

The Everyday 12 Point



Lifesaver

By David Cameron

The Everyday 12-Point Lifesaver

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The Everyday 12-Point Lifesaver

The Purpose

The **Purpose** of this life saver is to help you **release yourself from littleness and suffering; negative thoughts and experiences; fears; feelings of insufficiency; conflicts; lack and shortages, and worries** – and to do so every day until it becomes natural. Read this lifesaver daily - in the morning and evening - and keep it in mind all day as you go through your life. It is a document designed to **increase your peace of mind and life fulfillment through understanding and activating your true powerful Self**. It is a step in **leading you out of struggle and into abundance and peace**.

The design of this life-saver

This lifesaver is designed to be a quick short daily read. Its only purpose is to release you into abundant success and freedom by increasing your understanding of yourself and your world. You and your world are intimately linked. All of your worldly experiences arise from within you. You are more powerful than you know. Once you understand who you really are, you will gain access to this power. You will then be in a position to awaken and use this new understanding, along with your natural unlimited power, to change your life; to become whatever you wish to be. You are already using this power, but you are using it in an unconscious and unnatural way, and that is why your world may seem to be out of your control, and out of line with your best wishes. You may be asking, “If people are so powerful, why do they experience such powerlessness in their lives”? The answer will become clear to you in a moment, and you will learn to reverse this condition.

Step 1: Understand your world

The world that you live in comes about in a certain way. Most people do not understand how it comes about, moment by moment, exactly. In fact, very, very few people understand how each moment is created. Understanding how your world comes into being, and your exact role in it, is what will begin to get you out of the trap of suffering and shortage, and into freedom and abundance.

On the pages that follow, you will discover Nobel Prize winning scientific, and spiritual evidence that you are at cause for everything in your world – and that you can change the effect at any time.

Let us now review some of this evidence. Going back as far as the 1920's, Nobel Prize winning physicists have proven beyond doubt, that the physical world is one large sea of energy that flashes into and out of existence in a fraction of a second, over and over again. Nothing is solid. This is the world of Quantum Physics. They have proven that thoughts are what put together and hold together this ever-changing energy field into the 'objects' that we see. So why do we see a person instead of a flashing cluster of energy? Think of a movie reel. A movie is a collection of about 24 frames a second. Each frame is separated by a gap. However, because of the speed at which one frame replaces another, our eyes get cheated into thinking that we see a continuous and moving picture. Think of television. A TV tube is simply a tube with heaps of electrons hitting the screen in a certain way; creating the illusion of form and motion. This is what all objects are anyway. You have 5 physical senses (sight, sound, touch, smell, taste). Each of those senses has a specific spectrum (for example, a dog hears a different range of sound than you do; a snake sees a different spectrum of light than you do; and so on). In other words, your set of senses perceives the sea of energy from a certain limited standpoint and makes up an image from that. It is not complete, nor is it accurate. It is just an interpretation. Our thoughts are linked to this energy and they determine what the energy forms. This explains things such as positive thinking, prayer, faith, creativity, goal setting, disease, and much more in a very scientific way. Your thoughts literally shift the universe on a particle-by-particle basis to create your physical life. Look around you. Everything you see started as an idea; an idea that grew as it was shared and expressed, until it grew enough to become a physical object through any number of 'manufacturing' or 'growth' steps. You literally become what you think about most. Your life becomes what you have imagined and believed in most. The world is literally your mirror; enabling you to experience in the physical plane what you hold as your truth – until you change it. You know this to be true internally, and so do most people, and that is why people know instinctively that positive thinking works.

Quantum physics shows you that the world is not the hard and unchangeable thing it may appear to be. Instead, it is a very fluid place continuously built up using our individual and collective thoughts and states of being as a society, country, family, planet, solar system, or universe. We have begun to uncover the illusion.

What is your body made of? Tissues and organs. What are tissues and organs made of? Cells. What are cells made of? Molecules. What are molecules made of? Atoms. What are atoms made of? Sub-atomic particles. What are sub-atomic particles made of? Energy? No. They are not made of energy; they *are* energy. You are one big ‘chunk’ of energy. And so is everything else. Spirit and Mind puts together this energy into the physical shape you are used to seeing with your limited set of senses. If you go into a high-tech lab right now and ask them to let you see yourself under a powerful electron microscope and conduct other experiments on yourself, you will see that you are made up of a cluster of ever-changing energy in the form of electrons, neutrons, photons and so on. And so is your wallet, your spouse, your car, and everything else.

Quantum physics tells us that it is the act of observing an object that causes it to be there where and how we observe it. An object does not exist independently of its observer! Energy is the sub-atomic particles that come together to ‘make up’ atoms, which come together to ‘make up’ matter. Matter is energy. Matter is not converted energy, it is energy. Ever heard of Einstein’s equation, $E=mc^2$? What it means is that any piece of matter of mass m is energy that can be calculated by multiplying that mass by the speed of light squared (what a large number!). You are literally made up of light; the same stuff light is made of (hence the Bible and many other spiritual texts tell us that light was the first thing to be created). Scientifically speaking, this energy exists as waves spread out over space and time. Only when you exercise observation do these waves become particles localized as a space-time event; a particle at a particular ‘time’ and ‘space’. As soon as you withdraw observation, they become a wave again. So, as you can see, your observation, your attention to something, and your intention, literally creates that thing as a space-time event. This is scientific. Even your relationships with other people are governed this way, by unfailing laws of cause and effect.

Your world is made of spirit, mind and body; with each having its own function that is unique to it and not shared with the other. What you see with your eyes and experience with your body is the physical world, which we will call Body. Body is an effect, created by a cause. This cause is Thought. Body cannot create. It can only experience and be experienced – that is its unique function. Thought cannot experience – it can only make up, create, and interpret. It needs a world of relativity (the physical world, Body) to experience itself. Spirit is All That Is; that which gives Life to Thought and Body. Body has no power to create, although it gives the illusion of power to

do so. This illusion is the cause of much frustration, as you will soon see. So here are the functions and characteristics again:

- Spirit – Function: Life Force. Characteristics: Eternal; Infinite; All Knowing; All Powerful; One With All; Invulnerable; Unconditionally Loving, and Fearless.
- Mind – Function: Create by extension of Thought, which, as you will scientifically see, shifts the energy that comprises all things physical. Characteristics: ‘Split’ between Higher Mind and Lower Mind. Higher mind has same characteristics as spirit while lower mind tends to identify with Body.
- Body – Function: To experience. Experiences are possible only in a world of relativity (mind and spirit exist in a realm of absolute, not relativity, where comparison is impossible). Body is purely an effect and has no power to cause or create. Characteristics: Takes on whatever characteristics the mind gives it.

