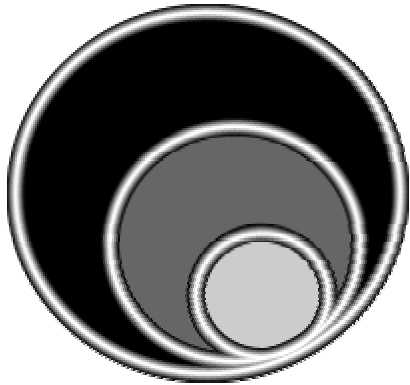


You have the potential,
really and practically,
to become immortal.

You cannot take your body with you,
but you can take
YOUR EXPERIENCES
AND YOUR MEMORIES
of your entire life with you.

These are stored
in the form of **ENERGETIC DATA**
in the soul –
for all eternity, at that.

33. The Angel Child



It is the soul which tells the heart what to do.

The soul tells the heart what kind of experiences it needs to grow and to become big and strong enough to be able to go on after the demise of the body.

The soul is the angel child within each human being which is born when the body dies.

But a soul needs to be fully formed, or else it will not survive the birth. If it isn't fully formed it will dissolve, blow away, dissipate and return to source.

The soul, like an unborn child, is hungry and needs to be fed, constantly. With energy, of course! And this energy comes from the human body and that is the only source, just as an unborn child receives a steady stream of nourishment through the placenta of the mother.

The soul tells the heart what it needs, what it wants. The heart tells the mind of energy. The energy consciousness moves the body and the human totality gets into action in order to collect the EXPERIENCES which become the nutrition for the little soul.

This is balanced out with the needs of the physical part of the human totality, the body, because without a body, the soul cannot get anywhere and has no chance to be born the angel child eventually. To protect the body from death and to make sure it continues to thrive is thereby the first rule of the totality system.

And then humans developed a consciousness that interceded in the flow of these systems, which didn't and couldn't understand its complex, multidimensional functioning, and so consciousness created absolute CHAOS from which we all still suffer.

34. The HEROS Journey

I have learned that it is not the LENGTH of a life or even how painful it may have been which determines whether or not a soul gets to grow satisfactorily.

We need to re-learn how to listen to our hearts. How to use and understand our energy minds.

And first of all, to STOP believing that ANOTHER human being, no matter how many millions of "followers" they may have had or how long they may have been dead already, could EVER tell any one of us, what WE specifically need and need to do in order to rise upon death as the angel child.

Exactly WHAT any one individual soul requires exactly, from moment to moment and from day to day, is completely INDIVIDUAL and the only one who can tell us what that would be IS OUR OWN SOUL.

We must turn around and the consciousness must start the journey BACK to its own totality.

And thus begin to build our own, individual immortalities.

35. The Creator Totality

The consciousness.

The body.

The energy body.

The heart of energy.

The energy mind.

And the unborn angel child, the soul.

One single system.

One creator made totality.

One human being.

One incredibly complex, incredibly LOGICAL system in which all parts have to co-operate in order to ACTUALISE what became a POTENTIAL POSSIBILITY at the moment of conception.

All these parts – and most especially, the desperate orphan of the totality, the CONSCIOUS MIND – want to CO-OPERATE, want the REUNIFICATION.

We, and let us be clear about this, we ARE the consciousnesses, must build the bridges from OUR SIDE and fast, before the physical hour glass has run out of time, and we have wasted the incredible opportunity to experience eternity directly, yet again.

36. A Simple Prayer For The Totality

Good morning.

I don't really know who this is I am talking to, who hears me today. But I would truly like to find my way back to my self. Everything I've done wrong wasn't done because I wanted to do things wrong, but because I didn't know any better.

And all that is now no longer important, because the here and now is all I have left.

Please help me, so that my heart of energy begins to shine for me.

Please help me to understand my energy mind better.

Please assist me in all ways so that I may know once more the true reality of my soul.

I will do everything that is in my power from my end here to find my way back.

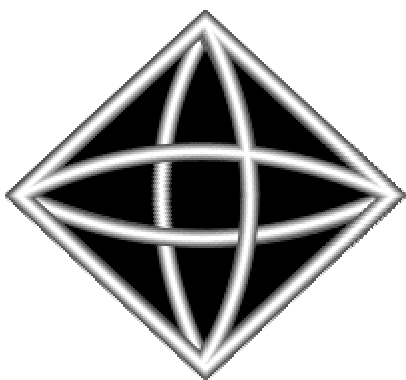
I am very sorry if I do things wrong still because there is so much I have to learn to do differently, so many things I still don't understand but I am willing to learn and I will do what I can.

I beg you for your patience, and your forbearance and whatever help you can give me now, I will most gratefully receive.

Thank you very much,

Sincerely and always yours, Silvia.

37. The Most Fantastic Gift



You can only connect with that which you love.

So many religions try to cut off bits of the human totality and think immortality can be achieved that way.

There are those who will try to get by without a body.

There are the scientists, who try to get by without an energy body.

But the most popular option is to try and get rid of the conscious mind. If it didn't constantly get in the way, the rest of the systems would work perfectly, wouldn't they?

Wrong!

A soul that was created WITH A HUMAN CONSCIOUSNESS is something altogether different from the diffuse group souls of animals, grasses or rocks.

Consciousness is a fantastic and totally awe inspiring GIFT we have received directly from the creative order itself.

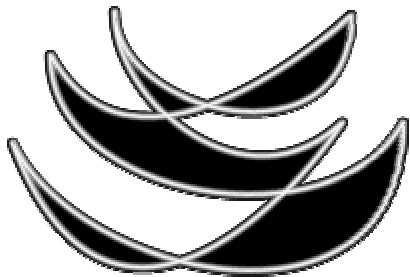
It new to us humans and we don't know yet how to deal with this correctly, how to use it correctly; we misuse it at the moment, in order to make our own hell on earth – but that is NOT the purpose or why the creative order gave us this gift.

In order to make a new angel, you can't use a cat. A stone won't work and even a star or a whole galaxy will not do.

In order to make an angel, you need a HUMAN BEING.

A real functioning totality being who has learned and understood what an astonishing and truly ENCHANTING gift the consciousness really is.

38. Learning To Ask Questions



If we were to stop beating up on our own conscious minds for a moment and we were to begin to treat them with love and attention, we would begin to understand ourselves a little bit better.

That is the same principle which decrees that one cannot heal one's body whilst one still hates and rejects it.

And the same principle exists yet again for the energy mind.

All these systems must be shown the same respect, the deepest respect that must be given to ALL manifestations of the designs of the creative order, and we must step up to them with many questions, a wide open heart, mind and the courage to admit that we don't know yet what's going on, and probably made many serious errors and mistakes in the past.

“Hello? Who are you? What is purpose, your function? What do you need from me so that you can fulfil your function better, more efficiently?”

We must not judge, or prejudice, but ask respectfully.

And in order to do this, we need a little discipline, especially at the beginning.

39. Discipline

My whole life long I have carried a major misconception about the nature of “discipline”.

I really thought this meant some complete idiot shouting at you, beating up on you, so you are forced to do all sorts of things you hate, and which are absolutely useless, pointless, stupid, boring and meaningless.

I got to thinking this because that used to be my exact experience of half-people who couldn't make natural connections through love, attention and respect and who then had to grab a stick to beat some kind of obedience or reaction out of others.

And it is unfortunately true that I took the cruel example of my own so called “teachers”, became just like them, and used the same INSANE STRATEGIES back upon myself.

It is true, it is more than sad indeed, how I have treated myself over all those many years. I was my own personal torturer who would never stop, never sleep, for whom no answer or endeavour was ever good enough, and who was with me always, no matter how far I ran, how deeply I hid, how silently I lived or how shallow I tried to breathe.

Slowly things are getting better.

Slowly I am learning new ways, and I am beginning find new ways of re-educating myself.

Ways of love, which lead to new connections, through which more energy may travel, so that I feel better, stronger and I react to that by WANTING to do more of the same.

Discipline is simply to remember WHAT we are trying to achieve, and then to find ways and means to ENCOURAGE AND INSPIRE OURSELVES to keep on track so we may reach our goals.

With loving and attentive, intelligent DISCIPLINE we can get a little further each day, learn a little more each day, and we move closer into harmony with our own totalities and the person we were conceived to be.

This is a beautiful spiral which is in truth, never ending, and each forward movement, each swing and turn is more beautiful, more enchanting than the previous ones.

40. Attention



When we direct our gaze upon a something, we give this something our attention.

Attention is an energy action, a first and irreplaceably important movement in order to make a connection to something, or to someone.

Attention is the first bridge through which information, data, nutritious energies may be exchanged.

The simplest way to find out if someone is giving us attention is to check if they are watching us with their physical eyes.

If they are listening to us with their physical ears.

And if they are feeling us with their physical bodies.

If someone is still reasonably sensitive, we can feel the touch of attention from another person, or even that of a lion, straight through our skin.

This is because attention is like an energy wing we can extend to touch another, explore them, to feel them, to know them.

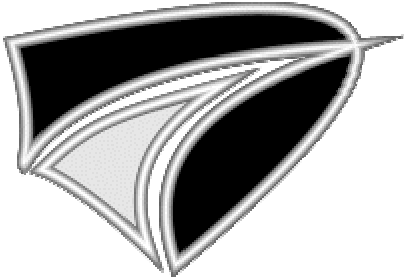
Real attention and the greatest experience of intimacy happens when ALL THE SENSES of a complete human being are concentrated at the same time onto the same place.

That makes a connection which is entirely complete, and because it is complete, enormous amounts of energy flow through this both ways, and when that happens it feels so much better than anything else we know.

You might as well call that ...

Love.

41. Receiving



When we first start and try to give undivided attention, our untrained consciousnesses seem to get in the way with random thoughts and distracting ideas.

But we must not get impatient with our conscious minds, or get angry at them – we must always remember that the poor conscious mind has worked so hard for all our lives, tried to do the work of four, and tried to compensate somehow and most desperately for

the absence of the heart of energy, the energy mind and the soul.

Our poor conscious minds are totally stressed out and overworked, and they are entirely unused to even the idea that there exists for them too a natural way of working, a calm and clear state of being where one works in harmony and with full support from all the other parts of the totality, and where the consciousness doesn't have to do absolutely EVERYTHING and all by itself any longer.

The consciousness needs some time to calm down again, and to learn to trust the co-workers in the totality, to get to know them properly and to understand what its own tasks in the system really are, and which ones need to be passed on to the others.

In the meantime it is very helpful to be sure to tell the conscious mind that it can help most of all if it starts to listen, pay attention, to collect new impressions and experiences, and to learn new things. It doesn't have to try and work out all the meanings right away or make any kinds of decisions – and especially not in circumstances when we are trying to give something or someone our UNDIVIDED ATTENTION.

What is happening here is that the consciousness needs to learn to *reverse the flow of data* – instead of constantly trying to PRODUCE new thoughts, ideas, solutions, answers, decision and so on, it must allow data to flow INTO itself instead.

In, instead of out.

Now in truth a real well functioning consciousness produces AND receives, like ebb and flood in beautiful, natural spiral rhythms.

We need to begin very gently and very kindly to get it used to receiving AS WELL, so that it has a chance of rest and of course, gets to learn something NEW for a change.

42. An Endless Stream Of Questions



*What should I do now?
Where should I go?
Should I do this, or that?
How can I change that?
Can I find love?
Who am I?
What happens next?
What is going wrong?*

All these questions, all this noise, every day and for some poor conscious minds, it doesn't even end at night.

The questions are so endless because the parts of us which could indeed answer them have become structurally disconnected.

To get our own personal “answer machine” back into action we will have to do something new and different with our many questions.

Whilst we are restoring and re-wiring our totality systems, we need to re-route our questions for a while in order to give the conscious mind some room to THINK.

Especially the kinds of questions which have been asked many times before, sometimes a whole life long and which have never been answered are going in circles, over and over again, will have to be passed over for a while.

*Why didn't my mother love me?
Why did my father die?
Why doesn't anyone understand me?
What's wrong with me?
Why is my life not working?
Is there a god?
Why is there so much suffering in the world?*

There are millions upon millions of such questions the conscious mind simply cannot answer by itself.

Every question is a real energetic construct – when we think with our consciousnesses, we create a **thought form**.

If we think something just the once, we create a fine, light form which blows away quite quickly, but if we think the same things over and over and over again, then these thought forms become stronger, more defined, more real and indeed, they become **HARDER**.

