

HOW TO CONNECT TO THE HEART & SOURCE OF ALL EXISTENCE



AGUIDE ON HOW HUMANITY CAN EVOLVE INTO AWARENESS
OF ITS GREATER BEING AND AWAKENED CONSCIOUSNESS.

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A GUIDE ON HOW HUMANITY CAN EVOLVE INTO AWARENESS OF ITS GREATER BEING AND AWAKENED CONSCIOUSNESS

Science has uncovered many things. However, there is only so far our physical instruments can take us.

Science is the study of the objective. Yet what we ARE is by its very nature, subjective. Consciousness is ultimately forever a subjective experience, therefore, to investigate the very nature of what we are, is to examine our very own consciousness. The only method by which consciousness can ever be investigated is by using one's own consciousness. There is no other method to study what you are.

Humanity is Asleep

Our World is in a precarious state primarily because Human Being's are disconnected and asleep to the full miraculous nature and wonder of Existence and our connection to the Source of all Being and the symbiotic interconnectivity of all things.

We have forgotten what we are. We have chosen for millennia to experience a particular kind of consciousness, disconnected from our Source.

The remedy today, for many of our individual, social, environmental and economic problems is to re-awaken from the dream. To illuminate one's awareness bright and blazing, in full wake-fullness, with a great appreciation of the Miracle of our Being.

We must reconnect to the Source of Existence and begin to live conscious awakened lives to the highest possible expression of our Being.

KNOW THYSELF

Humanity will evolve to greater spiritual heights by exploring the mystery and nature of consciousness itself.

The only way one can begin to embark upon such an adventure is by exploring one's own consciousness.

All religions espouse methods of introspection and meditation that when practised diligently can lead you to greater intuitional knowledge and understanding into the Nature of Existence and Reality.

Indeed it will lead you to a Greater State of Being.

A richer Existence filled with Profound Energy, Insight, Knowledge, Understanding, Love and Compassion.

Your view, understanding, comprehension and appreciation of the Miracle of Existence will be expanded. Your natural, spontaneous Joy flowering to heights never before imagined possible. Your awareness and clarity of mind rising to great heights. Exquisite Bliss and Ecstasy flowing through you in each moment in each of your days.

When compared to your previous self, IT will seem like a dim shadow.

A one dimensional self in comparison to the greatly expanded multidimensionally aware and illumined self you will evolve into. Indeed your previous state of Being can be compared to a dim, shell of a self, stuck in dull dream state in comparison to your future awakened state.

Latent abilities that now seem miraculous to many would be the norm to such an advanced human being.

The human beings of today are in a gestation stage in its evolutionary timeline. Humans have not yet flowered into their full potential as the Miraculous Beings that we are.

The human being has much to learn about itself before it can be said to be living to its highest potential and become truly Spiritually advanced.

The human being is in a state of becoming.

We decide how the species progress individually and en masse by our individual decisions, actions and focus.

If more of us devoted a little time to the exploration of their own consciousness/self, we would collectively increase the probability of humanity as a whole evolving to great spiritual heights.

THE THEORY

Consciousness is non-physical and vibrates like a wave. The average human being's consciousness vibrates at a very slow and long-wavelength and frequency.

A slow long sine wave of consciousness possess particular qualities.

As a result of concentration/one-pointedness/meditative exercises, the sine wave of consciousness will notably change. It will begin to increase in its vibrational frequency. It speeds up.

The long and slow sine wave that is the typical human frequency begins to increase in its vibrational frequency as a result of the act of focusing one's attention.

As the frequency increases, so does the quality and nature of one's own consciousness. Each frequency possesses its own experiential and energetic qualities.

The degree to which consciousness is focused is directly proportional to the frequency of its vibration attained.

The greater the concentrated focus, the higher the vibrational frequency.

The higher the vibrational frequency, the greater the degree of Energy, Bliss and Joy experienced, as the energetic qualities of the higher frequency states are filled with indescribable ecstasy and energy.

It must be remembered that the human being is a broadcaster, receiver and transmuter of energy, whether it realises it or not.

