

GUIDE TO SELF-MASTERY

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How to heal yourself and your environment

Introduction

The purpose of this guide is to provide a set of rules that will lead you towards self-mastery. This term has been used in many ways, but few understand what self-mastery is. Self-mastery is a simple term that describes your ability to control your own vessel. Controlling your thoughts leads to controlling your emotions and managing your overall sense of being. Life is a process of continuing to let go of burdens. Burdens are any thought form that slows you down or pulls you into a lower energetic state. There are many people that are selling “abundance” out there, but abundance comes from within. Any time you are looking for abundance outside of yourself, you ignore your own state of being that is the source of your own abundance. Nobody can sell you happiness. Nobody can sell you love. Information is power, and this guide is meant to give you the knowledge to put you on the path of self-

discovery and self-mastery. It was knowledge that was difficult to gain, but you are a part of me, so I am providing it for you so that you might free yourself from the chains that bind you. Nobody can do it for you. Everyone must learn how to let go of their own burdens. Knowing what those burdens are will help you understand how to let go of them. It will heal your mind, body, and soul, leading you to a spiritual existence that is more profound than anything else you can obtain. Burdens are negative thoughts about yourself and your environment stemming from attachments of ownership or how you or someone else looks. The word judgement is an accurate description of a thought form that identifies someone by how they look or how much they *appear* to own. Those thought forms keep you from connecting to your higher self, or crown chakra. Look at the picture below.



All the energy centers or chakras above your heart are in a positive polarity. If you look at the picture of the biofield above, the spiraling energy above

your heart is your creative energy. All the energy coming in from the bottom is the natural attractive energy coming back to you that was produced from your creative energy. Your environment filters your creative energy, and you receive what you produce in a variety of ways. Understanding how your own mind and body works is the beginning of the journey towards self-mastery. It can become way too easy to fall into traps unless you understand the basics of healthy flows of energy in the body.

Our third eye chakra represents the way we see ourselves and the way we see the world. If you look at the picture of the biofield above, it is the same field we see everywhere in nature. As you expand your vision to the larger field, we see one field. If you look at a planet, a solar system, a galaxy, or a cluster of galaxies, you always end up looking at one field and structure. Self-discovery and self-mastery are based on this universal law of one. Everything comes from and goes back to one point, or your heart. You will always be at the center of everything around you. Understanding this is paramount to keep from “blaming other people” for things that you go through. Your own heart represents this universal law that dictates

how you connect with yourself, or everything else, which is the same thing. Purifying our heart becomes our primary tool for the expansion of our awareness that gives us access to more and more of ourselves, or our crown chakra and on up. The way we purify our heart is by seeing everyone and everything for what it is. Everything is a vessel that is moving more and more light over time. You could say that we are embodying more of ourselves over time. The evolutionary record is a snapshot of this process over a larger epoch of time. We have seen different types of animals on this planet evolve to move more information and energy as vessels become complex and subsequently more self-aware. Seeing the way people slowly grow (sometimes it seems as though they don't grow at all over a lifetime, but everyone learns something) will give you keys to seeing things from an increasingly large perspective. It would be impossible to cover all the aspects of what you will learn on the path to self-discovery here. The point of this is to show you how to gain continued growth and find ultimate freedom by understanding who you are. You are THE heart, not A heart. You always have been and always will be.

Instructions and best practices

1) **Put yourself in service to the people around you altruistically.**

This is going to be very difficult. That is an understatement. We all grow up in different environments. Sometimes we receive a lot of support when we are younger. Sometimes we do not. Most of us grew up environments where the people around us had negative views of themselves and in order to “feel better”, tried to attach themselves to material possessions. Sometimes, the environments we grow up in are so toxic, or conflicted, that it feels like everything is attacking us. Some of us learn at a very young age that doing things for people who do not give back to us is a waste of time. Not only that, but people believe it puts you in a very vulnerable position if you are willing to do things for other people for free. Here's the thing, if we are all one, then why wouldn't I be willing to do something for you? Doing things altruistically will force you to use discernment and how to interact with other people. You will doubtless have your own

attachments that you need to overcome before your discernment grows to understand the people around you more intimately. This process is the basis for healing your environment. More on that later. Serving people altruistically will force you to grow in ways that you cannot imagine. You will become much more in tune with yourself. You will go through cycles of self-doubt and will need to constantly take care of yourself to get out of any kind of rut you are in. You will move through groups of people and stop resonating with them as you ascend in consciousness. It is a constant learning process that forces growth.