But for beginners, this has its advantages.

These old, old thought forms are so noticeable and so dense, so real, that even someone who has done very little energy work before can catch them in their hands and throw them quite physically over their own head and behind themselves.

This is a signal for the energy mind to start **DOING SOMETHING** with these thought forms, and a strong signal from the consciousness that it is willing to let go of these kinds of questions and let them be dealt with by the others.

One can in this way quite easily pass over all sorts of old thought forms – unfulfilled wishes, needs and desires, old memories, outdated dreams and fantasies, and even thought forms that were made in response to a certain person can be streamed down into our own open hands, caught and then like a thought ball, lifted up and over the head to simply slide down the back and into temporary oblivion.

43. Poster, Poster On The Wall ...

Thought forms are an amazing thing.

The consciousness, which didn't even know that energy forms must be passed over to the right part of the system for processing, namely the energy mind, has taken these forms and plastered them all around itself like the posters in the bedroom of a teenager.

So, we can say to a person, "Tell me, where do you keep **PROSPERITY** in your consciousness? Show me, point to it with your finger."

Even those who react to this with surprise or amazement will have already raised their eyes to "look" right there as soon as you asked that question, and so you get to know just where they have stuck their own prosperity poster thought form to their internal walls.

Show me where you keep love. Or sadness. Or beauty ...

Often you might find that love is attached to the inside of a great globe which surrounds the person, over there on the one side, and money for example is right over on the other side, and naturally, there exists no connection at all between one poster and the other.

And of course and just as naturally, such a person would live that conflict – where should I go? Left towards love, or right towards money?

When you get to know just where your own energy posters are situated in your consciously constructed bedroom-universe, we can do things with them.

One would be to make a rainbow connection between love and money, with will and intention, just painting it between one and the other with an outstretched fingertip. As soon as the two thought forms become connected, energy and information is

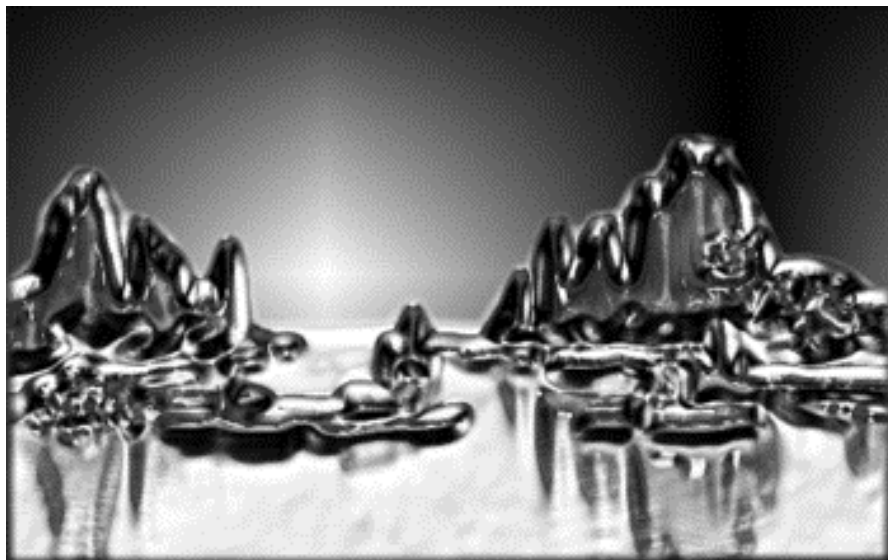
exchanged between them and both become more logical, more well rounded and most importantly, they are no longer in direct conflict with one another.

But the best thing is to make these posters less important, to turn them see-through or to let them disappear altogether, at least for a time, or to switch to a channel where they don't even exist at all.

When we do THAT, we get to perceive the real world instead, reality itself, and we get to contact the enchanted world directly.

When we do THAT, we get to make contact, give attention, receive information, true and straight, directly from the creative order itself.

44. The Energy Universe



All physical objects have energetic components, but not all energy objects have material components.

Thoughts and ghosts, for example.

Ideas and sounds.

Angels and souls.

Such existing energetic realities are not bound to the physical.

Now this doesn't mean that a ghost can't throw a picture from the wall, or that ideas don't have the power to give you a heart attack or start a global war.

Energy occurrences and energy streams can very practically sour the milk of cows in the pastures, make birds drop from the sky and give people who sleep each night on such invisible radiation centres serious and "inexplicable" illnesses.

Before the Romans would build a new town, they would first graze a herd of sheep in that place for one year.

At the end of that year, they would butcher the sheep and take a good hard look at the internal organs.

If any “inexplicable” or “unnatural” deformations or diseases were found, they took that for a sign that it wasn’t a good idea to make people graze there, either – not if you want your children to grow up strong and remain healthy.

That’s the very opposite of stupid, unscientific superstition.

The Romans were at least smart enough to know that they didn’t know everything. They were smart enough to know that there are invisible realities, and that if they themselves could not perceive them accurately or reliably, to put a third party experiment in the middle which would show the EFFECT of the invisible energies on organic systems clearly and precisely, and in a very real and material sense.

45. Thoughts Are Unbound ...



Our thoughts, and the energy forms we create that way, have a direct influence on the invisible realities.

Thoughts and energy exist on a plane where the laws of nature are very different to those that we are used to, being trapped on the single plane of the physical by our own conscious minds and their contortions.

For a thought, there is no time, there is no space. There is no up and down, no left and right, because all things are there at the same time and no gravity pulls things constantly “downward”.

This absence of time in those realms is the reason why wounds in our energy body cause the exact same emotions even after 70 years or more have passed; and if they are not healed at some point, this will cause someone who is a hundred years old to cry as bitterly over the loss of a lover as they did when it first happened and they were 15.

The laws of this realm have sincere and extreme advantages we can use.

As there is no time, on that plane it is immaterial when something happened, and so we can treat the oldest injuries just as well as the latest.

Things also don’t tend to get any “harder”, the older they become.

This is another limitation from the material plane which simply doesn’t exist in the energy realms. Nothing is hard and every flows, or at least it tries to flow and would be flowing quite nicely if we didn’t get in the way with our homespun thought forms.

What I like the best is that at the energy levels you don’t find any “hard to solve” problems, or “difficult” problems or injuries.

They are just problems and injuries and they can be mended like one would mend a sock. As quickly as possible, logically, lovingly and most importantly – simply.

On the topic of human emotions we can experience first hand how this works.

For physical changes it takes a while longer, and that is NOT because the energy hasn't changed right away, but because the cells in the body take a while to organise themselves different, to flow differently, or to work in a different way.

46. Comparisons



What do you see when you look into the mirror?

What do you think, and what kind of thought forms do create?

Is your nose too big?

If you could only see your own face and nothing else, you couldn't possibly formulate such a sentence.

That is a direct comparison with ANOTHER NOSE – and whose nose is that, anyway?

Or perhaps you think that you are too wrinkly.

Compared with whom, or what?

What are the energy posters on your reality walls that you use as comparisons for what you see in the mirror?

What do they show? Is it another person or perhaps even a poster of your own image when you were 16 years old?

In order to start seeing ourselves at all so that we can give ourselves attention at all as well, we need to take the energy posters of skeletal models, over-painted movie starlets and pumped up steroid men from the walls, one after the other, and concentrate on our own mirror image for just as long as it takes and we begin to see only that which is really there.

That is unconditional, undivided attention, and with through the bridge of attention flows understanding, compassion, and then love.

You can only change that which you love.

Not change in the sense of trying to make it better according to the latest fashion lunacy, but change in order to help so that it may grow, and develop and blossom according to its inbuilt master plan, the plan that God itself wrote for this one unique creature.

We have no idea who or what we might be.

We only know of a VERSION of ourselves that is conflicted, sad, full of doubt and often despair as well. A version who remains essentially unloved, untouched, unwarmed and undernourished.

Unknown. Unrecognisable. Unrecognised.

And in spite of all of that, the plan of creation for each one of us is always here, right here inside of us, inscribed deep, deep in every structure of our being and what we need to do is to call this plan into action, to make it into our role model for development, so that we know at last where we are trying to go, who we want to be when we “grow up” and what we may achieve when we do.

47. The Creative Template



In every cell of our body there exists our original template for life, our DNA. The scientists have been wondering for many years how this simple organic device can store so much information, but of course they are not looking beyond the physical yet again.

Of course, our DNA also has energetic components and the information which resides right there contains a million times more information that are further a millions times more complicated and far reaching than the physical version could structurally be.

We can read those original templates which were given to us directly by same authority who made the stars, the galaxies and all their many world within, and we can read them for ourselves.

Of course we cannot consciously read these templates or with that 5% of the capacity of even our physical brains we are using at this point.

For these kinds of complex operations we need the energy mind.

It all sounds pretty complicated, doesn't it – well at least for our poor overworked and underpaid conscious minds, it would, but actually, it is really very simple.

All we consciously need to do is to declare: “I will stop forcing old times, other times, or other people upon my poor body as a role model which is driving me mentally and physically insane.

“Instead, I will make the goal on this day to grow up to be my own self.

“I wish to repair myself with all love and attention, and I will learn how to get those things my totality really needs, to firstly heal what once went wrong and secondly, so that my evolution towards my own true self as I was designed to be may now begin.”

If one should get so far as to make such a conscious declaration as often and as furiously as one might brush one's teeth, then a number of good things will begin to happen.

48. Past The Zero Point

For many, the thought that one day they might be completely healed of all their problems is a final goal, and they never think beyond it. This is understandable because if we are in pain, we want nothing more than that it should stop, and we long for that moment of peace and quiet where we can take a long, slow, deep breath and we know we have made it again, we have survived again.

But this mystical peace and quiet of pain cessation is only the Zero point.

It isn't a goal or an aim but indeed only the pre-requisite base line in order to start doing anything at all.

Many long distance runners motivate themselves to uncover hidden reserves by imagining that the goal is five miles beyond the actual finish line.

But in fact, the real goal is actually many thousands of miles beyond the finish line, for next weekend the runner will run another race, and then another, and another, and the final outcome is in reality the entire career of the runner, and including their participation in the Olympic games.

To be healed is not a goal, it is a pre-requisite. A starting block.

We have the possibility and some say even the duty to live most wonderful lives.

And please let us be really clear that in order to live a wonderful life, blond hair isn't required, or even any kind of hair at all. One doesn't need strong legs or gigantic breasts or a massive penis. We don't need the arms of Hercules or the brains of a genius.



We don't need a huge family, not children, not lovers, no money, no possessions and you don't even need to be able to see.

What we need to live lives of true enchantment and wonder is *to reconnect ourselves to creation itself*.

And if we should only manage one percent of connection, then ...

... a single breath of air on your bare arms can make you shiver with pleasure;

... you can feel a riotous festival of joy dancing inside a single drop of rain;

... we can see eternity itself and feel it in our hearts every single time we think to raise our eyes and watch the sky;

... we can feel the ancient wisdom of a tiny pebble in our hand;

... and then we are immediately and absolutely transformed, enchanted and enriched by the incredible beauty, holiness of this magical world which we have been granted that highest of all honours, namely to be allowed to experience this directly through our own bodies.

49. Experiments

Take your fingertip and stroke very gently and very, very carefully across the back of your other hand.

Pay the closest attention to how that feels.

Now tap gently and lightly, as you would tap a drum to produce the first and finest resonant sound.

Can you feel this?

Can you feel how these pulses of sensations flow out, ripple out like the rings a small pebble makes when you throw it into a flat, still pond?

Tap again, very carefully, and feel the echo of sensation that sound and rings throughout your whole body.

Try it on your chest, or on your leg, small loving touches, and learn again how to trace these resonant sensation into the smallest, finest experiences with your attention.

This is a meditation for your body.

It is a first step to awaken our bodies from their long sleep, and our consciousness is the prince who must arrive in order to take the sleeping beauty into their strong arms, to give it the magical kiss of attention and of love.

This is a first step in the right direction.

50. One Body, My Body

Before a human child learns that it has clumsy fingers and feet that stink, and a dirty bottom, and untidy hair and an ugly face, they have only one body and that is ME.

The consciousness is then trained to dissect the body and to evaluate the bits, to compare them and to judge them.

And so, over time, the consciousness re-builds a creation of its own making, from dead parts, and it creates a monster like Dr Frankenstein in his unnatural laboratory.

