The Road to Happiness
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DEDICATION: TO MY WIFE AND CHILDREN
WHO GIVE ME LOTS OF LOVE, THE KEY TO
HAPPINESS
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INTRODUCTION

The techniques in this book will bring you happiness. Happiness is peace of mind, inner peace and joy. Through the techniques in this book, you will feel positive, think positively and learn how to be fully present in the moment.

You will learn how to be fully present in the moment through your senses and not ongoing thoughts. You will learn how to conserve and boost your energy and bring yourself inner power and strength. You will learn how to get your mind to relax and your body to feel relaxed, empowered and alive.

Happiness is a state of being and a state of mind. It is an inner state and a feeling. Nothing that is external to you will bring you sustained happiness. Something that is external to you may bring you momentary happiness, but not sustained happiness.

The techniques in this book will help you achieve and maintain a peaceful and vibrant inner state – i.e., happiness. This is done through inner work, energy healing, emotional release and positive thinking.

The first step on this road is to make an agreement with yourself. This agreement is to make happiness your number one priority. To implement this agreement, you must take all steps necessary to achieve happiness. Next, subordinate all other goals to this primary one – and you will achieve happiness.

This book focuses on the relationship between (i) happiness, on the one hand and (ii) emotions, energy, the energy body, the unconscious mind, beliefs and thoughts, on the other hand. It focuses on positive and negative energy and the energy body and unconscious mind and how positive and negative energy and the energy body and unconscious mind relate to moods and happiness. Through the techniques in this book, you will learn to minimize and release negative energy and fill yourself with positive energy.

We all have an energy body and a physical body. The energy
body operates like a blue print for the physical body and brain. The energy body directly affects the unconscious mind, thoughts, moods and emotions. When there are problems with the energy body and the unconscious mind, these result in problems with the physical body and brain.

The body consists of billions of cells, which are primarily energy. This cellular energy, in its totality, is called the energy body.

In the West, the energy body is known as the soul and spirit. In the East, the energy body is called the higher consciousness/higher self, aura, chakras, meridians and nadis. The energy body affects our thoughts, moods and emotions. See a more detailed description of the energy body in Chapter 1.

We are surrounded by negative and positive energy that can penetrate our energy bodies. When the energy body is clean, healthy, intact and vibrant, it automatically draws positive energy (i.e., chi energy (life force energy)) into the body and freely distributes this energy to every cell of the body and brain through the energy channels that are connected to the blood vessels.

Positive energy (i.e., chi energy (life force energy)) nourishes every cell of the body and keeps it alive and healthy. At the same time, the aura protects the body from negative energy. Energy that affects life can be measured in vibrations and frequencies. Positive energy is calming and high vibration energy. Negative energy is agitated and low vibration energy.

Positive energy leads to happiness. It does this by flowing freely to every cell of our bodies and brains, unless it is blocked by negative energy. Negative energy blocks the free flow of positive energy through our bodies and brains and leads to unhappiness. Negative energy that is connected to us effects our moods, thoughts, and emotions. Negative energy negatively affects our brain chemistry and brain wave activity.

The free flow of positive energy (i.e., chi energy (life force energy)) throughout the body and brain is necessary to achieve and maintain good health and happiness. The road to happiness is the road
on which bountiful chi energy (life force energy) freely flows through the body and brain. This is vital for good health, peace of mind, inner peace, balance and joy. This is vital for normal brain chemistry and brain wave activity.

To ensure this unimpeded flow of chi energy throughout the body and brain, we must cleanse and heal our energy bodies, balance our chakras, develop an intact and vibrant aura and fully connect and integrate with our soul or higher self. At the same time, we must heal our unconscious and conscious minds to achieve happiness. This book will teach you how to do this.

The free flow of chi energy without energy blockages or energy attachments is critical for happiness. Good health and freedom from pain are critical to happiness. The free flow of chi energy builds up cellular energy, the immune system and other bodily systems.

Chi energy is high vibration energy. As such, it dissolves negative energy (which is low vibration energy) and energy blockages and energy attachments. Negative energy, energy blockages and energy attachments and are a primary cause of mental and physical illness. They negatively impact cellular energy and health.

Energy blockages are also emotional blockages that are stored in the chakras and the unconscious mind. These energy/emotional blockages must be flushed out, dissolved and released in order for you to be happy. In addition, in order for you to be happy, you must build up your inner power and energy from the inside – by filling yourself with chi energy. This book will teach you how to do this.

Through the techniques in this book, you will learn to live in the moment and in the flow. By living in the moment and in the flow, you will cultivate an ongoing feeling of inner peace and relaxation. Your body will then automatically draw-in and freely distribute chi energy (life force energy) throughout your body and brain.

Chi energy (life force energy) is available to you in abundance. It is positive energy. It is high vibration energy. It is the energy of life. You must be able to easily and automatically tap into the spiritual
dimension (the source of chi energy) through your energy body (aura, chakras, meridians and soul). This book will teach you how to do this.

The road to happiness is the road on which you maximize positive energy and minimize negative energy through your acts, speech, thoughts and beliefs. The road to happiness is the road on which you protect yourself from negative energy. It is the road on which you avoid negative and toxic people, environments and situations and erect and maintain reasonable boundaries and psychic shields to protect your energy.

It is the road on which you flush out and let go of the grip of negative and painful memories and the painful past. It is the road on which you let go of narrow and rigid beliefs. It is the road on which you adopt open and positive beliefs and make your mind more of an observer and a receiver of information—and less of a judge and analyst All of this will help you reduce stress in your life and conserve and boost your energy. But, to do this you must quiet your mind, and free it of mental chatter and ongoing and running thoughts. This book will teach you how to do this.

The road to happiness is the road on which you heal the unconscious mind. It is the road on which you change beliefs from negative and rigid ones to open and positive ones. This is imperative because the unconscious mind and beliefs affect the conscious mind and thoughts. When the unconscious mind is healed and beliefs re-programed, the conscious mind becomes much more peaceful and positive. Thoughts become more positive.

The road to happiness is the road of loving yourself (flaws and all, without judgment). It is the road on which you forgive yourself for, and let go of, past mistakes. It is the road on which you stop trying to control, manipulate or change others and just let go, be and live in the flow and in the moment.

In this way, you avoid frustration and stress (which generates negative energy for you and burns the energy you need to conserve so you can enjoy life). The road to happiness is the road on which you treat yourself and all others with kindness and respect. It is
the road on which you minimize stress, conflict and drama in your life.

On the road to happiness, you live in the moment with full awareness, focus and attention. You become a keen observer of the details in the moment, moment by moment. You live in your heart, the middle of your forehead and your senses (and not ongoing thoughts). This is called to live in the moment and the flow. You learn to control and focus your thoughts on positive and productive activities. You learn to monitor your thoughts and emotions and move quickly from the negative to the positive.

On the road to happiness, you conceive and create and you enjoy the moments of life. You do not live mired in continuous uncontrolled, unfocused and often negative thoughts. Instead, you quiet your mind, center and ground yourself and live more in your senses (and less in your thoughts). You observe, and take in, all the details of the moment through your senses (without ongoing thoughts that take you away from the moment). You learn how to quickly return to peace of mind, inner peace and the details of the moment when you get agitated.

The road to happiness requires you to re-program your beliefs from negative to positive, from narrow and rigid to open. If your beliefs are rigid and negative, your thoughts and inner voice will be negative and agitated. This will generate stress and negative energy. By re-programing your beliefs (from negative to positive and from rigid and narrow to open), you will greatly reduce negative thoughts and a negative inner voice that cause stress. This book will teach you how to re-program your beliefs.

Through the techniques in this book, you connect and fully integrate with your soul and spirit. You elevate your heart and soul over your ego and intellect in governance of self. You will fully integrate your higher self and inner child into your personality (i.e., your loving, happy, peaceful, and holy higher self and your fun-loving inner child filled with wonder and joy).

As you fully integrate your higher self and inner child into your personality, you become more fluid, open, peaceful, happy, positive,
optimistic, loving and flexible. Over time, you will feel a lot of love in your heart and body – inner peace and high vibrations. This is the feeling of spirit and chi energy. We call this ongoing feeling the “flow” or the “flow of love.”

Peace of mind and inner peace are critical aspects of happiness. Peace of mind and inner peace come from living in the moment and flow of unconditional love and not in negative, running and ruminating thoughts. The flow of unconditional love will bring you a feeling of completeness and harmony that leads to happiness – inner peace, peace of mind and joy.

Through this book, you will learn to monitor your thoughts and related emotions. This is called conscious mindfulness. You will learn to accept, forgive and let go. You will learn to not try to control, manipulate, judge or change others. These are sources of stress, because they consume a lot of energy and often result in resistance. You will learn to subdue ego, the main source of stress and negative energy. All of this leads to happiness – an inner state of being.

Through this book, you will learn how to build up your power and energy from the inside. You let go of stored emotional pain (layer by layer) and the grip of the painful past and negative and painful memories. You learn how to build a strong, intact and vibrant energy body, swept clean of negative energy. This will bolster your happiness.

The road to happiness is the road of love of self and others. Love is about making yourself and others happy. Love is positive energy. When you fill yourself up with positive energy and when you generate and project positive energy, this positive energy is love. This positive energy comes back to you in multiples for happiness. You generate and project love (positive energy) through prayer including prayer for others and self, by giving thanks and meditating and through positive thoughts, acts and speech.

Positive energy is generated and projected from positive thoughts, acts and speech and positive interactions with others. Just a few kind words and
gestures generate a lot of positive energy (love). To help and serve others, even in small ways, generates a lot of positive energy (love). When you celebrate and enjoy life, you generate a lot of positive energy (love). You will generate and project positive energy through peace of mind, inner peace and high vibrations. All this positive energy (love) comes back to you in multiples.

The road to happiness is the road on which you make your happiness your number one priority. The road to happiness is the road on which you say goodbye to conflict, drama and stress and the people, environments and situations that keep you in an ongoing agitated state. It is the road on which you focus on cleansing, healing and building up your energy body and being healthy. It is the road of life and good health. It is the road on which you take good care of your health. It is the road on which you eat cleanly, exercise daily, take vitamins, minerals and natural supplements and build up your physical body. Prevention, wellness and vitality bring happiness.

The road to happiness is a road on which you live to enjoy life and fully experience each precious moment of life. You simplify your life and un-clutter your mind and pacify and balance your mind, body and spirit. You do all this to substantially reduce stress and negative energy in your life.

The road to happiness is the road on which you silently express gratitude for life and its blessings. It is the road of the heart-centered meditation, heart-centered prayer and the visualizations in this book. It is the road of love of self and others. It is the road of flexibly adapting to circumstances and changes. It is the road of conscious mindfulness.

The road to happiness is the road of an open and peaceful mind and inner peace. It is the road of accepting and letting go of the painful past, and accepting others and the world (as they are). It is the road of detaching from people, things and situations. It is the road of life, love, living and being. It is the road of raising your vibrations. It is the road on which you center, ground and balance yourself and focus on expanding the light from inside your heart and body.
The road to happiness is the road of enjoying and giving thanks for life’s simple pleasures and being fully connected to nature, life and a few special loved ones in your life.

The road to happiness is the road of self-love. It is the road of fully energizing and empowering yourself, becoming full of self-confidence, power, energy and high self-esteem. It is the road on which you focus on making yourself happy.

You no longer give away your energy or power to anyone. You learn to prevent others from negatively impacting your energy or power through your own negative reactions, thoughts and emotions. In other words, you learn to control your thoughts, emotions and reactions and maintain reasonable boundaries and psychic shields.

The road to happiness is about re-claiming your birthright to feel and be happy, healthy, balanced and full of energy, love and power.

**This book will provide you with specific techniques to get you on (and keep you on) the road to happiness no matter what happens in life.**

In the beginning of my spiritual journey, I discovered meditation. I worked with meditation instructions combined with meditation music I found in various CDs. At first, I found it difficult to still my mind. But, over time I learned to do it. Eventually, I was able to meditate for hours at a time. Meditation brought me peace of mind and serenity. It also helped me focus my thoughts on command.

Then I became aware of my energy body—soul (higher self), aura, chakras, meridians and nadis. I learned about the healing power of chi energy. I was introduced to Reiki and other types of energy healing through which we can easily bring in and send out chi energy for healing and relaxation. I met energy healers and got energy cleansing and healing. I experienced the power of chi energy (life force energy) and the healing energy of unconditional love from the heart.
There is great healing power in the mind, the physical body and the energy body when they work in tandem. Chi energy is easily drawn, processed and distributed for good health and happiness when you pacify and balance mind, body and spirit.

My spiritual journey began in 2003; the year I first went to China on business. In China, I learned about chi energy. I met Buddhist monks and observed their serenity, kindness, balance and happiness. When I returned to the United States, a psychologist told me that psychics were healing his depressed patients. He was baffled. I was intrigued.

I dove into New Age and Buddhist thought. I bought meditation CDs and meditated daily to stop mental chatter, focus my mind and reduce stress in my life. I used meditation to reduce my own worry, anger and fear. Meditation quickly worked to reduce stress in my life.

Then I turned to spiritual prayer – simple, sincere prayer from the heart (heart chakra to be more precise) that you say with your eyes closed and mind focused and still. I turned to organized religion for simple prayers and the proper order of prayers.

In spiritual prayer, you praise and thank the Creator and ask for forgiveness, protection and blessings. Spiritual prayer, along with meditation and visualization, help cleanse and heal the energy body. Expression of gratitude from the heart, with a focus on one’s blessings, is also important for happiness and good health.

I worked on meditation and visualization techniques to develop my ability to monitor my mind and focus it on command on the details of the moment and positive thoughts. I also worked with crystals combined with meditation and visualization. All of this helped me achieve inner peace and peace of mind, raise my vibrations and repel, shake off and burn off negative energy.

I learned how to cut energy attachments and cleanse energy blockages. I used visualization and meditation techniques combined with crystals to melt the hard shell around my heart chakra, to open my
heart and mind and release and flush out emotional blockages.

Then I learned about practical ways to reduce stress.

Over time, I felt high vibrations and pleasant sensations in my body. These vibrations and sensations came from the Divine. I was able to feel spirit, as my energy body was cleansed and healed. Once I felt it, I knew chi energy and love were real. I was on the road to happiness.

Along the way, I had been hit hard by low vibration negative energy and it was painful. So, I also learned through experience that pain and illness originated in low vibration, negative energy. I learned that now vibration, negative energy was also real.

I decided to become a Reiki practitioner because Reiki is specifically focused on the use of chi energy for healing. Reiki also teaches that low vibration, negative energy is a primary cause of disease, stress and unhappiness—and that high vibration chi energy is the antidote.

I learned how our reaction and attachment to trauma and stress factors generates negative energy that blocks and damages our energy bodies.

I learned how negative energy, energy blockages and energy attachments compel ongoing negative thoughts, emotions, acts, speech and reactions. All this negativity is stressful and generates more and more negative energy that depletes our energy. Emotional pain (stored in our chakras as energy/emotional blockages) makes it difficult for us to draw in, process and distribute chi energy. This brings us pain, illness and unhappiness.

I trained and got attuned through the various levels of Reiki. I used Reiki to help heal many people. What is Reiki? Reiki is energy healing that comes from Zen Buddhism. Ki is Japanese for chi—the universal energy for life, health and happiness. Reiki means universal life force energy. Reiki is energy healing. Reiki healers send chi energy that they draw from the Universe (at amplified rates) to heal others.
On another occasion, I felt powerful vibrations in my aura. I first felt these high vibrations around three in the morning. I had fallen asleep in my chair during meditation. The vibrations of this powerful, spiritual energy came over me and woke me up. The vibrations went on for twenty minutes and startled me. These vibrations were intense, but they did not hurt me.

I had felt negative energy, which can be powerful and painful energy. The energy that I felt that night was powerful but not painful and felt good. I knew the difference between this energy and negative energy (which can be painful). Later I often felt warm and soothing sensations in my heart when I prayed and meditated and did Reiki love shares with others.

Energy became real for me when I felt it. Now, when I meditate in my heart and pray from my heart, I often feel the high vibrations and soothing sensations of chi energy. I also feel warm, peaceful and soothing sensations in my body when I receive remote/long distance Reiki. I also feel high vibration when I get hands on Reiki. When you feel energy, you know it is real.

When my class of eight got attuned for Reiki level 1, we all felt the powerful, pulsating vibrations of chi energy pour out of our hands. It felt like our hands were energy faucets that sprayed out high vibration chi energy. We were amazed. We were ready to do Reiki healing.

When I gave Reiki healing and “got into the zone” I felt the energy pulsate from my heart chakra through my hands. The people I worked on felt the chi energy too. They felt better and relaxed after a healing session. Many reported that they felt lighter and happier as the Reiki treatment removed negative energy from them.

Six months into daily meditation and prayer, I felt a warm and soothing sensation in my heart. This sensation is the feeling of chi energy/life force energy. It is the feeling of unconditional love. This sensation is pleasant and soothing. It made me feel complete, safe, peaceful and sleepy. This sensation is the feeling of unconditional love.
I felt this peaceful sensation when meditating one evening and then again when I got remote/long distance Reiki healing. I also felt this sensation on other occasions when I meditated. This taught me a very important lesson on my spiritual journey.

I learned that love is Divine energy. It is chi energy/life force energy and the way chi energy/life force energy feels in the heart and body. So, life, life force energy and love are all one thing. Chi energy is Divine energy that we can channel to ourselves and each other through our hearts for relaxation and healing.

Energy is everything. We are energy. We are surrounded by energy and kept alive and healthy by chi (life force) energy. We may think of ourselves as matter. But, even matter is energy. It is lower vibration energy (compared to the higher vibrations of soul and spirit). Matter is energy trapped in a low vibration physical structure. Our physical bodies (which are primarily salt water and minerals) and the life force energy that keeps them going are quite sensitive to energy—both negative and positive energy.

The energy body parallels the physical body and the physical body is a reflection of the energy body. We are spiritual beings (consciousness and energy—soul and spirit) that occupy a physical body to have a physical experience.

Our physical bodies are animated by our energy bodies. Our physical bodies are machines that enable us (us being our energy bodies and consciousness, i.e., soul, spirit and consciousness) to experience life in the physical dimension.

In other words, we are high vibration energy and consciousness connected to low vibration machines—i.e., the physical body. Illness often starts as a problem in the energy body (i.e., low vibration negative energy, energy blockage and energy attachments).

Positive energy (i.e., high vibration chi energy) heals illness and pain by raising our vibrations. Low vibration, negative energy cannot continue to exist in a high vibration host. So, it is zapped out of the
energy body through high vibrations. As the energy body gets healed with the high vibrations of chi energy, the physical body gets healed.

Earth energy and kundalini energy also nourish us, energize us and keep us alive. Earth energy travels from the ground through the soles of our feet and into our legs and bodies. Kundalini energy travels from our lower back up our spine and out our head. We need chi energy, earth energy and kundalini energy for good health and happiness.

The aura draws chi energy from the soul. The soul exists in the spiritual dimension where there is an abundant source of chi energy. Chi energy is like oxygen in the spiritual dimension and our souls are our own chi energy tank.

Chi energy is the energy that animates our physical bodies and keeps us alive and healthy. It is high vibration energy visualized as white light. It feels like unconditional love in the heart and body. It is very peaceful, calming and healing energy that is essential to good health and happiness.

Chi energy is drawn from the Divine dimension into the body through the breath and the chakras. The chakras process chi energy and pump it into the body, where it is then distributed through the meridians and nadis. Of these chakras, the major ones in the torso are most important for good health and happiness—i.e., the chakras that correspond to the heart, the solar plexus, the navel and the lower back (and these chakras relate to the various bodily organs that they keep healthy with chi energy).

The heart chakra is the essential chakra for drawing in chi energy and pumping it through the body and brain. The meridians and nadis are energy channels that run throughout the energy body. Chi energy enters the bloodstream as life force energy from the meridians and nadis that correspond to the arteries and veins. This life force energy keeps us alive, happy and healthy and nourishes all our cells.

Life force energy comes into our bodies as pure white light from our souls. This white light is then processed by the chakras, which
break the white light into the respective colors of the spectrum. Each color corresponds to a major chakra. Each major chakra nourishes a different bodily organ with that color light. The meridians and nadis are energy channels through which chi energy is distributed as life force energy to the cells of our bodies. Chi runs through our circulatory, nervous, respiratory, digestive, immune and lymphatic systems and keeps them functioning properly.

Negative energy forms blockages to this flow of chi energy through our bodies. If we have energy blockages (primarily from stored emotional pain) chi energy cannot flow freely through our bodies. Energy blockages damage and drain our energy bodies and undermine the connection we have to the spiritual dimension.

Energy blockages cause pain and illness because they constrict the free flow of chi energy in us and lower our vibrations. Also, chi energy will not flow freely through us if we do not breathe deeply and slowly, maintain healthy diets, stretch and exercise daily and maintain good posture.

As mentioned elsewhere in this book, good health and happiness go together. A good diet is important for good health. A good diet is a clean diet that consists primarily of living foods - i.e., primarily whole plant-based foods. These foods include vegetables, fruit, seeds, nuts and whole grains (especially quinoa). It is best to eat raw and organic plant-based foods because they contain the most chi energy (life force energy) in them along with protein, vitamins, minerals, antioxidants, oxygen, water and fiber. They also contain the least amount of toxins in them. This is a high vibration diet because it contains living foods that contain life force energy. This is also an alkaline diet that promotes an alkaline pH balance in your blood, which is important for good health.

Eat a lot of dark, green leafy vegetables such as spinach, kale and arugula. Eat a lot of salads, fresh juices and smoothies. Eliminate or at least minimize processed and packaged foods and refined sugar along with meat and dairy. These are dead foods and if they are not organic, they contain toxins - i.e., chemicals and heavy metals. The
ingestion of toxins triggers disease.

To maximize oxygen and chi energy in your body and maintain an alkaline ph balance, drink a lot of pure water, exercise daily and breathe deeply. Don’t smoke and minimize coffee and alcohol. Eliminate soda and drinks sweetened with refined sugar. Drink filtered, distilled or spring water that is free of chemicals (such as fluoride and chlorine) that could trigger disease. Avoid unfiltered tap water.

By eating and drinking clean food and water, your energy, energy body, physical body and vibrations will all get boosted for good health and happiness. At the same time, stretch, exercise and maintain good posture to boost your energy and vibrations and the free flow of chi energy in your body.

Deep sleep is important for good health and happiness. When you sleep deeply, you draw in chi and you get rested and rejuvenated. Calming meditation and silent prayer from the heart (in which you ask the Divine for a good night sleep) just before you go to sleep will help you sleep (once your energy body is cleansed and healed). Energy cleansing and healing will help you sleep. Also, if you have trouble sleeping, ask others or a Reiki practitioner to send you long-distance Reiki. The energy they send will help you sleep. There are good natural supplements for sleep also such as valerian root, 5 htp, gaba, melatonin and magnesium. Cocoa and chamomile are also helpful.

Vitamins, minerals and natural supplements are important for good health. On a daily basis, take good size doses of multi-vitamins- A, B complex, C, D, K1 and K2. Take good size doses of Co-Q 10/Ubiquinol, Turmeric or Curcumin, Probiotics and Omega 3, 6 and 9 (fish oil, and/or flaxseed oil and hemp oil). Eat fresh onion, ginger and garlic (prebiotic foods). Eat coconut oil, walnuts, almonds, cashews and other nuts and seeds (chia seeds, pumpkin seeds, flaxseeds). Eat fermented foods such as Kimchi.

Use the following supplements for depression and anxiety: St. John’s Wort, Sam-E, 5 HTP, Holy Basil, Colloidal Gold and Silver, NAC, Medicinal Marijuana and Cannabis Oil, Ormus/Monoatomic
Gold, Valerian Root, Gaba, Kratom, Skullcap, DHEA, Siberian Ginseng (Eleuthero), Ashwagandha, Tryptophan, Lion’s Mane Mushrooms, Inositol and Choline, Dark Chocolate/Cocoa, Kava, Chamomile, Magnesium, Gaba, Passion Flower, Coconut Oil, Lactium and L-Theanine along with amino acid supplements and protein powder.

Reiki healers channel amplified chi energy to others for healing and to relieve stress and pain. Chi energy invigorates and re-charges, relaxes, heals illness and relieves pain. It removes negative energy. It breaks up energy blockages and dissolves energy attachments. Negative energy is low vibration energy. The best antidote for pain and illness caused by low vibration negative energy is high vibration chi energy.

This book is about happiness and its relationship to energy. The topic begs the question: Why are so many Americans unhappy and what is the role of energy in unhappiness and happiness? Millions of Americans suffer from depression, anxiety and insomnia. Millions more are unhappy and stressed out. Over 40 million Americans take anti-depressants, anti-anxiety medicine and/or sleeping pills. Something is wrong.

When I examined the question of happiness from the perspective of energy, the answers were evident. In the United States, many of us are unhappy because our minds are turbulent. We are stressed out. Our thoughts run and spin without control. They wander into the future and are mired in the past. We have lost connection with the spiritual dimension, the source of inner peace, good health and happiness.

Our own thoughts generate most of the negative energy in our lives. They are often turbulent and negative, jumping from the painful past to the worrisome future. They cause us to hold onto emotional pain from the past.

The event that caused us emotional pain is normally momentary. But, then we generate more emotional pain through our ongoing negative thoughts about the event. We need to maintain inner peace
and high vibrations to be happy.

Negative energy, energy blockages and attachments lower our vibrations and impede the free flow of chi energy. They compel negative thoughts and emotions that generate more negative energy for us.

Energy blockages cause insomnia, pain and illness. Energy attachments compel obsessive running and ruminating thoughts and addictions. Energy blockages and attachments cause mental and physical illness.

Negative energy, energy blockages and attachments deplete our energy and cause our energy bodies to function at a low vibration. We need our energy bodies to function at a high vibration to burn off, shake off and repel negative energy and thereby be happy and healthy.

We need all of our energy to be happy and healthy. Energy depletion will undermine your health and happiness and damage your immune system. Negative energy, energy blockages and energy attachments are psychic waste that agitate and drain our energy. We must purge them to be happy and healthy.

When we experience trauma (especially as children), we lose part of ourselves (as our auras get damaged and we lose a strong connection to our souls). This is called soul loss. Soul loss diminishes our connection with the spiritual dimension.

With soul loss, we often feel numb, become withdrawn and experience personality changes. We often get filled with negative energy. Negative energy damages our aura and forms blockages in our chakras, meridians and nadis. A hard shell forms around our heart chakras and our hearts are numbed to prevent us from feeling further emotional pain.

One of the worst traumas is child abuse. This abuse consists of mental, physical, verbal and/or sexual abuse. The victim of child abuse loses power, identity, a sense of self and energy. Soul loss occurs and in
many cases disassociate disorder occurs. The victim often withdraws into himself or herself. The aura is shattered and chakras and meridians are blocked. Negative energy pours in. Beliefs are changed from positive and open to negative and rigid. Mental illness normally results from child abuse. Multiple personalities often result from child abuse. The multiple personalities are related to soul loss and the shattering of the aura by trauma.

The victim of child abuse often empowers ego and intellect for protection. Ego generates and projects negative energy, which could take the form of anger, fear, guilt and/or shame.

The light inside the child is often devoured by negative energy from child abuse. The child often retreats into the perceived safety of ego and intellect. The child often stops feeling (and instead feels numb). In the child’s new perception of the world, feeling causes emotional pain. So, it is important to stop feeling. Ego tells the child that he or she needs to be tough and smart to survive in a hostile world. Ego tells the child that love is a weakness.

Most of us were born with clean and healthy energy bodies and a good immune system and other bodily systems. Most of us were born without negative energy blockages and attachments. Most of us were born happy, peaceful, balanced and content, fully connected to the spiritual dimension through our souls. We were born full of light and love, wonder and innocence.

Child abuse will often harden us to make us “tough in a tough world.” But, this just prevents us from feeling love, loved, loving and lovable. Ego numbs us. Often, ego puts us in a state of fear, anger and worry in a “hostile world.” Sometimes we become bullies. Sometimes, we lose empathy. As adults, a piece of us may feel like it is missing from childhood trauma. We often end up with low self-confidence, low energy and low self-esteem.

Stress is a primary cause of negative energy. Stress primarily comes from our own ego-oriented reaction to external events. Stress comes from ongoing clashes between us and others (i.e., ongoing
drama and conflicts). These clashes are caused by ego. But, most stress comes from our ongoing negative thoughts about the painful past and the worrisome future. It comes from negative thoughts associated with negative and rigid beliefs. It comes from a negative inner voice.

Stress comes from negative and toxic people and environments in our lives. It comes from negative and toxic environments, situations and relationships and not erecting and maintaining boundaries and psychic shields to protect our privacy, power and energy.

Stress comes from not forgiving ourselves and others and not letting go of emotional pain (which causes us to have ongoing negative thoughts about ourselves and others). Stress comes from an agitated and negative mind and living life mired in negative thoughts about the past and worried thoughts about the future.

Stress comes from burdening ourselves with continuous to-do lists, activities and chores. Stress comes from not accepting others as they are, but trying to control, change and manipulate them. This requires more and more power and energy, leading us to clashes, conflicts and drama.

Ego requires us to fight or run (to live in a fight or flight mentality). This leads to frustration and exhaustion and a lot of negativity and stress. Instead of accepting people as they are, accepting the painful past and letting go, ego pushes us toward conflict and drama. Ego wants us to fight. Ego causes us to obsess.

Ego tells us that there is no law other than self-interest. Ego tells us there is no Divine or Creator. Ego is about logic and intellect. It cannot feel love. Ego thinks but does not feel.

We generate and project negative energy through our egos and intellect to accumulate power and possessions and to defend ourselves from perceived threats. Ego leaves us in a state of agitation, worry and fear. We feel alone, vulnerable, mortal and threatened in a hostile world. This leads to thoughts, acts and speech that generate negative energy.
Ego makes us angry about the past and worried and anxious about the future. Ego believes that our existence is physical and temporary and can end at any time. So, we must be on guard 24/7 and we must protect ourselves from perceived threats.

Ego sees many threats. Ego generates running and spinning thoughts and ruminations. If no threats exist, ego will create them. Ego will create enemies through conflict. Ego goes back and forth between self-centered, fear-based beliefs to self-centered, selfish beliefs. Ego craves power, control, domination and respect.

Ego sees us as separate, transient, physical and mortal beings in a hostile world filled with threats. Ego makes us feel weak, threatened and afraid. Ego tells us we need to control others and bring others down for our own protection—even if it means hurting or deceiving others in the process.

In other words, ego tells us that we get ahead by hurting, undermining and destroying others. Eat or be eaten. Kill or be killed. Ego perceives the world as a zero sum game- your gain is my loss.

Ego may make us feel guilty if we hurt or deceive others in pursuit of self-interest. Ego then holds onto guilt and ongoing thoughts of what we have done.

Ego does not permit us to forgive ourselves and let go of guilt. In some cases, ego makes us believe we should be rescuers of others. In such circumstances, ego feeds off the energy and power of others to build up our own self, instead of permitting us to build up our self from the inside.

Ego does this because ego thrives in a negative, agitated and low vibration energy host. Ego does this to generate more and more low vibration, negative and agitated energy. Ego makes us generate more and more agitated and negative energy through our beliefs, thoughts, emotions, acts, speech and reactions.

Ego fills us with negative energy by making us angry, hateful,
jealous, afraid and worried. It makes us feel self-pity, self-hate, regrets, resentment, shame and guilt. At the same time, ego tries to prevent us from filling up with love/positive energy/visualized white light (i.e., high vibration chi energy). All this undermines our happiness.

We can never satisfy the demands of ego. We can never have enough money, possessions, power, control and respect for protection and to survive and thrive in a “hostile world.” We need more and more possessions, power, control and respect for survival and protection.

We focus on dominion and control of others and the material world for energy and power. We get caught on the treadmill or dejected when things do not go right. Ego keeps us agitated and tormented as we generate more and more negative energy for ourselves. We cannot relax, because our minds will not relax when ego is in charge.

When things go badly for us, ego tells us to make things bad for others. It tells us to pass the pain down. Ego can make us grumpy, manipulative and mean. When we are unhappy, ego tells us to make others unhappy. Ego combined with imagination often tempts us to hurt or deceive others. When we are bullied, ego tells us to bully others. Ego tells us to pass down pain. Ego sees life as a zero sum game. My loss is someone else’s gain and someone else’s gain is my loss. This leads to jealousy, anger and fear. Someone takes from you, so you must take from another. Hit back. Strike preemptively. Kill or be killed.

Ego still lives in the jungle. It wants us to live there too. If the jungle does not exist in reality, then ego creates the jungle for us as our own delusional reality. If life can be long and beautiful, ego insists on making it nasty, brutish and short. Ego brings us ongoing conflicts and dramas, both real and imagined and creates the delusion of threats when none exist. It compels us to get into fights and conflicts with others as we find ourselves in “ongoing clashes of wills.”

Ego does this because it thrives off of low vibration, negative energy. So it works through our beliefs, thoughts, acts, speech, emotions and reactions to generate low vibration, negative energy for us.
This keeps us in a state of stress and agitation that undermines our health and happiness.

Bullies and abusers are another source of negative energy. Bullies and abusers can take away our power, drain our energy and destroy our self-confidence and self-esteem. Bullies and abusers keep us in a state of fear, agitation and anxiety—a state of stress.

Bullies and abusers cause us to doubt ourselves and our abilities. We often hold onto the abuser because ego causes us to believe that we cannot achieve anything on our own. We become co-dependent on the bully or abuser.

Ego often makes us believe we must rely on others who we believe are “stronger” to fill the void in us that is caused by abuse. For happiness, we must end co-dependency and, instead, build our strength from within and rely on our own power and energy that comes from within and from the spiritual dimension.

Instead of depending on negative and toxic people, we must avoid them and build and maintain strong boundaries between us and them. We may also want to erect psychic shields. This will reduce stress in our lives.

For happiness, we must build up our energy and power from the inside. We must fill ourselves with chi energy visualized as white light through the techniques in this book. We must stop living in our thoughts and heads, which is the domain of ego.

Instead we must center ourselves in our hearts and bodies. When we are in our heads, we must center ourselves in the middle of our foreheads, the location of our will and focus. This will enable us to control and focus our thoughts.

For happiness, we need to cleanse, heal and build up our energy bodies, calm and balance ourselves and raise our vibrations. We need to stop negative thoughts and move to positive thinking and living in the flow and the moment. We do all this through the techniques in this book.
We were born eternal, spiritual beings of white light connected to the Divine and each other. We are beings of love, light, freedom, holiness, peace and happiness. We do not die. Our bodies die and we live on. So, in reality, there are no threats to us.

We are eternal spiritual beings that possess a physical body to have a short physical experience. Our physical bodies are primarily composed of salt water and minerals. So, in essence we are mostly spirit, consciousness, salt water and minerals. Therefore, in order to be healthy and happy, we must fully connect with, embrace and feed our true essence (spirit, consciousness, salt water and minerals) with Divine energy.

Of course, our physical bodies are partially earth (i.e., minerals) too. We nurture our earth aspects by exercise, posture, hydration and diet and by drawing in chi and earth energy.

Good health and happiness require us to find a strong connection to the Divine and love (love for ourselves, love for the Divine and love for others) from within. This takes daily heart-centered meditation and prayer from the heart and living a life oriented to love of self and others and being in the moment and in the flow.

Trauma makes it difficult for us to feel love, peace and happiness. Trauma hardens our hearts, empowers our egos, and keeps us mired in negative thoughts related to painful memories. The worst traumas in our lives come from lack of love in childhood and child abuse (neglect, psychological, emotional, physical and sexual).

Widespread child abuse in our society (which includes physical, psychological, emotional and sexual abuse and neglect) has created a nation suffering from post-traumatic stress disorder. Our hearts become numb and our minds become negative.

Childhood trauma can rip apart our energy bodies and, as a result, it can shatter our personalities. Negative energy fills up all the cracks and fissures in our auras from childhood trauma and forms negative energy blockages in our aura, chakras and meridians.
As adults, these blockages, and our damaged energy bodies, do not draw-in, process and distribute sufficient chi energy for a peaceful, healthy and happy life. The negative energy in us compels ongoing negative thoughts, acts and speech, which generate more and more negative energy for us. Victims of child abuse often end up with mental and emotional illnesses as adults. Child abuse leads to low self-esteem and low self-confidence.

Many of us have ongoing negative thoughts and are unhappy as a result of stress, conflicts and traumas in life. Many of us move from negative thoughts to imbalanced thoughts and behaviors. Many of us busy ourselves with countless errands, rushing around, watching TV, etc. to suppress painful memories, to stop ongoing negative thoughts and dull emotional pain.

Tens of millions of us take pain killers, anti-depressants and anti-anxiety medication. Tens of millions of us take sleeping pills. Sometimes, we even feel dead or a void inside ourselves. We may turn to drugs or addictive behaviors to fill the void. We seldom look inside ourselves for healing and for happiness. But, this is precisely where we have to look.

When we hold onto emotional pain, layers of energy blockages form in our energy bodies. Energy blockages and attachments compel us to have ongoing negative thoughts, a negative inner voice and ongoing negative emotions, acts, speech and reactions. Negative energy blockages feed our fears and jealousies. We feel we need more and more to survive and thrive.

The ego keeps us in the painful past and worrisome future or tries to distract us from them through obsessive, running, spinning and ruminating thoughts, compulsions, to-do lists, activities and chores. Ego keeps us from looking inside ourselves for happiness, energy and power. Ego blames others for our unhappiness and looks for scapegoats. This does not bring us relief from emotional pain. To find relief, we must go inside our hearts, soften our hearts and free our hearts of emotional pain.

Our own minds often create a negative reality. We form
negative and rigid beliefs- conscious and unconscious beliefs. We then have ongoing negative thoughts that result from negative and rigid beliefs. These negative thoughts generate more and more negative emotions, memories and energy for us and they compel ongoing negative acts, speech and reactions.

We focus on negative news, because negative news affirms our pessimistic outlook and generates low vibration, negative energy for us. Negative energy that enters us results in negative beliefs, thoughts, acts, emotions, speech and reactions that generate more low vibration, negative energy for us.

Our own pessimism and negativity draws us into conflicts and negative interactions with others. This leads to more negative energy for us. Ultimately, all this stored negative energy leads to depression, anxiety and insomnia. All this stored negative energy weakens our energy bodies and our immune system, leads to adverse changes to brain chemistry and causes illness, pain and unhappiness.

We stay connected to negative and toxic people, environments and situations. They affirm our negative beliefs and feed the low vibration, negative energy in us. As hard as we try, we cannot stop negative, running and ruminating thoughts and related negative emotions and addictions and obsessions. We cannot let go of the painful past and stop worrying about the future because our energy bodies are damaged, drained and blocked. We cannot release stored emotional pain or feel happy, balanced and peaceful inside.

This is understandable because we have never learned that there even is an energy body. We, therefore, do not know how to cleanse, heal and bolster it. We do not know how to flush out painful memories and related ongoing negative thoughts and emotions (as we think about or try to suppress the painful past).

We never learned how to rid ourselves of negative energy blockages or layers of emotional pain and energy attachments or elevate our soul over our ego in governance of self. We never learned how to change our conscious and unconscious beliefs and thoughts from negative to positive or to live in the moment, the flow and in our
senses. We never learned any of this because we did not know they even existed. This book teaches about this aspect of reality and how to achieve happiness by working in this aspect of reality-i.e., energy and consciousness.

We have not been taught to approach mental and physical illnesses as energy disorders i.e., energy body disorders that result in brain chemistry and brain wave disorders. Brain chemistry and brain wave disorders start as disorders of the energy body. As such, they can be reversed by healing the energy body.

To be happy, healthy and balanced, we must (i) remove and dissolve energy blockages in us layer by layer, (ii) detach energy cords, (iii) cleanse and heal our energy bodies, (iv) re-connect to our souls (through our heart chakras) and the flow of abundant life force energy available to us from the Divine and (v) repair our aura.

Energy body disorders include energy drainage, cracks and fissures in our aura, embedded negative energy, energy blockages and energy attachments and loss of a strong connection to the Divine through the soul. Energy body disorders compel depression and mood disorders and ongoing stress and unhappiness. They compel obsessions, addictions and unbalanced desire. They cause mood disorders, insomnia and sleep disorders. Energy body disorders ultimately cause mental and physical illness.

We can heal energy body disorders to achieve and maintain happiness. We do this through energy body cleansing and healing. We do this through meditation, prayer and visualizations. We do this through Reiki and other energy healing modalities including yoga, acupuncture, acupressure, qi gong, reflexology and massage. We do this through emotional release techniques in which we release stored emotional pain (often going back to the initial traumas in our lives to detach, let go and release them).

Without energy body cleansing and healing, it is impossible to stop negative thoughts, ruminations, unbalanced desires, addictions and obsessions or to focus your mind on the details of the moment. Of course, you may also need psychiatric
intervention and/or the care of a therapist. But, the energy work is essential to stop negative thoughts, ruminations, unbalanced desires, addictions and obsessions and focus the mind.

To be happy, we must feel happy. To feel happy, we must feel peaceful and balanced inside and raise our vibrations. We must greatly reduce stress in our lives. We must feel ongoing peace. We must believe that we are loving, loved and lovable human beings.

As you elevate soul over ego in governance of self, and as you focus your thoughts on positive and productive activities, and as you orient your life to love, you will feel happy. You will feel complete, balanced, comfortable and strong within yourself. You will live in the ongoing flow of unconditional love from spirit.

You will sleep well. You will free yourself of stress, fear, negativity and painful memories.

First, you must orient your life to love of self and others- being kind and respectful to self and others and making sell and others happy. You must orient yourself to maintain peace of mind, inner peace, balance, completeness, harmony, and high self-esteem and self-confidence (while being grounded and centered).

To be happy, you must feel happy. To feel happy, you must live in the flow and in the senses. To feel happy, you must live in the moment with full engagement, presence, focus and attention, relying on your senses. To feel happy, you must stop living in your thoughts. If you live in your thoughts, your thoughts will ultimately become negative. This is because thoughts and intellect are tied to ego. To feel happy, you must be relaxed.

To feel happy, (i) find ways to enjoy life’s simple pleasures each day, (ii) feel and express gratitude for life and its blessings each day, (iii) be fluid, accepting and open, (iv).do not dwell on the negative and on painful events in your life, but instead specifically enumerate your blessings and what you are thankful for each day, (v).do things that make you feel happy each day – do simple things and focus on the positive details of what you are then doing in that moment in
time (i.e., take a walk, exercise, do yoga, do arts and crafts, cook, clean, play music, dance) and (vi) celebrate life. To feel happy, express gratitude for all these little things.

In this way, you distract your thoughts and engage in positive activities. The emphasis is on focusing on the specific details of what you are doing and making sure the activity makes you happy.

To be happy, it is essential to stop negative thoughts and to center, ground and focus yourself. It requires you to keep your thoughts focused on work and on tasks. It requires your thoughts to be focused on positive and productive activities. Otherwise, center yourself in your heart chakra or solar plexus and the middle of your forehead, stop thinking and just be in the moment and flow.

Ongoing negative thoughts will bring you stress, deplete your energy and hurt your immune system and other bodily systems. First of all, get energy body cleansing and healing and keep your energy body clean and healthy and free of energy attachments and blockages. This is critical to develop a focused mind.

When you are in your head, center yourself in the middle of your forehead. This is the locus of will, intent and focus. Endeavor to control and focus your thoughts. Try to keep your thoughts from drifting into the past, the future and the negative.

If you are not centered in the middle of your forehead and body, your consciousness tends to float to the back and sides of your head, the location of uncontrolled thoughts, which often become diffuse, running, spinning and negative. This will lead to friction, conflict, drama, and stress and energy drainage.

Adopt conscious mindfulness. Through conscious mindfulness you monitor your thoughts and related emotions. Stop thoughts that generate negative emotions as soon as you can (such as anger, fear, hate, anxiety, worry, jealousy, etc.) and center, ground and yourself. Command yourself to stop thinking about that and then get back to living in the moment and flow.
A focused mind (focused on work, tasks and the moment and positive and productive activities) is critical to freeing yourself from negative thoughts, negative energy and stress. An unfocused mind often becomes negative because ego is tied to intellect and uncontrolled thought.