2) Maintain daily sets of exercises and meditation practices.

It is important to stay active and learn to observe your thoughts. Meditation practices have been shown to create far reaching health benefits for good reason. Try to think in terms of creation versus consumption when reading this manual. The thoughts that run through your mind are tied to your overall health. Both your emotional states and mental states are tied together, which are also tied to higher states such as the astral body,

causal body, and spirit body which we will not cover here. Physical exercise is just as important as daily meditation. Make sure you are eating in a balanced way and avoid processed foods. If you have drug addictions, they will slowly be eliminated as long as you do not give up, stay creative, and keep up healthy daily habits. Make small incremental changes over time for best results. Trying to change too much too fast almost always fails. Be patient with yourself and you will have patience with other people.

Monitoring your own thoughts at the beginning of the day will do two main things for you. It will help you assess where you are at in your own level of self-development, plus let you know what you need to keep and what you need to let go of. Thoughts of doubt about your own abilities, or fear of what may happen will slowly be replaced by a focused mindset that is less tied to the past or the future. Over time, you can learn to use your mind as a tool to create whatever it is you desire, which will change over time as your desires change. It will slowly align with higher versions of yourself, or crown chakra and on up. Each chakra above your crown chakra represents a larger portion of the field (also number of higher

dimensions) you are connecting to consciously. As you do, you become a creator of a larger field, and will start to see the bigger picture in more profound ways. There will be some days on your journey that need to be solely dedicated to meditation. If your vessel is moving a lot of negative energy, make a point to rest and re-cooperate instead of staying busy or communicating too much with other people. Depression is a sign that your body needs deep rest. Fasting and sleeping/meditating is the best way to allow your body to naturally bleed off negativity. Take time to heal. Your own state of being is your primary concern, NOT someone else's. This is because your own state of being has a direct effect on your environment.

3) Learn to use the power of creation!

The first thing you will learn when putting yourself in service to others, is that you are either positively or negatively affecting someone else's state of mind. We all project the way we feel. If you feel like you are in a negative state, then you will project that emotion, even if you change the words to make it sound positive. Get into the habit of forgiving yourself of perceived mistakes so your

ability to encourage others to do the same grows. Gratitude is also a daily state of mind you should emulate as much as possible. You will learn very quickly that you are creating the emotional environment around you by your own state of mind. The way you view yourself is the way you will view other people. This basic principle should dictate how you present yourself to other people. If you browse YouTube or other similar social media platforms, pay attention to what kind of content attracts viewers. You will notice that tarot card readers attract specific groups of people at specific states of consciousness. People who are feeling bad and consuming content will watch things that make them feel victimized if they feel like people are attacking them or making them feel bad. Only you have power over the way you feel. Other readers may provide focused content for individuals who may be assisting other people on their own path of self-discovery. General content for entertainment purposes does best when you see people having fun together or working on projects that viewers are potentially interested in. Building and fixing cars have become a large part of YouTube's content that attracts a large percentage of viewers. YouTubers

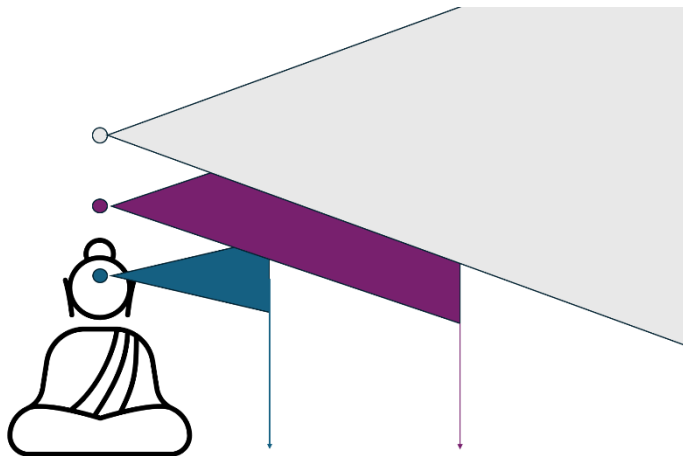
who have created unique content to bring variety and a sense of adventure and fun will naturally attract the most viewers. Maintain a sense of adventure! What can you create for other people that will both support you and support your target audience? Don't be afraid to show up for other people in whatever way feels best for you, but you should never make it feel like it's something you "have to do". It is your life, so do what you love to do.