The qualities of the energy generated and received as one's vibrational frequency increases are profound.

They include and lead to:

- * Greater and more powerful uplifting energies entering the system.
 - * Intuitive knowledge received.
 - * Latent psychic abilities being unlocked
- * Healing abilities as you become a receiver and broadcaster of higher healing energies.
 - * Profound inner strength
 - * Profound intuitional knowledge
 - * Profound Joy
- * Miraculous synchronicity in your life
 - * All your desires manifesting
 - * And many, many more abilities.

THE SPIRITUAL PATH.

The spiritual path has 4 core elements.

1. Desire
2. Integrity
3. Practice
4. Release

DESIRE

Connecting to the Source ultimately only occurs by the Grace of the Source. However, you increase the probability of connection occurring if there is a powerful desire to do so. Spontaneous connections do happen, however, to increase the probability of connecting to The Heart of all Existence significantly, there should be an intense burning desire to do so.

INTEGRITY

Your Tongue, Heart, and Actions must be in alignment.

Your tongue must speak honestly. When you feel a certain way, you must speak what your heart feels. Your actions must follow through and act upon what your heart feels, and words communicate.

Not being aligned within your self communicates to the Universe that you are confused; you are unsure of what you want. There is disharmony between what you feel, what you do, and what you say. The energies within you are not flowing from the heart, out, in a harmonious manner.

All thoughts, actions and feelings should have only the highest benevolent intentions for ALL things. For all things are alive and infused with Consciousness and Song. You must be honest, having positive moral principles and goodwill towards all things. You must speak and act what your heart feels with goodwill to all things.

RELEASE

If the cup is already full, how can it be filled with something Greater?

Before you sit down to practice, you must become accustomed to diving deep within yourself and learn to release all pre-conceived ideas about yourself, the World, thoughts, beliefs, expectations, and fears.

Release them all to the winds. Let Go.

Boldly dive deep within yourself.

The Divine Source is bursting with inexplicably profound energy, radiating to all corners of Existence. Yet we are so full of ourselves with thoughts, beliefs, desires, and expectations...

There is no space left for the Divine to enter...

Learn to drop ALL your human baggage acquired over a lifetime on Earth.

Completely and utterly, empty your cup, so that it can be filled...

PRACTICE

Practising turning the attention inwards is an important step to Awakening and connecting to the Heart of All Being.

Our attention is perpetually focused outward from the moment we wake up to the moment we lay down to sleep.

Take the time to investigate the nature of your own consciousness. And in doing so, like an inner subjective scientist, a spiritual detective, you begin to unravel the picture puzzle pieces of Greater Consciousness, in which you exist.

Consciousness is like water and contains energy. It can be focused, it is malleable.

You must learn to practice focusing and playing with your consciousness.

The act of focusing one's attention to ever greater degrees leads to profound changes in consciousness.

Many people, when thinking of "Meditation" think of it as a useless activity, wasteful and utterly pointless. However, this could not be farther from the Truth. The act of Turning Inward is **the most profound activity a Human Being can ever undertake**. *For it leads you into Direct Contact with the Source of Being, in which lies infinite Energy, Knowledge and Fulfilment, Power, Glory, and Bliss.*

METHOD

Sit upright, making yourself comfortable and relaxed in your favourite quiet spot, or indeed anywhere.

If there is a lot on the mind, it can help to engage in physical exercise before your meditations. Physical exertion can help the body relax, which can, in turn, help to clear the mind and nostrils if they are blocked.

If you haven't the time to engage in full-on exercise, even 20 rapid push-ups can work wonders to help in relaxing the body silencing the mind.

Breathe in deeply and let it out 3 times.

Close your eyes and psychologically shut off attention to all your outer senses. Close your senses. Move your focus away from them.

Bring your attention to the **flow** of your breath.

Feel the air flowing into and up your nostrils.

FEEL IT.

Feel the flow of the air as it moves along your nostrils, filling you with life-giving oxygen.

Notice the flow.