To learn more about Quantum Physics in a clear and simplified manner, and to know the immensely large role it plays in your life, download *A Happy Pocket Full of Money* at <http://www.thoughts-of-wealth.com>

Step 2: Understand your power

In the beginning, The Source of All That Is; God, had a Thought; a Will. God had an Idea; a Thought; a Will that you Become, and so you were. You are an extension of God's Thought; God's Will. Because you are an extension, you are created precisely in His Image and Likeness. Not physically, no, but your Essence; your Self; your Spirit, is in God's Image and Likeness.

God's Thought has infinite creative ability, and You being an extension of God's Thought, your Thought has the same power. That is why you can achieve whatever you believe, and even right now as we speak you are achieving exactly what you believe in most. This rule is never broken. However, due to the exclusive nature of being pinpointed in time by means of a physical body, We have forgotten What We Really Are. The characteristics of physical existence are such that we experience ourselves as individuals; separate from everyone and everything. This invariably causes us to believe that life is coming at us from some source outside of us. When in reality, we are eternally connected to God and to one another, and life streams from within us out into the world.

Because we have forgotten this, our thoughts are allowed to 'run wild'. It is natural to use thought to sustain and enrich life; to ponder the mechanics of the universe, or the meaning of life. But to allow it the freedom to scatter in a thousand random, and often negative, directions is not only unnatural, but the cause of much hardship and suffering. Thought is your divine creative force. To use it naturally, you must learn to be quiet; to be still. In that stillness, focused thought has great power. The constant inner chatters "Mental Noise" that most of us experience from day to day is largely based on fear and worry. From this, we inevitably create a world that is composed of exactly the things we fear and worry about. And because we are unaware that we are at cause, we think there is such a thing, as an idle thought which has no effect; that conditions just happen to us without our control. Yet if you watch your thoughts closely, you will see that you often daydream thousands of negative, worrisome, attacking, and petty thoughts that very closely mirror what you experience. Watch your thoughts and you will see this to be true. Your world is literally arising from your thoughts and beliefs. There is no such thing as an idle thought. Every thought is a cause that has an effect at some level.

Because you are an extension of God's Thought; with unlimited power just like God's, and because, as you have seen, science has proven that the physical world is actually a collection of energy that arranges itself according to Thought, the following statements are forever true to you:

1. You have free will, always.
2. Ask and you shall receive, always.

3. Seek and you shall find, always.
4. Knock and it shall be opened unto you, always.
5. You can achieve anything you believe, always.

These may not appear to be true to you, or at least not always. But they are. Seeking is the same as finding. If you determine that you are finding what you think you are not seeking, look closer. You will discover that at the very deepest level, you are seeking exactly what you find. For example, if it happens that you are finding conflict and poverty while you think you are seeking peace and wealth, dig deeper; be honest. You will find that your root belief is that you are under attack; that you are capable of being attacked, or that you live in a world of scarcity where failure is to be feared. Dig deep, be honest, then change your root thought about a thing and it will change, always. Your world always proceeds from your deepest Intent. Achieving is the same as believing. You are the Way and the Truth of your world, and it follows you.

Your ideas, visions and dreams; whatever they may be, are the prophecies of what you will one day become and achieve. You can predict your outer life tomorrow by looking at your inner self today. You can change your tomorrow by changing your inner self today.

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Step 3: Understand Certainty

For anything that you wish to be, be that state first, Now, Here, just like that. And the world will follow. Being is closely related to believing. For example, say you have a financial situation that is troubling you. You wonder, ‘why is it that no matter what I do, affirm, and think, this financial shortage is with me?’ The answer lies in your root belief. Do you deeply believe that you have the finances you need, or that you do not have them? Dig deep. Most of us form our beliefs from outward conditions alone. In this way, if someone were to find themselves with little or no finances, they would believe and act from this limited perspective, thus reinforcing and extending the condition. In reality, inner processes are what gave rise to the outward experience of having little or no finances in the first place. So the belief in, and acting from, a conclusion of scarcity not only sustains that condition, but most certainly brings it about. It’s a vicious cycle, but it can be broken. We will cover this in Step 8.

The question is not whether you believe you *will* have the finances, it is whether you believe you have them *Now* or not. And do you believe in scarcity or in abundance? Remember, the universe follows you exactly. If you believe you will have the money some day, it will suspend your money till ‘someday’. And when that ‘someday’ arrives and you start doubting, thinking ‘what if I don’t have it’, then it will respond likewise. You are the Way and the Truth, and the universe follows. So start calling forth to the Now all you desire by being certain that you have it already; knowing that you are the evidence. Don’t look for evidence in the world. It merely shows you as you are. You are the evidence.

Certainty, faith, and belief, are necessary components of creating success, or anything else for that matter. These states of being are what compel the universe - to fulfill all of your desires. You cannot become a state without certainty, for that is unbecoming. You cannot be happy if you are unsure that you are happy. You also cannot create goals without certainty; not only in their accuracy, but also in their coming to reality for you. Even speaking and acting without certainty is powerless.

Many teachers in many religions throughout the ages have taught us to have faith; to be certain. This isn’t new. But remember, as you read on, that faith is a lot like a state of being. You cannot really speak faith; not do faith, you can only be faithful; be certain. And the way to achieve that is to simply decide to be certain, just like that, and let no other contradiction come to you. Anyway, let us proceed, and this will get easier and clearer.

You are not asked to have blind faith in your ability to create your world; on the contrary. You are asked to discover for yourself how the universe works. It is through this understanding that your faith is born, and you know you are at cause. In the section on Quantum Physics, Time, and Cause and Effect in the book *A Happy Pocket Full of Money* you will make that discovery; you

will learn exactly what happens behind the scenes. And once you understand exactly how it all works, your certainty, faith, and belief will naturally follow.

Everything is possible to the extent that you are certain.