Learning to use creation is simply the practice of mastering the kind of energy you are producing. You can positively influence your environment by doing this and support it by encouraging growth and understanding. This will bleed into your creative projects and what you produce for other people. You are perfect and growing. Everything is growing. Don't ever forget this. When you see other people struggling or talking negatively about others, they are just going through a process. Everything is.

4) Recognize which chakra you are viewing yourself and others from.

This is one of the most difficult things to master. The bodies that we see here in three-dimensional space are just vessels accessing a specific range of frequencies of light. You are not the vessel. You are the source of everything experiencing itself limited by how much of yourself you can embody. The efficiency of your vessel is the limit of both your creative potential and what you can experience. The purpose behind the process I am giving you here is to both produce and access higher and higher levels of frequencies so you can experience more and more of yourself. You will also be able to create more of yourself as well. The previous step is very important in that your own continuing creations will continue to evolve as you connect with more and more of yourself. You will slowly feel attachments letting go. Most types of energetic projections are trying to either sell a service or product to you. It is a “pulling” type of energy built around fear of lack, for the most part. Use discernment. For this reason, the best periods of rest time outside of your creative cycles will be time spent outdoors or in silent meditation. Do your

best to avoid projected energies that try to “suck you in” or feel like they try to consume all your time and energy by manipulating your emotional state. Those are projections from the third eye chakra that is not accessing the crown chakra. We have an increasing number of people in our world that are addicted to forms of social media through their phones. Less is being created. These are emotional attachments that stem from a dissatisfaction of their own state of being that gets projected on their environment. There is nothing wrong with enjoying the creations of others but try to maintain balance with your own creative energy.



Look to the picture above. For most people, the blue third eye chakra is grounding itself out in

our physical environment. It is very rare to find someone who lives primarily in their crown chakra when they are creating. What do I mean by grounding out? If you are projecting any kind of sense of lack or feeling that you are less than or greater than, you are projecting a difference of potential between you and another person. Technically speaking, all vessels are moving an array of different energies, and so there are natural differences in potential. The key is recognizing that all vessels have the same ultimate potential and that everyone is growing. Identity crisis creates many illusions in the mind. Because of the evolutionary process we are going through, many people are still attempting to ground out the third eye chakra to support themselves. This is why there are so many differences in potential when viewing modern organizational structures. Unequal value systems have created the hierarchical order of society we see today. It is breaking down. Structure moves energy, and a more efficient structure will move more energy. As you do this in the body, you connect with people who are doing the same to move more energy as a group. When you see the larger perspective, you will begin to realize that

everything is happening on the inside and the outside at the same time.

Any judgement of the mind will cause those projections to ground out at the third eye chakra resulting in a return current of energy that is absorbed by your lower three chakras. Believing that we have more value than someone else will cause this to happen. We live in an age of information. Everyone has access to meditation techniques, visualization techniques, and so many tools to increase our connection to higher states of consciousness, that it is foolish to think we are alone in our ability to see the bigger picture or see ourselves as one. Not only that, but there is so much information available, that it is difficult to "sell" any kind of information. Give whatever you have to give freely, and you will be rewarded. Use your imagination and create! It could be argued that all our limits are the judgements of the self which get projected upon others. Generational traumas have enforced these illusions of separation, but that is finally starting to fade at an increasing rate. Everyone is whole. The challenge is to recognize that and start working together in a healthy way instead of seeing the differences in one another and creating a value system based

on our individual talents. Once you are living more in your crown chakra, you start creating boundaries in your relationships to reflect wholeness, acceptance, patience, and forgiveness. You will naturally move away from all aspects of inequality such as narcissism, hierarchies that place more value on one person than another, and all other forms of illusions of separation. The Guide to Co-Creation (coming soon) is an example of the crown chakra being grounded in physical reality. It is possible to ground higher frequencies from higher dimensional realities all the way back to source, and this is our goal. This process is a way to eventually overcome the physical body by putting on a body of love and light. Healing the body is just a shadow to the mental and emotional healing that can be obtained within.