Energy body cleansing and healing is necessary to develop a clean, vibrant, healthy and intact energy body. This is necessary to feel and be happy. For initial energy body cleansing and healing, I recommend Reiki and other types of energy healing like qi gong.

After this, I recommend ongoing energy cleansing and healing through the techniques in this book (i.e., through prayer, meditation and visualizations and intentionally generating positive energy through your thoughts, emotions, acts and speech). Through a clean and healthy energy body, you will feel much less anger, fear and stress. You will stop dwelling on the painful past and worrisome future and live more in the flow, the moment and the senses.

Many seek happiness through material gratification. Many look for love by seeking it from others. But, love and happiness are feelings that are found within. Their source is the Divine. This book will teach you how to achieve the ongoing feeling of happiness (i.e., the feeling of joy, peace, balance and positive energy inside yourself). This book will teach you how to find love inside your heart chakra and body (i.e., the peaceful and pleasant feeling in your heart chakra and body that one feels from living in the flow of love).

Love is a feeling. It is the way chi energy feels in the heart chakra and body. Chi energy and the feeling of love come from spirit. This energy and feeling can be channeled to you from others, but, the primary source of love is spirit, i.e., the Divine.

When you feel positive and happy, you will be positive and happy. When you feel peaceful and serene, you will be peaceful and serene. When you feel love and loved, you will be loving and kind. So, for happiness and love, it is critical to cultivate these wonderful feelings. This can only be achieved through energy body cleansing and healing and maintaining a clean, healthy, vibrant and
intact energy body.

To be happy, orient your life to feeling love and loved, loving and loveable, happy and peaceful. Orient yourself to inner peace, peace of mind and a balanced mind, body and spirit. Love is about feeling and being happy, positive, peaceful, free and balanced.

Happiness comes from feeling ongoing inner peace. It comes from making you feel happy, strong, centered, grounded and complete. It comes from being kind and positive and not intentionally harming or deceiving others (because this only generates negative energy that ultimately comes back to you). When you feel positive and happy, you will automatically project positive energy. When you project positive energy, you will get positive energy back in multiples. This is the law of attraction.

If you generate and project negative energy, negative energy will come back to you. You will attract negative people and situations into your life. You will hurt your own health and happiness. This is the law of attraction.

Negative energy is the energy of unhappiness, pain and illness. It leads to negative thoughts, emotions, acts, speech and reactions. It causes stress (leading us to generate and project more and more negative energy that undermines our own health and happiness). Positive energy is the energy of life, health, happiness, peace and love. Positive energy is the antidote to negative energy.

Let go of past injuries, insults and traumas. Forgive, detach, let go and move forward with peace of mind and inner peace. Let go and release any negative energy that you are holding onto. Open your mind and free it of fear and negativity. Open your heart and you will automatically subdue ego and reduce stress and negativity in your life.

Through this book you will learn to reduce conflict and drama in your life and accepting others as they are. When you open your mind and heart and then relax, accept and let go, you will feel less tense. As you generate positive energy through meditation and prayer, you will automatically purify and pacify yourself. As you elevate soul
over ego in governance of self, you will generate positive energy that will automatically purify and pacify yourself.

By purifying and pacifying yourself, you will automatically dissolve, release and let go of stored negative energy- i.e., fear, worry, jealousy, hate, guilt, shame and anger.

Have faith, pray and express gratitude for your life and your blessings each day. Feel the great love the Creator has for you and know you are so loved by the Creator. You will feel inner peace through prayer and meditation.

The search for peace and happiness starts inside you - inside your heart, mind and body. Embrace and empower your holy, peaceful, happy and loving higher self. Embrace and empower your fun loving and happy inner child. Make the attributes of your higher self and inner child (happiness, holiness, peace, love, wonder and fun) an integral part of your personality. This will automatically happen as you meditate and pray each day.

Control your thoughts, acts, speech, emotions and reactions so they generate the least amount of negative energy. Have fun and enjoy the short miracle of life. Express your gratitude for life each day. Breathe in deeply, smile and say to yourself “It is great to be alive!!”

Happiness requires you to forgive, detach, let go and move forward in a positive way. To be happy, you must continuously let go of emotional pain that comes from injuries, traumas, stress factors, insults and offenses (and quickly return to peace of mind and spirit). The techniques in this book will teach you how to do this.

Negative thoughts generate and project negative energy. Negative thoughts lead to negative acts, speech, reactions and emotions that generate and project more negative energy. Negative thoughts come from negative, narrow and rigid beliefs. Negative thoughts and negative, narrow and rigid beliefs originate in the ego-oriented mind. They are the main cause of stress.
But, you can change your beliefs from negative to positive, from closed to open and from rigid to fluid. This is critical to stop negative thoughts. In this way, you will make your mind an open and fluid receiver of information – which is important to achieve happiness. This book will teach you how to do this.

Keep your mind focused on tasks, errands and work. These focused thoughts are positive thoughts.

When your thoughts are positive, your emotions, acts, speech and reactions will be positive. You will be a positive person who generates and projects positive energy. This book will teach you how to re-program your beliefs to be positive, fluid and open. It will teach you how to control and focus your thoughts.

Perhaps all you need to believe for happiness is that (i) there is a Creator, a soul and an energy body, (ii) life is good and life and nature are amazing, beautiful miracles to which you are connected through your energy body and the high vibration of life, (iii) you are unconditionally loved by the Creator, (iv) your soul is a spark of the Divine and you are connected to the Creator and the Divine through your soul and (v) you are here to enjoy and fully experience each precious moment of life, be happy and love yourself and others.

Maybe, it simply comes down to understanding you are a spiritual being that possesses a physical body. Perhaps, it comes down to simply saying yes to life- a short, wonderful miracle – and enjoying life. Maybe it simply comes down to embracing yourself as an eternal spiritual being, created from love and light, a miracle of creation and embracing and loving life in general and your life in particular.

Say yes to enjoying life and minimizing stress. Say no to ongoing conflict and drama. Accept, detach and let go. Open up your heart and mind. Embrace life as a short and precious miracle to be enjoyed, no matter what happens.

Through directed meditation, you will develop the ability to focus your thoughts. Through directed meditation, you will develop
concentrated mindfulness and the will of iron. Through conscious mindfulness, you will develop the ability to monitor your mind and body for negative thoughts and emotions and use your “will of iron” to stop negative thoughts quickly after they occur.

This book provides specific techniques to bring you happiness through a clean, vibrant, healthy and intact energy body. This book will teach you psychic shielding techniques and how to extract and detach energy blockages, cut energy cords and shake off, burn off and protect yourself from negative energy. It will teach you how to raise your vibrations.

Through the techniques in this book, you will feel happy, positive, calm and vibrant. You will feel alive and full of energy and power. You will see an amazing difference in your health, relationships and interactions with others.

Love and happiness are waiting for you. They are within your reach. They are inside you. Love, life, good health and happiness all go together. They come from the same source- the Creator. They come from being filled with chi energy (positive life force energy) and fully connected to and integrated with your soul.

Happiness comes from what you dwell on. So, dwell on your blessings and not on your losses. Dwell on what you are grateful for and not who hurt you. Happiness is the ongoing feeling of inner peace and joy. To feel happy, breathe deeply, smile and feel how good it is to be alive.

This book will teach you how to re-program your beliefs so that you know in your heart that: (i) you are so loved by the Creator, even if people have abused you and hurt you; (ii) you want to live, and be happy, healthy and free; (iii) you are a Divine spark of the Creator; (iv) life is beautiful and good and (v) life and health are short and temporary gifts to be enjoyed.

Intentionally make yourself and others happy. This is love. Make your happiness your primary goal in life. Make reduction of stress, conflict and drama your primary goal in life. HAVE FUN.
ABCS—Always Be Celebrating Something. Celebrate birthdays, anniversaries and holidays. Enjoy and have fun. This will generate a lot of positive energy for you.

Today is the first day of the rest of your life. Commit yourself to your happiness. – To feeling and being happy. Make your happiness the number one priority in your life. Live in the moment and learn from the past. Stop living in thoughts about the painful past or worrisome future.

As you practice the techniques in this book, you will find peace of mind and inner peace. You will restore your energy and power and you will feel peaceful, balanced, self-confident and happy.

This book provides specific techniques to (i) open your mind and your heart, soften your heart and re-set your beliefs to have positive thoughts going forward, (ii) flush out anger, hatred, depression, anxiety, worry, fear, greed, lust and jealousy, (iii) detach from the grip of negative and painful memories so they no longer consume you, (iv) reduce stress in your life by stopping negative and impulsive reaction to external events and (v) avoid and build psychic shields and boundaries with negative and toxic people.

This book will teach you how to raise your vibrations and to calm, ground and center yourself at the same time. It will teach you how to elevate soul over ego in governance of self and integrate your higher self and inner child into your personality.

You must feel your way into happiness. You cannot think your way into happiness. You cannot feel happiness in your intellect, ego and thoughts. To feel happy, you must be in the peaceful flow of unconditional love that comes from the Divine. This book will teach you how to do this.

Balance is necessary for happiness. Balance means to live within normal boundaries that you set for yourself. Live in these boundaries and protect them, while respecting the boundaries of others. Balance also means to be centered and grounded. This book will
teach you how to center and ground yourself.

Addictions and obsessions are also addressed through energy body cleansing and healing and cultivating balance. Addictions and obsessions come from ego-oriented energy attachments. These energy attachments compel imbalanced desires and obsessive thoughts. They cause cravings and negative changes to both brain chemistry and brain wave activity.

Through our egos, we spin out energy attachments to people, things, behaviors and substances to fill a void in ourselves. This book will teach you how to end obsessions and addictions by attacking them first at the energy body level and filling the void with chi energy (life force energy).

This book will change the way you think. It is not about religion or religious beliefs. It is about happiness. It is about energy healing – healing with chi energy (life force energy), the peaceful and high vibration energy of unconditional love from Divine. It is about energy you can project and draw into yourself.

Let’s get started:

What is happiness? Happiness is a feeling of peace, balance and joy. Happiness requires you to have a peaceful and balanced mind, body and spirit. Happiness requires you to have a clean, healthy, vibrant and intact energy body. When you are happy, you are filled with positive energy. You are peaceful, relaxed and relatively free of stress. When you are happy, you automatically radiate positive energy to others and this makes others happy too.

You cannot be healthy, happy and positive until you rid yourself of negative energy and energy blockages and attachments. Negative energy and energy blockages and attachments will lower your vibrations and make you feel; unhappy.

Earth energy and kundalini energy are important for good health and happiness too. They help nourish you and keep you healthy and alive. Chi energy, earth energy and kundalini energy work together in the body. You can draw-in earth energy
through the soles of your feet. Kundalini energy runs up your spine from the base of your lower back. Chi energy, earth energy and kundalini energy invigorate your energy and physical body.

Happiness is achieved when you let go of painful memories and associated emotional pain. It is achieved with inner peace and peace of mind. It is achieved when you line up with your higher self and inner child and then incorporate the attributes of your higher self and inner child into your personality (holy, loving, happy, fun loving, innocent and fully engaged in life with wonder). It occurs when you elevate your soul over your ego in governance of self, connect with the Divine through prayer and meditation, fill yourself up with chi energy (visualized as white light) and feel complete, balanced, centered, grounded, confident and strong.

Happiness occurs when you rid yourself of low self-esteem, unhappiness, powerlessness, guilt, shame, regrets and self-doubt and the ego oriented attachments that come from these states of mind. Happiness occurs when you flush out energy blockages (and related emotional pain), cut energy cords and cleanse and heal your energy body.

As you incorporate the techniques in this book into your daily routine, you will feel ongoing peace and happiness. You will be in the ongoing flow of love- and this will make you feel happy.

Do not depend on others for your happiness, energy or power. Build up your energy and power on the inside through visualization, mediation and prayer. Build up peace, happiness, energy, strength and completeness from within.

Your primary relationships should be based on an equal exchange of energy. Your primary relationships should be with people who make you feel happy and relaxed.
These relationships should bolster your energy and not drain it. They should be based on mutual trust, love and affection. They should not be co-dependent or imbalanced relationships.

They should not be ones in which you do not fully trust the other. You can tell when relationships are wrong for you if they involve intrusive people or bullies, if they put you on edge or keep you mired in drama and conflict or if they drain your energy.

Establish and maintain boundaries. These boundaries become your energy shield and your own space. Protect your boundaries, rights, energy, power and privacy. This is critical for happiness.

Boundaries will help build up your power from the inside. With respect to boundaries, you determine what to do or not do and say or not say. You have the right to say no. Through boundaries, you preserve and protect your energy, power and privacy. You should only let the people in you want to be with.

Traumas can cause a hard shell to form around the heart chakra. This hard shell makes it difficult to draw in chi energy. This hard shell makes the heart hard and numb, and makes it difficult to feel, give and receive love. If we cannot feel love, then it is difficult to give and receive love.

To be happy, you must be able to feel love. To feel love, this hard shell must be melted and layers of emotional pain released from the heart chakra. To feel love, the heart chakra must be softened and cleansed, healed and opened. This book will teach you how to do this.

This book will teach you how to stop running, ruminating, spinning and obsessive thoughts. It will teach you how to shut off the negative, critical and judgmental inner voice.

This book will teach you to stop judging and trying to change and control others. It will teach you how to accept everyone for who they are without trying to change or control them (efforts to control and change others often lead to egocentric clash of wills, conflicts and drama-which is stressful and generates a lot of negative energy).
A peaceful and positive mind leads to a peaceful and positive spirit and body. A peaceful and positive. Spirit leads to a peaceful and positive mind and body. This book provides exercises to pacify your mind and spirit.

This book also recommends holistic approaches, hydration, diet, nutrition, natural supplements and regular exercise for the physical body. A healthy physical body helps bring happiness. Good health and happiness go together.

Happiness is about freedom – freedom from stress, pain (emotional and physical pain), disease, negative thoughts and a negative inner voice. Freedom will come with regular inner work –i.e., meditation, prayer and visualizations. Happiness requires you to feel free, relaxed and open. The inner work will help you cultivate a clean, healthy, vibrant and intact energy body.

By cultivating a clean, healthy, vibrant and intact energy body, you will become happy. You will free yourself from ongoing stress and negativity including worry, anger, fear, hate, jealousy, greed, lust, guilt and shame. You will free yourself from negative thoughts and beliefs and obsessive, running, spinning and ruminating thoughts. You will free yourself from the grip of the painful past and worries about the future. You will be able to live in the moment and in the flow.

The following is also important for good health and happiness: daily exercise (walk a couple of miles a day, do yoga, dance, aerobic exercise, weights, etc.), a diet rich in fruits and vegetables, a lot of water (hydration), the outdoor air and good posture, stretching and daily enjoyment of life and nature.

Celebrate life, holidays, birthdays. You don’t need a special occasion. Make special meals and do special things with your closest loved ones and best friends. Celebrate life!!

You are connected to life through your energy body and vibrations. Take in the energy of nature and life through deep breaths through you nose. Feel it in your heart chakra. Take in all the beauty
of life and nature through your senses. Feel your connection to life and nature.

Make your health, happiness, balance, peace of mind, inner peace and freedom from tension and stress the main priorities in your life.

Say: “I am so fortunate to be alive. My number one goal is my own health, happiness, inner peace and peace of mind.” Now, achieve this goal by daily application of the techniques in this book.

Going forward, nothing else takes priority over your good health and happiness. Going forward, nobody else takes priority over your good health and happiness. First and foremost, you have an obligation to love yourself unconditionally (i.e., make yourself healthy and happy).

Re-program your beliefs with positive affirmations. Positive affirmations work on deeply held beliefs in the unconscious mind. These beliefs result in thoughts in the conscious mind. They also result in acts and speech. When one’s beliefs are positive, his or her thoughts, acts and speech will be positive.

Positive affirmations start with the powerful words “I am” followed by descriptive words. Close your eyes, shift into your heart and say positive affirmations over and over to re-program your beliefs. Say them with conviction. Believe them and feel their effect on you when you say them. Feel good when you say them.

For example, say to yourself over and over positive affirmations such as:

“I am happy and healthy. I am so grateful to be alive. I am so grateful for all my blessings. I am peaceful and serene. I am loved, loving and lovable. I am courageous, competent and strong. I am thoughtful, kind and considerate. I am polite to all others. I am perfect just the way I am. I take care of my body and my
health. My number one priority in life is my health and happiness.”

The one person who can love you the most is you. To feel and be happy, you must always love yourself unconditionally. You must honor and respect yourself, make yourself happy, forgive yourself and not harshly judge, criticize or condemn yourself.

Love your life. Feel comfortable and strong in your own skin, even when you are alone (especially when you are alone). The greatest way to show that you love yourself is by making your health and happiness your number one priority. You cannot truly love others unless you are happy and healthy and filled with love yourself.

You are unconditionally loved and accepted by the Divine. Through your holy soul, you are connected to the Divine and part of the Divine. You deserve love, peace, power and happiness. This is your birthright. Do not let anyone take your birthright from you. Do not take it from yourself. Through your soul, you are a holy, happy, powerful, loving and lovable human being who is so loved by the Creator.

You were created you to be happy and to enjoy your life. Focus your deepest love, affection and attention on yourself. Love and cherish the miracle of you. Be positive and kind to yourself by cultivating a positive and kind inner voice. Do this through the techniques in this book.

In her book, the Creation of Health, Caroline Myss writes on page 6 as follows:

“In recent years, we have, as a society, turned our attention toward studying the effects of stress upon health. There is general agreement between both the medical community and the public that stress is indeed a major contributor to disease such as heart attacks, high blood pressure, ulcers and nervous disorders.”

Say the following positive affirmations to yourself: over and over: “I am committed to being happy and making myself feel happy
inside. I am lovable and loved. I am loved and safe. I deserve to be happy. I am light and I am love. I am happy, peaceful and serene. I am filled with peace, love, light and joy.”

Positive affirmations will help you get on the road to happiness. Say these positive affirmations over and over to yourself. Recite them to yourself whenever you get angry, frustrated, agitated, afraid, worried or stressed out. Believe them and feel good when you say them. Say them with your eyes closed as you center yourself in your heart.

Now gently smile. Notice how you feel when you smile. Who controls that? You do. The simple act of a smile can change your day from negative to positive.

To attain happiness, meditate in your heart and pray from your heart daily with your eyes closed. Meditation and prayer work to elevate soul over ego in governance of self.

Anybody can send unconditional love from their hearts. Work with others. Have them send you unconditional love from their hearts as a visualized stream of white light. You can send them unconditional love from your heart as a visualized stream of white light. Do this with others at the same time. This is called a love exchanges or love share. You can do this on a remote basis. You will feel it and enjoy it. When you feel unconditional love as a warm and soothing sensation in your heart, you will understand that humans are connected to each other through their souls and spirits/energy bodies.

Focus on your body. Scan it. Can you distinguish between your physical body and your energy body? Can you feel subtle vibrations in your hands, your arms, and your body? Do you feel that you are something more than your physical body? What you are feeling is you as a soul, spirit and consciousness connected to a physical body. Bring the palms of your hands close together and focus on the space between them. Feel the vibrations.

Notice how a person in front of you senses your presence and gets uncomfortable if you get too close. Your bodies do not touch, yet
the person in front of you senses your presence. You are in that person’s space. You have invaded that person’s boundaries. Your aura touches that person’s aura.

Visualize yourself as a bubble of energy that is inside your forehead. This bubble is you as consciousness. Shift the bubble into other parts of your body (particularly your heart and your solar plexus). This energy bubble is you. This is you as spirit and consciousness.

Stand up and focus on your body. Do you feel you are identical with, or larger than, your body Most likely, you will feel larger than your body. This is you as your aura- which surrounds your body. You are not your body. That is why your body is called “your body.” You are eternal consciousness and spirit connected to a physical body.

Put your hand over your heart or solar plexus and shift your consciousness and energy into it or into your solar plexus. Imagine that your consciousness is a bubble of energy in your forehead. Now push that bubble down into your heart chakra and then your solar plexus through visualization and applied will.

Live in your heart or solar plexus. Live in your body center and not in your head. When you are in your head, center yourself in the middle of your forehead. This will keep your mind quiet and peaceful, once your energy body is cleansed and healed.

When you center yourself, visualize that you are a kung fu fighter. Position yourself for combat. Ground, center and balance yourself. Plant your feet firmly on the ground. Shift your consciousness from your head to the center of your body. Quiet your mind. Rely on your senses. Focus. You are now completely focused on the moment with full awareness, attention and engagement.

As you walk, drive or just be, keep yourself positioned like this inner kung fu fighter. Be focused with full awareness, attention and engagement in the moment. Do not let thoughts and distractions take you away from the moment. Use your senses to observe without
ongoing thoughts. Your senses will get much sharper and your intuition will improve as you silence your thoughts and become more of an observer through your senses.

Life is a series of moments. Do not live each of these moments mired in thoughts about something else or somewhere else. Live fully engaged in the moment, moment by moment.

You can burn off, shake off and repel negative energy by generating high vibrations. This book will teach you how to do this. When you are filled with positive energy, you will automatically generate and project positive energy and repel negative energy.

Your energy body determines whether you feel happy. But, your energy body is impacted by your beliefs, thoughts, and emotions. This is because you generate and project energy through your own thoughts, intent and will.

Live. Enjoy life. Have fun. Stop thinking so much. Smile. Slow down. Breathe deeply. Breathe slowly. Monitor your mind and stop negative thoughts as soon as they occur (negative thoughts generate negative energy as well as negative emotions, acts, speech, reactions). Because the ego is tied to thoughts, thoughts will always go negative if you live in your thoughts.

Use your brain like a laptop computer, to solve problems, to produce and implement creative ideas and to work on tasks. Then shut if off when you are not using it for positive and productive purposes. To live in your intellect, is not to live. Use your intellect when needed, but do not live there. Use your brain for creative and productive thinking only. Do not let your own thoughts take you out of the moment. Your thoughts will take you down the path of negative thoughts. Why? Because the intellect is connected to the ego, and the ego generates negative thoughts and negative thoughts generate negative energy.

Life is a miracle. Enjoy just being alive. Get into nature often and breathe in all that life deep into your lungs through your nose. Say to yourself “I am so happy to be alive! Thank you.” How amazing is life Focus on living things—plants, trees, flowers,
animals. Focus on the beauty, fragrances and sounds of nature. Quiet and empty your mind and just be, just exist and just live.

As you follow the techniques in this book, the white light inside you will expand from your heart chakra out. You will raise your vibrations. The love and positive energy inside you will radiate out from you, cleanse you and form a protective shield around you. You will automatically project this positive energy to others and get it back in multiples. You will automatically elevate soul over ego in governance of self.

Spend time in nature. Connect with nature. You will feel more connected to life by getting into nature. You will feel more alive and rejuvenated from the oxygen, beauty and high vibrations of nature. Spend time around large bodies of water, streams and rivers. They will relax you.

Fully live and experience each precious moment of your life. Focus on yourself and making yourself happy. Do not dwell on pain and negativity.

To feel happy, focus each day on what you are thankful for. Say thank you to the Divine for life and its blessings. Feel grateful deep in your heart. Gratitude will help raise your vibrations.

This book will teach you how to relax, let go and accept. This book will teach you how to be calm, breathe deeply, and be fluid and open. This book will teach you how to enjoy the simple pleasures of life. It will teach you to focus on feeling happy, peaceful and balanced inside to achieve peace of mind and inner peace.

With most people, love broadly by projecting positive energy and by making yourself and others feel happy. A nice greeting, a smile, politeness, kindness and respect are often enough with most people. This will project positive energy that will come back to you in multiples. When you are feeling happy, you will automatically project positive energy.

But, always maintain your boundaries and privacy. Save your deep love for the precious loved ones in your life who you let
you’re your boundaries and private space. These are the few people you can trust who make you happy and who love you and want you to be happy. Indulge them. Make them feel loved and happy.

Lavish your attention and time on your loved ones (and not strangers and/or negative and toxic people and energy vampires). Think about these positive few people in your life and not others. Have fun and enjoy your time together with them. Enjoy shared experiences together with them.

Let’s delve more deeply into ego and negative energy. Ego is rigid (and not fluid) because ego makes you ready for combat, for fight or flight all the time. Ego keeps you in fear and ongoing negative and defensive thoughts about self-interest and self-preservation. It makes you think about negative people and perceived threats. Ego cannot feel love because ego is located in the head and not the heart. In fact, ego sees love as weakness. Ego thrives in low vibration, negative energy.

Ego compels negative, thoughts, acts, speech and reactions. It perpetuates conflict and drama. Ego thrives on conflict and drama. You will get stressed out, drained and exhausted from ongoing conflict and drama. Related negative thoughts will also stress you out, and drain and exhaust you. Ongoing conflict and drama and ongoing related negative thoughts will bring you unhappiness. Through conflict and drama and related negative thoughts, ego will keep you mired in low vibration, negative energy and stops chi energy (the positive, high vibration energy of life) from flowing freely through you.

In her book, “Creating from the Soul, Unified Dynamic Consciousness,” Cheryl Glover writes on pages 76 through 77 that the ego makes us defensive. It feeds the need to be right and to convince others that we are right, and then to manipulate others to side with us. The ego drives us to being defensive and aggressive with anyone who disagrees with us or is a perceived threat. People quickly become enemies in our minds (the ego puts them in the “other” camp). As ego grows fear and hate turn into paranoia. The ego sees so many enemies and threats. It separates us from others. It makes others perceived enemies or threats. It makes self-interest the
center of our universe. But, it does nothing to make us feel happy, peaceful and balanced inside. If you crush others with preemptive strikes, ego then justifies what you have done – after all, you must kill or be killed. You must stop all real and perceived threats. Ego makes you brittle, rigid, hateful, vengeful, aloof, jealous and thin-skinned. This makes you often afraid and angry. This often puts you in a fight or flight mode.


Relax and find peace, balance and happiness within. Indulge yourself. Fortify a loving relationship with yourself, the Creator (the relationship you had with the Creator when you were a child) and others. Be positive. Be Zen-like. The more Zen-like and positive you are and the more often you connect with spirit through, meditation, prayer and visualization, the less likely you are to get stressed out, angry, worried, frustrated or afraid.

You must feel peaceful and free to be peaceful and free. You must feel happy to be happy. You must feel love and loved, to give love and to be lovable and loving. You must feel balanced, to be balanced. These feelings are generated through the techniques in this book.

**Some More on Negative Energy:**

While the most powerful engines of negative energy in your life are your own ego, thoughts, emotions, acts, reactions and speech, negative energy also comes from others. It comes from the negative thoughts, acts, reactions, speech and emotions of others. It comes from their intent to hurt, betray or deceive. Very dark negative energy comes from evil and sorcery. We are connected to each other through a collective energy field. Negative and dark energy can hit us from the outside through the collective energy field. But, the techniques in this book will teach you how to shield yourself from, repel and shake off negative and dark energy.
Negative energy that comes from human pain and suffering fills the collective energy field like pollution fills the air. Negative energy attaches to and embeds in your aura and blocks your chakras and meridians. It causes pain by generating toxins that embed in your muscles. It damages your energy body and then damages your physical body and brain chemistry and even DNA.

The most powerful source of negative energy in a person’s life comes from trauma and the most powerful trauma is child abuse (psychological, physical, emotional, verbal and sexual abuse and neglect). Child abuse comes from an adult who the child trusts, reveres and depends on. Extreme and sexual child abuse can rip a person’s psyche apart and cause arrested development and multiple personalities. From an energy perspective, it fragments a person’s aura and creates cracks and fissures in the aura. Negative and dark energy rush in to fill up the cracks and fissures. This negative and dark energy forms energy blockages. Child abuse leads to stored negative energy and emotions (fear, guilt, shame) and layers and layers of stored negative and painful memories and related emotional pain. It fills a child (born with tremendous love, light, happiness and wonder) with emotional pain, worry, guilt, shame and fear.

Child abuse often leads to what is referred to as soul murder. In severe cases, it can actually cause the victim to lose his or her connection with his or her soul. When this happens, the lower self or ego will dominate the child’s personality. The child will often lose his or her power, identity and sense of self. The child may become depressed, sullen and withdrawn.

Victims of child abuse can be helped with energy and spiritual healing. Shamanic work (soul retrieval and extraction) is often necessary along with Reiki and other types of energy healing, meditation, prayer and visualizations.

Another powerful source of negative energy is sustained hate, anger and fear. You can see how these sustained emotions can damage one’s mental and physical health. As mentioned above, there is a collective energy field and we are all connected to it. Negative energy
from others gets into this collective energy field and finds its way to us.

The negative energy that finds its way to us forms blockages that carry imprints of negative and painful memories. These energy/emotional blockages negatively impact the conscious and unconscious mind as well as in the aura, chakras and meridians. They compel ongoing fear, anxiety, anger, jealousy, etc. These blockages (and the related emotional pain and painful memories) can be expunged and released through a combination of visualization (surfacing the memories and flushing them out through visualization), energy healing, meditation, prayer and raising our vibrations.

In some cases, a person may have multiple layers of painful memories to release for cleansing and healing. They need to surface forgotten or suppressed memories and flush them out through visualizations.

Unless you flush out all the layers of stored painful memories and related negative energy, they will negatively affect your thoughts, acts, emotions and speech. They will harm your brain chemistry and brain wave activity and lead to mental and physical illness. They will compel ruminations, running and spinning thoughts. They will cause your mind to race.

Your mind will attempt to suppress negative and painful memories through distracting thoughts, activity, behavior and speech. It is much better to flush out painful memories rather than to suppress them.

Energy body cleansing and healing is critical to reverse the effects of child abuse and trauma. It is also critical to flush out painful memories and related stored negative energy.

Energy body cleansing and healing is also critical to end unbalanced desire, addictions and obsessions and heal brain chemistry and brain wave activity. It is critical to achieve a sense of completeness, balance, inner peace, peace of mind and joy.
Emotional release is critical to energy body cleansing and healing. People often cry when they flush out stored negative and painful memories and related emotional pain. This is normal. It is an essential step to achieving happiness.

You need to continuously forgive, detach and let go of emotional pain and negative and painful memories. Do not suppress them. To the extent you can, you need to bring them to the surface and release them. Send these memories love from your heart for healing.

Avoid negative and toxic people and environments. They will bring you a lot of negative energy. Always keep in mind that angry people are often filled with negative and dark energy. They are emotionally and spiritually ill and this is what compels their anger. Hurt people, hurt other people. So, send them love and pray for them. Avoid conflicts with them. Do not provoke them. Do not show fear or anger when around them. Stay far away from them if possible.

You can bring yourself a lot of calming energy through love shares and love exchanges, by remote Reiki, and by visualization through which you fill up with white light. You can also burn off negative energy by doing acts of kindness and by generating and radiating love, happiness and positive energy.

If you want to be happy, say it to yourself. Focus your mind on this intent to be happy. Meditate on this one thought. Visualize yourself as happy. Affirm your intent to be happy. Focus your intent to feel happy.

To feel happy, orient your beliefs, thoughts, acts and speech to the positive. Next, get started with energy cleaning and healing.

When you drive out negative energy and fill up with positive, life force energy (visualized as white light), you will feel and project positive energy. You will feel vibrant and alive. This book will teach you how to draw and build up this energy inside you.

We communicate and interact with each other in so many different ways and at so many different levels. We communicate and interact on a conscious and an unconscious level. Conscious
communication is with our words and our tone. Unconscious communication is with our body language, our expressions, our eyes and our vibrations. Unconscious and conscious communication need to be positive to generate and project positive energy.

If your energy body contains a lot of negative energy, you will feel negative. You will feel agitated and/or down. Under these circumstances, unconscious communication will also be negative. Likewise, if your energy body is positive, unconscious communication will be positive.

If you are scared and nervous, you will communicate fear. If you are hurried and anxious, you will communicate impatience. If you believe you are superior, you will communicate arrogance and judgment. If you feel you are inferior, you will communicate self-doubt and lack of self-confidence and self-esteem.

But, if you are filled with positive energy and love and feel you are equal to all others, you will communicate love, joy, kindness, patience, humility, affection, strength and compassion. Then, you will get back love and positive energy from people you encounter.

**OK: Let’s do meditation number one.** Close your eyes and get relaxed. Breathe deeply. Shift into your heart. Quiet your mind. Focus only on your deep and slow breaths.

Let go of everything. Relax and feel like you are floating. If thoughts come in, let them float away as you re-focus on your long, slow breaths in and out. Do this whenever you feel negative or stressed-out or are having ongoing negative thoughts.

Whenever you feel down, go into green nature (woods, forests, trails, mountains, etc.) or just focus on the color green or the greenery that is around you like trees. Whenever you feel stressed, go to large bodies of water or where there is running water, or just close your eyes and visualize them or focus on photos or videos of them.

When you are in nature, focus your attention on the beauty
around you, on specific trees, flowers and scenes. Just be in the moment. Life, nature and life force energy are related to happiness. Take long walks and admire the miracle of creation. Be in the moment.

Focus on the details of nature with all your senses. Observe and focus on objects in nature and shift to your heart chakra. Take it in with your eyes and your ears. Breathe nature deeply into your lungs. Focus on the fragrances, the beautiful fragrances of nature. Observe the trees, the leaves and the plants. Listen to the birds. Do the same with bodies of water or running water.

Surround yourself with life in your home - plants, fresh flowers, and pets. Tend to gardens and spend time in them. Happiness, peace and life go together. To be happy, spend more time in peaceful surroundings, in nature and around life. Make your home peaceful and positive. Keep your home filled with positive energy and free of negative energy. Keep your home uncluttered, clean and fragrant.

Fill your home with positive energy. How do you do this? Pray in your home, meditate in your home, play upbeat and soothing music and surround yourself with art and beauty in your home. Have fun and dance in your home. Keep your home clean and orderly.

Smudge and burn white sage in your home frequently to cleanse negative energy from it. Use salt and high vibration crystals in your home (i.e., orgone, citrine, smoky quartz, clear quartz and amethyst among others) to cleanse it of negative energy from it and to bring positive energy and higher vibrations to it.

Deeply love yourself and the few precious loved ones in your life deeply. Celebrate and have fun with them. Be kind, polite and respectful to all others. This will generate positive energy.

Fill yourself with positive energy. Stand erect, look up, breathe in deeply and smile. It is good to be alive. When you are filled with positive energy, your very presence will project positive energy and make you and others happy.
In his book Change Your Thoughts and Change your Life at page 15, Wayne Dyer considers the Tao and the writings of the ancient Chinese philosopher Lao Tzu. Dyer writes:

“The advice to practice “not doing” and trusting that all will settle into a perfect place may sound like a prescription for laziness and a failed society, yet I don’t think that’s what Lao-tzu is offering here. It isn’t saying to be slothful or inactive; rather he’s suggesting that trusting in the Tao is the way to be directed to the Source of your creation and to be grounded by a higher principle than your ego-driven desires.”

To be happy, pray from your heart on a daily basis. The most important prayer you can say is: “Thank you. I am so grateful to be alive. I am so grateful for my blessings.” Focus on your blessings and thank the Creator for them.

Stay on the path of prayer, meditation, love, kindness and positive thinking. This is the path of positive energy. Stop negative thoughts as soon as they come in. If you hear yourself complain or if you feel worry, anger or fear, let it go and return to the Road to Happiness, the path of positive energy.
Chapter I

WHAT IS HAPPINESS

Happiness Is Radiant Inner Peace and Vitality

Happiness is Peace of Mind and Inner Peace

Happiness is being in the Flow of Unconditional Love

Happiness is Freedom from Stress, Pain, Illness and Negativity

Happiness is Freedom from Anger, Fear, Worry, Anxiety, Jealousy, Guilt, Shame, Hate and Negative and Painful Memories

Happiness is Good Health and High Vibrations

Happiness is to Be Filled with Love and Joy

Happiness is to be Fully Engaged and Present

Happiness is to be Fully Energized and Empowered

Happiness is to be Peaceful, Balanced, Centered, Grounded and Strong

Happiness is Freedom from Depression, Anxiety and Other
Mood Disorders and Insomnia and other Sleep Disorders

Happiness is Balance

Happiness is the Ongoing Feeling of Being Complete and Filled with Unconditional Love (a Feeling of Bliss)

Happiness Is a Clean, Healthy, Calm and Intact Energy Body, Free of Negative Energy, Energy Blockages and Energy Attachments

Happiness is a Bright Aura, Clean and Freely Spinning Chakras and Clean Meridians and Nadis

Happiness is the Free Flow of Chi Energy

Happiness is a Peaceful Mind Free of Spinning, Running, Ruminating and Obsessive Thoughts

Happiness is Freedom from Addictions, Compulsions and Obsessions

Happiness is to Embrace Love, Kindness, Patience, Peace of Mind and Positive Thinking as Your Guiding Path, Have Fun and Enjoy Life

Happiness Is to Fully Incorporate your Loving, Holy, Happy and Peaceful Higher Self and Fun-Loving Inner Child into Yourself

Happiness is to feel and express gratitude for life and its blessings

Happiness is Love

Love Yourself, Love the Creator, Love Life

Do not Waste the Miraculous Gift of Your Life Mired in Stress, Negative Thoughts, Negative Emotions and
Conflicts and Drama. Every Moment of Life is a New Beginning to Re-Create Yourself as a Happy and Positive Person with Positive Beliefs and Thoughts. Choose happiness.

There are Two Wolves in Each Person, a Happy, Peaceful and Kind Wolf and an Unhappy, Angry, Unkind, Jealous and Hateful Wolf. They are at Constant War with Each Other for our Very Souls. Which Wolf Wins our Souls? The one we feed. By Feeding the Happy, Peaceful and Kind Wolf, through positive thoughts, acts and speech (and by elevating soul over ego in governance of self), we bring ourselves full power and energy and peace of mind, inner peace and joy (i.e., happiness). Do not Feed the Negative Wolf. Avoid Negativity and Stress. Avoid Conflicts. Quickly Resolve Conflicts. Quickly Forgive, Detach and Let Go of Hurt, Pain, Insults, Betrayal and Deceit. Quickly Let Go of and Avoid Drama and Conflict. Avoid Anger, Hate, Fear, Jealousy, Impatience, Worry and Meanness. Do Not Carry these Emotions Around with You. Do Not Take Revenge and Do Not Even Think About it. Let Go. This Will Only Undermine Your Own Health and Happiness. So Let Go and Move Forward with Peace of Mind and Inner Peace.

Happiness is the ongoing feeling of peace of mind, inner peace, joy, balance and harmony. It comes from the warm and soothing sensations and high vibrations of spirit and chi energy. It comes from fully connecting with life and nature.

The road to happiness is the road of unconditional love. It is the road on which you honor and love yourself unconditionally. Going forward, your primary focus must be on your own health
and happiness. You cannot make others happy unless you are happy and good health is a critical aspect of happiness. The road to happiness is the road on which you cultivate full power and energy from the inside. It is the road on which you cultivate the feeling of being complete and secure in your own self without co-dependency.

The road to happiness is the road of living in the moment, in the flow, in the heart and in the body and senses. It is the road on which you expunge worries and fears. It is the road on which you feel connected to nature and life through your senses. The road to happiness is the road of a clean, healthy, intact and vibrant energy body, filled with chi energy (white light) and free of negative energy, energy blockages and energy attachments.

As mentioned in the Introduction, to achieve happiness, you must cleanse and heal your energy body and free yourself of energy blockages and attachments. Negative energy, energy blockages and energy attachments impede the free flow of chi energy within you. You cleanse and heal your energy body by meditation, prayer and visualizations, deep breathing, good diet and exercise, good posture, hydration and stretching.

Energy attachments come from the outside. Energy attachments also come from the imbalanced and singular desire of our own egos. They include energy attachments to people, things, substances, behaviors and beliefs. Energy attachments are powerful forces of desire that bring us addictions and obsessions. Energy attachments are a way we fill a void in ourselves.

The void can be described as a feeling of incompleteness or lack that the ego tries to fill. But, these attachments will disturb your internal peace, joy and balance and keep you in a state of anxiety and/or agitation. Through energy cord cutting, meditation and prayer you will cut these energy attachments and fill the void inside you with positive energy.

To achieve happiness, you need to go within and expand the light that is in your heart. Expand it throughout your body. In so doing, you become full of light, peace, positive energy and love. You become
free and strong from the inside out. You free yourself from anger, stress and worry.

Open your mind. Rid yourself of rigid and narrow beliefs. Develop open beliefs through positive affirmations. Accept all including yourself, your past, all others and the world. Accept and let go- even if others have hurt or deceived you, or you have hurt or deceived others and even if there are great problems in the world. Accept all and let go.

Let go of the need to control others. Know that the only person you can control is yourself and your own thoughts, acts, speech and reactions. Embrace and cultivate the feeling of love inside yourself. Stay heart-centered and in the flow and the moment. Enjoy each precious moment of life. Control your thoughts and orient them to the positive.

Use calming, white light and zone out meditation techniques to reach a peaceful and balanced state of consciousness and to raise your vibrations. Send unconditional love as visualized white light often from your heart (to others, to self and to the world). This will help calm and balance you and raise your vibrations at the same time.

Use the exercises and techniques in this book to elevate soul over ego in governance of self and to raise your vibrations. This is self-love, i.e., to make yourself feel happy, peaceful, complete, powerful, joyful, energized and balanced. Fully connect to spirit and then focus on generating and projecting positive energy.

You stop generating negative energy by generating positive energy. You generate positive energy by orienting your thoughts, acts and speech to the positive and through meditation, prayer and visualizations. This automatically happens when you use the techniques in this book on a regular basis.

The techniques in this book will automatically cause you to elevate soul over ego in governance of self and cleanse and heal your energy body. You will cultivate high self-esteem and self-confidence from all the love, power and energy you feel inside
you. With your ego in check, you will feel happy, peaceful and balanced as you generate and project positive energy.

Reduce stress in your life, give yourself the gift of time for meditation, prayer and quiet reflection. Downsize, reduce and even eliminate debt to reduce stress. If your job causes you a lot of stress, change jobs. If your friends cause you a lot of stress, change friends. Adjust and be flexible. Do all you can to reduce stress in your life.

My wife tells a story about balance. Here is the story:

A professor who holds up an empty wine glass. He puts rocks in the wine glass and he asks his students if the wine glass is full. They say yes. He then proceeds to put fine pebbles in the wine glass. He asks if the wine glass is full. The students say yes. He then puts sand in the wine glass. The sand fills in the spaces between the rocks and the pebbles. He asks his students if the glass is full. They say yes. He then pours wine in the glass that is absorbed by the sand. Then he asks the students what is the moral of this exercise? The students do not know.

The professor says that the wine glass represents your life. You can fill your life with rocks. This represents education and knowledge and skills that you need for life. But, if you only have rocks then the glass is not full (your life is not full). The pebbles come next. The pebbles represent work and money. You need material things for life. But, if this and education and knowledge is all you have then the glass is not full. So, next comes the sand and the sand represents your spouse and your children and your closest friends and loved ones. So, how about the wine? Well the professor says even if you have education, knowledge, work and money and a wonderful family life, you still need to make time for wine once in a while.

This book provides practical techniques to become positive, happy, loving, peaceful, content and vibrant no matter what happens. How is that possible? It is possible because the road to happiness lies in the Divine dimension, where there is only peace, love and happiness. We are spiritual beings in a physical body. Happiness
requires us to connect, and fully integrate, with our Divine, spiritual aspects and focus on these aspects of self.

To feel happy, spend time in the Divine dimension each day through meditation and prayer. It will bring you internal peace and balance. Through the Divine dimension, you will achieve peace, joy and balance. The road to happiness is a road you can get on any time through the techniques in this book.

Happiness is a feeling and a state of mind and being. Happiness is a balanced mind, body and spirit, a healthy energy body, a healthy physical body and inner peace and peace of mind. When your energy body is clean and vibrant, chi energy, earth energy and kundalini energy freely flow through it to bolster your health and happiness.

Choose happiness, positive energy, life, good health, love, positive thinking and balance. They all go together (along with chi energy, visualized white light, high vibrations and the feeling of unconditional love) to make you feel and be happy.