For some this becomes so bad that they cannot perceive their own body behind all the horror posters of their own making any longer.

So now we must retrain our conscious minds to think differently and to make different images, to make a whole new map of our own bodies, and this time, we have to make a map which isn't created out of lies and deceit, harsh judgements and rejection, illusion and make-belief, but of the naked truth so that we might find out at last what our bodies are really like and what we can do to help them out.

Look at your own hands for a moment.

We can start right here with an exercise in truth. Take off all rings, all bracelets and your wristwatch, roll up your sleeve and let's take a closer look at this one living part of our body.

Now we can stroke carefully and attentively from a nail to the back of the hand and think to ourselves, "This is actually not a separate nail, finger, back of hand but ONE BODY."

"My body."

We can continue on across the back of our hand, across the imaginary divide between hands and arms and think again, "One body, MY body."

That is a tiny re-unification, a tiny completion, and as small as that is, it feels good to do that, and it feels so right.

The body is not a lump of meat which can be hacked about in any way we choose.

It is a flowing, living organism where everything is shared, everything flows, everything constantly communicates with everything else in order for it to work as it is designed to work.

The demarcation lines and boundaries we have consciously created block this flow of data and energy, of communication even in the physical body but far more so in the energy body which is so highly sensitive to the interventions of conscious thought.

51. Innocent Energy

There is a story of a terrible man, a cruel man, who thought that he was lost in every way, that he was damned for all eternity and that God could never forgive him for all the dreadful things he had thought and he had done throughout his long life.

And then the day came where this man did not know what to do in his desperation, what else he might destroy or how else he might be able to punish himself, and he ran away, out into the wilderness, until he could run no more.

There, it started to rain.

And as the cruel man stood alone in the rain, he understood that the rain fell on him just the same as it was falling on the graves on his victim, and on the stones, the shrubs and grasses.

For the first time in his long and bitter life he felt to be a part of something, not the outsider any more who wasn't welcome anywhere, who was rejected and hated by all, but here beneath the rain of mercy his deeds had made no difference and it fell on him, and thus accepted his existence all the same.

Can you understand this?

Can you step under a shower, quite naked and quite as you really are, and let the warm water become your own rain of mercy?

To let it slide over your head, your face, your neck and shoulders, without boundaries and in absolute truth of the actual reality accept that it will fall and touch and clear your one real body, and in doing so, to understand that this really is only a body, one body, without judgement, without fail?

That it is YOUR body?

And if you want to, you can allow this rain of mercy, this absolutely innocent energy to take away all bad things, all the sad things, all the negative things you or another has ever done to your body and let it be fresh and new.

And what you feel when you do that is the true healing power of our enchanted world.

52. Energy Dimensions

The consciousness has created so much havoc simply because it sat down in its unknowingness and loneliness and tried desperately to make some kind of picture of the world out of all the many lies, misinformation, propaganda, wild ideas and mass hallucinations of the ages.

The resulting horror map, this “valley of the shadows” then became reality, and of course our poor consciences couldn’t help but react to this insanity with even more insane thoughts and behaviours in return.

But just as well as the consciousness is capable of making such a mess of things, it is equally well equipped to tidy it up again.

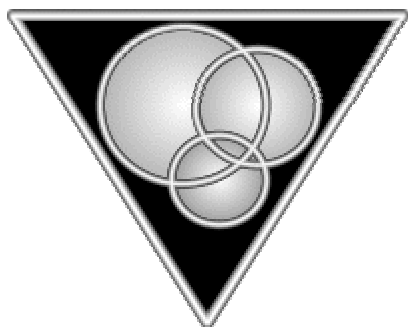
It really only needs that one missing puzzle piece, the missing component of the energy dimensions of ALL THINGS. When that enters the equations, they begin to work, and not only that, but we get immediately brand new ideas and solutions to our oldest problems.

And even the most insoluble problems of the ages become really interesting once again, because now we have a chance to actually solve them.

Once we get past the point of shock and horror, “Oh everything has gone so hideously wrong!” and start really exploring what there is and *what we can do with it*, the world becomes instantly fascinating and incredibly exciting, wide open for anyone at all who really wants to get out of their shells and their cages of entrainment, and wants to learn something new, experience different and amazing states of being – and have enormous FUN doing all of that.



53. The Wonder Of Things



If indeed behind each and every thing there resides an entire world of energy dimensions, and if indeed the human consciousness can directly influence these energy dimension, then we can begin immediately to make some changes to our world.

There are so many possibilities to start playing with the marvellous talents of consciousness, it can be quite hard to decide just where to start.

Where shall we begin?

Perhaps we can start with our own dinner plates, with our coffee cups and drinking glasses, and arrange their energetic dimensions to transmit radiant health and the finest, brightest energy into every piece of food, every drop of drink they will ever contain?

Perhaps we should turn to our bedding and our pillows first, and clear out all the old and stale energies that got stuck in there with a powerful storm of joy that blows it all away, and when they are clean and fresh, to set their energy dimensions to be a most delightful, soft embrace, a gentle enfolding and support for those who sleep and rest here?

Or perhaps we should go and build a fine but strong mesh of energy across our own front doors, so that they may remove all and any stress, negativity or leftovers from our energy systems every time we enter our homes?

Perhaps you have things in your house that you can't throw away because there is some energy form stuck to the object that is precious to you, and it would be extremely helpful to free the form from the object, take it inside yourself so you can throw the physical object finally out with the trash?

Perhaps a beautiful, multicoloured energetic waterfall in your sitting room would help to keep the atmosphere there always fresh and sparkling, bright?

Or we could go into a child's room and there weave a field around the bed which will protect the child and safeguard their precious innocence?

We could take an old T-Shirt from our wardrobe and turning into a healing shirt, or a beauty shirt, and we can wear it to really get a sense of what beauty sleep or healing sleep can really do for us?.

The shower can create a rain of mercy, but of course it can also help you to evoke a rain of joy, a rain of healing, or a rain of love. A luck shower is a fine thing too and can do quite a bit for the unfoldments of your day.

Energy winds and energy storms can transform the oldest, saddest rooms and they will blow all the accumulated memory forms away like autumn leaves.

Throw away that ugly rabbits foot because if we want to make a charm to bring us luck, we can make it out of something BEAUTIFUL that really appeals to us on all the levels, and in all ways.

The conscious mind loves to be active, and such activities as to play with the energetic components of material objects is exactly what it was designed to do.

Have a go.

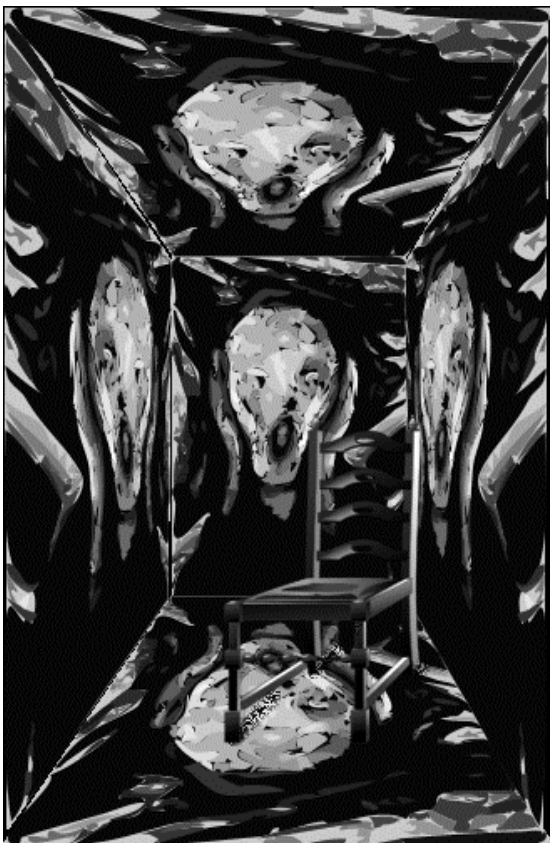
Just start somewhere in your house or in your garden.

The next time your conscious mind wants to worry about something, set it to look around instead and reach out with your energy feelers to find out what lies BEHIND the material facade of your carpets, your books and your colours.

If you feel like it, start with something small – a table fountain perhaps of sparkling energy in your dining room. And if you like it, and you can really feel the benefits, then by all means go right ahead and transform your environment completely.

Practice makes perfect!

54. Canned Energies



One time, I visited a lady who was extremely depressed. When I stepped into her sitting room, I nearly fell over backwards in shock.

Over the mantelpiece on the chimney breast, in pride of place, there was a huge poster which dominated the entire room.

It was a reproduction of “The Scream” by Edvard Munch.

Artists are people who know a bit about the energetic dimensions of material representations and who can “bottle” these energies in order to pass them on to other people.

When an energy AND THE MATERIAL OBJECT are broadcasting the same message on the same frequency at the same time, you have something extremely rare and very valuable indeed, because the majority of lonely consciousnesses could never produce such a thing.

In order to produce an object where the energy dimensions are in alignment with the hard, you need to be in contact with your energy mind.

Edvard Munch managed to take a moment of deepest disturbance, to bottle it and then to pass this moment on to a million other people.

For him this was only ONE MOMENT, plus a few hours to paint that moment.

For the lady who hung that on her wall, however, it continued broadcasting – every day, every minute, even at night when she was asleep, the bottled scream kept on screaming.

This is not only horrific, it is extremely dangerous.

The lady who to put “The Scream” on her wall chose this one painting from all the unlimited possibilities of decoration and hung it up in her household altar position. She did this because she recognised the power and the truth in that painting, recognised it because she herself had a resonance to it, knew what it was like when you feel *that* in your own body and then you must scream, just like that.

And that’s the thing with real art, or you might as well call it real magic.

When the hard components and the energetic dimensions of any object, any song or even any word are aligned and resonate on the same frequency, an extremely powerful entity is born which can be resurrected at any time, anywhere this is called upon.

It is a REACTOR of these energies that doesn’t wear out but keeps on getting stronger, the longer it functions as a broadcasting device.

Such things are indeed, very rare in the world of people.

And interestingly enough, they are considered to be far more VALUABLE in the construct world than even diamonds – and far more beloved.

This is why all human civilisations, no matter how old or new they may be, celebrate those who can make such aligned power objects with the highest rewards and the highest status.

But the artists who attempt to make such things have grave problems.

They too are caught in the conscious cages of entrainment and their pathways between consciousness and the rest of the totality have been severely damaged. Their energy systems are in deep disarray, and they are rarely happy people.

Like Edvard Munch.

Who passed on his own unhappiness and his pain to millions and millions.

Whose painting is on a thousand walls of people who killed themselves, because their own pain and his eternal pain generator entered into a FEEDBACK LOOP from which they could no longer escape.

Edvard’s scream needs to be confined to a museum and should not be lived with on a daily basis.

And we must really, REALLY re-learn how to read these forms of energetic realities correctly, to understand exactly what it is that we do to ourselves, and we need to think seriously if we want to be just receivers, at the mercy of chaotic and random circumstances, or if we wish to finally take a bit of control over the energetic dimension of those things we surround ourselves with from the cradle to the grave.

55. Art Solutions



I am an artist, and many of my dearest personal friends are artists also. When we first began to talk about such things as “The Scream”, the same words and experiences were expressed over, and over again.

“The strongest emotions are those of loneliness, unbounded sadness, desperation. But when I go there to get my inspiration, I am destroying myself. This is killing me. And further, what I produce may be honest, and it may be artistic, but frankly, I don’t wish this stuff on my worst enemies.”

A very talented painter told me, “I have stopped painting my own thoughts and feelings. I have been painting THE SAME PICTURE for 25 years ...”

If we take the energy dimensions into consideration, we can see at once that there must be clearly something for this gentleman that has been SEEKING A SOLUTION for 25 years – perhaps a major disturbance in his energy body, or it may even be a request from his young soul which was never answered, never fulfilled, and without which nothing else can happen.

One day I said to the painter, and the words just came out of my mouth before I had a chance to think about it, “The problem with you is that you keep painting the question. Why don’t you try painting THE ANSWER?”

His mouth dropped open, he stared at me for a time, then he jumped up and started to paint like a maniac.

And what he was painting were no longer screams, BUT HIS SOLUTIONS, the step stones OUT of that screaming hell.

To paint the answers rather than the questions or re-state the problem endlessly is such a simple principle that one can only shake one’s head and find it hard to believe that this isn’t taught to little children as their first lesson in art in kindergarten.