5) Let go of attachments.

Letting go of attachments is one of the most important but difficult tasks in the journey to self-discovery and self-mastery. Many of the ways in which we occupy our time come from old family traits we grew up with. Television is one attachment that has gained a very firm

foothold on much of the population around the world. It consumes our time and pulls us out of our creative energy if we let it. Social media, online gaming, and many other forms of entertainment can distract us from connecting more deeply with ourselves if we don't create balance in our lives. There is nothing wrong with enjoying the creations of other people, but when those things start to dominate our time, then there is usually an underlying reason. Creating balance daily between our creativity, rest, and entertainment is crucial on the path of self-discovery.

Fear and anxiety will pull you out of your creative energy. Learn to recognize your own state of mind and how your own thoughts are affecting your state of being. If you try to force creation when in a poor state of mind, the quality of your creations will suffer. It is best to rest until you feel good before working on creative projects or projecting energy towards others. Your simple state of being will alarm people around you and either attract or repel others. Trying to sell yourself will repel, while providing positive and creative energy will attract.

6) Learn to disregard negative projections.

Part of the meditation process is to recognize when you are being spiritually attacked in some way. A spiritual attack is any negative view of your vessel by another vessel. It could be as simple as a series of negative thought patterns and emotions or as complex as intricate spell work. Energetic feeding is something that all of us have done at one point or another in our lives. Thinking negatively about oneself or others is a type of energetic feeding. Our mind creates the way we feel about ourselves and results in the way we see other people. It manifests in our eating habits and drug addictions. Meditation and fasting for short periods have an amazing effect on our state of mind and ability to transmute negative projected energies. Your body will naturally heal and get rid of toxicity when meditating and fasting. Don't try to do too much too fast. Listen to your body and what it wants. When you put yourself in service to the whole, it forces you to transmute both your own negative projections of yourself, plus the negative projections of others as you ascend in consciousness. The entire process slowly allows you to control your energy. You will naturally start

producing healing energy in your environment. You will continue to learn more about yourself over time and what does and doesn't come from your own vessel.

Conflicts only survive when two or more people are in Judgement of one another. If one is in judgement and the other is not, then the person who is in judgement does not have an object to feed off. There is no return circuit, so the subject is just harming themselves. Active conflicts in our society arise when two or more parties are actively judging one another and creating feedback loops of energy consumption. It can manifest into something as simple as an argument to large groups of people who believe in the conflict resulting in war. Staying in non-judgement keeps energetic attacks from taking hold and causes a rebound effect on the target of the projection. Let conflicts play themselves out or become a mediator when asked. Intentionally getting in the middle of a conflict when not asked will almost never work. Acceptance and Unconditional love are the outcome, but the meditation process to achieve understanding and non-judgement is the source of achieving it.

7) Follow your heart and never give up.

The only way you will ever fail is if you give up. Providing positive energy to your environment is never wasted, regardless of how the recipient pays you back or not. Most do not receive the support they need in certain areas of their life, but much of that is the universe's way of teaching you to master yourself and your intent for other people. Blessed are the peacemakers, for they shall inherit the Kingdom of Heaven. This is a very true statement once you understand how to transmute conflicts in the body. You will have a series of "aha!" moments and breakthroughs in consciousness. Everything will happen for you at the right time to support you on your journey. Keep supporting your environment, and it will support you. Always remember that you are living at the center of yourself. What you put out there will always come back at the right time for the right reasons.

8) You will learn to balance masculine and feminine.

All of us are born with either a masculine dominant trait or a feminine dominant trait. It is not dependent on our gender. There are many aspects to both. Our creative energy could be viewed as our masculine energy while our receptive energy is feminine. For this reason, masculine energy is often viewed as a providing type of energy while feminine is supportive. When someone is providing for you, it feels supportive because you have naturally attracted someone who is in their masculine energy. The recipient of masculine energy feels supported. Energy is always being produced and received in that order. It is often said, "The energy you put out there is what you receive." This is true in every sense of the word.