You need to center and ground yourself for happiness. You center and ground yourself through the visualization techniques in the next chapter. You center yourself in your heart or upper solar plexus – the center of your torso. You center yourself in the middle of your forehead.

With the meditation, visualization and prayer techniques in this book, you will become strong, independent, self-confident and enthusiastic, while remaining focused, centered, balanced and calm. You will feel the high vibrations and peaceful sensations of spirit.

You will learn how to put up psychic shields to protect yourself from negative energy. You will learn to not judge, criticize or condemn yourself or others. You will learn to stop negative thoughts. You will learn to forgive, detach, let go and move forward in peace and joy. This will help end the grip of ego and ongoing thoughts that cause stress. This all will help you stay in the moment, in the flow and in the senses.
Through the techniques in this book, you will: (i) free your mind of regrets, guilt, shame, humiliation self-judgment and self-condemnation and rid yourself of the grip of memories that trigger these emotions and thoughts (through visualization), (ii) rid yourself of the internal critic, the internal crybaby, self-pity, low self-esteem, fear, anxiety, anger, hate, jealousy, guilt, shame, regrets, resentment and depression and other mood disorders, (iii) stop judging and condemning yourself, (iv) cultivate high self-esteem and self-love (not to be mistaken for a lot of ego), (v) control your thoughts so they generate the least amount of negative energy and (vi) incorporate your higher self and inner child into your personality (assimilate their attributes – happy, holy, loving, peaceful, fun-loving, and full of wonder).

Let’s try a meditation. Close your eyes. Take slow breaths in and out. Shift out of your head and into your heart. Focus only on your slow breaths in and out. Get into a relaxed state. Let go of all tension in your body. Visualize that you breathe in white light with each in-breath. Visualize that you release all negative energy, negativity and stress with each out-breath as black smoke. If thoughts come into your head gently let go of them by re-focusing on your breath. Keep your eyes closed. Breathe deeply (breathe in pure unconditional love as visualized white light and breathe out all negativity as dark smoke) and focus on these breaths (this is called black/white breathing. Focus on your breathing and your heart/body center.

Now picture yourself on the road to happiness. It is a long and winding road through lush forests, with colorful flowers and rainbows and blue skies and bright sunshine. It winds through the beautiful forests and mountains and lakes and streams and beaches of the imagination. There are no cars on this road – only you.

The road to happiness fills you with wonder and laughter, excitement and joy. Breathe in all that visualized nature. Ask the Universe to show you your safe place in nature. Mediate and let your safe place in nature come to mind without forcing it. Do you feel comfortable and relaxed there? If so, go back to your safe place in
nature through meditative visualization whenever you get angry, afraid, worried, and anxious or stressed out.

Use positive affirmations to re-program your beliefs from negative to positive. Say to yourself in your heart with your eyes closed “I am happy, peaceful and serene. I am loved and blessed. I am perfect just the way I am. I am strong, beautiful/handsome and smart. I am filled with peace, love, light and joy. I choose happiness, peace of mind and inner peace.”

Believe these positive affirmations when you say them to yourself. Feel good when you say them. Say them over and over again until you believe them and feel good when you say them. You are on the road to happiness.

If you momentarily get off the road to happiness, pick yourself up, dust yourself off and get back on it. Let go of negative emotion such as fear, anger, hate, jealousy, guilt, shame, worry, regrets or resentments. These negative emotions will weigh you down. They will melt away when you adopt a positive mind-set, elevate soul over your ego in governance of self, do the meditations and do the prayers and visualizations in this book to flush them out.

Create a positive world for yourself. Do not focus on the negative. It is not about wearing rose color glasses. It is about what you focus on. You know there are negative aspects to life. But, you choose not to focus on them for the sake of your happiness. Instead, you focus on living life and loving life and feeling happy, peaceful and balanced inside.

Do not blame yourself and others. Just be. Just live. Blame is connected to negative thoughts and emotions. It generates negative energy that will undermine your happiness. Blame negativity on the negative energy that gets into people. You will begin to see the light in all people and understand that negative energy compels people to have negative thoughts, become negative and engage in negative acts and speech.

If you hold onto the painful past, it will undermine your
present and future. It will undermine your happiness. Let go of the people who caused you pain and focus on kind, positive and loving people instead.

Focus on happy memories, images or scenes from nature. Focus on pets.

Substitute positive thoughts and images for negative ones.

When you focus on the positive it feels goods.

When you think about people who hurt you, you give them power over you. You permit them to take away your happiness, energy and power through your own thoughts.

Look at the world through positive lenses. There is illness, death, poverty, betrayal, and evil. You can dwell on these things. You can dwell on negative events and negative people. Or, you can choose to focus on positive and kind people, pets and loved ones and wonderful moments and memories.

You can choose to focus on the miracle of your life and its blessings. Alternatively, you can focus on what you lack. You can praise and thank the Creator or you can complain to the Creator. You can choose to have a turbulent mind or a peaceful mind. One path brings positive energy, good health and happiness. The other path brings negativity, negative energy, pain and illness.

You cannot be happy if you are filled with negativity and negative energy.

Perhaps, you look at the world through negative lenses because that is what you were taught. Maybe you believe that negativity is realism and hope and optimism are delusions. Perhaps you think that happy and loving people are weak or that happiness and love make no sense in a cruel world.

Maybe you believe that happiness will undermine your readiness to fight and defend yourself. Maybe you believe that
happiness will undermine your sharpness and preparedness for conflict in an unkind world.

Yet, love, light, positive energy and life are what you need for happiness. Happiness requires you to let go of the “I am in constant warfare” “I need to protect myself” “I need to kill or be killed” and “fight or flight” mentality and embrace happiness, optimism, love, kindness, peace and fun.

Happiness is your birthright. It comes naturally to children. You were happy at some point, right? Go back to these good memories. Close your eyes and visualize them. Feel how you felt then.

Go back to the playground. See yourself there with all of the children, laughing with joy. Maybe, you fall and get bruised. But, you dust yourself off and get back to the fun and excitement. You are squealing with excitement. You quickly stop dwelling on any pain or injuries.

Live life more like that child from your past. That child is still inside you, and is still part of your personality. Yes, life can be very tough and painful. When you fall down, get up and get back into the game. Forgive, detach, let go and move forward. Embrace your inner child and make him or her more a part of you. Avoid the people who cause you pain and drain your energy and crush your inner child.

What is happiness? Happiness is radiant inner peace and balance. It is a calm, quiet and peaceful mind. It is a feeling of joy. Happiness is feeling and being fully alive and vibrant. Happiness is feeling loved, lovable and positive and being a loving person. Happiness is fully embracing and loving life.

Happiness is balance of mind, body and spirit. If it could be defined in four words, those words would be life, love, peace and joy. If happiness could be defined in one word it would be ENERGY – to be filled with and radiating positive, calming, joyful, high vibration, life force energy.

To be happy, maintain a clean, healthy, vibrant and peaceful
energy body. Take care of your physical body and health as well. Indulge yourself, make yourself happy, get plenty of rest, keep yourself full of energy, self-confidence and self-esteem and sleep well. This book will teach you how to do all this. Stop letting negative beliefs and thoughts and negative people drain you of power and energy.

Focus your thoughts on positive and productive activities. Focus on beauty all around you. Do not dwell on the negative.

The techniques in this book take practice, but you will achieve happiness. You will free yourself from ongoing stress, negative beliefs and thoughts and from the negative inner voice. This will automatically happen as you incorporate the techniques in this book.

The Anatomy of the Energy Body

Everything is energy. We are energy. We are animated by energy. Energy is all around us. It is in us and in all people, animals, plants and matter. We are connected to all things and all others through energy.

Your energy body is attached to, and integrated with, your physical body. Your energy body parallels your physical body. Your energy body is your true and eternal self and your physical body is a mirror image of it.

Your energy body is essentially a blue print of your physical body. But, it also makes your physical body function. Your energy body and physical body work together.

Both the energy body and physical body have to be free of disease for happiness. Disease is triggered by negative energy and energy blockages and attachments in the energy body. Your energy body supplies your physical body with pure life force energy, as you draw in, process and distribute life force energy to sustain your life and health. Holistic medicine focuses on both the energy and physical body.
The energy body is composed of: (i) the soul (higher self) (pure love and happy and holy) (the soul connects us to the Divine dimension), (ii) an aura, which is the human energy field that surrounds the physical body and protects you from negative energy like a hard shell around your body (it includes seven layers of spiritual energy including layers that correspond to thoughts and emotions) (the aura and the soul work together to draw in chi or life force energy from the Divine dimension), (iii) chakras, which are spinning energy wheels connected to energy axles that go through our bodies from front to back (the chakras process and pump life force energy into the body to nourish specific organs in the body) and (iv) meridians and nādīs (meridians and nādīs are energy channels through which chi energy is delivered as life force energy to every cell of the body).

The Chinese system of medicine, acupuncture and acupressure and chi gong are based on the Chinese understanding of how the energy body interacts with and relates to the physical body. So is Ayurveda medicine and prana healing from India.

The soul or the higher self exists in the Divine dimension. The soul or higher self is filled with love, peace and holiness (like the Divine dimension in which it exists). It is a spark of the Divine and connects you to the Divine.

You will find this spark in your heart and in the white light that radiates between spirit and your heart. You draw-in chi energy (visualized as white light) (the energy of life, health and happiness) from the Divine dimension through your heart, soul and breath and then process and distribute that energy throughout your body.

Your soul is like your own chi energy tank that provides you with an unlimited supply of chi energy. But, in order to freely draw-in chi energy, you must remain attached to your chi energy tank. Then, in order to freely process and distribute this chi energy throughout your body and brain, you must get rid of negative energy, energy blockages and attachments connected to you. Many say there is a “silver” cord that runs from your soul to your aura through your heart chakra.
This “silver” cord is comparable to the hose that attaches a diver to his oxygen tank.

The aura is your protective energy shell. It protects you from negative energy. Think of your physical body as a peanut in a shell (the shell being the aura) that protects you from negative energy bombardment (akin to radiation in the physical dimension). You are protected by your aura so long as it is clean healthy, strong, vibrant and intact.

Negative energy is parasitic energy. It has no connection to the Divine dimension. It feeds off of the life force energy of humans. If attached to you, negative energy feeds off your life force energy. Ultimately, it will suffocate your energy body and block your connection to the spiritual dimension. Negative energy lowers your vibrations by compelling negative thoughts and emotions and causing illness and pain.
Human Energy Field
Below is a depiction of the Aura:

Below is a description of the Chakras from Wikipedia

The Brow Chakra

Ajna (along with Bindu, also known as the third eye chakra) is linked to the pineal gland which may inform a model of its envisioning. The pineal gland is a light sensitive gland that produces the hormone
melatonin which regulates sleep and awakening. Ajna is symbolized by a lotus with two petals, and corresponds to the color white, indigo or deep blue. Ajna's key issues involve balancing the higher & lower selves and trusting inner guidance. Ajna's inner aspect relates to the access of intuition. Emotionally, Ajna deals with clarity on an intuitive level.

Note: some opine that the pineal and pituitary glands should be exchanged in their relationship to the Crown and Brow chakras, based on the description in Arthur Avalon's book on kundalini called Serpent Power or empirical research.)

**Vishuddha: The Throat Chakra**

![Vishuddha](image)

**Vishuddha** (also Vishuddhi) may be understood as relating to communication and growth through expression. This chakra is paralleled to the thyroid, a gland that is also in the throat and which produces thyroid hormone, responsible for growth and maturation. Symbolized by a lotus with sixteen petals, Vishuddha is characterized by the color light or pale blue, or turquoise. It governs such issues as self-expression and communication, as discussed above. Physically, Vishuddha governs communication, emotionally it governs independence, mentally it governs fluent thought, and spiritually, it governs a sense of security.
Anahata: The Heart Chakra

Anahata, or Anahata-puri, or padma-sundara is related to the thymus, located in the chest. The thymus is an element of the immune system as well as being part of the endocrine system. It produces the T cells responsible for fend off disease and may be adversely affected by stress. Anahata is symbolized by a lotus flower with twelve petals. (See also heartmind). Anahata is related to the colors green or pink. Key issues involving Anahata involve complex emotions, compassion, tenderness, unconditional love, equilibrium, rejection and well-being. Physically Anahata governs circulation, emotionally it governs unconditional love for the self and others, mentally it governs passion, and spiritually it governs devotion.

Manipura: The Solar Plexus Chakra

Manipura or manipuraka is related to the metabolic and digestive systems. Manipura is believed to correspond to Islets of Langerhans, [27] which are groups of cells in the pancreas, as well as the outer adrenal glands and the adrenal cortex. These play a valuable role in digestion,
the conversion of food matter into energy for the body. Symbolized by a lotus with ten petals, the color that corresponds to Manipura is yellow. Key issues governed by Manipura are issues of personal power, fear, anxiety, opinion-formation, introversion, and transition from simple or base emotions to complex. Physically, Manipura governs digestion, mentally it governs personal power, emotionally it governs expansiveness, and spiritually, all matters of growth.

Svadisthana: The Sacral Chakra

Swadhisthana, Svadisthana or adhishthana is located in the sacrum (hence the name) is considered to correspond to the testes or the ovaries that produce the various sex hormones involved in the reproductive cycle. Svadisthana is also considered to be related to, more generally, the genitourinary system and the adrenals. The Sacral Chakra is symbolized by a lotus with six petals, and corresponds to the color orange. The key issues involving Svadisthana are relationships, violence, addictions, basic emotional needs, and pleasure. Physically, Svadisthana governs reproduction, mentally it governs creativity, emotionally it governs joy, and spiritually it governs enthusiasm.
**Muladhara: The Base Chakra**

*Muladhara* or *root chakra* is related to instinct, security, survival and also to basic human potentiality. This center is located in the region between the genitals and the anus. Although no endocrine organ is placed here, it is said to relate to the gonads and the adrenal medulla, responsible for the fight and flight response when survival is under threat. There is a muscle located in this region that controls ejaculation in the sexual act of the human male. A parallel is charted between the *sperm cell* and the *ovum* where the *genetic code* lies coiled and the *kundalini*. Muladhara is symbolized by a lotus with four petals and the color red. Key issues involve sexuality, lust and obsession. Physically, Muladhara governs sexuality, mentally it governs stability, emotionally it governs sensuality, and spiritually it governs a sense of security.

Negative energy will drain your life force energy and damage your energy body. As negative energy consumes your life force energy, you feel tired and listless. You may get depressed. Your energy body cannot easily and automatically draw-in, process and distribute life force energy. As a result, emotional, physical and/or mental illness may ensue. Work with Reiki and other energy healers and do the inner work to cleanse, heal and re-charge your energy body.

View negative energy as dirt. View chi energy (visualized as white light) as soap and water that washes the dirt off you. Because chi energy is high vibration positive energy, it shakes off, burns off, dissolves and repels low vibration negative energy. When you get Reiki or other types of energy healing or when you draw in chi energy through meditation, prayer and visualizations, the chi energy channeled into you is like water that is sprayed at high speed from a garden hose to wash off the negative energy from your being.
When you take a shower or bath, visualize all the negative energy wash off you and down the drain. Scrub your skin and visualize that you are scrubbing off negative energy from your aura. Your mind, visualization skills and will work together bring you great power to rid yourself of negative energy.

You automatically draw in chi energy from the Universe through your breath, your heart chakra and other chakras. You draw in chi energy in multiples when you project positive energy. When you draw in chi energy from the Universe and project it as love and positive energy from your heart, you continually cleanse and build up your energy body.

The aura is a combination of (1) electromagnetic energy and (2) spiritual energy. The emotional and mental layers of your aura determine whether you are happy or unhappy. If these layers are clean of negative energy, you will feel relatively positive, peaceful and happy. If these layers are filled with negative energy you will feel negative, agitated and unhappy. Mood disorders may result. You must extract and detach negative energy, negative energy blockages and energy attachments from your energy body to be happy.

Think of yourself as energy. Close your eyes and imagine yourself as invisible energy (as a spirit free of your physical body). For a moment, just be your aura that surrounds your body. Expand it out and bring it in through your will. Experiment with your energy body. Quiet your mind and feel the subtle vibrations.

Work with crystals in meditation and feel the vibrations from them. Put a vibrating tuning fork on your body to clear energy attachments from you. Feel the vibrations. These vibrations will shake off energy attachments and negative energy. Put a speaker near you and crank up loud rock music and feel your aura vibrate. This will also shake off energy attachments. You will feel high vibrations.

Hold the palms of your hands close together. Focus on the space between them. Push them toward each other. Do you feel anything? Do you feel the energy ball between your hands? Work with others to feel energy. Have them put their hands palm down very close to your
body. Slowly have them move their hands over your body about a quarter inch above it. Slowly move the palms of your hands to the palms of their hands. Do you feel anything - a tingle, a vibration? We all radiate energy that you can detect.

To be happy, you must feel happy. To feel happy, you must pacify and raise your vibrations at the same time. To feel happy, you must remove low vibration, negative energy from your energy body through the techniques in this book. You will feel happy as you cultivate the feeling of peace in your heart and then push out high vibrations as visualized white light throughout yourself from your heart chakra. Feel these vibrations radiate through and around you as visualized white light.

You cannot feel happy and carry around psychic waste at the same time such as guilt, anger, shame, fear, anxiety, worry, resentment, self-pity, regrets and jealousy. These negative emotions and the related negative energy will weigh you down and lower your vibrations. You cannot feel happy and carry around negative and painful memories.

You cannot feel happy while you are caught in the grip of obsessions, addictions and ruminations. You cannot feel happy and live in low vibration, negative energy and a turbulent and imbalanced mind and energy body. Happiness requires you to be filled with high vibration positive energy (chi) and peace. It requires you to have a peaceful and balanced mind and energy body.

Peace and happiness come as you spend more time in nature, around large bodies of water (and running water) and in the Divine dimension (through meditation and prayer). At the same time, peace and happiness require you to have fun, enjoy life, smile and laugh. This chases away negativity.

Spend most of your time with the few precious loved ones in your life and happy and positive people who love you and want you to be happy. These are the people who make you feel good. Surround yourself with love and positive energy. Be around the children in your life as they play. This will bolster the inner child in
you. Their happiness will boost your energy.

Focus your mind on positive and productive activities, like tasks, hobbies and volunteer work. Do volunteer work and give time (not just money) to charity. This will project positive energy that will come back to you in multiples.

Project yourself out of yourself. Project yourself out of your thoughts. Push yourself out of yourself. Get out of your thoughts. When you walk, stand erect and look up. This helps protect positive energy that will come back to you.

To be happy, stay in the peaceful flow of love found in the heart. You will feel this flow over time as you meditate in, and pray from, the heart on a regular basis. Do not react to angry and controlling people and bullies with anger or fear. Their negativity is a result of their unhappiness, emotional pain and illness. Do not let them make you unhappy and ill. Do not let them stress you out.

Do not hold onto negative and painful memories and related emotions. Do not hold onto injuries. Let them go. Do not think about them. If thoughts about them come in, change your thoughts.

Peace of mind and inner peace will come naturally as your energy body is cleansed and healed. When this happens, you will not get easily provoked. Painful memories will not grip and torment you anymore.

When you pacify your mind, you pacify your energy body. When you pacify your energy body, you pacify your mind. Thoughts, energy and emotions work together.

Scan your body and mind for negative emotions and thoughts. Use your will to stop them. Replace them with being in the moment, focused on tasks and positive and happy thoughts and images. Negativity only exists if you give it power through your own beliefs and thoughts.

To be a loving person, you must feel love inside your heart.
This will happen over time through the visualization and meditation exercises in this book and by living in the moment and in the flow of love. If you want to get a jump start on this feeling, get remote/long distance Reiki.

To feel love inside your heart (a soothing and peaceful feeling), you must melt the hard shell around it through the heart melt visualization techniques in this book. Shift your consciousness to your heart and live there and in your body center.

Send out love to others and the world as visualized white light from your heart. It will all come back to you in multiples. Love is energy and is subject to the law of attraction. Fill your home and office with visualized white light from your heart with the intent to fill these places with peace, love and positive energy.

**Visualization:**

Visualize a burning white ball in your heart center that sends out white light throughout your body and all around you. See visualized white light extend into every part of your body from your feet and legs, to your torso to your neck and head. Extend that light out about two to six inches in front of you and hold it there.

Picture yourself as vibrant, dressed in a white toga in white light and projecting a blazing white aura all around you. You are like the sun, the blazing sun. You are a happy, smiling, vibrant god or goddess. Picture it. This is you. This is your higher self, filled with love and happiness and holiness. This is the soul you were born with (your higher self) and a beautiful and vibrant energy body. This is you as a happy and self-confident person, full of love for yourself and all others. This is you as a high vibrating energy body. Visualize a cord that connects you to this light being, and then visualize that you and this light being merge and become one.

Visualize an energy shield of white light all around your body. Visualize that you are in the middle of this energy shield. Visualize that the shell is bright shiny and intact. It can be egg shaped or a ball of white light. Visualize it as a mirrored shell that only
permits pure white light to pass through it. It magically repels negative or dark energy, which appears in your visualizations as grey or dark beams. Negative and dark energy cannot attach to or embed in this shell. It is like glass. How do you develop such an energy shield? By closing your eyes, focusing from the middle of your forehead and using applied will, intent and visualization. Energy is moved and generated through applied will, intent and visualization.

Start with the first step. Close your eyes and center yourself in the middle of your forehead. Next, set your intent to be happy. Then, focus your intent and will to make yourself feel and be happy. Your ego, your thoughts and others will knock you off of the road to happiness from time to time. External events will make you unhappy from time to time. But, you control whether your mind is peaceful or agitated, positive or negative during and after these events.

Take your power and control back. You are the captain of your ship. You can control your thoughts. When you move into negative territory, recognize it, stop it and get back on the road to happiness.

This book lays out the steps to get there. The road to happiness is the road of light, love, positive energy and kindness. It is accessed through your heart. Shift your consciousness and live in your heart or body center (and not in your thoughts). Get out of your head when you are not using it as a problem solving tool. You feel your way into happiness. You cannot think your way into happiness.

Once you decide to get on the road to happiness, surrender your pain and negativity to the Divine. Forgive, detach, let go and move forward. Let go of resentment, anger, fear, guilt, shame and hate. Embrace light and love and positive energy as the only way to happiness.

Close your eyes and smile gently, as you shift your consciousness from your head into your heart chakra and say a positive affirmation to yourself. This affirmation is a positive statement of your conscious intent to be happy. Say these positive affirmations to yourself three times right now: “I am happy, peaceful and serene. I am thankful for my life and all that I have. I am one
with the Creator who is in me, with me and around me. I am so loved by the Creator and the Divine. I am filled with love, peace and joy.”

As my wife reminds me, happiness is a choice. You can remain mired in ego, negativity and pain. But, then you will never feel or be happy. You must choose happiness. So, if you make the choice to be happy and claim your birthright (to be happy), say to yourself from your heart at least three times the positive affirmations above and the following positive affirmation: “I choose to be happy. I make my primary goal to be happy. I deserve to be happy. I claim my birthright- to be happy.”

**You are on your way.**

In her book, the Complete Idiot’s Guide to the Law of Attraction, Diane Ahlquist writes on page 65 the following:

“Once you have decided to give everything you have to your intention to be happy, the next step is easy: be happy, moment by moment. There are those of you who might say that it’s easy for me to suggest that – you’re the one with ill health, no way to pay the bills, a partner who is a jerk, a family who won’t lend a hand, and a job you hate or no job at all, and so forth. But, there you go again, focusing on the lack or what you don’t want in your life!

There must be something out there that makes you happy. Is it the sunrise or the full moon? How about a rainstorm with a lightning show that’s better than anything you can pay for? Maybe you like the sound of the wind or the songs of falling waters? The point is, no matter what’s going on in your life, you can find a good thing or two to be grateful for. And that simple act of gratitude can help sustain you enough to focus your energy on the things you want to improve your life (instead of focused on where you are at the moment). You might have credit-card bills but you also have the eyes to read the bills, hands to open the bills, and people in your life that create the bills (your family!).” Tap into the positive energy of all the good things in your life. When negative thoughts come in, take a few moments to breathe deeply and focus only on your breaths in and out.”
The techniques to achieve happiness include:

Energy body cleansing and healing to get rid of energy attachments and attached and embedded negative energy in your energy body, energy blockages and attachments), soul retrieval and retrieval of lost pieces of the soul (caused by traumas) and healing of cracks and fissures in the aura (caused by traumas) and energy body re-charging.

Emotional Release-Let go of the grip of the painful past and worrisome future. Stop Anger, Fear, Worry, Anxiety, Greed, Jealousy, Hate, Arrogance, Thin-Skin, Pride, Self-Doubt, Self-Pity, Guilt, Shame, Low Self Esteem. Fully connect and integrate with your Holy Higher Self and your Fun-Loving and Happy Inner Child.

Daily Prayer – at least in the morning and evening, set up an altar in your home and pray from your heart with your eyes closed- the most important prayer is to give thanks for life and its blessings.

Daily Meditation – at least in the morning and evening – elevate soul over ego in governance of self through meditation.

Recite Positive Affirmations on a Daily Basis – a few times a day – to re-program your beliefs from negative to positive.

Practice Love of Self and Love of Others – Be Kind, Gentle, Patient, Caring and Forgiving with the Self and All Others – Focus on your Close Friends and Loved Ones, Do More to Make them Happier.

View Your Children as Jewels whom the Creator has Lent to You; You do not Possess them; You are here to Build Up their Self Esteem and Self Confidence, Fill them with Love and help them become Loving, Ethical, Kind, Happy and Balanced Adults.

Forgive Yourself and All Others in your Heart – This means to detach and let go and not let anyone take your power away by your own ongoing negative thoughts about them Never hold onto grudges,
low self-esteem, self-pity, guilt or shame – Use Meditative Visualizations to cut energy cords and invoke Archangel Michael to detach the energy cords that bind you to anyone, anything or any negative memory.

Positive Thoughts – Open your mind and get rid of rigid, negative and narrow beliefs. Keep your mind fluid and open. Then, change your beliefs from negative to positive, from pessimistic to optimistic. Keep your mind completely focused in the moment or on tasks.

Center yourself in the middle of your forehead and in your heart or body center. Do not wander to the past or future; shift consciousness to your heart and live there and not in your head; most of the time use your head as a problem solving tool; rid yourself of any negative or angry thought as soon as it occurs by distracting yourself and focusing on positive thoughts, images or details of the moment, and by doing calming meditation and deep breathing exercises, focusing solely on your slow deep breaths in and out.

Pacify the Running, Spinning, Ruminating Mind and Stress through Energy Healing and Meditation

Drive Out Self Doubt and Self Judgment, Self-Condemnation, Guilt and Shame and Low Self Esteem through Self Love Techniques and Meditation, Visualizations and Positive Affirmations

Approach Life as A Short, Wonderful Gift of Beautiful Moments to be Fully Enjoyed and Experienced

Have Fun and Be Cheerful

Be Grateful and Humble

Turn off TV News and Talk Radio and Turn on Music,– TV and radio news and talk radio may scare, agitate or anger you – inform yourself by reading

End Obsessive Thoughts Including Obsessive Thoughts with Respect to Situations and Events That You Do Not Control; Detach from
the Energy Cords that bind you to People, Situations and Events that Cause you to Obsess about Them.

Raise Your Vibrations – Cultivate Inner Peace, Peace of Mind and Joy

Use Crystals and Essential Oil for Aroma Therapy

Use Acupuncture, Acupressure, Chinese and Indian Herbalists

Use Holistic Healers and Naturopaths

Regular Massages and Salt Baths and Salt Showers

Adoption of Love as the Guiding Principle of Your Life

Get Rid of Narrow and Rigid Beliefs

Adopt Open and Positive Beliefs through Positive Affirmations

Keep your Mind in the Moment and on Task; Be Fully Mindful of Your Thoughts and Emotions and Fully Aware and in the Present

Use Conscious Mindfulness- Identify Negative Thought Patterns and then Shut Them Off Through the Techniques in this Book

Maintain a Close Connection to the Divine Dimension and Mother Earth through Meditation and Visualization (White Light and Centering and Grounding Visualizations)

Control your Thoughts, Acts and Speech to Minimize your Generation of Negative Energy and to Maximize our Generation of Positive Energy

Experience Each Moment of Life with Full Senses, Full Intuition, Full Heart, Full Attention, Full Awareness and Full Joy

Stay in the Moment with Full Focus, Attention and Awareness

Enjoy each Moment of Life – Life is just a Continuous Series of
Moments for us to Enjoy

Fully Experience Each Person You Encounter by Observing and Engaging Them with Love, Compassion (an Open Heart), Kindness, Respect and Attention

Move your Consciousness from the Slavery of the Small, Logical Mind and the Slavery of Dogmatic Thoughts to the Freedom of the Peaceful, Open, Fluid, Expansive and Infinite Mind

Ground, Center and Balance

Forgive Self and All Others

Accept What Happened in the Past and Then Let it Go

Surrender the Painful Past to the Creator and the Divine

Substitute Faith and Prayer for Worry about the Future

Use Visualization and Positive Thinking Techniques

For Good Health - 1) Nutritious Diet of Primarily Living Plant Based Foods; 2) Lots of Water and Deep Breathing; and 3) Regular Exercise and Vitamins and Minerals and other Supplements including Probiotics and Prebiotic and Fermented Foods and Anti-Oxidant and Anti-Inflammation Supplements

For Pain Relief Caused By Low Vibration Energy – Hands On and Remote Reiki, Massage, Salt Baths, Acupuncture and Supplements

Peaceful and Deep Sleep to Maximize Draw of Chi Energy – Do Calming Meditations and Prayers Before You Go to Sleep

Conserve, Boost and Maximize Your Energy

Avoid People, Situations and Environments that Drain your Energy

Stay in the White Light, Draw in the White Light, Deeply Breathe in
the White Light, Send the White Light Out and All Around You from Your Heart, Be the White Light, Be One with the White Light

Close your Eyes and with Your Will and Intention Raise Your Vibrations Higher and Higher

What does happiness feel like? To answer that question, consider what unhappiness feels like. You cannot be happy and unhappy at the same time. As you rid yourself of unhappiness, you will become happy.

You are unhappy when you are in physical or emotional pain or have no energy. You are unhappy when you are depressed or anxious or filled with negativity and you do not feel love, loved, loving or loveable. You are unhappy when your mind is filled with negative, ruminating, spinning, obsessing, judging and running thoughts. You are unhappy when you feel sorry for, or constantly condemn or criticize, yourself, or when your mind is filled with negative mental chatter. You are unhappy when you are filled with anger, fear, worry, anxiety, guilt or shame.

This book teaches you conscious mindfulness. You learn to monitor your thoughts and emotions and identify when they are negative or dwelling on the painful past or worrisome future. You learn to identify when you are under stress.

As you become aware of negativity and stress inside you, you will know what and whom to avoid and how to return to happiness and relaxation (through the techniques in this book).

Work on consciously breathing slower and deeper breaths to maximize the oxygen you take in and to relax your mind and body. Surface negative and painful memories and flush them out through the meditative visualizations in this book. Bring them from the unconscious mind to the conscious mind and then flush them out.

Reduce stress in your life by downsizing, reducing debt and changing jobs if necessary. Less is more and your health and happiness come first.
Work with holistic healers and alternative medicine. Holistic healers and alternative medicine focuses on fortifying the body’s natural defenses, the energy body, the organs and the immune system and other bodily systems. Holistic healers practice preventative medicine that focuses on preventing disease and getting chi energy to flow freely throughout oneself. Holistic healers include Reiki Practitioners and other Energy Healers, Chinese and Indian Herbalists, Naturopath Doctors, Hypnotherapists Chiropractors, Acupuncture and Acupressure Specialists, Massage Therapists and Qi Gong Specialists.

Energy healing and cleansing bolsters the immune system. Holistic healing addresses both the energy body and the physical body. It focuses on the free flow of energy without blockage to bring you all of the healing benefits of chi. It advocates natural substances such as herbs, minerals and vitamins – natural remedies.

Chiropractic medicine is holistic in nature. It focuses on the role of posture, skeletal structure and muscle structure in connection with energy flow and good health. It focuses on the healing path of good posture, adjustments in the skeletal and muscle structure, deep breathing and hydration to eliminate pain. Pain undermines happiness by keeping you under stress. Therapeutic massage is good to get rid of toxins that are caused by stress and negative energy. This helps eliminate pain also. Hypnotherapy is good to heal the unconscious mind. Reflexology is good to open up the meridians and chakras in the soles of your feet. This helps the free flow of chi energy throughout your body.

The goal of energy, alternative and holistic healing is to build up the energy body, organs and immune system and other bodily systems to prevent disease. In this way, the body will defend itself and keep itself healthy. If a person is already ill, the goal of holistic healing is to cure the disease (whether it is mental or physical) and to restore the natural balance and flow in the energy body, restore the natural balance between mind, body and spirit and remove negative energy and toxins from the energy body and the physical body.
Visualize negative energy as a dark and stormy cloud cover. You are about to take off in a commercial jet. You are scared. You fasten your seat belt tightly. You see some lightning and hear thunder. It stresses you out. It is raining hard. The dark and stormy cloud cover makes you feel worried and vulnerable.

The cloud cover (which is a very limited and finite aspect of reality) keeps us in a negative frame of mind and blocks us from seeing the infinite, peaceful, bright and the happy. Truth exists above the dark and stormy cloud cover, the rain and the thunder and lightning. If only we could see the truth, we would no longer be worried, afraid and unhappy. We would feel peaceful and happy.

Just above the cloud cover and the storm, there is a light blue sky and a bright white sun. It is actually sunny, beautiful and calm outside with bright blue skies that stretch out forever. The storm clouds are an illusion – a thin layer of existence, however, this thin layer of misery prevents you from seeing the truth. The storm clouds keep you in fear and dread. If you could only get above the cloud cover, you would feel happy, peaceful and safe. The good news is that you can get above the cloud cover. You can soar just like a passenger jet and cut right through the storm clouds any time. You have the power to ascend through meditation, visualization and prayer.

Now visualize that you are that passenger jet roaring without fear down the runway, taking off and ascending straight up through the clouds - ascend without fear. All it takes is discipline, training, fearlessness, will and applied intent. Once you are in the infinite and sunny blue skies, you are safe and you are calm. But, you were always safe and calm. The clouds are below you now. Smile. They can no longer threaten you. You are protected, secure and safe in yourself when you live in the peaceful, the happy, the bright and the infinite. You feel happy inside and you gently fall asleep. You are home.

Use the techniques in this book. Ascend through the storm clouds – go straight up through the grey ceiling, up, up, up and through, and then you are there – the serene and happy blue
skies, sunshine and white light and the infinite. You cannot be
touched by anger, hatred or fear when you connect fully with spirit.
Find peace and happiness in the infinite through your open heart
and mind, get on the road to happiness, then take off, soar and smile.
CHAPTER II

Daily Meditation, Reiki and Energy Healing

The Road to Happiness is Inside your Heart and Body

Get on the Road to Happiness with Energy Healing, Daily Heart Centered Meditation, Prayer, Positive Affirmations and Positive Thinking

Treat all Others with Kindness and Do Not Intentionally Hurt or Deceive Anyone and Follow Basic Ethical Precepts –this Generates Positive Energy for You

Use directed meditation to develop and strengthen a focused and fully conscious mind

Use directed meditation to develop “conscious mindfulness” and the “will of iron.” Use “conscious mindfulness” to monitor thoughts and emotions. Then use the “will of iron” to stop negative thoughts and switch to positive thoughts and images and a positive mind-set

Use heart melting meditation techniques to fill yourself with the peaceful, warm and soothing sensations of chi energy Use white light visualization to dissolve the hard-shell that forms around the heart chakra from the traumas and stresses of life.

Use white light meditation to develop a strong, bright and vibrant aura

Use white light, zone out, violet flame and color meditation and black/white breathing to cleanse and heal your energy body, raise your vibrations and to relax your mind and body
Use visualizations to ground and center yourself

Daily Meditation

Daily meditation in your heart is critical to good health and happiness and energy body cleansing and healing. Through daily heart-centered meditation, you will achieve inner peace, peace of mind and balance. Ultimately, through daily meditation in your heart, you will feel inner peace and high vibrations.

We call this feeling the flow, the flow of pure unconditional love from the Divine. The flow of love is an ongoing feeling of peace. It will come over you from time to time through a combination of meditation in your heart and prayer from your heart and the other techniques in this book.

Through daily, heart-centered meditation, you will learn the beauty of being outside the grip of the material world – outside the grip of time and space, the world of clocks, schedules and activities, and ongoing running, spinning and negative thoughts.

You will relax in the vastness of “no time” and the infinite. Stress will melt away. You will feel yourself drift into the vast stillness of just being for a while – no cares, no stress, no negativity, no conflicts, no desires, no grasping (just the peace that only spirit can bring you).

Daily meditation in your heart will free you from the grip of negativity. It will free your mind from conflicts and drama and the never ending desires of ego.

Daily, heart-centered meditation will enable chi energy to flow through you freely. Over time, as you meditate and pray on a daily basis and follow the other techniques in this book, you will easily connect to the flow of love through your heart chakra.

Daily heart-centered meditation and prayer will automatically work to pacify and balance you and raise your vibrations. Will automatically work to reduce your own negative thoughts, acts, speech, emotions and reactions (these things are the main cause of
stress in our lives). You will develop a positive self-image and feel peaceful, happy, balanced and empowered. This all happens as your energy body is cleansed and healed through daily heart-centered meditation and prayer.

As you pacify yourself through daily meditation and prayer from your heart, (i) let go of narrow and rigid beliefs and (ii) accept and let go of resistance. Your mind will become much more open and free. When your mind is open and free, it will become a powerful receiver of creative insight and ideas. Your intuition will improve. You will feel one with spirit and be in the flow.

We think but we are not our thoughts. Thoughts do not define our essence. Being does. Feeling does. The intellect is certainly an amazing tool and it can help bring happiness when our thoughts are positive, productive and focused. But, the intellect does not bring us happiness by itself.

Daily, heart-centered meditation and prayer will help you feel complete, fully empowered, and full of energy, self-love, self-confidence and high self-esteem (while being centered, balanced, grounded and peaceful at the same time).

Daily heart-centered meditation and prayer will enable you to feel love (as Divine energy) in your heart and body. When you feel love, you will know it is real, a force for good in your life. Through the energy of love you will get into the flow, you will feel complete within your body.

Daily meditation in your heart is similar to taking a short vacation, especially when you do zone out meditation. Daily meditation in your heart combined with prayer from your heart will automatically make you feel happy, optimistic, peaceful and positive.

When you connect with the Divine dimension and feel the inner peace (i.e., the flow of love), you will automatically feel happy and calm. Stress, anger, anxiety, worry and fear will melt away. You will automatically feel Zen-like, balanced and self-confident.
You will stop reacting negatively and impulsively to things you do not control. You will avoid conflicts or quickly resolve conflicts that occur. You will avoid negative and toxic people who draw you into conflict and keep you in a state of stress. Why? Because, you will enjoy being in the peaceful, balanced and happy state that you get from daily meditation and prayer. You will not want anything or anyone to disrupt your inner peace, peace of mind and joy.

At first, meditation may seem difficult. If so, take small steps. Start with just a few minutes of meditation each day and build up from there. Start this way. Sit or lie down. Get comfortable and relax. Now, close your eyes and center yourself in your heart. Focus only on your breaths—in and out. Slow your breathing down. If thoughts come in, shift back into your heart and re-focus on your slow breaths in and out.

Directed meditation is important also. With directed meditation you remain centered and focused in your forehead with your eyes closed Directed meditation helps you develop visualization skills, mental focus, conscious mindfulness and the will of iron.

You will be able to use focus and the “will of iron” to draw-in chi energy from the Universe and earth energy from the earth. You will also be able to use focus and the “will of iron” for psychic shielding and repelling, to shake off and burn off negative energy and energy blockages, cut energy cords and cleanse, balance and align your chakras. You will also be able to use these skills to center and ground yourself.

Through the mental skills you develop from directed meditation, you will also be able to easily detach from the grip of painful memories, obsessions and addictions. You will be able to calm yourself and change your thoughts from negative to positive or shut off your thoughts altogether. You will be able to (i) forgive, detach and move forward, (ii) develop a positive self-image, (iii) focus your mind and drive out negative thoughts, (iv) stop negative, spinning, ruminating and obsessive thoughts and bring your mind back to balance, the moment and on task, (v) shift your consciousness and energy into your body center (i.e., your heart chakra and your solar
plexus chakra) and live in your body center there and not in your head and (vi) calm and raise your vibrations on command.

**Visualization:**

Close your eyes, get relaxed, breathe deeply in and out a few times. Take deep cleansing breaths. Get into a meditative state as you go deeper into relaxation. Focus only on your breath. As a thought comes into your head, just focus on your breath. The mind cannot focus on two things at one time—it is like a camera. Get relaxed. Take long slow breaths in as visualized white light of pure unconditional love and exhale all negativity as dark black smoke. Breathe in visualized white light as unconditional love deeply into your lungs and exhale negativity as visualized black smoke. Do this several times and then revert to regular breathing. Get deeply relaxed and zone out.

**Visualization:**

You are a gunslinger and you are standing in the middle of the road to face your opponent. Your opponent fires at you. You have no protection. You fire back. You get hit and your opponent gets hit. Neither of you are happy. Now, imagine this. You shoot at your opponent. He shoots back, but the bullets that he shoots at you multiply exponentially as if they are coming from a machine gun. So, you now get riddled with bullets and again, you are not happy. Now, imagine you are standing in the road again facing your opponent. This time you have no gun. You only have a bright, bullet-proof shield that covers your entire body like a shiny glass egg-shell. Your opponent shoots and shoots and shoots, but the bullets bounce off the shield. You have no gun, so you don’t fire back. As all of the bullets he shoots bounce off the shield, you smile. You are happy, peaceful, vibrant and alive. You are happily chatting with others and drinking a cold one as your opponent shoots and shoots and shoots. Your opponent finally gives up and joins you for a cold one.

For protection, you must build a strong, intact and vibrant energy shield around you—a big shiny aura of bright white light. This will protect you from negative energy that comes from
external sources. You build this protection through visualization. It works. You will know you have such a shield around you when you feel high vibrations, happy, calm, positive and filled with life force energy.

To be happy, use visualization techniques. Visualize that you are dressed in white. Visualize that you are like the sun: shiny and bright from the inside out with a shiny and bright aura all around you and that you are smiling brightly. This shield will protect you and keep you happy and peaceful. How do you build this energy shield? Through visualizations and daily prayer and meditation and positive thinking techniques.

Sit up straight, close your eyes and clasp your hands together. Visualize a bright white burning ball in your heart center and visualize sending out radiant white light from your heart. Then visualize bright white light shoot out from this ball to every part of your body – the light fills your torso, legs, arms, hands and feet, and then your head and neck. This is your perfect energy shield to protect you from negative energy. Push this light out all around you and then two to six inches in front of you with the intent to raise your vibrations. Feel your vibrations rise as you do this visualization.

Over time, you will feel the high vibrations of chi energy and the serenity of unconditional love. It may take several months of daily meditation and prayer to reach this state. Once you have reached this state, you will easily get back into it when you meditate. In this state, you will absorb the maximum amount of positive energy.

Before meditating always begin by asking the Creator and archangels and angels to be with you in your meditation and protect you from all disincarnate energy and make your meditation work for your highest good.

**Melting the hard shell around your heart - visualization**

It is important to melt the hard shell around your heart so you can be, send, generate and feel love. Sit or lie down. Put your hand over your heart. Hold orgone, orgonite, rose quartz or other high vibration crystal
in your hands or over your heart. Now, visualize that your heart is surrounded by a hard grey shell. Visualize that powerful laser beams of white light come from the Universe and hit your heart in a continuously powerful stream of burning white light. Visualize that the laser beam of white light evaporates and melts that hard shell. Visualize that the hard shell melts away, leaving you with a pink heart of flesh. Do this over and over until you feel the release of the pain in your heart and your heart softening.