Pay full, unwavering attention to the flow as it moves in and out.

Follow your breath with your attention.

The flow will lead you to the heart of Being.

If your attention wavers gently bring it back to paying full attention to the flow of your breath.

And maintain this for as long as you feel the need to do so.

It may be 1 minute, 15 or 30 minutes. An hour or several hours.

Maintain your meditation for as long as you feel the need to do so.

The practice is simple.

The results are profound.

Every practitioner, in the beginning, has found this simple exercise to paradoxically be the most challenging task in the entire Universe.

A bodybuilder didn't get big after visiting a gym once, lifting a weight and saying "to hell with this! it's too heavy!"...

.... In the same way, you will not reveal the deepest secrets of Existence and Consciousness by giving up on your first attempt.

Be diligent, focused, disciplined, driven and hungry to know yourself and understand the nature of Existence and Reality.

You must *wipe away all your preconceptions*. Become humble and pure of heart. You must be honest with a sense of integrity.

You must always speak what your heart feels. Vacate yourself of all expectations and pre-conceived beliefs, empty your cup for it to be filled with something greater. Release all fears, worries, concerns and past regrets and future expectations.

All these qualities are compatible with the qualities of higher vibrational frequencies, therefore adopting them within yourself increase the probability of being successful in raising your own and connecting to higher frequencies.

If thoughts arise, time and time again bring your attention back to the flow of your breath. Be bold, be determined and be disciplined. And fearless.

They will drive you through your previous mental lethargy and with your iron will, you will forge the climbing pick's that will help you ascend the mountain towards deep awareness and expanded consciousness.

As you practice day in, day out, night after night. You will begin to feel things that you currently cannot explain.

Hints of States of Greater Being.

Feelings of profundity. Tinges of Bliss. Tantalising powerful emotions and energies welling up from within.

There are many possible things you may feel, but it is important to maintain the practice.

For as you do, your consciousness will begin to increase its vibrational frequency, and you will begin to align your consciousness with the consciousness of the higher vibrational energies that forms all things. Infusing your own consciousness with the qualities contained within the Source. You will become more and more in sync with the vibrational frequencies as emitted from it.

You will be forever transformed by its magnificent and profound energy. Embarked on a journey of self-discovery, expansion towards greater awareness and knowledge.

Filled with greater lucidity, energy, vitality and infused with infinite Glory of The Source.
You will become Illumined.

BECOMING A GENERATOR OF UNCONDITIONAL LOVE ENERGY

Energy forms and shapes all things.

Learning to be aware and conscious of the Energy that you emit is important.

Learning to consciously generate, express and emit positive, constructive, all-inclusive unconditional Love Energy is important.

This exercise will help you in learning this art. And it will help open up your Heart Centre so that you truly become alive, Pulsing with the Energy of the Divine in greater quantity. Our World is largely in its current state due to the Heart centre of individuals remaining closed.

To change this, we must learn how to open the heart centre.

This practice, will assist you in opening the Heart centre, which will, in turn, help you become conscious of your connections with all of Existence.

As you meditate more and more, you will begin to experience an influx of divine energies into your system, these will open up your energy centres, allowing you to connect to a larger consciousness.

The Energy we call Love, is the Energy that forms and sustains all things.

The Sun shines its glorious Energy upon all things and in doing so gives life to all things.

It does not discriminate and say to a flower, "oh you are too lowly" to shine upon.

In the same way, the Human Being must learn to express its Love in such an unconditional manner.

Therefore learning to cultivate this Energy within yourself is an important skill.

Close your eyes

Take a deep breath

Realise and appreciate that you live in a world where the tiny supports you.

Realise that the fungi, bacteria, earthworms and countless creatures in the ground, work tirelessly to support you. Appreciate how they process the organic material which produces the nutrients, which nourishes the plants, which you eat.

Without their tireless work, you... could not exist.

Send them your powerful Love and appreciation for the great work that they do beneath your feet.

Realise and appreciate the tireless work done by the trillions of living souls/cells within you.