To explain the finer points of self-development, consider these ten cards of the Tarot Deck

Guide to Self-Mastery



Illustrations by Rider-Waite Tarot®©

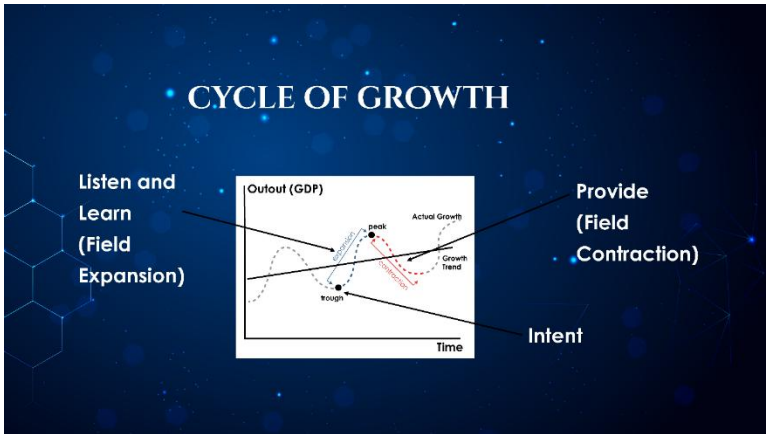
The Tarot Deck is very old and can be traced back to ancient Egypt. The four suits; swords, wands, cups, and pentacles represent our mental state, our will, our emotional state, and our state of being in that order. The kings and queens are the highest states of each. Many people assume that pentacles mean material wealth, and in a way it does.... if you have inner riches to match. It is possible for someone to be very rich externally but have a poor state of being, relying on their external wealth to feel good. Think of pentacles as fruits of the spirit, or love, joy, happiness, etc. If we examine the masculine kings above, you will see that the sword and wand is held in the right hand

(masculine aspect of creative energy) and the cups and pentacles are in the left or both (feminine aspect of creative energy). Mastering all four aspects will put you in your Emperor energy, the same way mastering all aspects of the four queens will put you in your Empress energy.

Think about what you are creating when you put things out there. How are you speaking your truth and perfecting your will while at the same time doing it in a loving way that carries the fruits of the spirit? You get what you give. The giving comes before the getting. The sword can also be viewed as a cutting sword of truth from the King's hand while it is a blocking sword of truth in the Queen's hand. A supportive energy will always be something that wants mutual incentive. The Queen of wands could be viewed as receiving cooperative help from your environment after you have provided positive help. I would recommend looking up the cards and taking some time to evaluate how you have been providing for your environment. Notice what you are receiving and continue to work on yourself. You are worth it. Only you can do it, nobody else can do it but you.

9) Purify your intent. This is the most important thing you can possibly do.

We live in a world where a large portion of the population are in judgement of each other. Unbeknownst to most, we are judging actions that are born from judgement itself. It is a re-occurring cycle of energetic feeding that blocks access to higher states of consciousness, or access to the crown chakra. Simply stating that unconditional love can heal all things is technically true, but the key is found by learning how to achieve it naturally without forcing that state of mind. You will find yourself in thought forms that will give you empathy for almost any other condition someone else is in. Learning to rest when you are feeling negative about yourself or anyone else is very important to bleed off negative energy. The process itself will teach you how to transmute judgements or negative thoughts projected towards you. All our growth cycles look like this.



Create an intent to provide for your environment in some way. Expend that energy and you will need to go through a rest cycle that allows you to bleed negative thought forms that don't align with your desired goal. When providing altruistically, more and more people in your environment will be triggered for a variety of reasons, especially if you are speaking from your crown chakra. We are all connected there, so it will trigger people who are not living there. The rest cycle is not only healing yourself (state of mind and body), but it is healing your environment as well. People will think negatively about your rest time and it forces them to overcome their own judgements about who we are. Western culture has been so wrapped up in external validation

that it is viewed negatively when we rest when others think we should be working. You will find that your rest time is some of the most important times for self-development.

Remember that we are accessing the universal field through a vessel, so all this energy is being created by vessels and accessed by all of them. As you can see by the graph, your lows will get higher along with your highs. Your intent will also change over time as you access more of yourself by purifying your vessel. You will notice the states of mind that you grew out of in the people around you and recognize it for what it is. We are all growing. Judging someone's temporary actions is an illusion that keeps us trapped in lower energetic states. Following this process will expedite the growth process until you start attracting more and more as your vessel can move more and more light. If you are worried that you will not be provided for, don't worry. You are living in a unified field. There is always a return circuit. Like the previous picture, you can ground out whatever state of mind you want in the field, but by waiting to start grounding out the crown chakra will create much more abundance for you

and your environment than any third eye grounding could do.