If you can? Everything is possible for him who believes. – Jesus Christ

Fear is False Evidence Appearing Real. In reality, there is absolutely nothing to be afraid of, for your Self has it all and is indestructible. Your Self is designed to never lack anything, for it has it all already. It is also indestructible. But its manifestation here on earth comes with many illusions, and one of your purposes here is to overcome these illusions. One of those illusions is the illusion that abundance does not exist. Yet we know scientifically nowadays, thanks to quantum physics, and spiritually as teachers throughout the ages have advised us, that abundance is all there is. If you ever catch yourself fearing something, know that it is an illusion, and seek to find out what that illusion is, for in reality there is nothing to fear at all.

Have faith. Believe. Know with certainty. When you pick up a glass of water to drink from it, the thought does not even occur to you that you may not be able to drink the water. You do it with certainty. That is the level of faith, belief and certainty you should have in yourself, the laws of the universe, and the capabilities of The Source to work perfectly all the time – for you. It is that level of certainty you should aspire to regarding your having received even before you asked, and in the guarantee that you have it all. If you think you do not have something, decide, now, that you have it, and you will. Do not say ‘but I don’t have it’. Do not negate. Over time, it will become second nature. Until then, do your best and never think you cannot have it. Mind your mind. You can acquire faith with practice. But it is faster to just decide once and for all that you have it. How? Just decide.

To learn more about Belief in a clear and simplified manner, and to know the immensely large role it plays in your life, download *A Happy Pocket Full of Money* at <http://www.thoughts-of-wealth.com>

Step 4: Understand the creation process

Creation follows this sequence: Being, Thought, Words and Action. In your life, although you may not know it, you create your experiences first in your Self, spirit, being, then in your mind, then by your words, finally by your actions. It starts at being then moves on to thinking then to speaking then to acting. In fact, acting only puts into place the system necessary to receive and experience what you create in being, thinking and speaking.

Most people do not focus on, nurture, or tend to the first three steps ‘being, thinking and speaking’ – all they do is act, or work like crazy all day and wonder why they are not ‘successful’.

This sequence of creation is a law of the universe that cannot be broken. When you think, you formulate ideas that literally shift the universe; causing it to coalesce in ways far beyond your imagination. Your thoughts move beyond your head. They always manifest at some level in seemingly mysterious ways. For example, they may trigger the inspiration in many others to act in certain ways that support your thought, while at the same time fulfilling their own desires. You are not alone. The system is one.

Ok, so after you think, you speak of your thoughts. This shares them physically with other people and also affixes them to you, making them surer. Then you act on your thoughts and words; bringing into place the physical systems that help ‘crystallize’ your thoughts into experiences on the physical plane. Understand this: the physical objects you see are all effects of thoughts. They are not cause and can never be cause. As much as you may think that a physical object can be a cause, it cannot. Thought and Being are the only causes. Thoughts, Words, Action are tools of creation.

As you can now see, each aspect of creation has its own function. Some cause, some receive and experience the effect. They are totally different levels. Level confusion is the cause of much suffering. You confuse your levels when you think you can use the wrong level to create. You cannot, for example, create by action if your thoughts and words are opposite your actions. (However, you can gradually change your thoughts by ‘acting as if’ consistently. Say for example, that you wish to learn how to think like a loving person. You can just do it now, think like a loving person. But if you find that difficult, then act as a loving person would; speak as one would, and soon you will start thinking as one would. That is just a good mental programming technique; it is not a sequence of creation.)

The only place you can think, speak and act is Now. So don’t wait for some ‘perfect moment’. Just do it now.

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Step 5: Understand Cause and Effect

The law of cause and effect is the prime law that runs the universe. It is the number one law. Every spiritual and scientific teacher has sought to teach it. They may have said you reap what you sow, or you get what you give, or what goes around comes around, or karma, or consequences, or every action has an equal and opposite reaction, or many other similar statements.

Quantum physics is now teaching us how this works, exactly, on a sub-atomic level. Things get better when you get better. They get worse when you get worse. The world is all within you. You are at cause over everything that happens in your life, whether you were conscious of it or not. To be happy, cause another to be happy. If you wish to learn to have peace, then teach peace. Cause and Effect is so for many reasons, such as (i) it is the way ideas grow - everything is literally an idea - Thought extended and manifested, (ii) your world mirrors your thoughts and beliefs, and (iii) whatever you hold as real outside of you is planted as real in your mind, and what is in your mind will affect your outward condition someday, in some way, unless you change your belief in it.

To learn more about Cause and Effect in a clear and simplified manner, and to know the immensely large role it plays in your life, download *A Happy Pocket Full of Money* at <http://www.thoughts-of-wealth.com>

Step 6: Understand Suffering, Happiness and Joy

Real Joy comes from within, from Being. Pleasure and pain come from without, from things outside of you. Joy never stops being joy. It is the nature of spirit; of being. External things do not affect it. Once you are present in the Now, and are aware of and in touch with your Self, the joy will be everywhere in you and it will never cease. It has always been, and can never 'not be', but you can be blind to it by not being Here, Now, fully present. Joy is an eternal state, in Now. It is not in the past or future, for those are 'times' that do not exist, except only in the mind.

Pleasure and pain on the other hand are external. They are also complimentary. The same thing that gives you pleasure gives you pain. Think about it. Whatever external thing gives you pleasure, when it is not there you feel pain; you feel the pain of not having it.. Likewise, the thing that gives you pain, when it is not there, you feel pleasure. The same thing gives you both. All external things do this and that is why people are often feeling unsatisfied. However, once you know your Self and live Now, real Joy comes to the surface, and that can never change to pain. From that point on, everything will become enjoyable; even the most 'painful' things will cease to bring suffering to you, and you will marvel at all life. Joy is Being, and Being is Isness, Now. From that point on, with all of your being, you will experience true happiness; resisting no present moment but creating your next moments in a powerful way through true choice.

Resisting Isness is futile. Resisting Now is painful. What do you expect to gain out of resisting what Is? You cannot undo it. So why bother? Yet, when you become aware of your true Self and feel Joy, you will not need any intellectual conviction to stop resisting Now. You will just naturally love all being.