**Zone-out meditation is good to calm and balance your mind, body and spirit**

Through zone-out meditation, you get into the theta brain wave state and remain in this state during the meditation. Zone-out meditation is deep relaxation meditation. Zone-out meditation will calm you and make you feel peaceful. Through zone out meditation, you will drive out all thoughts and reach and hold a pre-sleep state of consciousness. Many call this state of consciousness emptiness or bliss. It is the theta brain wave state. Through this state, you zone out as you get into a dreamy and peaceful state of consciousness and hold it there.

Close your eyes and get totally relaxed with deep breathing. Shift into your heart. Focus on your breath. Breathe in visualized pure white light through your nose and exhale negative energy as visualized black smoke through your mouth. This is called black/white breathing. Breathe into your heart slowly. Hold your breath for a few seconds. Then breathe out through your pursed lips or nose all negativity as visualized black smoke.

Next, get into slow rhythmic breathing. Relax. Release and let go of all negativity, rigidity and negative thoughts and emotions. Let go of your attachment to the material world for now. Let go of control and the desire to control. Let go of any feelings of insecurity worry or guilt. If there is anyone you need to forgive (including yourself) to let go, do it now with the simple words “I forgive you.” Then breathe regularly and go deeper and deeper into relaxation as you shift into your heart and become fully present in your body. Relax the muscles in your neck and then the muscles in your body, legs and arms.
Sink deeper and deeper into relaxation. It feels like you are swimming in the sea of love in your torso as you sink deeper and deeper into relaxation in your body. Thoughts may come into your head. Do not dwell on them or force them out. Just let them pass through and drift away gently as you re-focus on your breath and being in the middle of your body. Let go and get into the pre-sleep state of consciousness as you focus only on your breath. Maintain this state as long as you can. You may fall asleep. That is ok.

Whenever negative thoughts come in simply slow down your breath and focus on your breaths in and out. Do this for a few minutes. As you focus on your breaths in and out, the thoughts will gently drift away. If you can, find a quiet place to do this and close your eyes and shift into your heart. Focus only on your slow breaths into your heart and out. In a couple of minutes you will feel relaxed and positive again.

**White Light and Color Meditation**

White light and color meditation will make you feel peaceful, calm and happy: White light meditation is used to raise your vibrations and thereby burn off low vibration negative energy. It is also a way to re-energize, re-charge and re-power you. White light and color meditation are good for calming and for healing. Close your eyes and relax. Take some deep cleansing breaths and do some black/white breathing. You can be seated or lying down when you do these meditations. Get into a meditative state.

If you feel sad or depressed, smile gently and do this color meditation. Get into a meditative state, lying down or sitting down with your feet up. Breathe in the visualized color green (and later orange, yellow and white) deeply into your heart and hold it there and then breathe it out. Do this over and over. Do the same thing with your cranium. Visualize that you breathe the color green into your head and fill it up with the color green. Next, draw in the color green into your heart and hold this visualization there for several minutes. Fill your body with visualized green light. Visualize that your heart is filled up with (and bathing in) green light. Next, do the same thing with your head. Do the same thing with the visualized color orange, yellow and white. Breathe and then draw these visualized colors and white light
into your heart, torso and sacral chakras. Then fill your entire body with these colors and white light.

With respect to fear and anxiety, do the same meditation as above except breathe in and draw in the visualized color light blue. Also, specifically, focus on breathing the color yellow into your solar plexus chakra.

Visualized colors and white light is powerful medicine. Visualized white light is the color of chi energy. High vibrations, happiness and peace are the vibrations and sensations of chi energy. Chi energy is the energy of life and love. White light is a spiritual and energy cleanser. Over time, with white light and zone out meditation you will feel peace and high vibrations in your heart chakra and your torso. It will help calm and balance your mind and spirit and bring you to a state of happiness.

Close your eyes. Lie down, or sit up straight with your feet elevated. With your eyes closed, tilt your head slightly up, gently smile. Put your hands over your heart. (When this book asks you to shift your energy to your heart or heart chakra or to put your hand over your heart, it means your upper heart chakra). Clasp your hands together. Breathe deeply and slowly – deep breaths in and deep exhalations out. Relax every part of your body as you scan down from your head to your toes. Let go. Relax. Scan your body for any tension or clenching and relax that part of your body. Relax. Be fluid. The most important thing is to get very relaxed and calm when you do white light meditation. Turn off your thoughts as you get more and more relaxed. As thoughts come into your head, acknowledge them. Don’t fight them or hold onto them. Let them gently pass.

Visualize that you are breathing white light as pure unconditional love from the Divine directly into your heart. Breathe deeply through your nose and get very, very relaxed and calm. Breathe in pure unconditional love as visualized white light deeply into your heart and then your solar plexus and exhale all negativity as visualized black smoke. Take long, slow and deep breaths – inhale through your nose and fill up your whole lungs with visualized white light of unconditional love. Exhale visualized black
smoke of all negativity that is in you through your mouth. Focus on your breath. Take long and deep breaths and fill up with visualized white light.

Shift your consciousness to your heart. Feel the peace and calm of unconditional love as you sink deeper and deeper into your heart (this is the feeling of the spiritual dimension). Breathe visualized white light into each chakra point and each part of your body. Breathe visualized white light into your hands and feet and every part of your body. Fill up your body, head, arms and legs with visualized white light Close your eyes and get totally relaxed with deep breathing. Focus on your breath. Keep breathing in the pure visualized white light of unconditional love through your nose and exhale negative energy as visualized black smoke through your mouth. Then breathe regularly and go deeper and deeper into your heart and the sea of love that surrounds you (this is the spiritual dimension).

With respect to anxiety, breathe the visualized color light blue deeply into your lungs. Through visualization, fill up your entire head, heart, body, arms and legs with the color light blue. Do the same with anger – breathe the color light blue in deeply. With respect to depression, fill up your head, heart, body, arms and legs with the visualized color green. Breathe it into your head and heart specifically. Also, with negative emotions, do black/white breathing, focus on your breathing and smile gently. Breathe white light deeply into your lungs and fill up with visualized white light. With white light and color meditation, you close your eyes and elevate your consciousness into your forehead and then shift your consciousness into your heart to access the spiritual dimension through your heart. You can easily transition from white light to zone out meditation as you get more and more relaxed and into a light trance in all these meditations.

Start out with a positive affirmation. Say to yourself, several times “I am love, I am loved, I am loving and I am lovable. I am so loved by the Creator. I am filled with love. I love.”

It may be easier for you to start with prayer from the heart, or focus on a mantra, and then move to meditation. If so, focus on saying
specific prayers over and over with your eyes closed and from your heart. The Lord’s Prayer and the Holy Rosary work well. They are beautiful prayers that work like mantras.

Breathe in deeply and exhale and with each exhalation say “Let go”. Lie down or sit up with feet firmly planted on the ground or feet up. Get into a meditative state of deep relaxation. Get rid of all thoughts. Focus on your breath. Breathe in visualized white light as love and exhale visualized black smoke as all that is negative inside you. Take long breaths in through your nose and exhale through your mouth. Do black/white breathing whenever you have negative thoughts or emotions. It will restore peace of mind and inner peace to you.

When you breathe in visualized white light, see all dark shadows in you aura, meridians and chakras dissolve in the intensity of the light. Imagine this light completely fill up your head and torso. Breathe in the pure white light of the Creator’s unconditional love deep into your abdomen and into your heart chakra. Let it fill you up. Breathe that pure white light of unconditional love through the open palms of your hands and imagine that it fills up your arms and streams into your torso. Breathe in that pure white light into the soles of your feet and imagine it fills up your legs and torso. Breathe white light into each cell of your body.

Alternatively, imagine a pure white light orb a few feet above your head and bright white light beams that cascade into you from that orb. Breathe all these beams of light in and fill yourself up with Divine peace and love. Feel it infuse every cell of your body with pure love. Breathe out all negativity as black smoke. Say to yourself “Let go.” as you exhale visualized black smoke and fill up with visualized white light. Breathe in white light to each of the seven major chakra points one at a time and fill your body, head, legs and arms with it.

The next exercise is best to do sitting upright with feet planted on the floor. With your eyes closed, and no thoughts in your mind, you see nothingness, emptiness of space with not time. Be there, zoned out in the void, with no thought and get in a pre-sleep state of consciousness by focusing only on your breath and your heart or body center. Hold onto that pre-sleep state of consciousness as long as you
can. It is ok if you fall asleep at some point in your meditation. When you zone out through meditation and feel peaceful and calm inside, you have entered the spiritual dimension.

If you have trouble visualizing white light initially, then do the following: Visualize a blazing white sun in a clear blue sky. Look at a picture of the sun or quickly look at the sun itself, then close your eyes and visualize it. Through visualization and applied will, draw the bright white rays of the sun into your being as white light. If that does not work, visualize that you are in a cave or a tunnel. It is totally dark around you. Ahead of you, at the mouth of the cave or tunnel it is pure bright white light. Move toward the white light, closer and closer. Then visualize yourself emerging from the darkness of the cave or tunnel into the beautiful white light. You squint. Now, draw the beams of that white light into your being and major chakra points as described above. Eventually, you will not have to visualize the white light to draw it in or send out white light. All you will need to do is get into a meditative state of consciousness, visualize a bright white sun in a clear blue sky and draw the white light into you and your major chakra points, filling your entire body with the white light. Draw in and breathe in the white light.

You will feel the high vibrations of chi energy as you draw it in through your applied will (as visualized white light). Even if you do not specifically visualize it, think about it and call in the white light and focus on it as an invisible life force and healing energy that you draw into yourself.

Visualize a blazing white sun in the middle of your chest (as your heart). Through visualization and applied will, push out that white light through and around your body. Push that white light out from your heart so it fills you up and forms a bright white aura all around you. Push the energy out with your eyes closed, your will focused in the middle of your forehead and your hands clasped. Now, see your entire body glow inside and out with an aura of white light, a beautiful, blazing body and aura of intact white light. You are now filled with white light inside and out and completely surrounded by white light.
Visualize a tube of white light encase your body one level at a time from your ankles to your legs to your belly, to your torso, to your neck, to your head - anywhere from a couple of inches to a couple of feet from you. Visualize that tube of white light form one ring/layer at a time from your feet all the way up to your head. Do it slowly and feel the vibration with your will and intent and visualization. Also visualize white light come straight down as a beam into your crown and fill you up slowly one chakra at a time. Feel it vibrate as it fills you up. Then push out all that white light from your body to form a nice aura. When you visualize the white light beam come into your crown and your heart chakra hold that visualization for a while. Feel the connection to the spiritual from these beams of light.

The act of visualizing white light and chakra colors and then drawing them in helps cleanse and heal the energy body and balance mind, body and spirit. With respect to color meditation, breathe in and draw in the major chakra colors green, light blue, yellow, orange and red one at a time. Fill yourself up with these colors.

Do the same exercises that you do with white light but visualize these chakra colors instead of white light for chakra color healing. Do the following exercise. Close your eyes and visualize white light and then the color green and fill and surround yourself with visualized green. Next go to light blue and do the same thing and then visualize yellow, orange and red and do the same thing: White, light blue green, yellow, orange, red. An easy way to do this is to visualize a beautiful green lawn and then a beautiful blue sky and then a perfect white cloud and then a blazing white sun and then a blazing yellow and then orange sun and a red rose. Breathe these visualized colors in with long and deep breaths. Hold your breath. Breathe them in for healing and calming. Draw in these colors and fill up with each of these colors, one at a time. Draw and breathe these colors into your head and your torso, legs and arms. You can draw in and breathe in and fill yourself up with the other chakra colors too. They all help. Imagine colorful flowers or focus on photographs of flowers with these chakra colors or go to a garden and draw or breathe the colors of the flowers into you. If you cannot
visualize colors, then say the words to yourself a few times- “red”, “light blue,” “green,” “orange,” “yellow and ”white.”

Keep cleansing and building up your energy body through white light and chakra color meditation.

The Divine Vacuum Cleaner and White Tornado Visualization

This visualization is done to quickly remove negative energy from you. This is useful for momentary depression, anger, fear, anxiety or worry that comes over you. Imagine a cosmic vacuum cleaner above your crown and imagine the long vacuum piece goes into the crown of your head and sucks up all negativity from inside your brain as visualized dirt. Now have that vacuum go into your heart and also suck up all negativity visualized as dirt. Alternatively, visualize a tornado of white light spin furiously around you and suck up all negativity from you as dirt.

Cutting Energy Cords Visualization

Energy cords can come from you or from the outside. They attach to your body (most often your heart chakra). They often cause sharp pains in the heart, heart palpitations and high blood pressure. Energy cords must be cut off of you for your health and happiness.

Energy cord cutting is done through visualization. Here is how you do it. Close your eyes and relax. Take some deep cleansing breaths and do some black/white breathing. Make sure you are seated. Get into a meditative state. Visualize that you are holding the energy cords attached to you and cut them with an invisible knife or sword in the other hand. Use your dominant hand to hold the visualized energy cords and your non-dominant hand to cut them. Open your hand and hold it next to your chest. Imagine your hand is a blade. Now move your hand up and down your torso cutting all imagined energy cords attached to you. Do this over and over until you feel the cords release.

In addition call on Archangel Michael to cut these energy cords with his sword. Imagine that he does it.
Meditations and visualizations designed to raise your vibrations will also help release attached energy cords. You will find these visualizations below. Hold high vibration crystals in your hands while you do these visualizations. Lie down and put high vibration crystals over your heart when you do these visualizations.

Another way to raise your vibrations is to take the palm of your hand and repeatedly pound your upper chest with it. Your body is like a drum. When you do this, your vibrations will rise. The energy cords will release. Similarly, make a strong ohm or humming sound in the center of your chest and feel your vibrations rise. This will also help release attached energy cords.

Addictions are caused, in part, by attached energy cords spun out from ego. These cords create a strong desire for the addictive substance or behavior.

Obsessive, running and ruminating thoughts are caused, in part, by energy cords attached to you.

Combine the above meditations, visualizations and other techniques with heart centered white light meditation and prayer to end addictions and obsessive, running and ruminating thoughts caused by energy cords attached to you.

Addictions also come from a feeling of incompleteness and low self-esteem and low self-worth. This feeling of incompleteness, low self-esteem and low self-worth (along with obsessive, running and ruminating thoughts) are also healed with white light, color and zone-out meditation along with heart centered prayer and energy body cleansing and healing and other techniques in this book.

**Directed Meditation for Focus**

The goal of directed meditation is to give you focus, conscious mindfulness and the will of iron. You need these tools for positive and focused thought and to (i) create psychic shields and do visualizations, (ii) send unconditional love and draw chi and earth energy, (iii) raise your vibrations and (iv) repel negative
energy.

To be happy, you must use your thoughts, intent and will as an engine of positive energy. At the same time, you need strong skills in the area of visualization, focus and will to (i) protect yourself from negative energy through psychic shielding, repelling and cutting energy cords, (ii) bring in positive, healing energy and (iii) calm and balance yourself and raise your vibrations.

To be happy, you need conscious mindfulness to tell you when your thoughts, emotions, acts and speech are going negative. You then need a will of iron to change them and to focus and balance your mind and stop negative thoughts on command.

Some call directed meditation, focused meditation or seed meditation. In directed meditation, you close your eyes and stay focused in the middle of your forehead. Directed meditation builds up your intuition and your ability to monitor and focus your mind on command. It enables you to control your thoughts. These are essential skills for stress reduction (since so much stress comes from negative and unfocused thoughts).

The location of directed meditation is the internal screen inside the middle of your forehead. The middle of your forehead (the location of the pineal gland) is the seat of your focus, intent and will. It is also the location of conscious mindfulness and intuition. A focused mind, combined with strong will, comes from the middle of your forehead.

Through applied and focused will and intent, you move your thoughts, speech and behavior from the negative to the positive. Alternatively, you can turn your thoughts off altogether. You say no to negative, running and spinning thoughts. You say yes to controlled and positive thoughts. Through a focused mind, you monitor your thoughts and stop negativity before it takes root and grows.

Directed meditation will help build up your visualization skills. The combination of visualization and your applied “will of iron” and intent are essential to repel negative energy, build psychic shields and
earth and chi energy. You can also use visualization and your applied will of iron and intent to send unconditional love from your heart as healing energy to others and the world (i.e., the visualized white light of unconditional love).

Over time, directed meditation will provide you with “conscious mindfulness” and a “will of iron.” You will be able to consciously identify when your thoughts get negative or imbalanced. You will then be able to use your will of iron to bring yourself back to positive territory.

Whenever thoughts get negative or imbalanced, you will be able to take a few minutes to center, ground and balance yourself. You will be able to bring yourself back to the moment with some cleansing breaths and some calming meditation. When thoughts and behavior are out of balance, you will quickly identify it and rapidly do grounding, centering and balancing meditation and visualization to bring you back into balance and positive territory.

Directed meditation will provide you with the ability to consciously scan your mind and body to determine when your thoughts and emotions are in negative territory. Through your newly developed will of iron, you turn off thoughts altogether or shift your mind to positive thoughts on command. You will be able to stop your mind from dwelling on or suppressing negative and painful memories and images, and substitute happy and positive ones for unhappy and negative ones. You command yourself to “stop thinking about that!” Then you move back to the moment and the positive.

**Ok. Let’s do directed meditation.** Quiet your mind. Sit straight on a comfortable chair. Tilt your head slightly up. Close your eyes and relax. Take some deep cleansing breaths and do some black/white breathing. Get into a meditative state. Focus on the internal screen in your forehead. Visualize a religious or spiritual symbol or nice image (a cross, a star, a crescent moon, Jesus, Buddha, Hindu gods, praying hands, images of angels, images of saints, an ankh, a candle, a tree, a flower, etc.) on the internal screen in the middle of your forehead with your eyes closed. If you cannot do this, then open your eyes and focus on an actual religious symbol with your eyes open.
Eventually, you will be able to visualize the image with your eyes closed. In fact it is important to visualize the symbol on the internal screen in the middle of your forehead with your eyes closed. Try to stay in your forehead focused solely on the image as long as you can. When thoughts come into your head, focus with more energy on the symbol. For now, try to get your mind to focus. Alternatively, place two fingers on the middle of your forehead, close your eyes and focus on the internal screen in the middle of your forehead where your fingers are.

With directed meditation, keep bringing the mind back to focus on the visualized object in the internal screen in the middle of your forehead or your fingers that are touching the middle of your forehead. As thoughts come into your mind, focus more vividly on the symbol or your fingers, so that there is no place in your mind for anything (including thoughts) other than the symbol or your fingers.

Acknowledge thoughts that come into your mind, but gently and quickly re-focus on the symbol, your fingers or your breaths and let the thoughts pass. The key is to focus your mind on the symbol or the middle of your forehead or your fingers and to stay in the middle of your forehead with your eyes closed.

Now you can visualize scenes in the middle of your forehead- as if it was an internal movie screen. For example, visualize scenes from nature like the woods, the mountains, rivers, streams and the ocean. Visualize scenes from your childhood or your life.

Through directed meditation, you learn to focus. Now you can focus on your breaths more easily. Close your eyes and get into a meditative state of consciousness. Breathe long, slow breaths in and out. Focus only on your breaths in and out.

Through directed meditation, you will learn how to monitor and focus your mind and develop the will of iron, through which you will be able to change your thoughts.

Directed meditation is also used to bring to the surface and then flush away painful negative memories from past traumas and injuries and to sever energy cords that connect you to the past
traumas or to people, things, substances, behaviors or dogmas. You must be able to quickly identify a negative mindset. Use the “will of iron” to stop negative thoughts. Substitute positive, happy images from nature or your past and focus on positive and happy images in your mind and smile. The negative thoughts will disappear.

**Directed Meditation and Being in the Moment with Full Awareness and Attention**

To be fully present in the moment requires you to still and focus your mind. You do this by centering yourself in the middle of your forehead. Try to keep your consciousness from slipping to the back or sides of your head. This is to prevent uncontrolled and unfocused thoughts from taking over, taking you out of the moment and leading to negative thoughts. Your mind must be still and focused for you to be in the moment with full attention and awareness. Directed meditation will teach you how to center yourself in the middle of your forehead for focus. Zone-out meditation and meditation focused on your breath will teach you how to center yourself in your heart to feel peaceful and balanced.

Through directed meditation, you will learn to focus your mind on positive and productive thoughts (including those related to work and tasks) on command. You will learn to focus your mind on the moment.

Through directed meditation, you will learn how to focus on people you encounter in the moment. You will learn how to make and hold eye contact with others and listen to them patiently with complete attention. You will develop conscious mindfulness and a strong will. You will take full control over your mind, thoughts, acts, speech, reactions and emotions. You will live a fully conscious life, while empowering your intuition and observation skills. These
are all necessary skills for happiness.

While in the moment, stop all thoughts of what you need to do or what is on your “to do” list. Stop all thoughts with your will of iron and stay in the moment. Shift your consciousness to the center of your body and middle of your forehead. Stop your mind from thinking, judging and analyzing. Instead, just be an observer. Do not analyze or judge while you are in the moment. Just observe and be in the moment with full concentration, awareness, attention and focus.

Observe with your senses. Focus on objects, nature, people and animals in the moment. Focus on details – the tree, to the branch, to the pattern and texture of the bark, to the bud and the color of the bud. With respect to people, focus on their words and demeanor. See if they look you in the eye when they talk to you or shift their eyes. Focus on their handshake, their clothing, their body language and the tone of their words. Focus on what you see, hear and smell. Take it all in with your senses and do not let thoughts take you somewhere else.

**Centering, Balancing and Grounding Visualizations**

To be fully present in the moment, you need to be grounded, centered and balanced. This can be achieved through centering, balancing and grounding exercises. Do the following: Sit straight with feet firmly planted on the ground, close your eyes and get into a meditative state. Next, focus on your feet.

Visualize that roots or bolts or spikes of white light shoot out of the soles of your feet deep into the ground and tether you firmly to the ground. Alternatively, visualize beams of white light come out of the soles of your feet (or from above your head, through your body and out the soles of your feet) and shoot deep into the ground. Even if you are in a building many floors above the ground, see these roots or bolts or beams of white light shoot straight through you and the building down into the ground. Feel your feet now rooted firmly to the ground. Focus on your feet with your eyes closed and visualize that your feet are firmly planted on the ground. Shift your consciousness and focus to your feet.
Hold boji or other grounding stones in your hands when you do grounding meditation. Grounding meditation with boji stones helps with headaches because it pulls excess energy out of your head and into your feet.

Next, shift your focus to the center of your body and then to the middle of your forehead. Stay focused there with your eyes closed.

Picture a golden orb three feet below the soles of your feet in the ground and three feet above your head. Now visualize that both orbs produce energy in the form of white or golden light. Next, visualize that you draw light from both orbs into you at the same time. One shoots light through the soles of your feet and out your head and the other shoots light through your head and out the soles of your feet into the ground. See these beams of light pass each other in the center of your torso and focus on that spot. Stay there. Now draw on the energy of both balls at the same time and feel their golden light fill up the middle of your body with golden light.

Say the following affirmation when you do these exercises “I am balanced, centered and grounded.”

**Energy Re-Charging Visualizations**

To re-charge your batteries, you need to accumulate chi energy in your solar plexus as a mass of burning energy. To do this, close your eyes and focus on your solar plexus. Take some deep cleansing breaths and do some black/white breathing. Make sure you are seated. Get into a meditative state, but remain focused with your eyes closed in the middle of your forehead. Clasp your hands together in your lap or put one on top of the other over your upper solar plexus. When your hands are clasped together this closes the circuit of your energy body to hold in the energy. You can make your hands into the shape of a moodra and hold the moodra on your lap to seal all the energy inside you. The moodra is left hand over right hand and thumbs gently touching to close the circuit. If that is not comfortable, then just clasp your hands together in your lap. If you are lying on your side, then clasp your lower arm with your hand from your other arm. This closes the circuit to help you accumulate energy from within.
Stay focused in the middle of your forehead with your eyes closed. Tilt your head down and with your applied will and intent draw earth energy up from the ground and into your solar plexus. Do the same with chi energy as visualized white light. Visualize and will chi energy into your solar plexus. Visualize the earth energy and chi energy accumulates like a molten mass of energy in your solar plexus.

Now, keep your eyes closed and clasp your hands together. Focus on your solar plexus and push out visualized white light three to six inches in front of you and hold it there. Lie down on your left or right side and clasp the hand of your upper arm on your lower forearm. Focus your attention on your solar plexus. Feel your vibrations and energy rise. Energy flows where attention goes. To boost your energy, take good size doses of B complex vitamins, resveratrol and ginseng or root vegetables (especially white potatoes and beets). Exercise (do cardio and light weights). Iron supplements and some red meat, medium rare, can also help with low energy. Put the palms of your hands on the trunk of a large tree, close your eyes and visualize that you draw energy from the tree for several minutes.

**Visualizations to Rid Yourself of Painful Memories and Worries**

To rid yourself of painful memories and worries, do the following: Close your eyes and relax. Take some deep cleansing breaths and do some black/white breathing. Make sure you are seated. Get into a meditative state. Now, surface the painful memories and worries. Use directed meditation to end the power that these memories or worries have over you. Visualize these memories and worries as pictures on a movie screen. Visualize yourself in these pictures as a third person. That third person is someone else (it is not you, because you exist in the present and not in the past or the future).

So, say to yourself over and over “that victim is not me. I am who I am now. I have grown and I have changed. I am strong, happy and courageous. That is a negative image of the past me or the future me. Yes the event happened or yes I am worried. But, I do not wish to think about these things anymore. I wish to enjoy my life and I know that every day is precious and I do not want to waste my life
thinking about the people who hurt me and this horrible event in the past anymore or things that I fear. I am committed to being happy and positive. I am happy and positive. I surrender all negativity to the Creator and the Divine including all sorrow, anger and self-pity.” Imagine that you hold these painful memories or worries in the palms of your hands and you surrender them to the Creator by moving your hands up toward the sky.

Write on a piece of paper a brief description of the event or worry and the names of the people who hurt you. Put that paper in an ash tray and burn it. Say to yourself “I release this to you, Lord, to take away my pain. I do not wish to hold onto this memory, worries or these people any longer. I release them and let then go.”

Now, to really make sure these things no longer have a hold on you, bring the image of your memories or worries to the surface once again. Visualize the painful or negative image from the painful past or the things you are worried about in a glass or steel ball in front of your abdomen. Imagine the ball is connected to your body with energy cords.

Visualize that you drive the ball deep into the ground. Use your focused will in your forehead and applied intent to push that ball deep into the ground through your imagination. Raise your hands to the level of your chest and have them thrust downward on the visualized ball. Visualize that you thrust that ball deep into the ground with your hands. Do this over and over again. Feel and hear the energy cords that connect you to the ball snap and fall away. Say to yourself over and over “I drive you deep into the ground, to the molten core of the earth - Go away, melt away gone, Go away melt away, gone!!”

Force the steel or glass balls deep into the ground over and over again. See and hear the energy cords connected to the balls snap and fall away over and over, until the painful and negative memory, image or worry no longer has a hold on you. Do it for days or weeks or even months until the hold over you is gone.

If you still feel a painful attachment to the situation, then
visualize that you hold the energy cord that attaches you to it with one hand and cut that cord with visualized scissors or a visualized machete with the other hand. Do this over and over until you sever the painful grip that the memory has over you. Do this to bring you peace of mind and emotional healing.

Alternatively, picture that the painful memory or future worry is in a shoe box. Imagine that you pick up that shoe box and throw it deep down a well. Again, make the motion with your hands that you pick up the shoe box and thrust it deep in the well. Do this over and over and over again.

Whether you use a ball or a shoe box in your visualization, see, feel and hear the energy cords that connect you to the painful memory or future worry snap and fall away.

Another method is to visualize that you are inside a beautiful house that feels safe and wonderful. Now, in your visualization, take that glass or steel ball or shoe box and bring it out of the house and bury it in the ground outside your house where it can no longer harm you. Then return to your beautiful house and sit on a nice luxurious, big couch, get a glass of wine, take a soothing bath, turn on some soothing music and smile.

Do the same detachment visualizations to help overcome addictions and obsessions. Visualize that you cut the energy cords that hold you to specific addictive substances, behaviors or obsessions. Visualize them and the energy cords that attach you to them. Now cut the energy cords in your mind over and over and see, feel and hear them fall away. Ask Archangel Michael to cut the energy cords with his sword and imagine him doing it.

Do the following meditative visualization with respect to people you no longer want in your life: Visualize the person on an iceberg float away until you cannot see him or her anymore. Alternatively, see the person float away in a hot air balloon until the balloon becomes a little dot and disappears. Say over and over to the person in your heart “I forgive you, Go in peace. Have a good life.” Do this visualization over and over until that person and the painful
memory and the suffering they caused you have no further hold over you.

If you want to get something off your chest with someone, but cannot say it to the person, say it out loud or in your mind with strength and resolve and without hesitation to your visualization of that person. Then let the whole episode go. You need to get your truth out for the sake of your own happiness. It does not matter that you did not actually say the words to the actual person.

Dissolve the negative hold that painful memories or worries have on you. Do not carry the psychic waste of events from the past or worries about the future around with you. Psychic waste that will weigh you down and keep you in a negative frame of mind.

Do the same visualizations above with any memory or person that keeps you feeling ashamed or guilty or makes you feel low self-esteem. Detach from the energy cords that bind you to the person who injured you or makes you feel ashamed or guilty and stop thinking about them. Forgive, detach and move forward so you can be happy and enjoy life.

Refuse to view yourself as a victim. You cannot feel happy when you feel like a victim – and you cannot be happy when you do not feel happy. Instead view yourself as a survivor, a powerful, confident and happy survivor.

Do not let any person who intentionally hurt you have power over you. They will keep making you unhappy through your own thoughts about them. Take control of your thoughts and do not be a victim of an assault that happened but is now over. Do not keep that assault and the pain from it alive by obsessing and ruminating about it.

If you find yourself thinking about the past or the future, or obsessing or ruminating or having negative thoughts, focus your mind on what is around you in the moment – the objects, the people, street signs, stores, trees, flowers, houses, building, etc. Focus on your breath. Focus on details. Breathe deeply. Do black/white breathing and shift your consciousness out of your head and into your heart or
abdomen. Focus your mind on your breath only. Be fully present in your body.

Turn on music and focus on the music and the lyrics. Alternatively, focus on a prayer, a mantra or a positive affirmation or on a symbol. The common theme that runs through all these exercises is to consciously identify when you are in a negative or unfocused mindset and then, use the will of iron to focus your mind on something else and stop all thoughts for a while.

Through a method called “distract and substitute,” replace unhappy memories with happy memories. Replace negative images with positive images. Replace thoughts about negative and toxic people with thoughts about positive, happy and loving people and pets in your life.

Go back to an event in your life that was positive and that made you feel happy. If you cannot remember a positive, happy image from your life, then find one in a magazine or the internet. Focus on the image with your eyes open. Now, close your eyes. Focus on that image on the internal screen in your forehead with your eyes closed. Alternatively, focus on the image of a loved one, friend or pet who makes you feel happy. Feel the happiness in your heart associated with that image. Hold that image for a while. See your happy self in the scene enjoying that particular moment. Visualize a scene from nature that makes you feel happy.

Become the happy, positive and loving parent to your inner child. Visualize a scene in which you are with your inner child. Hold that image. Imagine being together with your inner child, having fun and enjoying the moment with him or her. It can be a hike, a meal, reading a bedtime story, walking on the beach or playing sports or a playground.

See your inner child playing and having fun. Hug a pillow and imagine it is your inner child. Tell your inner child from your heart that you love him or her. Your inner child is still part of you. So, make yourself the parent and guardian of your inner child and give that inner child the love that she or he did not get from his or her actual
parents.

Say to yourself some or all of the following positive affirmations often: “I am happy, peaceful and serene. I am so happy to be alive. I am light and love. The Creator is in me and around me. The Creator loves me and protects me. I am so loved by the Creator. The Creator surrounds me with the protection of pure white light. I am so protected, happy and loved.” Feel protected. Feel loved. Feel happy. Close your eyes and smile gently Say to yourself “No anger, no worries, and no fear. Only peace, only love, only joy.” Say “I am grateful for my life and all that I have.”

Now, visualize all that you have. Let go of any images of what you want or what you lost or lack. Count your blessings one at a time in your mind. – your life and health, your functioning body parts, a good brain, your looks, your loved ones and friends, shelter, food, clothing, a job, a car, etc.

Calm yourself. Enjoy yourself. Indulge yourself. Feel peaceful and happy. Fill yourself up with white light, unconditional love and happiness. Take all that love in through your deep breaths. Stand tall and say “I am so happy to be alive- Nothing to worry, nothing to fear.”

Of course, there are good times and bad times and our fortunes and material possessions change as times change. There is an ebb and flow to money and material possessions. But, money and material possessions do not define whether you feel happy. So, while you pray for blessings, there are times when you will need to hunker down, cut back and down size Those are actually good times to cultivate inner peace, peace of mind and joy through the techniques in this book.

It is important to not suppress what you want to say to someone who has hurt or deceived you. It is important to get it out. Yet, sometimes, political correctness will not let you say what you want to say to someone who has hurt or deceived you. In other cases, the person you want to address may have died or moved on. In these circumstances, visualize the person in front of you and tell him or her what you want to say. Express the words in your heart in a clear and
dispassionate way and then stop dwelling on them and the situation. In fact, you should do this with all people (living and dead) who have hurt or deceived you if the injury still grips you.

Distract the negative thoughts, focus on the moment and make that moment special. What do you like to do, where do you like to be? Do you like to shop, watch movies, go to museums, be among crowds, read books or go to the gym? Do you like to be in nature? Do you like to do yoga, exercise or dance? Whatever it is, do it.

Exercise and stretch each day for good health and happiness. Do yoga. Make the moments in your life special and enjoyable (because you are special and you deserve it). Say to yourself “how lucky I am to be alive.” Thank you. Smile gently and stop thinking. Just be, just observe and feel the calm and happiness inside of you when your mind is not turbulent.

Wherever happened in the past, accept it and let it go. Failure to accept and let go of the painful past will result in stress. Do the exercises in this book to accept and let go of the painful past, and then move forward without the baggage of the painful past weighing you down and harming your inner peace and joy.

**Ridding Yourself of Negative Energy**

Sometimes, negativity will come over you out of nowhere. You will feel depressed or anxious and do not know why. A common reason for this is that you have been exposed to negative energy from external sources. In some cases, the negative energy may be specifically directed at you by others. But, in most cases, negative energy from external sources will come from non-specific sources.

Negative energy comes from all the human pain, suffering, worry, fear, anxiety and anger out there. Remember that people automatically project the energy they generate. Negative thoughts, emotions, acts and speech automatically project negative energy. You may be empathic and, therefore, easily pick up negative energy. Someone may have negative thoughts about you and unconsciously send you negative energy.
Use high vibrations to rid yourself of negative energy (which is low vibration energy).

Close your eyes but stay in the center of your forehead. Clasp your hands together. Now, push out energy from your heart and body center a few inches. With your applied will, get your energy body to vibrate to shake off and burn off negative energy (high vibrations will burn off and shake off low vibrations).

Do meditations designed to raise your vibrations.

One such meditation is to close your eyes and visualize that your body is filled with a violet flame that from your belly to your throat. Visualize this with the intent of raising your vibrations.

Another such meditation is to visualize that you fly into the sun and stay there with the intent of raising your vibrations. It is not your physical body in the middle of the sun. It is your energy body that is now there. There is no heat to burn up your physical body. There is only intense radiant energy from the sun to raise your vibrations and burn off all negative energy. Feel the radiant energy of the sun engulf you and raise your vibrations.

Burn white sage and smudge the room, home and your body with sage to get rid of negative energy. Breathe the sage smoke deeply into your lungs and brush it toward your head and body.

When you are in the shower or bath, visualize that you wash off negative energy as you scrub your skin with a wet, salt-soaked wash cloth. Visualize the negative energy go down the drain as you wash it off you.

Take salt baths. Whenever you feel negative, close your eyes and brush off your body with your hands. Visualize that you brush all negative energy into a violet flame in front of you.

Hold high vibration crystals in your hands such as citrine, orgonite, orgone, clear quartz, smoky quartz or amethyst in your hands
when you do white light or high vibration meditation. Negative energy is low vibration energy and cannot tolerate a high vibration host.

Here are some more ways to raise your vibrations: Have a Reiki practitioner do hands on or long distance Reiki to raise your vibrations. Crank up rapid drumming on yours stereo and stand or lie next to the speakers or pound your upper chest, shoulders, arms and feet rapidly with your open palms and clap your hands rapidly.

Alternatively, do fire breathing to raise your vibrations. With fire breathing, rapidly and forcefully inhale and exhale many times through your nose. Make the Ohm sound deep in your chest. Make it a deep and low humming sound in your chest. Use a vibrating massage stick. Turn it on to high vibration mode. Put it on your chest, shoulders, arms and upper back. Stretch, exercise, lift light weights and do yoga. Take the palm of your hand and drum your upper chest repeatedly. All of these methods are ways to raise your vibrations and get your energy to flow better. Over time, you will be able to raise your vibrations on command. Always ask for help from the Creator and the Divine to raise your vibrations.

Other ways to raise your vibrations and the vibrations of your home: Pour salt in cups. Put these cups in your windowsills and next to your bed. Charge them with your focused intent to protect your home from negativity. Wear and carry crystals – charge them with your intent to protect you from negativity Put high vibration crystals like citrine, rose quartz, orgone, orgonite, clear quartz, smoky quartz and amethyst near windows, doors and other portals to the outside (including chimney flues, cables, etc.) Carry high vibration crystals in your pocket. Charge them with your intent to protect you from negativity. Finally, go into deep prayer where you thank, praise, ask for forgiveness and ask for protection. Put up psychic shields every morning in a quick visualization or whenever you feel negativity. Send out love from your heart chakra to the world when you feel negative energy. Negative energy cannot tolerate the high vibration of unconditional love.

In addition, sit straight with your feet firmly planted on the
ground. Put the palms of your hands on the top of your thighs. Now, push down on your thighs. As you do this, visualize that you are pushing out all negative energy in your body deep into the ground through your legs and soles of your feet. Also, rub or tap the acupressure points in the palms of your hands, sides and middle of your forehead, under your nose and chin.

**Balance**

Balance is an essential aspect of happiness. You must have a balanced mind, body and spirit to feel and be happy. Your thoughts, acts and speech must be balanced to feel and be happy. To be balanced, you must be devoid of obsessive, ruminating and running thoughts. Energy attachments and blockages cause obsessive, ruminating and running thoughts. Energy body cleansing and healing is needed to get rid of energy blockages and attachments and stop obsessive, ruminating and running thoughts.

Thoughts that generate fear, worry and/or anger, or that are obsessive, will throw you off balance. I am not suggesting that you suppress your thoughts and emotions. I am suggesting ways to stop negative, running, ruminating and obsessive thoughts by cutting energy cords, removing energy blockages, cleansing and healing your energy body and returning to balance, inner peace and peace of mind.

To be balanced, you must center and ground yourself. This is accomplished through centering and grounding visualizations. Centering and grounding visualizations are essential to keep you focused on the here and now. We are spiritual beings, but we live in physical bodies and a physical world. We must take care of our bodies and our physical and spiritual needs.

Do the exercises above for centering and grounding Part of centering and grounding is to be fully present in the moment with full awareness and attention and to live in your heart and body center and the middle of your forehead with good posture. This requires work and focus. This requires you to stop living in unbalanced, obsessive, ruminating and running thoughts, and to live in your body center, the middle of your forehead, the moment and senses instead.
Thoughts will take you out of the moment to somewhere else and to other times and places. Through thoughts, you will analyze and judge instead of being an observer and in the flow. If find that you are living in your thoughts, then center yourself and get back to living in your senses. Work at being fully present with full attention and awareness on the details of the moment.

This book teaches how to open your mind and be in the moment and in your senses. It teaches how to spend more time in the spiritual dimension. We are often unhappy because we suppress our spiritual nature. But, this is still a world of action. So, we need to take care of our bodies, appearance, work, tasks, children and environments, while being happy. We have to accomplish tasks at work. As such, we need to be centered and grounded.

**Chakra Cleansing, Alignment and Balancing Meditation**

It is imperative to regularly cleanse, align and balance your chakras through meditation and energy body cleansing and healing. The word chakra means wheel. Chakras are spinning energy axles with energy wheels that turn on both ends. Energy axles go through your body, front to back and the chakra wheels are on both ends of the axles. Each chakra corresponds to a different color of the spectrum that is in white light. Chakras are vortexes that bring chi energy into the body. Meridians are energy channels that process and distribute chi energy throughout your body. The chi energy comes from your soul to your aura to your chakras and then to your meridians (which process and distribute chi energy as life force energy into your bloodstream).

You have hundreds of chakras. There are seven major chakras. The major chakras that affect your peace, harmony, balance and happiness go from your front to your back. The wheels of each chakra spin a few inches outside your front and your back. Each chakra is a different color and corresponds to different organs and different emotional issues. The lower chakras spin more slowly than the upper chakras. The chakras spin clockwise. They need to be free of energy cords, energy blockages and negative energy to spin freely.
The Major Chakras:

There are seven major chakras that run from your front to your back. The lower chakras correspond more to the physical body and the upper chakras correspond more to the soul and spirit. The lower chakras are orange and red in color, and the upper chakras are cool shades of green, blue, purple and violet. It is important to unblock, align and balance your chakras for your happiness. You can do this through chakra cleansing, balancing and alignment meditation along with energy healing focused on your chakras. Chakra cleansing, balancing and alignment involves white light and color meditation in which you visualize that you are drawing white light and color light (the color that corresponds to each chakra) into each chakra point and then visualizing the color of the chakra. Before meditating on your chakras, close your eyes and do a quick meditation in which you release all negativity with black/white breathing. Focus on your breath as you get more relaxed. Go deeper and deeper into a relaxed state of consciousness.

Lie down and close your eyes. Place the palm of your right hand on each chakra point and stay focused on that point with your eyes closed. Visualize white light from your hand hit each chakra like a big laser beam and fill it up with white light and then the corresponding chakra color. Put your right palm on each chakra point as you scan up and down your body. Visualize you are bathing each chakra in in its corresponding color and white light. Keep the palm of your hand on the chakra point that you bathe in light and color. Spend some time as you can on each chakra point and focus your attention on the one you are bathing in visualized white and color. Also,
breathe in visualized white light and color into each chakra point with deep breaths in and visualized release of negative energy in them out as visualized black smoke. Visualize each chakra point turn into a white lotus flower that you get to spin freely- pure white now and freely spinning as the chi energy you directed into each chakra point has cleansed it of negative energy.

Another exercise for chakra cleaning is to imagine a violet flame that comes from a torch in your closed hand. Now take that torch in your mind and press your closed hand against each major chakra point. Visualize the violet flame from that torch in your closed hand go straight through the hollow axle of each major chakra point from front to back, burning off all negative energy that is in each one. Move the torch around with your hand in your visualization and feel the violet flame clean out all negativity from each major chakra point. See the violet flame go in the front chakra wheel, through the hollow axle and burst out of the back wheel of the chakra.

Visualize the violet flame fill your entire torso, raise your vibrations and cleanse all negative energy in, on and around you. Alternatively, visualize that you fly into the sun. Stand there in the middle of the sun. It won’t harm you. Your physical body is not in the middle of the sun- only your energy body is. Stand there and feel the powerful radiant energy of the sun raise your vibrations and cleanse all negative energy in, on and around you.

Go outside and sit. Close your eyes. Point the middle of your forehead to the sun. Let the sun’s rays hit the middle of your forehead for at least five minutes. Feel your vibrations rise. The best time to do this is in the early morning or late afternoon. The high vibrations help burn off negative energy in, on and around you. Stretch, do yoga, lift light weights. Feel your vibrations rise.

The chakras correspond to various colors. The main charkas relate to the health of the various organs of your body. They need to be free of negative energy blockages and attachments for good health and happiness.

The root chakra is found at the base of the spine and it corresponds
to the color red. The root chakra is related to issues of physical security and safety and financial security and well-being, career and physical needs.

The sacral chakra is found on your belly right under your naval. It corresponds to the color orange and is related to issues of physical pleasure and joy.

The solar plexus chakra is found right under your heart on your solar plexus. It corresponds to the color yellow. It is related to courage as well as fear, anxiety and worry and loss of power. The solar plexus chakra is your energy furnace. It relates to being fully energized and how to restore your energy when you get depleted.