But that’s the deal with the enchanted world. Almost immediately, whole new approaches and new ideas arrive as if by magic and show us how we can solve our problems in a whole new way – not through even more misery and suffering, but the polar opposite indeed.

And as simple as it is to resolve an emotional problem that was carried for 50 years or more and let it simply flow away in five minutes flat, it is also just as simple to create ART SOLUTIONS for the problems of the artists.

A composer heard of the art solutions concept and ran to her studio, sat down before her keyboard, thought about her worst and oldest problems, her deepest pain and said out loud, “And now, give me a melody that is my HEALING SOLUTION.”

She had not even finished the words when her hands had already moved on the keyboard and the music she created was the most amazing and beautiful she had ever produced.

Like the painter, this composer has thus found a rich stream of creativity, a truly extraordinary form of expression that has the power to awaken hope in the listener and to call them back towards life.

And what is even more encouraging is that the lady who had the Scream on her wall listened to this music – and felt it touched her just as deeply, and just as profoundly.

She never wanted to scream, and least of all for all eternity.

The new music of this composer DOES NOT LIE – it doesn't pretend there are no problems, or that there is no suffering. That is the beginning but from this place of suffering *we move forward and out*, further and further into a whole new future.

Everyone has something they can use to try out this fantastic principle for themselves.

I often say, “Here, this is the problem, now please tell me a story that will be the solution, or which can help move the problem on and out of that place at which I've become stuck.” As soon as I do that, ideas and pictures begin to flow and the only problem that remains for me is to try and keep up and write it down fast enough.

In the same way one can sit with a lump of clay and say, “Now give me a form, a shape, a sculpture which is the ANSWER to my current problem of (sadness, illness, loneliness, etc.)!”

One does not have to be a professional artist to do this.

Anyone can do this, even a child, and to begin with simply find a modality for your art solutions which is the most natural.

A short sequence of sounds becomes a melody you can hum or sing if you need it.

Simply ask, give me that which I need right now, and simply allow yourself to draw or dance, to sing, or a story to come to you.

You can even use this principle for shopping and cooking. Stand in front of a fruit display and ask, “Which fruit is the perfect one for me today?” – then pick the one which you are drawn to.

The only challenge is to make sure that the consciousness takes a back seat just for long enough it takes your hands to start moving and not to get in their way.

And even in the beginning and with a first effort, the path to a true art solution becomes apparent. We can begin to notice that we are moving towards creating something which was designed by our energy minds, made by our hands, thoughts or voices and where form, function AND ENERGY are all in harmony together – a human creation of pure magic, from you, through you and FOR YOU alone.

Should you ever pass this on to someone else, then you can rest assured that you gave them something special, an attempt at a solution at least, something that goes BEYOND simply stating and re-stating the original scream over, and over again.

56. Magic Words



A word is like a can with a content, but we don't know what's truly inside.

Generally people trust in the fact that those who sold you the can will have placed a small picture on the outside that tallies with the contents on the inside.

In this example the words are the cans, and the contents are the real energetic components, the actual information, the data BEHIND the word.

The lonely conscious minds, which cannot read the energetic data for and by themselves, never get to open the cans.

Some evil people noticed this and ever since then, dog food is being sold to the conscious minds in a nicely decorated can which boasts the picture of a tempting peach.

For example, let's take a closer look at the word, "a man".

What does the label show us?

From the outside it seems as though this describes a proud Hercules, a strong, healthy hero who with a brilliant smile spins the entire world like a basket ball on his finger tip.

But if we were to open that can of "a man" and release the true meaning like Pandora's box, what would we find?

Instead of true power and strength which comes from the own heart, we find brutality and dominance games which would sicken any gorilla. There is no sensitivity, no intuition, no creativity, no emotion, no joy and no compassion because of course such things are strictly forbidden for a "real man" and only weaklings would have such lamentable character faults.

And that's supposed to be a man?!

It is worse still for women. I don't really have to get into that for I'm sure we all well know just how much unfathomable misery and the degradation of the ages is stored up behind that single word.

And what about the word, "the child"?

A useless, stupid burden, worthless until it grows up enough to start doing some decent productive work ...

ENOUGH!

We can really spend an entire lifetime on the couch of the psychotherapist and still we won't even have a half a percent of these insane contents under some form of control.

I propose therefore to do something different, namely to take the word and to **DECIDE FOR OURSELVES** what each and every word means, exactly what the true data content **BEHIND** the word **SHOULD BE**, and to ***make the words that we think and speak our own*** once more and to use them to help us, instead of allowing them to drive us crazy.

When we take ANY word that gives us trouble and we simply re-define it to mean **WHAT WE WANT IT TO MEAN**, we rediscover the original magic of words.

That is extremely simple, as simple as to say, "From this moment forth, if I was to use the word, "a woman", I will mean this word to represent a human totality of the female sex, and beyond that, I don't yet know how a real woman works, what she does, how she functions in her perfection as a design of the creative order, or what such a human totality could experience, create and contribute."

When we do this, something extraordinary and very powerful happens – namely that we are then no longer chained to the great powerfields of the ages, produced by the insanities of billions who preceded us.

That is how to break free of old entrained, enshrined roads, out of old prisons which are being re-cemented and re-created, every time we pray to them when we repeat the old words in thought, in the spoken word or in our written language.

Take the pen into your own hand and write your own dictionary.

Re-define the meanings of love, power, parenthood, health, joy, success, magic and all the rest for yourself and know exactly what **YOU** mean when you use those labels, when you use these words of power.

And when you do, you get to write your own life.

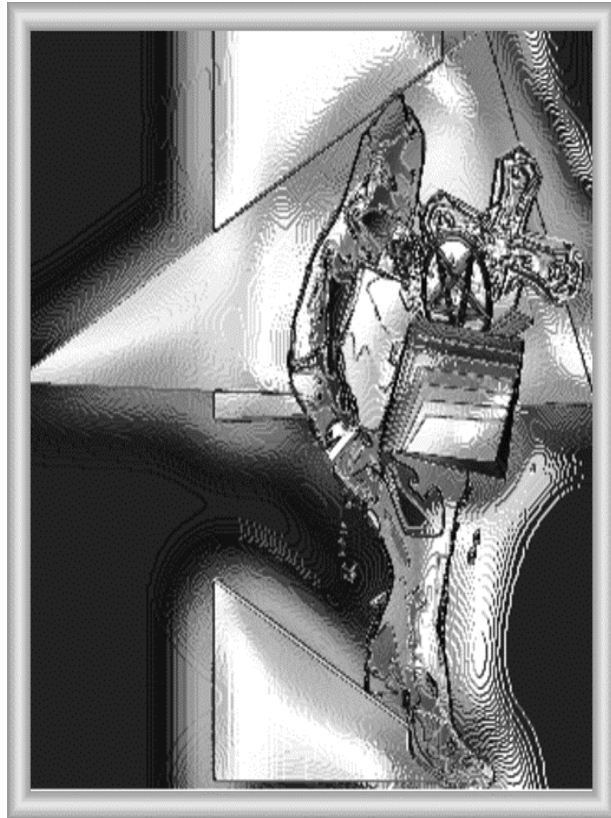
57. The Symbol Thieves

It starts with words, but this goes much further.

The German translators of my English books told me most earnestly that I cannot use the word “totality” because German speakers would immediately think of “a totalitarian state”, aka The Third Reich, and freak out.

I don't believe it!

The word, totality, is as old as the hills. It means something complete, something where all parts are present. It is a very useful word and I won't allow just any old thief to come along and to run off with this beautiful, useful word – because if we allow this, we will have **LOST SOMETHING IMPORTANT** that belongs to all of us – lost it for all times, and with it, the energetic qualities as well.



This must not be allowed to happen, and if a situation occurs where someone like Hitler runs off with a powerful ancient sun rune, the beautiful and potent symbol of the eagle, Greek temples and Hellenic beauty standards in general, then we must **RECLAIM SUCH SYMBOLS** immediately, because if we don't, not only will we suffer a profound loss as a species, but also because our symbol poverty is already at critical levels and we simply can't afford to lose any more of them!

To let the Christians run off with the cross, the Satanists with the upturned cross, the KKK with the burning cross, the homosexuals with the rainbow, the witches with the pentagram, the sado-masochists with the triplet, the Nazis with the swastika and Islam with the crescent moon is absolute insanity and destroys our cultures. It also breeds an ever growing sense of danger and stress as one symbol after the next is carted off by some sub-section of humanity.

Symbols, just as words, are supposed to be the servants of humanity and not the other way around.

I therefore propose that as an experiment we could try and draw some symbols, such as a swastika, pentagram, Star of David, a cross on a piece of paper and work with our own emotions and responses until these ancient symbols have been cleared of all contortions and they are bright and fresh once more.

Then, we need not fear them any longer, don't need to hate them any longer and have not only freed ourselves from some serious restrictions in mind and body, but we

may even learn something brand new about the universe through the clean symbol which was made by a human at some point, and belongs, like all symbols do, to ALL HUMANS.

58. Learning The Language Of Energy

The energy mind does not think in words. That is way too slow, way too linear, way too limited, one thing after the other, like pearls on a string, A B C D E and also, far too imprecise.

The energy dimensions are full of dancing, living systems which are all involved in incredibly complex ecology exchanges, and there are myriads of them – from the simplest survival systems inside a single human being to all the others in the environment, the animals, the weather, the plants and stones, the planet, the solar system and all the many other solar systems in our galaxy, and all the other galaxies, on all the planes and all the levels ...

ABC is not enough for something like that, or 123 ... and no matter how many numbers you lay end on end, and no matter how many supercomputers chug their yes/no operations for how many eternities.

It is little wonder really that our poor conscious minds can't compute that.

It is little wonder that our poor conscious minds did such appalling things as to make incredibly crass distinctions and bizarre either/or judgements, totally oversimplified and deeply impoverished models and maps that lack any reference to the truth of the real systems, just so it had any chance at all to have some sort of illusion that it could understand anything, control anything.

The streams of data that are the domain of the energy mind are so information rich, so information dense and so manifold that the conscious mind cannot cope with this flood directly.

And just as Microsoft placed an interface called “Windows” between the millions of lines of computer code and the end user who doesn't understand that code, which has “windows” and little “dust bins” into which we can drag unwanted “folders”, there are a series of interface devices between the super-information dense energy code and the conscious mind.

Often called “metaphors”, these are images and dream experiences, like living movies in which we ourselves are the actors. And all they really are is a TRANSLATION of the complex energy reality information into something less complicated which the conscious mind can just about manage to grasp.

The interface device of metaphor is the bridge between the conscious mind and the energy mind so that they may communicate.

By day this bridge is not at all available to the majority of people, and hardly any information at all flows between the energy mind and the functionally detached lonely conscious mind any longer.

At night, when the consciousness is used to being allowed to switch itself off, there is some connection through which a torrent of confusing energy data streams pours in wildly, and a lot of it is concerned with real problems in the energy systems at that; these turn up in the form of dreams, but the one who is supposed to take notice isn't even there and hardly even remembers any of that when they awake.

It is actually quite understandable that the consciousnesses got together and said to each other, "This dream stuff is just a mess, insane rubbish, and I think we are better off if we ignore it altogether. Hopefully it'll stop then eventually all by itself ..."

Sure. Until the nervous breakdown happens "unexpectedly". Or Parkinson's. Or panic attacks, depressions, heart attacks, totally un-lived and unsatisfactory, pointless lives ...

In order to repair the essential bridges to the energy mind we need to consciously understand that it is the job of our conscious minds to re-learn the language of energy, of metaphor so that we can begin to properly communicate amongst our selves.

This cannot be done by studying a dream book in which someone else's consciousness made a personal dictionary of single metaphor images.

That would be like trying to learn to speak Spanish with a dictionary, and that is only a conscious language which isn't anywhere near as complex as the data stream communication from the energy mind.

The only way to learn a highly complex new language so that one may be able to understand and communicate successfully with the native speakers is via immersion.

To go to the country and instead of staring at the dictionary, to actively listen and surround ourselves with the living language - even if at first we don't understand a single word.

Just as it is the case with emotions and the feelings of our bodies, now the conscious minds need to start right from the beginning and pay attention to what our personal metaphors really are, and how we are already working with and through them.

59. Metaphors, Metaphors ...



Metaphors are not just strange old stories or dreams.