Why does the same thing give you both pleasure and pain? It is because the mind is living outside the moment of Now. For example, if you like a certain thing that gives you pleasure, when you have it, you enjoy it (unless you worry about losing it). When you do not have it, you let your mind escape Now and go into the past and future thinking 'it was great when I had it and I really wish I had it now. When you say 'I look forward to when I will next have it', or 'I do not like not having it now', you start getting into problems. When you think like that, you totally miss the joy of Now, what Is. And that 'gap' between Now, Isness, and a past and future that only exist in your mind is the cause of pain, anxiety and dissatisfaction. Joy is always in the moment of Now. It is ever-present, but you can choose not to see it. When you are out of mind; of no mind, you are Being, Now, in harmony with all that Is, Now. In that state, you are in the best position to enjoy Now and also create the next Now in the most powerful way; free of worry, anxiety and negativity. The mind is a tool, and you should activate it to create an intention of the next

Now. This very quick and detached thinking should not take any more than a few seconds every now and then. If you use your mind to constantly ramble on inside your head thinking about the past and future, all you do is live in the past, worry about the future, and lose Now and joy. And anyway, that is no good formula for creating a future. All problems exist only in the mind – they cannot exist in Now. In Now, you always pass. You cannot fail Now. Not two seconds from now, or five hours from Now, but right Now. All problems exist outside of Now, in the mind, when you use the mind incorrectly.

Much of your pain is self-chosen. It is the bitter potion by which the physician within you heals your sick self. Therefore trust the physician, and drink his remedy in silence and tranquility: For his hand, though heavy and hard, is guided by the tender hand of the Unseen. – Kahlil Gibran

The psychological rule says that when an inner situation is not made conscious, it happens outside, as fate. That is to say, when an individual remains undivided and does not become conscious of his inner contradictions, the world must perforce act out the conflict and be torn into opposite halves. – Carl Jung

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Step 7: Understand Level Confusion

We have mentioned this before and we should briefly mention it again here. A lot of suffering and ‘failure’ comes from level confusion. What are the levels again? They are Being, Thought, Word, Action, Physical Form (Body). When I say Body, I don’t just mean your body, I mean all physical things, including your body. Considering again that Cause and Effect is the prime law that runs the universe, let us now take a closer look at each individual level.

Being is the First Cause. It is What Is and What Gives Life. It has always been and always will be and therefore did not result from anything, hence it is First Cause.

Thought is a Cause; the effect of Being. It is the next in power; that which extends and moves the Universe. Minds are connected and thoughts are shared as thought form, but the sharing is not so apparent in the physical world. Thought creates form at a certain level.

Words, as you speak and share them, extend your thought into the physical world. This is the second level of creation. Words are a Cause, the effect of Thought. Words create form on a certain level.

Actions are the fourth level of creation. They put into place the mechanics by which thoughts are manifested here on earth and experienced. Actions are a Cause, an effect of Words and Thoughts. Actions create form in the final level.

Body is an effect. It is not a Cause. Repeat, it is never a Cause. It is always an effect. It is a tool to experience and communicate.

Level confusion comes when people use the wrong level for the wrong thing, when they identify with the wrong level, or when they have conflicts within the levels.

Conflicts arise when what you think conflicts with what you speak and what you do. The creation is obviously going to be retarded, unintelligible, and fearful.

Wrong use arises when Body is brought to bear in an effort to create, when it cannot create. People have too much faith in Body. Body here again can represent anything from your own body, to money, walls, clothes, or anything physical. Understand this: Body cannot create. Ever. Body was designed from the word go as a tool to experience and communicate. That is its role. But you say ‘then how come medicine cures and money pays rent?’ Watch again. Mind is always involved. Even when you take medicine after realizing you are sick you do so with cooperation from mind. The realization puts your mind at attention and the intention to heal gets into gear. That on its own is very

powerful. It is not purely the drugs that heal you. They trigger a lot, yes, and many chemical reactions and so forth happen in your body, sure. But mind is never far away, doing the creative work. The drugs, for the lack of a better word, activate healing through the body but from mind. Do you realize how powerful your mind is? It is always creating 24 hours a day, even as you sleep. It is eternal. It is not even confined by your body. Your brain is but not your mind. When you try to use Body to create, you experience frustration because you keep trying without getting results. Only when you engage mind do you get results.

Identification with body is another level confusion. You are your Self, in the image and likeness of The Source. When you think you are your mind or your body, you believe it, and this has the ability to restrict your power, and belittle you. Your body and possessions are just communication and experience tools. They will all come and go. When you identify with any of them, you feel little and create little. And when you 'lose' these things, you will feel loss. Yet you need not identify with Body. What for? You create Body. You brought it forth. It is smaller than you; it is your vehicle; your creation. When you confuse your identity and think you are your body, or possessions, you make yourself smaller than that which you created; and because it is temporal and weak, you feel fear and lack. Another misidentification comes in when you think you are your mind. The mind is a creation tool. You are bigger than it. You give it direction. When you think you are your mind, it takes control of you, but it has no direction. Its creations, when left on its own, are temporary and ego-controlled and hence fearful. When you think you are your mind, you identify with its ego-guided confusion and you become fearful because, as we saw, its creations when left on its own are temporary and will be 'lost' one day.

Step 8: Understand infinite loops and their starts

There are a few 'loops' you need to be aware of. These loops govern your life and it is important that you recognize them. Here they are:

1. You experience what you manifest and you manifest what you experience. What this means is that whatever you feel within you, the emotions and thoughts that you experience, creates the next moments of your world. Emotions are energy in motion. Thoughts are also energy. If you are not careful, your emotions can take over your thoughts if you let them. For example, if you are always fearful, you attract, create and manifest fearful conditions around you. Hence you manifest what you experience within you. To manifest is to make something observable. You also experience what you manifest. This means that the world around you gives you your experiences. See, there is a loop there. But you have to know how to break the loop so that you change it. Which one comes first? What is first cause? Your being, your beliefs, your thoughts, and your words and actions come first. They start the loop. They become manifested. Then once your world is made up, you watch and respond, hence experiencing it. You must learn to break the cycle whenever you see yourself in a situation that you don't like that is repeating itself. You change it by refusing to react in the same way to it; instead watching it without judgment; welcoming it into the light; learning what thoughts are causing it, then changing those thoughts. Trying to change an effect is banging your head against a wall – it won't work!

Let's say that on the surface you *were* able to alter the effect of being broke by borrowing money. Unless you are able to go beneath the surface of that condition, look at the inner processes that led to your being broke, and change them, that temporary fix will become yet another financial burden - you will inevitably find yourself broke again. So do not attempt to change an effect directly, you must change its cause. Sounds obvious but few do it.