The next major chakra is the heart chakra. The heart chakra goes through the heart and it corresponds to the color green. The heart chakra relates to love, relationships and attachments to others, forgiveness and sensitivity to, and empathy for, others. Chi energy pumps through the heart chakra like blood pumps through the heart.

The next major chakra is the throat chakra. The throat chakra corresponds to the color blue and it relates to speaking your truth communicating with others and speaking out and asking that your needs be met by the Creator and others – expressing yourself without fear, anger or intimidation.

The next major chakra point is the third eye chakra. It corresponds to the color indigo. It is in the middle of your forehead. It is the seat of your intuition. It is the discerning eye of your intuition and higher self. When you cleanse and heal your third eye, you develop good intuition. You will then see things that your eyes do not see and will hear things that your ears do not hear. You will be able to easily identify negative and positive people through the third eye that is opened, clean and balanced. Through improved intuition, you will understand much of what is hidden. You will pick up words, tone and body language that communicate truth.

The crown chakra is on the top of your head. It is where the soft spot is located on a baby’s head and it is the connection to the
Divine in which we draw-in white light, thoughts, ideas, inspiration and information from the Divine. The crown chakra relates to trust and faith. The crown chakra corresponds to the colors purple and white.

Review the chakras and their colors and functions. It is important to visualize them as clear or translucent in color spinning freely without negative or dark energy, blockages or attachments – after you do cleansing meditation. It is important to release all negative energy from each chakra so they can spin freely and function properly. It is important to cleanse and balance your chakras through white light, color, violet flame and zone out meditation exercises.

With respect to chakra cleansing and balancing meditation, initially do the following: meditate to (i) melt the hard shell that forms around the heart chakra by drawing in and breathing in beams of white light directly into your heart and (ii) open up your heart chakra. Visualize the hard grey shell around your heart chakra melt and leave you with a pink heart that is beating strongly.

Now, focus your attention on each major chakra point with your eyes closed in a deep, relaxed state of consciousness. See yourself filled with burning and radiant white light energy of pure unconditional love in the middle of your body. See it expand out. Push it out and make it burn more intensely with your will and visualizations. As you focus on a specific chakra point, shift your consciousness to that point. Send beams of bright white light to each chakra point from your heart and right hand.

Visualize each major chakra point get bombarded with a strong beam of white light from the palm of your right hand that you place over each chakra point. See each major chakra point cleanse and heal and open up like a white lotus flower. Then see each chakra point as a bright white lotus flower or a lotus flower of its requisite color spin like a propeller, slowly and clockwise. One by one, visualize each chakra bathing in white light and then its corresponding color-as if it is floating in a sea of its corresponding color.

Spend a few minutes focused on each major chakra point and
visualize you breathe into each one white light and then its corresponding color as you focus on it. Go up the chakra points slowly from root to sacral chakra to crown chakra. Take your time. Do black white breathing. Visualize that you breathe in bright white light into each major chakra point.

Visualize each major chakra turn into its corresponding color, translucent and beautiful without any dark energy in it. Visualize each chakra as clean and translucent and turning clockwise – freely spinning without any negative energy or blockages. See each chakra, one at a time, open and spin like a white lotus flower. Say to yourself: “I surrender and release all negativity to the Divine.”

Next, see a beam of pure white light come straight down from the heavens into your crown. See the same thing occur with your heart chakra. Then see a beam of white light connect your crown chakra with your third eye and your heart chakra. Visualize it. Next visualize a beam of white light go up and down together connecting all chakra points with one another.

Close your eyes and visualize yourself as a being of pure white light (a white heart center burning radiant light throughout your body, radiating out and all around you). In this visualization, you are dressed in white. Say to yourself over and over: “I release all anger, fear and negativity.” Visualize all negativity as black smoke released into and consumed by the white light.

Say one or more of the following phrases as positive affirmations to re-program your beliefs about yourself. “I am a Divine child of the Creator. I am a Divine being of white light. I am so loved by the Creator and the Divine. I am loved, loving and lovable. I am perfect, whole and complete just the way I am. The Creator is in me, with me and around me. Wherever I am the Creator is. I am completely protected by the Divine and at perfect peace.” Put your hand over your heart when you say this affirmation and visualize white light streaming into you and your heart, filling up your entire torso.

Other techniques for chakra cleansing include the following: Close
your eyes and visualize in your meditation a cosmic vacuum cleaner at the top of your crown that sucks all negative energy out of your body. See all that negative energy as black smoke get sucked right up into the vacuum cleaner and leave you with a bright white energy body. Alternatively, in your meditation, visualize a white energy tornado or vortex surround your body that whisks away all the negative energy in you.

**Additional exercises for depression, anxiety and anger**

Visualized white light and colors are useful for healing depression, anxiety and anger (along with the other techniques in this book for energy body cleansing and healing). Use green, yellow and orange visualizations for depression, light blue visualization for tranquility, green visualization for healing, pink visualization to help soften and open your heart, orange meditation for happiness and red light meditation for grounding and relieving lower back pain. Fill body with these colors through visualization.

Also, a visualized body of water is good for anxiety. In this visualization be out in the middle of the ocean on a raft with no land around you-only water and blue sky and sunshine. See yourself lying down on the raft that floats on blue water. Become one with the blue water and the blue sky. Breathe slowly and focus only on your breath. Be at rest. Close your eyes and just float on the water in your mind. Use white light and color meditation any time you are tired and run-down or feel depressed, worried, afraid or angry. With white light meditation, fill up your being with healing energy and the unconditional love that is available to you from the Universe as visualized white light.
Here is what you do when you feel depressed. First do all that you can to raise your vibrations and burn off negative energy through the techniques in this book. Do the white light and violet flame exercises above and the exercise in which you fly into and remain in the middle of the sun - all to raise your vibrations. Do the chakra cleansing exercises above. Take a walk in nature, focus on greenery and breathe in the visualized color green and fill your heart and torso with the color green and orange. Send out love from your heart to the Universe as visualized white light. Burn sage and take a salt shower or salt bath.

In the beginning, sit on a comfortable chair with your feet up or lay down. This is to ensure that the healing energy that you draw in with this exercise remains in your head, heart and torso and does not go into the ground through the feet. Put your hands over your heart and focus white light there. Breathe white light and then the color green directly into your heart and bathe your heart in white and then green. Do black/white breathing. Focus on breathing out the depression from your heart as black smoke.

Visualize a blazing white ideal image of yourself directly in front of you. This is your higher self. See your higher self with angel wings and an angel’s robe and smiling and beaming brightly. Now see a silver cord extend from your heart to your higher self. Next, see yourself become one with your higher self, as you integrate with this blazing angelic being of pure white light.
Now, send white light from your heart all through and around your body so you are a blazing being of white light inside and out. Gently smile. Then do the chakra cleansing visualizations above especially focused on the heart, solar plexus, sacral and root chakras.

Visualize the white light from your heart center hit and fill your crown, then your forehead, then your throat, then your heart and then your solar plexus. Visualize the white light fill and then envelope your entire body and infuse every cell of your body from your crown to your feet. Visualize the white light hit your head, heart and torso directly and fill them up with great brightness.

Do a lot of white light meditation and black/white breathing and dragon fire breathing (rapid breathing through your nose designed to raise your vibrations) with your feet elevated while sitting on a plush chair or while you lay down on a comfortable bed or couch.

Visualize beams of bright, white light melt away the hard gray shell around your heart. Visualize your heart transform from the color gray to its natural pink color, and visualize it emerge from the gray shell. See that red heart beat strongly in your chest as it emerges from the gray shell. Hold rose quartz in your left hand and/or over your heart when you do this heart melting exercise.

Now, reach up and elevate your consciousness into the white light above you. Visualize that you lift your astral body high above you into the while light as if the white light is a bright, pleasant fog all around you. Visualize the white light fill and completely envelope you. Visualize that you are lifting your astral body into that beautiful white light. That white light is now the entire background on the internal screen in your forehead. Lift yourself into it through visualization. Later, do this same exercise with visualization of the other chakra colors, one at a time.

Draw yellow light, light blue light and white light into your torso to dispel fear and anxiety. Whenever anxiety hits, find a quiet
place, still and calm the mind through the “will of iron” and get into a meditative state of consciousness. Go to nothingness. Visualize that you are drawing into your torso white light and then yellow light. Then visualize you are filled and surrounded by the color light blue or a large calm body of blue water.

Whenever negative thoughts and emotions come over you, take a moment to close your eyes, do some black/white breathing and gently smile. Shift your consciousness to your heart and torso (your body center). If you are not in a good place to meditate, it’s ok. Do the following: smile gently and do some deep breathing and get out of your head and into your torso or heart. Take deep breaths in and long exhalations out. Breathe in pure unconditional love as visualized white light from the Divine deep into your lungs and exhale all negativity as visualized black smoke. Focus only on your breaths.

Breathe in unconditional love as pure light into the center of your being. Fill yourself up with all of that beautiful white light of unconditional love Exhale black smoke as the negativity you are feeling. This is called black/white breathing. Fill up your torso and heart with visualized white light. Get into the moment and observe things and nature in the moment. Focus on your breath to quiet your mind.

Whenever you feel anxious, afraid, worried or stressed out, or your mind is caught in a cycle of negative thoughts, take a break. Find a quiet place and close your eyes, sit up and get into a meditative posture. Smile gently. Shift your being into your heart. Then go into a regular zone out meditation for a while. Focus only on your breaths. If you are still troubled after zone-out meditation, then do color meditation or meditate on a beautiful scene near a body of water or in nature where you feel safe and happy.

Meditate in your sacred space. Use incense, sage and rosewater to free your home and sacred place of negative energy. Light candles and incense and have crystals around. Play meditation music. You can do white light and color meditation anywhere or anytime. It is good to do whenever you are feeling stressed or negative.
Whenever you feel depressed, shift your consciousness to your belly, right above your navel. See that area of your body as radiating bright orange. Visualize a burning orange ball in the center of your belly. Then visualize pure orange everywhere as orange completely fill up the internal screen in your forehead. Gently smile with your eyes closed. Breathe deeply. Breathe in the visualized color orange. Visualize that bright burning orange ball send orange light everywhere. See it fill up your body and your head with orange light. Push out visualized orange light all around you in a big bright orange aura. Do the same with you heart and the color green and your solar plexus chakra and the color yellow.

Breathe the color green into your heart and fill your whole body up with the color green. Then visualize your heart as a burning ball of white light sending love everywhere. Do some aromatherapy. Smell orange and citrus essential oils as well as sage, vanilla and patchouli for happiness. Use citrine, orgone, orgonite, Herkimer diamond, clear quartz, smoky quarts or amethyst to raise your vibration and feel positive and happy. Use the crystals blue jasper, fluoride and angel light to feel peaceful and calm. Get essential oils to smell whenever you feel depressed or anxious. The fragrances vanilla, rose and lavender are good for anxiety. The fragrances orange and citrus are good for depression.

With respect to fear and anxiety, shift your consciousness into your solar plexus and visualize your solar plexus radiating yellow light out. Visualize drawing in pure yellow light from the cosmos and filling up your solar plexus chakra with yellow light. Then visualize pure yellow everywhere – in you and all around you.

Visualize a big burning aura of yellow light all around you. Visualize pure yellow flow over you and all around you and in you. Then visualize that you are yellow and everything around you is yellow. Breathe the color yellow directly into your solar plexus chakra and use calming crystals. Next, visualize a beautiful peaceful body of water or the color light blue everywhere – like you are in the middle of a beautiful blue sky.

Banish shyness through white light and color meditation and
black/white breathing. Breathe in visualized light blue, yellow and green colors and white light. Through visualization, fill up your head and torso with this white light and these colors.

Also, visualize death in meditation to rid yourself of fear, anxiety and shyness. Visualize death as a serene and peaceful release from your physical body. You are your soul and your spirit. You are safe. Your physical body dies, but you live on. You are an eternal being of light, a spiritual being that had a physical experience. Now it is time to release from and let go of your body and return home. In this meditation, get relaxed and calm and then visualize death as a peaceful letting go and detachment (it is essential to always remember that you are your eternal spirit- you are not your body. You possess your body through your spirit).

Feel yourself float away and still exist, but now without a body. Feel all pain lift away as you do zone-out meditation. Feel happy, peaceful and serene. Let go of all fears, anxieties and worries. Say to yourself I am protected by the Creator. I have nothing to fear or worry about. I am so lucky to be alive.”

With respect to anger, visualize the color light blue, the blue sky and a large peaceful and calm body of water. Become one with the water. Become water in your visualization. Flow freely with the water. Be soft and peaceful and gentle. Just be. No thoughts, no analysis, no judgment. Turn off all thoughts and zone-out. Get to nothingness. Breathe the color light blue into your body and visualize the color light blue fill you up. Always call on the Creator, Archangel Michael, Raphael for healing and to remove any energy that is around you and cut any energy attachments. For calming, visualize a duck pond and the ducks gently floating, doing nothing - not thinking, not fighting, just being, just floating, just existing.

Do liquid color visualization as well. Visualize a bowl of green then light blue and then yellow and then orange liquid goop. In a meditative visualization, pour these liquid colors from a bowl over you from the top of your crown. See the liquid cover your entire face and body in the color almost like a thick wet paint. Then visualize yourself covered with that color. Hold that visualization for a while in a
meditative state of consciousness (visualized colors are green for healing, light blue for calming and serenity and yellow for courage).

Since we respond positively to colors, visualize a beautiful garden in your meditation with an abundance of varied and colorful flowers – all different colors consistent with the major chakra colors (red, green, yellow, and blue, indigo) or visualize a walk along a lush green forest trail. If you have trouble visualizing these at first, then find a beautiful garden or lush green woods to walk in or walk along a pond, lake or ocean. Get into nature and take nature in with all your senses. This will make you feel better.

Here is another simple meditation to calm you: Get into a relaxed state through black white breathing. Focus on your breath with your eyes closed and get very, very relaxed. Next, visualize that you are in the middle of the ocean on a beautiful day. The ocean is peaceful and calm and blue and the sky is beautiful and blue and the sun is shining brightly. Picture yourself floating on your back, peacefully surrounded by all that light blue and white sun. There is no land anywhere - Just you in the middle of a calm ocean. If it helps visualize that you are on a raft.

Positive affirmations help to find internal peace, strength and joy. Positive affirmations are particularly powerful when you use the words “I am” as the first two words of the affirmation. Positive affirmations produce a powerful and positive change in attitude as they automatically re-program your beliefs from negative to positive.

When you are agitated, angry, anxious or afraid, it is good to shift your consciousness into your heart, gently smile while doing a brief calming meditation and say positive affirmations to yourself all at the same time. This will help get you into a positive mind-set. Positive affirmations include “I am happy, peaceful and serene,” “I am so blessed and fortunate, I am so thankful” (now focus on specific things you are thankful for (a body that works, good health, shelter, food, loved ones, pets, possessions, etc.) “I am peaceful, loved, loving and lovable” and “I am so loved by the Divine” among many others. These affirmations will help calm you and make you feel happy and powerful. Say them to yourself over and over.
Whenever you feel anxious, angry or depressed, close your eyes and meditate on a happy memory. Focus on all aspects of that memory and make it come to life again in your imagination. Be conscious of the happiness you now feel from that memory. Then focus on the feeling of happiness that you garner from that memory.

Over time, as you meditate regularly, you will get your energy body to vibrate at a high frequency. You can do this whenever you feel the blues or you are under psychic attack or you otherwise have negative energy on or around you. Focus and will your whole energy body to increase its vibration. Hold high vibration crystals in your hands such as citrine, orgone, orgonite, smoky quartz, clear quartz or amethyst when you do this to help raise your vibrations. This should repel, drive out and get rid of painful, depressing, low vibration negative energy from your energy body. Over time (as you get your energy body to vibrate at a high vibration and you rid yourself of low vibration, negative energy) you will feel unconditional love (bliss). This sweet and soothing vibration will come to you from the spiritual dimension as you develop a strong connection to your higher self.

Whenever you feel depressed, take walks in nature and breathe all that nature in through your nose in deep breaths (smile gently), be around happy, high energy, anonymous people, focus on other people at a surface level – (i.e., friendly greetings and some nice words) and focus on the moment,. Get out of your head and into your body center and your senses and the moment and the flow. Take some deep cleaning breaths and smile gently. Focus on your breaths to get yourself to stop thinking.

It is hard to be happy when you are suffering from aches and pains. Many aches and pains come from low vibration energy that is attached to you. You need to shake it off. White light and the other visualizations and exercises designed to raise your vibrations will shake it off. Breathe visualized white light into the areas of your aches and pains.

Get Reiki and other types of energy healing, acupuncture and
massage for aches and pain. Stretch and do yoga. Ask anyone to send you unconditional love from his or her heart chakras on a remote basis to get rid of pain. All of this will help get rid of the negative energy that causes aches and pains. Take anti-inflammation supplements for pain such as turmeric, curcumin, tart cherry juice, flaxseed oil and fish oil and MSM, glucosamine and chondroitin.

It is hard to be happy when you have negative thoughts. If you are not in the moment with full awareness, your mind will take you somewhere else. Most likely, it will take you into negative thoughts. You cannot feel happy when you are mired in negative thoughts. So, use the techniques in this book for positive thinking.

Psychic Shielding and Protection

It is essential to erect psychic shields through visualizations. Psychic shields will help protect you from negative and dark energy and psychic attacks. Psychic attacks involve the projection of negative and dark energy and energy attachments at you. It is done from a place of anger, jealousy and hate. Psychic attacks can be unconscious or intentional. They often come from sorcery.

You will know you are under psychic attack when negative things happen to you out of nowhere: you may feel pain all over your body, you may have nightmares, you may feel constriction around your head or chest, your blood pressure/blood sugar may shoot up, you may get very cold or hot and you may feel your energy being depleted.

Psychic attacks will cause you pain, make you feel negative for no apparent reason, make you feel drained of energy for no apparent reason, result in high blood pressure and heart palpitations for no apparent reason. Psychic attacks can cause heart attacks, strokes and other illnesses and even death (especially if they involve sorcery).

The best defense against psychic attacks is a clean, healthy and vibrant energy body. This will repel negative and dark energy and energy attachments directed at you. This requires daily inner work including heart-centered meditation and prayer along with visualizations designed to raise your vibrations. High vibration positive
energy is the best defense against low vibration negative and dark energy.

When you are under psychic attack, do not panic. Take some deep cleansing breaths, close your eyes, get into a meditative state and project white light and high vibrations all around you. Quickly visualize a strong psychic shield around you. Next, call on the Creator, Archangel Michael and all the Archangels and angels to protect you and to stop the attack. Do energy cord cutting with respect to any energy attachments.

You can raise your vibrations at the time or send love from your heart to all to stop the psychic attack. Alternatively, you can visualize a psychic shield and/or repel the negative energy that is being directed at you. To repel, focus your mind in the center of your forehead, close your eyes and with all of your intent and will repel the negative energy back to the sender (i.e., return to sender). Return it in multiples if necessary to stop the attack.

Another form of psychic attack is when a person drains your energy intentionally. This is done by a person (an energy or psychic vampire) who attaches visualized energy tendrils to you and then either intentionally or unconsciously draws your energy. With respect to energy drainage, you will feel suddenly tired and listless and your body temperature may drop. You may feel a cold coming on or a sore throat as your immune system is weakened by the energy drainage.

Your energy can be drained by unconscious or intentional energy vampires (psychic vampires) and negative and toxic people. There are many unconscious energy vampires. Unconscious energy vampires include people who are intrusive, unbalanced and negative and filled with negative and dark energy.

Protect your energy from energy drainage. If your energy body is being drained, you will be much more prone to illness. You will feel run down. Your immune system will weaken. When you feel your energy being drained, call on the Creator and Archangel Michael to cut all energy cords and tendrils and immediately stop anyone
from taking your energy.

Clasp your hands close your eyes and use your applied will in the center of your forehead to draw your energy back from the energy or psychic vampire and to draw energy into your body from the Universe and earth to re-energize yourself after an attack. Clasp your hands pull in your energy body like a visualized tight shield all around you and will your aura to vibrate while under psychic attack. Do not panic. Call on the Creator and Archangel Michael and all the other Archangels and angels for protection. Then do the energy re-charging exercises in this book.

As you cleanse, heal and build up your energy body, and meditate and pray frequently, your intuition will let you know when you are under psychic attack. When this happens, do not panic. All you need to do is erect a psychic shield each day, ask for protection from the Creator and the Divine, raise you vibrations and repel. Your best protection from psychic attack is to be fully connected to the Divine and have a strong, clean, intact and vibrant energy body.

**Positive energy is stronger than negative energy and will prevail**

A bright, vibrant and intact aura should surround you like a protective egg shell. Visualize it each day. A bright, high vibrating and intact aura will repel, burn off and shake off negative energy and energy attachments.

Erect a psychic shield through visualization whenever you are in negative environments. It takes a few seconds to erect a psychic shield. You erect a psychic shield by visualizing one as described in this book. Always ask for the protection of the Creator and the Divine.

I am a strong advocate of psychic self-defense. Psychic attacks and energy vampirism are real and can be very harmful. They can even be deadly. The best protection is a clean, bright, strong, healthy, vibrant and intact energy body.
Protect your energy through psychic shielding and repelling and by raising your vibrations. Draw your energy back if it is being drained from you until you are filled back up with your own energy. Do the energy re-charging exercises in this book. You need all of your energy for your own health and happiness. Nobody is entitled to take your energy from you.

Also, when you are under psychic attack, visualize white light in and all around you. Will your energy body to function at a high vibration by sending high vibrations from your heart chakra throughout your energy body and 3 to 6 inches in front of you and hold it there. Send out high vibrations from your heart chakra as visualized white light. Fill up with bright white light. Visualized white light and high vibrations are excellent psychic shields.

To shield yourself, visualize that you are safely surrounded by (i) a glass aura, (ii) a glass tube, (iii) a glass ball or egg, and (iv) a glass pyramid or a glass Merkabah (i.e., a pyramid is pointed up and encases your upper body and one that is pointed down and encases your lower body). Visualize that you are dressed in mylar clothes that automatically repels negative energy.

Do the interlocking finger visualization to protect you from psychic attack. Take the index finger of each hand and create a closed circle with that index finger and the thumb on that hand. Interlock these two finger circles together and pull them hard. Alternatively, cross your arms and hold them tight. As you pull on the finger circles or tighten the grip on your arms, visualize that your aura narrows and becomes a hard glass shell around you that protects you from energy vampirism and negative energy bombardment.

Do the same thing but now just clasp your hands together hard. Feel your aura close, narrow and tighten as you do this. Repel negative energy back to its source. You can repel in multiples. It is easier to repel when you grip your fingers, hands or arms together.

You repel from your forehead through focused and applied will. Close your eyes and focus on the internal screen in your forehead. Use your will to repel negative energy being sent from
outside sources. Clasp your hands together. Push your energy out from you like a hard and narrow shield. Visualize your shield is like a mirror.

Visualize that negative and dark energy hits your psychic shield and bounces back to its source. Close your eyes and repel it back to its source in your mind with your applied will. Visualize the negative energy hit your psychic shield and repel back in multiples. Focus and center yourself in the middle of your forehead and repel all negative energy back to its source in multiples.

As mentioned above, call on the Creator, the Divine and the Archangels and angels to protect you from negative energy and to stop anyone from hitting you with negative energy or draining your energy. Put hematite, black tourmaline or jet in your pockets if you feel your energy is being drained or you are being hit by negative energy. Hold high vibration crystals and carry them in your pockets. Ask the Creator and the Archangels and angels to stop them immediately.

If you feel depleted, get plenty of rest. Do the energy recharging exercises in this book.

If your energy is depleted, the following helps to build it back up: root vegetables (especially potatoes and beets), red meat (medium rare) and B complex vitamins and resveratrol ginseng supplements. Do energy re-building visualizations in which you draw-in, accumulate and hold chi and earth energy in your solar plexus chakra (your torso – right above your stomach and below your heart). Put the palms of your hands on the trunk of a large tree, close your eyes and visualize you are drawing energy from the tree for several minutes.

Put high vibration crystals such as citrine and amethyst, rose quartz, orgone and organite throughout your home as well as salt in cups (especially near windows, doors, chimneys, cables, portals and mirrors in your home). Carry them in your pockets. Sprinkle salt on carpets and around beds. Fill up cups with salt and put these cups on windowsills, near doors and mirrors and where you sleep. As you do this, express your intent that these crystals and salt protect you and
your home and family from negative energy. This will raise the vibrations in your home to protect and cleanse your home from low vibration, negative energy. Put black tourmaline, jet or hematite in the four corners of your home. These crystals absorb and cleanse your home of negative energy.

When you are hit by negative or dark energy, visualize a strong religious symbol (cross or star, etc.) right in front of you for protection. Invoke the Creator and the Archangels, Michael, Raphael, Uriel and Gabriel to surround you and protect you. Carry black tourmaline in your pockets and put them throughout your home to protect it from negative and dark energy. Visualize a white energy tornado around your home sucking all negative and dark energy out of it. Visualize yourself, your home and your loved ones in psychic shields.

Ask the Creator and the Divine (especially the Archangels) to protect you from negative or dark energy while you are asleep. Ask them to stand guard over you as you sleep. Sprinkle salt on the floor around your bed. Put smoky quartz next to your bed to promote a good night sleep. Ask someone to send you unconditional love on a remote basis before you go to sleep.

**Love Energy**

Find one or more partners with whom you can do love energy shares. You can do this on a remote basis or together. Schedule dates and times for love energy shares. This involves sending love as visualized white light from your heart while that person sends the same to you from his or her heart. When you are ready to exchange love energy, shift your consciousness into your heart and get into a relaxed, meditative state. Put your hand over your heart and shift your consciousness there. Then visualize that you send love and healing energy as white light to your partner from your heart with the intent to make him or her happy and feel good. Have that person send you love energy back at the same time. This energy will make you peaceful and drowsy and bring a warm and soothing sensation to you.
Contemplate this poem as you send out the energy of healing and unconditional love to others from your heart chakra. This comes from the International Reiki Association’s website:

**Reiki Dance**

your breath
and mine--
your soul
and mine,
your energy
and mine
merge,
becoming One

your light
and mine--
your essence
and mine
commingle,
there is no you
or me--
no
this or
that

in that space
where all is One
I feel your light
like a gentle breeze
rustling right through me-
we have no boundaries

emptiness
and fullness dance,
like our energies
merging as One
into a very great
and bright light
Also, send healing energy and unconditional love as energy to your loved ones, the world and mankind. You can do this anytime. You can do it with your eyes open or closed. Send this energy as visualized white light of love from your heart. The positive energy you send out will help your loved ones and the world and it will come back to you in multiples for your benefit and the benefit of your loved ones.

More on Getting Rid of Negative Energy

To get rid of negative energy, (i) take salt baths and scrub your aura (skin) with a wet wash cloth (on which your pour salt) or pumice in the bath or shower, (ii) shake and burn off negative energy by sustaining high vibrations in your body, (iii) meditate with high vibration crystals such as orgone, orgonite, citrine, smoky quartz, clear quartz or amethyst in your hands and draw on the energy of these crystals, (iv) put your right hand over your heart (When this book asks you to shift your energy to your heart or heart chakra or to put your hand over your heart, it means your upper heart chakra), close your eyes and visualize that you are sending white light into your heart (lay down and put rose quartz over your heart), (v) push out your energy body and get it to vibrate through your will and applied intent while you clasp your hands together.

Use of Crystals in Meditation

Crystals are an effective tool in meditation exercises to help bring feelings of calm, balance, high vibrations and happiness. They also help to repel and extract negative energy and generate healing energy. Crystals work in conjunction with the energy body. They amplify healing energy and psychic protection. Crystals have been used for thousands of years to cleanse and heal the energy body. They heal the physical body by healing and cleansing the energy body. They release radiant energy that causes different vibrations to occur in the energy body for healing and wellness and to raise your vibrations and calm you.

There are great high vibration crystals such as citrine, orgone, orgonite, clear quartz, smoky quartz and amethyst. There are great
calming crystals too such as angel light, blue jasper, fluorite, rose quartz and calcite. Rose quartz will help to open up your heart chakra and melt the hard shell around your heart chakra. This will enable your heart chakra to draw in and pump out more chi energy for your health and happiness. Crystals will repel negative and dark energy. They will help heal disease. They will help rid you of pain.

Hold crystals in the palms your hands when you meditate. Lie down and put them over your heart. There is a chakra in each of your palms. There are books written on crystals and crystal therapy. Crystals are often used in Reiki and other types of energy healing.

Black crystals, such as tourmaline and jet, are good for protection from negative or dark energy by absorbing it. Many crystals are good at channeling positive energy. Crystals help get your energy body to function at a high vibration and to calm and balance your energy body at the same time, all necessary for happiness.

When you use crystals in meditation, hold them in the palms of your hands (even if you interlock your hands). Hold them on your heart chakra, solar plexus chakra or sacral chakra, depending on what problem you are trying to address. Close your eyes, relax, take deep breaths and get into a meditative state of consciousness. Visualize that you are drawing in the energy from the crystals into your heart, solar plexus, head and your entire body. Breathe that energy from the crystals into your heart and solar plexus chakras and all around you and in you. Feel the healing vibrations. Carry crystals in your pockets too and put them around your home.

You can program all crystals with your focused intent. Focus your intent on what you want them to do for you and then project this intent to the crystals as you hold them in the palms of your hand or carry them in your pockets. So, hold them in your hands and go into a meditative state, focus your mind with your eyes closed chakra and silently ask the crystals to do what you wish them to do – to protect you, to bring you more chi energy, to raise your vibrations, to calm you and make you feel happy, to dispel and repel negative and dark energy, to give you a good sleep, to heal a specific illness or emotional pain, to bring in blessings, etc. Then hold these
crystals in the palms of your hands when you meditate and carry them in your pockets. It is good to close your eyes and draw on the energy of these crystals to the area that needs healing and then all through and around your aura (when you meditate). Here is a list of crystals and what they do:

Green crystals: good for healing; and physical and emotional heart problems; green calcite and jade aids in the process of balance, calming, wholeness, and spiritual healing

Rose quartz: to build, receive, and give love and feel balance and serenity and heal emotional heart issues and extract negative and pain from the emotional heart (hold them in your left hand or over your heart chakra)

Clear quartz is a master healer, an excellent stone at channeling and amplifying positive energy into your aura and chakras when you meditate. Hold them in your left hand or on your heart chakra or in both of your hands when in deep meditation.

Black tourmaline: to protect you from and repel negative and dark energy and energy vampirism; it can also be tuned by holding them in the left hand and right hand and asking them for specific types of protection. If you feel you are under negative or dark energy assault, keep one in your left pocket or left wrist as jewelry and one in your right pocket or right wrist and wear as an amulet around your neck; put them under your pillow when you sleep and ask them to protect you from negative and dark energy and energy vampirism from others.

Amethyst: amplifies positive energy and builds intuition. Garnet: inspires love, and it helps energize and reenergize your system and metabolic system. It brings serenity, peace and balance to our souls.

Agate- cleanses and purifies the energy body
Celestite- eases pain
Hematite—protects energy body from negative energy
Herkimer diamond—a powerful crystal to heal
Turquoise - heals and balances the energy body
Blood stones: good for clearing toxins from your
  blood and healing the physical body
Amber—chakra cleanser and energy healer
Cinnabar—helps cleanse the blood and heal the body
Citrine—helps boosts your vibrations
Emerald—helps heal and has rejuvenating properties
Topaz- helps fortify the body’s immune system
Malachite—helps heal and boost vibrations
Moldavite – helps boost vibrations
Jade—a good healing and protective stone
Jasper—helps heal/ Blue Jasper calms
Angellight – calms and heals energy body and physical body
Ruby – helps with healing
Sapphire- helps with healing

Charge your crystals at least monthly. Let them bake in the
sun for a day. Let them absorb moonlight, especially the energy of a
full moon. Put them in a crystal, ceramic or glass bowl that has clear
water and salt in it. Rinse your crystals with clear water. Sage them
often to cleanse them of negative energy.

Incense and white sage are also helpful in driving out negative
energy from your home. To reduce negative energy in your home,
make it a peaceful and happy place Turn on the music and turn off
the news.

**Reiki Practitioners and Other Types of Energy Healers,**
**Therapeutic Massage, Holistic Healing, Sage and Salt Baths**

Reiki practitioners and other types of energy healers
(combined with your own inner work-meditation, prayer and
visualizations) will help cleanse and heal your energy body. They will
detach and extract negative energy from your energy body and they
(along with you and your inner work) will detach energy cords and
heal the cracks and fissures in your aura and help make your aura
intact. They (along with you and your inner work) will help retrieve
lost pieces of your aura that break off from trauma. They will help
you re-integrate with your higher self.

If you work on all of the aspects of happiness, but do not work on energy cleansing and healing, happiness will elude you. But, if your get energy cleansing and healing and do not follow the other techniques in this book, energy cords blockages and negative and dark energy will come back.

Reiki practitioners and other energy healers will give you a jump start on the road to happiness. Much unhappiness and negative thoughts and emotions come from energy blockages, attachments and negative energy. Negative energy, energy blockages and energy attachments compel negative thoughts and emotions, ruminations, spinning and running thoughts, addictions and obsessions. This leads to depression, anxiety and other mood disorders and unhappiness.

Negative energy can be burned off, shaken off and repelled by getting your energy body to vibrate at a high vibration. These high vibrations will cleanse and heal your energy body. But, it is hard to cleanse and heal your energy body without the help of energy healers like Reiki and Qi Gong practitioners and Core Shamans. Of course, you must also do inner work to cleanse and heal your energy body. You must also stay on a positive and kind path, avoid stress and negative and toxic people and establish and maintain strong boundaries.

Reiki practitioners are initiated and trained by Reiki masters, who attune the Reiki practitioners. There are four levels in Reiki training (Reiki I, II, III and Master Teacher). The ultimate goal of Reiki is to be an effective conduit for healing energy between the Divine and the person receiving treatment. The Divine energy that is sent at amplified rates by Reiki practitioners is intelligent and goes where it must for healing.

Reiki practitioners perform their treatment in a relaxing, dimly lit room with candles burning (sometimes incense) and meditation music playing. Get totally relaxed and in a meditative state of consciousness. Listen to meditation music as you get relaxed and
sleepy. One normally gets Reiki treatment lying face up and then face down on a comfortable Reiki table (it looks like a massage table) fully clothed. Reiki practitioners often place crystals on one’s heart chakra and solar plexus while performing Reiki treatment. You should feel the chi energy that is channeled into you ad heat or a vibration if you get hands on Reiki. If you get remote Reiki, you should feel it as a warm and soothing sensation in your heart chakra.

Reiki treatment is gentle touch therapy (although it can be done on a remote basis also). The Reiki practitioner lightly touches the person’s body or aura with their hands (and arms) focusing on the cleansing and opening of the major chakra points and cleansing and calming of the aura the meridians and ridding the energy body of negative energy, blockages and attachments. Reiki practitioners will help restore the free flow of chi energy through your energy body. This free flow of chi energy is necessary for good health and happiness.

Reiki practitioners will help restore the high vibration, balance and calm of your energy body. The Reiki practitioner will also smooth your aura to heal cracks and fissures in it. The Reiki practitioner will smooth and balance it by raking your aura as well. Then you must change your beliefs, thoughts, acts and speech from negative to positive and follow the techniques in this book to generate and project positive energy for good health and happiness.

Reiki practitioners will also work with you to understand what has caused the blockages, attachments and negative energy. They will then work with you to bring negative emotions and memories to the surface and help you flush them out and let them go through meditative visualization. They will help you deal with stress and emotional problems in your life with techniques designed to build up and protect your power, energy and happiness.

Also, Reiki practitioners who are masters or attuned at Level II can do remote energy healing as well. But, anyone can send you unconditional love as visualized white light from their heart chakra and you can do the same to others. You and they should feel this energy as a warm and soothing sensation in the heart chakra.
I also recommend working with Core Shamans. Core Shamans are also energy healers. They focus on getting rid of negative and dark energy from your energy body. Reiki practitioners are often trained as Core Shamans. Core Shamans effectively remove unwanted energy attachments, and extract and dispossess negative and dark energy stored in your energy body. They unify and brighten your aura and make it intact, so your aura can serve as a protective energy shield. They can restore your energy body with soul retrieval (restoring your connection to your higher self) and retrieval of dislodged pieces of your aura from trauma (leading to an intact aura). They repair rips in your aura to help make it intact. Many Reiki practitioners can do this as well.

Core Shamans use soul journeying and by getting your energy body to vibrate at a higher level. Core Shamans also do rapid drumming near the surface of your skin and place tuning forks on the surface of the skin. The drums and tuning forks cause your aura to vibrate and shake off negative energy and attached energy cords and get pieces of your aura to fall back in place. Core Shamans can do extractions and soul retrieval as well along with recovering lost pieces of your aura. All these things are important for healing.

Have Reiki practitioners conduct regular “energy audits.” They will inspect your aura, chakras, and energy channels to see if they are normal and to ensure that you are not under psychic attack or have unwanted energy attachments. Reiki is an ancient method of healing. Dr. Mikao Usui, a Zen Buddhist monk from Japan, re-discovered this ancient method of healing in the mid-nineteenth century. Dr. Usui re-discovered the technique after exploring Indian, Buddhist, and early Christian sources for energy healing. He spent twenty-one days on a mountain in deep meditation to rediscover the ancient truths about energy and the use of energy therapy in healing. He specifically meditated day and night on the question of how Jesus Christ healed. As a result of this meditation, Dr. Usui learned the Reiki symbols that opened up healing channels and re-discovered Reiki healing techniques.

For energy body cleansing, also get acupuncture and massage.
Acupuncture cleanses the meridians and nadis. Massage extracts negative energy and relaxes the body. Both help, along with Reiki and other types of energy healing and inner work to cleanse and heal the energy body. This is essential for happiness.

**Pain Relief**

Physical pain interferes with happiness. Physical pain is often caused by low vibration negative energy and energy blockages. Take salt baths and scrub your skin with a wet wash cloth with salt in it. Do white light meditation in which you raise the vibration of your energy body. Hold citrine in your hands when you do this meditation. Get hands on Reiki treatment to alleviate pain. Acupuncture is also good for pain relief. Get therapeutic massages for pain relief. Therapeutic massages release toxins in the body that result from stress. These toxins lodge in the muscles and tendons and they cause pain and stiffness. For pain relief, also stretch and do yoga. This will help your circulation and get blood and chi energy to flow into joints and other areas of inflammation for healing and repair of tissue.

There are great natural supplements for pain relief including anti-inflammation agents such as turmeric/curcumin, bromelain, kratom, tart cherry juice, fish oil, flaxseed oil and MSM, glucosamine and chondroitin.

**Get a Good Night Sleep**

A good night sleep is important for happiness. To get a good night sleep, put salt around your bed or a salt lamp near your bed. Put cups of salt and/or high vibration crystals such as smoky quartz, citrine, amethyst and orgone in your bedroom. The salt and crystals will raise the vibration of the bedroom and protect you from negative energy.

Also, burn sage in your bedroom and spray rosewater in it to remove negative energy from it. Have someone give you remote/long distance Reiki healing or send you love right before sleep to give you a good night sleep. Meditate and give thanks and ask for a good night sleep from the Creator and the Divine.
Take valerian root, 5 HTP, hawthorn berry and magnesium supplements to help you sleep. Cocoa and chamomile and other herbal teas also help with sleep.

Negative energy brings bad dreams and interferes with sleep. You need a deep and restful sleep to draw in sufficient chi energy for good health and happiness. Also, before sleep, take salt baths to remove negative energy from your aura, detach energy cords and to draw out toxins from your body. Salt baths will help relax you and relieve physical pain. Liberally pour salt into your hot bath. Use lavender essential oil in your bath to relax you. Salt baths help remove negative energy that attaches to your aura from everyday life. In the alternative, take showers and use a wet wash cloth with salt on it to scrub your skin. Visualize the negative energy come off you and go down the drain.

Turn off all electronics an hour or two before sleep. Pray and meditate before sleep. Ask the Divine for protection from negative energy while you sleep and a peaceful, restful sleep and good dreams. Visualize angels stand guard around your bed while you sleep.

Sage will remove negative energy from your home, your clothes, your body, your crystals and objects. Sage your bed room. Spray rose water in your bedroom. Sage, crystals, salt and rose water spray will remove negative energy from your bedroom and home. Use high vibration crystals to bring in positive energy. Pray and meditate often in your home. This will bring in positive energy. Turn off the news and turn on the music. Set up an altar in your home and pray and meditate in your home on a daily basis. Play upbeat and soothing music in your home to bring in positive energy. Try not to have a lot of conflict in your home. This brings negative energy into your home.

Make your home and bedroom a spiritual and holy place that is comfortable, orderly, peaceful and clean. Free your home and bedroom from clutter. Dust and clean often. Spray rosewater and other floral scents in your home a lot. Use incense in your home. Listen to soothing and joyful music and watch comedies. Light
candles and put fresh flowers in your home and bedroom. Get rid of clutter. Make your home a place of beauty, music and art. All this is done to remove negative energy from your home and bring in positive energy. Your home will then become a good refuge from negative energy and a place that will make you feel happy, peaceful, and serene because it is filled with positive energy.

Surround yourself with art, flowers and plants in your home. Work with candles and aromas to get you peaceful and serene. Make your home a serene and beautiful sanctuary and retreat.

Eat a plant based, whole food diet (organic and raw is best). This is a high vibration diet because it is a living food diet. Living foods contain a lot of life force energy. Get daily exercise and plenty of rest. Stretch. Drink a lot of water and greatly reduce stress in your life. Take vitamins, minerals, herbs and herbal supplements and work with holistic healers and naturopaths to maintain good health.

Holistic healing works to boost your immune system and other bodily systems to fight disease and keep you healthy. Holistic healers and naturopaths believe in keeping the mind, body and spirit strong and balanced to prevent disease in the first place.

But, most of all keep your thoughts and energy and emotions calm and positive and protect your energy. In order to feel happy, stop stress. Stress damages the immune system, hurt your health and lead to emotional and physical pain and mental and physical illness.

Do zone out and calming mediation to free yourself from stress. Say no to stress whenever it occurs. Take a break and meditate your way to calm and peace of mind and inner peace. Stop the negative, spinning, running, ruminating thoughts that amplify stress. Do this through the meditations in this book. Have someone send you love as visualized white light from their hearts or do a love share with someone. All of this will help you get a good night sleep.

Conclusion
Feel the Creator’s pure and unconditional love for you in meditation and when you live in the flow. Meditate in nature from time to time. Admire the beauty of creation—the trees, the flowers, the birds, and the water. When you meditate in nature, focus on a flower or a tree, or a lake, river, or a stream, the ocean, etc. Notice all the details of the natural object. Nature will help bring you a feeling of joy, serenity, and wonder.

Visualize nature in your meditation. Go on a tour of nature in your meditation. Visualize yourself walking through deep forests with lakes and streams and ponds and streaming waterfalls. See birds, ducks and swans floating on the water; see a crane standing erect among reeds in the water.

Visualize that you are walking quietly through beautiful gardens and imagine the colorful and beautiful and freshly scented flowers all around you. Keep your eyes closed and visualize these scenes.

Visualize that you are sitting on a beach. It is a beautiful empty sandy beach. It is a clear day—bright sun, blue sky. Close your eyes and listen to the rhythmic surf. Visualize a duck pond and watch the ducks peacefully float and enjoy the momentary pleasure and beauty of life. This will help you relax and get calm, balanced and happy again.

Go to healing circles and group meditations. Go to drumming circles. Group healing circles, group meditations and drumming circles will raise and calm your vibration and make you feel great.

Try aroma therapy too. Vanilla and rose aromas are very calming and orange and citrus will help you feel happy.