What exactly is an expensive red sports car with a two meter bonnet and lots of chrome?

A “practical, realistic” device for transportation?

Of course not!

It is a metaphor for success, for power, and for the virility of the dominant leader.

A car is a hard metaphor. And so is every house, every item of clothing in our cupboards, the colours of our carpets, every bed side table lamp, every piece of jewellery, even our hair styles and further out, our entire lives.

Before we start to try and understand the flood of energy information of our own dreams we should first get familiar with the metaphors we have already personally magically manifested in our own spheres of influence.

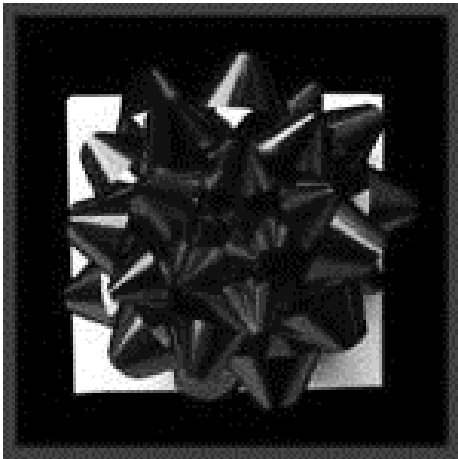
Behind every object, whether it is a red stiletto shoe or a \$50,000 Rolex watch, there lie the invisible energy dimensions for which the OBJECT IS THE METAPHOR.

A red stiletto shoe is a shortcut for that energetic data stream, and those who wear these shoes are sending that data stream as unconsciously as other receive this.

When we begin to pay attention to these unconscious, real, absolute existing and sometimes even deathly metaphors, then we begin to engage in the act of learning to bring the language of energy back to the consciousness.

And when we begin to understand what WE ARE SAYING with our own personal metaphors, that is a good starting point to understand our selves a great deal better and then to change some things and get a whole new lease of life in turn.

60. Gifts & Presents



The consciousness has to start at some point to try this whole metaphor deal out for itself; and to begin with, it is usually best to conduct such experiments in a playful format, as that is how we learn the most.

Here is a truly enchanting game which even the smallest child can play and through which adults can learn a great deal more about the structure and nature of energy forms and the conscious creation and use of energy forms.

Think of a person who is dear to you.

Consider if they were to stand before you and you could give them a present, any present that you can conceive of, and even perhaps some things you can conceive of but have never consciously known or thought about.

Now wait a while, have the consciousness sit back and let's find out if a gift "will come to you".

This is of course not a question of thinking about it, because that would produce a typical conscious present and not something magical and enchanting; something that is in essence a real energy form, handmade by you most specifically for that person and given with love.

When something "comes to you" make sure that you don't consciously and reflexively reject it – "Oh that's stupid," or, "Oh but that would never do ..."

The consciousness may be present but it must pay attention, is not allowed to interfere, and it may learn about metaphors, and energy exchanges.

As an example, let us presume I thought of a good friend and the gift that came to my mind was a spinning top, red with white spirals.

Now that I have it, I simply send it to my friend, with all my love.

It's that simple.

At one time I gave a big bunch of carnations to an elderly man who stood in the rain at a bus stop, with many carrier bags and felt so sad even from across the street that I nearly burst out into tears.

At another time I send someone what I thought was a beach ball but it turned out that it was a whole world instead.

Sometimes I give ocean waves, tropical islands, ancient forests, and entire landscapes.

Every gift is a surprise to me, often so beautiful and there is such a delightful feeling connected with the activity that you want to do it more, and more often.

It changes the receiving one but it also and most profoundly changes the giver.

And not a single word needs to be spoken.

One can just sit somewhere on a park bench and give every person who comes by a magical gift, something special that only you in all the planes and all the times spent could possibly have given.

This is *real healing*, without making a song and a dance about it, without reward beyond the act of service itself and the knowledge that we do this BECAUSE WE CAN.

And as it is pure energy healing, we can give gifts to animals, to plants which are suffering, to landscapes that have been brutalised by hands of men, to sick poisoned rivers and oceans too.

There is so much we can do, each and every one of us, in this enchanted world of energy to make a difference, to make the world a better place, and we don't need hands for this, not a strong back, not 20/20 vision nor even a heap of money.

A moment of attention, of love, and the will to give SOMETHING from the heart, is enough.

61. A Piece Of Paper



In order to give these astonishing energy gifts to yourself, to other people and to the whole world, do we need to have “an active imagination”?

Actually, no.

Quite the reverse, because imagination is to create illusion.

What we are doing is REAL. We are translating the energetic data stream of the energy mind into pictures and ideas and we are training our conscious minds how to ask for such a data stream to be delivered, and when it has been delivered, how to receive and decode it correctly and logically.

It is fascinating to consider that the standard ideas of what exactly lies, illusions, deceit and delusion is, and what is actual truth, are often completely reversed.

The poster on the walls of the conscious universe, those are illusionary in nature; the messages from the energy mind are actual reality.

Instead of hallucinating like the proverbial lunatic we need to begin to ask INTELLIGENT questions and to decode the answers correctly, and this second part is perhaps even more important than the first.

Are you familiar with the old joke of a stranger in a different country? He doesn't speak the language at all but he has a dictionary. So he spends ages looking for the words that make the phrase "Where is the station?", finds a native who will stand still for long enough to listen to his pathetic attempts at pronouncing the unfamiliar sounds.

The native laughs his head off but then after a few repetitions, he understands and then he answers – in a flood of fast sounds and unfamiliar gestures that are entirely incomprehensible to our poor traveller. Of course!

When our energy mind sends us data streams of information, we really need to learn how to interpret these correctly, how to understand them consciously so we get to make USE of that information.

One of the things that the conscious mind needs to re-learn is to think more, and much, much faster than it was used to.

Here is a simple yet most interesting experiment for anyone to try who has an interest in such things.

For the most basic version of this we need a blank piece of paper and a simple pencil.

When we conscious minds look down at a white, virginial piece of paper, we usually don't experience this as an exciting invitation, an opportunity to experience something wonderful and new. To many people, it feels more like a form of mini-torture as all the old insanity programmes begin to churn.

What do you want me to do here with this sheet of paper?

But I can't draw!

I don't know what you want me to write!

I can't write anyway! Even if I did, my handwriting sucks, and even if it didn't, I still wouldn't know WHAT to write, and even if I did write something, it's bound to be total crap that you couldn't give to anyone at all because it wouldn't be good enough ...

It is extraordinary but a fact that a simple piece of plain white paper can produce such psychotic outbursts in seemingly well adjusted adults!

Perhaps it would be better for all concerned if we just made a paper airplane from the sheet of paper and throw it out of the window ...

But we don't need to partake in such insanity any longer.

The first thing we do is to take a real deep breath, and then we remind our poor conscious mind that all those thoughts and all those nasty feelings are nothing more but the indicators of disturbances in the energy system.

So we can just sit there with our sheet of paper, as long as we need to resolve those contracted muscles and knots in the neck, the churning in the stomach, the blocks in our backs, legs and even in our toes, to warm them, to soften them and to flow them, until the energy runs cleanly through our systems once more.

Now the piece of paper appears different – it is no longer a battlefield from which we crawl away after having expended our very heart's blood in defeat, yet again.

It's just a piece of paper.

Turn it by 90 degrees so that it has the other orientation.

If there is still anything which hurts you or troubles you, flow it away.

Heal your various injuries, blockages, and note that as you do this, your THOUGHTS become clearer too, calmer, more LUCID in the process.

When you are ready, pick up the pencil.

Put the tip of the pencil on the paper – our first question, or first decision, the absolute starting point for everything that could or would happen next.

And now we have to give control of our hand to our energy mind and the rest of us just gets to watch where the hand wants to go, and what it will do.

Swirls, circles, spirals, perhaps a word or a sentence, we don't know yet. Perhaps the hand will write a number or a note, or perhaps it will draw some geometric figures.

But all of that is unimportant.

This is an exercise in allowing the conscious mind to step back, and the energy mind to take charge, and to let something flow quite simply, rather than to have to “make everything happen with will power”.

This something that flows is a first charge to circuitry which is built into every human being by design but which has been lying fallow and forgotten for so many years; the pathways which are being used here are an example of TOTALITY PATHWAYS and any little bit of energy which flows again is like water to a parching desert.

When we re-learn to use these pathways, the landscape of our totality body has a chance to change, to blossom, to become a whole new valley filled with life and luscious existences.

We can't do this overnight, but every little seed that germinates, every tiny little green blade of grass is proof and sign that we are finally beginning to make things right.

62. To Solve The Gordian Knot

There are two different ways in which memories are stored.

The first way is to send them to the energy mind for processing so that they may be placed in their rightful positions, sorted and labelled so that they may be found quickly should they be required to be accessed again, but otherwise packed and filed away very neatly so that they don't get in the way of the HERE AND NOW.

The other way to store memories is to make energy posters and to keep them in consciousness, which is the equivalent of keeping the photograph of the dead lover on the bedside table “lest we forget”.



When we do something like that, we tie ourselves energetically to the past and can't get rid of it, as the true past only consists of things we don't consciously drag about with us as we go through our lives.

Now, the conscious mind didn't even know, had no idea that it had to pass ALL MEMORIES AND ALL EXPERIENCES immediately over to the energy mind for processing and storage.

All experiences, especially the kind that has caused tremendous change to take place in the totality need to be put into their rightful places in the energy matrix in order for it to work as it should.

All experiences, and especially the very best ones, because to keep these around causes chaos on people's timelines like nothing else possibly could.

To attempt and "re-live" old and long gone moments of glory and joy is already in the hard world of physical objects a true nightmare, but on the energy levels it is the greatest catastrophe, for it turns our forward flowing timelines into the equivalent of a Gordian knot, a Minotaur labyrinth in which people get lost altogether, with no hope of finding an exit, with no hope of escape, ever.

When something extraordinary is experienced, something that the conscious mind has no experience of and which has never happened before, and regardless of this was an extraordinarily painful or an amazingly joyful event, it can happen that the conscious mind holds on to these data streams, blocks them and doesn't let them flow into the totality, but instead, keeps them stuck in the here and now.

This is a reflexive behaviour of the conscious mind and it isn't designed to prevent damage, but instead, to prevent CHANGE.

Experiences, and especially overwhelming, strong, new experiences of first love, childbirth, first rape, first war are structurally TRANSFORMATIONAL in nature.

A super-experience, regardless of whether it is "good" or "bad", changes the energy matrix radically, and the totality which has come into existence after that super-experience is not the same totality the conscious mind was PREVIOUSLY USED TO.

The old posters don't match anymore, and the illusionary world the conscious mind had spend so many ages constructing for itself has simply collapsed.

The world has come to an end.

For the consciousness, this is a terrible, terrible thing and so it always tries to keep its imaginary world-maps the same, tries to minimise any change, any alteration that could cause a collapse in the tenuous and highly unstable map because when that happens, the conscious mind is faced with total chaos and indeed, must then declare itself insane and incapable of action.

But the super-experience from the viewpoint of the totality is not a disaster. It isn't even unexpected, but it is a part of its necessary evolution in all ways.

A super experience in the totality *is a transformation* which opens whole new futures, different futures of which the poor conscious mind couldn't have even begun to dream.

Imagine the type of hell that would arise if the conscious minds got their greatest wish, what they THINK would be the perfect solution, the final answer to all their worries.

To be always 16, completely unchanging, always on the beach, always dripping in gold and riches, always at sunset and always holding hands with the one soul mate, for all eternity?

Every day is Thanksgiving, with the shiny freshly washed and combed children and mommy and daddy who will always smile at each other and never stop?

To sit in your fortress in the mountains and observe the world, and all are trembling before your great power, all day, every moment of every day, for evermore?

To buy up the entire world and to re-make it in your own image, according to what you thought was a good idea when you were five years old?

Forever?

What would be the point of such a non-life?

There is no point. It's an incarnation deep freeze at best, and at worst, a living death, a purgatory without a chance of resurrection.

No chance of experiences, personal challenges, no chance to learn or do something important, SOMETHING NEW.

We really have to start to get our life lines into some sort of perspective and to get out of our own labyrinths, cut through our own Gordian knots, because if we don't, we simply don't have a future at all.

63. Life Perspective

I know a good many people who are psychotherapists, their clients, and more often than not, both, and it seems that the following exercise is rarely, if ever attempted.