2. You see what you believe and you believe what you see. That is another loop. When you see something, you unconsciously believe it is true, even though it may not be. People once thought the world was flat. They believed what they saw. However, that was not reality. What caused them to think it was reality was that they saw what they believed. Read that again. You see what you believe. Even though this universe is abundant, we see it as scarce; we collectively agree and believe in this false reality. And because we believe, we have made it scarce (by illusion). Your belief has the power to create your world. So where does this loop start? Of course, in belief. There are two ways to approach this. One is to change your belief about something so that you may change its state. For example, if you wish to be wealthy, believe that wealth is all that exists, and your

world will resolve itself to prove you right. The other way to break out of the loop is to not believe anything. Look at the nearest door you can see. Do you see it as it truly is at this moment, or do you see it as you believe it is? Tricky question, isn't it? Tell you what – most people see the door as it exists in their mind. That door, if you were to see it as it truly is would amaze you. Why? Because Reality is brilliant; it has no vulnerability; it cannot be attacked, it is grand. If you cannot see that, you are seeing your own image imposed on reality. You know very well that you sometimes see things as they are not, or you see a person and think they are a certain way because you have imagined them that way, only to discover one day that you were wrong about them. Seeing is very much a function of mind as it is eyes. So you can break out of your painful cycles by merely admitting you have no idea what the meaning of what you see is, like a child does, and ask what it means; expecting an answer. The answer will come to you, as long as you don't insist on a particular answer.

You are the evidence. That is what all this reveals to you. You are your own evidence. Don't look at the world, Body, for evidence. It will always reflect you anyway. When you change, it changes.

Step 9: Know your eternal history and ego and you will have an explanation of why mind can be against you

Understanding is what gives you power and releases you from your fears and limitations. This is why you need to understand your ego and its origins, for it is responsible for a lot of the pain you go through.

You most likely have heard of the Big Bang; the start of the universe. You know that the universe started in an instant, arising from no-thing and becoming something. Ok, take your mind before the Big Bang; before that start of the Universe. What was there? There was just The Source; what some people call God; One Being. There was nothing else. In fact, even nothing did not exist. There was no thing called nothing. There was only One, All That Is, and no-thing else. All That Is could not know itself because there was nothing against which to experience itself. For example, if you know you are tall but have never seen another thing in your life, your “knowing” is nothing more than a concept. You could not know experientially, what it was like to be tall, what it *felt* like. In fact, without an opposite, you could only imagine you were tall; you wouldn’t be able to experience and hence be tall. Experience and Being need a frame of reference, but Knowledge is Whole and does not need anything. In the realm of the absolute, there can be no feelings and experiences of what is known. So a realm of relativity, duality and opposites, has to be ‘made up’ so that each part can observe the other and vice versa.

All That Is, before the Big Bang; the start of the universe, knew It was magnificent, but It could not experience that magnificence experientially; and know what It feels like; It could not experience itself consciously. Remember the statement we made earlier? In the absence of that which is not, That Which Is is not. The opposite of all the properties of The One had to be created as illusions so that the real ones may know themselves experientially. For example, love is a property of The Source, but fear had to be created, as an illusion (for it cannot be real because there is nothing outside of The Source that can threaten It), so that the experience of love can be realized. So what All That Is, The One, had to do is to ‘split’ itself up within. These ‘splits’ are not real, they are just illusionary, it is still One. Anyway, it chose to split into seemingly different forms within itself and have each form perceive the next, hence creating the relative experience. And so the universe was born.

Let us take a closer look at the mechanics of this evolution: At the beginning of the universe, the magnificent pure energy, pure love, one mind, split into seemingly infinite energy ‘pieces’, which scientifically can be called quantum energy ‘packets’..The One Mind also ‘split’ into many individuations as matter organized itself into evermore-complex and varied forms The splits, you have to realize, are not clear and defined separations. They are individuations, seemingly separate. Now, remember the sequence of creation,

Being, Thought, Words, Action leading to Body? And remember the infinite loops? Same thing applies here, and this is how ego came into being, as you are about to see. Let us observe the Body first, from a scientific point of view.

At the beginning, the physical universe was just one element, hydrogen. This is the most basic element, made up of the simplest combinations of quantum packets. This element, through many processes, formed all the other elements that you know of, such as oxygen and so on. Up until now, these elements were self-sufficient. They were stable in themselves. But over billions of years, as the 'split' minds believed more and more that they were separate, they created forms that were really separate and insufficient by themselves. Compounds such as amino acids came into being. Compounds needed to 'eat' and absorb other elements so that they could sustain themselves. This is where the idea of need first arose. The illusion of need was the first illusion to be formed, from the split mind believing it is separate, and thereby creating separate forms, which with increasing complexity, needed other things to maintain them. Anyway, as 'time' went on, and Body forms increased in complexity and dependence, other illusions came in; such as the idea that a need could not be satisfied, and thus attack, invulnerability, and fear would arise. Keep in mind that this is all at the level of form. Spirit never truly split, nor did mind. Only the illusion of a split occurred. But the split mind, seeing and making separate forms that it believes in and believing what it sees, is convinced that the illusions are real. This is what the ego is. It is a belief system created over millions of years. It is a belief system designed to perpetuate the illusions of separation, and the illusions of the opposite of All That Is. It was a necessary creation; for without it, the illusions could not be sustained; the original blueprint did not fail; for we are designed to self-correct eventually. The plan was to create illusions, overcome them, and then be able to experience the magnificence of What We Are without having to suffer under the illusions. The illusions were meant to be used, not believed in. See, at this stage of humanity, we are now beginning to realize that there is something else. We are now beginning to know that there is a difference between the illusions and the reality. Some people have mastered this so well that they literally create their life as they wish it to be in an instant, seemingly breaking all the 'laws' of science. Anyway, right now, we are waking up,; remembering how to be in this world but not of it. It is gradual, but it is happening. In fact, consciousness has been evolving towards this point since the dawn of time. The human race as a whole awakens slowly but an individual can awaken fully in an instant, at any time, if they wholly choose to. As we awaken, we increase our 'intelligence' and abilities. Things happen faster now than they did a hundred years ago. About eight hundred years ago, we did not even know how to draw in three dimensions. We could not communicate across the globe either. See, our minds are awakening to unity; and with that, our physical plane is responding. But you can take a quantum leap right now, instead of awakening slowly. Nothing is denied from you, least of all instantly knowing Who You Really Are.