It is worthwhile to become a Reiki practitioner. By going through energy cleansing and healing, Reiki training, Reiki attunements and Reiki initiation rituals, you will be able to reach higher and higher levels and vibrations on command. You will be able to perform Reiki healing on yourself and your loved ones and learn how to raise your vibrations on command.
Ask others to send you unconditional love as energy from their heart chakras (especially when you feel depressed or anxious or angry or you have aches and pains). These things will calm you and raise your vibrations. They will heal your aches and pains (as they shake off and burn off attached negative energy and re-energize you and help you sleep soundly). Use your conscious mind to quickly identify and shut down negative thoughts and use white light, directed meditation, black/white breathing and other meditative techniques (along with prayers and positive affirmations) to calm your mind and spirit and bring in a high vibration.

Always remember that negative emotions, thoughts, acts and speech will undermine your happiness by generating negative energy – and that they are compelled by negative energy in, on and around you. Forgive, detach, let go and move forward. Do not carry negative emotions, negative energy and negative beliefs and thoughts around with you. Stop stress in your life now!!

Close your eyes from time to time and say positive affirmations especially when you are stressed out. Here are some you can say over and over. Say these with your hand over your heart:

I am a radiant and holy being of bright white light (imagine yourself as a bright white, smiling angel when you say this)

I am filled up with and surrounded by bright white light (imagine yourself as a bright white, smiling angel when you say this)

I am so filled with peace, light, love and happiness

I am loving, peaceful and holy

The Creator is with me, in me

and around me

Wherever I am so is the Creator
The Creator surrounds me with Divine love, white light and protection

The Creator, who gives me life and blessings, loves me so much

Wherever I am, so is the Creator

Everything will be fine

Everything will work itself out

Next, specify all the things in your life you are grateful for. Focus on all the blessings in your life and not the problems. You are so loved by the Creator and the Divine. The Creator created you to love and enjoy life. Take your energy and power back and stand strong in a strong and healthy energy body filled with love. Through meditation, draw in the white light and be the white light that you will find inside of your heart and body. Find pure love, peace and joy inside your heart and body.
CHAPTER III

Love, Love, Love

The Road to Happiness is Through Love – Love of Self and Others

Love is Making Yourself and Others Happy

To Love Others, Love Your Self by Making Yourself Happy

When You are Happy, You will Radiate Positive Energy for the Benefit of Self and Others

You Must Feel Happy to Be Happy

You Must Feel Love, Loved and Loving, to Give Love

To Feel Happy, Free Yourself of Emotional and Physical Pain and Negative and Painful Memories, Negative Energy, Energy Blockages and Energy Attachments

To Be Happy, Cultivate the Feelings of Peace, Love and Joy Inside

Cultivate the Peaceful, Warm and Soothing Sensation of Unconditional Love in Your Heart and Body- You can Attain this Feeling of Unconditional Love through Meditation, Prayer, Positive Thinking and a Life Oriented toward Love of Self and Others
To Feel Love Ask Others to Send you Love from their Hearts

To Feel Happy, Raise your Vibrations and Fill yourself with Visualized White Light and Cultivate Peace of Mind and Inner Peace

To Feel Happy, Do Not Intentionally Harm or Deceive Others and Be Kind to Yourself and All Others

To Feel Happy, Never Hate Anyone, Forgive All in Your Heart, Let Go of Wrongs and Injuries and Do Not Judge Others

Love Yourself and Others As If You Have Never Been Hurt

Unconditional Love is Found in the Divine Dimension through Your Heart Chakra and Your Soul – It is Positive, Peaceful and Vibrant Energy

When you Feel Peace, Love and Happiness, it is Difficult to Intentionally Hurt or Deceive Others

Love is Wishing that all Others find Peace, Love and Happiness

Love is Understanding that the Unkindness of Others is an Illness that is Caused by Negative Energy, Ego, and Emotional Stress and Traumas from Life; See Negativity as the Negative Energy Inside of Them; Negative Energy Inside People Causes their Unkindness because it Hardens their Hearts and Compels their Negative Thoughts, Acts, Speech, Emotions and Reactions

Love is Peaceful, Patient, Kind, Gentle, Attentive, Sensitive, Humble. Non-Manipulative and Non-Controlling

Love is to Feel and Be Happy – In This Way you will Generate and Project Positive Energy to Others and Help Make them Feel Happy Just By your Presence

Love is Positive, Affectionate - Hugging and Holding Hands
Love is to Forgive, Detach, Let Go and Move On

Love is Helping Others and Not Judging Others

Love is Smiling, Laughing, and Projecting Positive Energy

Love is Helpful, Polite, Kind and Respectful

Love is a Smile and a Few Kind Words

Let your love flow from your heart chakra throughout yourself and outward to others and the Universe
To its height, its depth, its broad extent,
A limitless love, without hatred or enmity,
Then as you stand or walk,
Sit or lie down,
As long as you are awake,
Strive for this with a one-pointed mind,
Your life will bring heaven to earth.
(Sutta Nipata )

Develop the mind of equilibrium,
You will always be getting praise and blame,
But do not let either affect the poise of the mind,
Follow the calmness, the absence

Love is to Follow the Ethical Commandments the 12 Essential Commandments (the 10 Commandments plus Love Your Neighbor as you Love Yourself and Love the Creator with All Your Heart, Soul and Mind) and Refrain Gossip or Slander and the Dharma in Buddhism (No Killing, Stealing, Deceiving or Sexual Misconduct)
Live to Love

Happiness comes from love. Love yourself and others. In other words, be positive and make yourself and others happy. In this way, you will generate and project lots of positive energy and this positive energy will come back to you in multiples for your own happiness.

To be happy, you must feel happy. To feel happy, you must feel love, loved, loving and lovable. So, happiness and love are inextricably linked. To feel happy, you must live in the flow of love and fully connect to spirit and the peace that spirit brings. To feel happy, you must fill yourself with positive energy and avoid negative energy. All of this will help you feel love, loved, lovable, complete and balanced. Love, happiness and peace of mind and spirit are inextricably linked.

To live in the flow of love, you need to cleanse and heal your energy body and then maintain a clean, healthy, calm, intact and vibrant energy body. You need to center yourself in your heart. In this way, you will easily feel love. To be happy, live a life oriented toward the positive and toward love of self, others, the Creator and life.

To live in the flow of love, you need to be kind to yourself and others and to make yourself and others happy. You must not intentionally harm or deceive others, and you need to follow the primary ethical precepts to do this.

To live in the flow of love, you need to rid yourself of negative energy, energy blockages and attachments and heal and cleanse your energy body. Then you need to restore the full connection between you and your soul, and build up the visualized white light inside you. You need to greatly reduce stress in your life and avoid negative and toxic people and environments.

Happiness requires you to love yourself and all others unconditionally (i.e., wishing all others to be happy). Unconditional love requires you to feel peaceful, happy, serene and positive. When you feel peaceful, happy, serene and positive, you will automatically draw-in, generate and project love (as positive, life force energy).
When you send out unconditional love as visualized white light from your heart, you will make yourself and others feel good. Send it to your loved ones and good friends often, and have them send it to you often. You and they will feel it.

Most interactions with others are through the energy body. It is unconscious interaction. Since, we are all connected (through energy and spirit), we love others by loving ourselves. We love others by generating love inside ourselves. We love others by projecting positive energy through our thoughts, acts, reactions and speech.

The energy we generate is the energy we project. The energy we project is the energy that comes back to us. The energy that we are filled with is the energy we project. The energy we are project is the energy that fills us. Make this energy positive as much as possible.

Love is the generation and projection of positive energy to make you and others happy. Orient your life to love – to making you and others happy. Orient your life to loving life, loving yourself and others (and being kind to yourself and others), loving the Creator, loving each moment of your life, loving what you do, spending time with your precious loved ones, having fun, being happy and doing random acts of kindness. Celebrate life each day. You will then find peace and happiness inside.

It is difficult to intentionally harm or deceive others or intentionally inflict pain on others when you feel happy inside. It is much easier to love others when you feel happy inside. So, cultivate the feeling of being loved, loving and lovable through the techniques in this book.

Unconditional love is available right now to you from the Creator and the Divine. Claim your gift today. Claim it each day for the rest of your life. Feel the inner peace, peace of mind and high vibrations that it brings. This unconditional love, this life force energy is the key to happiness.
You automatically project the love you generate. To project love does not require much. Stay on the surface with most people and extend your love broadly to them by being happy, kind, respectful, polite, considerate and compassionate.

When you feel, happy and positive, your presence alone will make others happy. This is unconscious interaction at the level of the energy body. This is love-positive energy and high vibrations. All you need to do is smile, show interest, give attention and project positive energy.

A few kind words and a smile are sufficient for most people. Send people love from your heart and pray for their happiness too. This is love.

The road to happiness is the road of unconditional love. Unconditional love is positive energy (love) that makes you and others feel happy. Unconditional love means to never harbor hate or desire for revenge. Unconditional love means to forgive yourself and all others in your heart and then detach, let go and move forward.

Do not hold onto emotional pain, anger or resentment. It will undermine your own health and happiness. It will agitate and lower your vibrations. It will weigh you down.

To forgive someone does not require you to ever see that person again. Just wish them well in your heart, detach from them, let go and move forward with or without them in your life (it is your choice). Cut the energy cords with them through visualizations.

Unconditional love means to not judge others and to stop trying to possess, control and manipulate others. These things come from ego, intellect and a place of fear. They do not come from the heart and a place of love.

Unconditional love requires you to respect boundaries and to not be intrusive or arrogant or gossip about or slander others. But,
the most important aspect of unconditional love is to love yourself unconditionally. Love of self means to make yourself feel peaceful and happy inside no matter what happens in life. Love of self means to give yourself the gift of a peaceful and positive mind.

If you get knocked off the road to happiness, get back on it as soon as possible. Your life is for you to fully enjoy and experience. You cannot do this if you are holding onto the baggage of emotional pain and negativity.

Fill yourself with energy and power (visualized white light) through the techniques in this book. You will help so many people on an unconscious level when you generate and project positive energy, i.e., positive vibrations.

Do not let life’s curve balls make you unhappy for long. Certainly, you will experience pain and problems in life from time to time. Certainly, grief, sadness and mourning are unavoidable aspects of life. It is ok to fully experience grief, sadness and mourning in connection with illness, death, break-ups and tragedies. This is not negative. It is part of life.

But, it is also important to not dwell in the negative for long. It is also important to release emotional pain and get back on the road to happiness as soon as you can.

Look at problems as challenges to overcome. Do not dwell on them. Instead, meditate and ask for solutions to problems and pray. Solutions will come to you. Always visualize positive outcomes.

Do not let anyone take away your power and energy for long. Return to full energy and power from the inside as soon as you can. Do this through the techniques in this book. This is self-love.

To be happy, fill yourself with visualized white light often. The white light cleanses and purifies your energy body and frees it from negative energy. Do this through the visualization exercises in this book.
The internal feeling of unconditional love (that comes from the flow of love and your connection to the Divine) and the high vibrations of visualized white light will automatically reduce stress, anger, fear and worries. It will reduce negative mental chatter, drama and conflict. It will help end addictions, obsessions and ruminations. It will help you accept others and life as they are.

To be happy, orient your life toward (i) feeling and being happy, healthy, balanced, peaceful and positive, (ii) generating love, happiness, positive energy and peace inside yourself and (iii) maintaining a clean, healthy, vibrant, intact and calm energy body and peace of mind. In this way, you will automatically make others feel peaceful and happy. This is love. Pursuant to the law of attraction, the positive energy you generate will come back to you in multiples.

FIRST AND FOREMOST, LOVE IS POSITIVE ENERGY THAT YOU CAN SEND AND RECEIVE AND BUILD UP INSIDE YOUR BODY AS VISUALIZED WHITE LIGHT FROM YOUR HEART. LOVE IS THE ENERGY OF LIFE AND CREATION LOVE IS WHAT CHI FEELS LIKE IN ONE’S HEART AND BODY- i.e., PEACE AND HIGH VIBRATIONS.

Love is the generation and projection of positive energy through your acts, speech, reactions and thoughts. This generation and projection of positive energy will help make you happy.

Love means to engage with others in a positive way that generates positive energy. It means to avoid (and at the very least resolve and not hold onto) conflict and drama and to not intentionally harm or deceive others. This generates negative energy.

Love means to establish, maintain and respect boundaries. It means to not hate anyone or hold onto grudges or seek revenge. It means to not judge anyone. It means to stop trying to control, manipulate, overpower and change others. It means to not intentionally hurt or deceive others. All this generate negative energy, and you want to generate positive energy for happiness.
Love means to devote some time to serve others. When you serve others, you project out of self through kindness. Help make poor, sick and disabled people happy through direct interaction with them. This is love. To give charity is also love, but to directly interact with those who need love is more important for your own happiness.

To serve the less fortunate will help you feel gratitude for your blessings. It will help soften your heart and your connection to spirit. There are many ways to serve the poor, the sick and the disabled including at food banks, hospitals, hospice, coat and clothing drives, building and helping at shelters. All of this will generate positive energy for your own happiness.

Love means to focus on positive and productive activities. These activities may include work, sports, exercise, arts and crafts, baking, cooking, hobbies, cleaning, etc. Love includes doing random acts of kindness.

Do not sink into yourself, absorbed in your own negative thoughts and problems (filled with self-pity, guilt, shame, repeating thoughts, worry and/or anger). This will not make you happy. It will cause you to generate and project low vibration and agitated negative energy.

Instead, stand tall and erect, look ahead or up when you walk and project your energy out in a positive way. Open and quiet your mind and stop negative thoughts. Generate and project positive energy.

While you should give people attention and respect and listen to what they have to say, do not become a “rescuer.” This will drain your energy and undermine your happiness. Your happiness comes first. Self-love comes first. Self-love means making yourself happy. You cannot make others happy if you are not happy.

Take care of your health, happiness and energy. The best thing you can do for others is to generate and project positive energy. Of course, it is a great act of love to be there for people who are suffering, especially in moments of death, illness and grief. Just to be there to bolster those who are suffering is a great act of love and
generates and projects a lot of positive energy.

But, save your deep love for yourself and the precious loved ones in your life who make you happy. These are the few precious loved ones and close friends who love you and want you to be happy (spouse, lover, child, best friend). They are people who make you feel comfortable and relaxed.

Celebrate life together with the special loved ones in your life. Celebrate birthdays, anniversaries and holidays together. Celebrate special occasions together. Sharing time together does not have to be expensive. You can take walks, play games, prepare meals together and go camping together. Find ways to enjoy each other’s company.

Think of love as healing energy that you channel to others from your heart. Think of love as your sincere wish that all others be happy and free of pain. Think of love as your decision to be kind, polite and respectful to all.

Think of love as your decision to not intentionally hurt or deceive anyone and to not intentionally cause anyone pain. Think of unconditional love as your determination not to judge others or gossip about or slander others. Think of love as your decision to forgive all others and not hold onto grudges, anger and pain.

Be friendly, but maintain reasonable boundaries. Maintaining reasonable boundaries is self–love. You are entitled to be treated with respect and kindness and you are entitled to your privacy and space. Be positive. Be kind. Be outgoing. Do not be shy. Do not bring your energy inward in a shy and defensive way. This projects negativity and lack of self-confidence. Project your energy out, while maintaining reasonable boundaries.

To love others, requires that you see the negativity in people as a spiritual illness caused by trauma, stress and lack of love in their lives. Negative people are in emotional pain. They are filled with negative energy. Negative people cannot be happy and positive when they are in emotional pain and filled with negative energy. The antidote for spiritual illness is love and positive energy.
Yet, many do not open their hearts to love. So, just do your best to be happy and project positive energy. Do not preoccupy yourself with the negativity of others. It is their illness -not yours. Don’t dwell on the negativity of others or take it personally. Send them love as visualized white light from your heart, give them a smile, a few kind words and some attention - and pray for them.

An important aspect of love is forgiveness. Forgiveness enables you to get back to being happy. Forgiveness enables you to let go of emotional pain and painful memories and stop dwelling on the people who hurt or deceived you. Forgiveness requires you to detach from and let go of the emotional pain that others caused you.

Forgiveness is about letting go. Letting go enables you to feel happy and peaceful inside and cultivate peace of mind and inner peace. You do not have to condone “bad behavior” through forgiveness. You forgive in your heart and then you detach, let go and move forward.

When you forgive others from your heart, you end the grip of painful memories. Cut the energy cords that hold you to them through energy cord cutting visualizations, chakra cleansing visualizations and white light and violet flame visualizations.

The act of forgiving others in your heart will help bring you peace of mind and inner peace. Of course you can pray for justice and even seek justice through the legal system when appropriate. But, do not hold onto the emotional pain for the sake of your own health and happiness. Make anyone who intentionally hurt you one of the anonymous billions of people on the planet who you do not know (even if they are “family and friends”).

If you cannot forgive all others, then at least do not hate anyone. At the very least, do not hold onto hate and bear grudges. Detach and let go of hate and grudges for the sake of your happiness. If anyone hurt or deceived you intentionally it was not the inner child in them that did it. It did not come from their souls. It was the dark energy in them that triggered the bad behavior. If you can send them love from your heart
and pray for them, this will help get rid of the dark energy involved.

Send love from your heart to all painful events form the past to help cut the cords that attach you to them. This will help get rid of the negative and dark energy involved in the event that may continue to undermine your own happiness through ongoing negative thoughts about the event.

Also, forgive yourself for past mistakes. Let go of past mistakes and do not dwell on them. Cut the energy cords that hold you to past mistakes. Send love from your heart to these past mistakes that still cause you emotional pain. This will help get rid of the negative energy involved in the mistakes that may continue to undermine your own happiness through ongoing negative thoughts about them.

Do not hold onto painful and negative memories or they will harden your heart, poison your mind, deplete your energy, damage your energy body and undermine your health and happiness. To hold onto painful memories, brings ongoing stress. Let go of the painful past and all anger about the past so you can move forward in a positive, peaceful and happy way without stress.

When you forgive someone in your heart, it does not mean you need to have an ongoing relationship with that person you forgive. It just means to let go of the pain that person caused you and detach from the energy cord that binds you to that person and that pain. Say over and over to yourself with your eyes closed as you visualize the person “I forgive you.”

It takes a lot of energy to hold onto pain and hold a grudge and to dwell on an injury. Detach from the energy cords that bind you to an injury. Tell those that caused the injury (in your heart) that you forgive them. Say to them silently from your heart -”I forgive you. Good bye. Be well and go in peace.” See them walk away or float away forever. Pray for justice if you want. Then, let go of anger, grudges and hate. Do not think about them anymore. Make them one of the billions of anonymous people in this world.

Do not judge others. People need love, affection, understanding,
compassion and help. They need support. They do not need to be judged. The compulsion to judge others comes from the delusion of ego. The delusion is that we are separate and superior to the others who we judge. But, we are all equal souls. We all make mistakes. In reality, your pain is my pain and my pain is your pain.

Stop the ego-oriented impulse to judge, manipulate, possess and control others. These desires come from ego and generate a lot of stress and negative energy. The stress comes from the resistance of others (as a clash of wills) as you try to impose your will over them. It also comes from your efforts and/or failure to achieve such goals.

Guard your words and orient them to the positive. Do not undermine people behind their backs. Do not humiliate, tease or embarrass anyone. Do not hurt the feelings of others. This generates a lot of negative energy. The tongue is a potent weapon for love or hate, for positive energy or negative energy. Be conscious and careful about what you say.

Guard your thoughts and orient them to the positive. Unkind words can slip out from unkind thoughts. Stop yourself from generating negative energy through conscious mindfulness. Guard your thoughts, acts, speech and reactions to reduce the negative energy they generate. Orient them all to the positive.

You can’t control others. But, you can control your thoughts, acts, speech and reactions and orient them to the positive – to generate positive energy for your own health and happiness.

Do not slander others. Do not gossip about others. Slander and gossip generate a lot of negative energy. Instead: Love others. Help others. Serve others. Care about others. Generate positive energy.

Eliminate conflicts with others (conflicts often involve a clash of egos and will). Love requires you to try to resolve conflicts and make amends as soon as possible. Apologize if necessary to quickly end and resolve conflicts. Do not let pride get in the way. Disengage from conflict. Otherwise, you will keep generating negative energy.
To quote Abraham Lincoln, “I destroy my enemies when I make them my friends.”

Love requires that you do not put yourself above or below others. This comes from the delusion of ego that you are superior to others (and can do what you want to them) or you are inferior to others (and you need them for your power and energy). Expunge feelings of superiority or inferiority through the meditation, visualization and prayer techniques in this book.

You generate and project negative energy when you are grumpy, mean, disrespectful, moody unkind, arrogant, judgmental, impolite or insensitive. All this negativity comes from ego-centric, negative thoughts, negative energy and energy blockages and attachments.

Whenever you find yourself filled with negativity, understand that you are filled with negative energy. Do some white light, violet flame and color meditation, do calming meditation or black/white breathing. Do visualizations to burn off, release and let go of the negative energy. Get out, exercise, smile and greet people with a smile and a few kind words. This will all help dispel negativity.

Turn jealous thoughts and feelings around as follows: wish the person you feel jealous blessings upon blessings, send them love from your heart and tell them that all you want for them is to be happy and to enjoy all that they have.

Whenever you feel fear or anxiety, say to yourself over and over “I am strong, independent and courageous.” Shift your consciousness into the center of your body and do deep black white breathing and focus only on your breath.

Turn away from impatience by intentionally slowing down. Let others cut in line ahead of you and smile. Focus completely on one living thing, a tree, a bush, a flower, a plant or an object of art and observe all aspects of it. Slow down and focus all your attention on one person and engage in light conversation with that person. Give that one person unrushed attention. Focus on all the words he or she is saying without thinking about your response or your words.
When you feel impatient and rushed, breathe deeply a few times and distract yourself. Take a minute to close your eyes and focus solely on your breathing. Talk more slowly. Move more slowly. Stop your thoughts and focus, observe and listen. Force yourself to stop thinking about the future or the past or what you “need” to do. Just be, just exist in the moment. Say to yourself “Nowhere else I have to go. Nowhere else I have to be.” Focus on the moment. This will drive away impatience.

Turn away from negative thoughts by distracting yourself and substituting positive thoughts and images, music, mantras, prayers and positive affirmations. Focus on your breath, or a symbol or a calming object (art, a tree, a flower, a candle a bird, etc.). Say a powerful prayer mantra to yourself (like the Lord’s Prayer). Relax and be in the moment and get out of your thoughts.

Shift into your heart or body center and focus on your breath. Smile gently. Forget about everything and just focus on what is around you in the moment – especially nature. Slow down. Stop all unrelated thoughts. In fact, get out of your thoughts and shift your energy and consciousness out of your head and into your heart or solar plexus.

When you feel afraid or worried, get in the moment, do some calming meditation, go to large bodies of water and meditate there, and pray and recite powerful prayer mantras to yourself. Substitute faith and prayer for worry and fear. With respect to all negativity, do high vibration, white light meditation and send visualized white light from your heart chakra. Raise your vibrations. Foster patience, calm, centering, grounding and balancing.

The primary attributes of love are (i) to forgive yourself and everyone else (so you can be free of psychic waste that prevents you from being happy), (ii) to not judge, (iii) to be patient, kind and respectful, (iv) do not hurt, deceive or bully others, (v) to do random acts of kindness, (vi) to be fully present in the moment and to put a smile on your face and radiate positive energy and compassion and (vii) to make you and others feel happy.
The primary foundation of love is to not intentionally harm or deceive others or cause them pain. To intentionally harm or deceive others generates and projects negative energy that will come back to you in multiples to undermine your happiness. So, consciously guide your acts and speech to be kind to yourself and all others.

The problem with “do no harm, do not deceive” is that it will not sustain the feeling of happiness inside of you. It does not generate and project positive energy. It just stops you from generating and projecting negative energy. Also, it is not easy to harm or deceive others, if you feel positive, vibrant, happy and peaceful inside.

If you hold onto anger, hate and grudges inside you, or you judge others, gossip about and slander others and you do not forgive others, you will not feel happy. You will not have peace of mind or inner peace. Eventually you will think, act, speak and/or react in ways that harm or deceive others when you are in pain or do not feel happy, peaceful, complete and vibrant within yourself.

Remember, happiness is a feeling. You can only achieve this feeling by generating and projecting love and positive energy from inside yourself.

If you have harmed or offended another, apologize. Try to make amends. Try to repair the damage you have caused. Resolve conflicts. End conflicts. Do not let ego hold you back. Go the extra mile. Do not let your ego hold onto conflicts and/or seek revenge. That will only sustain the conflict and generate and project ongoing negative energy.

Empathize with others. Try to see their point of view. Try to understand their pain. Listen more and speak less and choose your words carefully so as not to generate negative energy. Send them love. From your heart.

Love life and love your life. Love what you do. Love yourself and love others. Be grateful for the miracle of your life.

Consciously make yourself more attentive to others. If you find yourself absorbed in thought, then stand tall, take some deep breaths,
smile and project yourself out (and positive energy from inside yourself out). Be kind, gentle, patient, and generous. Be polite. Smile. Give people compliments. Make them smile. Greet people with kind words. Leave good tips to servers. Live in a way that generates and projects positive energy. Relax, slow down. Listen and observe. Be patient, attentive and focused on the moment. Most of all- Enjoy life.

Express your positive and loving feelings to others. Express your love with words. Use the words “I love you.” Let others know that you care about them through your words and your deeds.

Compliment people. Give them a pat on the back. Tell them they are pretty or handsome or have a nice smile, nice clothes, nice eyes or they have a kind heart or are smart. Give them your full attention. Make them feel special. Make them feel loved. Make them happy. This is love. This will generate positive energy that will come back to you in multiples.

Love requires that you follow ethical precepts and do not intentionally harm or deceive others. The Way in Buddhism is Dharma – the path of ethical conduct and ethical speech, enlightenment and kindness. Dharma is virtually the same as the ethical commandments in the Judeo-Christian and Moslem traditions. Islam has the straight way. Wicca has the path of causing no pain to the self and others. Judaism and Christianity have the Ten Commandments. Love your Neighbor as Yourself and the Golden Rule – Treat others as you would be treated.

All these paths in the world’s religions are similar. They are paths of righteousness and ethical conduct, through which we generate the least amount of pain and negative energy by our thoughts, speech and acts. They include prohibitions on harm we cause with our speech (through gossip, insults or slander). Find a teacher and a class and learn about ethical conduct. Make them a part of your life. This is love. Happiness will follow.

Of course, you will get angry, afraid and worried from time to time. You will get stressed out once in a while. You may get into conflicts once in a while. You will still act out of self-preservation and
self-interest (from ego) once in a while. When negativity strikes, close your eyes and do the breathing and calming meditation exercises in this book.

Let go of negativity and negative memories whenever they hit you. Through conscious mindfulness, strive to minimize the negative energy and pain you generate and maximize the positive energy and love you generate. Conscious living requires that you strive to quickly return to the feeling of happiness and the flow of love whenever negativity strikes.

Through the techniques in this book, you will be able to quiet your mind and monitor your thoughts and emotions and quickly get yourself out of negative territory and back to the moment and the flow.

Jesus Christ said to “Love your enemies.” To love your enemies, first, identify your enemies (those who hate you in their hearts) and then try to understand them. Is your enemy really your enemy? The person may not have intended to harm you. Maybe he or she said something that hurt you but was truthful and helped you in the end. Enemies point out our weaknesses.

So, enemies can be helpful teachers as well as harmful. The harm your enemy caused you may have been accidental or careless or a case of mistaken identity. Ask an enemy directly and honestly why they hurt you. See if there is a way to reach an understanding and reconcile with your enemy to avoid ongoing generation of negative energy. Love your enemy means at the very least to accept your enemy for who he is, to end conflict and to forgive detach, let go and move forward. Do this for the sake of your own happiness, Love is forgiveness. So, to forgive your enemy is love.

You are entitled to defend yourself. Self-defense is an act of self-love. You should rely on self-defense when needed out of self-love. But, do not take revenge. Leave revenge to the Divine. Leave revenge to Karma. To take revenge, generates and projects a lot of negative energy that will only undermine your own happiness.
To take revenge is to perpetuate conflict and generate more and more negative energy that will undermine your own health and happiness. If you feel it necessary, then pray for justice or take legal action to redress the wrong done to you. But, forgive at the same time (meaning to detach and let go and to not necessarily condone the injury).

To take revenge requires ongoing negative thoughts and plans and then acts intended to harm another. These thoughts and acts perpetuate conflict, stress and negative energy. When you take revenge, it is likely that your enemy will react in a way that is harmful to you. It is likely you will perpetuate conflict and not resolve or end it.

To be happy, avoid conflict and drama and do not spend your precious time thinking about the people who hurt you and how you will get even. There are people who truly love you. Focus on them instead of your enemies and those who hurt you. You will be much happier.

Love requires you to be fair, keep your promises and not deceive others. To act unfairly or to deceive others creates pain and negative energy. Love requires you to speak to others gently and sensitively. Love requires you to be direct but to not hurt feelings.

Love requires you to not deceive others and to honor the promises and commitments you make. Why? A deception or a broken promise or commitment causes negative energy in connection with the breach. The ordinary response to broken promises or commitments from victims is anger and loss of trust—that generates negative energy.

Have fun with your loved ones. Hug them and kiss them. Tell them how much you love them. Forgive them. As my father-in-law (who has passed away) used to say with respect to loved ones—“You must love them the most when they deserve it the least.”

Self-love is a critical aspect of love. Many people have a difficult time loving themselves. This is often because they were told as children that they are not good, not smart, not capable, etc. They have
often been told this by adult authority figures. This type of criticism triggers negative beliefs that the person then holds in his or her conscious and unconscious mind. Their lack of self-love may also come from child abuse and neglect.

If you were wounded as a child, then, in order to enhance your self-love, you must enhance your self-image and self-esteem. This requires positive affirmations, visualizations and energy body cleansing and healing.

Do the positive affirmations and visualizations in this book. Include inner child visualizations and the visualizations below in the next chapter in which you see yourself merge with an image of a hero, super-hero or your higher self as a radiant angel of pure white light. Do these visualizations over and over.

Also, do chakra cleansing (and related charka color meditation) especially focused on the heart, solar plexus, sacral and root chakras. These are found in this book. Put your right hand over your heart and send yourself visualized white light of pure unconditional love.

There is more about self-love in the next chapter of this book.

Love takes practice. Slow down and go through the moments with deliberation, gratitude and all of your senses. Observe and be. Live. Express your silent gratitude for another day of life. Appreciate the day and the moment. Appreciate nature. Love requires you to shift out of your head and into your heart and live there and not in running, spinning and negative thoughts.

The children in your life are your joy and legacy. When you are around them as they play and have fun it will bring out your inner child, being you positive energy and make you happy. They will carry on the
love you give them into the future. They will unconsciously pass on that love to others and to future generations after you are gone. In this way, you will positively impact the direction of mankind. Focus on building up the self-confidence and self-esteem of the children in your life. This will make them happy and productive adults.

Send them unconditional love as visualized white light energy from your heart chakra and pray for them. Be affectionate – hug and kiss them and tell them that you love them a lot. Have fun with them. Laugh a lot with them. Make their favorite foods and have meals together. Be positive with them. Spend time with them. Praise them. Be kind to them. Control your anger. Never hit them. Do not yell at them. Make any punishment reasonable, related and limited.

But, reward and praise much more than punish. Control your anger around children. They are very vulnerable. Let them know without anger, that their behavior will only hurt them. Explain this carefully to them. Restrain yourself from judging or criticizing them. Be more like their coach or manager. Try to get them to buy into positive, loving and ethical goals and standards. When they get off track, coach them back on track. Motivate them, Talk to them. Enjoy them. Listen to them. Have fun with them. Hug and kiss them and tell them that you love them often. Send them visualized white light from your heart often. Pray for them often. Be happy, positive and fun loving around them. Give them a lot of love and attention. They are precious jewels who the Creator gave you to love and make happy.
CHAPTER IV

Love of Self: Building Self-Confidence and Self-Esteem

Give Yourself the Gift of a Good Self Image and Inner Power

Forgive Yourself

Rid Yourself of Guilt, Shame and Regrets

Rid Yourself of Negative Thoughts

Quiet and Pacify your Mind and Use it Only as a Productive Tool

Give yourself the Gift of Peace of Mind and Inner Peace

Stay Focused on the Details of the Moment

Cleanse, unblock and fortify your energy body

Discharge, shake off and burn off negative energy

Develop a clean, healthy, vibrant and intact energy body that functions at a high vibration

Set reasonable boundaries and avoid negative and toxic people and environments and conflict and drama

Love of self requires you to let uninvited criticism go in one ear and out the other and have no impact on your happiness.
Monitor and stop thoughts of self-doubt, self-pity and insecurity. Monitor and stop the voice of the internal critic and ignore destructive criticism from others.

Believe in yourself and your dreams and aspirations and do not let others or your internal critic limit you through self-doubt or low self-esteem. You are a miracle of creation and a spark of the Creator. You are so loved by the Creator and the Divine.

Develop dreams and passions with respect to work and career and then set realistic goals and develop action plans to achieve them and execute these plans with focus.

Use zone-out meditation to get ideas on goals and strategies and solutions to problems.

Stay positive in your thoughts, acts and speech and do not undermine or hurt yourself or others.

Be sociable and friendly to project positive energy. Keep interactions light and positive.

Stop thoughts that come from a place of self-doubt; scan your mind and stop these thoughts with the techniques in this book; get out there, stand erect, network and smile and project out of yourself with positive energy, happiness, self-confidence and balance.

Be centered and grounded at the same time (do grounding and centering meditation along with the other meditations you do).

Love of self requires you to have dreams and to set goals and to make plans and to develop strategies to achieve them, and then to take positive action.

Develop a feeling of inner power and completeness and balance, high self-esteem and high self-confidence that enable you to take risk without fear of failure and to fail without depression,
resignation and self-doubt

Do not take insults personally – they are about the negativity, insecurities and unhappiness in the person who insults you and not about you.

Look at problems as challenges and tests to overcome

Be hopeful, happy and positive and have faith

To love yourself, give yourself the gift of ongoing peace, happiness and joy through the techniques in this book. Live in the moment and in the flow. Give yourself the gift of a clean, healthy, vibrant, calm and intact energy body through the techniques in this book.

To love yourself, boost your inner power, energy, self-confidence and self-esteem through the techniques in this book. Do the energy re-charging exercises in this book often.

To love yourself, make your happiness the number one priority in your life. Get rid of stress, pain, depression, anxiety and other mood disorders. Get rid of addictions, obsessions, low self-esteem and low self-confidence. Get rid of rigid and narrow beliefs, and negative thoughts and emotions and open your beliefs, mind and heart. Adopt mindfulness and positive thinking. Do all of this through the techniques in this book.

Build up your power and energy from within through the energy re-charging and other exercises in this book. Fill yourself with white light. At the same time, calm, center and ground yourself. Do all this through the techniques in this book.

Do directed meditation to build up your mental focus. Work with mindfulness and positive thinking techniques in this book. Through positive thinking, mindfulness, centering, grounding and focus, you will be able to move from the negative to the positive on command.

Change your thoughts from negative to positive. Change your beliefs from negative to positive and from rigid to open. Do this through
the techniques in this book.

Change your work and relationships if they interfere with your number one priority in life (to make yourself happy).

Do not live for the expectations or opinions of others. This will only stress you out. You can never fully please another person. So, please yourself instead. Self-love means to love yourself.

To love yourself means to make yourself happy and to make your happiness your number one priority.

Approach life flexibly and let go of all preconceived notions that lead you down the path of stress and negativity. Do what makes you feel happy, positive and peaceful inside.

Adjust your lifestyle to reduce stress. Work two jobs if you want. But, only if this makes you feel peaceful, positive and happy. If not, change your lifestyle to reduce stress. Greatly reduce stress factors and triggers in your life.

Give yourself a break and rest. Make time for yourself and enjoy life. End ongoing negative thoughts with respect to the past, to external events and circumstances, and build and maintain reasonable boundaries.

Adopt positive beliefs, thoughts, acts, reactions and speech so they do not undermine your happiness. Let go of the painful past. Get rid of regrets, guilt and shame. Forgive yourself and let go. Do all this, through the techniques in this book.

To change your beliefs about yourself say the following positive affirmations and others often. Say them with your eyes closed from your heart over and over. Believe them when you say them. Feel them raise your vibrations when you say them: “I am happy, peaceful; and serene. I am perfect and complete just the way I am. I love myself. I am a good, kind, respectful, courteous and loving person. I am so loved by the Creator and the Divine. I lack nothing. I have all that I need for happiness. I am happy. I am full of power and energy.
I am love, loved and lovable. I am filled with love, light, power, self-confidence and self-esteem. I am courageous. I am powerful and unafraid. I am protected and safe. I am content. I am happy, patient and kind. I love, approve and accept myself completely and unconditionally as I am now. I forgive myself and all others and I set myself free.”

You are a precious miracle of creation, a Divine being of pure white light and love, a spark of the Creator. You are a miracle of creation. You are so loved by the Creator because you are connected to the Creator and a child of the Creator. So, love yourself like the Creator loves you.

To feel happy and positive, smile, laugh and indulge your inner child – treat yourself to something special and fun every day. Listen to music, dance, exercise, stretch and do yoga. Watch comedies and light movies and shows that make you laugh.

Laughter is great medicine for the soul. Think about what you can do each day to treat yourself to something special that will make you happy – and, then do it! Pursue passions and hobbies and creative endeavors.

There is abundant unconditional love waiting for you in the spiritual dimension. It is chi energy - the Divine energy of life and love. It is the positive energy that heals and invigorates. It is a gift to you from the Creator. Chi energy and your connection to spirit through prayer and meditation will bring you inner peace and joy. So, fill yourself up with it as visualized white light.

Let go of painful memories. Let go of self-pity and the critical and judgmental inner voice. Get relaxed and indulge yourself often. Open your heart and mind to the infinite and free yourself from the narrow, the rigid and the negative.

Feel the Divine’s love for you. Feel the miracle of you and the miracle of your life. Close your eyes and feel the love inside you.

Visualize your heart as a pure white sun that radiates bright white beams of light as pure unconditional love. Send it out to the world
and to others for healing. It will come back to you in multiples. This is self-love.

Self-love and freedom go together. You were born to be free. You have the right to be free. But, you must play an active role in securing your freedom.

First and foremost, free yourself of negative thoughts and emotions and free your energy body of negative energy and energy blockages and attachments. Free yourself from ego and the negativity caused by ego. Free yourself from fear and anxiety by living in the moment. Do the visualizations, meditation, prayer and other exercises in this book on a daily basis.

Free yourself from emotional and physical pain through the techniques in this book.

Free yourself from fear. Fear is the primary reason we relinquish our freedoms. Fear is the reason we lose our power, self-esteem and self-confidence. Fear is the reason we subordinate ourselves to negative and toxic people who we perceive to be stronger than ourselves. Fear is the reason we remain in negative and toxic environments, situations and relationships.

Fear leads to our ongoing generation of negative energy through our own negative thoughts and emotions. Fear undermines our power and energy. So, rid yourself of fear through the techniques in this book.

Free yourself from negative and toxic people. Do not permit anyone to take your energy or power away from you. Avoid negative and toxic people and build and maintain strong boundaries and psychic shields with them.

Build up your energy and power from the inside through meditation, prayer and visualization and by building and maintaining boundaries.

Free yourself from the need to have the validation of others. This
comes from low self-esteem and co-dependency. This is not consistent with making yourself peaceful and happy and full of power, energy, self-esteem and self-confidence.

Fill yourself with power, energy, self-confidence and self-esteem through the meditation, visualization and positive affirmation exercises in this book. Do what makes you happy and feel good about yourself.

Free yourself from energy attachments that cause obsessions and addictions. Free yourself from energy blockages. Use the techniques in this book for all of this.

Free yourself from negative, pre-conceived notions about yourself, your capabilities and obstacles that stand in your way. Free yourself from stress. Free yourself from the grip of negative emotions and painful and negative memories. Free yourself from co-dependent relationships that low self-esteem brings.

Generate the ongoing feeling of love, balance, peace and wholeness through the techniques in this book. Cultivate a peaceful mind and spirit.

Do not let others get you down or put you in an unhappy state. Keep building up and expanding the white light inside you and a high vibration energy body. Keep doing the energy re-charging exercises in this book. This is self-love.

You must be fully energized and empowered to be happy. You must feel complete, balanced, centered and grounded to be happy. You must be relatively free of stress to be happy. You must be relatively free of negative thoughts and emotions to be happy. You must be relatively free of the grip of the painful past to be happy. So, free yourself of all this through the techniques in this book. This is self-love.

Always keep in mind that negative and toxic people will drain your energy and power. Avoid these people and environments to the extent you can. Build and maintain strong boundaries and
psychic shields to protect you from them when they are around.

Avoid unpleasant interactions with negative and toxic people including conflicts and drama. They will drain your energy and power. Try not to provoke them or get provoked by them. Try not to let them get you angry or frightened and do not stir them up.

Keep your distance, be polite but establish and maintain strong boundaries and psychic shields at the same time. Do not keep people in your life who intend to harm you or intimidate, tease, bully, dominate, control, manipulate or provoke you. Rely on your intuition, observation skills and even psychics to tell you who to avoid.

Do not let negative and toxic people and painful memories dominate your thoughts. Free yourself and your mind from them. Do not let them make your beliefs and thoughts negative and pessimistic. Do not give them that kind of power over you through your own mind.

Instead, take back your power from them and build up your love, power and energy from within. Focus on all that you are thankful for instead.

Remember you are a child of the Creator, the Most High, and your power and energy comes from the Creator. Do not fear anyone or anything. Pray, meditate and connect with the Divine. Keep your mind peaceful. Substitute happy and positive thoughts and images for negative ones.

Guard your power and energy. Free yourself of negativity and stress, starting today. Free yourself of concerns or worries about what others think. Live for your own happiness.

Keep your energy body clean, vibrant and intact and get rid of negative energy, energy blockages and energy attachments through the techniques in this book. When you feel negative, it often comes from the outside. So, do what you can to shake off, burn off and repel negative energy from external sources. At the same time, minimize the negative energy you generate through your thoughts, acts, speech,
emotions and reactions.

In any case, erect and maintain reasonable boundaries and psychic shields with all people. Live in these boundaries and protect them. Boundaries and shields will guard you from invasion of your space, energy, power and privacy. They will tell you when to say no and when to walk away. You have no obligation to answer intrusive questions or agree to anyone’s demands or requests. Your first obligation is to yourself and your own power, energy and happiness. Answer intrusive questions with the phrase “I don’t know.” You have no obligation to give intrusive people private information.

Let go of negative beliefs, the negative inner voice and negative thoughts that undermine your self-love, self-confidence and self-esteem. Let go of the painful past. Purge and detach from the memories of events that make you feel guilty, ashamed, inferior or bad about yourself.

Enjoy you. Get to know you. Love you. Love being you. You are a miracle Now is time to take back your birthright. Now is the time to do all that is necessary to feel and be happy, healthy, centered, balanced and fully energized and empowered. This is self-love.

You cannot make others love you. But, you can love yourself and you can feel the Creator’s love for you. This requires you to go inside yourself to find and feel love instead of seeking it from others. This takes meditation and prayer, filling yourself up with white light and enjoying the miracle of you.

Self-love is about empowering yourself. Self-love is about filling yourself with vibrant, positive energy for high self-esteem and high self-confidence. It is about purging yourself of all negativity including any guilt, regrets, self-doubt and self-pity. Purge these negative emotions and stop the related negative thoughts. Change the related beliefs from negative to positive. Use the visualizations and other techniques in this book to do that.

Here is a visualization to purge yourself of fear, self-doubt, low self-esteem and lack of self-confidence. Close your eyes. One at a time,
visualize the events that cause these negative feelings. Focus on your body where these feelings reside.

Next, imagine that these visualized events are on the floor right below you. Now, visualize that you drop right through the floor into an empty and bright place. In this place you feel happy, peaceful and full of power, self-esteem and self-confidence. Keep your eyes closed and focus on these positive feelings in your body. Feel these positive feelings build up inside your body from head to toe and in every cell of your body.

Let the law of attraction work for you. The law of attraction will work for you as you stay positive. The law of attraction will work for you as you raise your vibrations and get rid of negative energy and negativity. The law of attraction will work for you as you generate and project a lot of positive energy.