It is really quite simple.

We get ourselves another sheet of paper, or of virtual paper, and write our own life history down, nicely and linear and in short data format.

That might look like this:

1945 – Born in Denver, Colorado. Parents librarians. Twin dies at birth.

1945 – Spent two month in hospital for failure to thrive.

1946 – Raised by grandmother after death of parents.

1947 – Falls out of 1st story window after learning to walk.

1949 – Grandmother dies. Learns to play piano in orphanage.

... and so on, until you reach today.

You can leave it for a week or so in case there's something which needs to be added as you think of it.

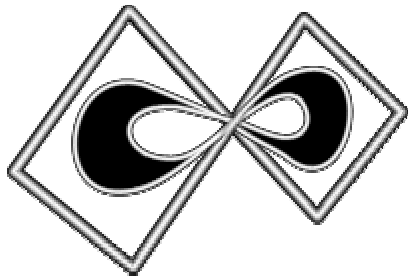
And when you have your entire life on a piece of paper, you can simply, gently and slowly run your fingertip across those dates, that **data**, from beginning to end, and make the resolution to have things put in their rightful places and return a rightful order and sequence on as many planes as possible.

One could also, if one was to become aware of injuries in the energy body which are always expressed by physical emotions to stop and engage in some self healing until all flows clearly, until all is calm and lucidly aware.

One could say when that has been achieved, "Well that was the past ..." and throw the paper away, into an ocean, a dust bin or burn it instead.

And begin to turn our attention towards the now, and a wholly different future.

64. Life Experiences



Did you know that you can create memories and experiences which have never happened?

That is an amazing thing which only human consciousness can do; it is a gift from the creative order and animals, for example, weren't thus endowed.

Animals only have their own linear life experiences.

A dog can't tell you in behaviour and state that it was beaten with a stick by a man in a black hat ten years ago if that did not actually happen.

But *we* can.

We can go way beyond simply making up lies, for we can create energy forms from nowhere and nothing, evoke them and strengthen them, until they have the power to rewrite our own energy matrix and that will then become exactly as though these events were **TOTALLY REAL**.

There are thousands of cases of "false memory syndrome" where such memories were practically, hypnotically and magically evoked and turned into reality – a reality so real that the owners of these "false" memories have all the symptoms, all the behaviours and the physical illnesses you would expect, and their fathers, grandfathers, uncles and brothers, who did nothing at all in actuality, are still to this very day sitting in very real prison cells.

That is an indicator of the power of consciousness to **CREATE** reality.

We only ever become aware of just how much power for such things we actually all do carry when something goes massively wrong, as was the case with the "false memories".

But as always, we can turn this right around and see that of course, if we can produce terrible, cruel and damaging memories of satanic abuse, then we can produce fantastically wonderful memories of angelic love and care (likewise never experienced in actuality!) just the same.

It isn't at all difficult if it is approached correctly and there exists the will to stop being driftwood in the river of our own memories and instead, to re-educate ourselves, to re-parent ourselves if necessary, and to have exactly those memories of events BACK THEN that we need RIGHT NOW to make our lives really happen.

It is just as amazingly simple as it was to make the old "false memories" because all it takes is for someone to ask, "What happened exactly?"

In order to work with such a question we need to create a thought form – at first a rather weak and nebulous one but it is now here – SOMETHING must have happened.

To strengthen this thought form, to make it more and more real in every way, we simply ask for more and more detail, and with each detail, the form becomes more rounded, more alive – more REAL.

"WHEN did it happen?" gives us a point on the timeline, just as we found a first point for the pencil on our blank piece of paper and much in the same way.

"WHERE did it happen? Inside, or out? What was the weather on that day? What did you wear? Who was that person? What did they wear, what were they like, what did they say, what did they do? What did you think?"

Every question strengthens the thought form automatically, every little detail fills in more and more blanks.

If you play this game with a second person who can help you out these thought forms get so dense so quickly that after a couple of sessions it becomes virtually impossible to distinguish between a "real memory" and a hand crafted thought form.

Is that a bad thing? No, not really. It only turns into a bad thing if we use it to make bad thought forms that hurt us and disturb our own systems even further.

I have personally used this system so that I might have finally a GOOD memory of a first sexual experience with a man. The "reality" of the situation was really quite unfortunate in every way and had led to a very disappointing 30 years of non-sexuality.

I sat myself down and just as you would in "false memory therapy", I started to ask myself the right questions which would set the process of thought form creation AUTOMATICALLY in action.

"So, how old were you when you had that first, transformationally beautiful and amazing sexual experience?"

Sure, to begin with you have to move the "actual memories" a little off to one side and just get with the programme. "I was 14 years old."

"And where did these amazing events take place?" – "In this man's house, in his bedroom."

"And how old was this man?" – "I think he must have been around 35, 40 years old."

“How did you come be there? What did he wear? What did you wear? What happened exactly? What happened first? What did it feel like? What did he say, what did he do? What was the room like, where was his house? Who was he?”

And so it unfolds, all by itself, and the more details are asked for, the more real the thought form becomes.

It also helps to tell others about the thought form, and to treat it in all ways as though it was a real memory – I remember that colour of his silk sheets, russet brown and shiny they were, and whenever I see silk or that colour, I am reminded of him. I am reminded of him when I see autumn leaves, and I remember his touch when I get undressed and in the shower, so gentle, loving and profoundly exciting ...

The act of actively creating such memories consciously and with volition, to install such experiences is one of the many truly astonishing and immensely HEALING things we can do when we get the conscious mind and the energy mind to work together as they should.

This is far more than just mere freedom from the past.

If your mother never told you that she loved you and you think you need to have heard this, experienced this just once in order to be able to function better, create the event energetically instead. Where was it? When was it? What did she wear? What was it like for you to see the tears in her eyes as she spoke those words? What did that do for you?

Make it real, make it more and more real until you are in tears yourself and you can FEEL that experience, FEEL AND KNOW the reality of that experience in your mind, in your body, and in your energy system as it CHANGES for you.

And thus, *thought has transformed reality* practically – which is, after all, the heart of magic.

In this way, you can treasure your memories of love and care, experiences of getting assistance and help, support, unconditional regard and when you are ready, let these things flow through and out, so that they are no longer held in consciousness but instead become correctly inscribed into your energy matrix which is easily great enough to store much more than just a single lifetime’s worth of memories.

You can give yourself right now what you have always needed always longed for and you are no longer reliant on other conscious minds which don’t even know what needs to be done to actualise a human totality.

And what is even better than that is the knowledge that we can finally get free from ancient goals that tie us to the past and instead of trying to chase after “getting my mother’s approval” we get to find NEW GOALS that are really out there, in the as yet undiscovered future.

65. Prejudices



The biggest problem which gets in the way of the reunification of the human consciousness, the energy mind and the wider totality is that of prejudices.

“The invisible realms are not important, they are not REAL.”

And on the other hand we have the idea that only things which are hard are important for survival.

To engage with thought, dreams or to figure out things by talking to yourself is bad, and to work all day in the fields is good.

If one plays with invisible friends, it means that one is such a useless person that we can't find real, important hard friends.

Time and time again, invisible realities and all activities designed to find out more about their nature are being denigrated, demonified, forbidden, made to look crazy, stupid, immaterial, unimportant.

But as real reality consists of BOTH hard AND invisible components, this approach can never produce the right results and people who live with such prejudices can never get a handle on the real “real world” of many planes, can never understand it or even try to control it correctly.

Slowly and with much embarrassment, the conscious minds have allowed a few invisible things back into the Hard – in high-rise office buildings, where the workers were constantly sick with depression and migraines, a few “motivational posters” are being affixed to the blank, grey walls. The workers are once again “allowed” to bring a few metaphors from home and put a teddy bear, a picture of a loved one on their desks. Perhaps they are even allowed to wear their own clothes and a few choice potted plants are positioned in strategic places.

And even with such pathetic little admissions to the reality of the energy dimensions a rise in productivity and a fall in sick days can be measured – in nice hard black, red and white on the balance sheets of the company.

But that kind of thing is not beginning to be enough. It isn't even a real start because they are only doing some things right at last AGAINST their own will and judgement, and ONLY because they are forced into it because of the symptoms of illness of the people who try and exist in such environments – not because anything has really been learned or understood, or stemming from any kind of real desire to make things right, to re-aligned the planes, to work with the truth of the universe once more.

The true challenge for us all is to begin to undo a lifetime's worth of brainwashing and to start giving the invisible realms and all their many manifestations and messengers EXACTLY THE SAME ATTENTION as we would give a bank statement or a wad of money without fail.

A nightmare is simply a red, red, **red** bank statement which is designed to alert us to the fact that a system is on the brink of total collapse.

Our emotions are the bailiffs, banging on the door, who will take our TVs and personal possessions away.

Psychosomatic illnesses are the loan sharks who will very practically break your legs and your nose because we haven't paid our dues on time.

We have to make the change and take notice of these messages, of these warning signals.

The principle is simple, yet again – we should spend EXACTLY the same amount of time thinking and acting on hard environmental stimuli as their invisible counterparts.

So, for example, if someone lies awake at night and thinks for one hour about their job, their holidays and the new kitchen, they should also think for one hour about dreams, feelings, creativity and the universal order in all its manifestations, or else they are not being fair and haven't managed to balance the planes in their life as yet.

It is a very nice and simple calculation – and it functions perfectly in reverse, as well.

If someone ONLY dreams, thinks of God or invisible things, they are also out of balance and should give exactly the same amount of time to things of the Hard – such as bank statements and fitness programmes, for example.

For every hard friend we should have an invisible one to balance the situation; and that is a simple method to ensure at the beginning that we give “to Caesar, what is Caesar's and to Jupiter, what is Jupiter's” without annoying either of them and having to face the painful repercussions of prejudice and neglect.

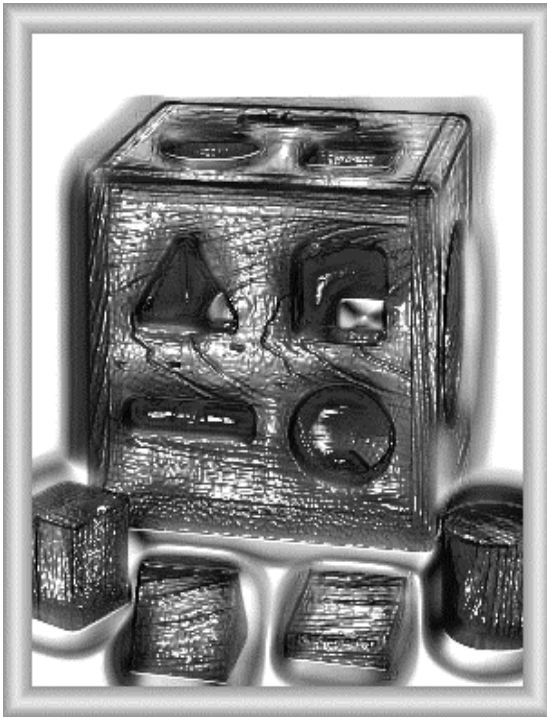
This is a beginning, to be sure.

The real challenge is of course, not to think about the Hard and the energetic dimension one after another, sequentially, but to have them BOTH be PRESENT and at the same time – *simultaneously*, in other words.

That is a star state of absolute lucidity, a Zen state from which we then can observe true causality across the planes.

From here, the true enchanted world may be partaken of as well as observed and thought about all at the same time, and from here, we get to play with cause and effect for ourselves, to play with our own lives, in order to find out just who we are and what we can become.

66. Planes Confusion



I have already mentioned many times that the real enchanted world is made up of many planes, of many levels, not just from the material or physical plane which I call “the hard” for short.

We have discussed many examples which have shown us how we cannot ever truly understand or navigate the real “real world” if we go on pretending that the energetic dimensions don’t exist, simply because we can’t see them through our hard eyes.

It’s a fact that if there was ONLY the hard and nothing else besides, life would probably be a lot simpler and a lot of things would work a lot better.

The biggest problem for people with their consciousnesses happens when they get their planes confused.

An example of this is to try and pump more milk into a baby that is crying because it is starving for energy.

When this sort of thing happens, and it happens all too often in conscious-driven societies, the child learns something very, very dangerous, something fundamentally WRONG – namely, that energetic deficiencies and requirements can be filled by hard food. This is completely FALSE, it doesn’t work, cannot work, will NEVER work, but if that wrongful lesson is integrated, it leads to an adult who will constantly seek more and more hard food – and no matter how much they eat, their hunger remains the same.