On the flip side, as you start to see the bigger picture, you are grounding out more negative energy. You are healing your environment just by resting and resisting the urge to compete or try to outdo other people. Get used to supporting from the back. Get used to staying in a state of surrender and continue to humble yourself to the needs of other people from a point of discernment. Always be the first one to do as asked. When you need something and the favor is not returned, then you are off the hook. Use your intuition and grow spiritually. Do what you are asked, and you will be able to ask things from other people. Encountering an ever-larger group forces you to transmute more and more negative energy which in turn has a greater effect on your ability to heal yourself and others. You will be triggered less and less by lower states of consciousness. Your triggers are always your clues on what you need to let go of. They remind you of a smaller version of yourself that can be hurt by the negative opinions or projections of other people.

This is both a process to change your mind and body, amplify your own empathy, and your ability to love will reach states of ecstasy. You will reach a state where you will be able to see everything around you and feel as though it is your creation, and you will fall in love with it. You will become much more clairvoyant, and the future will start to be revealed to you. It is no illusion when certain ascended masters say things like, "The Father and I are one". When you fall into creation mode in service to your environment, eventually it will feel like you come into full alignment with your crown chakra and move according to a larger plan. It is the same as if one of the cells of your own body reached your level of consciousness. The cells (people) around you may look chaotic now, but once you see what is happening from a larger perspective, you will understand. Remember that everyone and everything is growing, and you will pull yourself outside the temporary judgements of the mind. Your heart chakra expands and so will your consciousness. You will achieve love for everyone you come across, regardless of how they act. When you don't energetically feed on your environment, your hunger will decrease, and your energy will increase.

You will find your biggest challenge is how you view yourself. Once you have mastered that, you will become much more aware that your view of other people always reflected the way you felt about yourself. Love yourself, you deserve it and so does everyone else. We grew up in a world that was just learning about itself, and it has a lot farther to go.

On the physical side, your cells and every field within your own body slowly change tendency. What do I mean by tendency? Your biofield is a switch that runs between creative or consuming energy. This is true of every field in this reality. The idea is to consume less energetically, so every field in the body starts to balance between creative and consuming cycles. When we live in over 50% consuming tendency over time (most of the population does because we live in the negative pole of the Milky Way Galaxy), then it “pulls” us into our environment. As we move towards 50/50, our whole body and state of being changes to become lighter. Fasting expedites the process because your body doesn't need to break down energetic structures from your environment or consume energy from your environment. It forces every field in your own structure to be more self-

sufficient, relying on your own state of being instead of anything else's state of being.

10) Maintain an air of adventure!

Life can become one of adventure and surprises around every corner! Letting go and embracing the psychic aspects of life will have far reaching results for yourself. You will increasingly let go of things that used to interest you. When you can live in the creative potential of every moment, you will create your own adventure, one that never stops advancing your heart and soul to freedom. Forever.

Final Thoughts

Unconditional love is the goal and purpose of this guide. Faith is the result. Faith becomes understanding after a while. When you spend enough time letting go of negative thought patterns, your mind starts to enter an eternal rest period. Your thoughts will stabilize, and you will notice that no matter what is happening around you, you will be detached from the outcome. When you can live in the moment no matter what is happening, you become a grounding rod for everything around you. See the lilies and how they grow....

Remember: Any thought form that is tied to the past or the future IS NOT GROUNDED. Every moment has unlimited creative potential. This guide is a direct representation of what Jesus taught. He said not to follow riches or anything external for a reason. Our own minds control this reality by what we speak and how we feel. When we stay grounded in the present moment, all our attention is actively affecting this reality. Focusing on the future too much is usually done out of fear. Will I have enough to survive? Those thoughts are based on an underlying fear of death. Embrace

death in every moment, and you will achieve something that very few have. Life and death are so intricately connected, that it can become very difficult to tell the difference once you understand it. You will never truly live until you aren't afraid to die.