Negativity will sometimes provide you with useful information about what you want or don’t want in your life and what you need to learn. So, listen to the negative, make positive adjustments and then let the negativity go.

Physical pain and emotional pain are both warnings of what and who to avoid.

So, pay attention to pain and learn from it. For example, you may feel lonely or bored. Acknowledge this negative feeling and then do something about it. Get involved in positive and productive activities, prepare a meal for your loved ones, do something fun with your loved ones, call up a friend and just chat, engage in social or charitable activities, go to the gym, take classes, do arts and crafts, get out and be around happy and positive people.

You may feel angry, worried or afraid. Acknowledge the negative feelings and then let them go. Make the necessary adjustments to cut yourself off from the sources of, or reasons for, these negative feelings. Figure out what is bothering you and make adjustments and changes.

Do calming meditations, shift out of your thoughts and into
your body center and be in the moment, turn on music, go into nature or by bodies of water and just be in the moment and smile. In other words, do something positive to distract your angry, fearful or worried thoughts. Then, let go of the anger, worries and fears.

The best way for you to love others is to love yourself. The best way to love others is to feel happy and positive inside.

Make yourself happy each day. Plan and do fun things for yourself each day. Make your loved ones happy each day. Enjoy your life and celebrate your life each day. Make special occasions for yourself and your loved ones. Take care of your mental and physical health and balance your mind, body and spirit. This is all self-love.

Do not let the weight of past mistakes bring you down. Turn off the voice of the internal critic and judge, shift your consciousness into your body center and live there and in the moment (in your senses without thoughts). Focus on your breathing. Smile gently. Get rid of the grip of memories about past mistakes through the techniques in this book. This along with daily inner work will stop the voice of the internal critic. This is all self-love.

Use conscious mindfulness and the will of iron to control your inner voice. Stop thoughts that are unkind to yourself. Negative thoughts about you will generate and project negative energy that will undermine your happiness. These negative thoughts come from ego. They are designed to make you unhappy. They are designed to lower your vibrations. So when you hear the voice of the internal critic command yourself to “stop thinking about that!”

Self-love requires you to maintain inner peace and raise your vibrations and cultivate thoughts and an inner voice that makes you feel happy, positive and strong. Use the positive thinking techniques in this book.

Negative thoughts about you may include ongoing thoughts about mistakes you made, harm or injuries you caused, bad things that
happened to you (i.e., you failed in school or work, you got fired or laid off, you were not promoted, etc.) and problems you face. Let all of these negative events go and detach from the energy cords that hold you to these negative events.

Do the visualizations, meditation exercises and positive affirmations to sever you from these events and related thoughts and emotions (such as guilt, shame and regrets). They will prevent you from feeling and being happy, powerful and self-confident. Express gratitude for what you have and know that things will get better.

Through the techniques in this book, monitor your mind for negative thoughts and switch to no thoughts or to positive thoughts and images on command. Visualize scenes from your childhood in which you were happy and full of energy and self-confidence. Return to these scenes often. Surface the happy and positive feelings you felt in these scenes.

Connect to, and integrate with, your happy, loving, peaceful and holy higher self and your happy and fun loving inner child. Incorporate their attributes into your personality.

Your inner child is still part of you. He or she may not have been treated right by your birth parent(s). If you were neglected, belittled or abused as a child, the emotional pain is probably still inside you and needs to be healed and released so you can move forward in a happy state.

Do the inner child visualizations in this book. Also, with your eyes closed, visualize yourself as a holy, powerful, happy and confident spirit of radiant white light. Integrate this spirit into yourself through visualization.

Your self-image and your beliefs about yourself and your capabilities may have been undermined by how you were treated as a child. Do the visualizations, meditation exercises and positive affirmations in this book to heal the wounds from childhood and change your beliefs about yourself and your capabilities from negative to positive.
Let the inner parent within you become the loving, kind, fun-loving and affectionate parent that you did not have. Create a new, loving and affectionate parent-child image between your inner parent and your inner child through meditative visualization. Grab a pillow and hug it. Close your eyes. Imagine that pillow is you as a little boy or girl. Tell him or her over and over and over “I love you I love you I love you.”

Quiet your mind about past abuse. It undermines your happiness. Focus on letting go and detaching from the painful past and having fun and enjoying life going forward. Send love from your heart as visualized white light to the pillow and your image of your inner child. Now, go out and have fun. The inner child is still part of your personality that wants to have innocent fun and enjoy life. Get your sense of wonder back.

Use healing crystals to improve your energy. When you feel worried and anxious, do zone out meditation and use angel light, flourite or blue jasper in your meditation. Carry these stones in your pockets or wear them. When you feel low, do the same with citrine. If you feel un-loved, do the same with rose quartz.

Take care of your health and treat yourself with kindness, patience, compassion and respect. Indulge yourself. Your own inner voice should be kind, respectful and loving to you. It should not be critical and judgmental. Through meditation, visualizations, prayer and positive affirmations, your inner voice will change from negative to positive.

Whenever you feel inferior, insecure or intimidated, stop all thoughts and do white light and color meditation. Close your eyes and visualize a scene from the past when you had great success or make up a scene in which you achieve something great. It can be work related or an academic success. It can even be something physical like climbing a mountain or winning a race or a sporting event. Focus on how that achievement made you feel. Incorporate that feeling into your body now.

Do a visualization in which you are a hero of a story- i.e., you are
a firefighter and you rescue a child from a burning building. Do these visualizations until you feel the elation of achieving something great and being a hero.

Close your eyes and visualize yourself as a radiant being of pure white light that hovers right above you. Alternatively, visualize a hero or super-hero as a radiant being of pure white light that hovers right above you. These radiant beings have extraordinary attributes of peace, happiness, courage and power. Now, visualize that you merge with these radiant beings of pure white light. You become one with them. Feel their peace, happiness, courage and power fill every cell of your body.

Smile. Hold yourself erect with good posture and project your energy out of yourself. Do positive affirmations. Sualize your higher self and merge with and incorporate your higher self within you. See your bright, strong and happy higher self merge into you and become one with you.

Say to yourself “I am courageous, powerful and bright, I am so loved by the Creator. I am happy, peaceful, powerful and serene.” Smile gently. Say the following affirmations often: “I am so happy to be alive. I am kind and respectful to myself. I let go and detach from all guilt, shame and insecurity. I love myself. I am happy, peaceful, powerful and serene.” Say these positive affirmations from your heart with your eyes closed. Believe them. Feel good when you say them.

Purge all negative and painful memories that make you feel inferior through visualizations and energy cord cutting. With respect to worries and fears, stay in the moment and have faith and pray. Do grounding, centering and purging visualizations and meditation.

Whenever you feel unhappy, take a break and indulge yourself. Make yourself happy with simple pleasures. Get into nature. Treat yourself to something that makes you feel happy. With your eyes closed, visualize scenes from your past when you were happy. Do these visualizations until you feel happy.

Reduce stress, conflict and drama in your life. Be Zen-like. Do
not react to negativity with negativity. Do not react to anger, teasing, provoking or intimidation with fear or anger. In any case, do not hold onto anger or fear. Flush it out.

Stop your own negative and impulsive reaction to external events (stress factors). Be fluid. Accept whatever is and whatever happened, so you can move forward with a happy and positive state of mind. Forgive, detach, let go so you can move forward in a happy and positive state of mind. Use the techniques in this book to do all this.

Love is about forgiveness, letting go, not judging, being positive and kind and making yourself and others happy. Therefore, self-love requires you to forgive and not judge yourself, be kind to yourself (by indulging yourself and taming the negative inner voice) and make yourself happy and positive.

Forgive, detach and let go of your mistakes so you can feel happy and positive inside. Only then can you move forward in a loving, kind, happy and positive way. Only then can you build up your energy, power, self-confidence and self-esteem from inside.

Never carry around guilt, shame or regrets. These are dark and self-destructive emotions that will prevent you from feeling happy, positive, and powerful and self-confident. Thoughts associated with these emotions generate negative energy that will undermine your happiness.

Minimize the negative and maximize the positive, through your own thoughts, acts, speech, emotions and reactions. If anything in your life generates negative energy, change it.

This book will teach you how to get control over your inner voice. Your inner voice is how “you speak to you.” Your most important tools for happiness are tools that allow you to control your own thoughts. They include “conscious mindfulness,” the “will of iron” and your “applied intent.” Use these tools to shut off the inner voice when it is unkind to you.

Develop an inner voice of love, compassion, patience, laughter and kindness from you to you. This is the inner voice of self-love. Self-
love is the primary pre-requisite to happiness. You cannot be happy if you do not feel happy. You cannot feel happy and give love if you do not feel love, loved and lovable You cannot feel love and happiness inside when you are filled with self-doubt and low self-esteem, low self-confidence, depression, anxiety, anger, anxiety or other mood disorders.

Do not hold onto painful memories of your own mistakes that undermine your self-image in any way. Accept and let go. Do the meditative visualizations to detach from the energy of past mistakes. Let go of their grip on you.

Build up your self-love, self-esteem, self-worth and self-confidence through the techniques in this book. Substitute self-love, self-confidence and self-esteem for ego. You want to be self-assured and loving, while maintaining boundaries and psychic shields at the same time.

Center yourself in your solar plexus to maximize your feeling of energy, power and high vibrations. Do positive affirmations daily to build up your self-esteem and self-confidence like I am powerful. I am confident. I am capable. I am extraordinary. I am filled with power, self-confidence and self-esteem. I am successful. I am a success. I am focused, determined and serious. I am focused on my goals. I am serious about my goals. I am determined to achieve my goals. I am filled with peace, love, light and joy” Close your eyes and shift into your body solar plexus when you say these positive affirmations. Believe them when you say them. Feel your power surge when you say them.

Do not hold yourself to perfectionist standards or expectations. Do not condemn yourself when you fail to meet your expectations or standards. Accept and let go. Forgive yourself each day for things you did, said or thought that makes you feel bad now. Do not judge or condemn yourself.

Do not let a momentary failures rob you of happiness by dwelling on momentary failures in your mind (or suppressing them, burying them and holding onto them). Surface these memories and then use the techniques in this book to detach from them, let go of them, extract them and stop their grip on you. Ongoing thoughts about them will undermine
your happiness.

Always visualize positive outcomes. Always visualize that everything will be fine in the end. Know it. Believe it. Feel it. Do not let the negativity of past mistakes drag you down. The unconscious mind is powerful in manifesting what you focus on. So, make it positive.

Hug yourself and tell yourself how proud you are of yourself and how special and great you are. You are a miracle of creation. Love yourself unconditionally. Accept you without condition for (i) who you are, (ii) what you have done and (iii) what has been done to you.

Enjoy life. Listen to soothing and upbeat music. Exercise, do yoga, dance, smile, be kind. Life is good. Empower yourself. Project yourself out of yourself and your thoughts in a positive way.


Stand erect. Drink a lot of water. Eat a clean, healthy diet. Get plenty of rest and sleep. Indulge yourself. Get massages. Use alternative therapies for health as well as conventional ones (such as Reiki, Qi Gong and acupuncture), meditate and pray every day to calm, relax and center you. Stretch and do yoga. Get acupuncture. Work with Asian herbalists and alternative medicine specialists. Work to build up your good health and energy body and immune system. This is called preventative medicine. It is about maintaining good health through prevention.

Set realistic goals. Set goals with detailed strategies and action steps to achieve them. Take one step at a time to achieve your goals, implement your strategies and take your actions steps. Write them down, memorize them and adjust then when necessary. Set mini-goals that you can achieve –like steps up a ladder. Embrace life consciously with full awareness. Stay conscious and stay grounded. This requires a focused mind.
Forget about the past. Make your present happy and positive. When you make your present happy and positive, you will change your future for the better. Forgive yourself for past mistakes and let them go. Do not dwell on them. Try to stop thinking about them.

Your primary relationships should be balanced. They should involve an equal exchange of energy. A balanced relationship requires give and take and an equal exchange of energy between you and the other. This is what makes for a good relationship. There will be difficult times when a person in a relationship leans on another for a while. This is ok.

Unbalanced relationships are often based on rescuing or using or relying too much on others. These relationships become possessive, unhealthy and co-dependent. They end up in attachment and energy vampirism. These relationships are used to fill a void. Avoid or adjust co-dependent relationships.

Avoid negative environments. At least do psychic shielding when you are in negative environments. Carry protective crystals with you or high vibration crystals like citrine when you are in negative environments.

Negative work environments (fight-or-flight environments) are often filled with angry, frightened and insecure people. These work environments empower people who are filled with negative energy such as anger, fear and insecurity. When negative people are in leadership roles, they create work environments that are filled with negativity.

Negative work environments discourage risk taking, creativity and sharing of information and ideas. Creative ideas are often stolen by others in these negative work environments (to get ahead) or criticized or condemned by others (to hurt you and get ahead). These environments empower fear as the dominant emotion. They empower bullies. The ego-oriented survival instinct takes hold. This is not a good environment in which to work and create.
Eventually organizations dominated by fear and negativity will fail. In the interim, they are difficult places to work. They will keep you in a continuous state of stress – not good for happiness. There are other jobs. If you must stay in a negative work environment, focus on the details of your work and avoid negative people, gossip and conflict and drama. Return to the feeling of happiness through the techniques in this book and protect your energy, power and happiness at all costs.

When you are worried or afraid, consider the worst case scenario. It is never that awful. Then stop dwelling on it by shifting your consciousness into your heart or body center and turning off your thoughts and inner voice.

We always need to face our fears, determine why we are afraid and make adjustments. Sometimes, we have to experience that which we are worried about to eliminate the fear. If so, experience it through visualization. It is not so bad.

Stop your thoughts from catastrophizing. Know that a dire outcome will not materialize. Focus on what you are afraid of and why. Then, through visualization, make the ending of the feared event a good outcome. You can do these visualizations over and over (with a successful ending) until you are no longer worried. Then stop thinking about it.

Put your right hand over your heart and shift your consciousness to that spot and say to yourself over and over again the following: “I am happy, peaceful and serene.” “I am filled with happiness, peace, joy and love. I am one with the Creator. The Creator is in me, with me and surrounds me.” “I am happy, peaceful and serene.” “I am so thankful for all that I have.” “I am confident, strong and courageous.” “I am loved, loving and lovable.” I am perfect just the way I am.” “I love myself” Say these positive affirmations over and over again to feel peace, joy and power. Close your eyes and say these positive affirmations often. Believe them and feel good when you say them.

Positive affirmations are particularly powerful when you use the words “I am” as the first two words of the affirmation and you truly
believe them and feel good when you say them. Keep your thoughts focused on the moment or on tasks and shift your consciousness to your heart or solar plexus and out of your head. Use your head as a problem solving tool, but live in your heart or solar plexus. This will help bring you internal peace.

Career and work are important. They can give you purpose and something positive to strive for. They can build up your self-esteem and self-confidence and make you feel good about yourself. It is always good to serve others (while not being servile). Doing a good job for others will make you feel good about yourself.

Career and work keep you busy and help you develop skills and knowledge. Work gives you details and tasks to focus on. Work gets you to focus on being of service, doing something useful and positive. Career, work and service can make you feel happy and positive. Through career, work and service, and a job well done, you will generate and project positive energy as you accomplish goals, develop skills and successfully serve others. Career will give you something to strive for, skills to develop and knowledge – all positive things. When you are dedicated, motivated, focused and positive about work, career and business, you will bolster your energy and self-esteem. All the positive activity and thought that goes into work and career will crowd out negative thoughts too.

Stay grounded, centered, balanced and focused at work and in life. You can achieve this through the meditation and visualization techniques in this book. Get additional education, learn and develop your knowledge and skills. To be happy, do not live to work or bury yourself in work as a means to suppress negativity and negative thoughts. Get rid of negativity and negative thoughts through the techniques in this book.

Work is part of your life and a way to earn a living. But, you are not your work and career. You cannot live for money or focus your attention only on money and be happy.

First of all, with respect to work, focus on the service you provide and your achievements and the skills you develop- and not just money.
Live a balanced life. Do not let work become an addiction to fill an inner void or suppress the painful past. Take care of the inner void and the painful past through the exercises in this book.

Avoid self-destructive acts; speech and reactions. This is best achieved by quieting your mind, elevating soul over ego in governance of self and staying balanced and centered while avoiding conflicts with negative and toxic people. Focus on substance and stay away from gossip at work.

Do not see your life as equal to your career and work. Do not see your energy and power tied to career and work. Career and work go up and down. If your self-image is tied to work and career, your happiness will suffer when things do not go well.

Feel good about what you do. You play an important role to serve others. You bring goods or services to others. Focus your mind on the positive aspects of your job. Do not dwell on what you hate about it. Focus on tasks and being in the moment at work. Focus on substance and details. You will do a better job and, at the same time, you will drive away negative thoughts.

Do not let ego bring you into conflict at work. Avoid conflicts and clashes of will with others. Cooperate, let go, listen, open your mind at work and accept Do not let negative and difficult people bring you down at work. Avoid them.

Do not take conflicts and problems of work home with you. Do not let work undermine your happiness by letting work and situations from work dominate your thoughts when you are not there. Focus on the moment you are in and live that moment fully. Do not let yourself get provoked into conflicts at work.

When you get knocked down, brush yourself off, get back up and move forward with a focused and peaceful mind. Do all this to reduce mental chatter and stress in your life. Do this for your health, happiness and peace of mind.

Use directed meditation to be able to sharply focus your mind.
Focus on your career goals and dreams. Write them down along with action steps and then pursue them step by step. Visualize success and achievement. Close your eyes. Then, see and feel yourself as confident and successful. Visualize it as if it is already done.

Meditate on your career and your career and business goals and dreams. Ask the Universe for insights in meditation and then quiet your mind and zone out. The insights will come.

Learn as much as you can. Develop your skills. Network and make contacts. Then, take action in the physical world to achieve your career and business goals and dreams. Write down your business goals, strategies and action steps. Then, follow them one by one, while you make adjustments along the way.

Stay away from complaint and gripe sessions at work. Do not spend time away from work complaining about it. Stop yourself from complaining thoughts and speech about work. Stop the inner complaining voice. Stop complaining thoughts and speech in general Complaining generates negative energy. So, focus on, and give thanks for, your blessings instead.

There is no perfect work environment and you will encounter negative and toxic people and bullies no matter where you go. Let it go. When you are not at work, enjoy yourself, have fun and indulge yourself. Balance your work with your family and life and enjoy your life.

Creative thoughts and solutions to problems start with ideas and inspiration from imagination. So, quiet your mind and meditate, let go, trust in the Divine. Pray from your heart for insights and solutions. You will draw creative ideas, solutions and insights from the Divine.

The ideas will come when you are at peace and your mind is quiet and open. Solutions and creative ideas come from the spiritual dimension. Later, use your mind to generate solution oriented thoughts to fill in ideas with details. Thoughts related to goals, dreams, plans and strategies are all positive thoughts.
Find what you enjoy to do and devote yourself to it. Keep yourself centered, grounded and positive through the techniques in this book. Focus on doing your job and generating positive energy at work. Focus on serving others. Contribute and feel good about yourself.

You may encounter bullies at work. If so do not react to them with anger or fear. Be steady and respectful and get back to being focused on substance and detail. Build and maintain reasonable boundaries and psychic shields at work.

Center and ground yourself and be in the moment. Your observation and intuitive skills will improve. You will sense reality with your intuition. You will sense harmful and toxic people and problems with your intuition. You will sense things you do not see, hear or smell. Do not doubt what your senses, intuition and energy body tell you.

Through the techniques in this book, you will develop the skills to sense that which is hidden. You will be able to tell when people are using you, are insincere or even evil. Through meditation, you will develop observation and intuitive skills. These skills will warn you of danger. Listen, see and observe more (and speak less). Observe and sense body language, words and tone. Turn off your thoughts and quiet your mind. Do not analyze or judge. Just be in the moment with full focus, awareness and engagement, most often in observation mode.

It is important for self-esteem and self-confidence to project out of yourself. If you are shy, then push your energy out to overcome shyness. Stand tall, look forward, look people in the eye, shake hands with confidence and smile. Greet others you encounter with a smile and a positive greeting. Ask a few surface questions (How are you today? How are the kids?)

Project your energy out through visualization. Push your energy out from your heart and upper torso. Visualize a strong, erect, positive, happy and self-confident image of yourself. Carry this bright and shining image of yourself in your head.
Shyness is fear of rejection. So, do worst case scenario visualizations and visualizations in which you imagine a positive outcome to your encounters and do the visualizations in this book to let go and burn off negative energy and fill up with positive energy.

Stand and sit erect. Work on your posture with chiropractors if necessary. Good posture is important for empowerment. It also ensures that energy flows through you without obstruction. It communicates self-confidence and self-esteem to others.

You will project positive energy when you fill yourself with positive energy and you stand straight. Feel positive, happy and strong. Do not concern yourself with the opinions of others. Do not define yourself by the opinions of others. Let go of your mistakes. Stop ongoing thoughts about them through the techniques in this book.

Enforce your boundaries politely, quietly and firmly. Do not answer personal and intrusive questions. A simple “I don’t know and finally (if they persist in their questions, “I have to go now”) are adequate responses. Nobody has a right to your personal information.

With respect to intrusive questions, respond with “I don’t want to talk about that now or let’s talk about that later.” At the same time, project strength and positive energy through your demeanor, body language and your thoughts, acts and speech. Say to yourself often “I am a radiant being of bright white light and love.” See that image of yourself smiling and beaming brightly. Love yourself.

End addictions, obsessions and self-destructive behavior. They will hurt your self-image, self-esteem and health and undermine your peace of mind, inner peace, balance and happiness. Addictions and obsessions are often ways in which we cope with stress, insecurity, inadequacy and unhappiness. They are often ways in which we cope with the painful past. It is better to detach and let go of the painful past.

With respect to addictions and obsessions, announce your intention to rid yourself of them. Then, in meditation, visualize yourself as an unhappy person weighed down by energy chains that attach you to the object of your addiction or obsession. Now, visualize
the object of your addiction or obsession is in a glass or steel ball suspended in front of your torso. That steel ball is connected to you with steel chains. Now visualize that you push the ball forcefully and deeply into the ground. Hold your hands up high. Then, make the motion with your hands of driving the ball deep into the ground. Hear and feel the chains that connect you to the ball snap and fall away.

Do the same thing but visualize your addiction or obsession is in a shoe box that you throw down a well. Make the motion with your hands of throwing the shoe box down the well with your eyes closed. Hear and feel the chains attached to you and that shoe box snap and fall away.

Visualize yourself as a charismatic being of radiant white light that floats above you. You are happy and smiling brightly, a being of bright and radiant white light. See yourself as powerful, self-confident and successful. Now see this amazing being of white light merge into you. Now, feel powerful, successful and full of self-confidence.

Detach yourself from your addictions, obsessions and negative and rigid beliefs and thoughts with the force of your intent, with your new will of iron. Affirm your desire to be free and strong. Then do white light, zone-out and violet flame and charka cleansing and balancing visualizations and meditations. Do the exercises to ground and center yourself and build up your self-esteem.

Energy body disorders ultimately cause negative thoughts, addictions and obsessions. They must be addressed with energy cleansing body and healing.

**Without energy body cleansing and healing, you will not be able to stop negative thoughts, addictions and obsessions.**

Monitor yourself for signs of stress. Whenever you are under stress, focus on the moment or your breath. Find a quiet place and do calming, zone-out or white light meditation or black/white breathing, focus only on your breath and detach from stress factors. Focus your mind on something else- music, a prayer mantra, a positive affirmation, an object, etc.
Let stressors pass through without impulsive negative reaction. Be Zen-like in the face of triggering words or events that would normally make you angry or afraid. Do calming and other meditation techniques in this book. Pray. Turn up the music and dance. Do yoga. Watch a funny movie. Smile. Laugh.

Have fun. Enjoy life. Protect and build up your power and energy from within through the techniques in this book. Generate and project positive energy through the techniques in this book.

The first step to self-love is to accept yourself and your past unconditionally and forgive yourself for anything you did or said in the past. Learn from the past but do not let it weigh you down or impair your self-image. You are here to enjoy life, learn and love. Learn and then strive to do better.

Bring painful memories to the surface. Then, flush them out through the visualization techniques in this book, so they no longer consume you. Use directed meditation and visualizations to flush out negative memories and emotions. Use directed meditation to drive your mind back to the moment and back into positive territory. Fill yourself up with the energy of unconditional love as visualized white light often.

Focus on the positive. Focus on the moment. Focus on positive and productive tasks. Focus on positive, happy people. Focus on the amazing beauty of nature, on love and happiness. Focus on the blessings in your life and the amazing gift of just being alive. Be thankful for the blessings – a roof over your head, nutrition, a body and brain that work well, loving people in your life etc. Everyday thank the Creator for these blessings and others that you think about.

If your thoughts turn negative, focus on your blessings. Turn up the music. Sing along and dance. Find a quiet place in nature and gently smile. Go to nature often.

Experience the magnificent works of nature— the ocean, the mountains, the trees, the flowers. Breathe in the
energy of the trees, the water. Focus on one tree and visualize
drawing energy from it. Focus
on just one tree, one mountain,
one flower, and one leaf. Stare
at the crashing waves and how
the saltwater finds its way up
the beach and back out again. In
meditation, visualize your beautiful and safe place in nature. Visualize
the ocean or a lake or a forest or a garden and stay there in your
meditation for a while. Visualize yourself walking along the beach or a
trail. Close your eyes and meditate on this scene in nature. Breathe
deeply.

Pray from your heart each day with your eyes closed, in your own
words. Surrender your problems to the Divine and ask for help. Then
say some positive affirmations: “I am so loved by the Divine, I am
filled with love and happiness and I am happy, peaceful and serene.”
Gently smile. Give thanks. Life is good.

The challenge of life is to stay happy, positive and peaceful
when hit by problems. It is to remain a kind and loving person even
when you get hit by pain and negativity. The challenge of life is to not
pass down pain and negativity. In fact, the challenge of life is to
generate and project positive energy even when you are hit with pain
and negativity.

Remember that problems, illnesses and pain are a temporary and
momentary part of your temporary physical experience. Always
remind yourself that you are an eternal, spiritual being of white light
and that pain is part of life. When you have a problem, immediately
turn to love, prayer, meditation, the white light and restoring the feeling
of peace and happiness inside.

Do not blow the problem out of proportion, or get negative,
mean or unkind. If you do, you will bring more negative energy to
yourself. Take some deep breaths and fill yourself up with white
light and then project and radiate all that positive energy from inside
you. Meditate on problems and ask the Universe for solutions.
When you make a mistake, you may hear the internal critic. Mistakes happen in a moment. Yet, the internal critic causes you to think about mistakes over and over again. So, the mistake gets bigger and bigger. Quiet your mind!! You are much more than a mistake. You are so loved. You are an amazing miracle of creation and a child of the Creator. Do not carry around blame, shame, regrets or guilt. These emotions and related thoughts will rob of you of happiness.

The internal critic may say “See I told you so” and may accuse you and cause the mistake to repeat in your mind as precious moments of life slip away. Detach and let go. The internal critic will make you feel guilty, inferior, ashamed or stupid and filled with regrets. When you fail or others hurt you, you may hear the internal crybaby. The internal crybaby is just as destructive as the internal critic. The internal crybaby is filled with self-pity and blames others for your failures, mistakes and injuries. As a result, it makes you feel sorry for yourself. It perpetuates self-pity and a victim mentality. This will undermine your happiness.

The internal critic and the internal crybaby come from ego. They both are intended to do one thing – generate low vibration, negative energy and rob you of happiness. Get rid of the internal critic and internal crybaby through visualization, meditation, prayer, positive affirmations, positive thinking, mindfulness and love.

You project to others what you think of yourself. Work on a positive self-image, self-love, high self-esteem and self-confidence. Purge yourself of arrogance and ego. This repels others. Work on happy and positive thoughts. Fill up with unconditional love as visualized white light often.

Be conscious of your thoughts, monitor them, and control them; change your thoughts from negative to positive. Use conscious mindfulness, your will of iron and applied intent to open up your beliefs and make your thoughts positive. When you change your beliefs and thoughts, you change your energy. When you change your energy, you change your life.
When the children of Israel wandered in the desert, they came to the land of Canaan. Moses sent two spies from the camp into Canaan to determine the feasibility of an attack. He asked the spies to come back with a report. The spies came back and told the children of Israel that the land of Canaan was filled with giants, and the giants looked at the spies like they were grasshoppers. The spies felt like tiny grasshoppers in their own eyes. As a result of their own poor self-image, the spies believed that the people of Canaan were giants who saw them as grasshoppers. So the proposed attack was called off, and the children of Israel remained in the desert for forty years until a new generation of courageous warriors emerged. In other words, how you feel about yourself determines your own destiny.

Feel self-confident and powerful. Stand tall and have faith. You are a child of the Creator with amazing talents and capabilities to love and achieve. Build up your self-esteem and self-confidence through the meditation and visualization exercises and positive affirmations. Also, do balancing, grounding and centering meditation and visualization. Say the following affirmation when you do these exercises “I am balanced, centered and grounded.”

Stay focused, centered, grounded and balanced in your daily life and at work.

Pursue your dreams and goals with energy, enthusiasm and commitment. There will be obstacles and you will get knocked down. Do not stay down. Get back up and move forward. Persevere. Close your eyes and push out all that white light from your heart. Feel the vibrations. Feel the power inside of you. Do not get mired in victimhood. Do not stew in sorrow or self-pity. Do not quit. You are a child of the Creator.

Laugh and smile more. Watch comedies and other types of movies and TV shows that make you happy. Listen to music that is upbeat and positive. See the humor in life. Be funny. Dance, exercise, do yoga and celebrate life and being alive. Focus on the positive, the happy, the light and the funny. Focus on nature. Focus on pets. Focus on your loved ones.
Indulge yourself. Take luxurious baths (salt baths with lavender to draw out any negative energy from your energy body). Get massages. Strive to do what you love with respect to work and career. Put your energy and passion into it. Do more of what you like in recreation and what makes you happy—read, ride bicycles, exercise, take long walks in nature. Be around groups of anonymous happy high energy people in cities, in shopping malls, downtown. Take in the healing energy of nature and being around positive and happy people.

Now, close your eyes and detach from the painful, small, negative, judgmental and logical mind. Detach from the ego. Detach from the pain and negativity you carry around in you. Let it all go. Detach from the world and others for a while. This is your time. Honor yourself and give yourself time to find peace, happiness, power, self-esteem and self-confidence within.

Always remember, love, peace, power, energy, self-confidence, self-esteem and happiness are found within you and you are an eternal being of white light and love. Your primary focus now is to keep your energy body clean, healthy, vibrant and intact and to take care of and balance your mind, body and spirit. Your primary goal is to maintain and build up your energy, power, self-confidence, self-esteem and happiness from within. When you do this you will generate and project positive energy. When you feel this, you will project happiness, power, self-confidence, self-esteem and happiness and joy.
CHAPTER V

DAILY SILENT DEVOTIONAL PRAYER AND GRATITUDE

Through Daily Prayer from the Heart, Express and Feel Gratitude for Life and Its Blessings

Through Daily Prayer from the Heart, Feel the Presence of the Creator inside You

Through Daily Prayer from the Heart, Ask For Protection and Blessings from the Creator and the Archangels and the Angels and Feel the Holiness that is within You

Every Day:

Make the Creator and the Divine the Center of your Life. Feel Holiness, Unconditional Love, Power, Gratitude and Humility, Through Daily Prayer from your Heart and your Ongoing Connection to the Creator and the Divine

Feel the Creator Within You and Around You and Feel the Creator’s Protection and Unconditional Love for You. Feel the Vibrations of Holiness and Unconditional Love from the Divine Dimension – These Vibrations are a Precious Gift. Your Body is Your Temple

Love the Creator with all your heart, all your soul, and all your might —print these words on your heart and repeat them often. Stay in a joyful and grateful state of consciousness

Remain thankful for all your blessings. Focus on your blessings
and your gratitude for your blessings. Ask the Creator for help and strength. Remain in a state of gratitude always

Substitute prayer for thoughts of fear and worry; Substitute prayer and gratitude for complaints – i.e., substitute the positive for the negative

Silently give thanks from your heart for specific, basic blessings (i.e., life, food, shelter, a job, a car, good health, body parts that work and loved ones, etc. – it can always be worse and we all have things in our lives to be thankful for no matter what problems and troubles we have- focus on what you have and your blessings instead of the negative

Buddha says one thing is true for everyone – we all get ill and die and suffer from pain, illness, injuries and losses at some point. So, death, illness, pain and suffering should not be the cause of your unhappiness. It is part of life. Accept this and still be happy and thankful for this brief miracle called life

Know that the Creator loves you unconditionally and provides you with unconditional love and blessings and protection

Never blame the Creator for problems, and tragedies. These come from other people, dark and negative energy and from our own karma for our acts in this life and in past lives. Tragedy, illness, problems and death are a natural part of life. So experience the pain and mourn and grieve and thank the Creator for the tests and challenges

Know that during difficult times, you are not alone and you can rely on the protection, help, and blessings of the Creator and the Divine through prayer from the heart

Ask the Creator for forgiveness daily. Thank the Creator each day and ask for blessings and protection each day

Surrender your problems and burdens to the Creator and ask the Creator for help
You do not need a special time or place to give thanks and pray from your heart. You can do it anytime and anywhere. You do not need a special time or place to thank and praise the Creator and pray from your heart. You do not need a special time or place to ask the Creator for help. Do it as often as you can. Just shift your consciousness to your heart and silently pray from your heart.

Spiritual prayer from the heart is critical for energy body cleansing and healing, peace of mind, inner peace and balance. It is critical for good health and happiness. Spiritual prayer from the heart is an important way to generate and project positive energy and to raise your vibrations and bring yourself inner peace and peace of mind.

Spiritual prayer from the heart is an act of profound love by you with respect to the Divine and the Creator, the Most High. Through spiritual prayer from your heart, you close your eyes and connect with the Divine through your own prayers from the heart. As you pray and meditate daily, you will ultimately feel holiness, love, high vibrations and peace that come from the Creator and the Divine. As you connect and commune with the Creator and the Divine through your heart, you will no longer feel alone, inadequate or incomplete. It will boost your power and energy and your self-confidence and self-esteem. It will help elevate soul over ego in governance of self.

Daily spiritual prayer from your heart has nothing to do with religion. Go to mass and religious services too, but pray from your heart as well in your home and elsewhere.

Daily spiritual prayer is silent, sincere and devotional prayer from your heart. It is prayer in which you fully connect to and commune with the Creator and the Divine. Spiritual prayers are sincere prayers said from your heart in your own words with your eyes closed.

Daily silent prayer from the heart will help end anxiety, worry, anger and depression. It will help strengthen your connection to the spiritual dimension. You will draw in a lot more chi energy for good health and happiness.
In prayer from your heart, surrender all problems to the Creator and the Divine. Ask for help. Visualize that you hold a sack of worries in your arms. Lift the imaginary sack up to the heavens. Surrender them to the Divine. As your faith increases, your fears and worries will melt away.

When you feel holy and protected, you will truly understand how special and loved you are. You will understand that you are a holy being of light. Ask for forgiveness from your heart. Then feel forgiven. Know you are forgiven. In this way, you will get rid of guilt so you can move forward with a peaceful mind.

Be thankful and say thank-you to the Creator from your heart for your life and its blessings – no matter what your circumstances. Praise the Creator and thank the Creator for creating the amazing miracle of the Universe and life.

Thank-you is the most important prayer. Say a silent thank-you from your heart for a meal, for shelter, for a drink, for a snack, for shelter, for a car that works, for a job, etc. Silent thanks and praise and prayer from the heart generates a lot of positive energy. Build a church, temple, mosque, synagogue or shrine in your heart.

Set up an altar in your home and in your designated holy and scared space. This is your space for prayer and reflection. Make sure that this space is clean and uncluttered. Put sacred objects on your altar. Pray and meditate in this space. Smudge your sacred space and burn sage around it often to get rid of negative energy in your sacred space. Decorate your altar and sacred space with objects that make you feel calm, happy and holy.

Spirituality begins with the premise that the Creator wants you to be happy and to enjoy life. Happiness is your birthright. It continues with the premise that you are connected to the Divine and the Creator through your soul, which you access through your heart and that your soul is a Divine spark of the Creator.

Spiritual prayer, like meditation, is solitary and from the heart. It is
prayer in which you are fully immersed and focused with your eyes closed. It is a way to truly understand that love, peace, freedom from stress and negativity and life all go together for happiness and health. Put your hand over your upper heart chakra. Get relaxed, close your eyes and shift your consciousness there. Keep your eyes closed when you pray. Pray in your own words.

The ego is the road to unhappiness. It is the road of separation from the Creator, the Divine and others. It is the road of fear, anger, hate and unhappiness. The soul, on the other hand, connects you to the Divine, and is part of the greater fabric of spirit and consciousness. This connection is necessary to feel unconditional love, peace, power and holiness and to commune, and communicate, with the Creator and the Divine.

Ask for blessings. Ask for protection. Ask for forgiveness. Ask for help. Stay positive and thankful for all your blessings when you ask for anything. First, thank the Creator for your blessings before asking for anything. Make sure you ask in the right frame of mind. Do not ask with a feeling of lack or negativity. In prayer from the heart, tell the Creator that you are grateful for what you have. Feel positive, peaceful and grateful (when you ask for anything). Feel like you already have what you are asking for. This is basic to the law of attraction. Blessings come in as positive energy.

Pursuant to the law of attraction, avoid generating and projecting negative energy when you ask for blessings. If you ask for blessings (but feel negative), you will negate the positive energy you wish to get as blessings. Visualize blessings as fragile white butterflies all around you. Visualize that you have already received what you ask for.

Prayers from the heart are simple. Say them from your heart and in your own words with your eyes closed. They take little time.

We demonstrate our faith and humility through silent prayer from the heart. We acknowledge our eternal soul and our soul’s connection with the Creator through silent prayer from the heart. We acknowledge a tremendous power far greater than ourselves. We are humble before the eternal through silent prayer from the heart.
Approach the Creator through love and gratitude and not fear, complaints and negativity. Express gratitude and surrender your worries and anxieties to the Creator and the Divine.

Through prayer, personal ordeals become challenges to overcome and lessons to learn—but, to not make us unhappy, negative or bitter. As you experience ordeals and negativity in life, remind yourself that your goal is to feel happy and peaceful and to have a peaceful mind no matter what happens.

Remind yourself that life is temporary and that you are an eternal spirit in a physical body (just temporarily). This along with faith will help you cope with death, pain and illness. When you feel your connection to the Divine through prayer from the heart and meditation in the heart, you will feel less alone and separated. You will realize that you are part of the Divine fabric.

Pray silently from your heart in the morning when you wake and at night before you go to sleep and any other time you choose. It only takes a few minutes each day. Put your hand over your heart. Close your eyes and elevate your consciousness, then shift your energy and consciousness from your head into your heart at the same time. Put your hand over your heart in the beginning to shift your consciousness energy there. Now pray from your heart as if you are sending a stream of words from your heart to the Creator. Project your prayers as silent words out from your heart. This helps send them with power to the Creator. Pray in your own words with your eyes closed:

**First,** Thank the Creator, the Most High, for your life and the breath of life and all your blessings. Think about all that you are grateful for and thank the Creator. Articulate what you are grateful for in your heart (i.e., your life and health, your functioning body parts, your talents, shelter, food, clothes, your loved ones prosperity, abundance, a car, your pet, job, etc.).

**Second,** Ask the Creator, the Most High, for forgiveness for sins—sins of commission and omission, sins you know about and sins you do not know about, sins of your heart and your mind and thoughts, sins of your body and your tongue, and sins of your ancestors. sins of
being negative, sins of being afraid, worried and anxious. Ask forgiveness for anything you have done or said to hurt or deceive others or cause them pain. This is sin that generates a lot of negative energy. Let the Creator know that you regret doing these things and then promise the Creator to do better going forward. Surrender your fears, anxieties and worries to the Creator. Finally, in your heart, say “I forgive all, I let go of all, I accept all and I release all.”

**Third.** Ask the Creator, the Most High, for blessings (abundance, good health, happiness, a car, a house, healing, a job and protection for yourself, loved ones and others). Surrender problems to the Creator and ask the Creator for help. Ask for ongoing life, happiness, good health, abundance, prosperity and love. Ask for protection. Then fill yourself up with the white light through black/white breathing and white light meditation. Feel the holiness of being imbued and surrounded with the white light and filling up with peaceful white light.

You commune through your eyes and shift heart. Elevate spiritual commune with approach the honor, humility, positive frame of with the Creator heart. Close your your being into your yourself into the dimension. To the Creator, Creator with love, gratitude and a mind.

Make your prayers simple, direct, and from the heart. Include prayers from your own religious traditions. Use holy water, incense and fragrant oils if you wish. You are the high priest of your home. You are the high priest of your own heart, mind, life, body and soul. Your prayers will help raise your vibrations and the vibrations of your home and get rid of negative energy in you and your home. Of course, you can express your thanks and pray silently from your heart any time and any place. The more you do it the better.

After prayers of gratitude, move to repentance and prayers of
forgiveness. Then move to prayers of petition. It is fine to ask the Creator for blessings, help, protection and guidance.

The Creator and Divine are here for you. Reach out to them through prayer. They want you to enjoy life and be happy and to recognize the Creator and Divine as the source of life and blessings. Never turn against the Creator in anger about bad things that happen. Sometimes the horn of plenty is full. Other times it is empty. Remember what Joseph foresaw for Egypt—seven years of plenty followed by seven years of famine. In the United States, we had the Roaring Twenties followed by the Great Depression. Some years we party; and other years we suffer. Life is not or a continuous party or a continuous struggle.

But, if you turn against the Creator and follow a negative path in which you intentionally harm and/or deceive yourself or others, happiness will elude you.

Say thank you silently to the Creator before you eat or drink anything. Say thank you for anything that makes you happy. Saying the word thank-you often to yourself fortifies your belief that blessings come from the Divine. It will help you feel peaceful inside.

Read the Bible (and other Holy Books of your and other Religions) often, especially the inspirational stories and parables in the Bible. Read the Psalms. Recite the following over and over in connection with protection from evil:

Greater is he who is in me than he who is in the world.

Let no weapon formed against me prosper.

The Creator is in me, with me and around me. Wherever I go the Creator surrounds me with the Creator’s protective love for me. Blessed is the Creator who fills me with light and love.

In daily prayer, recite the powerful prayers of your religion like the Lord’s Prayer and the Holy Rosary in Christianity and the Shema Yisrael in Judaism (Hear O Israel the Lord is our God, the Lord is
One) and the Golden Chain prayer in Buddhism and the Central Prayer of Islam. They are powerful prayers and prayers are powerful mantras because they have a lot of positive energy in their words. This is because believers recite these prayers everyday with conviction.

Ask the Creator and the Divine for a peaceful and restful sleep and sweet dreams before you go to sleep.

Prayer along with reading the Bible including the Psalms (or other Holy Books of your Religion) will help elevate your soul over your ego.

In conclusion, daily silent prayer from your heart will balance, center and pacify your energy body. It will help give you peace of mind, inner peace and happiness. It will help cleanse and open your heart chakra and fortify the connection to spirit through your heart chakra.

**Some Simple Silent Prayers of Gratitude**

Close your eyes and pray from the heart in a serene and loving state of mind before each meal and before eating or drinking anything and clasp your hands together to close the energy circuit. This helps project your words out to the Divine with power.

Thank you for this nourishing food we are about to eat.
Thank you for providing the food that sustains life.
Thank you for the coffee, tea, cold water, or wine I am about to drink. Thank you for the delicious fruit I am about to eat.

Close your eyes and pray from the heart in a serene and loving state with respect to blessings received. Use a lighted candle to focus the mind and clasp your hands together to close the energy circuit.

Thank you for the family, colleagues and friends in my life who have helped and supported me and given me good advice and permitted me to live a better life.

Thank you for all the joy and happiness in my life.
Some things have made me sad, angry, and impatient. But I trust in you, and I know they were sent to me to make me a better person and to learn from them and to help build my character.

Or just say, “Thank you for the blessings you have bestowed upon my family and me.”