So now you see how the ego came about. First, 'God the Father' split up into His Children, as some religions and mythologies around the world put it. But The One can never not be the One; it can never really separate. So it had to create the illusion of separation. This happened by 'splitting' the mind and making parts of it believe they were separate (ego). This happened as a cycle taking millions of years; a cycle whereby the mind creates what it believes and it believes in what it creates, until a point whereby it sees the insanity of the illusion, and then starts backing up; realizing that they are illusions, and realizing what they are for, and finally enjoying them and using them as illusions instead of having them use it.

Let us go back to the ego. The ego is, understandably, the opposite of Reality. It believes in separation, need, attack, vulnerability, fear, the possibility of failure, and so on. It is the opposite of love, abundance and infinite power. It developed over time, and its only goal is to perpetuate the illusions. Over the last couple of hundred years, we have eroded its power significantly, which is good, but there is still a ways to go. You have to understand very clearly that the ego's only goal is to maintain itself; its illusions. It has a vested interest in that. It knows it is not real; it knows that you are not the ego. And by itself, it can do nothing. It needs your mind to enable it to create. Do you see this? You are not your mind, nor are you the ego or the body. You are your Self; in the image and likeness of The Source. The ego is your opposite, but it has to win your loyalty because only you can lend it your mind; the only tool it can use to create. On its own it is powerless. Your mind is fully powerful. Yet your mind is your tool. The ego's only mission is to have autonomy; full separation. This is an unattainable goal, but it believes it can attain it. Everything it does is through separation; breaking up; attack. Yet because you cannot possibly be attacked, nor can you ever attack the essence of another, the result of any attack thoughts are to create an illusionary Body that can be attacked and attack, and to confuse you with Body.

The ego has one goal, as we have seen, and that is to perpetuate it and the illusions. It does this in steps. It first convinces your mind that your mind is your ego. It makes your mind believe that its memories and experiences define it, that it is also a separate unit which is vulnerable and capable of not having things, and so on. Most people's minds believe in this lie. The ego is very crafty. Have you noticed how, when you are 'in trouble', your mind (because of your ego) offers you evidence of past failures and literally scares you into believing that you will screw up? The ego selectively uses evidence that supports its case and throws away anything else that doesn't. Ego works by categorizing, separating, hiding, judging, condemning, attacking and rejecting. When you are in trouble, you totally forget all the good stuff in your life, all the times you have succeeded, and your mind blows the whole situation out of proportion. This is one of ego's tricks, for it must convince you that you are it. The next step ego takes is to use your mind (as you let it) to create out of fear; to create from a point of view of, and/or a belief in, that you can be attacked. Of course you cannot be attacked, but when you believe

you can, you project attack and do things to ‘defend’ yourself and so on. The things you create out of fear of course result in making you afraid of loss, attack, failure, or whatever. This cycle is self-perpetuating; making you believe more and more in fear and vulnerability. All this sounds like a fairy tale, but you have to understand that the minute you fully accept and realize Who You Really Are, your ego will have to die and be gone, for it never really existed as a reality – it was just a projected belief system.

Anyway, the ego then wins you over to its side by making you identify with your split mind and your body. Your body is temporary and it was created from a split mind in the first place. You know it is not invulnerable, and this scares you because you think you are it. But it only scares you because you believe you are your body; a thing that your ego managed to convince you of after creating it over millions of years. Another trick the ego uses to take over is to have you become a human thinking instead of a human being. By making a lot of mind noise as we have seen before, you miss being in the Now, where All Is. It brings your past (which does not exist any more) into your present; obscuring the present and resisting it, and anticipating the future (which does not exist either). You can only Be Here, Now, and the minute you resist that, you lose your power and joy. What you are left with is disorder and chaos.

The tricks of the ego are many. The point is this: The ego was created, over millions of years, to perpetuate illusion. So it relies on, and uses your mind to create these illusions. The illusions are the exact opposite of What You Are, and What You Have. They are designed as reference points for you to experience your reality (to contrast it). Illusions can take over if you do not recognize them for what they are. If they take over, they wreak havoc in your life; they belittle you. You are not your mind or body. Body is a communication tool, and mind is a creation tool. Now here comes the most important thing to know about ego. Ego is opposed to you knowing What You Really Are, because when you do so, you destroy ego. The illusions drop, and in place of them, you see Reality - which has always been there but covered up; never resisting your free choice to choose what you wish to have.

What is negativity? It is the ego’s attempt to strongly make you believe you cannot do or have something. You have to understand that it is in ego’s best interests that you fail, for that will keep you in the illusion and keep ego alive. So how do you drop the ego? By dropping your belief in anything it stands for: need, attack, failure, vulnerability, condemnation, and separation – anything that is not of abundance, unity and unconditional love. This new way of living may sound scary to you at first, but that is just the response of ego under threat.

Your magnificent success, joy and security are fully guaranteed when you drop ego. The ego is the weight that holds you back; makes you tired and fearful, and keep you going in circles. It is not difficult to drop ego, but it is very different. The ego drops the minute you stop giving it power and

attention. Why? Because the private world of ego thought belongs only to you, and was never really a part of Reality. Your mind plays tricks on you with things that cannot be seen or heard by anyone else but you. Yet you choose to believe them and run your life by them. As long as you do so, you miss seeing the world as it truly is. The ego world cannot be shared with the One; with everything that exists, because it has no existence. Not all thought is true thinking. Thoughts out of unconditional love unify with the universe and move you forward; as well as the rest of the universe forward. They make reality up and they are real thoughts. Thoughts out of fear are not real thoughts. They make illusions up. You will still see their effects, but it will be your own private 'hell', so to speak, that you will go through. Fortunately, you can change your mind at any time and drop those painful illusions.

Step 10: Knowing what can never save you permanently and what can

Have you noticed how your situations keep repeating themselves until you undergo a major breakthrough? For example, some people are always having money problems. When they fix one, sometime later another crops up. Some people have relationship problems. This is why:

All problems arise from believing in a false thought. Until it is changed, the effects will keep coming back in different forms, because the universe follows you. Nothing outside of you will save you permanently. Nothing in some other place or time will save you permanently. Nothing you do outwardly will save you. You can only be saved from your problem permanently by changing within.