Ask and you shall receive. You will always get what you need when you need it. Take care of the elderly, homeless, and those in need. They are poor in spirit and will be strengthened by your kindness. Can you imagine what it means to a child who was left on the street from birth to have someone they have never met to show them love and kindness? We all own this world together.

This guide has another goal, co-creation. I have worked with thousands of people. The way we worked together was always done for someone else's external validation. For this reason, we worked inside a hierarchy, where people fought to get to the top of a pyramid of external validation. Very toxic. It creates accidents, liability contracts, etc. It pits the soul against itself and causes extreme pain. My dream has always been to live and work alongside you in equality, where we make decisions together to build the place we

want to live together. When you get rid of all the mechanisms that syphon energy off our creativity, it wouldn't take much to build the place we all want to live in. No trash or wasted energy. All we need is the right structure that follows the rules of the heart. I realized a long time ago that until you follow the path of self-discovery, then you won't understand what those rules are. We are all one and until we treat each other as such, we will always create hierarchies that disproportionately treat people according to "ownership".

The original teachings of the New Testament in the Bible are rarely followed. If enough people start to follow them, then it puts everyone in a "purifying" karmic cycle where everyone is forced to let go of external possessions. When you prioritize something external, whether it is money or anything material over the health and well-being of another, it puts you in a negative karmic cycle if you are connected to people who are doing the opposite. The reason that the hierarchical systems that we still have still exist is that not enough people have left them. If you keep pouring your energy into something, it will continue to exist. Don't be afraid to leave something that is not serving you. If you are

working for something that prioritizes its time over your own, whether it's a company or person, don't be afraid to leave it behind. You are part of a much bigger organism, something that wants to treat you equally.

How can your time be treated the same? It comes down to the law of one and time. In each and every moment, every one of us has infinite creative potential. This has the power to heal and the power to block negative energy that is worried about what might happen. When you can learn to create from the moment, then you will know who you can work with who can do the same. This process is a type of growth of the mind, where your thoughts become more and more grounded over time until you can actively create thoughts and emotions from the present detached from any kind of negative projections from your environment.

The most profound thing you will realize is that when you look into someone else's eyes, you are always looking into your own. Think about this point for a bit. Everything grows in darkness. We only see a limited perspective and slowly grow in our understanding of ourselves and the world

around us. Darkness is the same thing as lack of clarity, or limited understanding. Once you understand something, it becomes illuminated, and you are standing in the light. Once you see the conflict around you as a natural state of growth, then you will no longer be against it. You will recognize yourself in the eyes of everyone you see and recognize the states of conflict you went through before you freed yourself from it. At this point, you will have the power to open the eyes of the people around you and help heal their state of mind. Is there a more powerful gift? The mind can heal the body, and the mind of God can heal all things. If you can help someone else see the truth, you will enable them to heal themselves, and because you did the work, you were the catalyst for it. It is an evolutionary process that will spider out in all directions around you. It is pointless to try to work with someone else until they are living in light.

Unity creates teamwork and personal growth, where self-interest creates conflict and competition. We can structure co-creative groups like a living body that self-manages without the need to control from the outside. Wouldn't it be nice (and much easier) to be part of a co-

creative group where all you needed to do was what you were asked to do? Everyone will be brought to their knees in service to the whole eventually, and if we structure our relationships that way, then life becomes a lot easier and more fruitful. Plant a new seed for a new world that all of us want to live in. Everything happens for a time and for a season. The season is ripe!

I hope this guide has been helpful in showing why many ascended masters in many texts were able to achieve what they did. Altruism is a real thing. It leads to a heart centered purpose that keeps you motivated to help those who have not gained what you have. It also becomes much easier to see why we have had the old less creative business and social structures over the past several thousand years. Judgements of the mind create unequal value systems that limit creativity and access to more information from the universal field. Believing that you have access to information that someone else doesn't is an illusion. Everyone does. We just need to trust the process, fall out of conflict within ourselves, and connect in ways where we can provide for one another to continue to ascend in consciousness. We will be in the stars in a short time, and I hope

to see you there. Please see my Guide to Co-creation (coming soon) to build structures that emulate the natural body. It is also just an idea, one that you and I can perfect together. We can connect in ways that allow us to grow forever with much less stress than we have ever experienced before, but only when we have grounded ourselves first. The last thing that any of us want is for someone else to carry our burdens.