**Some Simple Prayers of Praise**

Blessed are You Lord Who Created the Universe– Thank you

Blessed are You Lord Who Created the Earth- Thank you

Blessed are you Lord who Created Life and Sustains in Life – Thank you

Blessed are you Lord who Blesses me and Sustains me and Brings me Food, Clothing, Shelter and Water and all the necessities of Life – Thank you

Blessed are You who Loves me, Guides me and Protects me – Thank you

Bless Me and I shall be Blessed

Heal Me and I Shall be Healed

**Some Simple Prayers of Petition:**

Say these with eyes closed, silent and from the heart at night with a lighted candle to focus the mind. Ask the Creator to send love and blessings to people who need healing.

Thank you for all of the blessings (consciously identify
Please protect me from harm. Please let no harm prevail against me. Please grant me blessings, wisdom, abundance, prosperity and good health. Please protect me. Please give me strength and courage to face life and all of its challenges. Please guide me down the path of goodness and righteousness.

Please help me be calm, peaceful, happy, loving, positive and serene.

**Christian Prayer:**

**The Lord’s Prayer**

Our Father who art in heaven hallowed be thy name.  
Thy kingdom come, thy will be done  
On earth as it is in heaven.  
Give us this day our daily bread  
And forgive us our trespasses, as we forgive those who trespass against us.  
And lead us not into temptation  
But deliver me from evil. For Thine is the kingdom, the power and glory forever and ever  
Amen

The Lord’s Prayer and Holy Rosary are powerful prayer mantras with so much positive energy in them because they are recited by so many people throughout the world for holiness and peace and love.

I like the following prayer of St. Francis of Assisi in order to elevate oneself into a positive and loving mindset and heart:

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Lord, make me an instrument of your peace
Where there is hatred, let me sow love Where there is injury, pardon
Where there is doubt, faith Where there is despair, hope Where
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there is darkness, light Where
there is sadness, joy

Islamic Prayer:

In the Name of Allah, the Most Beneficent, the Most Merciful All
the praises and thanks be to Allah, the Lord of all Mankind The
only owner and the only ruling judge
You alone we worship
You alone we ask for help
Guide Us to Be in the Straight Way

Jewish Prayers:

Lord, Guard my tongue from evil and my
lips from speaking guile and to those who
slander me
Let me give no heed.
May my soul be humble and forgiving unto all.
Open my heart to thy sacred laws that thy statutes I may know and
all thy truths pursue
Bring to naught designs of those who seek to do me ill
Speedily defeat their aims and thwart their purposes for thy own
sake and thy own power, and thy holiness and law
That thy loved ones be delivered
Answer Us O Lord with thy redeeming power
Amen.

Hear O Israel, the Lord is our God, the Lord is One
(or Alone)

Buddhist Prayers:

We are a link in Amida’s golden chain
Of love that stretches around the world
We will keep our link bright and strong
We will be kind and gentle to every living thing
And protect all who are weaker than ourselves
We will think pure and beautiful thoughts
Say pure and beautiful words
And do pure and beautiful deeds
May every link in Amida’s chain of love be bright and strong
And may we all attain perfect peace
Namo Amida Buddha

Through the working of Great Compassion
In our hearts
May all beings have happiness
And be free of sorrow

I shall pass through the journey of life with strength and joy
I shall live a life of gratitude
I shall live without sorrow
And remove my attachment to the causes of sorrow
I shall work toward the welfare of society and the world

These are general prayers you can say for happiness:

I ask to be filled with happiness, serenity, inner peace and peace of mind

I ask for balance of mind, body and spirit

I ask for protection from all negativity

I ask the Creator to remove all negative feelings, thoughts and worries from me and fill me with unconditional love and happiness and peace of mind and spirit

I ask the Creator to remove all negative thoughts from me and fill me with unconditional love and happiness

I surrender my problems to the Creator and the Divine and ask for help

Take away my pain and fill my heart with joy, happiness and love

When you pray, always close your eyes and focus on the internal
screen in your forehead and elevate your consciousness into the spiritual dimension. Shift into your heart. Use candles. Pray with your spouse, significant other and loved ones when you silently pray. Let them know in advance what you are praying for so you can all pray together for the same things.

Whenever you are anxious, worried or afraid, recite the Lord’s Prayer and/or Holy Rosary or other great prayers from your faith over and over. Recite Psalm 23 over and over. These are powerful prayer mantras because many people recite them for good. Have faith. Faith brings courage. Surrender the problem to the Creator and ask the Creator, the angels and archangels for peace, solutions and protection.

**Psalm 23**

The Lord is my shepherd; I shall not want.

He maketh me lie down in green pastures; he leadeth me beside the still waters.

He restoreth my soul; he leadeth me in the path of righteousness for his name’s sake.

Yea, though I walk through the valley of the shadow of death. I will fear no evil; for thou art with me; thy rod and thy staff they comfort me.

Thou preparest a table before me in the presence of mine enemies; thou anointest my head with oil; my cup runneth over,

Surely goodness and mercy shall follow me all the days of my life and I shall dwell in the house of the Lord forever.

Pray for protection for you and your loved ones. Do psychic shielding and prayers every day to protect you and your loved ones. Visualize a psychic shield of pure white light around you and your loved ones. Ask to be filled and surrounded with white light and protected from evil and ask for your loved ones to be filled and surrounded with white light and protected from evil.
Pray for the complete healing of yourself and those who are ill and then send them love from your heart as visualized white light for complete healing.

I advocate spirituality and spiritual prayer to complement organized religion, not to replace it.

I advocate a personal relationship with the Creator to go along with conventional, congregational religion, not to replace it. There is great holiness and beauty in organized religion. Go to church, synagogue, mosque, temples and shrines. When you are involved in communal prayer, sit down, relax and close your eyes and get into a meditative state. Relax. Pray from your heart in your own words with your eyes closed in these holy houses of worship. Quiet your mind and feel the serenity of being in a holy place for prayer to the Divine. As you develop sensitivity to energy through meditation and prayer, you will feel great positive energy wherever people gather to pray or meditate and reach out to the Creator and the spiritual dimension.

It is important that your home be a place of quiet reflection, study, meditation, joy and prayer. In this way, your home will be filled with positive energy and feed your souls with peace and love prayer, meditation, reflection and joy. Your home should be clean, serene, harmonious and orderly. It should be a place of music, books, art and light, laughter and dancing. This will generate positive energy. Keep anger out of your homes. Keep worry and fear out of your homes. Quickly stop arguments and conflicts in your home and quickly apologize and make up when they occur. Treat the others in your home with love, kindness and respect. Turn off TV news and talk radio and turn on peaceful, upbeat and soothing music. Keep your home fragrant. Keep the negative energy out of your homes and away from your family. Also, use crystals, salt, sage and rose water to rid your homes of negative energy. Pray and meditate in your homes daily. All this will make your homes positive, peaceful and happy places of refuge.
Positive Thinking

Make Positive Thinking Your Priority – The Most Important Aspect of Positive Thinking is to Stay Focused On the Moment, On the Here and Now and On Tasks and Turn Off Mental Chatter and Negative Thoughts; Focus Your Thoughts on Positive and Productive Activities and on Activities that Make You Happy

Give Yourself the Gift of a Peaceful and Focused Mind through Energy Body Cleansing and Healing and the Other Techniques in this Book

Adopt Flexible, Open, Fluid and Positive Beliefs; Rid Yourself of Negative and Rigid Beliefs; Beliefs Determine Thoughts

Open your Mind to Creative Possibilities and Alternatives – Develop Plans and Change Them, as Needed

Devote Yourself to Your Plans and Put Your Energy into Creating, Developing and Implementing Them

When you are Working Give your Full Attention and Focus to the Details of Work
Through Directed Meditation and other Meditation Exercises, Develop the Ability to Focus your Thoughts and Monitor Your Thoughts and Will Yourself Back to Being Focused on the Moment and Tasks When Thoughts Go Negative and Unfocused

Through Positive Thinking, Stop Exhausting Negative, Running, Spinning and Ruminating Thoughts; Move Toward a Happy, Peaceful and Serene Mind

Substitute Positive Images and Memories for Negative Images and Memories

Our Minds are like Cameras. They Can Only Focus on One Thing at a Time. So, Focus on the Positive. Focus on Objects, Symbols, Images, Mantras, Songs, Your Breath; Focus on Anything that is Positive or Neutral and your Mind will not be Able to Focus on the Negative at the Same Time; Positive and Neutral Thoughts will Crowd Out Negative Thoughts

Ruminations, Spinning, Running and Negative Thoughts are Often Unfocused Thoughts that can be Controlled By Focusing the Mind on Details of the Moment, Positive and Happy Thoughts, Positive Images, Nature, on Tasks or Just Being in the Moment, and by Centering Yourself in the Middle of your Forehead; Command yourself to “Stop Thinking about That!”

Plan for the future (do not worry about it) and learn from the past

Stay focused with full awareness in the moment

Stay focused on the details of the moment

Be an observer and do not judge or analyze when observing

Quiet your mind and take in everything with all your senses

Stay on task

Keep your mind in a peaceful state and in positive territory
Do zone out meditation

Do white light, color and other meditations

Identify and stop negative thoughts through the “will of iron” developed through directed meditation

Use distract and substitute techniques when negative thoughts come in

Focus only on your breath when negative thoughts come in

Eliminate the negative inner voice and thoughts related to self-pity, self-doubt, and guilt through energy cleansing and healing and the other techniques in this book and replace these negative thoughts with positive ones

Positive thinking is a critical aspect of happiness. Positive thinking will bring you a peaceful and focused mind. Through a peaceful and focused mind and positive thinking, you will bring yourself inner peace, power, self-confidence and happiness.

You generate and project energy from your thoughts. Positive thoughts generate and project positive energy. Negative thoughts generate and project negative energy and compel negative emotions. Negative thoughts drain your energy and cause your mind and energy body to be turbulent. They take you out of the flow of love needed for peace of mind and inner peace.

Negative thoughts bring you stress, conflict and drama. They tend to dwell on the painful past and the fearful future. They do not let go. They do not permit you to forgive, let go and move forward. In this way, negative thoughts lead to anger, fear, jealousy, worry, anxiety and hate.

Negative thoughts and emotions are stressful. They lead to conflict, drama and friction. They repel and separate you from others. They lead to negative acts, speech and reactions. They generate negative energy
for you and others. Positive thoughts, on the other hand, pacify and bolster your energy body. They help get you back to inner peace and high vibrations. They generate positive energy for you and others.

To feel happy, you must have a positive frame of mind, positive beliefs and positive thoughts. Your mind affects your energy body. A positive and peaceful mind leads to a positive and peaceful energy body and vice versa. A negative and agitated mind leads to a negative and agitated energy body and vice versa.

You must take control of your thoughts through conscious mindfulness and stop ongoing negative thoughts on command as soon as they occur with your will of iron. You must detach from the painful past and free yourself from the grip of painful memories through forgiveness of self and all others and through acceptance.

Conscious mindfulness means to observe your thoughts and emotions. Identify negative thoughts when they come into your mind. Immediately distract yourself and substitute positive thoughts and images for negative ones.

Alternatively, focus on the details of the moment or on your breath. The negative thoughts will melt away. If the negative thoughts are dwelling, ruminating or running thoughts, shift your consciousness to the middle of your forehead and command yourself to “Stop Thinking About That!” Then do distract and substitute techniques.

The energy body and the unconscious mind are the keys to positive thinking. Energy blockages and attachments and negative energy lead to negative, running, obsessive and ruminating thoughts. A clean, healthy, vibrant and intact energy body leads to positive thoughts.

Negative and rigid beliefs and suppressed negative memories in the unconscious mind lead to negative thoughts. Positive and open beliefs and released negative memories in the unconscious mind lead to positive thoughts.

The energy body cleansing and healing techniques in this book are critical for positive thinking. So, are the emotional release techniques
and the techniques to release painful memories from your unconscious mind. These techniques are also in this book. It is also important to re-program your beliefs.

Positive thinking requires you to re-program your beliefs to make them open, fluid and positive. It requires you to elevate soul over ego in governance of self and live in the moment and the flow. You cannot harbor negative emotions and beliefs about yourself and/or others and have positive thoughts at the same time.

So, re-program your beliefs about yourself, others and the world from negative to positive, and from rigid and narrow to open and fluid. Do this through the positive affirmations in this book.

Next, continuously forgive yourself and others and let go of the painful past. Accept, detach and let go of the painful past through visualization. Stay in the moment and in the flow. Cleanse and heal your energy body because negative energy, energy blockages and attachments compel negative thoughts and emotions. Do all this by following the techniques in this book.

To be happy and peaceful and full of self-confidence and power, you must have positive and productive thoughts or no thoughts at all (i.e., live in the moment in your body center and senses and turn off the thoughts). Do not dwell on the past or the future. Stay focused on the moment, work and tasks. Negative, dwelling, running and ruminating thoughts deplete energy and bring you negative energy and stress that undermine your health and happiness.

Ongoing negative thoughts will hold you back and bring you down. These thoughts tend to feed on themselves, making your thoughts and beliefs more and more negative. They become delusional and obsessive and cut you off from seeing the beauty and wonder of life and seeing yourself as a competent, capable and self-confident person.

They are self-oriented thoughts focused on the object of “my” pain, “my” fear, “my” injury. They prevent you from enjoying life, being at peace and pursuing work, career and tasks with an
uncluttered and focused mind. Negative thoughts will undermine you as you act out in a negative way, snap, react inappropriately, lose focus and spend most of your time in an unhappy state.

Negative thoughts about self and others lead to doubt, anger, worry, fear and paranoia. Negative thoughts are based on false assumptions and premises. They are often based on worst case assumptions and scenarios concerning a perceived enemy, threat or worry. The ego-oriented mind is a powerful engine that blows problems and perceived threats out of proportion. The ego-oriented mind inflates the perceived reasons that feed your fear, anger, worry and jealousy. Jealous thoughts are often negative and dwelling thoughts that generate a lot of negative energy. Jealous thoughts will undermine your happiness.

Negative thoughts lead to depression, anxiety and other mood disorders and insomnia and other sleep disorders. When something negative happens in your life, forgive, detach, let go and move forward. Do not waste your precious life dwelling and obsession about the event or the person who hurt, insulted or intimidated you.

Jealous thoughts generate a lot of negative energy that will undermine your happiness. Jealous thoughts are often dwelling, negative thoughts – the worst kind of thoughts in terms of generating negative energy. Stop them when they occur through the techniques on this book.

It is also important to stop thoughts in which you compare yourself to others. These comparative thoughts are often about what others have and what others have accomplished vs. yourself. They lead to internal complaining, self-pity and jealousy, which generate a lot of negative energy that will undermine your happiness. In any case, you never know the whole story of anyone else’s life – the good and the bad, the ups and the downs, etc.

Do not spend time analyzing negative events or situations. Do not dwell on them. Accept them, let go of them and move forward. Shift your consciousness and focus to the details of the moment. Get out of your thoughts altogether, relax, gently smile, and just be. Rely on your
senses and get out of your thoughts altogether.

Just enjoy being alive for a while. Be an observer of the details of the moment without thoughts. Go into nature and breathe it all in deeply through your nose and let go and live. Breathe deeply, stand tall, gently smile and say to yourself “Thank you. It is good to be alive.”

We all get knocked down. To be happy, we must get back up and move forward without dwelling on the past or the future.

Live life by being, feeling and sensing – do not live life mired in negative, running, spinning, ruminating and obsessive thoughts. Do not live life in thoughts. Use your brain as an intellectual tool for positive and productive activities only. Then shut it off and just be when you are not using it for positive and productive activities.

To have positive and productive thoughts, free your mind of negative ones and open it up, free yourself of the grip of the painful past and ego. Elevate soul over ego in governance of self and keep your energy body clean, intact, calm and vibrant.

Proactive acceptance. Accept what was and is and let go of the negative. Free your mind of rigid, narrow and negative beliefs. They lead to negative thoughts. With an open and fluid mind that is not tied to ego, your mind will become a much better “thinking and conceiving machine,” a focused engine for happiness.

A quiet, focused, open and peaceful mind (that is not controlled by ego) is necessary to be a good receiver of ideas and productive thoughts. Positive thinking requires the ongoing cleansing and healing of the energy body and removal of negative energy, energy blockages and energy attachments. This is because negative energy, energy blockages and energy attachments compel negative, running, ruminating and obsessive thoughts.

Do not suppress negative thoughts and the negative inner voice. The suppression of negative thoughts and the negative inner voice will not make you happy. Instead, suppression will give you more and more
layers of negative emotions and memories to deal with later. Instead of suppressing negative thoughts and the negative inner voice, focus on accepting and letting go of the negative, quieting the mind and generating positive and productive thoughts or no thoughts at all. This requires energy body cleansing and healing, daily meditation, visualization, positive affirmations and prayer as well as the positive thinking techniques in this book.

Instead of suppressing negative thoughts and a negative inner voice, acknowledge them. Thank them for bringing to your attention things that you may need to address. Make adjustments in your life if necessary. Then move back to the positive, the moment, the flow and focused, positive and productive thoughts.

Positive thoughts are focused thoughts from the center of your forehead. They are thoughts you control through your will, which is in the center of your forehead. They are thoughts focused on positive and productive things like work, career, goals, plans, strategies, hobbies and errands.

They are thoughts focused on details including the details of tasks you are doing in the moment. They are thoughts focused on developing and executing ideas, goals and plans. They are thoughts related to learning and development of skills and knowledge. They are focused on substance.

Positive thoughts are focused thoughts. They are focused on positive and productive activities. Of course, there will always be distractions. Do not let distractions get you off focus for long. Use conscious mindfulness to identify when you are being distracted - and then get back to focused, positive thoughts.

When you are not working on positive and productive tasks, a positive mind will shut thoughts off. This will enable you to live in the moment and in the flow and enjoy life. Of course, positive thoughts can be thoughts about current events, academic subjects, positive people, how to love yourself and others and bring happiness to yourself and others.
Positive thinking not only requires a free and open mind, it also requires a focused mind. Learn to quickly identify when your thoughts are unfocused. Then, immediately, focus your mind by centering yourself in the middle of your forehead and be in focused observation mode.

Alternatively shift your consciousness to your heart or body center and just be. Do not let your thoughts drift into the past and into the future. Use conscious mindfulness and the will of iron to focus, control and direct your thoughts to positive and productive activities. Stop your mind from wandering, rambling and spinning. Unless you are using your intellect for positive and productive thoughts, shut it off and just be.

Use your brain to solve problems. Use your brain to think of ways to make yourself and others happy (this is love). Use your brain to conceive and actualize creative ideas. Quiet your mind, close your eyes and meditate. When you quiet your mind, you will receive creative ideas and insights that you can use in developing positive thoughts.

Use your brain like a lap top computer. Keep it turned off and live in the center of your body and the middle of your forehead and in the moment and the flow unless you are using your brain in a positive and focused way.

The keys to positive thinking are (i) “focus” and (ii) positive, optimistic and fluid beliefs. Positive thinking also requires continuous energy healing and cleansing (letting go of the past) and the elevation of soul over ego in governance of self (letting go of the illusion of control).

Be flexible and adaptable. Listen and observe without reaction, judgment and rejection. Let negative and provocative words go in one ear and out the other. Accept others for what they are and what they say without trying to change them, teach them, advise them or correct them. In this way you conserve your energy and power and eliminate stress.
Do directed meditation to develop focused and positive thoughts. When you are in your head, center your consciousness in the middle of your forehead. Centering will keep you focused on the moment and in positive territory. It will help keep you grounded.

Cut out of your life negative and toxic people. At the very least, avoid these people and build and maintain strong boundaries with them. This will lead to negative thoughts that will drift to these negative and toxic people.

Establish and maintain reasonable boundaries. Avoid negative and toxic environments, conflicts and drama. They will lead to negative thoughts. They will drain your energy and power by dominating your thoughts in a negative way. Instead, substitute thoughts about people and pets who love you and you love.

Guard your energy body and your power and energy. Build up your energy and power from inside. Boost your energy body through white light meditation/visualization and black white breathing and the other techniques in this book. Do not let anyone take your energy or power away.

Free yourself of negativity and stress. Free yourself of negative thoughts, acts, speech, reactions and emotions in order to protect your power and energy. Free yourself of concerns or worries about what others think. Take back your power and energy. Make yourself happy.

Give yourself the gift of a peaceful mind. You will then find inner peace and balance. You will find happiness. You will stop devouring your own energy through negative, spinning, running ruminating and obsessive thoughts. You will become healthy in mind and body as you easily and automatically and freely draw in, process and distribute healing energy and hold onto your own energy.

Examine your beliefs. Are they ego dominated beliefs? Are they beliefs that will lead to conflicts and drama in your life and clash of egos with others? Are they rigid and full of assumptions? If so, these beliefs will bring you stress.
To be happy, change your beliefs and open your mind. Make your beliefs fluid, loving, positive, optimistic and accepting. You can re-program your beliefs through positive affirmations. There are many positive affirmations in this book. Say them on a regular basis. This will keep you from having ongoing negative thoughts, conflicts, drama and stress in your life.

Do you believe you are a victim? Do you blame others for your problems? Do they give you justification and excuses to blame, harm or deceive others? If so, change your beliefs, and your thoughts will change.

Positive thinking involves creative ideas and solutions-oriented ideas. Ideas come from an open and quiet mind. Ideas are received. Productive thoughts are thoughts related to implementing, fleshing out and executing ideas.

Work and career require both focus on details and creative ideas. Focus your mind on the details of work. Quiet your mind to receive creative ideas and insights. The techniques in this book will help your with both positive thinking and creative ideas.

Positive thinking is detailed, analytical and critical thinking oriented toward moving forward in a positive way through business, work, career, tasks, hobbies and volunteer work. Positive thinking is about developing plans and executing them. It includes thoughts related to planning and strategizing about the positive and then conceptualizing action steps that flesh out and execute your creative ideas and insights.

When you are a positive thinker, the process of moving forward will make you happy. Achieving each step along the way, will make you happy. Celebrate each success, learn from each failure and be kind to yourself. Pat yourself on the back when you achieve each small step and pick yourself up and move forward when you fail.

Develop detailed business plans and action steps and take small steps in line with your plans. Control the voice of the inner critic
whenever you make a mistake. You will make mistakes. You will encounter obstacles. Do not give up. Keep moving forward with your plans. Affirm to yourself that nothing will stop you.

Positive thinking requires you to stop negative thoughts and the critical inner voice and focus on the moment, tasks and positive and productive activities instead.

Do not blame yourself or others for mistakes and failures. First, we learn from mistakes and failures. Do not blame. Blame is negative.

Learn from mistakes and failures, but keep moving forward. Meditate on the lessons from mistakes. Then, make adjustments to ensure that you don’t make the same mistakes again. Do not dwell on mistakes and problems. Instead, learn from them. Focus on solutions. Focus on the details of work, career and business and the steps in your plans- and not on mistakes and problems.

Accept the past and then let go of it. Detach and let go of the grip that a mistake or failure has on your mind. Do the visualizations in this book to let go.

Do what you love to do. Find work in the area of your passions and interests. Focus completely on the details of tasks at work. Serve others through your work.

Adopt positive thinking at work. Focus your mind on your work. Your work is important and valuable. It will teach you skills and provide you with understanding. No matter what you do, your work is important in an interdependent world. It involves serving others. Value yourself and your work.

Learn whatever you can about work, business and relationships. Develop and augment your skills. You know when a change is good for you. Meditate on it and follow the path of your work desires. You may need to take classes or get a degree or license to move forward or change jobs.

Positive thinking requires a flexible mind and the ability to
adjust plans and strategies to meet objectives. Failures are expected. Failures result from taking risks and taking actions. Learn from failures and adjust plans accordingly. Be open minded, accepting and fluid. Detach and let go of pain from the past and worries about the future. Free and open your mind and keep it positive!
Everyone needs to be hugged, stroked and touched to maximize feelings of love, peace and positive energy. All people need love, affection and affectionate touch. Appropriate touch and hugging are powerful ways to generate and project love and positive energy. Hugging is a great way to bring affectionate touch to each other along with an equal exchange of positive and loving energy. Hugging will make you feel happy. Our bodies and souls crave love, affection and affectionate touch. Appropriate and affectionate touch between consenting adults generates a lot of positive energy and feelings of unconditional love. Appropriate and affectionate touch between consenting adults is a way in which we channel unconditional love from the Divine to one another.

. The feeling or vibration of unconditional love is felt soul to soul through touch. You can also send love to others as visualized white light without touch. Love is spiritual energy that we can channel to each other through our heart chakras.

There is no greater feeling between people than the feeling that comes when people send each other the energy of unconditional love at the same time from their heart chakras. The energy of unconditional love that goes back and forth between lovers at the
same time is a powerful engine for peace of mind and spirit. This will come from love exchanges and love shares discussed elsewhere in this book. Lovers will automatically send love to their partner when they think about their partner in a loving way.

Love energy exchanges will automatically occur when lovers are together. Beautiful love exchanges will occur through intimate sex (i.e., passionate sex combined with love; sex oriented to bringing each other to climax and maximum pleasure). Through intimate sex, lovers channel amplified unconditional love to each other as they open up their chakras to each other in complete trust and as their auras and souls blend and connect.

Our bodies are pleasure machines. We have an extraordinary number of exposed nerve endings on the surface of our skin. Kissing, hugging, and cuddling are intimate. Touch generates positive energy.

The skin is your largest organ and contains many nerve endings on its surface. Enjoy being touched by others. Hold your lover when you sleep. This is very intimate and loving. It will fill you with positive energy. You will wake refreshed and fully energized. Think how great it feels just to hug and get hugged by your partner. The positive energy is generated and accelerated between lovers when they hug and love each other and when all of their skin is exposed to each other. Positive spiritual energy is transmitted between lovers that embrace each other in long cuddles, hugs, and kisses.

Sex with a consenting adult combined with passion and love achieves the maximum positive energy (pure amplified unconditional love) that flows between people. This occurs from pure intimacy and passion through a loving sexual union. This intimacy occurs when there is complete openness and trust between two lovers who mutually and equally desire each other and want to pleasure each other. In this union, the bodies and souls of the lovers open up to each other and pass the maximum amount of positive energy to each other. The chakras (especially the heart chakra and sacral chakra) are wide open to each other, passing the maximum amount of pleasure to each other (through the energy of unconditional love).
The orgasm creates the most positive energy that can be generated by a human being. The female orgasm generates powerful positive energy. Females should always be brought to climax in sexual union to generate beautiful positive energy and bring lovers together. The orgasm generates an explosive, pleasurable and powerful vibration of chi energy. It is calming energy that helps cleanse and calm the energy body especially when it is connected to intimate sex.

Intimacy—the conscious combination of appropriate sex and love between consenting adults—maximizes happiness, pleasure, and satisfaction and an ongoing feeling of completeness and peace. But, the positive energy released from the lovers’ pleasing each other last a long time. Intimacy, sexual pleasure and love produce powerful feelings of love in the heart chakra, because the sacral chakra and heart chakra are closely connected.

Sexual pleasure, when combined with love, will help achieve a happy, peaceful, and content frame of mind. This will lead to the feeling of true intimacy and trust that can only be achieved in a completely open, loving and trusting union of two adults. Intimacy and kind, gentle, loving sexual love between two souls is the most complete state of love a person can experience. When partners who love each other also please each other and have concern for the other’s sexual gratification, this is a wholly human spiritual experience.

Feel yourselves merge as you slowly and sweetly gratify each other. Focus on pleasing your partner as well as having him or her pleasure you. Take your time. Make sex a loving and erotic experience so you fully and equally exchange orgasmic energy with each other. Give each other erotic massages in foreplay. Meditate with each other. Build up to making each other climax.

Great positive energy is generated by appropriate intimate sex between consenting adults. Through intimate sex, enjoy bestowing the gift of orgasm on your partner and bring him or her to climax. In a loving relationship, each partner tries to please the other and to bring the other to orgasm. Orgasm, like sleep, is a gift from the Divine.
Sleep and orgasm come easily when you are filled with positive energy and your energy body is clean, healthy and vibrant and you are fully connected to the spiritual dimension. They both bring a feeling of peace and result in the calm that only positive energy can bring us. Sex is also beautiful when lovers take their time in the act and slowly love each other and prolong the positive sensations they give to one another. They exchange beautiful positive energy and love energy with each other over a long period of love making. Lovers can use the Karma Sutra as a guide to maximize each other’s pleasure. Touch and loving and affectionate foreplay are important to build up positive energy in intimate sex.

But, if sex and orgasm do not come from an intimate, loving relationship, the short-term euphoria gives way to emptiness. Only when partners love each other and are committed to each other and enjoy being together and are totally relaxed when they are together can they open up sexually without any lingering fears. Their souls combine momentarily and they give their hearts to each other which makes them vulnerable. Only in a loving and committed relationship can the female and male soul combine momentarily while the chakras of each fully open up to the other. We bathe each other in love from your heart chakras (focus on doing this when you have sex) and maximize positive energy.
Intimate sex is extremely powerful and can rip you apart if the relationship later goes sour. So, one has to try to stick to the heart, love and kindness always and avoid ego-oriented possession that leads to ego-oriented beliefs, thoughts and emotions (i.e., anger, jealousy and rage) Remember that when relationships go sour, another beautiful one will come to you in time if you remain loving, positive, peaceful, kind and happy. You will attract another good lover into your life.

Enjoy sex and orgasm as a wonderful gift from the Divine and turn a physical act into a spiritual one. Through beautiful and intimate and slow sex (in which both partners are brought to climax), you will get closer to your higher self. When you bring your heart and soul into lovemaking and you truly love and care about your partner, sex becomes a loving act that does not undermine your feeling of holiness.

This type of intimate and loving sex will leave you feeling whole and not empty inside. Focus on loving and pleasing your partner. Permit your partner to feel every sensation of every nerve on their skin for a long pleasurable time together. After beautiful and intimate sex, hold your partner completely naked. This is the best way to continue to channel positive energy to one another as you fall sleep. Feel the sensual beauty of being skin to skin with all those nerve endings from your body touch your partners. Feel your energy blend with your lover’s energy.

In order for sex to generate positive (and not negative energy or hardness of heart), sex should be loving, slow, gentle and kind. It should involve a lot of foreplay. It should be consensual and between adults and involve an equal exchange of energy. It should be between lovers who want to give each other pleasure. It should never be forced or involve one person using another to satisfy lust. Both lovers should bring each other to climax.

Sex should only be between consenting adults. Sex should not be based on domination, power, control or lust. It should not be used to satisfy momentary lust or intentionally harm another. Sex and love combined with trust (a committed and loving relationship) brings the most happiness and satisfaction.
Casual, uncommitted sexual encounters often leave one feeling empty and used. They do not generate much positive energy. In fact, they may generate negative energy.

Combine sex with love to maximize your generation of positive energy. Bring your holy and loving higher self into sex. Make love - tender, caring and loving. With respect to happiness, sex should not result in guilt or shame. You should be absolutely sure that you have not hurt or used someone or allowed another to hurt or use you in the sexual act. Generally speaking, there should be an equal exchange of energy in the sexual act, as both lovers are fully satisfied by each other. Love is an equal exchange of energy between souls.

Love each other deeply. Enjoy sex and make it an act of intent to pleasure each other – a mutual and balanced exchange of energy to please the other. But, also enjoy being together and having fun and enjoying life together before and after sex.

Send love to your partner anytime by sending him or her love from your heart chakra remotely. Hold hands. Have meals together, Hug, cuddle. Give each other affection. Everyone needs affection and lots of hugs and touch and physical intimacy. Skin to skin spooning and sleeping with your lover is a great way to generate and receive ongoing positive energy and do an equal energy exchange. Extend love and affection and caring to your partner and make sure you get it back in return from your partner. Happy and healthy relationships involve an equal exchange of energy.

When relationships end, use visualization to detach from your lover’s energy. Do this to stop obsessive and negative thoughts about that person. Be careful of love that becomes possessive in nature. This is caused by energy attachment through energy cords spun by ego. Use meditation and visualization to keep your thoughts positive and not dwell on the break up and what caused it. Let go.

Focus on the good times together. People, including lovers, come in and out of our lives. Accept, let go and move forward without jealousy or discord. There are others you are meant to meet and love.
You have many soul mates in the world who will love you. If you hold onto emotional pain and have ongoing negative thoughts about the painful past, this will undermine your health and happiness and create negative energy blockages.

Open your mind and your heart and make peace of mind and happiness your number one priority. If negative thoughts and images come into your head, use the visualization and meditation techniques in this book to change them or get rid of them. Think about the good times you had with your lover. Do not dwell on the break up and the reasons for the break up. Forgive your lover and yourself, then detach, let go and move forward.
CONCLUSION

Happiness is a choice. It is achieved with positive thinking, positive beliefs, maximizing positive energy and minimizing negative energy through our thoughts, acts and speech. It is achieved with a clean, healthy, vibrant and intact energy body. It is achieved when you learn to stay fully focused in the moment (without ongoing thoughts) and in the peaceful flow of love in the heart. It is achieved with gratitude for each moment and the joys found in the simple pleasures of the moment. All of this will bring you peace of mind, inner peace and joy. It will bring you high vibrations.

The road to happiness is one which you do not intentionally harm or deceive others or cause them pain. It is a road on which you love yourself be positive, filled with light and joy, and being in the flow and in the moment. Release and let go of the negative and low vibration negative energy. Fill yourself often with high the high vibrations of visualized white light. Through white light visualization, meditation and prayer, build up your self-esteem, self-confidence, power and energy. Bring yourself high vibrations and fill yourself with power and energy. Always return to peace and happiness if you temporarily get thrown off course.

Purge stored negative emotions, painful memories and negative energy and let it all go. Then, fill yourself with visualized white light.
Monitor your thoughts, acts, speech, emotions and reactions and move them from the negative to the positive with a focused mind and the will of iron. Return to peace, love, happiness and positive energy from soul.

Keep your beliefs open, positive, optimistic and fluid. Always visualize positive outcomes. Use directed meditation to train and focus your mind and control your thoughts. Use meditation in the heart and prayer from the heart to spend time each day in the Divine dimension.

Live in the moment with full focus, engagement and awareness. Be fully present and focused in the moment and experience the moment with your senses and not ongoing thoughts. Center yourself in your heart or solar plexus to heighten your senses. Center yourself in the middle of your forehead to still and focus your mind. Do not let anyone drain your energy or take your power. Build and maintain boundaries and psychic shields and build up your energy body with daily heart-centered prayer and meditation.

Take care of your physical body. Exercise and stretch each day and drink plenty of water, breathe deeply. Eat a nourishing and balanced diet filled with fresh, whole vegetables, fruit, whole grains (fiber and water). Keep yourself hydrated. Stand and sit erect so chi energy flows through you without constriction. Breathe deeply. Fill yourself with chi.

Every day, you will face annoyances and problems. Every day, you can react to external events with stress, frustration, anger, fear and worry. You can then hold onto these negative emotions and thoughts or you can purge them and move forward without the self-induced stress of negativity.

You can respond to stressors with (1) patience, love, kindness, and positive thinking and a smile or (2) agitation, irritability, depression, anxiety, fear, anger and a frown. It is your choice to react positively or negatively to external events or to not react at all. You can lash out and hurt others whenever you get hurt, or you can remain happy, positive, gentle and kind and not pass negativity and
pain down.

Life hits us hard. It is easy to get hard-hearted, unkind, hateful, angry and depressed. It is easy to get negative and vengeful. It is easy to get afraid and worried. But, in the end, we are all connected. Whatever we think, feel, do or say will generate and project positive or negative energy that will ultimately come back to us in multiples.

Sometimes it seems like nothing goes right for us in the external world. When this happens, retreat into the internal world for a while and meditate and pray. Relax, accept and let go. The negativity will pass. When problems abound, give yourself a break. Take time out, relax, enjoy the moment, enjoy nature and indulge yourself.

Do not dwell on problems. Divert yourself with something positive. Don’t fight it. Let it go. Relax. Go with the flow. Let it pass and do something positive that makes you happy. If nothing is going right, then. - Do Nothing!! Just be.

Stop your thoughts and just be in the moment. Listen to music and dance. Celebrate life. Get into nature often. Be around groups of anonymous happy and high energy people. Take long walks in nature. Do yoga and meditation. Go to the gym. Rest, read, or spend time with your loved ones. Most importantly, quiet your mind. Move away from stressful people and situations to the extent you can. Embrace life with love and happiness.

Whenever you feel agitated or angry or afraid, take a few minutes to close your eyes, get heart centered and focus only on your breath. Do black/white breathing combined with white light meditation and color meditation. Say the following positive affirmations: “I am happy, peaceful and serene. I am so loved by the Creator. I am so thankful to the Creator for my life, my breath and my blessings.”

Happiness is a feeling of calm, joy and balance. Happiness is a feeling, sensation and a vibration. Happiness is generating and projecting positive energy. It cannot be attained from other people or external sources Approach happiness as freedom. Freedom from emotional and physical pain. Freedom from suffering and illness.
Freedom from stress and freedom from obsessions, addictions and imbalances. Freedom from negative thoughts and emotions (including anger, hate, fear, anxiety, worry, jealousy, guilt, shame, self-doubt, low self-esteem and low self-confidence and other negative emotions).

Approach life as a series of moments to be fully enjoyed and experienced.

**LEARN FROM NEGATIVE THOUGHTS AND THEN STOP THEM. THEY WILL UNDERMINE YOUR HAPPINESS BY GENERATING NEGATIVE ENERGY.**

Forgive, detach, let go and move forward. Forgive yourself and all others in your heart and let go of emotional pain and resentment. Detach from and let go of negative and painful memories layer by layer.

When you forgive and release stored emotional pain, you make it possible to live in the flow and in the moment without ongoing negative thoughts. When you forgive, detach, let go and release and move forward with peace of mind, you make it possible to live in the peaceful flow of love found in your heart chakra.

As you do this and meditate in the heart and pray from the heart and shift your consciousness to your heart or body center (and live there in the moment with full engagement awareness and focus on the moment), you will live in the ongoing flow of love that comes from spirit. You will feel the spark of the Creator in you.

You may get knocked out of the peaceful flow of spirit temporarily through your negative and impulsive reaction to stress factors or anger, fear and/or worry once in a while, but you will know how to quickly return to peace of mind, inner peace and joy. To be happy, feel happy. Feel the peace, love and happiness inside you. Connect with your soul and integrate it fully into your being.
Say good-bye to psychic waste. Flush it out, repel negative energy and stop generating negative energy through your thoughts, acts and speech. Do this so you can remain in the peace of mind and spirit that can only come from living in the ongoing flow of love. Say goodbye to negative and rigid beliefs. Open your mind and make your mind a good receiver of ideas and insights and a good tool of intuition. Say goodbye to holding onto stored negative emotions—anger, fear, hate, pride, resentment, greed and jealousy.

Say goodbye to the painful past. Say goodbye to the negative inner voice, thin skin, pride, arrogance, getting easily insulted or offended and the desire to get even. Say goodbye to worry, anxiety and stress. Say no more to intentionally hurting and deceiving others and causing others pain. Say no more to grudges and judging others. Say this for the sake of your own happiness and to stop generating negative energy that will only undermine your own health and happiness.

Avoid negative and toxic people. Focus your deepest love on those few precious loved ones and true friends who make you feel happy and loved. Cultivate balanced relationships and avoid codependent ones. Erect and maintain reasonable boundaries, respect the boundaries of others and erect and maintain psychic shields.

Go into nature and around large bodies of water often and take it all in with all of yours senses and breathe it all in deeply through your nose. Express your gratitude for life and its blessings. Stand erect. Look straight ahead. Look up. Breathe deeply. Hydrate yourself. Eat mostly fruit and vegetables. Exercise, stretch and do yoga. Do what makes you happy and what you love to do.

Keep cleansing and building up your energy body through white light meditation. Always remember the white light of the sun, the light blue of the sky and the green of the grass and trees. Draw these colors in and fill up with them through visualization when you go outdoors. Smile. It is so good to be alive!!
Close your eyes, clasp your hands together and push out white light from your heart chakra. Fill up with this white light and see this white light surround you in a perfect blazing aura of white light. Get your energy body to vibrate at a higher and higher vibration. Through these vibrations, shake off, burn off and repel negative energy. Put your right hand on your chest above your heart and visualize that you are sending white light out to others and the world as unconditional love. Do this often.

As you follow the techniques in this book, you will see an amazing difference in yourself. You will feel lighter and more radiant. You will feel peaceful and balanced. You will smile more and get smiles back. You will free yourself of stress and have very few conflicts and drama in your life.

Choose to be happy and positive. Do it for your own health. Do it so you can enjoy the short miracle of your life. Let go of the past, stop worrying about the future, live in the moment and begin again.
**Glossary**

**Aura.** The aura is the energy field that surrounds you. The aura consists of various layers that correspond to different purposes and functions. When the aura is healthy, it easily draws in positive, healing energy (chi) for the body, mind, brain and soul. When the aura is unhealthy, it absorbs negative energy in cracks and fissures. When it is unhealthy, negative energy in the aura shows up as shadows. Healthy auras are bright and surround the body. Unhealthy auras are not bright, but dark and gray.

**Chakras.** Chakras are axles that run through your body from front to back with wheels on both ends. The chakras process chi energy and work with the aura and meridians to process and distribute chi energy as life force energy into the bloodstream. In other words, chakras are energy axles that go through the body and have spinning wheels on them at both ends. They are different colors and each chakra (and its respective color) corresponds to different organs that it nourishes with the color vibrations to which it relates. Healthy chakras spin freely. The chakras and meridians also correspond to various organs that they specifically nourish with energy. Unhealthy chakras are blocked by negative energy and do not spin freely.

**Chi.** Chi is spiritual energy. Chi is positive, healing, high vibration energy. Chi is the white light. Chi is the energy of unconditional love from the Divine to us. Chi energy fills the spiritual dimension much like sunlight fills the physical dimension. Chi can be accessed by the self through the soul and then used by the body in healing. Chi is high vibration, positive, loving, and healing energy.

**Ego** The seat of the self’s desires, negative emotions, negative thoughts and primal urges that relates to self-interest over the interests of all others Ego’s main purpose is the aggregation by self of power, control and respect; ego spins out feelings and thoughts related to arrogance, pride, anger, fear, lust, greed, jealousy. low self-esteem, guilt, shame, etc. Ego generates painful, low-
vibration negative energy.

**Energy Vampires.** These are people who have a damaged energy system (as a result of a fragmented aura and stored negative or dark energy) and therefore cannot draw, process and distribute positive energy that is available to them from the Universe. As a result, they need to feed off the life force energy of others in order to survive. Depressed people are often unconscious energy vampires who draw on the life-force energy of others unconsciously. I classify energy vampires as negative people only to the extent they intentionally feed off of another’s life force energy without the informed consent of the other. Such feeding (without informed consent) often causes the other to experience physical and mental illness.

**Higher Self.** The higher self is the virtuous, holy, peaceful, happy and loving soul that is our permanent and indestructible self suspended in the spiritual dimension but is connected to us in the natural world; the intelligent spiritual energy that is our essential nature and is sentient, all loving, holy and pure.

**Inner Child.** The inner child is the fun loving and happy personality from your childhood who defined your personality before you were hit by negative or dark energy. The inner child is the innocent, loving, vulnerable child-like part of your personality from your childhood that is full of playful energy and wonder.

**Karma.** The rule of strict justice that governs our speech and acts and our intents; through the principles of cause and effect, the rule of karma leads to just consequences for human behavior in this life, the afterlife and next lives (we will suffer at some point for acts and speech intended to harm deceive or cause pain).

**Meridians.** The meridians along with the chakras and aura are the basic components of a person’s energy body. The meridians are like arteries and veins that run vertically in our energy body and that distribute life force energy into the corresponding blood vessels..

**Reiki.** Reiki is the art of channeling healing energy into people. A Reiki practitioner is a spiritual healer trained and attuned to draw positive, healing energy from the Universe (i.e., chi) and channel it into our energy systems at an amplified level for healing, calming, cleansing and energy re-charging.

**Subtle Body.** The thin energy layer around our bodies that is closest to our skin that is electro-magnetic in nature and interconnects with the
life force energy in our blood.
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I recommend that you read the books listed above in their entirety. They helped me immensely in writing my book.

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