This is an example of a serious and often even deadly planes confusion.

Hard food is the first thing to be misunderstood in this way, but there are other things, symbols such as money, which are being constantly confused with a necessary energy, something that makes you feel good and will make you smile. Then the problem transfers to secondary objects you can buy with money – cars, houses, diamonds.

Uniforms, guns, whips and diplomas are being constantly confused with real personal power, and replacement actions, such as running away from home, are being confused with true personal freedom.

All these essential human needs, such as happiness, freedom, power, health, love and excitement ONLY come into existence when the right conditions in the energy system are present.

These states cannot be bought, they cannot be produced by the acquisition of objects or people who might stimulate the emergence of such states, and to fail to

understand this is a very serious problem. So we need to start to sort out our planes and work out what belongs to Caesar, and what should be in Jupiter's domain.

This is once again surprisingly straightforward and logical. All you need to know to make it work is to understand that an energetic problem requires an energetic solution. A really good example is that of emotions, where we really feel "as though someone punched us in the stomach" but there's no hard fist at all which could be responsible.

That kind of thing is blatantly an energy occurrence, and as soon as we know this, we can also know that it therefore cannot be cured with hard medication, shopping, jogging, mowing the lawn, alcohol or even more food.

As soon as we understand that energetic occurrences cannot be dealt with by doing, planning, building PHYSICAL things, we can at least stop wasting our precious time on trying to get even more food, even bigger houses, more items for our collection or even more cats.

When we stop chasing after the wrong things (and the wrong people!), then we can take a deep, deep breath and sit down for a while, what ELSE we might be doing in order to get those experiences, those states we want and need.

When we take a break from the old rat race, we have a chance to consider afresh just how one might get to have more luck, more joy, more pleasure on a daily basis.

This also gives us far more time to play with some new things, to try out some new things, this or that, to have an idea if it is going in the right direction.

This is the old child's game of "cold, warm, hot – yes! You've got it!"

For many people it is a surprising discovery to find, once they've stopped running madly towards their illusionary material goals and sat down for a moment by the side of the road, that the sky is really quite amazing, the small flowers in the verge are actually quite pretty, that they don't cost a thing and that they've ALWAYS BEEN THERE – only we were way too caught up in our mad races and couldn't see them for all that tunnel vision stress.

Such things are doorways into the true enchanted world.

These doors are EVERYWHERE and ALL THE TIME – they don't just exist in monasteries, on the top of mountains, on holiday or in outer space.

If we can calm down enough so that we can think a little more clearly and see a little more precisely again, EVERYTHING AT ALL can become your personal doorway to the enchanted world and we are ready to step into real reality once more.

67. The Spiral Secret



A real, deeply hidden and forbidden secret knowledge of the one enchanted world is that thing about spirals.

In real nature, in the proverbial real “real world”, there is no such thing as a circle – truly nowhere, absolutely not and never at all.

There really are no vicious circles with endless repeating tracks from which there is no escape – circles are one of those insane ideas of the lonely conscious minds.

In the story of the Lion King, for example, there is much talk and even song of the “eternal circle of life” as the old lion holds up his newborn son who will one day replace him as the king of all.

But that is total and utter, errant NONSENSE, for this young lion is not and will never be the old king.

The empire he will inherit when he has grown will be a totally different empire. Not *one single* grain of dust, not a single blade of grass, not one individual creature will be in the same place or the same state as it was when his father was that same age. Not a single cloud formation will ever be the same, and not a single thought the son will think will be exactly like his father’s.

That is the TRUTH about nature – it is a constant EVOLUTION, never a circle, but instead, it is a SPIRAL which swings on and on, upwards, higher and higher still, ever changing, where not a single thing remains the same from one loop to the next, forever and ad infinitum.

Wherever human consciousness started painting circles instead of spirals, there is UNTRUTH IN ACTION – and untruth translates very practically into pain, and suffering, and misery, and chaos, and destruction.

Let’s consider for example the so called blood circulation. Ladies and gentlemen all, the blood absolutely does not CIRCLE around in our bodies. This is an OPEN SPIRAL SYSTEM, like everything else of the one true real enchanted world, where constantly renewing and changing things are being transported and which is constantly EVOLVING.

It is really quite crucial to “get our heads around this” because if conscious minds think that breathing, for example, is a “in and out”, “back and forth” movement instead of it really being an evolutionary spiral movement, it causes massive interference and can even destroy such systems altogether.

The enchanted world is in FORWARD FLOW, must flow forward because it was never designed to stand still and sink into chaos and atrophy.

We can't "turn the clock back" on a disease or try to restore a real human body, which is under the universal laws of evolution, somehow to a past state, or as though nothing ever happened at all.

Every disease is also an evolutionary spiral and if one understands this, one may stop to try and tear a natural spiral unfoldment apart and force it to become a repeating circle, or a snake that eats its own tail, and instead, we may start to consider how we can ASSIST THE SPIRAL UNFOLDMENT so it can flow as elegantly as possible through the disturbance and out the other side, onward and upward, so we get to go onto the next swing of the spiral ladder from where the disturbance is now in the past and the system is DIFFERENT than it was before.

To understand the spiral secret is something truly wonderful, something very healing, very reconciling, and especially in the realms of personal experiences.

When a happy, carefree young man goes to war, and returns with wounds and different thoughts and behaviours in all ways, a spiral unfoldment has taken place. If one can consciously align with this spiral event, instead of mourning the passing of the old, or to think that they happy boy got "lost", a fascinating effect occurs that is comparable to leaning on a motorbike deeply into the pull of the curve, rather than to try and fight it.

Instead of sadness, bereavement, loss and endless pain a force is born and a whole new KIND of strength, wisdom and experience; and further, there will be new abilities of which our innocent young boy could never have even dreamed.

The new man is not just OTHER but he is MORE NOW than the boy could have ever been.

This is the truth, and this the true wonder of the spiral secret.

It opens the door for all those who have recognised it and who now, instead of fearing and believing that they are becoming less and less, will move into the turn, use it to let it catapult us out and upwards, towards the new, towards true evolution.

This is not only true and a real law of nature in the enchanted world, but also a very comforting thought – perhaps even the only one that will still work when we lie on our own death beds.

68. A New Beginning



So now, here we are at the end of this introduction to the enchanted world, a wonderworld composed of many planes and many levels, and one of which we know so pitifully little.

What I have told you in these pages is not abstract philosophy, it has no religion, and it isn't something you might be doing for half an hour or so or if you haven't got anything "more important" to be doing instead.

It is the truth and reality of our current lives, of our days, of our hours in our current incarnation as multi-dimensional beings in a multi-dimensional, living universe.

We must awaken and begin, and we must be willing to become children of this living universe.

That is not a luxury for the chosen few or decadent intellectuals, but a matter of SURVIVAL for all human beings.

Without a basic understanding of the COMPLETE world, the truly enchanted world, we are really condemned to live our lives in hell, lives that are too short, too painful and too pointless by far.

We cannot help others, we cannot help ourselves and we will sink into grey depression, and scare ourselves to death most literally as we wait for the degradations and pain of old age to come.

That is NOT life.

That is NOT AND NEVER what the creative order wanted for us, and by God, it is not what I want for myself or those I love.

To speak of lives of suffering or valleys of shadow is a lie, an old lie that was born from misunderstandings, fear and superstition and it is already at least ten thousand long years past its sell by date.

We can no longer afford to leave our destinies, our lives, our experiences, our very real pain and everything else we are STILL HOPING TO EXPERIENCE ONE DAY in the hands of OTHER PEOPLE – no matter how long they may have been dead, no matter how many others say that they are great authorities.

EVERY HUMAN BEING has the right and the duty even to CONTACT THE CREATIVE ORDER DIRECTLY, to ask their own questions directly from reality

itself, and to learn directly from the all-there-is in return, without any human or human made proxy getting in the way.

We have to conduct our own experiments and we must begin to start paying attention to our own primary systems, to listen to them, to believe them and to understand that their cries for help are real and that they can be met. This holds true for every part of the human totality – the body, the energy body, the conscious mind, the energy mind and all those many other levels we don't even know anything about as yet.

So many things we had been wrongfully taught to think of as “miracles” are nothing other than a lightning strike from the one true universe that lights for just a moment the environment, let us see that there IS MORE, that the world REALLY IS far more complicated, far more beautiful, far more wild and far more enchanting than our dreams of poverty would have ever let us suspect.

And when the lightning strikes reveal the enchanted world, we have to be steady and calm our fears so that instead of running away and hiding behind the grey walls of illusion, we get to celebrate and cry with joy, *for when it becomes truly revealed that the world is NOT what people think it is, that is the greatest blessing of them all.*

In closing, I'd like to say something very personal to you, my courageous reader.

You already know EXACTLY that I am right about the enchanted world.

You have known this on some level for as long as you can remember.

You were RIGHT to be disappointed, to have wanted so much more, to have been angry and sad, and to have asked yourself so many times how it can all be so wrong, feel so wrong.

The feelings you have had are REAL, they are really there, and they have a good reason, they have a purpose and logical, causative reasons for their existence.

The crazy thoughts and ideas in your head are also LOGICAL in their own structure, and were there for their own reasons too, just as your emotions and your feelings.

You were ABSOLUTELY RIGHT to think that you are something special, something important, and that there were some very important things you needed to have done before you died.

You are not insane, or at least no more insane than all the rest of us, no matter who or where we were born, and no matter what happened to us since.

Just like everyone else, you too have tried to do what you could, to the ends of your own strength and then beyond, have tried to make it work somehow and gave your best each and every day, no matter how hard it was.

How hard it still is.

You are still HERE, and you have never really given up at all.

Give yourself a medal. You truly deserve it, after all of that.

But from this day forth, things are going to get better.

From this day forth, and no matter how small the steps, how tiny the achievements or how carefully we begin, each one of us, to cautiously move back towards the true enchanted world, life will become OTHER.

Larger, more expansive, more beautiful and with every tiny movement in the right direction you will be able to feel the relief, absolutely real and absolutely practical, in your body, in your emotions, in your thoughts and in your actions.

The enchanted world is there, it is there for EVERYONE and it can never get lost.

When we begin to pay attention again and really declare our will to return and to let ourselves be enchanted by reality, then creation itself is there for us, greets us with open arms, us poor people who went astray and now, finally, finally, cold, shivering and half starving have returned to stand once more at the threshold.

The enchanted world is here.

The enchanted world is real.

The door is open.

Please.

Step inside.

Silvia

Silvia Hartmann

05. 08. 2004

Further Information

EmoTrance Energy Magic *with Silvia Hartmann*

"Of all the many therapies I've trained in and approaches I have used none have excited me and touched me so deeply. EmoTrance is quite simply the most beautiful, graceful and simple healing and self-care approach I have come across."

Dr Mark Atkinson

EmoTrance Training Manuals:

[Oceans Of Energy – EmoTrance, Vol. 1](#)

[Living Energy – EmoTrance, Vol. 2](#)

[Energy Magic – EmoTrance Vol. 3](#)

EmoTrance Special Products:

[EmoTrance Soften & Flow Energy Hypnosis Session Self Help](#)

[EmoTrance/Tachyon Self Healing Set](#)

[BeauTy T – Healing The Beautiful Self](#)

[EmoTrance DL – Online Practitioner Training](#)

Further Information On EmoTrance:

For practitioner referrals, live EmoTrance trainings and workshops, news and events, please visit www.emotrance.com

About EmoTrance

In 2002, I had accumulated so many patterns and techniques, all based on a central understanding how the universe works, that it became necessary to create a framework for teaching this.

What was needed most of all was a logical pathway, an order and sequence of events and understandings.

After some considerable thought, I chose the basic technique of feeling energy directly through the body, and then FEELING what happens when you move this energy as the perfect introduction.

It is my experience that when someone has really FELT something, then they have LEARNED in a very different way from just having read something in a book.

The basic technique sets from EmoTrance 1 are all designed to transmit the SKILLS needed to recognise energy occurrences, and to work with them correctly – without illusion, without "intuition" but strictly logically and systemically. Then, the ACTUAL RESULTS become the learning curve and what is being learned is TRUE, and it WORKS in the real world. It brings immediate results.