Who work day in, day out, to keep you alive and healthy to the best of their ability.

How much appreciation and Love to you send them?

Send them your powerful Love and appreciation for the critical work that they do within you.

Extend your Love and appreciation to the plants, the trees, the give us oxygen allowing us to breath. Whom without we would not exist.

The sea creatures, the chickens, cows, goats, our feline friends, and dogs, Love them all.

Extend your appreciation out to all things, your heart growing like a Sun, shining its Light, Energy and Love to all things.

Realise and appreciate the people in your family, how much they Love you, and you, them.

Consciously expand that Love, feel it in your chest, in your heart and project it outwards like a Sun. Radiating the Energy, feeling the warmth, fulfilling love welling in your chest.

Pump out your goodwill and desire to see all life grow and thrive.

Expand that feeling now to your greater family, your fellow human beings around you, your neighbours, your village, town, city, and then to your entire country, and onto your neighbouring countries, your continent, and eventually the whole planet.

Do not discriminate in your appreciation and Love for all things. Include the birds that sing so magnificently every morning, and whom without our World would be a sorrier place.

Include all creatures, that in their own way contribute to the holy and sacred symphony of activity that allows us to live on the Earth.

Expand it to the Sacred Earth, itself alive, your home, communicate your gratitude for allowing you to live and thrive on its surface.

Extend your Love and appreciation to the Magnificent Sun, that tirelessly shines its glorious light and Energy, allowing life to exist in the first place. Without whom, you could not exist.

Expand your Love and thankfulness even further. Beyond, to all planets, all life forms, all Worlds, all Stars, and All forms of Consciousness. In its infinite variety of form that it takes and exist throughout our Galaxy. And indeed throughout the entire Universe and all Multiverses.

When you do this, you become a Conscious creator of Divine Unconditional Love. Feel your Power and Energy, No longer do you feel at the mercy of forces beyond your control.

You are the Captain of your ship, the master of your destiny. No longer do you permit others to affect your decision in how you feel. You always have a choice. And you choose Love and Joy and a great appreciation for the Miracle of Being.

You are learning to become a conscious creator of Love, and to cultivate it and expand and express it to all things, for it is the constructive force that builds all things. Love is the Energy that binds, unites, and in uniting, greater constructs can be formed. Therefore Love IS the most advanced energy/state that we can cultivate, and the higher the degree/intensity of Love, the greater the effect. Through Love, our civilisation can rise to great heights. Through unification, brotherhood, sisterhood, through compassion, understanding, that ALL things are the expression of the divine intelligent Source, whose Energy is vast and forms all things.

Regular practise of this sacred exercise will lead to the transformation of yourself, your life and your World.

THE SOURCE

The Source is a term used to denote the indescribably vast and powerful Source of immense Energy, Intelligence, Bliss and Consciousness that is encountered in deep meditation.

It is as if, the mind honed through meditation becomes so sharply focused, that it pierces through the illusory nature of our 3D reality and penetrates through to the Heart of Being.

There are truly no words to describe encounters with this Heart of Being. Words are merely symbols. No symbols can ever come close to communicating the raw immensity, intensity, and profundity of an encounter with the divine Source.

An encounter with The Source will leave you eternally humbled and re-energised like never before.

Joy and Bliss and Vitality beyond your wildest dreams is the Reality of the Source.

If you were to imagine taking the intensity and feeling of your finest orgasm and multiply it by a Trillion, on repeat... only then may you begin to get an inkling of an idea, of what an encounter with the Source feels like... An immensely powerful electromagnetic energy of such intensity that will leave you in sheer awe and wonder and eternal humility.

It is the Alpha and the Omega. The All, It is the One, the Eternal Dreamer from which all things spring and to which all things will return.

The One fractals out in an infinite dance of creativity, creating life within life, dreams within dreams, worlds within worlds.

All life is a manifestation of its consciousness. All life is IT in infinite forms.

You are the portion of it, that is dreaming being a Human Being.

KNOW THYSELF OH HOLY ONE! And realise your true Eternal Self!

AWAKEN!