So how do you change within? Well, remember that the problem lies in the mind, through the ego. It can therefore not be solved there. As long as you resist it in your mind and struggle with it, you will not escape it. You will only enforce the belief in your mind that it is real, and will therefore maintain it. You cannot save yourself from this lower level because that is where the problem originates. But your Higher Mind can save you. You see, you have a body, and a mind. Your mind is in two portions. You have a lower mind, which is more in touch with the physical temporal plane. This is the mind that is split between ego and Reality. Then you have a Higher Mind, which is still connected to Spirit and The Source of All That Is. This Higher Mind is where your inspiration and clarity comes from. Your Higher Mind is in its original condition, unharmed. But it can never interfere with your lower mind, because you have free will. Only when you choose to let go; when you choose to stop crowding your mind with noise and conflict - only in this state of surrender and silence does this higher wisdom stream in. You have to let go, welcome it, and allow it. Any great artist or scientist will tell you that inspiration arrives when they become still. Even Einstein, Michelangelo and Mozart and many others testified to this. Be Still, ask your higher mind to show you the way, and you will be shown. It is You and can never deny your call. Only you can deny the answer. When you let it guide you by not resisting Now, and by being clear; admitting you do not know, you start having amazing coincidences and discoveries, and your life starts working out.

The way out of all suffering is to cease all attacking thoughts because they just come back to you. Angry people meet anger-causing situations and their effects; judgmental people meet their own hurtful conflicts, and so on. You cannot possibly judge a thing as being 'bad' without reinforcing the idea in your mind that such a thing is a reality. And when you do this, you become capable of being harmed by it. If you give something meaning and power, you lend yourself to it. The same goes for seeing something outside of you as a solution to a problem. Because this solution you believe in is outside of you, you reinforce the idea of lack in your mind, and that immediately weakens

you - because the universe will automatically follow suit. The people who are complete within never go without on the outside, while those who lack within go lacking without.

At this point it is important to mention goals. Never set a goal out of fear – its results will be temporal and harmful. Set all goals out of love and certainty, not fear and reaction. When you see things clearly, you start creating instead of reacting. And when you set any goal, know that it will come true - because the universe follows your truth. Be certain; have faith in the system. And because you are certain, the goal will, without fail, intelligently attract all the necessary resources and miracles that will enable it to come true. Your power, although you may not know it, extends across the entire universe and is in collaboration with it. The universe is friendly to your goals because your goals also enable another aspect of the universe to know itself. There are no conflicts of will, although it may appear that way. If you have ever noticed, nature seems to work such complicated outcomes using effortless ease! Look at nature and be amazed! Your goals will also work out on their own; bringing in all the needed resources to you at the right time. Your only part to play is that you do not interfere. Whatever and whoever is in your presence at any moment is there to help you get where you choose to get to. Therefore, at every moment, look around you and ask ‘what is this for in relation to all my goals?’ and you will find an answer. Perhaps the place or person is there to point out an error in thought that prevents you from getting where you wish to go. Or they are there to provide some information. Just listen, relax, accept, and do not withhold anything and you will see it work! Nature works itself out effortlessly. Your resistance is the only thing that would slow it down and give you pain.

Step 11: Knowing that there is no order of difficulty

This is so simple that it may escape your understanding unless you take time to consider it. So please consider it carefully:

Every thought is a cause that has an effect at some level. That is the power of our thoughts and beliefs.

Reality is abundant, peaceful and fully powerful, but the illusions are of scarcity and suffering. When we drop an illusion, Reality is naturally already there waiting to be uncovered; to be chosen over the illusion.

Because of these two points, there is no order of difficulty in anything! Do you see that? The only order of difficulty that you experience actually exists in your mind; nowhere else. To the extent that you believe a thing to be difficult, it is. To the extent that you don't, it isn't. Every thought is a decision acted upon accurately by the universe. And because a decision is effortlessly made, its results are effortless. When you decide you are broke and believe it, you do so effortlessly. You need not do anything to make that decision. You just make it, sitting there. Yet because of that effortless decision, you experience your world as you decide. However, you can just as easily and effortlessly decide and believe that you are wealthy, and the universe will follow. To the extent that you believe you need to do certain things, or go through certain conditions, you will find achievement hard or easy.

Remember; every single little thought that flashes in your mind is a powerful, yet effortless, decision that causes a corresponding effect. If you believe that you can succeed but only by doing A, B, C and D, so shall it be. If you decide there is a risk of you not getting C, so shall it be. If you are unclear and always changing your mind about your life, so shall it be. If even for a split second you think 'but what if I screw up...' that thought will have some effect at some level. Even the most apparently insignificant little idea or feeling is executed exactly and perfectly by the universe for you. Remember, you are an extension of God's Own Thought and your thought therefore carries similar power. It is just as easy and effortless to decide either way. It is as easy and effortless to decide to have \$1, as it is to have \$1 billion. It is the belief that differences exist that makes them so. Money, like everything else, is an idea; a thought that manifests. And all thoughts are effortlessly made. This is your infinite power.

In any case, illusions are not real, and therefore do not exist. They only appear to exist; upheld by a belief in it. No one illusion is more real than any other, and as soon as an illusion is dropped, magnificent Reality is there waiting.

Your only real goal should be to heal your mind; to restore it to its original splendor. All else will follow automatically.

In the Bible, Jesus at one point looked at those who were surprised by his miracles and, asking them why they were so surprised, assured them that “these things you shall do and more.”