So, in that way, *Oceans of Energy, ET1*, deals with healing noticeable disturbances and whilst we do that, teaches us the skills to read people's energy systems correctly, and how to understand and spot the relationships between energy, behaviour, emotions, thoughts and physical actions.

Many people think of EmoTrance as a “healing technique” and that is a necessary first step. However, beyond healing there are the things I am personally most interested in.

You can call it human actualisation, enlightenment or “living a real life with excitement, new experiences, with joy, grace and wonder” – either way, that’s really the core and heart of EmoTrance. In order to get further and beyond the basics of healing, nutrition and so forth, we need to start looking at our environments and how we experience the world around us. This is the Autogenic Universe from “Living Energy”, ET2. Here, we start dealing with old maps, beliefs and how we get to practically make our dreams come true. Here still too, are aspects of “healing” but this only happens in the context of “getting things to work the way they were designed to work”.

Now and once we have our main systems back online, and we have begun to understand how we work in our environments as functioning human totalities, there is the matter of “magic” awaiting.

Magic happens when all things are aligned and come into harmony – the visible and invisible planes all aligned and working together FOR YOU. Energy is absolutely what makes magic work, the missing alchemical catalyst. “Energy Magic”, ET3, takes magic and miracles out of the Middle Ages and brings it to the here and now – logically, cleanly, and most practically.

These three books together contain therefore a logical progression and the exercises and techniques from basic healing and repair, to being able to USE OURSELVES as we were designed to function, by the grace of the Creative Order.

Energy Hypnosis *With Silvia Hartmann*

The HypnoDreams Trilogy

Energy Hypnosis Created by Silvia Hartmann with Original Music by Ananga Sivyer

Energy Healing In Sounds & Visions

"It's almost like listening to someone speaking in a language you don't know, but you can get the necessary meaning because the language of the spirit is what's really being spoken - and that communicates so easily." **Karen Robinson**

Visionary, breathtaking stimulation for the totality systems – superb forms and revolutionary functioning. Each full length experience is a unique remedy, a treatment, an experience unlike anything available elsewhere.

Vol. 1 - The Wisdom Of The Water

Oceans of Energy – Dive To Diamond – The Wisdom of the Water - StarFall – Ice River – Treasures & Riches – Darling

Vol. 2 - Heart Healing

Heart Healing – Receiving The Colours – Celebration – Ocean Wood – Resonance Connection – Morning Light – Precious – The Child

Vol. 3 – Freedom

The Wind of Change – Freedom – Creativity – Sweet Lights – Timelines – Our Dimension – Forward To The New

Accompanying E-Book: Our Dimensions

Production notes, background information, energy hypnosis usage instructions and the COMPLETE scripts set from the HypnoDreams Trilogy.

Further Information and Free Downloads at <http://HypnoDreams.org>

About The HypnoDreams Trilogy

I've always loved hypnosis and particularly, hypnotic journeys where you just let go and step into these other realms, where you could fly and soar, have these incredible experiences, learn about who you truly are, have a counterbalance to the daily grind to keep you bright, and sane.

As soon as I had finished my hypnotherapy training, I started writing "inductions" for clients and for myself, only the ones that I wanted for myself were not at all in the usual style available.

They would have this wonderful mystical quality and have absolutely NOTHING to do with the usual stuff, fitness, weightloss, give up this and that. My journeys would be fantastic and bright, soaring, and there were no exhortations to change or "become a better person" AT ALL.

I recorded a set for myself in a professional studio, just my voice with my favourite "trips" into infinity and beyond. Then sometime later I met Ananga Sivyer and she mentioned that she composed music. I asked her if she would mind putting some

music behind my personal "hypnodreams" and she kindly agreed. I sent her the CD. But she phoned me immediately and said how much SHE had enjoyed them too, and that she felt other people would like them too.

I was dubious at first and said, "But I don't want them to turn into the usual dour exhortations and have to give "positive suggestions", I love them the way they are, that you really don't know what's going on or even WHY you are doing these things." Ananga re-assured me that we would keep the "spirit of the dream" intact and that they could be just as mystical and mysterious as I wanted them to be. That we would not look over our shoulders as to what other people might think, and really FOLLOW OUR HEARTS on this occasion.

It was a fantastic process.

Each and every single track, from the original channelling of the journey to the script and the compositions was wonderful. We took no short cuts, didn't compromise on a single word, sound or inflection and our single minded outcome was to preserve the ENERGY MOVEMENTS faithfully and correctly.

Then, the universe lend a helping hand as well.

A famous singer, Pia, heard a track as Ananga was working on it and was immediately fascinated, so much so that she offered to sing on the tracks for free. Her beautiful vocal harmonies, placed where and how HER HEART directed her, added another level of energy to the project.

Altogether, it took nearly four years to complete the trilogy. It was a completely transformational experience for all involved and a high end challenge to our skills and abilities. To say that we are proud of the HypnoDreams trilogy is an understatement. We – me, Ananga and Pia, and all those who supported us through this intense and long term project – love the dreams in a very different way from all our other projects.

They are special. They come from a special place and even though we still don't know exactly what they do, we know they are magical. They represent a set of keys to unlock doors in these our incarnations we didn't even know were there at all.

Magic, Metaphor & Creativity *with Silvia Hartmann*

Project Sanctuary – The original Project Sanctuary Training Manual, Third Expanded Edition 2003.

The Story Teller – Unique Public Speaking Distance Learning Course In 8 Units, from The Sidereus Foundation.

In Serein Trilogy - Hypnotic Fantasy Fiction.

- Vol. 1 – Sorcerer & Apprentice
- Vol. 2 – The Cage (*Pub. Date 2005*)
- Vol. 3 – The End Of Dreams (*Pub. Date 2005/6*)

For You, A Star – Essential Psycho-Active Energy Remedies For Every Day.

The Appollonius Quartet – Enhance Psychic Abilities, Improve Paranormal Functioning, Restore The Psychic Circuitry. Audio Energy Hypnosis Program plus Information/Scripts eBook.

About Project Sanctuary

Do you like stories? Thinking of scenarios and playing them in your mind, dreaming and living dreams in an altered state of awareness?

I do.

I've been doing this since I was a very small child and for as long as I can remember. At some point I found out that you don't have to make it up all by yourself, but if you use a system of questions and answers, there is a part of your mind which will not just assist, but become your very own story teller, movie producer, reality creator.

I thought for many years that EVERYONE KNEW THAT because it was so natural to me. I would always have an unfolding story going on which I would visit before going to sleep at night, or whilst engaged in boring tasks, or waiting in lines, or walking down the street.

It wasn't until 1993 that I met a lady who had trouble with her dreams, and I wanted to help her out and suggested to interact with the scenarios much like I always do inside my mind. I was astonished that she didn't know how to do that, but once I explained the idea, she took to it like a fish to water and was literally joyous at all the many things she could do with that. She communicated with angels then, healed parts of herself, found and saved her inner child, became clairvoyant and all sorts. I mentioned this to another person and he too, was amazed at the idea which I had taken entirely for granted, namely that you BUILD WORLDS, decorate them to your liking and then move in to experience them first hand in order to do very specific things. He said, "You should write a book about that!" and so *Project Sanctuary* was typed out for the first time.

I will honestly say that what Project Sanctuary represents is simply the love of my life. This is my home, my hearth and my personal saviour, is now and has always been, and without Project Sanctuary, there simply would be no EmoTrance. There would be no HypnoDreams. There would be – nothing new and nothing worth of any value at all that I can proudly call my own.

I could go on for YEARS (and I'm not kidding!) about the structure of metaphor, energy, language, experience, organic Tesla machines, autogenic healing and so much more besides, but the fact is that Project Sanctuary is AMAZING to do, an amazing experience that grows with you and shows you things, teaches you things FROM INSIDE YOURSELF you could never ever begin to imagine. It's a way of using our minds that is so easy, so natural, so simple and yet PRODUCES an endless resource stream of truly mindblowing proportions. You have to try it to know just how good it really is, and never mind using it for therapy! To leave it there would be near enough a sin in my opinion.

In 2001, I wrote a novel. It is a trilogy and called *In Serein*. It was the most intensive creative experience of my life so far and what it is in essence, is a huge Project Sanctuary habitat, custom created to teach about magic and energy in a whole new way.

I also write poetry, and HypnoDreams, and classic fairy tales. A particularly fascinating project was *For You, A Star* – a collection of magic symbols and evocations in poetry format that are for once, not an “away from” remedy but instead, an injection of powerful positive energies, such as joy, love, freedom, dominion, space, and life.

All and everything I do comes from the spaces and experiences that Project Sanctuary provides.

I have learned to ask certain parts of myself to give me a stream of data for a specific purpose, and how to interpret this data into words, or sounds, or movements, or images; I have learned how to do this CONSCIOUSLY and how to co-operate so this can happen.

I learned all of this from interfacing with my own mind DIRECTLY – that's what Project Sanctuary does, that's what it is, and that's not even something special at all, but we can all do it if we want to, because it is STRUCTURALLY AVAILABLE in every human mind.

If you wonder how I do the things I do, or if you want to do things like writing your own stories, inventing your own methods or revolutionising your incarnation, then I can simply say, “Do Project Sanctuary. Do it every day, and you'll get that, too.”

About The Story Teller

At one point, I was asked to write a correspondence course for a distance learning college. “What about?” I enquired, curiously. “Anything you want!”, they said.

So I started to think about what I might like to do a course on, given the freedom of choice, and *The Story Teller* was the only thing I could think of.

There is something HUGE about the concept of being able to tell stories in your own true voice – whether this is YOUR STORY you are telling, or an ancient tale that still sings with resonance across the ages.

There is something HUGE about being able to do that – and that's regardless whether you are story telling in words on paper, or to a single to small child, or to a client in therapy, or to a lover in bed, or to an audience of millions through a cinema screen.

This course is a true challenge because it is not about story telling in this format, or that, but about the story teller themselves – to help a person stand up and speak

up, speak words that are true and powerful, and that have the power to really change the world.

This course also requires more in the way of personal investment than all my other books and courses. This is probably so because there is so much at the end of it – personal freedom of expression, having found one's own true voice.

Contact Information

United Kingdom

DragonRising Publishing

18 Marlow Avenue,

Eastbourne,

East Sussex BN22 8SJ

United Kingdom

Tel. 01323 729666

www.DragonRising.com

Germany

VAK Verlags GmbH

Eschbachstr. 5

79199 Kirchzarten

GERMANY

Tel. 07661 987150

www.vakverlag.de

The StarFields Network – Online

Silvia Hartmann

- Full Products Catalogue & Meta Index. www.StarFields.org
- Homepage, bio, articles, essays and specials at www.SilviaHartmann.com

The Sidereus Foundation

Trainings and Information from the Enchanted World. www.Sidereus.org

DragonRising Publishing

Energy Magic & Hypnotic Literature.

www.DragonRising.com

The EmoTrance Portal

Information, Articles, Trainings, Practitioner Listings. www.EmoTrance.com

Association For Meridian Energy Therapies

The World of Meridian Energy Therapies – EFT, BSFF, TAT, ET. Practitioners, Events, Trainings, Articles and Downloads. www.TheAMT.com

Nicola Quinn

Tachyon Energy, Environmental Energy and Self Help for Positive Living. www.NicolaQuinn.com

Ananga Sivyer

Ayurvedic Energy Medicine, Energy Healing, Creative Sound Solutions. www.Ananga.net

Simon Mitchell

Magical Living, Creativity, Inspiration & Herbal Secrets. www.Simon-Mitchell.com

Dr Michael Millett

Extraordinary Explorations and Elevated Therapy News Portal. www.Michael-Millett.com

Energy Magic

True Magic With Heart & Soul – simple, safe & effective. www.Magic-Spells-And-Potions.com

Project Sanctuary

Enter The Realms Of Infinite Creativity! For All Who Love Stories, Myth, Metaphor and Expansion.

www.ProjectSanctuary.com

The MindMillion Portal

MindMillion Online – Business & eBusiness help, advice, support and free download library. www.MindMillion.com

The StarFields Network

All The News From Around The Network

www.StarFields.net



The Enchanted World

By Silvia Hartmann

ISBN 1 873483 82 1

Now Available In Paperback.

A GREAT Gift!

Available from Amazon.co.uk, all good bookstores and directly from www.DragonRising.com

The Enchanted World

By Silvia Hartmann

All Rights Reserved In All Media.

For more information about the work of Dr Hartmann, please visit

www.DragonRising.com