Step 12: Knowing why you are here

Why would you build a house? To live in it, of course. Why would you buy a car? To drive it, of course. So, why do you think Spirit; The Source, created you? The answer is obvious, but your ego resists it. Spirit obviously created you to use you to experience its magnificence. It is such a simple yet powerful idea. You make things to use them. So does Spirit. Yet You are ultimately Spirit. You were created but you are one with the creator; The Source, not separate. Yet, as we saw in the explanation of ego, the illusion of separation is a necessary component of the Universe; for experiential purposes. And one of the things you were given is free will; just as The Source has free will, for you are in the exact same image and likeness (in essence, not in form). So you are free to choose to believe in the illusions or to use them for what they are, and know they are illusions. When you let ego take over, as most people do, the illusions appear real, and you suffer. The world of ego is weak, changing, temporary, dark, fearful, powerless, and little. Its very nature is essentially the opposite of Reality. When you choose Reality, you allow your Spirit to use your body as originally intended. You can imagine how powerful that way of life becomes! Spirit is all knowing; all powerful, and in unison with everything. It is eternal and infinite. Spirit can never lack a thing, for it is the cause of all things; from the smallest thing to the largest galaxies. All arise from here. When your Spirit, and not your ego, is running the show, synchronicities and ‘coincidences’ are always happening to you; life works out amazingly in ways that defy the laws of the world of ego. The laws of time break and time is collapsed for you; because time, as Einstein and many other scientists have shown us, is not a reality – it is an illusion. Needs and scarcity drop. Fear and littleness drop. This is the world when experienced from the opposite of ego. Remember, the world resolves to manifest itself according to your beliefs and thoughts, and because ego is bent on scarcity and fear, its world automatically follows suit. Ego’s opposite is spirit. Right here, right now, you can change your belief system. Simply suspend your ego-based thoughts and ask for your higher mind to bring you a replacement. Do not worry how this will come about; just know that it will occur. You will be surprised to find that new thoughts begin to arise spontaneously, and more frequently the more you become accustomed to this way of being.

But you are not here alone. Everybody and everything else in the universe is here for the same reason. We are all individuations of the same One. That is why you cannot attack another without feeling the attack yourself sometime later, because you are one. And that is why you cannot save yourself alone. Your success lies in the success of others. Your answers lie in others. The moment of Now carries all that Is, including all your cues and answers to your questions. Nothing else exists outside of Now, because nothing can Be anywhere else but Now (try being somewhere else like in the past or future – you can’t because the only time that really exists is eternity Now). So be present, wake up! Know that everyone and everything around you is sent to

you as an angel; they all have a gift for you if only you would accept. Everyone and everything around you shows you your past thoughts and beliefs; for they came about or were attracted by your past thoughts and beliefs. They are the experiences of what you held true before this moment. And through them, you learn about yourself and are able to see what you would like to change. But you can only learn if you are willing to watch without judgment; to accept what is; to see what it truly is and not what your mind tells you it is... according to some past egoistic frame of reference. Spirit speaks to you through intuition; through circumstances and the people around you. So you must be present in the now; be out of mind most of the time, to move ahead. Because the ego knows this very well and is threatened by it, it strives to keep you unconscious of Now by filling your mind with thousands of useless thoughts all the time. Did you know that the average person has about 50,000 thoughts a day; 90% of which are repetitive; and many of which are negative and conflicting? That is noise, and it is dangerous, because every single thought has an effect. And of course, the ego knows you have this power and so it uses it to maintain itself; but it would have you deny this truth because once you realize and accept that your thoughts have such power, you will drop your over-reliance on ego - knowing that it has been the main cause of your pain and negative experiences.

Ego is not a bad thing; it is the very necessary tool with which you navigate this realm of relativity, our space-time reality. Without it, you wouldn't be able to focus on this dimension. However, do not let it fool you that you are your ego. It is your tool, not your identity. Don't hate it, but know it and use it for what it was made for.

So remember, be present and always know that only through your fellow beings can you succeed. To have something, show another how to have it and you will learn and find it within you. It is so obvious but it escapes us so much because of ego's influence. Consider this: would you be wealthier today if everyone else on this planet was wealthy, or would you be poorer? Of course, if everyone on earth was shown and given the opportunity to be wealthy, our individual wealth would multiply. But if everyone was poor, there would be no one to buy your products and so you would be poor. Or take happiness. Would you be happier if you cause everyone else around you to be happy, or would you be sadder? Of course, if happy people surrounded you, you would be happier than if depressed people surrounded you. It is so obvious, but ego is the exact opposite of spirit so it makes you ally with its belief in the insane opposite. It believes in fear and scarcity; the illusions, instead of love and abundance; the Reality. Remember that you can never have both an illusion and a reality together – you can only have one or the other. You choose which you wish to see, for you have free will. Reality will never force itself upon you uninvited, nor will illusions. It's your choice.

How do I internalize what I have learned?

Re-read this document everyday. Repetition causes internalization.

Act on it.

Share this information. Things grow by sharing and teaching. To learn something, teach it. It will grow in you. To have something, teach it to learn it. Even if you do not teach it personally, pass it on to as many people as possible. Minds are one and what one learns upgrades the whole. So you will find it beneficial even if you have no idea who is learning from the document you share.

What do I do now?

That depends on what you wish to achieve.

First, remember that just because you may not see and feel Reality does not mean it is not there. It can be covered up by your beliefs and illusions. Reality, The Source, is fully secure, complete, abundant, loving, worthy, free, powerful and needless. You are created in the image and likeness of The Source. Not your form, your body, but your Self. You easily lose sight of this by not being in the Now; by identifying with your mind and body, and by believing in the opposites of the properties of The Source. So the best thing you can do for yourself is to Think, Speak and Act as “What You Really Are” at every moment! This way of being would make such a difference in your life that you would hardly believe you are the same person!

Nothing keeps you away from your Self more than time; the time in your mind. Thinking of the past and future takes you away from Now, and that is the biggest hindrance to creating your world as you would like it. From there, the other illusions arise. Resisting what Is Now is resisting Being, Life, and identifying with what is not.

Reality is always there. Illusions do not exist; they only appear to exist. They drop as soon as you recognize them, and stop investing in them. When they drop, reality is revealed. What all this means is this: There is no order of difficulty in correcting error. For example, abundance is abundance. There is no difference in difficulty that really exists between making an income of 10 dollars or 1 million dollars. The illusion of scarcity is perpetuated by a belief in it. Beneath the illusion lies the reality of abundance. The idea that it is harder to make a million than ten dollars is simply a belief. There are no levels in Reality; levels only exist in illusions. Dropping the illusion is dropping the illusion, and it can be done in an instance. It is simply a matter of ceasing to believe in what was never there in the first place - in reality. Hence there is no order of difficulty except that which you say there is.

Also, expand your awareness and your knowledge in these things. There are a lot of books available for this, such as the book *A Happy Pocket Full of Money* at <http://www.thoughts-of-wealth.com>. Keep moving forward so that you do not fall back.

Enjoy!

Enjoy and thank you for your time and for reading this! I wish you all the best,

David Cameron